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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 14, 2017

JULY SUNRISE/SUNSET:

14 6:45 • 8:24 15 6:45 • 8:24 16 6:46 • 8:23 17 6:46 • 8:23 18 6:46 • 8:23 19 6:47 • 8:22 20 6:47 • 8:22



Martina Labbe of Cape Coral found one of the Sanibel Shells hidden underneath a plant at Periwinkle Place Shopping Center photos provided



Beth Musser, who owns Sanibel Sweet Shoppe, found this shell in front of her business



MJ Mills, visiting from Southlake, Texas, found his shell on top of a newspaper stand



This shell, decorated with an angel fish, was found in front of the *Island Sun* office on Periwinkle Way

Sanibel Shell Hunt Spreads Across The Country

by Jeff Lysiak

When Beth Musser, owner of the Sanibel Sweet Shoppe, arrived for work on June 28, she had no idea that she would be taking part in a new “game” that is catching on across the country.

“I went out in front of the shop that morning to put out the flag when I saw something sitting on a bench,” said Musser. “At first, I thought some kids had left their shell behind by mistake, but then I turned it over and saw the Sanibel Shells Facebook name written inside.”

When Musser conducted a search for the group on Facebook, she learned of the fun and free activity that was started recently by two frequent visitors to the island: Ursula Purvis and Nina Brown.

“We are two retired elementary school teachers that live in Jacksonville,

Florida and that have been great friends since the early ‘80s,” said Brown. “The two of us discovered Sanibel in 2006 and have been returning for one week every summer since then, leaving behind our families and our cares. We share a love of the ocean, shelling, crafting and teaching.”

According to Brown, the friends started the Sanibel Shells Facebook page in late May after hearing about the Duval Rocks Facebook page – based in Duval County/Jacksonville – which features a similar activity in which people decorate

rocks with paint and messages, leaving the mementos behind in public places for others to discover on their own.

Earlier this year, a Sanibel Rocks group launched their own version of the game. In under three months, the Facebook group has grown to more than 135 followers.

“One day, a lightbulb went off and it occurred to us that we could meld this idea with our love of shelling, crafting and Sanibel,” said Brown, who noted

continued on page 6

Granny’s Gang Wins Again

by Jeff Lysiak

The team known as Granny’s Gang completed a “three-peat” at this year’s Fourth of July Road Rally, sponsored by the Sanibel-Captiva Optimist Club. The 2015 and 2016 winners returned as champions again this year, compiling a score of 133 points.

Finishing in second place was the team Best In Show, which garnered 131 points. Third place went to The Wineaux, who totaled 128 points. Bringing home the coveted last place award, to receive free entry into next year’s Road Rally, was the team We Win, which scored 19 total points.

Complete Road Rally results will be published in next week’s issue.

The winning teams will be honored this Friday, July 14 with an awards ceremony at The Timbers beginning at 5:30 p.m.*

more photos page 22



Participants during last week’s Fourth of July Road Rally, a fundraiser for the Sanibel-Captiva Optimist Club, lined up at The Timbers for the start of the Independence Day vehicular scavenger hunt across the islands

photo by Jeff Lysiak

Independence Day Parade Winners

Best Commercial – RS Walsh Landscaping, Inc.

Best Small Entry – Shell Crafters and Sanibel Community Association

Best Not-for-profit – Sanibel-Captiva Conservation Foundation (SCCF)

Best Family – Bissell Family

Best Nature Theme – Clinic for the Rehabilitation of Wildlife (CROW)

Best Salute to the U.S. Military – Cub Scout Troop and Pack 1740

Best Original Design – Sanibel Island Fishing Club

Most Patriotic – Sanibel Marina

Best Music – BIG ARTS Concert Band and Sanibel-Captiva Kiwanis Club*

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The Community House



Secure Shredding truck

photos provided

Shredding Day

Community Shredding Day is Saturday, July 15. The Secure Shredding truck will be in the north lot of The Community House (in front of the theater) from 9 a.m. to noon. Cost for one box or bag is a \$5 donation. Enter from the driveway near Dunlop Road and exit the driveway near the Sanibel Bean. Please remove large binder clips. Volunteers will be on hand to help unload boxes. The next shredding event will be in January.

College Bound Cooking

The College Bound Cooking class with Chef Jarred Harris will be held on Friday, July 21 from 2 to 5 p.m. Cost is \$35. For those heading off on their own, this class will provide an interesting journey into the art of cooking with just a few resources. Dragon bowls will be one of the featured items. Sign up early by calling 472-2155.

All About Mangos

All About Mangos will be held on Saturday, July 22 from 10 a.m. to noon. Cost is \$20. Learn to make Chef Jarred's mango salsa and chutney and take home a jar of your own. Call 472-2155 to register. Sponsored by The Sanibel Captiva Trust Company.

Fibromyalgia Workshop

Dr. Susan Pataky is hosting a workshop on Tuesday, July 25 from 1 to 3 p.m. entitled Fibromyalgia: It's Time to Feel Better. Cost is \$39 and prepaid registration is required. Those looking to connect to others without fear, shame or judgement will benefit from this workshop which will explore gentle holistic strategies to manage fibromyalgia. Participants should wear comfortable clothing and bring a yoga mat and two blankets.

Dr. Pataky will cover research-based techniques for pain management and simple, gentle and easy strategies that can be performed at home to reduce body pain. Participants will learn how to increase range of movement and awaken internal dynamic healing



Chef Jarred Harris

energy.

Dr. Pataky has been teaching yoga on Sanibel and Captiva for 15 years and throughout the northeast since 1979. She has a doctorate in naturopathic medicine and is a member of the IAYT (International Association of Yoga Therapists).

Registration can be completed by calling 472-2155.

Summertime Cooking

The schedule for the Summertime Cooking Series by Chef Jarred Harris is available online at www.sanibelcommunityhouse.net. Hands-on classes are \$75 and demonstrations are \$35. Items on the menu include shrimp kabobs and papaya, grilled watermelon salad, whole roasted Spanish mackerel with soy, chili and lime, spicy hoisin glazed eggplant, grilled pound cake with sour cherries and yogurt, barbecued lamb, zucchini doughnuts, and artichokes and polenta with wild boar chops. Prepaid reservations are required online or by calling 472-2155.

Community Potluck

The next Community Potluck will be held on Wednesday, July 26 from 6 to 8 p.m. Calli Johnson of Bailey's General Store will be the featured speaker. She will discuss the invasive lion fish. A University of Florida graduate, Johnson is a scuba diver, spearfisher and at-home chef. Bring a dish to share that serves six to eight people.

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.✪

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OBITUARY



HAZEL E. AMON

Hazel E. Amon, 101, of Cortland, Ohio died Friday, June 9, 2017 at Ohio Living Lake Vista of Cortland.

She was born March 28, 1916 in Youngstown, the daughter of the late Carl and Bette Danielson Peterson.

On June 24, 1935, she married the love of her life and best friend, Richard “Dee” Amon.

They raised their children in Cortland before moving to Sanibel Island, Florida in 1972. She returned to Cortland in

2011 to be with her family.

Hazel was all about family. She especially loved her Swedish heritage and Christmas Eve smorgasbord, which her family still enjoys. She loved her family and supported them in whatever they did. She’d play the piano and Dee and the kids would stand around her and sing. She loved life and people, laughter and music, and her exercise classes. She was an optimist and always on the go. She was good to everyone and her and Dee’s door was always open to whoever needed to come in. She was an amazing woman.

Hazel was a 1934 graduate of South High School and then completed classes at Youngstown Business College.

She worked as a bookkeeper for many years and loved being a realtor on Sanibel Island. She belonged to many organizations and did volunteer work.

Surviving are her children, Barbara Chapin of Loveland, Colorado; “Larry” (Ed) Grinnell of Johnston; Rick Amon of Girard; Donna (L. Bruce) Durst of Cortland; and Mike (Donna) Amon of Pine Beach, New Jersey; 14 grandchildren, Ron Ritchie, Connie Davidson, Scott Ritchie, Beth Glancy, Bob Grinnell, Ricky, Kelly, Jennifer and Josh Amon, Mandy Allen, Dawn Ochman, Kim Seminsky, Heather Harvey and Stephen Amon; 23 great-grandchildren and three great-great-grandchildren.

“We love you ‘Mama,’ have fun dancing with Daddy in heaven.”

Hazel was preceded in death by her husband, Dee in 1981; a grandson,

David Ritchie; one great-grandson, Kevin Davidson; one great-granddaughter, Addie Seminsky; her brother, Roy Peterson; and a daughter-in-law, Carol Amon.

A memorial service was held on June 24, 2017 at Lane Family Funeral Homes, Shafer-Winans Chapel in Cortland. Pastor Yesudas Devadan officiated.

The family wishes to express a

special thank you to all of Hazel’s caregivers at Lake Vista of Cortland. “You are wonderful.”

In lieu of flowers, memorial contributions may be made to Hospice of the Valley’s Hospice House, 9803 Sharrott Rd., Poland, OH 44514 or to the charity of the donor’s choice.

Online condolences may be made to the family at www.shaferwinanschapel.com.✽

Sanibel-Captiva Lions Club News

Driving During Hurricane Season

submitted by a Lion, Bob

As Lions, we are focused on sight based issues and on helping our community via various fundraising and sight screening events.



An area that needs to be reviewed is: “How to drive during the hurricane season” and here are a few tips.

State law requires that we have our headlights on when it is raining. This allows oncoming and trailing traffic to see us, as well as allowing us to see them. Turn on your headlights.

Some Sanibel hints:

When slowing down to make a left turn and an approaching car flashes his bright lights, it means they are allowing

you to make that left turn in front of them. A courtesy.

When turning left from Donax onto Periwinkle, use the merge lane. It is there to ease the process of making the turn. One just needs to have an opening in the traffic approaching from the west (left) to be able to get out into the merge lane and cars coming from the east (right) will let you merge in. A courtesy.

Always signal your turns, whether left or right. A courtesy.

Do not tailgate and do not weave back and forth when approaching the toll booth to enter Sanibel. A courtesy.

When driving on any of the major roads, don’t slow to a crawl for no reason. Try to maintain the posted speed limit and keep the traffic moving. A courtesy.

No cell phone usage when driving. Do not let yourself be the cause of an accident that could cause injury. A courtesy.

Enjoy your time on Sanibel.

For more information about the Sanibel-Captiva Lions Club, email alionbob@comcast.net.✽

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Sanibel Sea School counselor Johnny Rader, center, taught campers about shark anatomy during a dissection photo provided

Sea School Campers Dive Into World Of Sharks

submitted by Leah Biery

Sharks were in the spotlight at Sanibel Sea School during the last week of June. The nonprofit organization hosted Shark of a Whale Week at its flagship campus on Periwinkle Way, and Nurse Shark in the Dark week at The Canterbury School in Fort Myers.

Shark of a Whale Week campers learned about the largest fish in the sea, the whale shark, a gentle, filter-feeding behemoth that knows a thing or two about camouflage. Participants conducted a plankton tow to take a closer look at the whale shark's favorite food, built a whale shark sand sculpture to put the creature's massive size in

perspective, and played a game of blob tag to understand the challenges of being so large. They also dissected a small shark to study shark anatomy, and tried to camouflage themselves while snorkeling in the bay.

Nurse Shark in the Dark Week was all about these bottom-dwelling sharks that like to hide out under ledges and are able to locate prey in dark, mucky waters. Campers canoed in search of sharks on the sea floor, attempted to locate objects underwater using senses other than sight, and slurped up various foods to find out what eating must be like for a small-jawed nurse shark.

Participants were also treated to a night snorkel near the Sanibel Causeway, and had a great time swimming in the dark.

As usual, there was also time each week for surfing, art projects and making new friends. For more information, visit www.sanibelseaschool.org.✱

American Legion Post 123

American Legion Post 123 is having a fish and shrimp fry on Sunday, July 16 from 1 to 8 p.m. Cost is \$11 to \$13. There will be live music with Robby Hutto from 5 to 8 p.m. On Sunday, July 23, barbecued ribs and chicken are on the menu.

The installation of officers will be held on Wednesday, July 26 at 6 p.m. with a lasagna dinner to follow.

Every Monday, 9-ball pool tournaments are played. New and returning players are welcome. On

Tuesdays, tacos are served all day. Country fried steak is 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.

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

Photographer In The Making



Addison Quillen, a 5-year-old island resident, captured this beautiful sunset on July 1 at the Sanibel Causeway photo by Addison Quillen

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Preschool Appoints New Director



Ana Abella photo provided

Ana Abella has been promoted to preschool director of the Sanibel Christian Preschool at Sanibel Congregational United Church of Christ. Abella has been with Sanibel Christian Preschool for more than three years as the teacher of the 3-year-old class. Abella’s love of the students, her native Spanish bilingual skills, and her teaching experience, especially with classical

music, are an important part of the students’ success. Abella has a bachelor of arts degree in music from Florida Gulf Coast University. This past January, as part of her professional continuing education, she completed the coursework and earned her director credentials. She will take over as the preschool’s director and VPK teacher for the school year starting August 10. Sanibel Christian Preschool is now accepting registration for the new school year. Classes are offered five days a week for 2- and 3-year-olds and 4-year-old VPK students, as well as aftercare. The preschool also offers financial assistance with tuition through scholarships based on economic need. The church and preschool are located at 2050 Periwinkle Way. For more information or to tour the school, contact Abella at 472-0497.*

From page 1 Sanibel Shell Hunt

that she and Purvis have a plentiful supply of locally-collected dosinia shells. “When the weather outside was frightful and we couldn’t go to the beach, we began painting.” Before long, the friends had produced almost 100 individually painted shells. “We love exploring the island, so we tried to leave a few shells everywhere we went,” said Purvis. “We did forget to drop them off at a few places. Love seeing the smiles from the kids that

found them. We hope that there will be enough people to continue hiding, finding and possibly re-hiding to keep it going.” “We encourage folks to paint, find, move, re-hide and simply enjoy the shells,” added Bown. “Already, some shells have left the state and we hope to see pictures of their new hiding places.” For example, the owner of an ice cream parlor located in northeastern Pennsylvania has a collection of painted shells from Sanibel on display at her business. “Both my husband and I are shell ambassadors who trained at the Bailey-Matthews National Shell Museum last year,” said Lori Ulichney, who plans to return to the island this November. “We’ve been collecting shells for years, and people who come into our shop love seeing them.” Ulichney, who plans to retire on the island in the near future, thinks the idea behind Sanibel Shells is wonderful. “I like the fact that people want to make others smile and share their love for Sanibel at the same time,” she added. Other “shellers” posting pictures of their finds have been shared by people from Maryland, Michigan, Ohio and Idaho. “I found (a painted shell) at the Periwinkle Place Shops under the plant,” said Cape Coral resident Martina Labbe. “I loved it because it put a smile on my face and also happened to be my favorite color. It’s a fun thing to look for with my son when we are out and about.”

Sheri Mills, who vacationed here with her family of five from Southlake, Texas, joined the Sanibel Shells Facebook group to become more familiar with the island. When they arrived here, all three of her children were eager to find the shells. “My middle child, Tyler Marie, found the first one after leaving the Lazy Flamingo restaurant; she found her shell under the pelican at the bank,” said Mills. “Not to be outdone, my third child, MJ, immediately started his search. It took 24 hours, but he found his while biking home from Sanibel Sea School on a newspaper stand.” Mills also noted that the shells contained inspirational messages. “MJ’s shell read ‘Namaste’ on the front and ‘Just Breathe’ on the back,” she added. “What was particularly cool is that Tyler Marie’s shell read ‘Bloom where you are planted,’ which is something her coaches talk about with her cheer team; and that philosophy is something that has proved personally true for us.” Purvis explained that she enjoys seeing pictures posted on the group’s Facebook page, and she encourages people to use the hashtag #sanibelshells before they hide them. “Everyone loves to know when his or her shells are found, but please understand that not everyone is on social media. This is more about making someone smile than it is Facebook recognition,” she added. “We thought it would be a fun and positive way for lovers of Sanibel and shells to share their love and ‘pay it forward!’”*

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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. President Alan Lessack 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

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8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Commissioners Approve Formula Retail Actions

by Jeff Lysiak

Following nearly four months of deliberations, the Sanibel Planning Commission on Tuesday reaffirmed its action taken during the June 13 meeting, approving the formula retail permitting process, review procedures and definitions to be recommended to city council.

Planning department director Jim Jordan reviewed the progress made by members of the commission on the formula retail discussions, which began in April. During his presentation, he offered that the four action items under consideration included:

- Adjusting the current review trigger that requires additional review and approval by city council from 50,000 square feet to 60,000 square feet whenever a new formula retail store is permitted in excess of this total amount of commercial floor area representing all formula retail stores within the city's Commercial District.
 - Amending the current definition of formula retail stores so that it does not apply to retail businesses with fewer than three existing stores.
 - Developing and posting on the city's website an instructional guide with the necessary steps for starting any permitted business on Sanibel.
 - Requesting that the city examine the future economic development of its Commercial District to ensure that it maintains an appropriate mix and variety of uses.
- In addition, Jordan explained that the changes to the city's Land Development Code for formula retail businesses would be defined as "retail stores that have fewer than three existing locations, that had their original location in the city, are not defined as formula retail stores."
- One by one, commissioners weighed in on the proposed recommendations.
- "We're going to have to be flexible,"

said commissioner Chuck Kettman, noting the rapidly changing "face" of retailers doing business today, especially online retailers. He also pointed out the need for the city to pay more "front end attention" to businesses looking to establish themselves on Sanibel.

While commission chair Dr. Phillip Marks emphasized that local businesses should focus on offering items for sale not readily found elsewhere, the presence of mega-retailers like Amazon – which recently announced a new regional distribution center based in Orlando – will be able to provide Floridians with next day delivery of goods.

"Business is important to our town," said Marks. "It's sort of the heartbeat to where we live."

Commissioner Dirk deWerff requested that on the city's Business Tax Receipt (BTR) form, a line be added that would directly ask an applicant if their business fits Sanibel's definition of formula retail. A proposed draft of the city's Compliance with Formula Retail Standards certification form contains a questionnaire which addresses the number of existing locations for each business as well as common elements and arrangements associated with the store. The latter asks for details such as standardized trademarks, logos, uniforms, signage, architecture and merchandise, among other information.

"If the answer is Yes to any of the above specified elements and arrangements, then the store is formula retail," the proposed certification form states, in part.

During public comment on the topic, Ric Base, president of the Sanibel & Captiva Islands Chamber of Commerce, agreed that the city's BTR form should offer a clear and concise checklist of what is required to open a business on the island. "It would be nice to be able to hand people a form and be on the same page with the city's process," he said, adding that such information be provided to landlords within each local shopping center.

Base also confirmed with several commissioner's opinions that over the next few years, there will be "huge changes in the way retail works around here."

"Having a step-by-step guide on how to start a business on the island makes a lot of sense," added resident Claudia Burns.

After some more deliberations, deWerff made a motion to approve the commission's previously stated position on recommendations to the city council, which was unanimously approved by a 6 to 0 vote, with commissioner Chris Heidrick absent. Jordan explained that he would bring back a draft amendment – pending the review of city attorney Ken Cuyler – at the August 8 meeting for final approval.

Also, commissioners officially cancelled their second meeting next month, which had been scheduled for August 22.*

Sanibel Summer Weather Advisory

Residents and visitors to Sanibel Island are reminded that persons should always be aware of current and predicted weather conditions. It is not uncommon, particularly in summer months, for severe storms to establish quickly over the island.

When summer storms are associated with lightning, for safety reasons, all City of Sanibel personnel directing traffic are removed from the intersections until the risk for lightning has cleared the area. It is also not uncommon on days for off-bound traffic congestion to occur when summer storms develop suddenly and many vehicles are attempting to leave the island simultaneously.

The City of Sanibel also urges all persons to track weather conditions on the many outlets available. The city does closely track and issue regular alerts for hurricane strength and tropical storms. Sanibel does not have adequate staff resources to issue alerts and advisories for every summer storm.

The Sanibel Police Department reminds all motorists, bikers and pedestrians on Sanibel roadways and path systems that any time weather conditions are severe, you should take safe cover until the storm has passed.

Be safe and travel carefully.*

City Launches Clean Water Program

The City of Sanibel recently launched the Sanibel Communities for Clean Water Program. The primary goals of this program are to educate island residents about water quality in their individual communities and to provide science-based solutions on how to cost-effectively improve water quality.

The program is based on the results of a comprehensive study conducted by the City of Sanibel and the Sanibel-Captiva Conservation Foundation (SCCF) Marine Laboratory. The study included extensive sampling of more than 72 waterbodies throughout the island. The data collected is now presented on an interactive website, which allows residents to see how their community lakes or other waterbodies rank in water quality compared to other waterbodies on the island or to state standards. Through the website, residents will be able to examine the role they can play in protecting water quality and how their actions can improve the health of their lakes, wetlands and other waterbodies.


The program recommends best management practices (BMPs) to improve water quality tailored to each individual community with the goal that residents will adopt these cost-effective and environmentally friendly measures.

If each community does its part, it can improve Sanibel's water quality and preserve its natural beauty and unique ecosystems. Visit the Sanibel Communities for Clean Water website, and see what you can do to help: <https://www.sanibelcleanwater.org/>. News and updates are available on social media.


For more information, contact the City of Sanibel Natural Resources Department Environmental Specialist Dana Dettmar at dana.dettmar@mysanibel.com or 472-3700 ext. 390.*

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'Ding' Darling Photo Contest Opens Saturday

The 30th annual "Ding" Darling Days Amateur Nature Photography Contest opens Saturday, July 15. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days from October 15 to 21.

Deadline for photography submission is September 15, and all entries must be submitted electronically by email to ddamateurphotocontest@gmail.com. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 22 during "Ding" Darling Days.

Entry fee is \$25 per person, which includes a membership to the society and helps to defray the cost of the contest. One fee covers two entries per person, but the entrant is eligible to win only one award.

Only amateur photographers of all ages are eligible to enter. Entrants may not possess a professional photographer



Tom Korbitt's *My Sandy Look* took first place in the 2016 "Ding" Darling Days Amateur Nature Photography Contest photo provided

tax identification number for the sale of photographs.

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date. Each photo must be a jpg file of at least 2,000 by 1,500 or two megabytes (MB). Panoramic photos are not allowed.

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

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

Judging criteria includes: technical excellence (sharpness, lighting, composition, exposure); originality/creativity; interest; and ability to be reproduced for publication.

Only limited image modifications are permitted. Minor manipulation

should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

First, second, and third place winners and honorable mentions will be formally announced during "Ding" Darling Days. Cash prizes will be awarded: first place \$200; second place \$150; third place \$100; and honorable mentions \$25.

There will be three judges involving a refuge staff person, a professional photographer and a member of the Sanibel community.*

Discount Movie Tickets For Rec Center Members



images provided

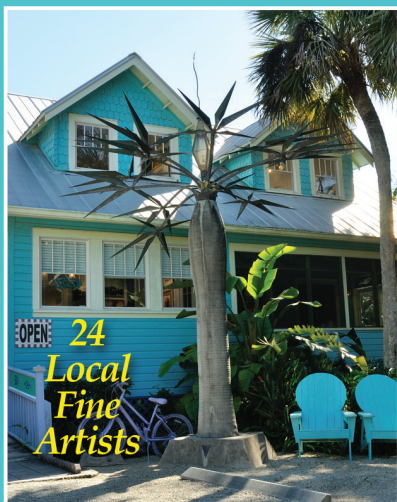
The Island Cinema is offering movie tickets at a discounted rate for all City of Sanibel Recreation Center members. Admission for members (adult, senior) will be \$6 including tax (40 percent off the regular ticket price). All participating members will need to show the box office attendee a valid discount movie voucher from the Sanibel Recreation Center. Movie vouchers are available to current recreation center members and may be picked up at the recreation center front desk.

The following feature films are offered through a partnership between the City of Sanibel Recreation Center and Island Cinema: *Despicable Me 3*, rated PG and *Spider-Man: Homecoming*, rated PG-13. The discount movie ticket offer is good for all showings at the Island Cinema through Thursday, July 20.

Watch the City of Sanibel website, www.mysanibel.com, for future movie dates. Due to limited capacity in the theater, recreation center members wishing to utilize this discount are urged to purchase their tickets in advance at the cinema, located at 535 Tarpon Bay Road. For more information, call 472-0345.*

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Special Appearances At The Library



John Storms with Jesse, the albino Burmese python photo provided

John Storms returns to the Sanibel Public Library on Tuesday, July 18 at 3 p.m. with his World of Reptiles show, featuring live reptiles, big and small. After the reptile demonstration, Summer Reading participants will present the 2017 donation of books to staff from the Children's Hospital. More than 1,200 books have been "earned" for the hospital this summer so far. The summer reading logs are due to Miss Deanna by July 29.

Young adult author Jen Calonita will be at Teen Night at 6 p.m. on July 18 to talk about her books, including the *Fairy Tale Reform School* series. A former entertainment editor at a teen magazine, Calonita started out her career chronicling backstage life at concerts with Justin Timberlake and interviewing Zac Efron on film sets. When she isn't writing, the author of the *Secrets of My Hollywood Life* and the *Belles* series can be found watching movies or floating in the pool. Middle and high schoolers entering fifth grade and older are invited.

Family Storytime at the library is offered on Wednesdays at 10 a.m. This all-ages program helps develop pre-reading skills through songs and stories. Dog-loving children can read to Bessie, a bearded collie who is a Reading Education

Assistance Dog (READ). Bessie will be at the library on rain-free Tuesday afternoons at 2 p.m. For kids going into sixth grade and beyond, the library will host VIP After-Hours on Tuesdays from 6 to 7 p.m. through July 18. This teen program includes snacks, games and crafts.

There are no children's programs during the last week in July. Weekly children's programming will change in August. Check the calendar at www.sanlib.org.

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

Sea School To Partner With Road Scholar

submitted by Leah Biery

During the months of July and August, Sanibel Sea School will partner with Road Scholar, an educational travel company, to host grandparents and their grandchildren for six days of intergenerational exploration and learning.

Participants will stay at Sundial Resort and Spa, where Sanibel Sea School operates a satellite campus, and will visit Sanibel's unique beaches, mangrove forests, and seagrass beds led by the

nonprofit's team of knowledgeable marine educators. Activities will include snorkeling, seining, a squid dissection and more.

"We are honored to work with such a well-respected organization," said Dr. Bruce Neill, Sanibel Sea School's executive director. "Road Scholar is dedicated to inspiring and providing lifelong learning opportunities, which is perfectly aligned with our own approach to ocean education. It is a beautiful thing when two generations can experience the ocean's magic together."

Sanibel Sea School, a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time, also has plans to offer a retreat for active adults with Road Scholar in fall 2017. To learn more, visit www.sanibelseaschool.org and www.roadscholar.org.✱



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The flower clusters appear in the leaf axils

photos by Gerri Reaves

Plant Smart
Pillpod Sandmat

by Gerri Reaves

Pillpod sandmat (*Chamaesyce hirta*) is a very common perennial that you've no doubt seen growing in the yard, along roadsides, or even in sidewalk cracks. Drought tolerant and resilient, it is one of many members of the spurge family native to the state.

Other common names include garden spurge, spotted spurge and pill-bearing spurge.

This sprawling or erect wildflower is usually considered a weed.

It is also classified as an herb and a medicinal plant, as suggested by one of its other common names, asthma weed.

Its medicinal uses are numerous and varied, including treatments of bronchitis, dysentery and jaundice, and it has antibacterial and sedative properties, among others.

The slender hairy stems are usually reddish or purplish.

The opposite leaves are oval or lanceolate and up to about two inches long.

They have finely serrated edges and often have reddish splotches in the centers.

The tight clusters of tiny flowers appear



Native pillpod sandmat is a common site in vacant lots and lawns, along roadsides, and in sidewalk cracks

in the leaf axils, the angle created by the stem and leaf stalk. They are packed in cup-like group of bracts called cyathia.

Both male and female flowers are found on the same plant.

The mature three-lobed fruit capsule splits to release abundant seeds.

Like other members of the euphorbia,

or spurge, family, it has a milky sap that contains a toxic latex, so exercise care when handling it.

Sources: www.eol.org, www.levypreserve.org, www.ncbi.nlm.nih.gov, www.pfaf.org, and www.projects.ncsu.edu.

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Summer Tactics



by Capt.
Matt Mitchell

Hot sticky south Florida summer conditions require getting out on the water early and getting done early to avoid as much of the sweltering heat

as possible. Water temperatures by mid-afternoon have been hovering right around 90 degrees, which basically shuts down any kind of shallow water fishing. Even during morning charters, the deeper water including the passes and deeper grass flats in the six-to-eight-foot range have been the most productive areas to catch fish.

Big schools of the small-fry-sized shiners and threadfin herring have begun to show up all over the sound as is usual for this time of year. These small white baits have been the best choice for fast-paced fishing action on snapper, trout, ladyfish and mackerel. Downsizing to a quarter-inch mesh cast net makes it easy to load up on

this little bait, which basically catches everything that swims. Around most shoals and passes you can locate this bait showering and flicking on the surface. Just drift into it and make a few throws to load up the livewell. Switch it up to smaller rods and lighter terminal tackle to cast these tiny baits. This little bait will get the fish feeding when they just don't want to eat the larger pinfish and grunts.

Deeper grass flats from Fosters Point to Cabbage Key have been a good choice to catch plenty of keeper trout. Small pinfish and grunts fished under a popping cork in depths from six to eight feet caught lots of larger trout for the first few hours most mornings. Mixed in with the trout have been small blacktip sharks, which are always fun to catch. As conditions continue to stay hot, there is more and more floating grass around. This is typical as some of our grass dies off during the heat of the summer and can be found floating around the sound often in large patches.

By mid-morning, my go-to bite this week was fishing for gag grouper in the passes. Hooking pinfish and grunts on a heavy enough jig head to drop straight down to the bottom caught us lots of gag grouper. Most of



Jim White from Gainesville with a 26-inch gag grouper caught with Capt. Matt Mitchell this week photo provided

these grouper are under the 24-inch minimum size, but if you are patient there are keepers. These gag grouper hit a bait harder than any other fish that comes to mind and make for non-stop action during the slower tides when everything else has stopped biting. While drifting the passes, keep a eye on the sonar looking for good bottom structure while keeping baits close to the bottom. Once you catch a fish, put a mark on the chart-plotter and return to this same spot. It's crazy how many grouper you can catch off one rock

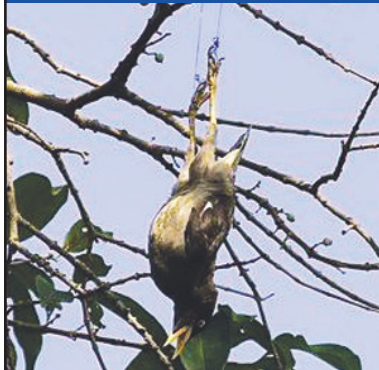
pile or hard edge. Our big grouper of the week measured just over 26 inches although we had a few bigger ones on hook that ran back into the bottom structure before breaking off. Heavy gear is a must if you're going to get one of these hard-fighting fish up.

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

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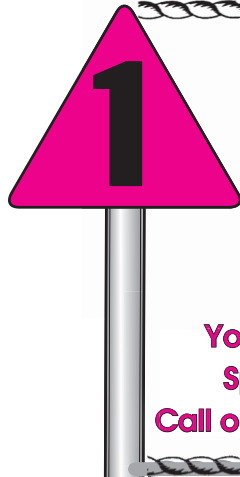
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Shell Of The Week

Constricted Macoma



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

Another species in the ongoing treatment in this column of the local tellin bivalves (family Tellinidae), the Elongated Macoma, *Macoploma tenta* (Say, 1834), is probably the rarest of the local medium-size species. At a little less than an inch long, The Elongated Macoma is translucent-white or faintly yellowish, with weak growth marks and the typical “squarish” posterior shell end (on the left of the valves in the photo). Learn more about local mollusks at www.shellmuseum.org/shells/southwest-florida-shells.

Shell Museum Events

Daily programs included with paid admission include movies, live tank talks as well as arts and crafts. Call 395-2233 for scheduled times.

Florida Family Discount: From May 1 to September 4, buy one adult admission, receive one free child/youth admission.



The Elongated Macoma, *Macoploma tenta*, from Captiva Island photo by José H. Leal

Beach Walks: Information and registration at www.shellmuseum.org. The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.

Captiva Fishing Trip Planned For Military Veterans

To help with healing from injuries like PTSD and traumatic brain injuries from serving our country, Fish With A Hero (FWAH) will bring members of the military to Captiva for two days of fishing. From October 24 to 27, 50 members of Project Healing Waters Fly Fishing (PHWFF) will be staying at South Seas Island Resort. This is an all expenses paid trip for the participants.

The 50 members of PHWFF include military veterans and wounded or disabled veterans. They will be able to experience two days of fishing from charter captains. Each captain helping FWAH will be featured on the website, and all time spent helping FWAH is voluntary.

South Seas Island Resort has donated enough rooms to house all 50 members of PHWFF for the extent of the event.

The FWAH is in its fifth year of this event and has expanded from the Florida Keys to Captiva. All participants will have been nominated and chosen by other members of PHWFF.

For more information about Fish With A Hero, visit www.fishwithahero.com/ or follow the Facebook page.*

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CROW Case Of The Week:

Southern Flying Squirrel



by Bob Petcher

The southern flying squirrel (*Glaucomys volans*) and its relative, the northern flying squirrel, are the two native species found in North America. These mammals would be more fitting to be called "gliding squirrels" due to their ability to soar and inability of true flight like birds.

The nocturnal southern species, also called the assapan, soars from tree to tree courtesy of its furry membrane called a patagium that stretches from its front legs to its rear legs. The parachute-like expansion of the skin on its torso enables it to glide through the air. A flat tail also helps out in flight.

While not known to be math wizards, flying squirrels use triangulation to estimate the distance of its landing area while they lean out and pivot from side to side before launching. Triangulation is the process of determining the location of a point by forming triangles to it from known points. This soaring ability through this process can help it cover more than 150 feet per launch.

Of course, the southern flying squirrel

is more plentiful in this region of the country, yet can be found as far north as Maine. The northern flying squirrel is also found in the northeast but out west as well. In distinguishing between the two, the southern species is smaller in size (8 to 10 inches in length) compared to the northern species (10 to 12 inches long). Both flying squirrels are gray-brown, but the belly of the southern flying squirrel is white, while its northern counterpart has belly fur that is gray at its base.

At CROW, an adult southern flying squirrel was admitted to the clinic from Lehigh Acres after it was found on the ground. During its intake exam on June 16, CROW medical staff stated the patient was noted to have a head tilt to its left side as well as ataxia (a neurological sign consisting of lack of voluntary coordination of muscle movements) to its left side.

Dr. Julia Hill, CROW veterinary intern, said the patient being found on the ground was "very abnormal" due to its affinity for staying in trees. It was unknown if the flying squirrel was involved in an accident.

"Head trauma from falling or hitting something is the most likely scenario," she said. "Occasionally, wild squirrels can also get infections of their inner ears, though this squirrel didn't have one."

The patient was fed "an insectivore slurry" to help maintain its weight until it could eat on its own. Anti-inflammatories were also given during a recovery period of nearly three weeks in care.

"Some animals with similar conditions receive physical therapy as well, but this



Patient #17-2100 takes a gander at the camera

photo by Brian Bohlman

was not an option for this patient due to his size and aggressive behavior," Dr. Hill added.

While the veterinary intern said the head tilt condition could take months for full range to return, the patient showed great improvement in a shorter amount of time with its weight and neurologic issues at the clinic. It was released on July 9.

"This patient recovered in about three weeks and, at this time, there is no

noticeable head tilt," said Dr. Hill.

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

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CROW Calendar Of Events

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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

Friday, July 14, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW (daily presentation).

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.

Monday, July 17, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student (daily presentation).

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. One of CROW's animal ambassadors will be present.

Tuesday, July 18, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Tuesday, July 18, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation (daily presentation).

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. One of CROW's animal ambassadors will be present.

Wednesday, July 19, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Wednesday, July 19, 11 a.m., adults \$7, teens \$5, 12 and under no

charge – Opossums at CROW (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Thursday, July 20, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Thursday, July 20, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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. One of CROW's animal ambassadors will be present.✧

LIVE ON THE ISLANDS

Il Cielo has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

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

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 John McLane.

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 on Friday with Woody Brubaker. Dusk Duo plays on Saturday and Wednesday. On Thursday, it's Woody Brubaker.

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

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



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Shell Found



Cameron Gillean photo provided

Cameron Gillean from Senoia, Georgia found an alphabet cone on the beach in front of Sundial West (off Middle Gulf Drive) while exploring with his mask in waist-deep water. Cameron said, "I have been coming here all my life and was excited when I saw the spots, I thought it was a junonia. I was still happy that I found this rare cone."☆☆

Fish Caught



Jonathan Jetter photo provided

Jonathan Jetter, visiting from Tyler, Texas, caught a snook at 7:30 p.m. on June 29 on the beach in front of Sandpiper Condominiums. He caught it on 14-pound test line, bait casting reel with a chartreuse jig. Light rain with a rainbow followed his catch.☆☆

Fish Caught



Luke Kalhorn photo provided

Luke Kalhorn, 13, visiting from Rockville, Maryland, caught a 36-inch snook on whiting on the incoming tide. Luke and his family were staying at Sanibel Surfside.☆☆

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The Burns Family Team – Joe, Joan, Jeff and Tiffany Burns, right, and Kathy Haungs and John and Denice Beggs – shows their love of the beaches and sea turtles with Sanibel Captiva Foundation Sea Turtle Program Director Kelly Sloan, center. photo provided

Team Shows Love For Beach And Sea Turtles

The Burns Family Team with Premier Sotheby's International Realty is showing its love for the beaches through the Adopt-A-Beach program. It is part of an initiative launched by the-Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program to help keep the

beaches friendly for nesting sea turtles.

The team has sponsored two sections of beach – between Village of Captiva's Wightman and Laika lanes and along Sanibel's West Gulf Drive. "These are popular nesting spots for sea turtles and we want to do our part in keeping it safe for them," said Jeff Burns.

SCCF hopes adopters educate their neighbors, guests and fellow beachgoers about turning off lights, removing beach furniture at night and filling in large holes that could trap turtles.

Adopt-a-Beach participants receive a report in December detailing the results of every sea turtle and shorebird nest, as well as rare bird sightings and history of banded birds seen on their stretch of beachfront.

"We are thrilled the Burns Family Team has demonstrated their commitment to coastal conservation on Captiva through their recent beach adoptions," said SCCF Sea Turtle Program Director Kelly Sloan. "The

SCCF tie to the realtor community is strengthened through this wonderful example of beach stewardship."

"We take pride in the sanctuary islands that we call home," said John Beggs. "The Adopt-a-Beach program allows us, as a team, to further protect our precious wildlife and beaches."

Anyone interested in SCCF's Adopt-a-Beach program can contact Kelly Sloan at 472-3984 or ksloan@sccf.org.✱

SCCF Sea Turtle Nesting Statistics

SCCF officials are reporting that many sea turtle nests are hatching with over 2,100 hatchlings already emerged from their next sites this season. The East End volunteers saw their first two hatches of the year on Wednesday, and an additional two nests hatched on that beach yesterday.

It was a slower week as far as nesting is concerned, but it's not unusual to have a low period followed by another big pulse in nesting this time of year. There are 491 nests on Sanibel (including 19 greens) and 154 nests on Captiva, which is 83 more than were reported this time last year.

As of July 7, 2017

Sanibel East: 112 loggerhead nests, 1 green nest, 200 loggerhead false crawls*, 0 green false crawls

Sanibel West: 359 loggerhead nests, 19 green nests, 485 loggerhead false crawls, 19 green false crawls

Captiva: 154 loggerhead nests, 0 green nests, 171 loggerhead false crawls*, 0 green false crawls

As of July 7, 2017

Sanibel East: 104 loggerhead nests, 0 green nests, 265 loggerhead false crawls, 0 green false crawls

Sanibel West: 313 loggerhead nests, 0 green nests, 681 loggerhead false crawls, 0 green false crawls

Captiva: 145 loggerhead nests, 0 green nests, 265 loggerhead false crawls, 0 green false crawls

*false crawl – a failed nesting attempt

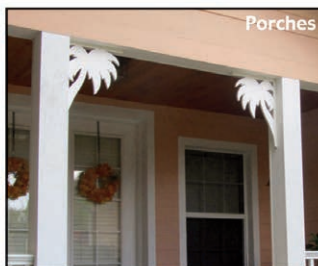
If you have questions, or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.✱



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Shell Point Thrift Store Celebrating Sixth Anniversary

Shell Point Retirement Community's Community Thrift Store is celebrating its sixth year in business, and invites Southwest Florida residents to join the celebration during a storewide summer sale, which began Tuesday, July 11 and runs through Saturday, July 15. The store is open from 9 a.m. to 4 p.m. at 15501 Old McGregor Boulevard in Fort Myers.

To celebrate the anniversary, there will be 50 percent off all items

throughout the store, as well as a chance to win prize giveaways, including free tickets to upcoming Shell Point Summer Concert Series performances at Shell Point Retirement Community.

Community Thrift Store offers boutique clothing, shoes and jewelry; home décor, kitchen items and furniture; as well as construction materials, appliances and fixtures. Tax-deductible receipts are available for individuals or organizations that donate items to the store. Like Community Thrift Store on Facebook at www.facebook.com/ThriftStoreShellPoint to learn about upcoming "steals and deals," and catch the first glimpse of new treasures.✱

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From left, garden walk participants Diane Neuhauser and Sheila Sanders learning about Florida's native plants from SCCF's Dee Serage-Century

photos by Jeff Lysiak

Homestead Gardens Thriving This Summer

by Jeff Lysiak

After a temperate spring and in the midst of a rainy summer season, the demonstration gardens located at the Sanibel-Captiva Conservation Foundation's (SCCF) Bailey Homestead Preserve are currently thriving like never before.

Last week, SCCF's Living with Wildlife Educator Dee Serage-Century led an hour-long walk through the Native Landscapes and Garden Center. The guided tour included information about Florida's native plants, wildflowers, kitchen and tea gardens at the refurbished preserve.

Serage-Century discussed the many uses of the plants by humans, butterflies, birds and other pollinators.

"We have a long history of growing native plants on SCCF lands," Serage-Century said. "The big advantage at this site is our ability to showcase plants in our demonstration gardens."

SCCF's Native Landscapes and Garden Center at the Bailey Homestead Preserve includes seven individual demonstration gardens:

- Agricultural/Edible
- Wildflower and Pollinator
- Beach/Dune Habitat
- Wetland/Littoral
- Bird and Hardwood Hammock
- Keys Hammock
- Scrub

In addition, the 28-acre site includes the original Bailey family home and Honey House (now an SCCF gift shop), retail areas, walking trails and the picturesque Devitt Pond, which is inhabited by several species of birds, turtles, otters and other critters.

Starting the tour in front of the

Beach/Dune Habitat area, Serage-Century pointed out several of the plants featured within the garden, including dune sunflowers, silversaw palmetto, cocoplums and beach elder.

Meandering through shared walkways, the tour group stopped to learn about several native plants being grown on the property, some of which have survived for generations. They included firebush, American beauty berry, seven year apple, strangler fig and ficus trees, lignum vitae and the fragrant marlberry.

"We live in Georgia, which is a totally different gardening zone," said tour participant Diane Neuhauser, a former island resident who was visiting Sanibel with friend Sheila Sanders. Both women asked about which plants could be grown in northern climates – such as their own in Athens, Georgia – and how some native species helped sustain people living in Southwest Florida over the centuries.

At the end of the walking tour, guests were invited to sample some of the Florida-grown teas and purchase other items in the Honey House, including T-shirts, books, locally harvested honey and native plant jellies and jams.

Upcoming tours at the Bailey Homestead Preserve include Making The Land Work, which are offered on Wednesdays through October 31 at 8:30 a.m. Participants meet at the Conservation Gateway Kiosk at the head of the Shipley Trail, near the entrance to the property. Admission is free for SCCF members and children and \$5 for non-members.

For more information, visit www.sccf.org. The Native Landscapes and Garden Center, located at 1300 Periwinkle Way on Sanibel, is open Monday through Friday from 8:30 a.m. to 5 p.m. Call 472-1932 for more information.✱



Diane Neuhauser samples the scent of a marlberry plant



Dee Serage-Century noting the size of the fruit yielded by the seven year apple tree

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From page 1

Optimists 37th Annual Road Rally



Members of the Sanibel-Captiva Optimist Club prior to the start of this year's rally
photos by Jeff Lysick



Team Ragrets, this year's first rally participant



Optimist member John Jones was the official starter for this year's rally



The Red Rockets squad, one of three "Ding" Bats teams



The End of the Road Tiki Team

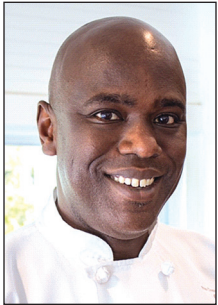


Two of the vehicles that participated in this year's Road Rally



Richard McCurry and Stan Howard preparing to start the Granny's Gang team

The Community House

Summertime
Cooking

by Resident Chef Jarred Harris

Grilling is a healthy way to add flavor to food with little effort. Simply adding salt, pepper and olive oil to vegetables, meat, fish or fruit, then grilling it, changes the flavor profile without adding calories.

From black grouper to hogfish, we are blessed to be surrounded by an abundance of seafood. Sometimes we forget that there are unpopular species of fish, but with simple preparation they can be just as good to eat as the premier fish in our area. Grey mullet and Spanish mackerel are two examples. Both fish have healthy attributes such as an abundance of Omega-3 fatty acids, vitamins A, K, B-12 and coenzyme Q10. Both fish have outstanding texture with strong flavor and are sustainable, healthy alternatives.



Banana Leaf Mullet photo provided

Here is a simple recipe using mullet or mackerel. The fish is coated in an herb paste, wrapped in a banana leaf then roasted on the grill.

Banana Leaf Mullet

Ingredients

- 1 tsp. salt
- ½ tsp. ground turmeric
- 4 grey mullet or Spanish mackerel filets
- 7 ozs. grated fresh coconut (or desiccated coconut soaked in water and squeezed dry)
- 2 bunches of cilantro (leaves only)
- 8 cloves of garlic
- 3 serrano peppers (seeded and diced)
- 1 inch piece of fresh ginger (peeled and rough diced)

1 tsp. cumin
1 tblsp. honey
2 ozs. fresh lime juice (about 2 limes)
1 bunch fresh mint (leaves only)
4 tblsp. cider vinegar
4 banana leaves
Method
Preheat your grill to a medium high heat.

Mix the salt and turmeric together then season the fish.

Add remaining ingredients (except the banana leaves) to a food processor and blend into a paste.

Cover the fish in the paste then place on a banana leaf and wrap into a parcel.

Tie the parcels with butcher's twine (string) then sprinkle with water.

Place the parcels on the top rack of your grill (for indirect heat) and cook for 20 to 25 minutes.

Remove the parcels from the grill, unwrap and serve with salad.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✱

Shell Found



Sammy Morales photo provided

Sammy Morales, 7, found an alphabet cone in the early evening near Island Inn, where he was staying with his family. Sammy and his family are from the east coast of Florida and visit Sanibel every summer.✱

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2 ears fresh sweet corn,
kernels removed
½ bunch fresh cilantro,
chopped fine
4 ounces low-fat ricotta cheese
2 large eggs, beaten
1/3 cup self-rising unbleached
or whole-wheat flour
Olive oil (for shallow pan frying)
Kosher salt to taste
Fresh ground pepper to taste

In a medium-sized bowl, combine corn, cilantro, ricotta, eggs, flour and a pinch of salt and pepper. Add a small amount of olive oil to a medium-high preheated sauté pan. Carefully add spoonfuls of the corn mixture to the hot pan. Cook on both sides until golden brown. Test the first done fritter and adjust seasoning with salt and pepper. Serve with low-fat sour cream if desired.

Yield: four to six servings.✱

Read us online at
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Sweet Corn and Ricotta Fritters

photo courtesy Fresh From Florida

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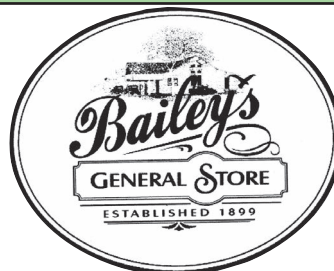
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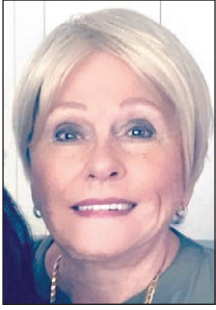
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Book Review

Testimony

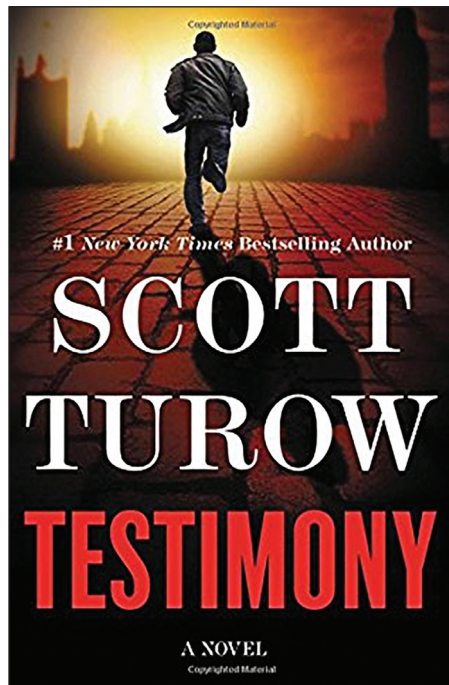
by Di Saggau



Testimony by Scott Turow, deals with the Bosnian war and it makes for an excellent read. Turow recreates the uncertainty of the Bosnian conflict and its consequences.

The breakup of Yugoslavia, and the declaration of independence by the Republic of Bosnia and Herzegovina in 1992, caused interethnic carnage in which Bosnian Serbs, Croats and Muslims brutally killed each other and horrified the outside world. At least 100,000 people were killed by "ethnic cleansing."

Testimony is set in the International Criminal Court at The Hague in the Netherlands. Bill ten Boom, after a successful career as a United States attorney and criminal defender, returns to his native land to work for the ICC and prosecute an unsolved case, the disappearance of several hundred Roma or Gypsies, in the wake of the conflict. The Roma were reviled and misunderstood by all sides, and Boom learns that 400 of them, men, women and children, were rounded up one night and taken to a large cave where they were buried alive. Who killed them



is the big question.

Helping Boom is Esma Czarni, a Cambridge-educated barrister, Roma advocate and Gypsy sexpot, and a fascinating character named Atilla, a vital cog in American military operations near the camp at the time of the Roma's disappearance. At the age of 54, Boom is having a mid-life crisis. He has left his wife, his family and his job to take part in what will become the most elusive case of his career. A witness has come forward claiming to be the only survivor of

the massacre. It's Boom's job to sort through a bunch of suspects, ranging from Serb paramilitaries, to organized crime gangs, to the U.S. government itself. *Testimony* is a legal thriller, a story that delves into international law and a very nasty episode of recent

history. Author Daniel Silva sums it up nicely in his praise for the book saying, "Scott Turow is the master of the courtroom drama. His latest legal thriller goes international and is a page-turner not to be missed."✱

Deadline For Preliminary Grant Applications

The Zonta Foundation of Southwest Florida, the non-profit arm of the Zonta Club of Sanibel-Captiva, is inviting preliminary applications from 501(c)3 organizations in Lee County for the grant cycle that begins in the fall, with distribution of grants in early 2018.

Earlier this year, Zonta distributed \$88,500 in local grants. These funds were raised during the most recent A Peek at the Unique home tour. Publicity released in early June has brought in a number of applications for consideration, and organizers want to remind all area non-profits there is still time: the deadline is Friday, July 28.

The mission of Zonta is to empower women and girls. To this end, local Zontians focus on education, economic self-sufficiency, safety, and health for women and girls.

"Successful applications will address one or more of these aspects

of empowering women," said grants co-chair Janine Boardman. "They will also be innovative, and specific, with measurable outcomes."

Collaborative projects will also be considered; however, since Zonta is non-sectarian, faith-based organizations are not eligible to apply.

After screening for compliance with the above criteria, detailed applications will be distributed in early October, with a submission deadline of October 27. To download an application, visit www.zontasancap.com and find the link on the home page for Preliminary Application. Email the completed application to info@zontasancap.com.

For additional information, contact grants committee chairs Janine Boardman, janinesanibel@yahoo.com, or Diane Chesley, dhchesley@gmail.com.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. To support Zonta's work, visit www.zontasancap.com and click on Donate.✱



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School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, People, including a teacher, have told me that my 11-year-old son has social anxiety. His teacher said that he was uncomfortable

doing group activities and hesitant to get involved. Our relatives say he is terribly shy. He's always been shy but does that mean he has social anxiety? What is it exactly?

Leonora A., Fort Myers

Leonora, People often use clinical words and diagnoses incorrectly. You are wise to learn more about your concern and begin to understand it.

Social anxiety is not just being shy. It is when fear of how you appear gets in the way of functioning. Social anxiety disorder is diagnosed when a person, child or adult worry so much about how they appear to others that they stop doing things they need to (and want to) do for fear of embarrassing themselves. Children who are just shy will gradually warm up to new people and situations over time, kids with social anxiety don't.

Most people with the disorder start noticing this anxiety when they're

between the ages of 8 and 15. For a while, children are usually able to hide social anxiety disorder. Their parents and teachers may not notice that anything is wrong, especially since kids are often ashamed to admit how anxious they are about things that other people don't seem to get upset about.

Even the smallest interaction, like answering a question in class or eating with friends in the cafeteria, can feel extremely scary to kids with social anxiety disorder. It's because they fear they might accidentally do something embarrassing or offensive, and it will make others judge or even reject them.

Kids with social anxiety disorder aren't just nervous when they're at parties or giving a speech in class. "It's not a phobia of being in social situations, it's being terrified of how people are going to perceive you," explained Dr. Jerry Bubrick, a clinical psychologist and the head of the Anxiety and Mood Disorders center at the Child Mind Institute.

Rachel Busman, PsyD, a psychologist who specializes in anxiety, explained: "Shyness might hold you back to some extent from doing things, but it won't significantly impact your ability to do your job as a student, which is to function in school, function in your family and to have friends and be a part of your peer-related community." But social anxiety will stop allowing people to do what they need to do to be a functioning part of their society.

There are a wide variety of situations

that produce anxiety and how an individual reacts can differ depending on the person. Some children with social anxiety mostly fear performing in front of people, while others are anxious in many situations – talking to a sales clerk, asking for help, eating or drinking in front of others. According to Dr. Busman, here are some examples of what social anxiety might look like:

- You love soccer and you want to try out for the team, but you don't because you're worried about people looking at you.
- You dread reading out loud because you might pronounce something wrong or skip a word.

Children with social anxiety work hard to avoid the things that worry them and will often make excuses to stay home from school or skip parties or other social events. While this might work in the short term as a calming technique, experts warn that hiding from anxiety really only makes it get worse.

As a mom, it will be important for you to observe your son's behavior carefully to see if you think he is avoiding situations out of fear or in fact is just shy and slow to warm up. Talk with him and with others who know your child well. Make sure your son understands that there is no shame in feeling anxious. It's a part of life to feel anxiety, and it's best to learn how to cope with these feelings. You may also want to talk with the school counselor or your family doctor to help you learn more about this disorder and to obtain

a diagnosis if necessary. 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.✪

Top Ten Books On The Island

1. Pam Rambo's Guide to Speaking Shellanguage by Pam Rambo
 2. Florida's Living Beaches 2nd Edition by Blair and Dawn Witherington
 3. Sanibel Lighthouse by Charles LeBuff
 4. Sanibel Flats by Randy Wayne White
 5. Tour of the Islands of Pine Island Sound by Denege Patterson
 6. Beach House for Rent by Mary Alice Monroe
 7. Café by the Sea by Jenny Colgan
 8. Sanibel & Captiva by Deb Gleason and Charles LeBuff
 9. Story of Sanibel by Marya Repko
 10. Marsh King's Daughter by Karen Dionne
- Courtesy of MacIntosh Books and Paper.✪

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Jim Storer

photos by Anita Force Marshall

President Of Art League Exhibiting Works At Library

Dramatic Skies is the theme of the July art exhibit, sponsored by the Sanibel Captiva Art League (SCAL) and showing throughout the month at the Sanibel Public Library, located at 770 Dunlop Road. The exhibit features paintings by local artist Jim Storer.

Under the guidance of SCAL volunteer library exhibits coordinator Rita Tarr McLain, the exhibit was hung by members Jim Storer and Anita Force Marshall.

"I love to paint the sky, it's my favorite, second



The Island by Jim Storer

favorite are trees," said Storer. "I also enjoy farms, country roads, landscapes and seascapes."

The multi-talented artist started painting seriously after retirement. "For me, painting is an addiction, I love to paint and I tend to ignore lots of other things so I can paint," said Storer. "I usually paint five hours a day and I have to watch the clock and time myself so I can get other things in my life done."

Storer also stays busy as the president of the Sanibel Captiva Art League and exhibits all over the islands and at the ACSWF Coconut Point Gallery.

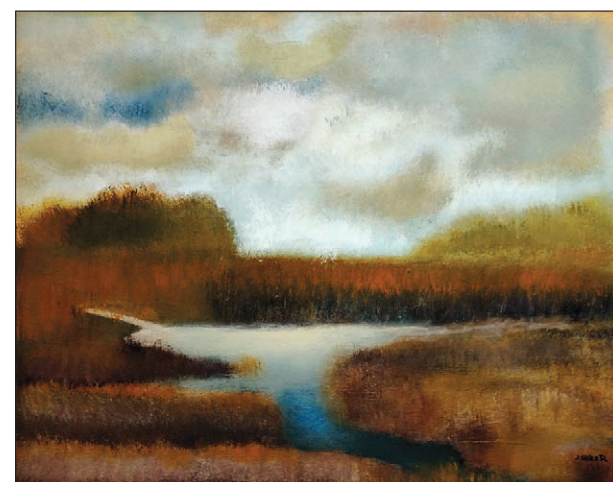
"There are a lot of rules for painting, I don't spend a lot of time on the rules, I like to mimic nature," he added. "Nature always goes together, its colors, composition, I spend a lot of time with nature and it always works well for me."

All exhibits are free to attend and can be viewed during library hours.

For more information, visit www.sancapart.com.✧

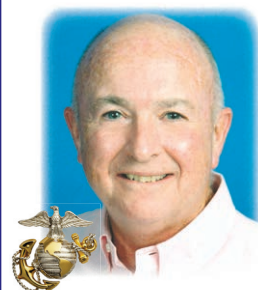


Orange Beach by Jim Storer



The Slough by Jim Storer

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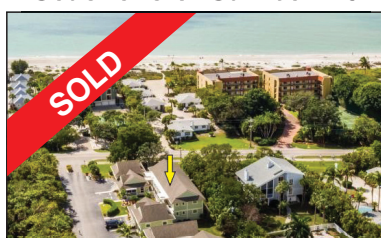
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Create Some Custom Beauty At Your Windows



by Jeanie Tinch

There is simply no better way to add exciting beauty and drama to your windows then with a carefully designed and crafted custom window treatment. The extra touches a custom treatment

affords you are virtually endless. Detailing, ruffling, banding, cording, trims and the ease of coordinating fabrics makes custom treatments truly individual and reflective of your style and taste.

What makes a window treatment custom? Firstly, a custom window treatment is designed specifically for

you, your home and your windows. Do you want your windows to take center stage in a room? Is energy efficiency a consideration? Do you want to showcase your windows with a layered window treatment? Are you wanting to make your small windows look larger? Or your large window appear smaller? Are your two-story windows creating a design challenge? These are just a few of the many challenges a beautifully designed window treatment will help you solve.

Secondly, a custom window treatment is custom crafted. It features extra fullness for beautifully draping. Corner weights allow the fabric to hang straight and not flare into the room. Linings used help contribute to the overall energy efficiency, or room darkening capability of the treatment.

So, don't your windows deserve to be showcased in something truly unique and special to you and your home? There is simply nothing more beautiful and dramatic than custom designed window treatments.

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

Program On Human Trafficking

On Monday, July 17, Friends of the Fort Myers Library will host a free program about Human Trafficking in the meeting rooms at the 1651 Lee Street library at 6:30 p.m. Children and teens are welcome. Registration is required. Visit www.bit.ly/FML717.

Nola Theiss, founder and executive director of Human Trafficking Awareness Partnerships, Inc. (HTAP), will present what adults, children and teens need to know to avoid becoming victims. She served as the founding chair of the Lee County Human Trafficking Task Force and has spoken at local schools as well as to community groups and professional organizations throughout Florida and internationally on Human Trafficking.✱

Miami Music Festival To Perform

Shell Point continues its 2017 Summer Concert Series with a performance from the Miami Music Festival on Tuesday, July 18 at 7:30 p.m. in the auditorium on The Island at Shell Point.

Since its 2014 inception, Miami Music Festival has established a premier destination for elite young, classical musicians to train and perform. Every year, the festival assembles some of the most talented singers from the top American conservatories and music schools for eight immersive weeks of training and performances.

This summer, East Coast meets West Coast when a group of exceptional Miami Music Festival vocalists will perform an assortment of opera arias and poignant American art songs. This evening of music will put the next generation of singing stars on center stage.

Individual tickets cost \$25 and can be purchased online at www.shellpoint.org/concerts or by calling 454-2067.✱



The Miami Music Festival will present an evening performance with several young vocalists

photo provided



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Island Seniors At Center 4 Life

Met 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 – Donations of clean “gently used” items are still needed for the Trash & Treasures Sale in November. This annual sale is organized by Island Seniors volunteers at the Center 4 Life. The sale is a huge event for the Island Seniors and all proceeds help support programs such as kayaking, fitness, technology, games, potlucks and the arts. Donations are tax deductible and you may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothes, shoes, computers or old TV cannot be accepted. If you have any questions, contact the center at 472-5743.

Page Turners with Louise Fitzgerald and Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center. The featured book for Wednesday, August 9 is *Inferno* by Dan Brown. Bring your lunch and watch the movie at 12:30 p.m. then discuss the book and the movie at 2:30 p.m.

Friday Collage Classes with Bea Pappas – July 14, 21 and 28 from 12:30

to 3:30 p.m. Cost is \$15 for members and \$25 for non-members. Pappas will be teaching 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 (watercolor paper, canvas, canvas board or mat board). Sign up at the center.

Franklin Lock Buffet Cruise – Thursday, July 20. Cost is \$58 for members and \$68 for non-members. Trip includes a four and a half-hour cruise on the Intracoastal Waterway to the WP Franklin Lock. Cruisers will pass through the historic Tice Railroad Bridge built in 1903. Observe the working of the locks as well as the banks of the Caloosahatchee that flourish with tropical growth and beautiful homes. View wildlife, manatees and eagles in natural habitat.

On the return trip, join in a sing-along, dancing or sightseeing on the open third deck. Trip includes buffet lunch, live narration and refreshments. Advance registration is required by Friday, July 21. Carpool arrangements available on a first come basis.

Sunset Social on the Causeway: Halfway to the Holidays – Tuesday, July 25. Spend an evening relaxing and watching the sunset with friends. Meet on the causeway at 6 p.m. to celebrate the

halfway point to the holidays. Bring your favorite Christmas hat and/or wear your favorite holiday attire. Food will be served at 6:30 p.m. Bring a side dish to share and your beach chair. Contact Island Seniors at 472-5743 if interested in participating and for directions to the viewing area (weather permitting).

The Caladium Festival in Lake Placid – Saturday, July 29. Cost is \$39 for members and \$49 for non-members. Trip includes round trip transportation to Lake Placid, all day festival dedicated to caladiums, a souvenir caladium of your own. This visit is during the Vintage and Classic Car Show. The bus departs from Fort Myers at 9 a.m. Transportation to the Fort Myers location is on your own. Advance registration required.

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

Bridge – Monday and Wednesday. Register by noon; the game begins at 12:30 p.m.

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

Rummikub (New) – Tuesday at 1:30 p.m.

Hand & Foot – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.
Kayaking on Tuesdays – July 25 at 8:30 a.m. (weather permitting). 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 snack, sun lotion, bug spray, sunglasses, towel, hat and change of

clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

Members cost is \$4 per class, visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Athletic footwear required. Connie DeCicco 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. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. 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 the Center 4 Life, located at 2401 Library Way on Sanibel.*

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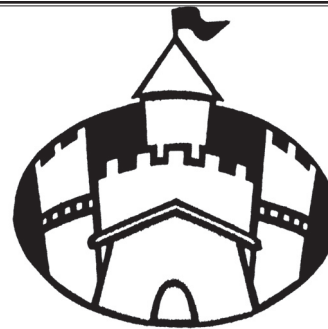
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Rotary Happenings

submitted by Shirley Jewell

As of July 1, the Sanibel-Captiva Rotary Club officers for 2017-18 took on their official leadership roles. The board of directors includes President Holli Martin, President Elect John Danner, Vice President Eldon Bohrofen, Treasurer Jack Alexander, Secretary Chet Sadler, and Sergeant-at-Arms Don Russell. Although our club officers were sworn in by Rotary District #6960 on April 3, they had about four months of preparation time before their term began. They attended Rotary leadership seminars, discussed goals for our club related to continuing and future projects, and set a budget to finance these goals.

Last Friday, with gavel in hand, President Holli Martin made a brief statement regarding the year ahead for Sanibel-Captiva Rotary. She isn't going to reinvent the wheel. Under the past president, Charlie Emerson, things were rolling along just fine. No need for great changes, just some tweaking. Martin wants to loosen things up a bit and focus on getting to know each other a little bit better and having fun together. Last year, membership chair Eldon Bohrofen and his committee expanded



Holli Martin and Charlie Emerson

our club membership with 14 new members. We want them to understand the friendship and fellowship that Rotary provides for its members and how those friendships are the building blocks for developing a better understanding of each other and what each of us can bring to Rotary.

While Martin was on the this topic, she had the opportunity to recognize new members:

Lynn Schneider for stepping up and taking on the awesome task of organizing San-Cap Rotary's Fourth of July activities, including float and after-parade party. It was a great party and

great fun. Thanks to all that worked on the float and special shout-outs to Greg Schneider, Walter and Vick Jones, and Elton Bohrofen.

Roger Grogman and John Henshaw for taking on the responsibility for updating our logo to new Rotary International standards. Grogman and Henshaw, assisted by Past Rotary District #6960 Assistant Governor Clark Rambo, ordered shirts and hats with the new logo. These items may be ordered at club meetings and soon on our website at www.sanibelrotary.org.

• There also was a surprise for the club from new member Richard Green.

photo provided

He, family and friends had produced an outstanding video presentation of this year's Fourth of July parade. The video blew my socks off. I hope everyone gets to see this short video that evokes the pride to be an American and a member of the Sanibel community. As an aside, Green is British.

President Holli Martin decided to alter our four-way test Rotary Banner slightly by adding a new fifth test question to the banner. The night before her inaugural meeting, she added a felt stick-on to the banner: IS IT FUN? The felt wouldn't stick, so the moral here is, don't mess with the Rotary four-way test banner.

Rotarians are known for their leadership qualities; there are no slackers in the ranks. They are business and personal pro-active citizens of the world with a moral understanding of what it is to do the right thing. Encouraging these qualities in a next generation, Southwest Rotary Clubs runs what is called S4TL (Seminars for Tomorrow Leaders) each summer for high school students where they can explore their own personal qualities for development of leadership capability. We sponsored Sanibel resident Ian Vanderbilt, a senior a Bishop Verot High School, to attend this year's Rotary S4TL. I will report on Vanderbilt's experiences in next week's column.

*The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.**

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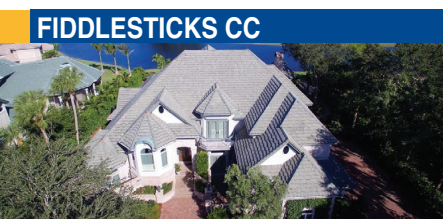
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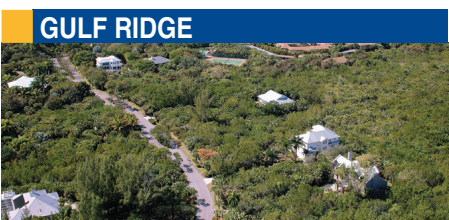


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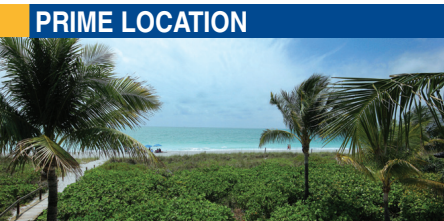
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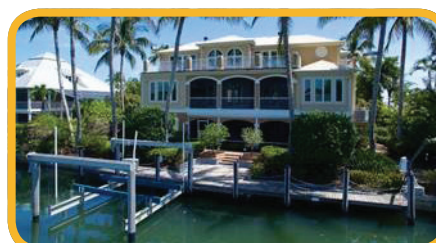
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Back Up Your Brain



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

Like many professional offices, ours has gone electronic and mostly paperless – at least as much as an attorneys’ office can actually go paperless. So from time to time, a client will ask me whether and how we back up our data and systems.

Thankfully, I can assure my clients that we have up-to-date, sophisticated off-site back-up systems.

But then I ask them the same question. “How do you back up your data?”

I’m not asking, by the way, whether they have their computer data backed up. Instead, my inquiry is directed at what’s inside of their brain. By that I’m referring to the wealth of information that the client may have in his or her head, but that no one else knows – possibly not even his or her spouse.

What kind of data you ask? Think about all of the day-to-day decisions that you make regarding your legal, tax and financial matters.

What is your investment strategy? Where are the accounts? Which account is used to pay which bills? Are electronic banking accounts used? What are the usernames and passwords? When you need to pay big-ticket items, such as real estate taxes, or for major repairs, what money do you tap?

When do you typically take your Required Minimum Distribution (RMD) from your IRA every year? Is it at the end of the year? Who calculates it? If there are multiple IRA and 401(k) accounts, is the RMD taken proportionately, or do you typically tap one of the accounts and leave the others intact?

Are there any financial dealings between you and your adult children? Are those arrangements written down? Where are they kept? Do they involve ledgers? Are those ledgers up to date? Who keeps them up to date?

Are there annual gifts being made for health or education? Are those expected to continue? Are there life insurance premiums due? Are those premiums paid to a life insurance trust that requires Crummey notices that must be sent to the trust beneficiaries? Who is responsible for that?

The list goes on and on.

Since handling the finances of the house is so second nature to some, and because they have been doing so their entire adult lives, they don’t think that any of this is extraordinary. They don’t appreciate that someone coming in with no

understanding of what they have done over the course of many years would have a difficult learning curve to understand what has transpired in the past, and what has to happen in the near term to keep things running smoothly.

And, in most cases, there is no back-up. All of this information is stored in the brain – but if that brain should have a traumatic event like a stroke, or worse, death, all of the loved ones who are affected by these daily decisions somehow have to reconstruct the data.

Believe me, it isn’t easy.

So if any of this sounds familiar, what should you do? The first thing, of course, is to write down as much of the information and keep it in a safe place. Today’s technology offers a variety of solutions for backing up personal information securely. Digital vaults for passwords and forms are freely available on the Internet.

Secondly, instruct those around you about the most important legal, tax and financial matters you deal with on a daily, monthly or yearly basis, and then have your loved one participate with you in carrying out some of these tasks. That way, should your loved one be confronted with having to pick things up should you be unable to act, it all won’t seem so foreign.

In other words, do your best to back up the data that sits between your ears. Thereafter, be sure to perform periodic back-ups since the data tends to change over time.

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Sanibel Community Church Senior Pastor Dr. Daryl Donovan, center, with 10K Race 4 FISH committee members, from left, Pete Bender, Nancy Bender, Ed Riddlehoover and John Pryor photo provided

Church Sponsors 10K Race 4 FISH

The Sanibel Community Church continues its gold sponsorship of the 9th annual 10K Race 4 FISH. “We are delighted to have

Sanibel Community Church as a partner of FISH and the 10K race,” said Ed Riddlehoover, race committee co-chair. “It’s people like the church’s congregation who make it possible for FISH to continue helping our neighbors in need.”✱

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From left, David Sobnosky, Alison Dry, Anna Slaninova and Gina Radicchi photos provided

Neighbors Club Gathers For Monthly Rally

The Sanibel Captiva Neighbors Club held their monthly rally for the month of June at Cip's Place. More than 20 members came

out to enjoy the social get-together and fundraiser, which netted \$42.50 for the Clinic for the Rehabilitation of Wildlife (CROW) from the 50/50 raffle. The club thanks Cip's Place owner Alison Dry and the staff for the fabulous appetizers and service. To join the Neighbors Club, visit Hollie's Boutique on Sanibel to sign up and get your card.✱



From left, Patti Daly, Beth Haely, Sean Daly, Paulette Robison and Myra Roberts



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Baseball Players Paid Millions Long After Playing Days Are Over



by Ed Frank

The old cliché, “You can pay me now or you can pay me later” should be changed to, “You can pay me now and you will also pay me later.” And this most likely will apply to the millionaire ball players you saw performing this week at baseball’s All-Star game.

There are at least seven former all-stars – and probably many more – who are receiving fat pay checks long after they left the diamond. This post-playing remuneration is one factor in the hefty cost of taking a family to a Major League baseball game.

There are many, many examples of these deals, but none more unique than the one that former New York Met’s third-baseman Bobby Bonilla is cashing in on year after year. Bonilla last played in 2001, yet every year starting in 2011, he receives a deferred payment of \$1.2 million through 2035 for a total of \$29 million.

Not bad, huh?

Here are other examples:

When Manny Ramirez signed an eight-year \$160 million contract with the Boston Red Sox in 2001, he guaranteed himself millions long after his playing days ended. Starting last year, he gets about \$2 million-plus a year until 2026.

The Mets paid former All-Star pitcher Johan Santana his salary of \$25.5 million in 2012 after he went down with an injury, the same amount in 2013 plus \$22.5 million while he was on the disabled list in 2011.

Others retired but still being paid big time:

Alex Rodriguez -- \$26.6 million;
Mo Vaughn -- \$31.1 million;
Albert Belle -- \$36.9 million;
Carl Crawford -- \$33.6 million.

There are many, many more examples of these “retirement” packages and, in fairness, they deserve an explanation. First of all, Major League contracts are guaranteed regardless of whether a player is injured or just dropped from a roster.

Secondly, many of these huge post-playing packages are the result of deferred compensation agreed upon in contracts. For example, the much-discussed Bonilla deal includes a deferment of his final year’s salary of \$5.9 million for the 25-year payment deal of \$2 million-plus that started in 2011.

While we highlighted these multi-million dollar payments to former baseball players in light of this week’s All-Star game, the same kind of plans can also be described for retired professional football, basketball, hockey and other athletes.

Miracle On Surge In Season’s Second-Half; Tebow Here This Weekend.

The Fort Myers Miracle baseball team has started the season’s second half on a tear with a 12-4 record as the week began including five straight wins. The hot streak had the Miracle in first-place in the Florida State League South Division.

The promotion and performance of several players who moved up from Low A Cedar Rapids contributed to the team’s success. Those included shortstop Jermaine Palacios who was batting .323 and third-baseman Brandon Lopez at .318.

The first-place Miracle starts a three-game home stand tomorrow, Saturday, against the St. Lucie Mets and their star attraction Tim Tebow, the former Florida football star.

Since being promoted to St. Lucie, the 29-year-old Tebow has found success batting .325 with an on-base-percentage of .426 in his first 13 games of High A baseball.

Saturday’s first pitch is at 6:05 p.m., Sunday at 4:05 p.m. and an early-start Monday game at 11:05 a.m.*

SPORTS QUIZ

1. Who holds the Boston Red Sox’s record for most consecutive games with at least one hit?
2. Name the last major-league team to hit .300 or better for a season.
3. Who was the only player to win the Heisman Trophy while Paul “Bear” Bryant was his head coach?
4. Name the first NBA player to make at least 150 3-pointers in each of his first five seasons in the league.
5. Shawn Thornton, in 2017, became the second hockey player to record more than 600 games in the AHL and 700 games in the NHL. Who was the first?
6. With his 2017 win at Dover, Jimmie Johnson became the third driver in NASCAR Cup history to win 11 times at a single track. Who were the other two to do it?
7. When was the last time before 2017 (Australian Open) that the men’s and women’s No. 1 seeds at a tennis Grand Slam failed to reach the quarterfinals?

ANSWERS

1. Dom DiMaggio hit safely in 34 consecutive games in 1949. 2. The Boston Red Sox in 1950 (.302 batting average). 3. John David Crow, with Texas A&M in 1957. 4. Portland’s Damian Lillard. 5. Jim Morrison (1951-1973). 6. Richard Petty and Darrell Waltrip. 7. It happened at the 2004 French Open.

Democratic To Discuss Human Rights At Meeting

On Thursday, July 20 at the regular meeting of the Democratic Club of the Islands, Carmen Mason, co-director of the Coalition of Immokalee Workers (CIW), will discuss the continuing struggle for equality for the Immokalee workers. The meeting takes place at 7 p.m. in the Founder’s Room at The Community House, located at 2173 Periwinkle Way. The meeting is free and open to the public.

Mason will speak about the struggles and successes over the past two and a half decades in their attempts to secure basic human rights, protection for the workers, the challenges posed by the current political climate, and how you can support their ongoing efforts.

Build on a foundation of farmworker community organizing starting in 1993 and reinforced with the creation of a national consumer network since 2000, the CIW is nationally recognized for its achievements

in the fields of social responsibility, human trafficking and gender-based violence at work. Through the national Campaign for Fair Food in partnership with the national network of consumer allies organized through the AFF, the CIW has successfully secured agreements with 14 major food retailers – including McDonald’s, Burger King and Walmart – to establish the groundbreaking Fair Food Program (FFP). The FFP was awarded the Presidential Medal by the Obama White House in 2015, and the Clinton Global Citizen Award in 2014. This program now guarantees rights never before seen for farm workers, such as rights to shade and rest breaks from their grueling work. But issues of sexual harassment and modern day slavery continue to challenge their very existence. Attendees will learn specific opportunities for supporting this critical program for expanded human rights for farm workers in Immokalee.

To join the Democratic Club of the Islands, bring your check for \$25 payable to DCI to the meeting or mail your check for DCI, P.O. Box 898, Sanibel, FL 33957. For more information, e-mail demclubislands@gmail.com or call 994-3175.*



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Realtors Continue To Make A Difference

As part of the Sanibel & Captiva Islands Association of Realtors 2017 campaign Working Together to Make a Difference, at the June 15 membership meeting, speaker realtor Cynthia Shafer was introduced by realtor Cathie Lewis.

Shafer is from nearby Royal Palm Coast Realtor Association. In addition to her real estate business, she has served for over 20 years as a Guardian Ad Litem Foundation (GAL) volunteer advocate. GAL is a non-profit agency supporting Florida's 20th Judicial Circuit Guardian ad Litem Program in Lee, Collier, Charlotte, Hendry and Glades counties. Through the program, abused, neglected or abandoned children in Southwest Florida are paired with volunteer advocates whose role is to represent the best interests of each child until a safe, permanent placement can be achieved.

Through this advocacy work, Shafer found that caring people sometimes are willing to take a vulnerable child, but may lack the resources to provide them with a bed. In 2001, she founded the Bedz for Kidz Program and since then has spent countless hours and miles each Saturday driving throughout the five-county area delivering and assembling over 3,000 beds.

The Sanibel & Captiva Islands Association of Realtors is collecting items during the month of July for donation to Bedz for Kidz. Needed are colorful children's twin sheet sets (kids like fun patterns), solid-color crib sheets, and small child-size suitcases and travel bags. Shafer described how children sometimes move their clothing and few belongings in plastic grocery bags.

At the association's June 29 Caravan, members of the communications and public relations



Realtors Linda Von Wowern, Kelly Huguenin, Deb Gleason, Becky Mulka, Judie Anderson and Fred Gerasin

photos provided

committee made announcements about two other association-sponsored community summer projects.

Realtor Sarah Ashton reminded attendees about the June drive for non-perishable food items for the FISH of SanCap Food Pantry. Several Association members gathered after the meeting with their donations.

Realtor Judie Anderson followed up with a push for participation in an upcoming food-packaging event which will be held at The Community House on Friday, July 28 under the direction of Meals of Hope. Meals of Hope, from Naples, is a nonprofit 501(c)3. Since 2007, they have coordinated these events where meals are packed by sponsors and volunteers and provided free to recipients through established food banks.

Through this hands-on approach to combatting hunger, the Sanibel &

Captiva Association of Realtors has two July goals: first to raise the \$5,000 needed to pay for the cost of food/supplies needed to pack 20,000 meals, then to get at least 50 volunteers willing to work in an assembly line during the two-hour packing event on July 28 from 3 to 5 p.m.

Association members and the public wishing to help or participate in any of these projects are asked to bring donations to the association office

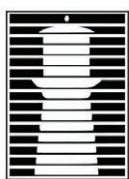


Cynthia Shafer

located at 2353 Periwinkle Way, Suite 201 (upstairs over Finnimore's Cycle Shop, in the building behind Winds). The association office is open from 8:30 a.m. to 5 p.m. Monday through Friday.

For more details or pick up, contact your realtor or a communications/public relations committee member: realtors Judie Anderson, Sarah Ashton, Deb Gleason, Kelly Huguenin, Cathie Lewis, Anna Turner, Jerry Sider, Connie Walters; affiliate members: Nanci Berlin with Barrier Island Title Services, Angela Larson Roehl with Rosier Insurance; or realtor chair Susan Andrews.*

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alarson@rosierinsurance.com



Craig R. Hersch

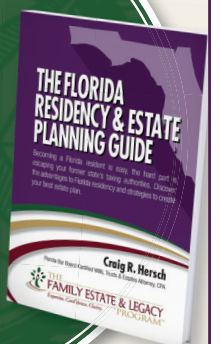
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Beautifulife:
Live Longer



by Kay Casperson

I, for one, want to live a long beautiful life and that is not a hard thing to do today as research has shown that life expectancy has risen dramatically over the past several years due to many factors. When I am able to spend time with my 81-year-old father, I think about this a lot, as, of course, I would love to have him around for as long as possible. I have taken time to read and study centenarians and what people do to live to 100 and beyond. There are a few things that continue to pop up as common threads but there are also many differences in lifestyles and viewpoints. Of course, genes can play a role, but surprisingly, this was a small percentage of the reason people tend to live longer lives. I have made a list of some of the things that might just help to extend your life. Some may come as a surprise to you, but some of you may already be on a good track with a few as well.

Stay active – research now shows that small amounts of movement each week will still give you amazing benefits over living a life of no movement. Walking or staying on the move a few times a week will be a great improvement and will keep you living longer.

Be positive – keeping a positive mindset is a key player in living a longer, healthier life. Research shows that people who are negative, pessimistic and non-trusting don't live as long as people who always look on the bright side of things.

Eat less – scientists have found that eating less can slow down the aging process at a cellular level and protect

the cells from harmful deterioration. So it's not all about what you eat, but how much you eat that matters.

Volunteer – studies have shown that helping others can lead to a longer, better life. Volunteerism has been linked to lower rates of depression and overall greater well-being, so make it a point to get involved to feel better and live longer.

Take naps – I love this one. This is not easy for people like me who are on the go and running so many directions but research has shown that as few as three 30-minute naps per week can lower risk of a heart related death by over 30 percent. At that rate, it might worth a try now and then.

Drink coffee – remember, not bottomless cups of it, but there are certainly enough studies that show that coffee is one of the biggest sources of antioxidants in the western diet. These studies show that people who drink the most coffee live longer and have reduced risk of diseases like Alzheimer's and diabetes. Coffee drinkers are also less prone to depression so have a few cups of java, live longer and be happy.

A cup of tea – I had to add this in for all of you tea lovers out there. I am more of a coffee drinker but do enjoy a cup of tea now and then. The health benefits are amazing from prevention of heart disease and cancer to weight loss and improving the bacteria that live in your intestinal tract.

Smile more – there are so many benefits that a smile can bring such as feeling happier, having less stress and looking more beautiful, but it has also been shown to help you live longer by lowering your heart rate and reducing blood pressure. So, as simple as this can get, put on a happy face, you will benefit and so will the people around you.

Go to church – many surveys have shown that people of all ages who attend worship services feel more supported, less alone, more fulfilled, less stressed and an overall sense of feeling good.

Be social – this is really important

if you are looking for a longer and healthier life. You need to pick the right people to be around such as positive and inspiring friends and family, and you just may have increased your chances of living longer by up to 50 percent. Your friends and family should also be there to encourage you to take good care of yourself and to keep you moving in the right direction.

The most important thing that you can do is to enjoy life – this was the most common thread with people who lived to be 100 or beyond. These individuals felt good about their health, well-being and support systems that were in place and really made an effort to enjoy living.

So, here is my affirmation for you to take with you this week:

"I am learning new and better ways to do the things that will help me to live a long, happy, healthy and beautiful life."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva Islands and in Disney. Casperson has lived on Sanibel and Captiva Islands for many years with her husband and two daughters and enjoys her beautifulife everyday. For more information, visit www.kaycasperson.com or follow her on social media @kaycasperson.*

Doctor and Dietician
Rotator Cuff Injury



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

The shoulder is an incredible joint that allows movement in many different ways. Because of the shoulder, we can scratch our head, reach between our shoulder blades and touch our back without pivoting anything but the shoulder. This tremendous motion is possible because the joint lacks large ligament support. For this same reason, however, the shoulder can become unstable and more vulnerable to injury. Much of the shoulder stability comes from

the rotator cuff muscles and tendons that attach the muscles to the bones.

Shoulder pain is often an indicator of rotator cuff tendon weakness. Injury to the rotator cuff tendon attachments can cause pain when reaching for things above the shoulder. There may even be referred pain to the back of the shoulder. Large amounts of swimming or overhead work necessitates raising the arms thousands of times, which can cause wear and tear of the rotator cuff tendons. Years of sleeping on the shoulder causes the rotator cuff tendon to become lax, because this pinches and compresses the rotator cuff muscles, making them weaker.

In many cases, therapies such as exercise, chiropractic and physical therapy, can resolve rotator cuff injuries, like tendonitis. It is common, however, for injuries to linger beyond a couple of months, since the blood supply to the tendons is poor, leaving it with a disadvantaged healing ability. Regenerative treatments directing a renewed blood supply to the area are useful in these cases. Prolotherapy, including platelet rich plasma, are options worth considering because they induce the natural healing cascade to repair tendon damage. If rotator cuff weakness is not corrected, shoulder range of motion will decline, especially in people over age 60. Finding therapies that improve joint stability and range of motion can help shoulders stay strong and pain-free.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.*

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I Bet I Can Make You Yawn



by Suzy Cohen, RPh

Dear Readers:

Last week, I forced myself to stay up two nights in a row to work. I certainly had work to do, but I also wanted to evaluate my brain function after sleep deprivation. The following morning,

I was yawning quite a bit while sharing the story with Sam. He jokingly snapped, "Hey, stop that! You're making me yawn!"

I thought that was hilarious and kept my eye on him for several minutes, and sure enough, when I yawned, he yawned. Yawns are known to

be "contagious," especially if you are emotionally connected with one another. Did I get you to yawn just yet?

Saying the word out loud or reading "yawn" triggers a yawn. They're usually satisfying in nature and, if they're not, it is thought to be your subconscious inability to let go. One yawn lasts about six seconds and during that time, your heart probably beats faster.

A yawn does not really happen just because you're bored or tired. I mean it could, but it doesn't have to. For decades, doctors said it was your brain's attempt to pull more oxygen in for the tissues. Research on animals published in *The International Journal of Applied Basic Medical Research* in June 2017 points to yawning as a way to drain lymph from around the brain. That's interesting because we are only now realizing the brain actually has a lymphatic system.

We, meaning humans, yawn in the womb, and yes, it's boring in there for sure, but around 11 to 20 weeks

post-conception, it can be seen on ultrasound. Another interesting fact about yawning is that medications can cause it. For example, one of the biggest offenders is the category of antidepressants, especially the SSRIs and SNRIs like Prozac and Cymbalta respectively.

Benzodiazepines (clonazepam, alprazolam) and opiate analgesics (hydrocodone, oxycodone, morphine) will often trigger yawning attacks – it's a well-documented side effect during normal treatment. It's more apt to happen during "interdose withdrawal" (the hours in between your scheduled doses of the day), or more likely when you quit taking these drugs, which requires a long tapering process.

Yawning attacks induced from antidepressants, benzos and opiates are almost always annoying and uncomfortable. Anesthetics used to sedate you before surgery can cause yawning. And a big yawn-inducing category is the dopaminergics used

in Parkinson's such as L-dopa or Levodopa (Sinemet contains that) or Apokyn (Apomorphine).

Did you know that the complete disappearance of yawns could indicate damage to your hypothalamus? It's specifically damage to the dopaminergic (dopamine-producing) neurons. This is why Parkinson's patients yawn less frequently. Likewise, the effectiveness of Parkinson's drug therapy can actually be gauged if the patient begins to yawn again.

Some researchers think you yawn more if you are depressed. I'm not really convinced of that. Confirming this is difficult because depressed folks often have insomnia, so they are going to naturally be more fatigued during the day, and probably yawn more too.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.**

Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

Q: My husband has been moody lately, and I think it might be because he is worried about losing his father who is in an assisted living facility. They have had a strained

relationship, and he won't go see him.

Do you have any suggestions on how I can get him to visit his father before he passes away?

A: It is possible that your husband is faced with dealing with his father's mortality and, at some level, he realizes

their relationship is unresolved. If you can, discuss with him how he would feel if he didn't visit him versus if he did see him prior to his passing. An exercise I have clients do is something else you may want to consider mentioning to him. It's a written exercise that starts like this:

My father was.....when growing up. I blame him for.....

What I want to tell him is.....

These descriptors are a doorway into our unconscious feelings. They can describe feelings that your husband might not even be aware he holds. These descriptors come from an inner image of our parents that we formed long ago, perhaps to protect us from hurt and possible rejection. This can be significant, because these descriptors highlight old images that keep us from moving forward. Often, these images form a blueprint of how our lives will continue. He may want to explore the

resentments he has toward his father and consider forgiveness. When one releases and forgives, it frees one up to let go and move on. Your husband would be better with himself for this. Is his discontent for his father getting projected onto you? Often this is the case. If so, you might want to express your feelings about how this is affecting you. Your husband's issue is not so much what his father did to him, it's that he's still holding onto it.

Descriptors carry a lot of pain, yet they can be valuable in understanding that he cannot change his father but he can change the feelings he holds for him inside himself.

*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.**

BRIERS CPA

has Merged with

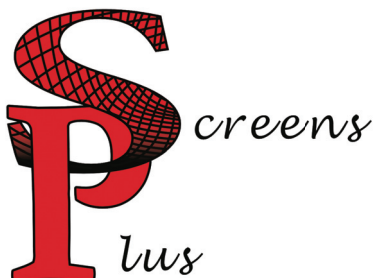
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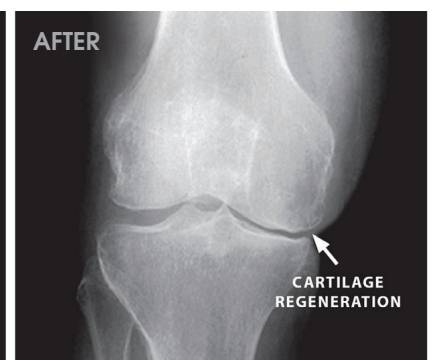
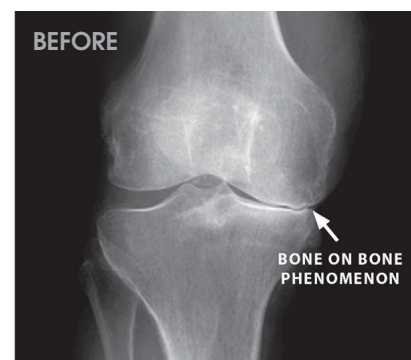
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Lee County Sheriff's Office 477-1200

On Call Captiva Deputy 477-1000

Fire Department - Sanibel 472-5525

Fire Department - Captiva 472-9494

Florida Marine Patrol 332-6966

Florida Highway Patrol 278-7100

Poison Control 1-800-282-3171

Chamber of Commerce 472-1080

City of Sanibel 472-4135

Administrative Office 472-3700

Building Department 472-4555

Planning Department 472-4136

Library - Sanibel 472-2483

Library - Captiva 239-533-4890

Post Office - Sanibel 472-1573

Post Office - Sanibel (toll free) 800-275-8777

Post Office - Captiva 472-1674

Sanibel Community Association 472-2155

Center 4 Life - Senior Center 472-5743

ARTS

Arcade Theater 332-4488

Art League Of Fort Myers 275-3970

BIG ARTS - Barrier Island Group for the Arts 395-0900

Broadway Palm Dinner Theatre 278-4422

Fort Myers Symphonic Mastersingers 288-2535

Gulf Coast Symphony 472-6197

Lee County Alliance for the Arts 939-2787

Naples Philharmonic 597-1111

The Herb Strauss Schoolhouse Theater 472-6862

Sanibel Music Festival 336-7999

Sanibel-Captiva Art League sancapart.com

SW Florida Symphony 418-0996

CLUBS & ORGANIZATIONS

ABWA - American Business Women's Assoc . . . <http://abwasanibelcaptiva.org>

American Legion Post 123 472-9979

Angel Flight SE 1-877-4AN-ANGEL

Audubon Society 472-3744

CHR Community Housing & Resources 472-1189

Community Foundation of Sanibel-Captiva 274-5900

COTI Committee of the Islands coti@coti.org

CROW - Clinic For The Rehabilitation of Wildlife 472-3644

Democratic Club of the Islands Demclubislands@gmail.com

FISH OF SANCAP Neighbors Helping Neighbors 472-4775

FISH. OF SANCAP 24-hr service 472-0404

Sanibel Island Fishing Club 472-8994

Horticultural Society of the Islands 472-6940

Horticulture and Tea Society of Sanibel and Captiva 472-8334

Kiwanis Club 677-7299

League of Women Voters sanibelLWV@gmail.com

Lions Club, Jeff MacDonald 302-521-1158

Master Gardeners of the Islands 472-6940

MOAA - Military Officers Assc. of America, Alex MacKenzie . . . 395-9232

Newcomers 472-9332

Notre Dame Club of Southwest Florida 768-0417

Optimist Club 472-0836

PAWS 472-4823

Rotary Club 472-7257 or 472-0141

Sanibel Bike Club sanibelbicycleclub.org

Sanibel Beautification Inc. 470-2866

Sanibel-Captiva Orchid Society 472-6940

Sanibel-Captiva Power Squadron www.usps.org/localusps/sancap

Sanibel-Captiva Republican Caucus 395-1202

Sanibel-Captiva Shell Club facebook.com/sancapshellclub 267-7291

Sanibel Youth Soccer www.sanibelsoccer.org . . 395-2040

United Way of Lee County 433-2000

United Way 211 Helpline 24 hour 211 or 433-3900

Zonta Club 728-1971

ISLAND ATTRACTIONS

Bailey-Matthews National Shell Museum 395-2233

JN "Ding" Darling National Wildlife Refuge 472-1100

Sanibel Historical Museum & Village 472-4648

SCCF Sanibel-Captiva Conservation Foundation 472-2329

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

PETS OF THE WEEK

Lee County Domestic Animal Services
Star And Squirt

Star is a 10-month-old female pit bull mix who may not be considered a puppy by our price standards but she is definitely a puppy at heart. She is in the beginning stages of her training and is soaking it all up with earnest. Star is a quick learner and loves to please. She gets along well with other dogs and loves to run and play in the water.



Star ID# 703975
photos provided

Her adoption fee is \$20.

Squirt is a four-month-old female domestic shorthair who came into LCDAS in need of medical attention. After some loving foster care, she is now ready to find a home of her own. She acts more like a dog than a cat according to her foster mom. She comes when called, loves belly rubs, will lay in your lap for hours

and will talk back to you.

Her adoption fee is \$30.

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



Squirt ID# 703532

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.✪

Haven on Earth Animal League

Tom, Jerry And Beatrix

Hi, we are brothers named Tom and Jerry, and we need to be adopted together. We are only three months old each and have already been neutered and are up-to-date on all vaccines. We have very handsome black and white markings. We are residing at Petland on College Parkway. Come see us and take us



Tom and Jerry
photos provided

home with you. Our adoption fee is \$150 for both of us.

Hi there. I'm Beatrix. I'm only ten weeks old. I have beautiful long, black hair, and I am just the cutest little ball of fluff you will find. I also have a twin, named Cinders who looks just like me. I'm spayed and up-to-date on all vaccines. We are living with a foster mom and dreaming of our forever home. Our adoption fee is \$125 each.



Beatrix

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havononearthanimalleague@yahoo.com.✪

PAWS Of Sanibel

Fritz And Patches

Fritz is a very smart and playful 8-year-old schnauzer. He loves to go on walks and loves playing with his squeaky toys.

Patches is a sweet and loving 12-year-old mixed rescue dog. He likes to sunbathe and follow you around hoping for a biscuit. He is quiet and is housebroken.

Patches does not ask for much. He needs some attention, a nice cozy bed for long naps and some good food. He has a bad heart and requires medication.

Patches and Fritz are bonded and need to stay together. Fritz was raised as a pup with Patches as his sidekick.

They are sad due to the unexpected passing of their owner, and they are looking for a loving forever home.

If interested in meeting them, call Michele at 609-954-0192.✪



Fritz and Patches
photo provided

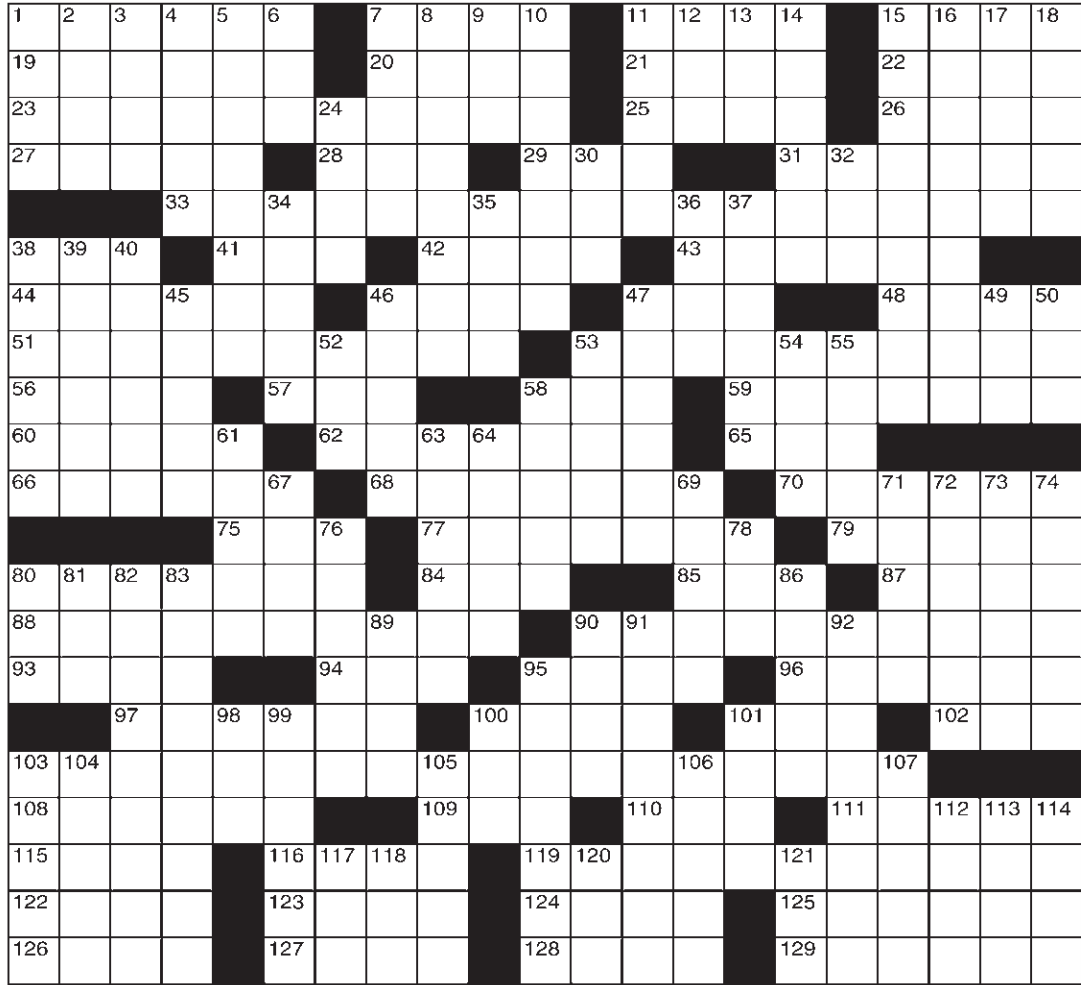
PUZZLES

Answers on page 45

Super Crossword

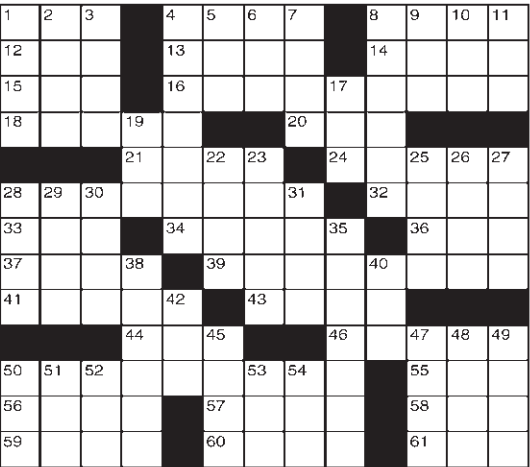
PERMANENT LINKS

- ACROSS**
- 1 Neighbor of Rwanda
7 Only OK
11 Lucky mystique
15 Oddest, e.g.
19 Bagel shape
20 "— Excited"
21 Baldwin of film
22 Duncan of education
23 Decorative window option
25 Grown-up elf
26 Dryer fuzz
27 Tendril, e.g.
28 Atop, to a 15-Across
29 Washed-out
31 Slowly, on a score
33 Hurdle for a new driver's-license applicant
38 See 24-Down
41 Wall St. news
42 Prefix with vision
43 Superhero film of 2015
44 Apple pic application
46 Bottom-row PC key
47 "— Miniver"
- 48 Mimics a wolf
51 Totem pole, essentially
53 Item in an election box
56 Ocean's hue
57 Ocean's kin
58 Cleveland cager, briefly
59 Subsides
60 Oxidizes
62 Upright height
65 Coach Riley
66 Pick up on
68 What can follow eight key words in this puzzle to get phrases meaning "permanent"
- 70 SSA part
75 City area, informally
77 Deny, as a fact
79 Mambo relative
80 "No, not true!"
84 Mine rocks
85 Bang into
87 Fix, as a cat
88 Vase inserts
90 Fixed goal
93 State, to Luc
94 Alias initials
95 Jacob's first wife
- 96 Secondary
97 Venerate
100 Objectives
101 24-hr. cash source
102 Serpentine letter
103 Fancy wedding mailing
108 Frosh topper
109 Seedy loaf
110 Salem-to-L.A. dir.
111 It's a no-no
115 Greek liqueur
116 White-dwarf explosion
119 Feature of a body-builder's tummy
- 122 Dunkable cookie
123 Smack hard
124 Gofer, e.g.
125 Isis' brother
126 "Freak on a Leash" rock band
127 In times past
128 Fulfill
129 Cloud layers
- DOWN**
- 1 Colorado natives
2 Alternative style to emo
3 Former BP gas brand
4 Not at all, informally
5 Classic cola brand
6 Count up
7 — mignon
8 Italian liqueur
9 Specific mag. printing
10 UFO museum city
11 Miracle food from above
12 Bullfighting yell
13 Hanukkah observer
14 Eighth of a circle
15 Tasty
16 They're not facsimiles
17 Film scorer
18 "Grand" mountain
24 With 38-Across, deteriorate
30 Logger's tool
32 Block (up)
34 Apple items with earbuds
35 Geeky sort
36 Rover's planet
37 Foot section
- 38 Jean-Luc of the U.S.S. Enterprise
39 Light-blocking
40 Propulsion
45 Egg-shaped
46 Raccoon lookalike
47 Experts
49 "— name it!"
50 Brand of fuel additives
52 "Gone" actor
53 "Lili" actress
54 Dolly's calls
55 Fur tycoon on the Titanic
58 "Aw" inspirer
61 Certain oar
63 Longhair cat
64 Romanov bigwigs
67 Half a sextet
69 Neighbor of 36-Down
71 Tooth parts
72 Horn in (on)
73 Demeans
74 Parfait parts
76 Look out for
78 Talk shrilly
80 Cola cooler
81 "Tsk, tsk!"
82 Daydreamer
83 Matinée time
- 86 Prefix with faceted
89 Barely earned, with "out"
90 Rig on a road
91 Manhattan area
92 Most distant
95 Equipment for real-time viewing on the Net
98 Steve of rock guitar
99 "All the same ..."
100 Above zero
101 To — (unerringly)
103 Nook reading
104 Prefix with physiologist
105 Beyond mad
106 Good point
107 Low point
112 Silents vamp
113 Sombre paper notice
114 Greek mount
117 Have
118 Carpet sweeper, briefly
120 Move hastily
121 UCLA part



King Crossword

- ACROSS**
- 1 James Bond, e.g.
4 "Nip/—"
8 Pizzazz
12 Afternoon affair
13 Curved molding
14 San —, Italy
15 Grecian vessel
16 Diploma
18 Prejudiced person
20 Meadow
21 On the right track
24 Book of maps
28 "Beauty is only —"
- 32 Region
33 Wrestling win
34 Llamas' range
36 Set of parts
37 Choir voice
39 Chicago-style, as pizza
41 Rage
43 Unsigned (abbr.)
44 Favorite
46 Shul VIP
50 Exemplar of dullness
55 Say it's OK
56 On the briny
57 Prolonged sleep
58 List-ending abbr.
59 Feds
- 60 Animated character
61 "Doo" follower
- DOWN**
- 1 Half a ticket
2 Actress Gilpin
3 Masculine side
4 Fat-fried tortilla
5 "That's awful!"
6 Third letter
7 Ship's backbone
8 Lesser substitute
9 Albanian money
10 Parisian pal
- 11 — sequitur
17 Shell game need
19 Possess
22 Tear
23 Jason's wife, in myth
25 Norse trickster god
26 Blackbirds
27 Rogen or Meyers
28 Hot tubs
29 Scot's garment
30 Really enjoying
31 Hammerhead part
35 Accessory for 29-Down
38 Parentless
- 40 "CSI" evidence
42 Kitten's comment
45 Diplomacy
47 Suffered from a cut
48 Alpha follower
49 Pruritus
50 Hammarskjöld of UN fame
51 Doctrine
52 Get a glimpse of
53 As well
54 Comedian
55 Philips

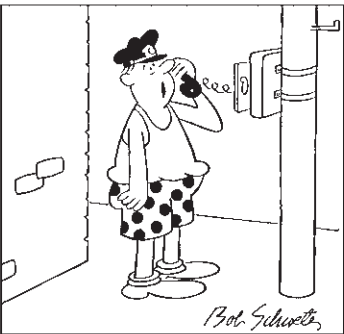


MAGIC MAZE ● — DUCK

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

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

- | | | | |
|------------|--------|----------|---------|
| Abner | Dead | Mandarin | Ruddy |
| Canvasback | Donald | Muscovy | Sitting |
| Daffy | Eider | Peking | Wood |
| Daisy | Lame | Rubber | |



"...and, Sarge, tell the guys to keep their eyes open for someone like me."

answer on page 46

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!

Against SEEDPIT
Peril GARDEN
Cheer ASPIRE
Tilt POLES

TODAY'S WORD

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

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. Dog's ear is shorter. 2. Pirate hat is missing. 3. Cap is moved. 4. Walkie-talkie is missing. 5. Owl is missing. 6. Shovel is missing.

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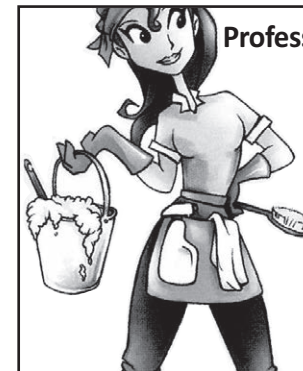
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High: 91 Low: 79

**SUNDAY**
Scattered T-storms
High: 90 Low: 78

**MONDAY**
Isolated T-storms
High: 90 Low: 78

**TUESDAY**
Partly Cloudy
High: 88 Low: 80

**WEDNESDAY**
Partly Cloudy
High: 91 Low: 79

**THURSDAY**
Mostly Cloudy
High: 85 Low: 73

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:54 am	10:44 am	4:57 pm	11:44 pm	Fri	4:59 am	10:46 am	4:02 pm	11:46 pm	Fri	6:05 am	11:29 am	5:33 pm	None	Fri	8:04 am	2:21 am	7:07 pm	2:00 pm
Sat	6:31 am	12:00 pm	6:04 pm	None	Sat	5:36 am	12:02 pm	5:09 pm	None	Sat	6:33 am	12:00 am	6:23 pm	12:18 pm	Sat	8:41 am	3:00 am	8:14 pm	3:16 pm
Sun	7:13 am	12:26 am	7:27 pm	1:23 pm	Sun	6:18 am	12:28 am	6:32 pm	1:25 pm	Sun	6:59 am	12:34 am	7:19 pm	1:20 pm	Sun	9:23 am	3:42 am	9:37 pm	4:39 pm
Mon	7:58 am	1:09 am	9:10 pm	2:48 pm	Mon	7:03 am	1:11 am	8:15 pm	2:50 pm	Mon	7:21 am	1:12 am	8:19 pm	2:26 pm	Mon	10:08 am	4:25 am	11:20 pm	6:04 pm
Tue	8:47 am	1:55 am	10:58 pm	4:06 pm	Tue	7:52 am	1:57 am	10:03 pm	4:08 pm	Tue	7:48 am	1:53 am	9:23 pm	3:27 pm	Tue	10:57 am	5:11 am	None	7:22 pm
Wed	9:38 am	2:44 am	None	5:14 pm	Wed	8:43 am	2:46 am	11:36 pm	5:16 pm	Wed	8:26 am	2:33 am	10:44 pm	4:31 pm	Wed	1:08 am	6:00 am	11:48 am	8:30 pm
Thu	12:31 am	3:35 am	10:32 am	6:13 pm	Thu	9:37 am	3:37 am	None	6:15 pm	Thu	9:16 am	3:11 am	None	5:43 pm	Thu	2:41 am	6:51 am	12:42 pm	9:29 pm

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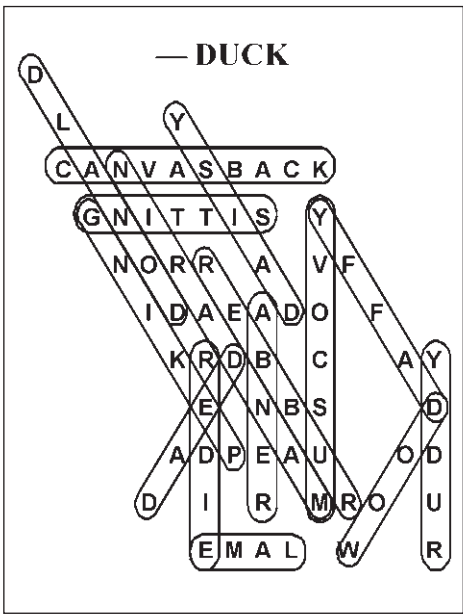
SUPER CROSSWORD

UGANDA	FAIR	MOJO	POET
TOROID	IMSO	ALEC	ARNE
ETCHED	GLASS	NEWT	LINT
SHOOT	OER	WAN	ADAGIO
	WRITTEN	EXAMINATION	
POT	IPO	TELE	ANTMAN
IPHOTO	CTRL	MRS	BAYS
CARVED	WOOD	CAST	BALLOT
AQUA	SEA	CAV	EASESUP
RUSTS	STATURE	PAT	
DETECT	INSTONE	SOCIAL	
	URB	GAINSAY	RUMBA
ITSALIE	ORE	RAM	SPAY
CUTFLOWERS	SET	PURPOSE	
ETAT	AKA	LEAH	LESSER
	REVERE	AIMS	ATMESS
ENGRAVED	INVITATION		
BEANIE	RYE	SSE	TABOO
OUZO	NOVA	CHISELED	ABBS
OREO	SWAT	AIDE	OSIRIS
KORN	ONCE	MEET	STRATA

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SPY		TUCK		ELAN
TEA		OGEE		REMO
URN		SHEEP		SKIN
BIGOT				LEA
		WARM		ATLAS
SKIN		DEEP		ZONE
PIN		ANDES		KIT
ALTO		DEEP		DISH
STORM				ANON
		PET		RABBI
DISH		WATER		LET
ASEA		COMA		ETC
GMEN		TOON		DAH

MAGIC MAZE



SUDOKU

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

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FOUND

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 6/30 ★ TFN

LOST CAT

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SCRAMBLERS

1. Despite; 2. Danger;
 3. Praise; 4. Slope

Today's Word
DRESSED

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

• Hold the fish in the water while you unhook it if you're going to release it.

• The less you can touch a fish before release the better for the fish.

• If you want a picture with the fish, support it as you lift

it out of the water – and do it quickly.

• Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

• Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

My Stars★★★★★

FOR WEEK OF JULY 17, 2017

ARIES (March 21 to April 19) You're wise to let your Arian skepticism question a former adversary's request to let bygones be bygones. Time will tell if they are trying to pull the wool over the Lamb's eyes.

TAURUS (April 20 to May 20) Congratulations. Your hard work soon pays off with some well-deserved recognition. Meanwhile, that important personal relationship needs more attention from you.

GEMINI (May 21 to June 20) That new person in your life seems trustworthy, but don't turn him or her into a confidant just yet. Remember: The secret you don't reveal is the one you won't lose sleep over.

CANCER (June 21 to July 22) Your kindness makes a difference in someone's life. But by week's end, a touch of Cancerian envy could create a problem with a colleague. Take care to keep it under control.

LEO (July 23 to August 22) A new spurt of energy sends you roaring back into that challenging work situation. But be careful not to overdo it, or your sizzle could fizzle before your task is completed.

VIRGO (August 23 to September 22) Your practical sense helps you see the logic of being a bit more flexible with a workplace colleague. But you still have a ways to go before there's a true meeting of the minds.

LIBRA (September 23 to October 22) A surprise situation could cause you to spend more money than you feel you can afford. But careful budget adjustments will help. Your fiscal picture soon brightens.

SCORPIO (October 23 to November 21) That decision you made might still have its detractors, but your supporters are growing. Meanwhile, your personal life takes on some welcome new developments.

SAGITTARIUS (November 22 to December 21) Matters of the mind intrigue the sage Sagittarian through week's end. By then, you should feel more than ready to make room for pursuits of the heart.

CAPRICORN (December 22 to January 19) The canny Capricorn can offer good counsel to others. But how about taking some advice yourself from a close friend or family member who is able and ready to help?

AQUARIUS (January 20 to February 18) A new workplace opportunity offers a variety of challenges that you might find intriguing. Best advice: Take things one step at a time so that you don't feel overwhelmed.

PISCES (February 19 to March 20) A bid to revive a relationship that ended on a bitter note needs to be carefully thought out before you can even begin to consider plunging into a new emotional commitment.

BORN THIS WEEK: You enjoy being with people, and people love being with you. You would probably do very well in politics.

THIS WEEK IN HISTORY

• On July 24, 1567, during her imprisonment in Scotland, Mary Queen of Scots is forced to abdicate in favor of her 1-year-old son, later crowned King James VI of Scotland. Twenty-five years earlier, while just six days old,

Mary ascended to the Scottish throne upon the death of her father, King James V.

- On July 26, 1931, a swarm of grasshoppers descends on crops throughout the American heartland, devastating millions of acres. The swarm was said to be so thick that it blocked out the sun and one could shovel the grasshoppers with a scoop.
- On July 28, 1945, the U.S. Senate approves the charter establishing the United Nations by a vote of 89 to 2. The Senate didn't formally approved U.S. participation in the United Nations until December 1945.
- On July 30, 1976, American Bruce Jenner sets a world record in winning the decathlon at the Montreal Olympics. After his win, Jenner enjoyed the unofficial title of "world's greatest athlete."

STRANGE BUT TRUE

- It was 20th-century American author and journalist Emily Kimbrough who made the following sage observation: "Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand."
- The very first drive-thru fast-food restaurant opened in 1948, in Baldwin Park, California. The idea was obviously a success -- by 1990, In-N-Out burger had 60 locations, all in the Los Angeles metropolitan area. The private, family-owned chain now has 313 locations across six states.

- You probably didn't know that Little Miss Muffet was a real person. It's true -- Dr. Thomas Muffet wrote the nursery rhyme for his daughter, Patience.
- If you're fortunate enough to be planning a trip to the Southeast Asian nation of Cambodia -- home to the 12th-century temple complex and UNESCO World Heritage Site Angkor Wat -- keep an eye out for some local comestibles. If you get hungry, you can try out a local delicacy such as deep-fried tarantula. If you're feeling ill (and particularly daring), try out a medicinal liquor Ð there's a popular one that is made by putting live spiders into rice wine.
- Those who study such things say that the most widely used word in the world is "okay" -- though the spelling varies widely.
- You might be surprised to learn that 7 percent of American adults -- that's 17.3 million people -- believe that chocolate milk comes from brown cows. The same survey, conducted by the Innovation Center for U.S. Dairy in May of this year, found that 95 percent of Americans have at least one kind of cheese in the fridge.

THOUGHT FOR THE DAY

"As a general truth, communities prosper and flourish, or droop and decline, in just the degree that they practice or neglect to practice the primary duties of justice and humanity." -- William Henry Seward



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Riverbrooke	Estero	2014	4,023	\$1,625,000	\$1,550,000	25
Del Sega	Sanibel	1990	2,812	\$1,495,000	\$1,340,000	96
St. Charles Harbour	Fort Myers	2006	4,783	\$1,150,000	\$1,150,000	292
Shell Mound Park	Fort Myers Beach	1987	3,192	\$1,094,000	\$970,000	138
Cape Coral	Cape Coral	1987	2,594	\$699,000	\$637,500	35
Beachview Country Club Estates	Sanibel	1979	1,878	\$689,000	\$676,000	56
Cape Coral	Cape Coral	2000	2,340	\$600,000	\$595,000	40
Corkscrew Shores	Estero	2016	2,488	\$595,000	\$560,000	72
Seagull Bay	Bokeelia	2001	2,172	\$589,900	\$552,500	98
Villa Grande	Estero	2006	2,655	\$584,990	\$565,000	166



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