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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 19, 2016

AUGUST SUNRISE/SUNSET: 19 7:02 • 8:02 20 7:03 • 8:01 21 7:03 • 8:00 22 7:04 • 7:59 23 7:04 • 7:58 24 7:05 • 7:57 25 7:05 • 7:56

## Guest Speaker Series Coming To 'Ding' Darling

In conjunction with the visiting Smithsonian Water/Ways exhibit at "Ding" Darling Visitor & Education Center October 28 through December 8, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will be hosting a free biweekly Soak-It-In Speaker Series on Fridays at 1 p.m.

"We have lined up two exciting authors, one incredible photographer, and an expert panel of water researchers and managers," said Sarah Lathrop, associate director of DDWS, the nonprofit that is also funding Water/Ways' engagement. Lathrop oversees the exhibit with supervisory refuge ranger Toni Westland. "The six-week exhibit will take a global look at water relative to environment, culture, history and religion. It will also examine the issues and context facing our liquid assets here at home through an accompanying exhibit and collaborative programming we are creating internally."

On opening day of the exhibit, October 28, author Ellen Prager will deliver the Ocean Trivia Program she



Dr. Ellen Prager

photos courtesy "Ding" Darling

presents on cruise ships and for other audiences of all ages. Dr. Prager is a sought-after speaker widely recognized for her expertise and ability to bring science to the layman. She has appeared on *The Today Show* and *NBC News*, *Good*



Manatees by nature photographer Mac Stone

*Morning America*, *Fox News*, *CBS Early Show*, *CNN American Morning*, *Larry King Live*, *The Weather Channel* and *Discovery Channel*.

The freelance writer, consultant, science advisor to *CelebrityXpedition* in the Galapagos Islands and Safina Center

fellow is also participating in Water/Ways programming with her young adults book *Shark Whisperer*, which DDWS will be donating to two area school classes. She will hold a special program with the students at the refuge during the exhibit.

continued on page 20

## City Installs Floating Island At Pond Apple Park

by Jeff Lysiak

Following the addition of artificial islands – also known as Floating Treatment Wetlands – in The Dunes, Seagull Estates and at SCCF's Bailey's Homestead Preserve, the City of Sanibel has installed a similar device at a water reuse lake located within Pond Apple Park.

Back in May, members of the city's natural resources department deployed a 300-square-foot fibrous foam mat – made from recycled plastic – containing dozens of circular holes, each filled with hydroponic planting pots. The mat (island) is anchored near the center of the pond, with sufficient rope slack to accommodate fluctuating water levels.

The purpose of the Floating Treatment Wetland (FTW) is to reduce excessive nutrients in the water. The roots of FTW plants uptake nutrients from the water column. Over time, nutrients become tied up in the mature plants, which are eventually harvested and replaced with new plants.

According to Dana Dettmar, conservation officer for the City of Sanibel, excessive nutrient loading – otherwise known as eutrophication – evokes the proliferation of algae and aquatic plants, which can cause subsequent setbacks. Issues such as decreased water transparency, oxygen depletion and fish kills can be especially problematic in lakes and ponds.

Dettmar, who began working for the city last December, wrote about FTWs as her thesis while a student at Florida Gulf Coast University. So when the idea of adding an artificial floating island at Pond Apple Park was brought up earlier this year, she was excited to be a part of the opportunity.

"I think (FTWs) had been discussed before, but with so much going on and fewer employees in the natural resources department, the city didn't act on it," explained Dettmar. "(Department director) James Evans pitched the idea, and then wrote the proposal to gain funding for installing the island at Pond Apple Park."

Last week, Dettmar visited the heavily vegetated island to monitor its progress.



Dana Dettmar, conservation officer for the City of Sanibel, stands in front of the Floating Treatment Wetland installed at Pond Apple Park this past spring

photo by Jeff Lysiak

Previously, she had witnessed the FTW being used by several bird species, a banded water snake and – based upon the matted condition of some grasses – a resident alligator.

"The island looks good right now," she said. "After one month, you could see the plants were really filling out; after two months, you couldn't even see the mat any longer."

Dettmar noted that the current FTW vegetation will be harvested before the end of

continued on page 6



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## Seventh Grader Pens Clean Water Declaration



Seventh grader Grant Kaminer standing beside San Carlos Bay with the clean water declaration he wrote photo by Jeff Lysiak

by Jeff Lysiak

On the heels of the recent Now or Neverglades Declaration signing, held on August 4 at the Sanibel & Captiva Islands Chamber of Commerce, one local youngster has created his own personal statement on the importance of continuing the fight for clean water.

Grant Kaminer, a seventh grade student at The Sanibel School, put pen to paper and wrote his own avowal to stop the damaging freshwater discharges to Southwest Florida's coastal estuaries.

"I didn't grow up on Sanibel, but I did grow up near the beach," said Kaminer, 12. "The beaches here are so beautiful but when I visited them, I noticed the water was kinda dark and cloudy."

The persuasive pre-teen decided to write a letter – which he mailed to the *Island Sun* – to voice his concerns about the current status of local waterways. However,

since school wasn't in session at the time, his letter was written and fueled through his own personal passion for standing up for citizens' rights.

"Being a good citizen not only means looking out for others, but helping to protect and preserve our environment and nature," said Kaminer, whose favorite school subject is civics. "Protecting the environment and helping animals is what Sanibel is all about."

Kaminer's one-page testimonial reads:

*Declaration of Lobbies*

*We the people of the City of Sanibel hold the factoid and necessity for pure ocean water on the Gulf and bay side of the islands. The state and central government seem not to understand that thousands of peoples' lives are being changed by this pollution.*

*The owners of businesses' finances are being severely slashed as a consequence of this decision. The income that these people once were able to make a living out of, forcing these people who have done nothing wrong into a lifelong problem of poverty and depression.*

*The very fate of the economic principle of Sanibel is tourism, and with a smaller amount of tourists visiting, we sink farther into recession that we locals have had no say in where this water is headed.*

*Innocent marine life – such as fish – are dying by the hundreds on the beaches, and the once gorgeous seashells are now covered in slime and emit a foul odor.*

*This problem is surely to continue if we don't do anything about this. We will surely fall into a prison of dark and danger in which there is no way out, but the higher up governmental authorities disagree with everything we have put out so far, giving them more room to work and to destroy this tropical paradise.*

*This is the time to stand up and defend our beloved sanctuary for us, for the animals and for the greater good.*

One person who was not surprised by the youngster's determination to join the battle for clean water is his mother, Colleen Kelly. "Grant is always trying to do positive things... things beyond his years," she said, noting his volunteerism at the Sanibel Public Library and with beach/water cleanup events.

Kelly shared one story about how after the family moved to the island from Naples, her son submitted an application to become part of the City of Sanibel's Historical Preservation Committee. Although he wasn't accepted to the board, he did receive a letter of appreciation for his interest.

Kaminer hopes that his declaration gains some attention, both locally and beyond the island's borders.

"I don't think that my letter will go national, but I hope the idea of fighting to protect our waters and keeping them clean does," he added. "We should all be doing whatever we can to make sure our water is safe."✧

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# PTA Hosts Welcome Coffee



More than two dozen people gathered at The Sanibel School on August 10 to attend a welcome coffee and sign-up event, hosted by the school's Parent Teacher Association  
photos by Jeff Lysiak

by Jeff Lysiak

On the first day of classes at The Sanibel School, more than two dozen people gathered to attend an informal welcome coffee and sign-up event, hosted by the school's Parent Teacher Association.

The group also used the occasion to meet new principal Chuck Vilardi to the National Blue Ribbon Award-winning facility.

"I got the chance to visit around the island a little bit, and I'm excited to get to know the community better," said Vilardi. "We're all here for the kids, and they say it takes a village to raise them, so I hope I can count on you to help us do that."

PTA President Melissa Congress also encouraged the parents attending the session to get involved in school-sponsored activities, to volunteer and to consider becoming a member of the association.

Next week, The Sanibel School's PTA will stage a Welcome Back Family Dinner & Game/Swim Night on Friday, August 26 starting at 5:30 p.m. The first official PTA meeting of the 2016-17 academic year will take place on Wednesday, September 21 at 8 a.m.

For additional information on joining the PTA, call Melissa Congress at 850-6058.✪



Parents Jolie Black and Bart Zautcke chatting



Sanibel School Principal Chuck Vilardi



Andrew Barron and his daughter Addie, 3

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Valentina Bell, Emma Murray, Angelina Roa and Kacelyn Noorlander are happy to be back in school with their friends  
photo courtesy CECI

## Preschool Is Back In Session

Summer fun has come to an end with the start of something even bigger. The Children's Education Center of the Islands (CECI) preschool began classes on August 10, along with all of Lee County. Teachers were ready and the students were eager to see what the new year has in store for them.

The Children's Education Center of the Islands is a non-profit preschool offering full-time and part-time classes for children ages 18 months to 5 years old. Voluntary Pre-Kindergarten (VPK) is offered free at the Children's Education Center of the Islands to

students who turn 4 years of age by September 1. The center promotes a love of learning in children through child-centered, play-based learning. Their students continually meet and exceed the standards required of Lee County and The Sanibel School. The preschool is currently accepting applications for the 2016-17 school year. Scholarships are also available on a limited basis.

For more information, call the school at 472-4538 or visit the website at [www.childrenseducationcenter.com](http://www.childrenseducationcenter.com).✱



Matthew Cavanagh gives a big smile to show he's happy school is back in session

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## Church Kids Visit Camp In Alva

For four days and three nights, children from Sanibel Community Church ranging from ages 7 to 11 witnessed cabin life at Riverside Retreat Center in Alva. At Camp Endunamao, they experienced insightful learning times, dynamic small group discussions, swimming in the hot afternoons, gaga ball, watching armadillos run through the woods, hiking, archery, sling shots, camp food and a spirited game of night strike, which is a combination of flashlight tag and capture the flag. Late afternoon storms moved the games to the indoor pavilion for an hour and then it was back outside for more fun.

Most of the kids attending camp were involved in the Wednesday LOGOS family program that runs from October through April at Sanibel Community Church. This program is for families with kids who are age 3 through 5th grade.✱



Kids playing gaga ball at Camp Endunamao in Alva

photo courtesy Sanibel Community Church

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From page 1

Pond Apple Park

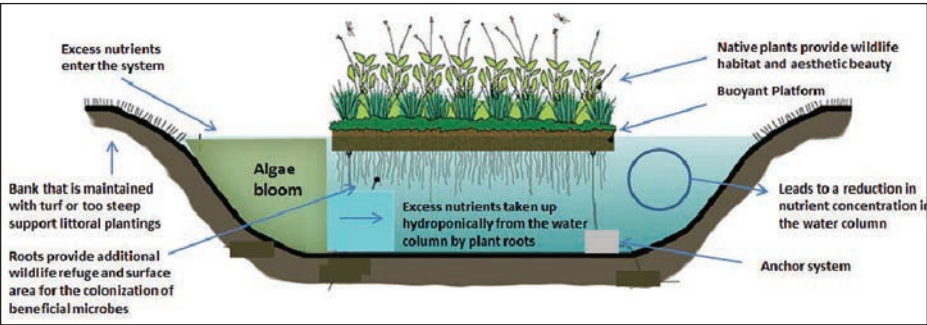


A tri-colored heron grazing for food on the bank of the floating island photos by Jeff Lysiak

September, with a new crop of plants installed the same day. With about a 95 percent success rate in the growth of the hydroponic plants installed three months ago, Dettmar is confident that the city will move forward into Phase 2 of the Sanibel Community Lake Water Quality Improvement BMP (Best Management Practices) program. Upon completion, the partnership will encourage voluntary implementation of BMPs to improve the quality of water that discharges into the Sanibel River. One of the suggested BMPs for water improvement will be FTWs. Even though these systems have proven to be successful, most citizens are not familiar with this relatively new green technology. "I haven't heard any feedback from people who have seen this (FTW) at Pond



The floating island's vegetation is thriving and drawing a number of wildlife inhabitants



Cross-section of a Floating Treatment Wetland system image courtesy City of Sanibel Apple Park, but I think that's because the park isn't used that much," Dettmar said. "I think that once visitors come here and see how it looks, and understand the benefits associated with them, the idea could really take off." Phase 2 not only includes installing similarly-sized FTWs at Pond Apple Park's other water reuse ponds, but also adding an educational kiosk with signage. "Giving the residents of Sanibel the option to increase their awareness and knowledge of this best management practice will hopefully guide them towards the voluntary implementation of FTWs in their community lake," Dettmar added. For additional information on FTWs, contact the City of Sanibel's Natural Resources Department at 472-3700 or san.dnr@mysanibel.com.\*



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## Scholarships Offer Summer Fun For Island Youth

Each year, FISH of San-Cap provides summer youth scholarships to various summer camp opportunities on Sanibel and Captiva. New this year, the Captiva Island Yacht Club and its members donated several one-week scholarships to their youth summer sailing camp to help introduce island youth to the sport of sailing. Based on need and eligibility, these scholarships were offered to island families as determined by FISH.

"This was a unique opportunity for our island youth, as we have never offered this type of experience before," said Jessi Zeigler, assistant program director. "To see the smiles and surprise on the faces of the recipients, and to hear about their first-time experience as a sailor, was honestly priceless. One of the recipients, a young girl who was as excited as she was apprehensive, offers her note of thanks on the camp experience, in her own words:"

*Dear FISH and the boat club,*

*Thank you so much for giving me this scholarship. It was so great to learn how to sail. Sailing camp was just great. I learned so many things. My teacher was great. He was so nice to me. I have never been on a sailboat since that camp (sad face), and I would love to do this again. This is probably one of the things I love to do the most now. I had no idea what to do on the first day, and now I love sailing by myself. I did fall a lot, but that's OK. It was so, so fun! (happy face). I would love to do it again.*

FISH thanks The Captiva Island Yacht Club and its members for their partnerships in helping island youth learn something new during their summer break.✱

## Lane Closures At Toll Booth August 23 Through August 28

The City of Sanibel received the following news release from the Lee County Department of Transportation regarding an upcoming toll booth lane closure of the Sanibel Causeway:

The Sanibel Toll Facility will be reduced from three lanes to two lanes from August 23 through August 28 as workers perform repairs on the equipment that counts the axles of the vehicles passing through.

The equipment, which are called treadles, is encased in metal frames embedded in the concrete; the frames must be replaced due to continued exposure to salt air. Each of the three toll lanes will need to be closed for two days. Message boards have placed to inform motorists.✱

To advertise in the *Island Sun* Call 395-1213

## American Legion Post 123

On Sunday, August 21, American Legion Post 123 will host a fish fry from 1 to 8 p.m.

On Sunday, August 28, the legion will serve barbecued chicken and ribs all day long.

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

For more information, call 472-9979.✱

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## Celebrity Island Dinner Returns This Fall

The Bailey-Matthews National Shell Museum will host its annual fundraiser, Celebrity Island Dinner, at Traders Gulf Coast Grill & Gifts on Monday, October 3.

This year's dinner theme, Disco Beach, will transform the restaurant for the evening, with a disco ball and colorful decorations. Karaoke will be on the menu, along with one surprise after another. Festivities will begin at 5:30 p.m.

While Traders waitstaff will serve the multi-course meal, island celebrities

– dressed in whatever outrageous outfits they create – will do guests' bidding in exchange for tips that benefit the museum. The celebrity servers will entertain the crowd, too.

The \$75 admission fee includes beer and wine as well as the sit-down dinner. Seating is first-come, first served with shared tables. To reserve a table for six, eight or 10, for an additional charge of \$100 per table, call the museum at 395-2233.

The preliminary roster of island celebrities includes Shelby Peters, president of Hillgate Marketing Services; Holli Martin of Heidrick Insurance Company; Robin Roberts of RE/MAX of the Islands; Mary Bondurant of the Bondurant Realty Group; Brian Holaway, owner of

Captain Brian on the Water; Robin Cook of Sanibel Captiva Trust Company; Ric Base of the Sanibel-Captiva Islands Chamber of Commerce; Mark Blust of Prawnbroker Restaurant Group; and Joel Johnson and Terry Igo, both of the Sanibel Captiva Trust Company. Igo is already preparing a performance to surpass his show-stopper last year.

"The celebrity servers might very well have the best time of all," said Dorrie Hipschman, the museum's executive director. "Anyone who'd like to join in the fun as a server should call us. And if you can't be at the dinner, we've made it easy to 'tip' your favorite local celebrity waiter online, or give us a call to arrange a donation."

To purchase tickets, to volunteer as a

celebrity server, to make a donation on behalf of a favorite celebrity or for more information, call 395-2233, visit [www.shellmuseum.org](http://www.shellmuseum.org) or stop by the Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road on Sanibel.\*

## College Graduate

Jacquelyn Damico of Sanibel recently graduated from Florida Gulf Coast University with a bachelor of science degree from the Lutgert College of Business.

For more information on Florida Gulf Coast University, visit [www.fgcu.edu](http://www.fgcu.edu).\*



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Incapable of Following Instructions

Despite repeated warnings, refuses to recognize the conflict between her choice of political partners and her job responsibilities.

RECOMMENDATION:

Terminate Lizbeth Benacquisto!  
Vote Jason Maughan on August 30!



## Island Seniors At The Center 4 Life

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

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

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

The featured book for Wednesday, September 14 is *Brooklyn* by Colm Toibin. 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** – August 19 and 26, 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.

**Eight-Day Tour to Memphis, The Blues Trail and the Mighty Mississippi** – October 9 to 16. Cost for members is \$1,149 per person, double occupancy; \$1,549 single. Cost for non-members is \$1,199 per person, double occupancy; \$1,599 single.

Trip includes round trip transportation, accommodations for seven nights including three in Memphis, Graceland tour, Tupelo and Elvis home, 14 meals, guided Memphis Tour, Beale Street and Mississippi River cruise. Registration deadline is August 26.

### 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** – September 20 (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.

**The fitness class schedule on**

**Tuesday, August 30 is cancelled due to the Primary Election. Fitness classes will resume on Wednesday, August 31.**

**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.✱



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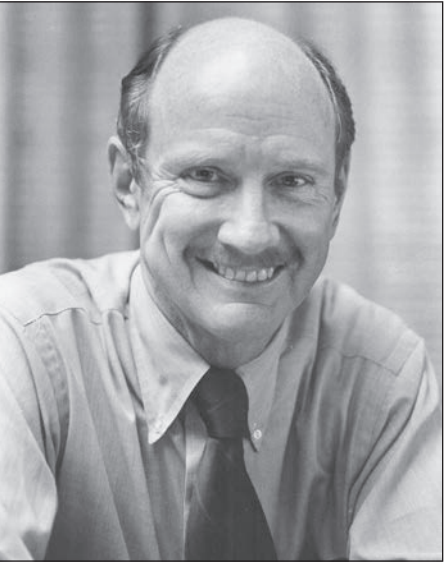
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OBITUARY



JOHN “JACK” WESTON

John “Jack” Weston passed away on Monday, August 8 in Minneapolis, Minnesota. He was 84.

Jack was a fun-loving father, grandfather, great-grandfather, brother and uncle who enjoyed life to the fullest. His family and dear friends provided him the greatest amount of joy.

An Edina, Minnesota resident, Jack graduated from Breck School in 1949. After attending the University of Minnesota, he joined the Weston Engraving Co. with his father, John J. Weston, Sr. Jack took over as president of Weston Engraving in the late 1950s

and successfully led his company into the first days of digital printing. In the early 1960s, he founded Weston Photo Mechanical Company in Edina, which manufactured printed circuit boards for many government and industrial applications. Jack enjoyed riding horses during his youth. He and his five-gaited horse Service Stripes earned blue ribbons at the Kansas City Royal and Madison Square Garden as well as many competitions on his home turf.

Jack enjoyed a 45-year winter residence on Captiva and Sanibel Islands. He was a member of The Minneapolis Club, The Minikahda Club, the Captiva Island Yacht Club and The Sanctuary Golf Club on Sanibel. Jack was a boating enthusiast and owned many boats throughout his life in Minnesota and Florida. One of his favorite Florida boats was named Engraver III.

Jack was proud of his children, grandchildren and great-grandchildren and he always remembered their birthdays and anniversaries.

Preceded in death by parents, John and Margery Weston; sisters, Margery (Fred) Lade and Audrey DeLarco. Jack is survived by his former wife, Pam Weston, and their children, Jack Weston III (Connie) of Edina, Marnie Boivin (Dan) of Minneapolis, Mollie Reynolds (Bill) of Orono, and Sheila Nichols (Rich) of Minnetonka; nine grandchildren (Julia, Alex, Drew, Teddy, Liza, Lindsay, Michael, Wes and Patrick) and four great-grandchildren (Meredith, Ellie, Herbert and Lincoln).

A Celebration of Life Luncheon

was held at The Minikahda Club in Minneapolis on August 17 (which would have been Jack’s 85th birthday). A private family service was held at Lakewood Cemetery.

In lieu of flowers, memorials are preferred to Jones Harrison, 3700 Cedar Lake Avenue, Minneapolis, MN 55416 or to the donor’s choice.✱

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

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Record-Size Box Turtle Found  
At The Sanctuary Golf Course



Record-size female Florida box turtle

photos courtesy Kyle Sweet

submitted by Chris Lechowicz,  
SCCF Wildlife Habitat  
Management director

On June 24, a female Florida box turtle (*Terrapene carolina bauri*) measuring 188 millimeters (7.4 inches) in carapace length was captured and marked as part of the Sanibel-Captiva Conservation Foundation Florida Box Turtle Project at The Sanctuary Golf Club's golf course.

John Porter, the irrigation manager at The Sanctuary, found the turtle and suspected that it was likely near the state record. The state record for carapace length in Florida box turtles was 187 mm. That turtle, also from Sanibel Island, was documented by George Campbell in 1984.

It is unusual for a female to claim the record, as males are usually larger than females.

SCCF has been measuring and marking (notched and micro-chipped) box turtles in a research effort on Sanibel and Captiva islands for more than a decade and has over 250 in its database.\*



John Porter with the box turtle



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# MENU

## APPETIZERS

Soup Cup 5 Bowl 7  
*Chef's Daily Inspiration*

Mussels IL Cielo 12  
*Traditional Marinara Sauce, Garlic Bread (GF)*

Baked Blue - Fin Crab Cake 13  
*Roasted Fingerling-Bacon Hash, Chive Beurre Blanc*

Seared Ahi Tuna 12  
*Udon Noodle Salad, Pickled Ginger, Wasabi, Pineapple - Ginger Soy Reduction (GF)*

Calamari Fritti 12  
*Sweet Chili Glaze, Petite Greens, Wakame, Cashews, Mango Coulis*

Beef Carpaccio 14  
*Truffle Oil, Capers, Red Onion, Shaved Parmesan, Crostini (GF)*

Seared Scallops 13  
*Corn and Tomato Relish, Lemon Grass - Ginger Vinaigrette (GF)*

Fettucini with Shrimp & Bay Scallops 12  
*Fresh Fettucini, Rustic Tomato-Basil Garlic Sauce*

Risotto MARKET  
*Chef's Daily Creation (GF)*

## SALADS

Baby Red & Green Romaine Salad 11  
*Caesar Dressing, Focaccia Croutons, Parmesan (GF)*

Local Artisan Green Salad 11  
*Kiln Dried Cherries, Candied Pecans, D'Anjou Pears, Gorgonzola Cheese, Roasted Shallot Vinaigrette (GF)*

Heirloom Caprese Salad 12  
*Fresh Mozzarella, Arugula, Balsamic Reduction (GF)*

Spinach Salad 11  
*Mushrooms, Red Onion, Hard Cooked Egg, Grape Tomato, Warm Bacon-Sherry Vinaigrette. Focaccia Croutons (GF)*

## SPECIALTIES

Chef's Vegetarian Inspiration (GF) 25  
Lobster Ravioli 28  
*Shrimp, Asparagus, Lobster Emulsion, Tomato Concasse, Spinach*

Veal Scaloppini 27  
*Wild Mushrooms, Roasted Fingerling Potatoes, Spinach, Vegetable Medley, Marsala Demi*

Veal Osso Bucco 36  
*Saffron Risotto, Green Beans, Baby Carrots, Red Wine Demi, Gremolata*

## SEA

North Sea Salmon 28  
*Adobo, Mango-Chili Salsa, Jasmine Rice, Bok Choy (GF)*

Seared Day-Boat Scallops 34  
*Whipped Potato, Braised Leeks, Citrus Beurre Blanc, Tomato Concasse (GF)*

Local Black Grouper & Jumbo Lump Crab 32  
*Asparagus Spears, Whipped Potatoes, Sweet Chili-Beurre Blanc (GF)*

Sesame Crusted Ahi Tuna 30  
*Ginger Rice Cake, Grilled Pineapple, Asian Vegetable Slaw, Mango Coulis, Port - Plum Reduction (GF)*

Seafood Cioppino 28  
*Gulf Shrimp, Mussels, Black Grouper, Bay Scallops, Garlic Bread (GF)*

## LAND

Grilled New York Strip 30  
*Yukon Gold Mashed Potatoes, Haricot Vert, Petite Squash, Demi Glace (GF)*

Grilled Filet of Beef 32  
*Porcini Butter, Lyonnaise Potatoes, Asparagus, Baby Carrots (GF)*

Free-Range Chicken Saltimbocca 24  
*Prosciutto, Fontina Cheese, Sage, White Truffle Risotto, Baby Vegetables, Red Wine - Sage Demi (GF)*

Pistachio Crusted Colorado Rack of Lamb  
Two Bone 24 Four Bone 46  
*Roasted Fingerling Potatoes, Lamb Demi, Baby Carrots, House Made Mint Jelly (GF)*

# IL CIELO

## Scott Swamba CHEF

Chef Swamba earned his culinary arts degree from Schoolcraft College in Livonia, Michigan. Chef Swamba has been an avid culinary competitor and has accumulated over 120 American Culinary Federation medals in domestic and international competitions. Chef Swamba has served as a culinary instructor and chef at numerous private clubs and hotels including Washtenaw Community College, the Ritz Carlton and Meadowbrook Country Club and various other establishments. Chef Swamba brings with him his love and passion for food; along with his ability to teach, train and share his knowledge of the culinary arts to IL Cielo. Chef Swamba emphasizes the importance of having a clear and concise understanding of the fundamental principles of cookery. "Once you understand the correct techniques and fundamental aspects of cooking, you can then experiment with flavors, textures and plating." Chef Scott Swamba.



## Melissa Akin PASTRY CHEF

Chef Melissa earned her Culinary Arts Degree from the New England Culinary Institute in Burlington, VT. Chef Melissa has worked at several Hotels, Resorts and Restaurants including the Wild Dunes, The Flying Pig and Fuze Bistro. Melissa has taught cooking classes to adults and children and has had her desserts featured on numerous television shows and magazines including Naples Illustrated, Phantom Gourmet and The Fung Brothers. Melissa brings her love of food and knowledge of pastries to IL Cielo with the desire to transform her passion for food into an unforgettable experience for the guest. To Melissa, food is not only a necessity; it's an art form.



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## Plant Smart

# Shortleaf Gayfeather

by Gerri Reaves

**S**hortleaf gayfeather (*Liatris tenuifolia*) is a short-lived native wildflower and a member of the aster family.

In the wild, it grows in scrub, dry flatwoods and pinelands, roadsides and dunes.

It's perfect for a low-maintenance wildflower garden. Tuberous roots help it to endure dry sandy soil and full sun. It isn't the best choice for a coastal landscape, however, because of low salt tolerance.

It has many other common names, including shortleaf blazing star, grassleaf gayfeather, shortleaf liatris, fineleaf blazing star, fineleaf gayfeather and fineleaf liatris.

Showy flowers and wildlife friendliness are its chief attributes.

Spikes of dense tufted tubular disk flowers bloom from the top down. Stalks reach three to six feet tall.

The five-lobed flowers' protruding styles (elongated center portion of the pistil), which resemble slender stalks, give them a feathery, frilly, or shaggy look.

Colors range from pink to purple, rose to lavender, and sometimes white.

Blooms appear mostly in late summer and early fall. When not in bloom, the plant resembles scrubby tufts of grass, so one solution is to place it amid native grasses.

The leaves are about a mere quarter-inch wide but can be as long as a foot. The very slender leaves justify the term *tenuifolia*, which means narrow-leaved. The ones at the base of the plant are longest, and the short uppermost ones hug closely to the stems.

Shortleaf gayfeather is an excellent bee and butterfly attractor.

In fact, it is designated of "special value to native bees" by the The Xerces Society for Invertebrate Conservation. That alone is an excellent reason to plant it in your yard, given the recently documented devastation to bee populations.

Another reason to cultivate it? The Institute for Regional Conservation gives it an "imperiled" status.

To top it off, this wildflower readily reseeds, thus saving you time on yardwork.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, fnps.org, regionalconservation.org, and wildflower.org.

Plant Smart explores the diverse flora of South Florida.\*



**Native shortleaf gayfeather attracts bees and butterflies** photo by Gerri Reaves

## CROW Calendar Of Events

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

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

**Friday, August 19, 2 to 3:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Monday, August 22, 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 23, 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 presentation.

**Wednesday, August 24, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

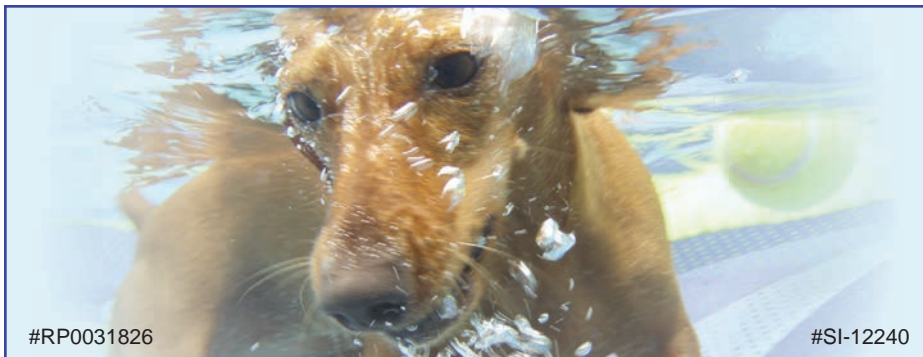
After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

**Thursday, August 25, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

**Friday, August 26, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

Do you wonder how and why animals become patients at 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.\*



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## CROW Case Of The Week:

## Red-Shouldered Hawk

by Bob Petcher



The red-shouldered hawk (*Buteo lineatus*) is a medium-sized hawk that is often heard before it is seen. Its distinctive whistle, which sounds like *kee-rah*, rises throughout the forest or other domain it may inhabit.

This red-shouldered species is often referred to as the hawk of the woodlands for its attachment to the forests. Like many hawks, it hunts while watching from a perch, using both sight and sound to locate its prey then swooping down to attack. It sometimes flies in a low pattern to surprise its prey, which includes most small mammals and birds.

During a nesting cycle, males bring food to females at the nest, who in turn feed their nestlings. The male may take a turn sitting on the eggs while the female eats. Females generally remain with their young for one to three weeks after nestlings hatch. After hatching, the juveniles tend to leave the nest at the five- to seven-week mark but are still fed by their parents for another eight to 10 weeks.

The red-shouldered hawk is distinctively marked with barred red-to-orange under parts and a visibly banded tail. At full growth, the colorful hawks possess dark-and-white checkered wings and a reddish striping on its breast. Interestingly, an adult red-shouldered hawk averages between only one to two pounds in weight.

Depending on the region on which you live, red-shouldered hawks have different color variations. In the northeast, they tend to be brownish overall. In Florida, they have pale, grayish heads, while those in California boast richer colors with a rusty head.

One of the best ways to find this species of hawk is to learn their distinctive whistle. Blue jays often mimic that *kee-rah* sound in hopes to detract it. You can also identify a red-shouldered hawk while it is in flight by its distinctive barring and translucent crescents near its wingtips, which are usually pushed slightly forward when gliding and soaring.

Red-shouldered hawks are closely associated with red-tailed hawks. People sometimes confuse the two, but red-tailed hawks are larger and bulkier than their distant cousin and have broader wings, slower wing beats and a paler underbelly. Adult red-tails usually bear a reddish top on their tails, dark-streaked bands on their stomach areas and paler wings with a dark bar on the edges.

Red-shouldered hawks are generally loners that typically migrate alone, although



Patient #16-2659 gets fed soon after arriving at CROW

photo by Kenny Howell

they sometimes form small flocks of three or more birds for migration purposes.

These birds of prey are territorial and, once they establish residency, they become defensive and will fight to keep their space. I know from experience. Shortly after moving into a home, I exited the house onto the outdoor porch and was immediately squawked at by a red-shouldered hawk that was perched on a nearby railing. When I tried to descend the stairway, it flew by me, slapped me on the head with its talons, re-perched on the bottom railing after its strike and squawked at me again in a convincingly intimidating fashion.

At CROW, an adult red-shouldered hawk was brought into the hospital last week

continued on page 36

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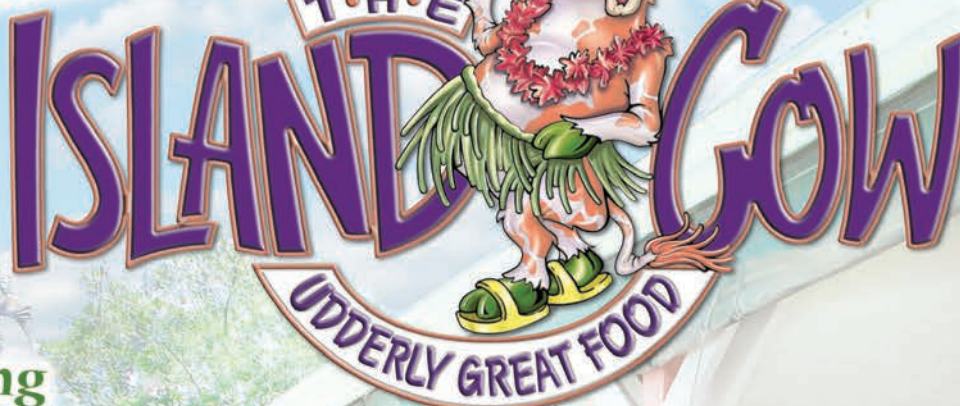
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# Proposed No Boating Zones... Really?



by Capt. Matt Mitchell

**W**ith our summer afternoon rain pattern in full swing this week, anglers got to capitalize on a little cooler than usual water temperature window for the first few hours of the

day. Water temperature readings were as low as 82 degrees in the early mornings, making the fish not surprisingly a whole lot more active. Those first few magical hours after sunrise until roughly mid-morning has been prime time, with water temperatures quickly rebounding into the high 80s by mid-day, making both fish and anglers lethargic. Add to the cooler water a great morning high tide cycle and it's been the perfect set-up to catch both redfish and snook.

After targeting manly mangrove

snapper along with doing some open water flats fishing for the majority of the last few weeks, fishing for redfish most of this past week made a refreshing change. Although I did not find redfish in huge numbers, most mangrove shorelines held them along with a mixed bag including snook of all sizes and mangrove snapper. Live free-lined shiners and tail-hooked pinfish both caught redfish, with the larger models preferring pinfish. For the first few hours of the trip, our reds came from the sandholes just out from the mangroves. Then, as the sun got higher by mid-morning, the fish were closer to the shade of the trees. Charters this week all produced limits of redfish ranging from 20 to 25 inches.

Mangrove snapper action slowed some this week, with the abundance larger ones we have been enjoying in the bay for more than a month now becoming harder to locate. The full moon of August this week won't totally shut this inshore bite down, but the best action on the larger snapper in the sound is probably over until next year. While fishing for the snapper this week on various hangs and docks in the northern sound, clients enjoyed some gag grouper action, with the larger grouper proving tough to get out of the structure.

FWC's proposed no boating zones for



Barbara and Dave Peirson each with a redfish caught while fishing with Capt. Matt Mitchell this past week

areas around Useppa, Broken islands, and Hemp Key in Pine Island Sound and Coconut Point, Matanzas Pass and Carlos Point in Estero Bay this week are a explosive topic of conversation among fisherman and boaters alike. In the past, every time the FWC has offered a workshop for public hearing, the outcomes were already decided and boaters' rights were taken away.

I have fished many of these proposed areas for years while watching both large-scale hotel and residential development around Estero Bay/ Coconut Point change it forever. I ride by Hemp Key several times a week and have seen the ups and downs of this bird rookery island. Twelve years ago, Hurricane Charley basically leveled Hemp Key, leaving not

a single piece of vegetation on it. It has taken until the last few years for any trees and mangroves to grow back at all. The major issues affecting our birds and wildlife are caused by poor water quality, lack of food and development. In my daily observations, birds – when a certain island is not working for them or supplying the resources they need – relocate to another island that does. Every year I watch nesting birds, often they make a rotation from one mangrove island to next.

Making these areas off-limits to boaters in the name critical wildlife where not even a specific species is mentioned is a violation of our rights. Simply put, the FWC needs to be focused on the

continued on page 32

## Send Us Your Fish Tales

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

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## Wonders Of Water Summer Program A Success



Naturalist Mike Zeleny of Adventures in Paradise with students from the Heights Youth Foundation showing off one of the mullet they netted and then released during their outing near Pine Island  
photo courtesy Adventures In Paradise

Adventures in Paradise created and sponsored the Wonders of Water (WOW) program this summer with the Heights Youth Foundation. The WOW project was designed to enhance learning and life experiences for fourth to sixth grade students participating in The Heights Foundation's summer camp program.

Adventures In Paradise took the children on sea life encounter tours which included a boat ride, collecting water samples for research purposes, learning

about the sea life they encountered, and gaining a personal appreciation for the water and wildlife that are right out their back doors.

"Even though the students live close to local beaches and shoreline, many never have an offshore experience. We were excited to bring our passion and knowledge for the local waters and wildlife to the program participants," said Evelyn Stewart, an owner of Adventures in Paradise. "Our staff of excellent naturalists, guides and captains had a great time sharing their expertise with the kids. From our viewpoint, the program was a success and we hope to make the WOW program an experience the kids will eagerly anticipate each year."

"The kids and the staff consider the WOW program the best field trip experience they have ever had," added Debra Mathinos, director of lifelong learning at the Heights Center. "They loved being on the water, in a boat, catching and touching the sea life they collected. The kids' reactions were priceless, and I know the staff had just as much fun as the campers did. We hope we can continue the program next year."✱

## SCCF Sea Turtle Nesting Statistics

Sea turtle nesting season is winding down, but hatching is definitely in full swing. About 11,039 hatchlings have emerged from 204 nests on our beaches to date. We were incredibly lucky last Wednesday and happened to walk up to a nest that was hatching during nests checks for the regular morning survey – what perfect timing!

SCCF is also excited to report that our first two green sea turtle nests of the season were laid last week. The first was laid last Friday and the second was on Monday, both on the west end.

With the new moon on August 2 and so many nests hatching, we have seen a spike in disorientations over the past week or so. We think the cause in most cases was interior lighting, so please help spread the word about closing the blinds on beachfront condos/homes at night.

Here are the loggerhead nest counts as of August 12:

Sanibel East	Loggerhead Nests – 170	Loggerhead False Crawls – 388
Sanibel West	Loggerhead Nests – 446	Loggerhead False Crawls – 822
Captiva	Loggerhead Nests – 190	Loggerhead False Crawls – 289
Total	Loggerhead Nests – 806	Loggerhead False Crawls – 1,499

\*False crawl = a failed nesting attempt

If you have questions or would like to know more about nesting stats on Sanibel, contact [seaturtle@scsf.org](mailto:seaturtle@scsf.org) or call SCCF at 472-2329.✱

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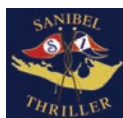


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From page 1

## Speaker Series



Cynthia Barnett, a popular refuge lecturer, returns on November 4 for A Water Ethic for Florida and America program about her book *Blue Revolution: Unmaking America's Water Crisis*. *National Geographic* called the book “elegant, inspirational, indispensable.” The *Boston Globe* named it among its Top 10 Science Books.

Award-winning Everglades

photographer Mac Stone appears on November 18 for an engaging presentation of his dramatic underwater and other water-related images. Throughout the Water/Ways exhibit, the refuge will display an exhibit of Stone’s images in the Visitor & Education Center Auditorium.

A panel discussion titled “Water: Have We Missed the Boat?” winds up the guest speaker series on December 2. DDWS board member and state co-chair of the Everglades Coalition Mike Baldwin will moderate an audience-interactive discussion that includes experts Mitch Hutchcraft, Southwest Florida Water Management District; Cara Capp, Everglades Restoration Program; Rae Ann Wessel, SCCF; and Jerry Lorenz, Audubon Florida.

Admission to all presentations is free but limited on a first-come basis. The schedule of lectures is:

- October 28, Author Ellen Prager – Ocean Trivia program
- November 4, Author Cynthia Barnett – Blue Revolution: A Water Ethic for Florida and America
- November 18, Nature photographer Mac Stone – Under Water in the Everglades presentation
- December 2, Water: Have We Missed the Boat? interactive panel discussion.

Also as a part of Water/Ways programming, DDWS will be showing a water-related film series, sponsored by LCEC, on Wednesdays. The Southwest Florida Fine Craft Guild is planning an artful water and nature exhibition, titled Engulfed, during the event, and an exhibit of water-related, historic cartoons by JN

“Ding” Darling will be on display.

Special Saturday family programs, giveaways, interactive water features, and other activities are in the planning stages. On Saturday, November 26, a Kids Fishing Derby will take place on the Sanibel Causeway in conjunction with the exhibit. Tarpon Bay Explorers, the refuge’s recreation concession, will offer a 10 percent discount on 10 of its Saturday Nature & Sea Life cruises during Water/Ways.

“The outstanding, state-of the-art Smithsonian Water/Ways exhibit lies at the heart of an exciting, engaging six weeks of programming for kids and adults that we hope will ultimately send the message that we all need to work together to preserve our valuable, vanishing water resources,” said ranger Westland. “We are honored to be among the select venues hosting the exhibit.”

Through a highly competitive bidding process, “Ding” Darling was chosen as one of only six Florida locations to host the new Water/Ways. The exhibit, part of the Smithsonian’s Museum on Main Street (MoMS) program, examines water as an environmental necessity and important cultural element. Water covers more than 71 percent of earth’s surface, having an impact on climate, health, economics, politics, agriculture, transportation and industry. Water/Ways explores the endless motion of water on earth’s surface, below ground, and in the atmosphere, and it illustrates its effect on landscape, settlement, migration and even spirituality. For information about the exhibit, visit [www.sites.si.edu](http://www.sites.si.edu).\*

## Bank Sponsoring CROW’s Taste Of The Islands

Edison National Bank/Bank of the Islands returns as the presenting sponsor for the 35th CROW Taste of the Islands. As a longtime supporter of CROW, this will mark the bank’s seventh year as the presenting sponsor for one of Sanibel’s signature events.

CROW’s Executive Director Linda Estep said, “CROW is grateful for the continued support of Bank of the Islands and their unwavering support for local wildlife.”

Taste of the Islands will be held on Sunday, November 13 from 12 to 5 p.m. at Sanibel Community Park. The island food festival showcases the diverse restaurant community of Sanibel and Captiva with new culinary creations as well as long-time favorites. Restaurants will offer a variety of items for \$5 and under.

Admission is \$5 for adults and free for children younger than 12 years of age. Proceeds help support the care and treatment of wildlife through state-of-the-art veterinary care, research, education and conservation medicine.

For more information or to become a participating restaurant, contact Mary C. Schoeffel, development director at 472-3644 ext. 232 or [mschoeffel@crowclinic.org](mailto:mschoeffel@crowclinic.org).\*

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## Garden Club Meets For Lunch



The Shell Island Garden Club's "Summer Girlz" met for lunch at the Veranda Restaurant in downtown Fort Myers on August 9. Standing, from left, Margie Lee, Grace Mannix, Patti Poshek, Mimie DiRico, Gloria Krekel, Gerri Perkins, Sandra Dalbec, Carol Bytnar and Peggy Hupfeldt. Seated, from left, Carol Ruot, Barbara Broadhurst, Nancy DeBenedictis and Maggie Butcher.

photo courtesy Shell Islands Garden Club



Florence with the turtle she rescued

photo courtesy Fabrice Walewski

## Visitor From France Rescues Turtle

A woman named Florence, visiting from France, spent her first summer on Sanibel staying with the Walewski family. She saved a turtle which was in the middle of the road (along the old trail near Casa Ybel Road), picking it up before putting it back in the bushes. According to Fabrice Walewski, whose family has stayed on the island for more than 30 years, "We were happy to see that our dear guest followed our Sanibel rules to protect wildlife." ✪✪

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## Shell Of The Week

## The Angel Risso



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

**A**t only 6  
mm (about  
1/4 inch),  
the Angel risso,  
*Rissoina angeli*  
Espinosa &

*Ortea*, 2002, is another member of the rich micromollusk fauna found in the shallow waters of the barrier islands of Southwest Florida. Its shell is distinctive, with an elongate-conical shape, and a fine sculpture of 25 large ribs per whorl and finer spiral threads that do not cross those ribs (you will need a strong magnifying glass or small microscope to be able to see the delicate microsculpture on this shell). The color is translucent-white, and shells of living animals are clear, transparent. Despite its presence in some of the best-known shelling areas in the world, the species was described and named in 2002. Until then, it had been repeatedly misidentified as a similar

but separate species in the shell literature and in shell collections.

**Shell Museum Events**

Daily programs are included with paid admission:

Arts & Crafts 1:30–2:30 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.



*The Angel risso, Rissoina angeli*

photos by José H. Leal

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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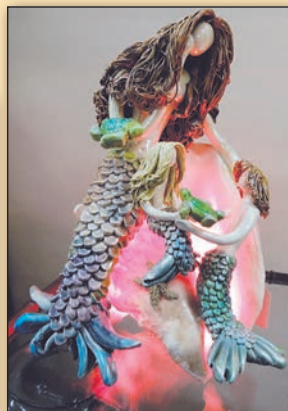
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# ISLAND FARE

## 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



Dimitri of Il Tesoro

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

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*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](http://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

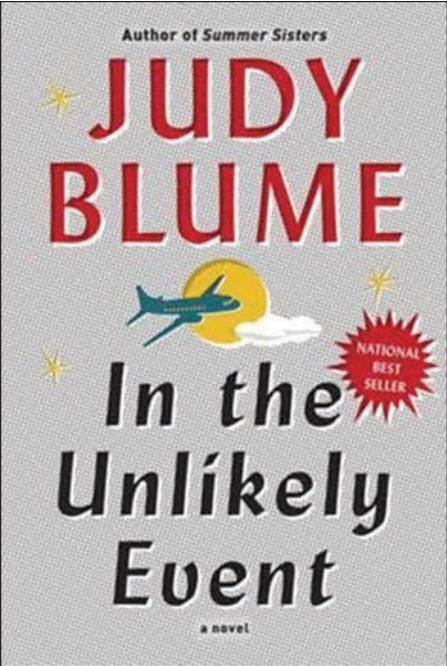
In The Unlikely Event



by Di Saggau

Judy Blume's latest book, *In The Unlikely Event*, is her first novel for adults in 17 years. In it, she revisits a time when three planes crashed in eight weeks in her hometown of Elizabeth, New Jersey. The story is told through numerous characters but the focus is on Miri Ammerman, a ninth-grade Jewish girl whose life, and that of those around her, are derailed by the crashes. She lives with her 33-year-old mother Rusty, who won't tell her the truth about her father. Her grandmother Irene, is another strong influence in Miri's life as is her friend Natalie and her boyfriend, Mason.

The first crash is December 16, 1951, killing all 56 people on board. The second, on January 22, 1952, kills all 23 on board including former Secretary of War Robert Patterson and seven people on the ground. Three weeks later, on February 11, a plane crashes into a four-story apartment building after take-off. Of the 63 on board 29 were killed along with four on the ground.



Miri and her friends witness the crashes and along with the entire community, try to find a reason as to why this has happened. Miri's uncle Henry does his best to cover the events in the local paper. We learn how the crashes change the people in this community.

Blume uses newspaper reports to help tell the story. She starts the novel 35 years later and then fast-forwards to 1951, coming back to present day at the end of the novel. The characters lives become important to the reader. Devastating secrets are uncovered. We

feel the pure shock of these events and pray we reach our desired destinations.

Blume talks of a time when we heard Kate Smith sing on television, listened to Walter Winchell on the radio, homes had *Encyclopedia Britannica* lining their bookshelves, girls smelled of Noxema, wore Pixie Pink lipstick, knitted argyle socks for boyfriends and danced to Nat King Cole. It brings back a lot of memories including A-bomb hysteria and rumors of Communist threat. Through it all, one generation reminds another that life goes on.

*In The Unlikely Event* is a gripping novel that makes for great book club discussion. I know, my group just talked about it.❖

Top Ten Books On The Island

- 1. *Harry Potter and the Cursed Child* by J.K. Rowling
  - 2. *A Man Called Ove* by Fredrik Backman
  - 3 *Surf's Up* by Kwame Alexander
  - 4. *Circling The Sun* by Paula McLain
  - 5. *Open Heart* by Elie Wiesel
  - 6. *Where'd You Go Bernadette* by Maria Semple
  - 7. *The Girl on the Train* by Paula Hawkins
  - 8. *Sea Rex* by Molly Idle
  - 9. *The Storied Life of A.J. Fikry* by Gabrielle Zevin
  - 10. *Gift From The Sea* by Anne Morrow Lindbergh
- Courtesy of MacIntosh Books and Paper❖

Discount Movie Tickets For Rec Center Members

The Island Cinema of Sanibel, located at 535 Tarpon Bay Road, is offering Sanibel Recreation Center Member Movie Rates, movie tickets at a discounted rate, for all City of Sanibel Recreation Center members as well as half-priced popcorn and soda for the month of August.

Admission for Sanibel Recreation Center members (adults and seniors) will be \$6 including tax (40 percent of regular ticket prices). All participating members will need to show the theater box office a valid discount movie voucher from the Sanibel Recreation Center. Movie vouchers are available to current recreation center members and can be picked up at the recreation center front desk.

These feature films are offered through a partnership between the City of Sanibel Recreation Center and Island Cinema.

Watch the City of Sanibel's website for future movie dates.

Due to limited capacity in the theatre, recreation center members wishing to utilize this discount are strongly urged to purchase their tickets at the Island Cinema,

For more information, call the Sanibel Recreation Center at 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).❖

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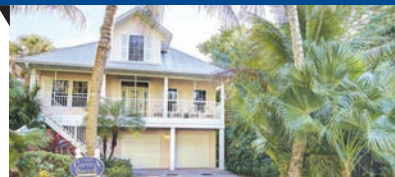
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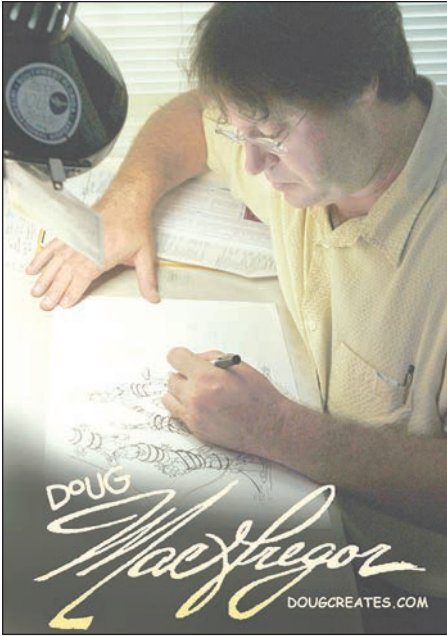


# Retrospective Coming To BIG ARTS Gallery

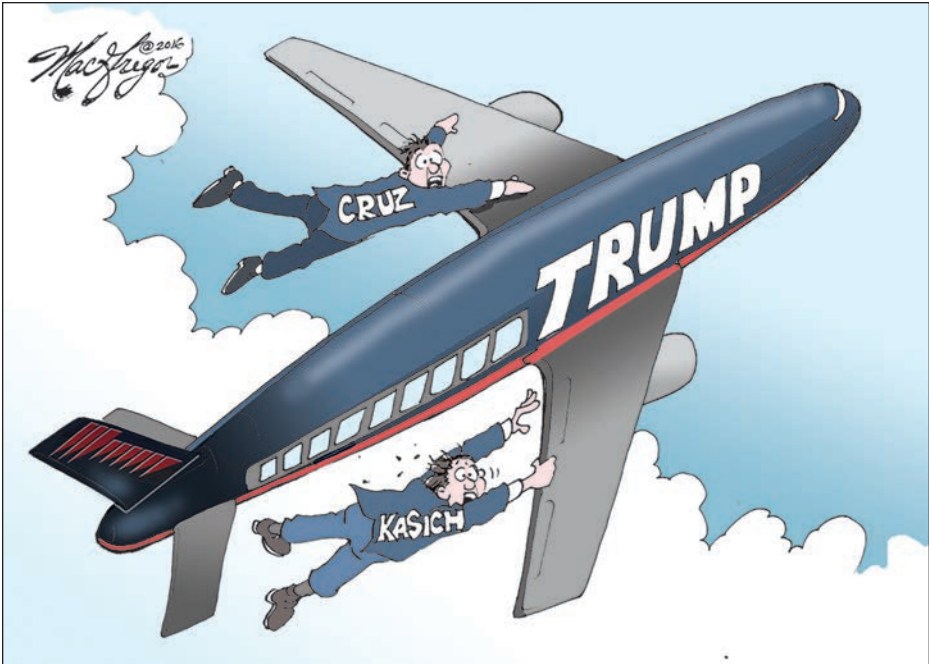
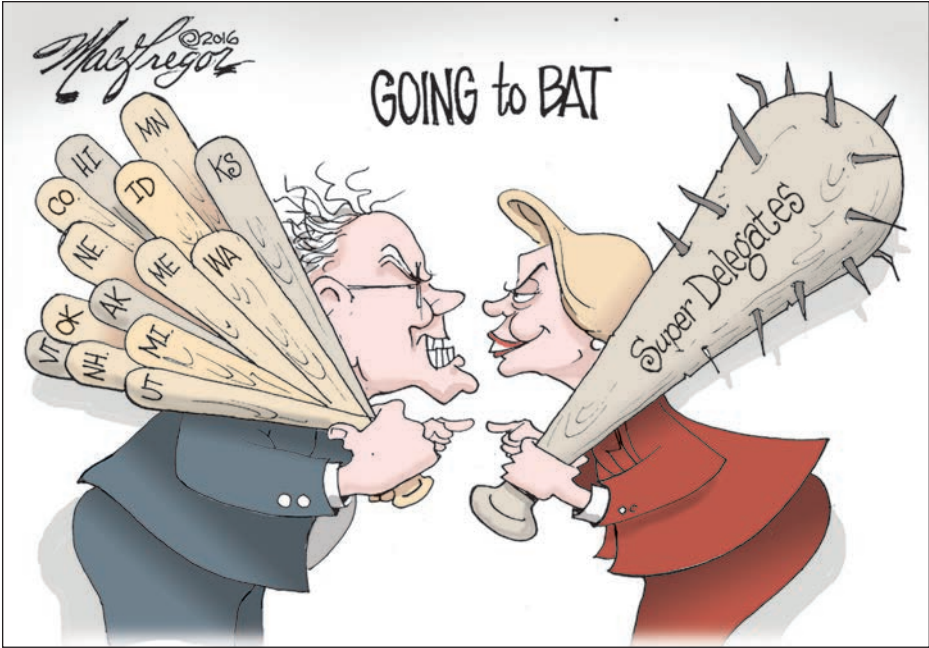
With the nation's political season well under way, BIG ARTS is beginning its season in the same tone with Doug MacGregor's Campaign Cartoons, 1980-2016 exhibit entitled A Hysterical and Historical Retrospective, opening Tuesday, August 30 in BIG ARTS Phillips Gallery. An artist reception will be held Friday, September 30 from 5:30 to 7:30 p.m.

"This will be a great kickoff to the fine arts season," said BIG ARTS Executive Director Lee Ellen Harder. "The exhibit is timely with it being a presidential election year."

MacGregor has been covering local, state and national politics as an editorial cartoonist for over 36 years. His caustic and creative pen has lampooned candidates from Jimmy Carter and



Doug MacGregor  
images courtesy BIG ARTS



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Ronald Reagan during the 1980 election to the current Hillary Clinton and Donald Trump barnburner battle.

MacGregor is in his third year as coordinator for the Arts in Healthcare program, which brings art and music to patients and families within the Lee Memorial Health System.

He has won numerous state and national awards for his cartoon work and is a member of the Association of American Editorial Cartoonists and the Society of Children's Book Writers and Illustrators.

The Visual Voice – News Press

Exhibit will also be on view in Founders Gallery. The exhibit of 29 photos were taken by award-winning *News-Press* photographers Sarah Coward, Jack Hardman, Kinfa Moroti, Ric Rolon, Andrew West and Amanda Inscore Whittamore.

The BIG ARTS fine arts season will once again feature a great variety of art works by talented artists.

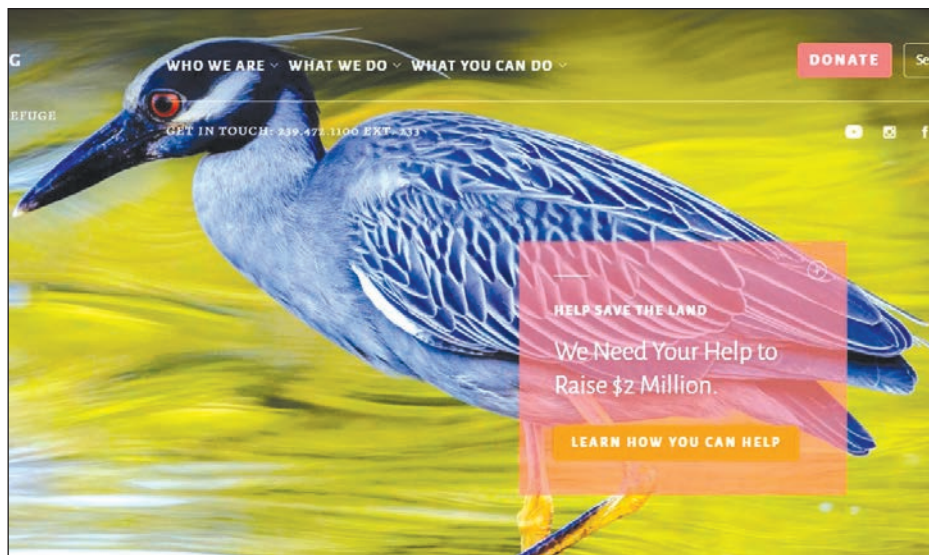
For more information about this season's schedule, call 395-0900 or visit [www.bigarts.org](http://www.bigarts.org).

BIG ARTS is located at 900 Dunlop Road.\*

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The new "Ding" website showcases vivid wildlife imagery

image courtesy DDWS

## 'Ding' Darling Wildlife Society Unveils New Reactive Website

Whether you are viewing it from a full desktop screen, tablet or smart phone, the newly-debuted website for the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will react to your device with imagery that pops and navigation that gets you immediately to the information you need.

Many months in the making, the new website – designed by Sanibel Island's own Brightstreet Group – debuted with a soft opening on August 3.

"We've given it a test spin and let our board, staff, and other friends try it out before we make the formal announcement," said DDWS associate director Sarah Lathrop, who along with DDWS media and website specialist Chelle Koster Walton curated and created content for the site.

"The feedback has been great," added Walton. "Everyone especially loves our new Recent Sightings feature, which provides professional-quality images for all

continued on page 36

## Sanibel Cub Scouts Open House



From left, Barbara Maughan, Webelos den leader; Ronan Maughan, Webelos Cub Scout; Brian Boyd, Pack 1740 Cubmaster; Kim Kouril, Troop 1740 committee chair; Kenny Kouril, Boy Scout; and Ken Kouril, parent

photo courtesy Sanibel Cub Scout Pack 1740

Sanibel Cub Scout Pack 1740 had a strong showing at The Sanibel School's open house held on August 8. Along with other local organizations, scouting was a highlight, promoting the pack and the upcoming Boy Scout Troop 1740 that is forming on the island this year.

There will be an additional Cub Scout open house gathering on Tuesday, August 30 starting at 6:30 p.m. in the school's cafetorium. Anyone interested in joining Cub Scouts (first through fifth grade) as well as Boy Scouts (sixth grade and up) is welcome to come by and learn more about the great experience of scouting.

For further information, contact Kara Stone at 223-4625 or Kim Kouril at 233-4180.\*



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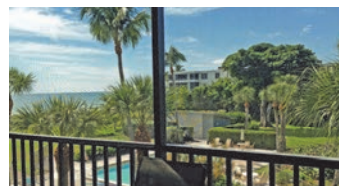
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## Superior Interiors

Creating  
A Fresh Look

by Jeanie Tinch

**N**o matter how long you have lived in your home, it is always fun to shake things up a bit and give at least one room in your home a fresh new look. Here are a couple of

suggestions to give your home an easy update:

**Rearrange** – Often times you can create a new look by simply rearranging what you already have, or transferring pieces from one room to another can

make a huge difference. Try moving furniture away from the wall or angling larger pieces to create a new dynamic in the room. Replace smaller items that are less costly, like a coffee table or end tables, or add an interesting piece of art or new pillows or accessories. Small changes can make a big difference in a room and create a new inviting space.

**Light It Up** – New lighting can make a dramatic difference in a room. A standing lamp in a dark corner will make it much more welcoming, a place you will want to sit and read and relax. A pair of new lamps can also add new life to a room. One change that can make a major impact is to add up-lighting or accent lighting to keep the room alive and inviting.

**Start Your Own Decorating Notebook** – If you decide you want to go further and redecorate the entire room, plan first. Create a notebook that includes pictures of the things you love – favorite colors, favorite furniture pieces and rooms that you love. Identify what you like about the photo and what you might change, if anything, and make a note of it. You will save yourself valuable time when you are ready to move forward by identifying the place to start, and it will help your decorator know your style.

Creating a warm, comfortable place to live makes it a joy to come home.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindcedden.com](mailto:jeanie@coindcedden.com).✱*



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## BeautifulLife:

I've Got Spirit –  
How About You?

by Kay Casperson

**M**y high school cheerleading days are over, but I've never let that stop me from living my life with positivity, joy and lots of spirit – especially during this time

of year. Summer is coming to a close, students are heading back to school, stores are full of sales, athletes and sports fans are getting ready for the fall season, and this year, my family and I are watching the Rio Summer Olympics.

Even though we're rooting for Team USA, we love seeing so many talented, dedicated athletes from all over the world, all in one place, and it's inspired me to share three of my favorite affirmations for putting some pep in your step and lifting your spirits:

**I encourage and celebrate the success of others**

It's a great feeling when we see the ones we know and love strive to achieve their goals. It doesn't matter if they win or not because they put their heart and soul into trying – be proud! Celebrate

all positive growth and success – not just your own – and let it continue to inspire you to accomplish your goals and dreams.

**I speak and act with compassion and grace**

Whether you're interacting with family, friends, coworkers, acquaintances or strangers, and whether or not you agree on certain things or support the same teams, always keep a positive attitude and treat others with respect. Unless you're participating in a debate, conversation shouldn't be a competition. Be kind to each other.

**Each day is an opportunity for me to succeed**

Change is good, and every day is a new chance to transform your life for the better. Don't waste your daily fresh start by using the same old stale strategies – dare to make a change. Get a new look, find a new hobby or make a new friend – just try something different. When you're open to change, you're open to positivity and possibilities.

*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).✱*

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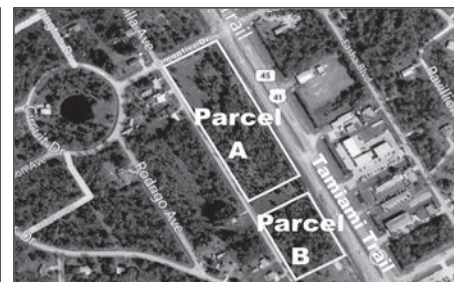
## Sandalfort 4C3



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## Home Improvement Store Plans Partnership With Sanibel's CHR



From left, Lowe's Fort Myers Store Manager Leonard Kinzel, Lowe's Area Human Resources Manager Verna Blaine, CHR Board President Richard Johnson, CHR Treasurer And Mardi Gras Co-chair Melissa Rice, Lowe's Marketing Director Richard Epps, Lowe's Fort Myers human resources manager Katie Gossice and Mardi Gras Co-chair Arlene Dillon

photo courtesy CHR

Several executive staff from Lowe's Home Improvement, including a local store manager from Fort Myers and the Southwest Florida regional manager, recently met with board members from Community Housing and Resources, Inc. to discuss plans for future partnership and support of CHR's ongoing renovation projects on its 74 rental properties.

"As anyone who owns property knows, there is always a project to do, a repair to make or an upgrade necessary, and CHR is no exception," said CHR Board Member Melissa Rice. "We have purchased many building supplies, appliances and repair materials from Lowe's over the years and this partnership shows Lowe's commitment to CHR and to our community. We are so grateful for their support and generosity."

Last year, Lowe's played a huge role in providing discounted appliances for units as well as volunteer support for CHR's signature fundraiser. In 2017, CHR will develop an even stronger partnership with the home improvement giant through the Lowe's Heroes program where Lowe's

employees will take advantage of paid days of service volunteering for a variety of projects with CHR right here on Sanibel.

"Working with CHR was an easy decision," explained Fort Myers Lowe's Store Manager Leonard Kinzel. "Most people don't put a need for affordable housing and Sanibel together, but when we heard about what CHR does for their residents, we knew we had to get involved. Not only does CHR's mission completely align with Lowe's purpose of Helping People Love Where They Live, it also aligns with our personal belief in giving back to the community where we live."

Lowe's plans to play an integral role once again in the upcoming 2017 Mardi Gras fundraiser, scheduled for February 11 at The Dunes Golf & Tennis Club.

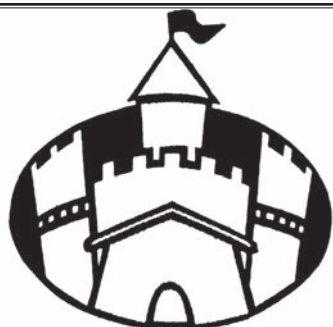
Community Housing and Resources, Inc. (CHR) is a 501(c)3 nonprofit organization dedicated to providing affordable housing for families and individuals working full-time on Sanibel as well as long-time retired or disabled residents of Sanibel. For more information, visit SanibelCHR.org or call 472-1189. ✨

## Author At Lakes Regional Library

The Friends of Lakes Regional Library will host local author Tim Jacobs on Friday, September 9 beginning at 1 p.m. at the library.

Jacobs has written several books and numerous articles for magazines and newspapers. He will discuss his latest book, a biography about a Civil War soldier. A book signing follows the program, which is free and open to the public.

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



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# McClure Joins District As Firefighter/EMT



Alma McClure joined the Sanibel Fire Rescue District on June 1 photo by Jeff Lysiak

If you can do one job very well, why not try your hand at two? That's the philosophy of Alma McClure, the newest member of the Sanibel Fire Rescue District. An emergency medical technician with the Lee County EMS since 2008, McClure began her tenure on the island as a dual firefighter/EMT on June 1.

"After working as an EMT for years and hanging around with firefighters all the time, who did an amazing job, I thought why not do both jobs myself," she said.

The 36-year-old native of Chicago, Illinois who grew up in North Fort Myers began her secondary education by taking classes at Edison Community College. Later, she enrolled at the Fort Myers Fire Academy, graduating after attending training sessions during the evening and on Saturdays, all while still employed as an EMT.

McClure, who is married (to a firefighter who works with the San Carlos Park Fire Department) and has two children – a 14-year-old son and 13-year-old daughter – has previous experience working on the island, as Sanibel was part of her sector as a member of the Lee County EMS squad.

"This is a beautiful place to go running," she said. "I've done some 5K races, and finished as high as second place in my age group. That's something I plan on starting up again."

In addition to running, McClure is an avid angler.

"We've done some fishing on our boat up in Redfish Pass," she added. "I haven't caught anything that big... only a couple of snappers."

McClure also expressed her happiness in joining the Sanibel Fire Rescue District.

"Everybody here has been very helpful since I started. They're all great at their jobs," said McClure. "I'm so blessed to be working here because Sanibel was my first choice to begin working as a firefighter."✱✱

# Local Heroes Nominated For Officer Of The Year Award

Last week, Rotary Club of Fort Myers South announced the nominations for Officer of the Year, to be announced at the annual Law & Order Ball starting at 6 p.m. on Saturday, September 17 at Germain Arena in Estero. The awards dinner recognizes local law enforcement and celebrates their dedication and commitment to the community, with six agencies nominating those among their ranks who go above and beyond the call of duty.



Presentation of colors during a previous Law & Order Ball photo courtesy Rotary Club of Fort Myers South

- The Officer of the Year will be chosen from the following nominees:
- Cape Coral Police Department – Sgt. Jon Kulko, Officer Stephen Cragin and Det. Christy Jo Ellis
  - Florida Gulf Coast University Police Department – Det. Joseph Anderson
  - Fort Myers Police Department – Officer Cassie McHale
  - Lee County Port Authority – Senior Officer Melissa Duncan, Master Officer John Rodriguez and Master Officer Matthew Timothy
  - Lee County Sheriff's Office – Det. Michael Cahill, Deputy First Class Jarrod Cantrell, Sgt. James Matthew Chitwood, Deputy First Class Michael Elkady and Sgt. Sylvester Smalls
  - Sanibel Police Department – Sgt. Grace Towler
- The Officer of the Year will receive a custom designed piece by Rotarian Mark
- conituned on page 35

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From page 18

## Capt. Matt

damaging effects of Lake O water releases. Unfortunately, this is more about politics than helping the eco-system. The \$100,000 budget for non-reflective no boating access signs for these areas are just another navigational hazard and will do little – if anything – to improve bird habitat.

More and more of our public waterways are being taken away. We all know these no boating zones are just the start of a long-term plan of restrictions to close down mangrove islands and grass flats in Pine Island Sound. This will happen slowly, just a few small islands at a time until the only boating access will be the channel of the intercostal waterway.

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).✱✱



Will Power

# Same Sex Couples Estate Planning



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

The last few years have brought several favorable developments for same sex couples in the tax and estate planning arenas. The Supreme Court ruled in the Windsor case a couple of years ago that same sex couples were entitled to the same federal estate tax benefits that a traditional married couple enjoys. In Windsor, the surviving spouse and executor of a same sex union sued the IRS for recovery of taxes paid that would not have been by a traditional married couple by way of the marital deduction.

The surviving spouse claimed that the Defense of Marriage Act (DOMA) that outlaws same sex unions and therefore lead to the denial of the estate tax marital deduction was unconstitutional. While the Supreme Court did not rule specifically on the direct issue, it did rule in a split (5-4) decision that when individual states recognize same sex marriages, the federal government cannot deny benefits to surviving spouses, including legal and tax benefits. That decision led to the surviving spouse in the Windsor union receiving the same federal tax benefits that a traditional married spouse would have received and, therefore, the estate tax paid was refunded.

The Justice Department decided not to contest the constitutionality of the Supreme Court's decision. Shortly thereafter the IRS issued a Revenue Ruling (2013-17) that responded to the Supreme Court's opinion in Windsor, ruling that same-sex couples who are legally married in states or foreign countries that recognize the validity of their marriages will be treated as married for all federal tax purposes, even if they live in a state or other jurisdiction that does not recognize same-sex marriages. Specifically the IRS raised and answered the following three questions:

1. Do "spouse," "husband and wife," "husband," and "wife," include lawfully married persons of the same sex? Here the IRS answered "Yes."
2. Is this true if the jurisdiction in which the couple is currently domiciled, unlike the jurisdiction in which the marriage was established, does not recognize same sex marriages? Again, the IRS answered the question as "Yes" – in other words – if a same sex couple was legally married in Massachusetts that does recognize same sex marriages, but subsequently moves to Florida that does not, the couple will still receive the benefits of being considered married for federal legal and tax purposes.

3. Is this true of registered domestic partnerships, civil unions and similarly recognized formal relationships? Here the IRS answered the question "No." The same sex couple must be legally married in a state or country that recognizes same sex marriages in order to be considered married.

When the revenue ruling was released, Secretary of the Treasury Jacob Lew said: "Today's ruling provides certainty and clear, coherent tax filing guidance for all legally married same-sex couples nationwide. It provides access to benefits, responsibilities and protections under federal tax law that all Americans deserve. This ruling also assures legally married same sex couples that they can move freely throughout the country knowing that their federal filing status will not change."

These pronouncements and rulings provide many federal income and estate tax benefits for same sex married couples. As mentioned in the Windsor case, the estate tax marital deduction is available to same sex couples, as is portability of unused spouse estate exemption, the filing of joint income tax returns, tax free gift transfers between spouses, gift splitting so that the spouses can double the amount of tax-free gifts to other loved ones and a variety of other benefits.

There are also downsides for same-sex married couples under the tax laws. The "marriage penalty" that serves to tax two-income earning married couples at a higher rate than if they were both single now applies to same-sex married couples. The maximum mortgage interest deduction is limited to \$1.1 million of debt among a married couple as opposed to \$2.2 million to a non-married couple.

Participants in certain employee benefit plans subject to the ERISA laws will be required to obtain the spouse's written consent before designating anyone other than the spouse (such as a trust) as beneficiary of certain benefit plans. Losses are generally not allowed for transfers between spouses as well.

Same-sex spouses who entered into prenuptial or postnuptial marital agreements have often addressed how the fact that they did not qualify for various income tax benefits and other benefits affects their property rights vis-à-vis each other. Those agreements should now be reviewed, and future marital property agreements should be structured in light of these new laws.

There's definitely a lot to consider. Those who are in same sex marriages should take the time to review their planning to make sure that it is up to date with all of these changes.

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# Tight Olympic Golf Competition Could Catapult Interest In The Sport



by Ed Frank

The excitement of golf returning to the Olympic Games for the first time in 112 years raises the question whether it will create the needed spark to grow the game with new players and fans.

It's no secret that golf has been in a sharp decline for the last decade, with hundreds of courses closing and play dropping by nearly 20 percent.

But if you've been watching the Olympic competition for the last two weeks with 60 male golfers from 35 countries and 60 women from 33 countries vying for Olympic gold, it certainly has provided a positive image for the "grand old game." And all 120 athletes will now be known as Olympians – a title absent for 11-plus decades.

Last Sunday's victory by Justin Rose of Great Britain to earn the gold medal was as exciting – maybe more exciting – then, for example, a Masters, Ryder Cup or U.S. Open championship. When he dropped his winning put on the 18th hole and thrust his fist into the air in exuberance, he celebrated for his country.

Joining Rose on the medal stand was Sweden's Henrik Stenson, last month's British Open champion, and bronze medal winner Matt Kucher of the United States, who shot a stirring 63 on the final day.

That final round on Sunday brought a sellout crowd to the Olympic Golf Course

## Motorcycle Ride To Honor Friend's Legacy

Motorcyclists across Florida are invited to take part in the 30-mile trip around Lee County to raise funds for Abuse Counseling and Treatment, Inc. (ACT) in honor of David Barbur, a former Sunrise Rotary Club Rotarian and ACT board member who led a remarkable life of service in the Fort Myers community.

The ACT Motorcycle Ride will take place Sunday, August 21 and will raise funds for ACT to continue providing meaningful program services to victims and survivors of domestic violence, sexual assault, and human trafficking in Lee, Hendry and Glades counties. The ride is \$20 per person.

This year's event sponsors include Captiva Island restaurant Keylime Bistro and Six Bends Harley-Davidson.

The motorcycle ride will begin with registration starting at 8:30 a.m. and "kickstands up" at 9:30 a.m. at the Six Bends Harley-Davidson located at 9501 Thunder Road in Fort Myers, and end at the Keylime Bistro restaurant on 11509 Andy Rosse Lane on Captiva Island. The ride will wrap up with an assortment of brunch items, including fresh fruit, quiche, Keylime Bistro homemade corned beef hash and key lime pie.

"ACT is so appreciative to work with both Keylime Bistro and Six Bends Harley-Davidson to promote a peaceful ride in honor of the legacy our friend David Barbur left behind of caring for survivors of domestic and sexual violence, as well as human trafficking," said Jennifer L. Benton, chief executive officer with ACT. "We hope to raise at least \$5,000 this year for critical infrastructure projects."

For more information or to register for the event, contact Jennifer L. Benton at 939-2553 or visit <http://www.actabuse.com/event/motorcycle-run-the-5th-annual-david-barbur-bikers-brunch/>✱

that was built for the Olympics and will be open for public play at the conclusion of the games. Brazil, a country of 200 million people, reportedly has less than 20,000 golfers. Many of the fans that first flocked to the course to watch the competition admitted they really didn't understand the game.

That changed quickly.

This week, many of the top women golfers in the world, led by No. 1 Lydia Ko of New Zealand, are competing. The United States is represented by Florida's Lexi Thompson, Stacy Lewis and Gerina Piller.

Many were disappointed that top golfers Rory McIlroy, Jason Day, Jordan Spieth and Dustin Johnson opted to skip the 2016 Olympiad. Those golfers probably regret those decisions in view of the excitement generated on the Rio links.

Golf returned to the Olympics this year on somewhat of a trial basis. It will be played again in golf-crazy Japan in 2020, but a decision will be made afterwards if the sport will become permanent in the Olympics.

The interest and results generated in Rio should make that decision easy.

### Boston's Mookie Betts Links Name With Ted Williams

Last Sunday, Red Sox outfielder Mookie Betts hit three home runs and drove in a career-best eight runs, joining late Hall of Famer Ted Williams as the only Boston players in more than 100 years with a pair of three-homer games in the same season.

Williams accomplished this feat in 1957.

Betts' slugfest led the Red Sox to a 16-2 romp over the Arizona Diamondbacks. He began the week with a .313 batting average and 26 home runs for the season, matching teammate David Ortiz with the club lead in homers.

### Miracle Face Jupiter This Weekend In Crucial Series

The Fort Myers Miracle host first-place Jupiter this weekend at Hammond Stadium in a three-game series crucial to the team's postseason hopes.

The Miracle began the week three games behind Jupiter in the Florida State League South Division with a second-half season record of 25-24.

Fort Myers must win the second-half division title in order to reach the playoffs and the opportunity to win the league championship.✱

## SPORTS QUIZ

- Who was the last batter to open the All-Star Game with a home run before the Angels' Mike Trout did it in 2015?
- In 2014, Jordan Zimmerman became the first pitcher to have a no-hitter for the Washington Nationals. When the franchise was in Montreal, how many no-hitters did it have?
- Tony Mandarich was the second pick in the 1989 NFL Draft. The other four players in the top five are in the Pro Football Hall of Fame. Name them.
- Of the nine times the Michigan State men's basketball team has reached the Final Four, how many have been under current coach Tom Izzo?
- Who was the youngest NHL team captain since 1900 to win the Stanley Cup?
- When was the last time before 2016 that North Carolina won an NCAA Division I Men's Lacrosse Championship?
- Name three of the four golfers before Bryson DeChambeau in 2015 to win the U.S. Amateur and NCAA individual title in the same year.

## ANSWERS

1. Cincinnati's Joe Morgan, in 1977. 2. Four -- Bill Stoneman (1969), Charlie Lea ('81) and Dennis Martinez ('91). 3. Troy Aikman (No. 1), Barry Sanders (No. 3), Derrick Thomas (No. 4) and Deion Sanders (No. 5). 4. Seven (1999, 2000, '01, '05, '09, '10, '15). 5. Sidney Crosby was 21 when Pittsburgh won the Stanley Cup in 2009. 6. It was 1991. 7. Jack Nicklaus (1961), Phil Mickelson (1990), Tiger Woods (1996) and Ryan Moore (2004).



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## Floodplain Management Committee

Sanibel City Council has recently appointed a Floodplain Management Planning & Mitigation Advisory Committee. This committee was established as part of the Federal Emergency Management Agency's (FEMA) Floodplain Management Program.

Participation in this program lowers flood insurance rates for Island properties. The purpose and function of this committee is to study, plan for and advise city council on ways in which the community of the City of Sanibel and council can organize and prepare its Floodplain Management Plan. The public is invited and welcome to attend the meetings of this committee.

The committee is chaired by the city's Emergency Management Coordinator, Lt. William Dalton of the Sanibel Police Department. The other members of the committee are Harold Law, Sanibel's chief building official; Sandy Larsen, PE, CFM, Sanibel's certified flood manager; James Jordan, planning department director; Chris Heidrick, vice chair of the city's planning commission; and Eric Plieffer, member of the public.

The next two scheduled meetings will be held at Sanibel City Hall, 800 Dunlop Road, on Wednesday, August 24 at 11:30 a.m. and Wednesday, September 21 at 11:30 a.m. For more details, call the City of Sanibel at 472-3700.✱

From page 32

## Officer Of The Year

Loren of Mark Loren Designs. So that all local law enforcement officers who wish to attend are able to do so, Rotary Club of Fort Myers South will offer, once again, the Fund-A-Cop program. To participate and underwrite the cost of a ticket for a member of Lee County law enforcement, visit [www.lawandorderball.org](http://www.lawandorderball.org).

Regular ticket sales are also available on the website for \$150 per person or \$1,200 for a table of eight. The evening includes cocktails, hors d'oeuvres, dinner, a silent and live auction, entertainment and some surprises. All proceeds benefit the Rotary Club of Fort Myers South Foundation and Lee County law enforcement youth programs.

Many levels of sponsorship opportunities are available, with major sponsors being honored at a special VIP reception. Donations of auction items are also currently being accepted.

Creighton Construction and Development and Ada's Market are the presenting sponsors.

For information about in-kind donations and sponsorship opportunities, visit [www.lawandorderball.org](http://www.lawandorderball.org) or contact Lori Cook North at [lori@eventfulinc.com](mailto:lori@eventfulinc.com).

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

## ISLAND SUN BUSINESS NEWSMAKERS

### Top Agents

Royal Shell Real Estate recognized McMurray & Nette as the company's top listings team, Sally Davies as the top listings individual, Lomano-Nicholson Team as the top sales team and Mary Bell as the top sales individual for July.✱



McMurray & Nette



Mary Bell



Sally Davies



Lomano-Nicholson Team

### Top Producers

The top producers at John R. Wood Island Real Estate for July were: listings agent was Valerie Tutor; the top pending sales agents were Dave Russ and The Pro Team; top closed sales agent was Phaidra McDermott.✱



Valerie Tutor



Dave Russ



Phaidra McDermott



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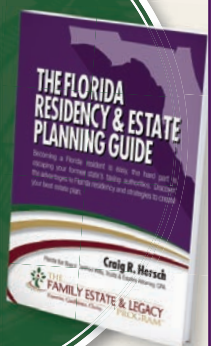
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School Smart



by Shelley M. Gregg, NCSP

**Dear Shelley,**  
We had lots of academic stress at our home last year with three kids in high school. They are good students and want to do well.

They go to school in a very competitive environment and it's tough on them. What do you suggest?

Kristin B., Fort Myers

**Kristin,**  
High school students do experience a great deal of stress academically and socially. Working to reduce the stressors is very important. There are some things that parents can do as school starts to create a plan with your children to combat stress.

First of all talk about their last school year. Have some conversations about how your teens managed stress last year and evaluate what worked and didn't work. Take some time to assess how your kids have dealt with stress in the past since everyone deals with stress and anxiety differently. For example sometimes teens internalize their stress more and may need to do a calming activity, like reading a book. Others may externalize stress and would benefit from an activity like running. Helping them to identify successful stress busting strategies before things get too overwhelming will go a long way in setting them up to succeed.

Families can also talk about what changes their children should make in the upcoming year, perhaps studying earlier in the evening to ease the pressure from procrastinating, for example. If the kids don't follow through come fall, parents could gently remind them about the decisions they had made in the summer to help make changes.

Encourage teens to work on academic trouble spots and get help early on. Sometimes anxiety may stem from a particular skill students haven't mastered yet, or an inability to demonstrate those skills on a test or project. Identify those stumbling blocks and get help from teachers or tutors to master any skill deficits that are creating stress and anxiety.

Here are three tips that can help parents promote healthy study habits with their teens as they head back to school:

- Set a schedule – Studying should be part of your student's daily routine, not something he or she tries to cram in the night before a test. Research clearly indicates that students should parse out their study time over the course of the week, rather than letting due dates dictate their study time. Students (and parents) should keep a calendar of due dates and major deadlines to serve as a visual reminder of what needs to be accomplished long term.

- Eliminate distractions – Cell phones, Facebook, and TV can quickly interrupt a productive study session. Help your teen's temptation to tune in, text, or update their status by reminding them to shut down any unnecessary electronics during scheduled study times despite how difficult it is to do so.

- Schedule study breaks as needed – Maintaining focus during a two or three hour study session may be very challenging, so know your teen's limits and help them divvy up study time effectively. You might even suggest a break time or bring them a snack, a cold drink or just stop by their room to say hello and give encouragement at times when a break would be beneficial.

Teens put a lot of pressure on themselves to excel during the school year, so make sure your kids to take time to relax and explore other activities that are not stressful. Students cannot perform well unless they are healthy mentally.

Learning how to handle stress is a part of growing into a successful adult. And while children should know their parents are there for them, parents shouldn't

solve problems for their kids or put more pressure on them. You can be their safety net but give them the tools they need to be successful on their own as independent individuals.

Shelley Gregg is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a

nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.\*

From page 29

'Ding' Website

the species listed in the most recent volunteer survey. A big thanks to volunteer Ed Combs for his ongoing help with that and to all of our amazing contributing photographers."

An easy-to-use calendar keeps visitors up to date on all the latest happenings. The new website also makes it easy and entirely secure to make donations online. In months to come, the wildlife society will be adding an e-commerce feature for "Ding" Darling Nature Store purchases online. Also upcoming will be streaming feed from the live camera at the observation tower on Wildlife Drive, thanks to donations by the Gardner families.

Visit the new website at dingdarlingsociety.org.\*

From page 17

CROW Case

from Fort Myers after it was found trapped in a warehouse for several days. The bird arrived emaciated and mildly dehydrated and was immediately fed and given water. The diagnosis revealed no wing injuries, so it was moved to the small flight enclosure a day later to allow exercise.

CROW veterinary staff stated the hawk was bright, alert and "very feisty" upon arrival. It weighed 342 grams – just under one pound – and probably could not find food or water during its closed-in stay at the warehouse, an undetermined time.

CROW officials say that, since arrival, their patient has been receiving continued care, involving more food and water to increase its weight. The speedy recovery should enable the hawk to be released soon.

According to the CROW veterinary staff, "The hawk is currently doing very well. It's eating all of its meals and flying with no complications."

Remarkably, red-shouldered hawks are fairly common as patients at the Sanibel wildlife hospital. This marks the 41st to be treated in 2016 alone.

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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.\*

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# Meridians: The Most Physical Of Nine Systems



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

**T**he meridian system is our body's "energetic bloodstream." Ten of the 14 meridians are directly named for a primary organ with which it

is associated. The other four meridians (central, governing, circulation sex and triple warmer) have unique more complex functions. Although each has a defined pathway (to which you will be introduced over the next several months), they are all interconnected to create the rivers of energy that affect each organ and each physiological system of our body, including the skeletal, muscular, reproductive, digestive, respiratory, circulatory, endocrine, nervous, lymphatic and immune systems.

Traditional Chinese medicine has mapped these meridians for more than 4,500 years, recognizing that each pathway (meridian) has numerous points that may be accessed to impact health. In acupuncture, these points are called acupuncture points, which may be stimulated by inserting needles. In EEM, these points are known as acupressure points, which are accessed by touching, tapping, or pressure to release or redistribute energy. If the energy of the meridian is obstructed, unregulated or compromised, the organ that it feeds is functioning less than optimally, resulting in disease.

If you think of the meridians as a complex highway system, and there is a blockage or congestion due to an accident, then all of the traffic must be "detoured." If the blockage of traffic becomes larger and larger, preventing

virtually no traffic to detour, then all the routes begin to close down creating even more chaos and the inability of community support teams to assist in resolving the accident and traffic. If, for example, your liver is compromised and starts seeking energy from other meridians like the heart or spleen, then these organs start to tire as well and other systems begin to lose optimal function.

We can influence the blockage or congestion in meridians in many ways, but one of the most effective is to learn to trace the meridians with our electromagnetic hands. As you place the hands over the meridian (directly on the skin or right above the skin), the energy of the meridian will follow the energy of the hands. By tracing a meridian forward along its defined pathway, energy is sent into the meridian to strengthen it. Tracing the meridian backwards (from its end point on the body to its beginning point) will sedate, calm or reduce the energy flow. However, the heart meridian should never be traced backwards.

Over the next several months, you will learn to trace all of the meridians, learn an affirmation associated with each and learn some of the characteristics of each meridian. As you become attuned to your own body's energies, you will begin to sense if there is too much energy in the meridian and thus remove energy from it (like if you have pain along the meridian pathway) or if it needs a boost. For example, if you have periodic heart arrhythmia, it is very beneficial to trace the meridian forward three times to boost the heart energy. Remember, though, never trace the heart backwards.

Have fun with your energy. Next week's topic is A Primer to Understand Meridian Tracing.

*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.\**

## 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,

We were thrilled when our daughter-in-law told us she was pregnant with her second child. The medical procedure she had to help her become pregnant worked.

However, three months later we were told the heart-breaking news that all the tests showed their child would be severely handicapped.

The doctors told her an abortion would be available to her if she decided to go that route.

It is against our religious beliefs to even consider an abortion, so now it is

being left to God to give us the strength we need.

My daughter-in-law, our son, her parents and my husband and I are all going through a terrible, worrisome time.

Do you have any suggestions to help us cope?

Sylvia

### Dear Sylvia,

I am so sorry about this developing problem. It is only in recent years that families know in advance about the condition of a developing child.

Handicapped children are accepted in many families with open arms and love; in others, it is extremely difficult. It is difficult for mothers, fathers, siblings and grandparents. Many marriages cannot survive and the financial costs can be enormous.

It is time for you to come to terms with your own feelings and ask yourselves if you can accept the burden and the responsibility.

Professional counseling by a licensed mental health professional may help you consider all of the available options.

Lizzie

### Dear Sylvia,

I am sorry to hear about your family situation. Just as our ethics, morals and beliefs guide our behavior and actions, the same ethics, morals and beliefs provide comfort and support during difficult times. I cannot even begin to understand the journey ahead for your family. My thoughts are with you all.

Pryce

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

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## Attack On Natural Remedies Makes Me Mad



by Suzy Cohen, RPh

**D**ear Readers: I was aghast after reading the *Consumer Reports* post which just revealed 15 herbs which they feel are dangerous for you. Their headline reads "15 Supplement

Ingredients To Always Avoid" and goes on to say, "These supplement ingredients can cause organ damage, cardiac arrest and cancer."

Man, that just scares the bejeebers out of you, doesn't it?

Success – that is their goal! It's intent is to spark anxiety about natural remedies. It is so superbly crafted that it will terrify 10s of thousands of you into the arms of white coat professionals who can prescribe medications, which are obviously safer because they are FDA-approved.

(Yes, I'm being sarcastic again, don't you know me by now?!)

As an example, *Consumer Reports* includes green tea (*Camellia sinensis*) on their "dangerous" list because it is found in weight loss aids. They say green tea powder may cause you to experience

"dizziness, ringing in the ears... glaucoma... elevated blood pressure/heart rate, liver damage and possibly death."

That is green tea you realize right? Green Tea! I'm not suggesting that these potentials don't exist, or that you don't have to worry about side effects at all (because you do), but I'm convinced that the weight loss medications are more dangerous.. Maybe that's just me – I'm a pharmacist remember? I have access to those long and boring package inserts that come folded up and when you unfold them and read them, you'll need a magnifying glass to read all the potential disasters that could occur.

So they're telling you that green tea is dangerous, and they list "possibly death" as a risk.

No where in this article did they mention that in 1997, one of the most horrific drug recalls ever to occur happened with weight loss drugs. Google "fen-phen" and you'll learn that fenfluramine and dexfenfluramine were yanked because they destroyed heart valves and led to strokes and heart attacks. This problem, unfortunately, could occur in people years after stopping. Yet, they list green tea as causing "possibly death."

Comfrey root was another one on their list where the benefits claimed were "relieves cough" and "treats cancer." Comfrey has been used for centuries, and is considered very safe by herbalists, yet *Consumer Reports* posted "possibly death" for that herb, too. Come on! Chemotherapy is the medication alternative to treating cancer.

If you are interested in the 15 supplements they named, and you'd like to know the drug(s) that could be used instead of these "dangerous ingredients," sign up for my newsletter and I'll send an brilliant piece I wrote that includes medications which work in place of 15 herbs so you can see what is supposedly safer.

No matter how bad herbal ingredients are painted with scary warnings that are scrounged up, some medications carry the same exact warnings. It's not my opinion, a quick look at their patient package insert will prove it.

*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).*✱

Doctor and Dietician

## Sleep, Pain and Chronic Insomnia



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

**C**hronic insomnia is a problem for many people. When we fall asleep, we enter into stage I and II sleep, which is a very light sleep. After approximately 90 minutes, we enter stages III and IV, or deep sleep. It is during deep sleep that hormones, like growth hormone, are secreted. These are necessary for the body to repair itself. If we do not enter the deep stages of sleep, the ability to repair injured tissue is hampered. More than 50 percent of body weight is muscle tissue. It is imperative for the body to repair this muscle tissue from its daily use during the deep stages of sleep. If this is not accomplished, the end result

is muscle aching. Do you see the cycle? We have localized pain, such as neck pain, that does not resolve. Eventually, the chronic pain promotes chronic insomnia. The chronic insomnia leads to a decrease in the body's ability to repair itself. This triggers pain to move to other parts of the body, prompting more insomnia. The vicious cycle continues. In seven days of non-restful sleep, previously healthy people have been shown to have symptoms similar to fibromyalgia.

If you have chronic insomnia that began due to a pain complaint such as neck pain or another painful joint, Regenerative options may help the problem without medications or surgery. If your chronic insomnia is due to a marital problem, job stress or other psychological issues, then these are the areas that need to be addressed. Everyone should find a way to reduce their stress levels, though we all experience stress in our lives. Exercise is the best natural way to reduce stress, as well as help your body attain the deep sleep it is craving.

*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).*✱

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## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I am on a soul-searching quest for meaning in my life. I need some direction to even understand what my purpose might be.

Can you help?

**A:** It sounds as though you are asking some existential questions that act as a compass in your soul-searching process.

I will add some that you may have

already asked, or if you have not, begin by pondering these and begin to identify what is truly meaningful purposeful to you. The answers to these questions can begin to help define you as a person and be inspired by those who support you on your path to personal growth.

1. Who am I ?
2. What do I love?
3. How should I live knowing that I will die?
4. What is my gift to the family of the earth?
5. What are my important relationships?
6. What do I value the most?
7. What inspires me and gives me hope?
8. What brings me joy?
9. What are my proudest achievements?
10. How can spirituality relieve my stress?

There is no right or wrong; it is simply used as guidance to make choices as you seek meaning.

*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).*✱

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### Mushrooms Stuffed with Feta and Spinach

- 8 ounces bacon slices
- 1 cup chopped onion
- 1 10-ounce package chopped frozen spinach, thawed, squeezed dry
- 4 ounces feta cheese, crumbled (about ¾ cup)
- 4 ounces cream cheese, room temperature
- ¼ teaspoon dried crushed red pepper

2¾ pounds button mushrooms stemmed, (about 48; each about 1½ inches diameter)

Preheat oven to 375 degrees F. Cook bacon in heavy, large skillet until crisp, about 8 minutes. Transfer bacon to paper towels to drain. Coarsely crumble bacon. Discard all but ¼ cup plus 2 teaspoons bacon fat (adding olive oil if necessary to equal that amount).

Heat 2 teaspoons reserved bacon fat in heavy medium skillet over medium heat. Add chopped onion and sauté until tender, about 5 minutes. Transfer to medium bowl and cool; mix in bacon, spinach, feta, cream cheese, and crushed red pepper. Season filling to taste with salt and pepper.

Line 2 large rimmed baking sheets with foil. Toss mushrooms and reserved ¼ cup bacon fat in large bowl to coat. Sprinkle mushrooms with salt and pepper. Place mushrooms, rounded side down, in single layer on prepared baking sheets. Bake mushrooms until centers fill with liquid, about 25 minutes. Turn mushrooms over. Bake mushrooms until brown and liquid evaporates, about 20 minutes longer. Turn mushrooms over again. Spoon 1 heaping teaspoon filling into each mushroom cavity. (Filled mushrooms can be prepared 1 day ahead. Cover and refrigerate.)

Preheat oven to 375 degrees F. Bake mushrooms until heated through, about 10 minutes. Transfer mushrooms to platter and serve warm.

Yield About 48.\*



Mushrooms Stuffed with Feta and Spinach

photo courtesy Fresh From Florida

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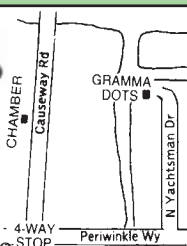
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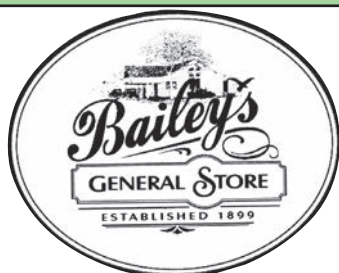
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Fire Department - Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
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Chamber of Commerce .....	472-1080
City of Sanibel .....	472-4135
Administrative Office .....	472-3700
Building Department .....	472-4555
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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
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Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS - Barrier Island Group for the Arts .....	395-0900
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Fort Myers Symphonic Mastersingers .....	288-2535
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Community Foundation of Sanibel-Captiva .....	274-5900
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
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FISH. OF SANCAP 24-hr service .....	472-0404
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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 Assoc. of America, Alex MacKenzie ....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
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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

Hello, my name is Riley. I'm a 3-year-old neutered hound mix and am one handsome hound! If you love hounds, you will see that I have lots of hound characteristics. I'm excited and have a real zest for life and a high energy level. If you love hounds, you'll love me and I'll keep you laughing and make your life interesting.

Adoption Fee: \$15 (regularly \$75) during Animal Services' Olympic Pet Adoption Deals.

Hi, I'm Dora. I'm a 2-year-old spayed female domestic short hair who is lovable and gets along with every cat I've ever met. I also have a beautiful, shiny black coat. You will have a special opportunity to adopt me and my black cat friends because Animal Services is celebrating Black Cat Appreciation Day the entire week from August 15 to 20. Don't forget all cats are two-for-one adoption fee.

Adoption Fee: \$10 (regularly \$50) during Animal Services' Black Cat Appreciation Special and just \$5 on Black Cat Friday, August 19.

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.\*



Riley ID# 594836



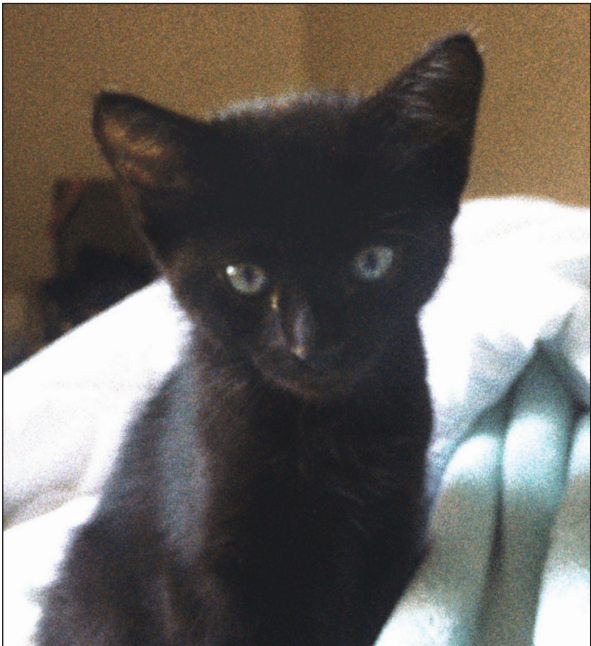
Dora ID# 664429

PAWS Of Sanibel

Remy

Two-month-old Remy needs a new home. She was recently adopted to a loving family, but it turns out that two family members are allergic. She's black with green eyes, loves to be petted, sweet as can be and so cute.

To adopt Remy, call PAWS volunteer, Renae, at 671-1981.\*



Remy

Read us online at  
[IslandSunNews.com](http://IslandSunNews.com)



PUZZLES

Answers on page 45

Super Crossword

- ACROSS  
1 Divine one  
4 Chew on  
8 Part of UPI  
13 "Yeah, and?"  
19 Gilbert and Sullivan work  
21 Try to swat  
22 Operate a 767, say  
23 Tool with a large bony projection?  
25 "La Isla —" (1987 Madonna hit)  
26 Freshwater polyp  
27 Clucking bird  
28 Eye, in Versailles  
30 Mined rocks  
31 On a tool's upper surface?  
37 Oomph  
40 Roadside assistance gp.  
41 Odd one out  
42 Bazaar sight  
43 Tool given as a peace offering?  
47 Czarina, e.g.  
50 Glittery rock  
51 — Jacinto  
52 Jamie of old sitcomdom  
54 Sutcliffe or Erwin
- 55 Trade sanction  
58 Hit a cartoon dad with a tool?  
63 Trendy resort  
64 State south of B.C.  
66 Ending for million  
67 Alert at sea  
68 Add-on accessory for a tool?  
76 "The Big Read" org.  
77 Ham's father  
78 Mode or king preceder  
79 Remind over and over  
81 Male bovine using a tool?  
87 Hurriedly  
90 "Be there — sec"  
91 Glen  
92 Owns  
94 Speak to the masses  
95 Get a steal at a store  
98 Use a tool on some Heinz products?  
102 Disintegrate, as cells  
103 Sees in the distance  
106 "— out!" (ump's call)
- 107 Before  
108 Priciest tool?  
113 "Permit Me Voyage" writer James  
114 "Mike & Mike" aier  
115 Taoism's — -tzu  
116 Crude-carrying ship  
120 Venetian island  
122 Statement upon locating someone's lost tool in the dark?  
127 Expose by being a fink  
128 "It's —!" (quitter's cry)  
129 Getting set to propose  
130 Gauge  
131 Did it wrong  
132 Cries noisily  
133 Thing, in legalese
- DOWN  
1 Artist Vincent van —  
2 Grand Ole —  
3 Skillful feat  
4 Gain access to  
5 Final degree  
6 From — Z  
7 Missile parts
- 8 Observable occurrences  
9 Divest (of)  
10 JFK posting  
11 Remove, as a branch  
12 Canonized fifth-cen. pope  
13 Weasel's kin  
14 — -lacto-vegetarian  
15 Gain the support of  
16 Quality of a yeti or a yak  
17 Certifies  
18 Bedevil  
20 — avis (wonder)  
24 With 110-Down, post-tax revenue  
29 Buries  
32 — chi ch'uan  
33 Solo in films  
34 Followers of omicrons  
35 Pre-CIA gp.  
36 "The Racer's Edge"  
37 Printing units  
38 Free from obligation  
39 Big cheese  
44 Rx overseer  
45 Plop lead-in to  
46 Informal turndown  
48 X-ray alternative  
49 Earth lighter
- 52 Flowerless office plant  
53 Match millieu  
56 Yankees manager Joe  
57 Lofty verse  
59 Quite manly  
60 My, in Milan  
61 Pithy saying  
62 Follower of chi  
65 Void legally  
69 Call a halt to  
70 Barely visible  
71 Tune penner Porter  
72 TV's Linden  
73 71-Down, collegiately  
74 Cut-rate  
75 Talk nonstop  
80 Ducks' kin  
81 Bro's counterpart  
82 Comparable things  
83 Members of an elite U.S. force  
84 Rolls with holes  
85 Shaped with a certain cutting tool  
86 Penn of "Epic Movie"  
88 Ad —  
89 Boat built by 77-Across  
93 Knowing glances
- 96 Parsons of "Roseanne"  
97 96-Down's "Roseanne" role  
98 Fish by letting the bait bob  
99 Clergyman's subj.  
100 JFK Library architect  
101 Deep anger  
104 Lying face-up  
105 Try to separate out, as gold  
108 One of the von Trapp daughters  
109 Time on end  
110 See 24-Down  
111 Riatas, e.g.  
112 Many a sunlit ledge  
117 Lion's den  
118 Suffix akin to -trix  
119 Partner of rules, briefly  
121 Lean- (sheds)  
123 Locale of Sp.  
124 U-turn from WNW  
125 Game akin to crazy eights  
126 Civil War southerner

1	2	3		4	5	6	7		8	9	10	11	12		13	14	15	16	17	18
19			20						21						22					
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120				121			122		123	124					125	126				
127							128						129							
130							131						132					133		

TOOLING AROUND

King Crossword

- ACROSS  
1 Colorado Springs org.  
5 Bivouac  
9 Hot tub  
12 Ashen  
13 Winged  
14 "Holy mackerel!"  
15 Independent's ballot, at times  
17 George's brother  
18 Group of actors  
19 — Island  
21 Smaller map  
24 Titanic's woe  
25 Treats the lawn  
26 Praiseworthy  
30 Greek consonant  
31 NHLer in Buffalo  
32 Summer mo.  
33 Judge's pronouncement  
35 Not fooled by  
36 Heredity unit  
37 Guys  
38 Weary of it all  
40 Prizefight  
42 Venusian vessel?  
43 Playground structures  
48 "The way," philosophically  
49 Teeny amount  
50 Met melody
- 51 Mess up  
52 Midday  
53 Piquancyf
- 10 Skin opening  
11 Vacationing  
16 Gangster's weapon  
20 Man-mouse link  
21 Mischievous tykes  
22 Schnozz  
23 Double-hinged entry  
24 Pavel of hockey note  
26 Bowler's path  
27 "Wipeout" network  
28 Troubadour's instrument
- 29 Broadway clashers  
31 Submits  
34 Ball holder  
35 Waited longer than  
37 Used a shovel  
38 Rope fiber  
39 Somewhere out there  
40 — -Honey candy bar  
41 Biblical brother of Er  
44 Court  
45 Historic period  
46 Stannum  
47 Droop
- DOWN  
1 — and downs  
2 Cutting tool  
3 Mr. Baba  
4 Borderline constructs  
5 Cleveland NBAers, for short  
6 Oodles  
7 Wrestling surface  
8 Go before  
9 Benny Goodman's

MAGIC MAZE

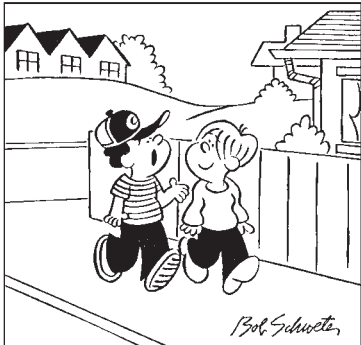
ROYAL TITLES

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

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

- Countess  
Czar  
Duchess  
Duke
- Earl  
Emperor  
Empress  
Kaiser
- King  
Marquess  
Pharaoh  
Prince
- Queen  
Raja  
Viscount





"When my \_\_\_\_\_ cooks a meal  
we say a prayer before AND after dinner."

answer on page 44

SCRAMBLERS

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

Appetite  
**RUGHNE** \_\_\_\_\_

Desired  
**TWEAND** \_\_\_\_\_

Fancy  
**VASIHL** \_\_\_\_\_

Satisfied  
**DELPASE** \_\_\_\_\_

**TODAY'S WORD**  
\_\_\_\_\_

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

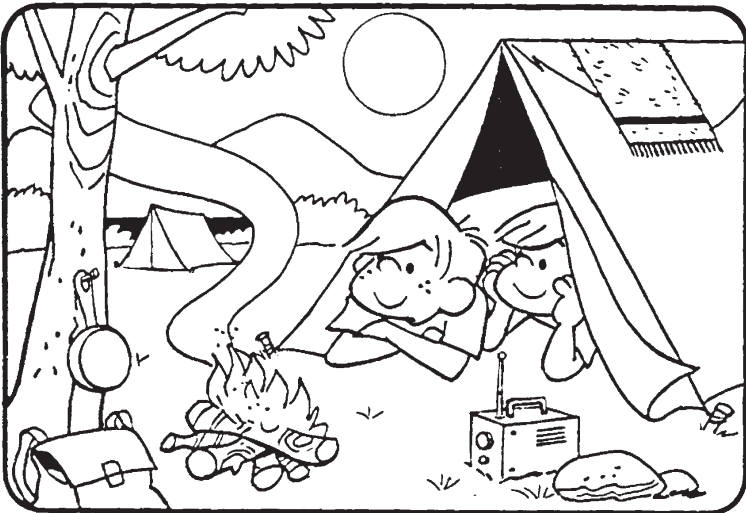
SUDOKU

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

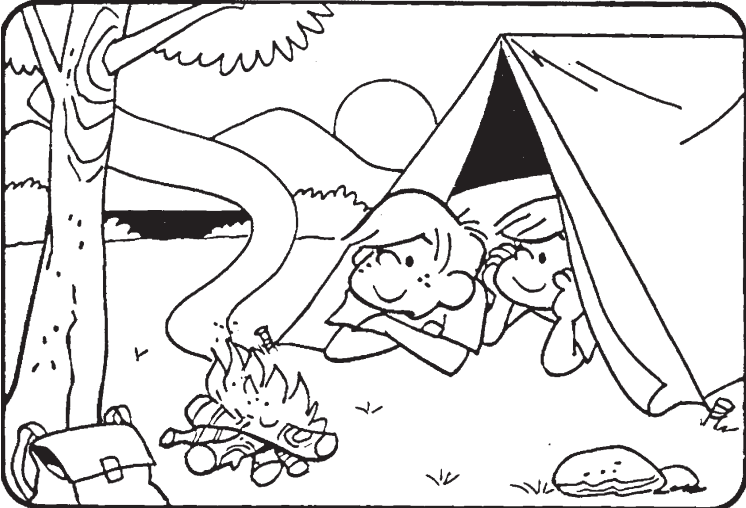
answer on page 45

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Frying pan is missing. 2. Tent is missing. 3. Sun is lower. 4. Radio is missing. 5. Tent flap is different. 6. Towel is missing.

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## LIVE ON THE ISLANDS

**The Jacaranda** has live entertainment Friday and Saturday with The Wildfire Blues Band, playing blues, classic rock and jazz. Renata plays funk, jazz and contemporary on Monday. On Wednesday, it's The O'Tooles, playing classic rock, R&B and dance. Sir Mitch plays classic rock, R&B and dance on Thursday.

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

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

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

**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 22, 2016

**ARIES** (March 21 to April 19) A troubling situation takes a positive turn and moves toward a resolution that should please you and your supporters. Meanwhile, make time to deal with new domestic issues.

**TAURUS** (April 20 to May 20) It's a good time to reassess your goals and consider shifting directions. Remember to keep an open mind, and be prepared to make changes as new opportunities arise.

**GEMINI** (May 21 to June 20) Rely on your strong Mercury aspect to help you close that communication gap before it becomes too wide to cross. A sibling or other family member has news.

**CANCER** (June 21 to July 22) You're about to get off that emotional roller coaster and start experiencing more stability than you've been used to. This is a good time to let someone new into your life.

**LEO** (July 23 to August 22) Good news: A trusted friend comes through for you. But you still need to shed that last scrap of self-doubt and once more become the cool, confident Cat we all know and love.

**VIRGO** (August 23 to September 22) Things should be getting back to a less hectic pace. Enjoy the more peaceful atmosphere. You earned it. But don't forget about those still-unresolved issues.

**LIBRA** (September 23 to October 22) A more positive family relationship develops as

misunderstandings are explained away. A job situation appears promising, but check it out before you act on it.

**SCORPIO** (October 23 to November 21) Congratulations. That on-the-job situation is working out as you'd hoped. Now's a good time to relax and to enjoy the company of family and close friends.

**SAGITTARIUS** (November 22 to December 21) You might feel as if you're caught in an emotional tug-of-war. But don't be rushed into a decision on either side. Wait for more facts before you act.

**CAPRICORN** (December 22 to January 19) The Goat's usually high level of self-confidence is brimming over these days. This should help you deal with a situation that you've avoided for far too long. Go for it.

**AQUARIUS** (January 20 to February 18) Relationships become more intense. But be careful not to be pushed into decisions you're not comfortable with. Remember: You're the one in charge of your life.

**PISCES** (February 19 to March 20) You need to show more confidence in your ability to reach your goals. Make that long-delayed decision, and avoid floundering around in a sea of self-doubt.

**BORN THIS WEEK:** Although you appear to be strongly opinionated, you can also be open to other ideas -- so long as they are presented with logic and clarity.

### THIS WEEK IN HISTORY

• On Aug. 24, 79 A.D., Mount Vesuvius erupts in southern Italy,

devastating the prosperous Roman cities of Pompeii and Herculaneum, and entombing thousands under a thick layer of volcanic material and mud. In the 18th century, the cities were rediscovered and excavated.

• On Aug. 22, 1864, the International Red Cross is founded in Geneva after being advocated by Swiss humanitarian Jean-Henri Dunant. The international emblem, a red cross on a white background, is the Swiss flag in reverse.

• On Aug. 25, 1875, Matthew Webb, a 27-year-old merchant navy captain, becomes the first known person to successfully swim the English Channel. Webb accomplished the 21-mile crossing, which really entailed 39 miles of swimming because of tidal currents, in just under 22 hours.

• On Aug. 27, 1883, the most powerful volcanic eruption in recorded history occurs on Krakatau, a small volcanic island in Indonesia. Heard 3,000 miles away, the explosions threw 5 cubic miles of earth 50 miles into the air, created 120-foot tsunamis and killed 36,000 people.

• On Aug. 23, 1926, the death of silent-screen idol Rudolph Valentino at age 31 sends his fans into a hysterical state of mass mourning. Some 100,000 mourners lined the streets outside the New York City church where funeral services were held.

• On Aug. 26, 1957, the Soviet Union announces that it has successfully tested an intercontinental ballistic missile (ICBM) capable of being fired "into any part of the world." Following his election in

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1960, President John F. Kennedy made missile development and the space program priorities.

- On Aug. 28, 1968, at the Democratic National Convention, tens of thousands of protesters against the Vietnam War battle thousands of police in the streets of Chicago. Fights also broke out on the convention floor, and delegates and reporters were beaten and knocked to the ground.

### STRANGE BUT TRUE

- It was English Victorian author Samuel Butler who made the following sage observation: "Words are like money; there is nothing so useless, unless when in actual use."

- Martha Jane Canary -- better known as Calamity Jane -- was a noted frontierswoman in the late 19th century. She defied expectations of women by refusing to wear dresses, becoming a scout and fighting against Indians in the West. As one contemporary commenter observed, "She swore, she drank, she wore

men's clothing. She was 50 years ahead of her time."

- Those who study such things say that two-thirds of a shark's brain is dedicated to detecting and sorting out odors.

- In his 1510 book "The Adventures of Esplandian," Spanish author Garci Rodriguez de Montalvo wrote of an island peopled entirely by Amazon-like women, and he called it California. When Spaniard Francisco de Ulloa was exploring the west coast of North America, his initial surveys of the Baja Peninsula led him to believe the land was an island, so the region was given the name of the mythical place: California.

- In Mongolia, it's common to put salt in one's tea before drinking it.

- If you're a fan of nature documentaries, you've doubtless seen footage of Africa's Serengeti, site of the world's largest terrestrial mammal migration. If you've see images of the place, you won't be surprised to learn that in Maasai, the word "Serengeti" means "the place where the land runs on forever."

- You've probably heard of John Steinbeck's celebrated novel "Of Mice and Men," but you probably didn't know that it was almost titled "Something That Happened."

### THOUGHT FOR THE DAY

"Do you wish the world were happy? / Then remember day by day, / Just to scatter seeds of kindness / As you pass along the way." -- Ella Wheeler Wilcox

### NOW HERE'S A TIP

- "I find that if I rinse out my Styrofoam to-go cups from coffee shops or convenience stores, I can re-use them at least a couple of times. The cup and lid are really convenient, and I save money by bringing coffee from home." -- F.C. in Colorado

- Eggs for breakfast at the campsite? Do yourself a favor: Pre-crack and scramble them, then store in an empty water bottle. You'll never have to worry about accidentally smashing the carton of eggs.

- Asparagus can be kept longer in the fridge if you trim the ends and place the stalks upright into a wide-mouth glass with a little bit of water in the bottom. You can get an extra few days of storage with this trick.

- "If your stainless steel sink gets dull, spray it with club soda." -- J.S. in Washington

- "Need an emergency bootsaver? Stick a rolled newspaper down into the boot to keep it from flopping over." -- C.R. in Pennsylvania

- To help coats and jackets last longer, give them a coating of waterproofing spray.

### SCRAMBLERS

*solution*

1. Hunger; 2. Wanted;  
3. Lavish; 4. Pleased

*Today's Word*  
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O	P	E	R	E	T	T	A		H	I	T	A	T			A	V	I	A	T
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KING CROSSWORD

U	S	A	F		C	A	M	P		S	P	A
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6	2	8	1	5	9	4	7	3
4	5	7	3	8	2	9	6	1
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5	6	9	8	3	4	7	1	2
8	1	4	7	2	6	3	9	5
3	7	6	9	1	5	2	8	4
2	8	1	4	7	3	6	5	9
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# Turtle Nesting Season Guidelines

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

On Sanibel, nesting and hatchling emergence typically occur between May 1 and October 31. The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's gulf beaches. This natural process has happened on Sanibel for centuries and our 11 miles of gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

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

- Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures or closing blinds and drapes.
- Remove furniture and other items from the beach and dune area when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach, including beach furniture, toys and trash, may be barriers to nesting or result in entanglement and predation of hatchlings.
- Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their way to nest or to the water.
- Pick up all trash. Sea turtles mistakenly eat debris, especially plastic, which results in death.
- Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings.

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



Kerry Salatino, volunteer with SCCF Sea Turtle Conservation Program, finding sea turtle hatchlings with program coordinator Kelly Sloan 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>.

HORTOONS

A three-panel cartoon titled "HORTOONS". In the first panel, a man in a white shirt and colorful shorts is sitting on a green towel on a beach, eating a sandwich. A seagull is flying in the background. In the second panel, the man is still eating, and the seagull is now closer, looking at the sandwich. In the third panel, a woman in a purple shirt and floral skirt is shouting "STOP FEEDING THE WILDLIFE!" at the man, who is still eating. The seagull is now holding the sandwich in its beak. The cartoon is signed "HORTOON" in the bottom right corner.

## Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Beachview Country Club Estates	Sanibel	2000	2,360	\$1,245,000	\$1,050,000	143
Ravista	Bonita Springs	2004	3,127	\$994,900	\$960,000	22
Sunset Captiva	Captiva	1980	2,136	\$885,000	\$830,000	0
Cape Coral	Cape Coral	2012	2,708	\$799,900	\$750,000	134
Belle Lago	Estero	2004	4,357	\$799,000	\$755,000	27
Sanibel Shores	Sanibel	1989	1,800	\$775,000	\$745,000	67
Sanctuary	Bonita Springs	2001	3,123	\$764,900	\$721,000	133
Holiday Shores	Fort Myers Beach	1989	4,272	\$740,000	\$700,000	39
Cape Coral	Cape Coral	2003	4,260	\$699,900	\$630,000	343
Burnt Store Marina	Punta Gorda	2007	3,456	\$689,000	\$649,500	80



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