



VOL. 25, NO. 6

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 4, 2017

AUGUST SUNRISE/SUNSET: 4 6:55 • 8:14 5 6:56 • 8:13 6 6:56 • 8:13 7 6:57 • 8:12 8 6:57 • 8:11 9 6:58 • 8:10 10 6:58 • 8:10

Gavin, Walker Families Honored By City Council

by Jeff Lysiak

During Tuesday's city council session, a proclamation was read in honor of the Gavin and Walker family's historic 100-year tenure on Sanibel and their long-lasting contributions to the island community.

"The Gavin and Walker generations labor and commitment to the building and construction of Sanibel has contributed greatly to the fabric of the community helping to make Sanibel a popular retreat," Mayor Kevin Ruane read from the proclamation. "Honesty, dignity, respect, courage and strength are values always displayed by members of the Gavin and Walker families. Those family members that remain on Sanibel today display the aforementioned values, while those members that left Sanibel still hold close their heritage and Sanibel roots."

In his remarks, Ruane also noted the Gavin family has served over 125 years in the United States military.

Eugene Gavin, who attended the meeting with his wife, Velma, accepted the proclamation on behalf of both families, who will be holding a centennial reunion celebration from August 10 to 13.

During last month's council meeting,



Mayor Kevin Ruane greeting longtime Sanibel resident Eugene Gavin during Tuesday's city council meeting, during which a proclamation was read honoring the Gavin and Walker family's 100-year anniversary of serving the island community photo by Jeff Lysiak

Gavin had requested the city consider changing the name of Tarpon Bay Road to Gavin Walker Road "in honor of my family and their substantial contributions to the economic and historical development of Sanibel and Captiva." The family cited Tarpon Bay Road for its significance as "a

major walkway" between the Gavin and Walker homesteads.

On Tuesday, the council – after looking into policies established by Lee County and the cities of Fort Myers and Naples, and investigating what parameters would be involved in changing the name of a city

street – addressed the request.

While Ruane stated that he was not in favor of creating a policy for altering street names, fellow councilman Chauncey Goss suggested that the request to honor the Gavin and Walker families be passed

continued on page 8

World's Largest Junonia Now On Sanibel

by Jeff Lysiak

One of the iconic shells that Sanibel has become known for, the junonia, always seems to draw the attention of residents and tourists alike due to its renowned beauty and scarcity.

And now, the world's largest recorded junonia – a specimen measuring nearly six inches in length – calls the island home.

"Everybody who comes to Sanibel would love to find a junonia, or even see one," said Larry Strange, owner of Sanibel Seashell Industries, who recently acquired the record-setting shell.

According to the *Registry of World Record Size Shells*, the largest junonia ever recorded – a *Scaphella junonia* measured at 154.0 mm – was collected in the Gulf of Mexico by The Hansbys in 1972. That shell became part of a collection owned by a mollusk enthusiast in Jacksonville, Florida.

Strange, a marine biologist and retired educator, was contacted by the son of the junonia's owner, who asked if he would be interested in purchasing his father's massive shell collection.



Larry Strange holding the world's largest junonia

photo by Jeff Lysiak

"I had read about his record junonia, and I asked (the son) if it was still part of the collection," said Strange, who eventually purchased the museum-quality assortment. "His father got the shell from a fisherman working on a shrimp trawler, who obtain a lot of junonias because they're out in waters 40 to 80 feet."

However, junonias are rather uncommon to find washed up on the shorelines of Sanibel, so they are highly revered by both amateur and serious shell enthusiasts.

In the three weeks since the giant junonia has been on display at the family-run business, Strange noted that people are coming into the store just to see the record-setting shell. "People are walking in and ask just to see it, or take a photo with it," he said, noting that the shell is encased under a glass dome inside the main display case of the store, located at 1544 Periwinkle Way.

Of course, he's been asked several times if the junonia is for sale.

"Some people want to know how much it is," added Strange with a smile. "But it's not for sale at any price."

All are welcome to stop by Sanibel Seashell Industries and see the world's largest junonia in person. The business – which originally opened in 1942 – is open Monday through Saturday from 10 a.m. to 5 p.m. Call 472-1603 or visit www.seashells.com for more information.*



Sanibel Sea School campers pitched their tents on an uninhabited island in the Caloosahatchee photo provided

Campers Paddle The Caloosahatchee

submitted by Leah Biery

During the last week of July, Sanibel Sea School offered campers a unique opportunity to canoe the Caloosahatchee for the first time ever. Six participants between the ages of 13 and

18 joined the nonprofit organization's executive director, Dr. Bruce Neill, and marine educator Spencer Richardson for an adventurous 40-mile paddle from Alva to Sanibel. The group launched their canoes from a boat ramp in Alva on Tuesday morning, carrying their camping gear and plenty of food for their expedition. On the first day, they were able to complete 16 miles, passing through the Franklin Lock and ending their day on a small, uninhabited island. "We enjoyed the sunset together,

cooked dinner and played cards until we fell asleep," said Richardson. Participants also discussed the close connection between inland and coastal communities in our region, reflecting on shared waters and environmental issues that affect all of us. The next morning, they observed the transition from a freshwater to saltwater environment, and began to see dolphins, manatees and eagle rays in the river. Storms rolled in during the afternoon so after 15 miles of paddling, they set up camp under a shelter at Cape Coral Park until the thunder and lightning had passed. On Thursday, the paddlers set out to complete the final nine miles of their journey, which ended at Bailey Beach on Sanibel. "We were all so exhausted on the last day," said Richardson, "but once we could see San Carlos Bay, it felt like the home stretch. I think we all felt energized by that, and we easily finished the trip across the estuary." "These young adults did a great job on their first long-distance river paddle," said Neill. "Following the Caloosahatchee was a very special experience, and one that not many people in Southwest Florida are able to have." Richardson added that it really felt like the adventure of a lifetime. "There were hard moments and fun moments, and we all improved our paddling skills. In the end, we were all so excited to have accomplished this together." Congratulations to Joseph Schwartzel, Will Byers, Evan Byers, Karley King, Margaux Munier and Carson Liebetrau for completing the challenge.*

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner on Sunday, August 6 from 1 to 8 p.m. Barbecued ribs and chicken will be on the menu the following Sunday, August 13.



The American Legion Post 123 general meeting will be held on Wednesday, August 9 at 6 p.m. 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.*

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The 2016-17 Voluntary Pre-Kindergarten (VPK) class just hanging around photo provided

Open House At Sanibel Preschool

The Children's Education Center of the Islands will host an open house for the communities of Sanibel, Captiva and Fort Myers on Monday, August 7 from 5:30 to 7 p.m. There will be an introduction to the school, which serves children ages 12 months to 5 years. Visit the new 12-month-old classroom as well as the free VPK (Voluntary Pre-Kindergarten) class. Guests will be invited to tour all of the classrooms

and meet the teachers. Children are welcome to attend with their parents.

The Children's Education Center of the Islands is a 501(c)3 non-profit preschool offering full time and part time classes. The preschool is now accepting applications for the 2017-18 school year, which begins on August 10. Scholarships are also available on a limited basis. For more information, call Cindy DeCosta, director of the school, at 472-4538 or email cindy@childrenseducationcenter.com.

The Children's Education Center of the Islands is located at 350 Casa Ybel Road on Sanibel.✱

Sea School Campers Study Strange Behavior Of The Pipefish



Campers pulled a seine net through the seagrass during Pipefish Week at Sanibel Sea School photo provided

submitted by Leah Biery

Close relatives of the seahorse, pipefish are good at things like blending in among the seagrass blades, slurping up food with their long, fused jaws and adapting to salty surroundings. Campers enrolled in Suck It Up, Pipefish Week at Sanibel Sea School spent the week studying these somewhat strange, definitely fascinating creatures.

Like seahorses, pipefish have

narrow, toothless mouths, so participants practiced slurping up food through straws during a jello-slurping relay race. Campers also seined for pipefish in their natural habitat, the seagrass bed, and played camouflage games to understand just how talented pipefish are when it comes to hiding from their predators.

Other activities included making seagrass art, a pipefish scavenger hunt, and an exciting courtship dance battle, since pipefish perform elaborate courtship rituals. As always, there was also plenty of time for knot-tying, surfboard paddling and making new friends.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. To learn more, visit sanibelseaschool.org.✱



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The Community House



Canning at The Community House
photo provided

Mediterranean Culinary Education Classes

The Community House is offering hands-on classes in Mediterranean cuisine, where you can learn the tools you need to make healthful and flavorful culinary traditions as part of your everyday meals. Attendees will explore ingredients, flavor profiles and a variety of interesting dishes representative of typical Mediterranean cuisine. The cost for all three classes is \$130 or you can choose your class. Chef Jarred Harris will lead the classes, which are sponsored by The Sanibel Captiva Trust Company.

On Thursday, August 17 from 10 a.m. to 1 p.m., the hands-on class will feature falafel, baba ganoush (eggplant dip) and hummus with micro green salad, Spanish fish gratins with polenta fries, roasted vegetable couscous, fig, goats cheese and honey tart. Cost is \$75.

There will be a chef demonstration on Thursday, August 24 from 5 to 7 p.m. featuring Andalusian gazpacho,

tomato, olive and artichoke salad, salt crust snapper with zucchini and quinoa stuffed peppers, and almond and cherry cake with sherry syrup. Cost is \$35.

The chef demonstration on Sunday, August 27 from 4 to 6 p.m. will feature taramasalata with pita crisp, grilled halloumi cheese and watermelon salad with basil and mint dressing, pan roasted grouper with tarragon, spinach and pancetta, bacon raisin polenta and olive oil cake. Cost is \$35.

Potluck Dinner With Reggie Mathai

The next Potluck Dinner will be held on Wednesday, August 23 from 6 to 8 p.m. Reggie Mathai will share Indian culture and cuisine.

Mathai is well known on Sanibel as owner of Island Pharmacy on Palm Ridge Road. Mathai and his wife, Mareena, have five children, ages 4 to 20. Mathai has owned Island Pharmacy for 10 years and has been a pharmacist for over 20 years. He is knowledgeable about food interactions with medication and will answer any questions you may have. Mareena Mathai's aunt started what is now a famous restaurant in India, which is run by her children. Most of the recipes are "top secret" but a few were shared with Mareena. Samples of those family recipes will be available at the Potluck.

Bring a dish to share that serves six to eight people. Donations are welcome.

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

Sunday Seminar Series Filmed In Holy Land

Sanibel Congregational United Church of Christ's Summer Sunday Seminar Series will continue its 12-part First Light classes throughout August and into September. All are welcome to attend these free programs presented every Sunday at 9 a.m. in Heron Hall, located on the church's lower level.

The First Light classes include videos filmed on location in the Holy Land, specifically in Galilee and Jerusalem. The programs, which feature eminent Jesus scholars John Dominic Crossan and Marcus Borg, present an opportunity to study the historical Jesus and the Kingdom of God in a relaxed atmosphere that allows for discussion. Each of the classes is led by the SCUCC's Senior Pastor, the Rev. Dr. John H. Danner, or Associate Pastor, the Rev. Deborah Kunkel.

These Summer Sunday Seminars are based on the Living the Questions curriculum that explores Christianity from a progressive point of view. Seminars continue through October 29, with a

different topic each week. Because each class stands alone, participants may attend as many as they wish.

John Dominic Crossan, professor emeritus of biblical studies at De Paul University, has written more than 20 books and is widely regarded as the world's premier historical Jesus scholar. He was a Roman Catholic monk for 19 years and a priest for 12 and was also co-chair of The Jesus Seminar and chair of the Historical Jesus Section of the Society of Biblical Literature.

Crossan said of the 12-part First Light series, "It is all I have to say about Jesus after half a century of study in succinct summary."

Marcus Borg (1942-2015) was the hundere professor of religion and culture at Oregon State University. The author of more than 10 books, he lectured extensively throughout North America and overseas. His work has been translated into five languages.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. In August, there is a single Sunday service held at 10 a.m. In September, there is a 7:45 chapel service each Sunday, as well as a service at 10 a.m. For more information, call the church at 472-0497 or visit www.sanibelucc.org.✧

Preschool Problem Solvers

Preschoolers use problem solving skills throughout the day at Summit Christian Preschool at Sanibel Community Church, located at 1740 Periwinkle Way. This preschool accepts 3- and 4-year-old students. The VPK program is free in the state of Florida. Enrollment is still open for classes that begin on August 16. Contact Andy at the main campus for registration packets at 482-7007.✧

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Ryder Syzmanczyk

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Connor Tomlinson and Dana Congress
photos by Jeff Lysiak

Interns Helping Out At City Hall

by Jeff Lysiak

Two residents who grew up on the island have spent a large part of their summer working as interns with the City of Sanibel, gaining a valuable education while learning about how local government operates on a daily basis.

Since early May, Dana Congress and Connor Tomlinson have been interning

From left, city staff member Sara Tabor reviewing an assignment with interns Dana Congress and Connor Tomlinson

with City Manager Judie Zimomra and other city administration staff, working on an array of projects.

"We don't have interns every year, but when we do, we look for people who have a connection with the island," said Zimomra. "We try to customize their work here with what their interests are in continuing their education."

Congress, 20, is a Fort Myers High School graduate who is a junior at the University of Florida in Gainesville, where she is studying psychology. Following her graduation from UF, she plans on attending law school, focusing

on land use legislation.

"Having a Sanibel upbringing has definitely helped me, because when I talk with people, there's already a connection," Congress said. "Knowing people on the island and being familiar with some of the local issues helps a lot."

During her tenure with the city, Congress worked extensively with the planning and natural resources departments to create an educational campaign – including a brochure and video – on Sanibel's Dark Sky Lighting ordinance, why it is important, and how its impact will be a benefit to residents and local wildlife.

"My goal was to read the entire ordinance, and fully grasp what it is intended to do," said Congress. "Then, I helped explain what the Dark Sky ordinance is... (to help) translate into something that's easy to understand."

Tomlinson, 21, is also a Fort Myers High School graduate. He is studying political science at the University of South Florida, where he will begin his senior year in the fall. He is considering pursuing further studies in foreign policy and geo politics.

"It's been interesting to see how things work from the other side," said Tomlinson. "It gives you a different perspective on the issues and inner workings of the city."

During his tenure, Tomlinson's internship included researching

and studying policies pertaining to the protection and management of Southwest Florida's public boat ramps and beaches.

"I visited 13 or 14 (beach and boat ramp) locations between Sanibel and the Everglades," Tomlinson said. "We looked at everything from public access to signage, and gained a better understanding of how those areas are managed."

According to Zimomra, both interns have become valuable contributors to the city's administrative staff.

"A lot of the projects they've worked on have to do with communications," she said, noting Congress and Tomlinson's work on several press releases distributed by the city. "In this day and age, being able to communicate – both visually and in words – how our government works is something that's beneficial not only to them but to the city as well."

"I'd definitely recommend this internship because I've learned a lot about myself and how to use better time management," said Congress. "It's been a huge opportunity to learn the ins and outs of local government, while at the same time learning to work independently."

"We're actually doing things that are being used and are substantial to the city," added Tomlinson. "I've enjoyed being able to put my skills to work."✪

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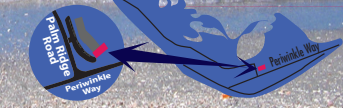
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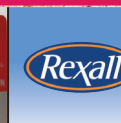
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Sanibel Police Officer John Eicher, right, was honored with a Live Saving Award presented by Mayor Kevin Ruane photo by Jeff Lysiak

Sanibel Officer Honored With Life Saving Award

by Jeff Lysiak

A member of the Sanibel Police Department was honored at Tuesday's city council meeting for his actions during a recent medical emergency that occurred at a West Gulf Drive resort.

Antonio D'Andrea, who suffered a heart attack on June 4, was resuscitated by Officer John Eicher. The first responder to the scene of the 911 call, Eicher used a defibrillator and administered CPR to revive D'Andrea, who had been visiting the island from his home in Cocoa, Florida.

In a letter sent to Sanibel City Manager Judie Zimomra, D'Andrea and his wife, Cynthia, thanked the life-saving efforts of local police, paramedics and personnel from FISH of SanCap who played a role in his dramatic ordeal.

"Officer John Eicher made contact with FISH organization, where Maggi Feiner assisted in providing lodging near the hospital, as my wife needed to vacate our timeshare on Friday and I remained in the hospital until that following Wednesday, a total of 10 days," D'Andrea wrote. "Officer John Eicher also visited us while in the hospital, which gave me an opportunity to meet with him and truly appreciate all that happened to save my life."

Mayor Kevin Ruane presented Officer Eicher with the city's Life Saving Award.✱

From page 1

Families Honored

along to the city's Historical Preservation Committee for discussion.

Vice Mayor Mick Denham noted that it was important for the city to recognize distinguished citizens in an appropriate manner. Councilman Jason Maughan suggested that perhaps a walking trail with interpretive panels be considered to honor the Gavin and Walker families, while resident Steve Maxwell offered the idea of placing a historical marker along the route

that would be "prominent so people will understand the history."

"There's a process that we have to go through," Ruane said, noting that he appreciated the input from citizens and the opportunity to discuss the street renaming request.

"I can respect that," said Gavin, who explained that he wasn't seeking an "overnight" name change, and that he would continue to work with city officials with the hope of coming up with a suitable instrument of recognition.✱

Members Added To Committee

by Jeff Lysiak

In addition to appointing seven regular and two alternate members to the Sanibel Charter Review Committee, which will conduct a thorough review of the city's charter during a year-long series of meetings, councilors on Tuesday decided to add a pair of ex-officio members to the upcoming panel.

Members of the council, who were considering passing a resolution to establish the charter review committee, decided to add two non-voting members comprised of the surviving "founding fathers of the city" – Porter Goss and Charles LeBuff – and invite their input on making any alterations to the existing charter.

During discussions on the resolution, councilman Jim Jennings suggested that the committee exclude any potential candidates that "might have a vendetta," such as persons who may have filed a lawsuit against the city. Fellow councilman Jason Maughan objected to the motion, noting that there may be legitimate reasons for a citizen to file a lawsuit, and that the city "use our own discretion" when selecting appropriate candidates for the committee.

Mayor Kevin Ruane, who noted that there have been 15 applicants to submit their names for consideration of appointment to the committee, said that the council will discuss the panel's goals and objectives, meeting schedule and other details during the September 11 meeting.

Residents have until August 25 at noon to submit an application to join the Sanibel Charter Review Committee.

In other business discussed on Tuesday, council introduced an ordinance that would increase the city's hourly beach parking lot fees from \$4 to \$5.

After the original ordinance was read, Vice Mayor Mick Denham offered a motion to amend the ordinance to include an increase for non-resident parking decal fees. Under terms of the amended ordinance, "B" non-resident parking decals would increase from \$99 to \$124 annually while "BC" non-resident parking decals would increase from \$198 to \$248 per year.

The parking increases have been

proposed due to a \$1.4 million deficit in the city's beach parking fund, which had been brought up during last month's preliminary budget talks.

The second reading of the amended Ordinance 17-004 will take place at 9:20 a.m. on Monday, September 11 at MacKenzie Hall. Public input on the legislation will be considered at that time.✱

Officer Of The Year Nominees

The Rotary Club of Fort Myers South announced the nominees for Officer of the Year for the 2017 Law & Order Ball.

The Officer of the Year will be chosen from the following nominees:

Detective Kurt Grau, Cape Coral Police Department
 Detective John Howes, Cape Coral Police Department
 Officer Kelsey Evenson, Fort Myers Police Department
 Sergeant Heidi Blake, Florida Gulf Coast University Police Department
 Master Officer Melissa Duncan, Lee County Port Authority
 Captain Christopher Reeves, Lee County Sheriff's Office
 Deputy Jennifer Gaytan, Lee County Sheriff's Office
 Corporal Bobby Hunter, Lee County Sheriff's Office
 Sergeant Josh Quaintance, Lee County Sheriff's Office
 Deputy Mike Truscott, Lee County Sheriff's Office
 Sergeant Jared Ciccone, Sanibel Police Department
 Sergeant Christopher Dowaliby, Sanibel Police Department
 Sergeant Chad Maik, Sanibel Police Department
 Five finalists will be announced before the event and one officer will be announced as the prestigious Officer of the Year at the ball, where they will receive a custom award designed by fine jeweler and Rotarian Mark Loren.
 The Law & Order Ball will take place on Saturday, September 16 at Germain Arena at 6 p.m.
 For more information, visit www.lawandorderball.org or contact Lori Cook North at lori@eventfulinc.com.✱

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 Sanibel & Captiva Islands

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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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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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New Recycle For Sight Box Added

submitted by a Lion, Bob

The Sanibel-Captiva Lions Club reported a great first month for the new Recycle for Sight box at Sanibel Community Church – 50 pairs of glasses/cases collected. The club collects unused prescription and non-prescription eyeglasses and sunglasses as part of its Recycle for Sight program.

During the month of July, a total of 319 eyeglasses and 38 eyeglass cases were collected for distribution to developing countries where eye care is often unaffordable and inaccessible. The glasses are shipped to a regional Lions Eyeglass Recycling Center, where they are cleaned, categorized by prescription and prepared for distribution by Lions and other groups.

"In just about any home, one can find a pair of eyeglasses that are no longer being used. That same pair of eyeglasses can change another person's life," said Lion Rick Wagner. "We are grateful to those who have made a donation and encourage others to support this worthy program."

To donate used glasses, including reading glasses, place them in the specially marked Lions Recycle for Sight collection boxes located at the following businesses and organizations:

Sanibel – Ace Hardware, Bank of the Islands, Bailey's General Store, Island Pharmacy, Joey's Custard, Lazy Flamingo (Periwinkle and Santiva), Sanibel Captiva



Recycle for Sight boxes are located throughout Sanibel and Captiva Islands
photo provided

Community Bank (on Library Way and Periwinkle), Sanibel Public Library, Sanibel Eyecare, Santiva General Store, Center 4 Life.

Captiva – Captiva Memorial Library and Bank of the Islands.

The Sanibel-Captiva Lions Club meets on the first and third Wednesday of each month at 6 p.m. at The Community House, 2173 Periwinkle Way. Lions are a group of men and women who identify needs within the community and work together to fulfill those needs.

For more information or to get involved with the Sanibel-Captiva Lions Club, visit www.sanibelcaptivalions.org.

Prepare Your Property For Storm Season

Heavy rains from Tropical Storm Emily provided a good reminder to Lee County residents that excessive plant growth can cause property damage during summer storms. Lee County Solid Waste and UF/IFAS Lee County Extension offer the following steps to prepare your yard before, during and after a storm:

Pre-storm maintenance:

Cut back any trees or branches that contact your house, pool cage, shed or other buildings.

Thin foliage so wind can blow freely through branches, decreasing chances the plant will become uprooted during a storm.

Place trimmings at the curb on your regular collection day. Yard waste must be containerized or securely tied into bundles not heavier than 50 pounds and no longer than six feet in length.

Up to 50 pounds of unbundled palm fronds may be placed at the curb.

Clean your property of any items that could become a projectile during a storm and place them at the curb on your regular waste collection day.

Once a storm has been named or a hurricane watch or warning has been issued:

Do not cut down trees and do not

do any major yard work. Mass cutting produces a burden on the normal collection process.

Do not begin construction projects that produce debris unless absolutely necessary to protect life and property.

Secure all debris and do not place materials of any kind at the curb during a watch or warning period.

Services may be suspended and facilities closed early to prepare for the storm. For information on the status of collection services and disposal facilities, residents should check www.leegov.com/solidwaste or monitor local media.

After the storm has passed:

Most important – keep storm debris separate from your regular household garbage and recycling.

Storm debris should be sorted into separate piles for garbage, yard waste, appliances and construction debris.

Pick up will generally be done with a mechanized claw truck so it's important that you not set debris over buried electric/phone lines, water meters, hydrants or mailboxes. Inspectors will tour each part of the county to determine where collection needs are greatest.

Be patient. Following a storm, the No. 1 priority is collecting household garbage. Uncollected garbage attracts pest and can spread disease. Vegetative waste can wait.

Debris collection guidance and recovery process updates are available at www.leegov.com/solidwaste.

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In The Garden

photo provided

Garden Center To Close For Renovations

In The Garden retail garden center and outdoor showroom will be closed for renovations from August 7 through September 16. The business will reopen on Monday, September 18.

"Summer is the time we refresh the garden center," said Lisa Walsh, owner of RS Walsh Landscaping and In The Garden. "We will redo the gardens and plant display areas, update the interior of the garden shop and come up with some surprises for the 2017-18 season."

In The Garden is located at 3889 Sanibel-Captiva Road, across from The Sanibel School. Customers that need assistance during the renovation can call the RS Walsh main office at 768-5655.✱

Airport Reports Record Traffic

During June, 528,383 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 7.3 percent compared to June 2016. Year-to-date, passenger traffic is up two percent from the same period last year.

The traffic leader in June was Delta Air Lines with 132,106 passengers

traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (112,396), American (93,912), JetBlue (66,610) and United (43,641).

Southwest Florida International Airport had 5,178 aircraft operations, an increase of 16.6 percent compared to June 2016. Page Field saw 6,130 operations, a 26.5 percent decrease from June 2016. In addition, slightly more than 2.5 million pounds of air freight moved through Southwest Florida International Airport in June 2017, an increase of 2.9 percent compared to June 2016.

Southwest Florida International Airport served 8.6 million passengers in 2016 and is one of the top 50 U.S. airports for passenger traffic. No ad

valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or Like Us on Facebook at www.facebook.com/flyRSW.✱✱

Summer Safety Tips For Kids

Summer is a time when kids spend more time enjoying the outdoors, making it an important time to remind them about staying safe around electricity. Use the tips below to talk with your tots about electric dangers:

- Never fly a kite when it is rainy or anywhere near overhead power lines.

• If you see a power line on the ground, stay away and immediately tell an adult to call their power company. If the line is within Lee County Electric Cooperative (LCEC) service territory, call 656-2300.

• Avoid climbing trees near power lines or power poles. Never, ever climb a power pole.

• Never play near pad mounted transformers which are green metal boxes that contain the above ground portion of underground electrical wiring.

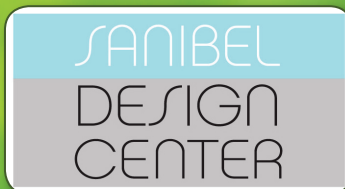
• Do not put electronics near water. Water and electricity do not mix.

• If "thunder roars, go indoors."

These are just few reminders for your kids as they explore the outdoors this summer. For more safety tips, visit www.lcec.net.✱✱

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The 2018 Sanibel-Captiva Nature Calendar



American white pelicans are featured on the cover of the 2018 calendar

photo by Al Hoffacker

Sanibel-Captiva Nature Calendar Now Available

The 30th edition of The Sanibel-Captiva Nature Calendar by Jim Fowler has been published. The cover of the 2018 calendar features a pod of American white pelicans photographed by Al Hoffacker, one of Florida's most renowned wildlife photographers.

This edition of the calendar spotlights 11 of Sanibel's often observed birds in their photographic splendor. March, June and October photos show green herons,

black skimmers and yellow-crowned night herons nesting with young. May, August, November and December depict a black-bellied plover, snowy egrets, a semipalmated plover and a sanderling foraging on the beach. February shows a beautiful pair of courting wood storks photographed in the JN "Ding" Darling National Wildlife Refuge. Also photographed in the refuge is the centerfold shot of a roseate spoonbill. Rounding out the calendar are photos of dolphins off Point Ybel, spotfin butterflyfish off Upper Captiva and a Punta Rassa sunrise.

Fowler said, "This edition not only shows the amazing talent of the contributing photographers but depicts

the different and interrelated habitats of the islands and surrounding marine environments. The concise and in-depth narratives by the contributing writers are enlightening and fascinating."

Photographers featured in this edition are Theresa Baldwin, Marianne Bargiotti, Cliff Beittell, Angela Brain, Dick Fortune, Al Hoffacker, Robert Kimbrell, Sara Lopez, Lorraine Sommer and Don Thompson.

There are informative photo narratives by islander Betty Anholt and former islander Charles LeBuff. Each month features a shell sketch by the late islander Sue Stephens and a turtle graphic during the sea turtle nesting months.

Fowler said, "Created from an idea that took seed during my island

experiences since I first came to Sanibel in the early '70s, I have tried every year to put together a calendar that truly shows the natural beauty of the islands. It continues to be my goal each year to publish a calendar that not only is beautiful and useful, but also promotes wildlife conservation through interest, information, and education."

The calendar retails for \$14.95 and is sold throughout Southwest Florida in book stores and gift shops. For mail orders, send \$14.95 plus \$2 shipping and handling to: Sanibel-Captiva Nature Calendar, P.O. Box 356, Sanibel, FL 33957. For the custom Blind Pass Tide edition, send \$17.95 plus \$2 shipping and handling. Mailing envelopes are made from recycled paper.*

Plant Smart

Florida Mayten

by Gerri Reaves

Florida mayten (*Maytenus phyllanthoides*), a member of the bittersweet family, is listed as threatened by the state of Florida.

In the wild, it grows in the transition zone, or ecotone, between mangrove swamps and salt marshes.

This rare tree or shrub is also called sweet mangrove and guttapercha.

It usually reaches three to 10 feet tall, but in South Florida can grow up to 18 feet, with the breadth equaling the height.

The trunk is short with thin gray bark and the crown is rounded.

The pale green oblong or elliptic evergreen leaves are alternate, fleshy, leathery and flat. They have smooth edges, often wavy, and are sometimes notched in the tips.

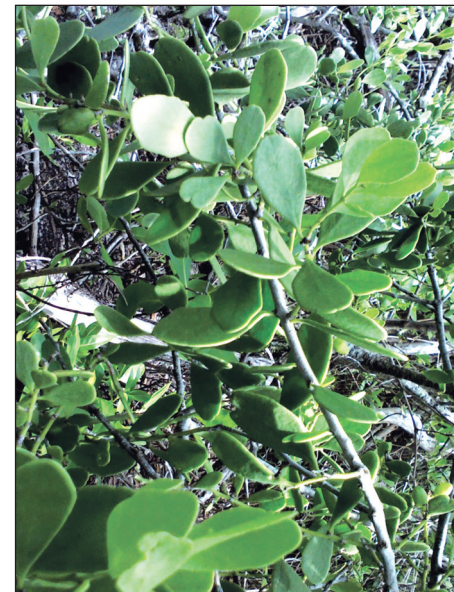
The dense foliage makes good cover for birds and other wildlife.

Inconspicuous small greenish white flowers bloom in spring and summer, appearing singularly or in compact clusters in the leaf axils. Below the short white petals are rounded sepals.

Pea-sized, egg-shaped fruits ripen to red and split open to reveal two to four scarlet arils, appendages to the seeds, which birds consume.

The fruit can remain on the plant throughout the winter.

Florida mayten is a good choice for natural coastal landscapes and is moderately tolerant of brackish water or



Florida mayten is on the state's threatened species list

photo by Gerri Reaves

occasional salt-water inundation.

Once established, it is also moderately drought tolerant.

Give it a spot with full sun or light shade.

The plant's leaves, roots and bark have medicinal uses.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *Growing Native* by Richard W. Workman, *The Shrubs and Woody Vines of Florida* by Gil Nelson, backyardnature.net, and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.*

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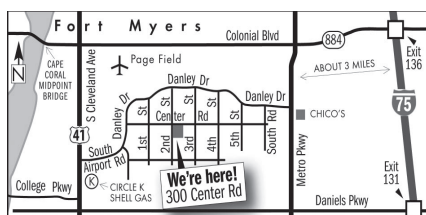


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Juvenile screech owl

photos provided

My Summer Garden

submitted by Dee Serage-Century,
SCCF Living with Wildlife Educator

I must admit, I love my garden most in summer... more wildflowers, pollinators and birds to watch. Being a native plant enthusiast for 25 years plus, I am fascinated by the connection between native plants and native wildlife.

The native shrub white indigo berry, is in fragrant bloom now, attracting honey bees, carpenter bees and hummingbird moths to nectar. During an early morning yoga session, I watched a screech owl chick swoop and snatch a hummingbird moth from a bloom for breakfast. White indigo berry is the plant hummingbird moths lay their eggs on... the only plant their caterpillars eat besides another native shrub, seven-year apple. Without these two plants, there are no hummingbird moths. Now, that is a fun food chain event.

A screech owl pair raised two chicks in my backyard nesting box this

spring. Both chicks fledged in June, but continued to fly after and be fed by the adults for close to two months. The owl family came back every morning to roost in the backyard cabbage palms for the day. The parents' early morning ritual included a dip in the bird bath before retiring for the day. Soon, the chicks learned to do the same. One morning, both chicks and mom were in the bird bath together. While I miss the chittering call made by the young owls begging to be fed, I have enjoyed hearing their calls mature.

Summer is also when the bees are nesting. Female carpenter bees are collecting pollen and burrowing holes in cabbage palm spikes to lay and feed their eggs. I sit and watch the shadow of a male carpenter bee patrol his territory above my canvas porch awning. When he tires of searching for a mate, he rests inside a large bamboo pole I have hung for him. He backs into the opening so I can see his beautiful eyes, up close and personal.

At dawn, oil bees and green orchid bees collect pollen and oils from the native wildflower, partridge pea, I have planted for them. Here, I sit to drink



Bee houses for sale at the SCCF Native Landscape and Garden Center at the Bailey Homestead Preserve

my morning coffee. These naturalized bees are "buzz" pollinators and only buzz pollinators are able to collect pollen from partridge peas. I can hear their buzz as they grasp the bloom, lock their wing muscles, and vibrate their bodies in the key of "C." The pollen explodes off the flower for them to collect. The females take the pollen and oils they collect back to line their nests in branches and feed their young. You can buy nest boxes for our local solitary bees at the SCCF Native Landscape

and Garden Center at the Bailey Homestead Preserve.

I am waiting for the sea grapes, Simpson stoppers and elderberry in my yard to ripen. The plan is to make bitters from these Florida native plants to add to my evening libation. Ahh. Summertime and the living is easy!

Join Dee Serage-Century for a garden walk at the homestead or Owl Tales program at the SCCF Nature Center in August or September. Visit www.sccf.org for dates and times.✱



Close-up of a bee

photo by Lucas Century

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Summertime Family Fishing



by Capt. Matt Mitchell

The oppressive heat of summer continues to cook southwest Florida and was felt by anyone that did anything at all outside this week. Getting out on the water early and getting in before noon does help a little, but with the super high humidity it already feels like 90 degrees before the sun is even up. Sunrise and first light over the past few weeks is getting noticeably later. With so few boats out on our local waters and a wide variety of fish to catch, summer remains my favorite time of year to be out on our local waters. During most trips this week, my clients had kids with them and were enjoying a family summer vacation. Most of our time was spent targeting mangrove snapper to put fish in the box. There is just something special

about going out with the family and catching your own fresh fish dinner. Depending on the day's pickup location and the tide, we caught limits of mangrove snapper from the mouth of the river and southern Matlacha Pass all the way up through the sound to the quarantine rocks at Boca Grande. When going after these snapper, the key to success is having lots of small shiners and small pinfish. As we get further into summer, this bite only continues to improve and these snapper just keep getting better. Catch-and-release snook fishing both out on the beach and in the passes continues to be good action too. Drifting the passes with small live pinfish and grunts on the outgoing tide resulted in hook-ups on just about every other drift during the morning outgoing tide. Out on the beaches, the snook are either hanging out on blowdowns or in the troughs between the sand bars. Live bait is the way to go either place you chose to fish for them. Some of the biggest snook I see all year are caught by anglers soaking big-cut baits on the beach. Other fishing options this week included blacktip sharks, mackerel and trout. Flats just inside of Captiva Pass on the outgoing tide provided



Jack Bowser from Boca Raton with a 35-inch snook caught and released while fishing with Capt. Matt Mitchell this week photo provided

non-stop action on a wide variety of species. Huge schools of little threadfin herrings and everything that feeds on them could be spotted in the whole backside of North Captiva on calm days. This is relatively easy fishing using small live shiners fished five feet under a popping cork rig. When this bite is wide open, small spoons and jigs also caught fish after fish. Open water flats fishing improves drastically once you get north of Redfish Pass and

away from the brown water. This water is just a whole lot cleaner and a little bit cooler as it gets a better flow from the bigger passes at the northern end. Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.*

Send Us Your Fish Tales

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

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Dave Doane

Congress, Take Care Of Our Coasts

submitted by
Ken and Kate Gooderham,
ASBPA Managing Directors

While the near-daily DC dramas may provide entertainment to some and fundraising fodder for others, we should not be distracted by these diversions into forgetting what Washington is really about: Running the federal government, funding its operations and moving forward on the priorities of the people who put the politicians into office.

In the case of their coastal constituents, voters are looking to Washington to support shore protection projects, use sound science to produce prudent policy and strengthen the economic engine that is our coastline.

Recently, coastal leaders with the American Shore & Beach Preservation Association met with Congressional staffers and officials both on Capitol Hill and back in the home districts to spotlight the American Shore and Beach Preservation Association's federal agenda for the coast. The "asks" are simple, but crucial to coastal protection and promotion:

Include \$5 billion in direct spending to build (or rebuild) federal, state and local beaches, dunes, wetlands and other coastal risk reduction in a federal infrastructure bill. Assuming a much-needed federal infrastructure effort moves forward, directing some small portion of that investment into coastal resources will have a clear and effective return both to coastal communities (whose jobs and economies rely on a healthy coast) and the country as a whole (thanks to the increased tax revenue and decreased storm-recovery costs that will result).

Support \$75 million for shore protection in the FY18 Energy & Water Appropriations bill. Not only is this a way to maintain the federal commitment to shore protection and mitigate impacts of federal actions on adjacent coasts, but this kind of steady (albeit minimal) investment triggers a lot of other funding to support shore protection since federal dollars are only part of these projects, requiring an investment of state and local funds as well. Also, regular funding allows ongoing projects to keep momentum, rather than leaving them short of cash when the next phase of expenditure arrives (since these are always multi-year and multi-part projects). (The House of Representatives appropriations committee has subsequently included \$75 million in its legislation, while the Senate maintained the FY17 level of \$50 million.)

Maintain funding levels for permitting and key coastal research and data acquisition programs operated by the U.S. Army Corps of Engineers (USACE), the National Oceanic and Atmospheric Administration (NOAA) and the U.S. Geological Survey. Not only do federal agencies protect and preserve myriad coastal resources around the country—a crucial task—but they serve as both drivers of coastal innovation and keepers of coastal knowledge. This is a vital role,

since only a federal entity has the big-picture overview and scope to look at the entire coast, rather than just that overseen by a smaller political or regulatory entity. When it comes to coastal protection, bigger is always better.

To reinforce these requests, consider the following points, just some of the benefits of healthy investment in a healthy coast:

Healthy coasts drive local economies and are a jobs bonanza. Studies of estuarine restoration – from the Gulf of Maine to the Chesapeake to North Carolina – consistently show that for every \$1 million invested, approximately 30 jobs are created or protected.

Natural coastal infrastructure (beaches, dunes and wetlands) protect communities

and upland infrastructure from storms and coastal hazards. These "soft" protections pay hard dividends for both onshore communities and offshore resources.

Investing in coastal protection now saves money in rebuilding later – so we can spend millions to save billions, as well as keep coastal economies and communities safe and resilient against whatever people or nature throw at them.

Efforts to improve coastal resiliency – a current watchword that really is just a common-sense approach to protection and planning – protect homes, jobs, lives and infrastructure, and look forward in a way that can reduce future costs by anticipating future concerns and conditions.

We can't overlook the recreational value of a healthy coast. More than twice

as many people go to the beach each year then visit all our state and national parks combined, and wide beaches are a huge tourism draw for both domestic and international visitors, the source of some 85 percent of the country's tourism revenue.

All this means that Congressional action to protect our coasts is essential to the economy and ecology, to protect upland structures and natural habitat. It's a smart investment that pays plenty of dividends, it's an issue that should easily win bipartisan support, and it's something that impacts tens of millions of people.

We hope our elected federal officials will put aside their distractions and take significant and timely coastal action. It's the right, and smart, thing to do.*



This Week at the Museum

Summer Promotions!

Family Discount*

Purchase 1 adult admission; receive 1 youth or child admission

OR

1 FREE shell bag*

per family with purchase of admission

*Restrictions apply. Valid thru 8/31/17

• Family Arts & Crafts

Every day at 11:30 and 1:30

Exercise your imagination and artistic talents, and take home a creation that is sure to be a favorite reminder of your visit to the Museum. Fun for all ages!

• Live Animal Tank Talks

Every day at 11:00, 12:30, 2:30, and 4:00

Learn about some of our local mollusks that make shells! One of our experts offers incredible insights into the lives of these fascinating creatures.

• Fossil Dig!

Every Thursday at 1:00

Have you ever seen a fossil shell? Search through piles of local fossil shells to find your own treasure, while learning about how mollusks have changed over time.

• "Mollusks in Action" and "Tales & Trails" Movies

Shown throughout the day on the hour and on the half-hour

View our two educational movies that play on the half-hour and on the hour throughout the day. Watch mollusks in their natural habitat, and learn how to track down these amazing animals.

Open Daily 10 am – 5 pm
3075 Sanibel-Captiva Road
Sanibel, Florida 33957
Phone: (239) 395-2233
www.shellmuseum.org

Shell Of The Week

Spotted Slipper Snail



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

The Spotted Slipper Snail, *Crepidula maculosa* Conrad, 1846, is the most colorful species

among the six local species of slipper snails (family Calyptraeidae). Slipper snails are unusual in their feeding habits in that they are filter-feeding gastropods (filtering the water to retain micro-algae is the common type of feeding in bivalves, but rare among gastropods). The Spotted Slipper Snail may grow to about 1.5 inches, and has its white shell ornamented with brownish streaks and a pure white, shelf-like internal septum. The septum separates the vital organs of the snail from its head and foot. 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.



The Spotted Slipper Snail, *Crepidula maculosa*, from Sanibel Island photo by José H. Leal

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

The next meeting of the Captiva Community Panel is set for Tuesday, August 8 beginning at 9 a.m. in the meeting rooms by Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items:

- Discussion of next steps for proposed Captiva Plan update.
 - Update on priority committees including wastewater, invasive species, Captiva Drive bike/ped improvements and island rentals.
 - A Captiva Erosion Prevention District update.
 - A Captiva Fire District update.
 - Other business as necessary.
- Public participation is invited and encouraged. The next Captiva Community Panel meeting will be held on September 12. Information and background documents are available online at www.captivacommunitypanel.com.✪

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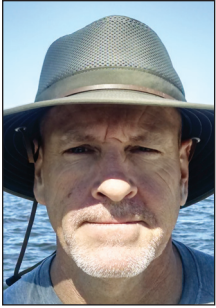
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CROW Case Of The Week:

Spotted Skunk



by Bob Petcher

The spotted skunk (*Spilogale*) doesn't feature the famous white line down the middle of its back like the more common striped skunk. In fact, it doesn't even have spots (plural),

only one that is found on its forehead. It does have various stripes or areas of white on its body that mix in with its base black color.

The spotted skunk, like all skunks, is still an animal you wouldn't want to meet in a dark alley due to its defensive mechanism. This involves scent glands that enable the skunk to release powerful scents that are very strong and foul. These anal glands are filled with a pungent odor, a musky smell that puts fear in people.

Interestingly, a spotted skunk will give ample warning before it sprays its oil. It does so by first stomping its front paws. If the intruder sticks around, the skunk will then stand tense, strut around and stand on its front paws. It will actually wave its rear end in the air as a last measure of caution. Many animals do take the warning signals, because when a skunk sprays its enemy, that musk can

linger for days. And, a skunk can spray its victim from as far as 15 feet away.

The spotted skunk is the smallest type of skunk. Ranging from 21 to 25 inches long, its body is similar in style to that of the weasel. Both animals have short feet and are very slow moving. While the spotted skunk's vision is poor, it can make up for it with great hearing ability.

Generally, spotted skunks come out at dusk to look for food, ranging from plants, to fruit to nuts to rodents, and amphibians to bird eggs. They would rather spend the daylight hours in a den that they built to sleep where it is cool.

At CROW, a female spotted skunk was admitted from Lehigh Acres, sporting a large infected wound on its forehead. She was "very emaciated" and covered in fleas and ticks, according to CROW medical officials. The patient received antibiotics and pain medication and had its wound flushed and cleaned of dead tissue during a surgical procedure. The wound was then closed with sutures, but the seam was reopened.

"Due to the wound being infected, the sutures did not hold. We have switched to wound management care with daily bandage changes," said Dr. Robin Bast, CROW veterinary intern. "The length of time the patient is on antibiotics will depend on the blood work, specifically its white blood cell count, and how the wound heals."

Handling a patient with scent-bomb capabilities can be challenging.



Patient #17-2621's head wound does not stop it from eating well photo by Brian Bohlman

"We must be very careful to use proper handling techniques and protection when working with the skunk," said Dr. Bast. "During bandage changes, the skunk is usually sedated or anesthetized. When we initially catch her for treatments, we keep the tail tucked under the skunk which makes her unable to effectively spray."

While the skunk has been called "very bright and alert" and has gained weight since intake due to a great appetite, the injury remains a factor in keeping the patient under care.

"We're not out of the woods yet,

there is still a long way to go," said Dr. Bast. "The wound is still infected, but is making progress. Her blood work has shown some improvement, but there are still significant abnormalities which we are continuing to monitor closely."

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, August 4, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

Monday, August 7, 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, August 8, 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, August 8, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Virginia Opossums (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.

Wednesday, August 9, 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, August 9, 11 a.m.,

adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Thursday, August 10, 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, August 10, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Sea Turtles (daily presentation).

There are seven different species of sea (or marine) turtles and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members 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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Refuge Education Teacher Hired



Sara Hallas photos provided

Due to the federal budget crisis, the JN “Ding” Darling National Wildlife Refuge on Sanibel Island has been unable to fill its vacancy since February for an education specialist. “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), however, was able to hire a full-time conservation educator to work with refuge staff for a period of at least one year. The funding was made possible by a dollar-for-dollar match grant from an anonymous donor for \$20,000 and matching donations for another \$20,000 from various refuge supporters.

Sara Hallas, who served as the



Sara Hallas leads a group on a refuge tour

refuge’s Summer Teachers Assisting Refuges (STAR) teacher for two months this summer, has accepted the conservation educator position. Previously, she worked as an environmental science teacher for the Lee County School District and, before that, a second-grade teacher at River Hall Elementary in Alva, Florida. “We welcome Sara into the fold with open arms,” said Supervisory Refuge Ranger Toni Westland. “The budget crisis has been a real hardship for us in trying to keep up with our mission to make future conservation stewards through student busing programs. Sara has been such an asset this summer. We

are so grateful to the wildlife society for making it possible to keep her on.” Hallas will oversee a seasonal staff of two education interns and two resident volunteers to schedule visits for more than a thousand Lee County School District students in the coming school year. She has been supervising field trip visits and free summer programs already throughout the summer and was in charge of estuary field trips for the school district last school year. The new conservation educator will

also be helping the refuge and DDWS with events, Westland said. Her STAR stint ended on July 28, and her new position begins on August 7. “I love being outdoors and educating students about wildlife and their habitats, sharing the passion and love for all of the organisms that make that wonderful habitat so amazing and unique,” said Hallas. “I feel honored to have this opportunity to be a part of this community, learning and sharing that knowledge with all who visit.”✱

Water Quality Panel Discussion

The Environmental Awareness Committee of the Captiva Island Yacht Club will host a panel presentation and discussion entitled Sanibel-Captiva Current Beach Water Quality Issues on Tuesday, October 24 from 10:30 to 11:45 a.m. During the presentation, three water quality specialists – James Evans, Dr. Eric Milbrandt and Dr. Erhard Jones – will share their findings and perspectives concerning the blue-green algae “bloom” that has affected Florida’s estuaries, waterways and beaches so noticeably in the past year and produced toxins that can harm humans, marine life and the environment along the Gulf coast. Evans, director of the City of Sanibel’s Department of Natural Resources, will provide an overview of water quality concerns, explaining

sources of the problem, proposed solutions and the status of related legislation. Milbrandt, director of the marine laboratory for the Sanibel Captiva Conservation Foundation (SCCF), will describe how water quality is monitored and the marine lab’s use of the Estuary Coastal Observing Network (RECON), an array of instruments with near real-time sensors throughout the Caloosahatchee Estuary and Pine Island Sound. Jones, an environmental engineer and professor emeritus at the University of Wisconsin, will serve as moderator. An interactive discussion will follow their comments. Attendees are invited to bring questions and join the conversation because good water quality is essential for good health and abundant marine life. The presentation is free and all are welcome to attend. The Captiva Island Yacht Club is located at 15903 Captiva Drive. For additional information, contact the clubhouse by calling 472-4133.✱



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Campers Thank Captiva Yacht Club And FISH

Without the generous sponsorship donations of Captiva Island Yacht Club (CIYC) members, as well as the dedication and enthusiasm of Junior Sailing Camp instructor Capt. Marshall Long, program director Lauren Davies, assistant instructor Kirk Williams and many counselors, this program would not have been possible. Working with FISH of SanCap for the second year, CIYC members sponsored several children by providing scholarships to their Junior Sailing Club summer camp.

The program was offered in two, two-week sessions held Monday through Friday. Students, ages 8 to 15, had sailing instruction, cool down lunchtime, and kayaking instruction. Each session taught the basics to the beginning sailors, and built upon prior experience with focus on more advanced racing and sailing skills as each participant advanced through the program.

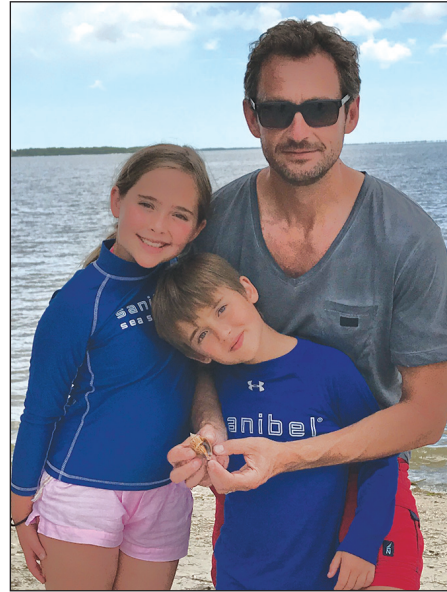
CIYC has a fleet of 12 Optimist prams, six Sunfish and three Laser sailboats.



Student Darren "DJ" Jenkins with instructor Capt. Marshall Long photo provided

For more information on the FISH Youth Scholarship Programs, contact Kathy Y. Monroe or Nitza Lopez of FISH of SanCap at 472-4775.✧

Shell Found



Samantha, Spencer and Val Milshtein photo provided

The Milshtein family found an alphabet cone at Buttonwood Beach. They said, "Finally! After nine years of coming to visit Grandma (Donna Bergamo) on Sanibel Island, a shell worthy of *Island Sun* news."✧

Shell Found



Lauren Carter photo provided

After 12 years of vacations on Sanibel Island, Lauren Carter of Shelbyville, Kentucky found her perfect alphabet cone at Blind Pass.✧

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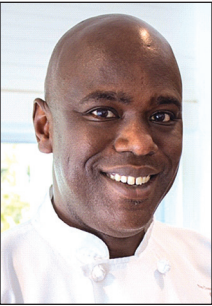
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The Community House

Banana Flowers



by Resident Chef Jarred Harris

The banana tree is one of my favorite edible landscape plants. Almost the entire plant can be used. While the fruit, stems and leaves are the most used parts of the plant, the banana flower offers the most health benefits. The banana flower, also known as the banana heart, can be eaten raw or cooked and aids in the digestive process. The flower is used in salads, soups, stews and curries. The banana flower is a true super food. The flower contains high levels of potassium, calcium, copper and phosphorus. It also contains vitamins A, E, C and magnesium, which help reduce anxiety, and is a mood-booster. Ethanol-based extracts of the banana flower help fight off infections and inhibit the growth of pathogenic bacteria. Other extracts of the flower



Grilled Chicken and Banana Flower Salad
photo provided

help reduce blood sugar levels, which aids in managing diabetes and anemia. If you don't have banana trees in your yard, the flowers can be found fresh in Asian and Caribbean markets when in season. Look for our "How does your Garden Grow" this season for more on edible landscape plants, and try this simple recipe at home. Let me know what you think.

Grilled Chicken and Banana Flower Salad
Ingredients for the salad:
2 large chicken breasts (grilled and sliced thin)
1/2 cup banana blossoms (sliced thin)
1/4 cup lemongrass (sliced thin)
1/2 cup cashews (toasted and chopped)
1/2 cup cilantro (leaves only)
1/2 cup mint (leaves only)
For the dressing:
1/4 cup pepper jelly
3/4 cup coconut milk
2 tblsp. fish sauce

2 1/2 tblsp. lime juice (about 1 1/2 limes)
1 tblsp. honey
Method
Place all the ingredients for the dressing in a blender and blend until smooth.
Place all the salad ingredients in a mixing bowl and toss with the dressing.
Serve on a banana leaf.
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.*

Nutritious Meals Make For Better Grades

Good nutrition, particularly in the early years of life, is important for establishing a good foundation for a child's future physical and mental health, academic achievement and economic productivity. Unfortunately, food insecurity is an obstacle that threatens that critical foundation. The FISH Backpack Program assists island youth with food insecurity and the negative effects it may produce. This year-round program provides children with weekend food so they can continue to eat healthy meals when school provided meals are not available on weekends, holidays or summer months. The FISH Backpack Program is offered to children in grades kindergarten through

eighth at The Sanibel School as well as preschool ages at Children's Education Center of the Islands, Sanibel Christian School and Summit Christian School. Each week, participating students are given non-perishable, nutritious foods that are kid-friendly, easy to prepare and taste great. The program, in partnership with Blessings in a Backpack and partially sponsored by the Sanibel-Captiva Kiwanis Foundation and private donors, is offered at no cost to the participant. Those who have been approved for Free/Reduced Lunch through Lee County Schools are automatically eligible for the program. Students not enrolled in Free/Reduced Lunch, or students in Pre-K must qualify by contacting FISH. Food backpacks are assembled by FISH volunteers and available for pick up at the FISH Walk-In Center Tuesday through Friday. For more information, contact Nitza Lopez or Maggie Goldsmith at 472-4775.*

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Live App For Back To School

The first day of the 2017-18 school year starts on Thursday, August 10. To help families prepare, the School District of Lee County has the annual Back to School section available at www.leeschools.net. It is available for free in the App Store for Apple and Android devices. The Back to School section contains links to the most requested information and popular areas of the website as well as a countdown to the first day of school. Find information such as lunch menus, school supply lists, school bell times and registration. For anything you cannot find, contact your child's school directly.*

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Youth Services Librarian Deanna Evans, left, is collecting Summer Reading Program activity logs, which are due by August 5. photos provided

Summertime Fun At Sanibel Library

The Your Library Reimagined project is under way at the Sanibel Public Library. During the project, a portion of the building will be closed to the public while the infrastructure is updated. The library will provide service through most of the renovation period, but will occasionally have to close for a day or two when there is utility or plumbing work.

Summer Reading Program hours and activity logs are due to Youth Services Librarian Deanna Evans by Saturday, August 5. All earned book prizes must be claimed by Saturday, August 12. Children's

weekly programs resume the week of August 22. The full calendar of youth programs is listed online at www.sanilib.org.

The library's new mobile app helps you search the library's catalog, manage your account, place a book on hold, and more. The app works on all major smart phones and tablets. For Sanibel Public Library cardholders, there is no charge to use the app. Instructions to get the app are on the library's website, or you can call to make an appointment with tech staff. During the first week of August, you can win a beach chair smart phone holder, helpful for listening to eAudiobooks when you're on the go. A random winner will be chosen each day from August 1 to 5.



Win a beach chair smart phone holder

The library offers three e-reader apps; Hoopla for downloadable eBooks, movies, music and audiobooks as well as OverDrive/Libby for eBooks. OverDrive's new Libby app is designed to make borrowing and enjoying eBooks and audiobooks easier, through intuitive navigation, simplified borrowing process, plus one bookshelf that displays all of your loans and holds from all of your libraries. You can use Libby in place of the OverDrive app. Sanibel Public Library cardholders can download magazines through the Zinio/RBdigital app.

High speed Internet access is available at no extra charge throughout the library for those patrons who bring their personal laptops or other electronic devices. In addition to high speed Internet access, the library has computers available (at no charge) to use for internet access.

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 www.sanilib.org. The Sanibel Public Library is located at 770 Dunlop Road.*

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Mushrooms Stuffed With Feta and Spinach

8 ounces bacon slices
1 cup chopped onion
1 10-ounce package chopped frozen spinach, thawed, squeezed dry
4 ounces feta cheese, crumbled (about ¾ cup)
4 ounces cream cheese, room temperature
¼ teaspoon dried crushed red pepper
2¾ pounds button mushrooms stemmed, (about 48; each about 1½ inches diameter)
Preheat oven to 375 degrees F. Cook bacon in heavy, large skillet until crisp, about 8 minutes. Transfer bacon to paper towels to drain. Coarsely crumble bacon. Discard all but ¼ cup plus 2 teaspoons bacon fat (adding olive oil if necessary to equal that amount).

Heat 2 teaspoons reserved bacon fat in heavy medium skillet over medium heat. Add chopped onion and sauté until tender, about 5 minutes. Transfer to medium bowl and cool; mix in bacon, spinach, feta, cream cheese, and crushed red pepper. Season filling to taste with salt and pepper.
Line 2 large rimmed baking sheets with foil. Toss mushrooms and reserved ¼ cup bacon fat in large bowl to coat. Sprinkle mushrooms with salt and pepper. Place mushrooms, rounded side down, in single layer on prepared baking sheets. Bake mushrooms until centers fill with liquid, about 25 minutes. Turn mushrooms over. Bake mushrooms until brown and liquid evaporates, about 20 minutes longer. Turn mushrooms over again. Spoon 1 heaping teaspoon filling into each mushroom cavity. (Filled mushrooms can be prepared 1 day ahead. Cover and refrigerate.)
Preheat oven to 375 degrees F. Bake mushrooms until heated through, about 10 minutes. Transfer mushrooms to platter and serve warm.
Yield About 48.*



Mushrooms Stuffed with Feta and Spinach
photo courtesy Fresh From Florida

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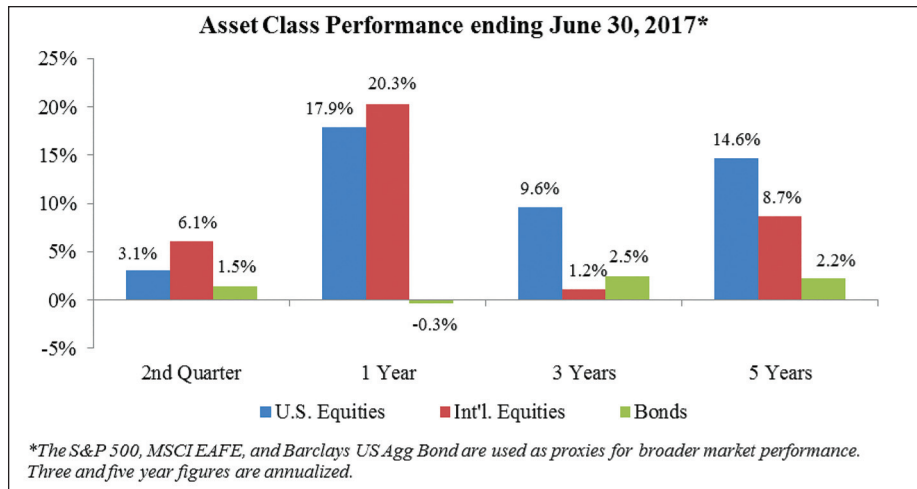


Ian N. Breusch,
CFA Chief
Investment Officer

United States equities continued their upward trajectory throughout the second quarter of 2017. However, the boilerplate new items that seemingly propelled stock

markets higher post-election have subsided. Healthcare reform, corporate and individual tax reform, and infrastructure spending (i.e. fiscal stimulus) remain on the horizon, but certainly are far from imminent. Other than a more forgiving regulatory environment, we are dealing with an economic backdrop that is largely unchanged. GDP has been predictable, corporate earnings have been solid, unemployment continues to improve, and the Federal Reserve Board has felt comfortable raising interest rates twice this year – with potentially more rate increases to come. As it relates to our portfolio of investments, the first-quarter earnings results we reviewed in April and May were positive.

On June 14, the Fed decided to raise the federal funds rate by another 0.25%. This follows the same decision made last December and in March. In



Asset Class Performance ending June 30, 2017

just a few months, short-term borrowing rates have risen, and more rate hikes are expected this year and next. However, let's remember the Fed only impacts the short end of the yield curve. All other interest rates are set by market participants, therefore, the full spectrum of interest rates behaves differently than the Fed's desired outcome.

We have noticed a slight flattening of the yield curve take place, meaning longer-term rates are not increasing as a result of Fed action. Flat or "inverted" yield curves can be a sign of impending recession. However, the Fed is acutely aware of this and can adjust their path toward interest rate normalization based on how the broader market reacts. This is one major reason why we believe achieving the target federal funds rate may take a bit longer than expected.

image provided

We continue to favor a combination of growth and dividend-paying stocks spread across several market sectors for the core portion of client portfolios. Income needs continue to be met by using high-quality income stocks (utilities), preferred stock, REITs and master limited partnerships. Corporate and municipal bonds will be used more as interest rates rise and bond valuations look more attractive.

International stocks have performed rather well through 2017. While we have limited our direct exposure to international markets, we do own several individual

ISLAND SUN BUSINESS NEWSMAKERS

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Chuck Bergstrom



Sarah Ashton

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Book Review

The Identicals

by Di Saggau

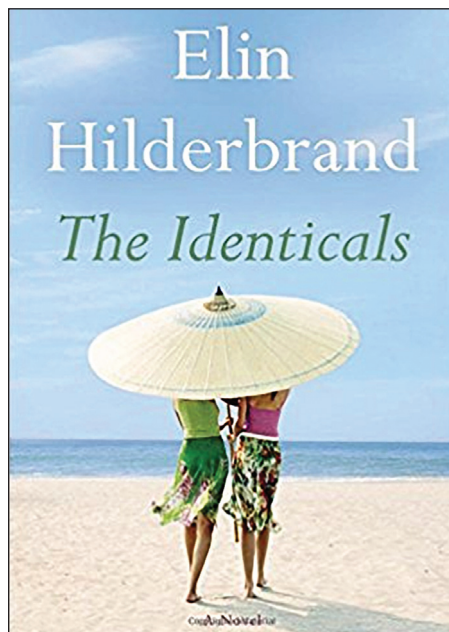


Elin Hilderbrand's new book *The Identicals* is about identical twins who couldn't look more alike and yet live totally different lives on not-so-identical islands. Harper Frost, is laid-back and easygoing. She

doesn't worry about what anyone thinks of her. If she wants a beer and a shot, that's what she'll have and heaven forbid she wear anything fashionable. She's inherited her father's run-down house on Martha's Vineyard, but she can't keep a job and doesn't do much better in the romantic area.

Tabitha Frost is dignified and refined, preferring a good wine and high fashion clothes, many designed by her snobbish and pretentious mother, the iconic fashion designer Eleanor Roxie-Frost. Her parenting skills are questionable as to her teenage daughter Ainsley who is in full-rebellion mode. Tabitha operates a flailing boutique on Nantucket.

After more than a decade apart, the twins switch islands and lives to try and save what's left of their splintered family. Their 14-year separation has left them bitter and entirely different in their outlook and views on life. The book delves into the complexities of family interactions dealing



with misunderstandings and past hurts. There is a lot of name-dropping of places and goods, but I kind of enjoy that. The characters are well-developed and carry the plot to a satisfying conclusion.

Perhaps the most poignant scenes deal with Ainsley, whose teen angst is brought to an end by Harper's nurturing side. There are plenty of romantic relationships, which is to be expected, but there is also a gritty side dealing with secrets, lies and gossip that jumps from one island to the other. Will Harper and Tabitha be able to bury the hatchet and end their sibling rivalry? That's the big question. and one can almost guess the answer, but *The Identicals* is an intelligent escapism read.✱

School Smart

by Shelley M. Greggs, NCSP



Dear Readers, For many children, back to school anticipation creates excitement of the fresh and new. For some, it means a clean slate and a reunion of friends, but for

others, it brings up the fears of separation, the fear of making new friends and dealing with new situations. A great way to help your children process their feelings of anticipation, excitement and dread is through books. There are some wonderful children's books that address these very things.

Here is a great selection of "back to school books" that includes: two books for preschoolers with the theme of separation anxiety (the children's and the parents'); for first and second graders, two very different alphabet books and an absurd tale; and for middle aged kids, third through sixth grade, a classic, an early chapter book, and a "starting at a new school" story. The Bank Street Graduate School of Education, Columbia University, developed this list.

Appelt, K., & Brace, JD (2000). *Oh My Baby, Little One*. San Diego, CA: Harcourt. Ages 3-5. This is one of the sweetest books on separation anxiety. The mama bird says to her preschooler, who is off to school, "Oh, my baby, little one, the hardest thing I do is hold you tight, then let you go, and walk away from you."

Zalben, JB (2001). *Don't Go!* New York, NY: Clarion Books. Ages 3 to 5. Again addressing the issue of that first school separation, Zalben, in a matter-of-fact tone and expressive detailed watercolor paintings, prepares children and their parents from drop-off to pick-up.

Slate, J. (1996). *Miss Bindergarten Gets Ready for Kindergarten*. New York, NY: Dutton Children's Books. Ages 4-6. This kindergarten teacher accomplishes the impossible. With the help of her pet cockatiel, she prepares her classroom in just one day as her 26 pupils prepare to arrive.

Henkes, K. (1991). *Chrysanthemum*. New York, NY: Greenwillow Books. Ages 5-8. Chrysanthemum was perfect, her life was perfect, her family was perfect and her name was perfect. This is what she thought until she started school.

Sierra, J. (2000). *There's a Zoo in Room 22*. San Diego, CA: Harcourt. Ages 5-8. Judy Sierra, winner of Bank Street's Irma S. and James. H. Black Award for Excellence in Children's Literature for *Tasty Baby Belly Buttons*, hits a bull's-eye again with this collection of 26 poems: an ode to the classroom pet.

Creech, S. (2001). *A Fine, Fine School*. New York, NY: Joanna Cotler Books/HarperCollins. Ages 5-8. Mr. Keene was a principal who loved his school. He would wander around peeking into classrooms and pondering aloud, "Aren't these fine children? Aren't these fine teachers? Isn't this a fine, fine school?" The humorous illustrations portray our heroine, Tillie, wearily trudging endlessly

to school under her over-stuffed backpack, covered with yellow posted notes stating, "Massive test on your birthday" and "gym test today."

Taulbert, CL (2001). *Little Cliff's First Day of School*. New York, NY: Dial Books for Young Readers. Ages 6-8. Set in the 1950s, this is an African American writer's memoir of the first day of school. Little Cliff does not want to go. He makes up all kinds of excuses and silly delaying tactics. His grandparents insist that he will be going and that he will "work, work, work" and be "quiet, quiet, quiet."

Cleary, B. (1968). *Ramona the Pest*. New York, NY: W. Morrow. Ages 6-10. The first of eight Ramona books, this classic novel of 5-year-old Ramona Quimby's unique point of view is a delightful read-aloud for children who are looking back on their own experience starting school.

Carbone, E. (1998). *Starting School With an Enemy*. New York, NY: Knopf. Ages 8-12. Fifth grader Sarah's family has moved her kicking and screaming from their home in Maine to Maryland. Not only does she have to go to school and be the "new" kid but she has already made an enemy of a sixth grade bully.

Gauthier, G. (1998). *A Year with Butch and Spike*. New York, NY: Putnam. Ages 8-12. Jasper Gordon is the perfect student and he anticipates that this year will be no different. Teachers love him, he always gets great grades, and he is pulled out with the other really smart kids for "enrichment." Then he meets his sixth grade teacher, Mrs. McNulty.

More Back to School Books:

Johnston, T. (2007). *Off to Kindergarten*. New York, NY: Cartwheel Books. A young boy lists all the things he will have to take with him on his first day in kindergarten. Call# JPK.

Kleven, E. (2007). *The Apple Doll*. New York, NY: Farrar Straus Giroux. Lizzy is scared to start school, so she makes a doll out of an apple from her favorite tree to take with her on the first day and keep her company. Call# JPK.

Neubecker, R. (2007). *Wow! School*. New York, NY: Hyperion Books. Izzy finds many things to be excited about on the first day of school. Call# JPN.

Borden, L. (2008). *Off to First Grade*. New York, NY: Margaret K. McElderry Books. Each member of a first grade class, as well as their teacher, principal and a bus driver, expresses excitement, worry or hope as the first day of school begins. Call# JPB.

Milord, S. (2008). *Happy School Year*. New York, NY: Scholastic Press. Children gather for a first day of school celebration that calms their worries about the day. Call# JPM.

Edwards, PD (2009). *Dinosaur Starts School*. Morton Grove, IL: Albert Whitman. Dinosaur worries about the first day of school, but with the help of a reassuring classmate he finds that school can be fun. Call# JPE.

Grogan, J. (2009). *Marley Goes to School*. New York, NY: HarperCollins. Marley the rambunctious dog sniffs his way to Cassie's school and spreads chaos as he searches for her. Call# JPG.

Parish, H. (2009). *Amelia Bedelia's First Day of School*. New York, NY: Greenwillow Books. A literal-minded first-grader's first day of school is filled with

continued on page 32

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Whether it is the unique design wrought in gold or the accent of tri-tonal silver, women around the world seek out Gurhan jewelry pieces. The famed designer's new masterpieces will be unveiled during a Summer Showcase Thursday and Friday, August 17 and 18 at Lily & Co. Jewelers.

"Gurhan is truly a talented designer and our Summer Showcase is a must-see of his exquisite pieces," said Dan Schuyler, who co-owns Lily & Co. Jewelers with Karen Bell.

Hand-hammering and natural imperfections are signature Gurhan style. Each piece is crafted by hand in Gurhan's workshop.

Lily & Co. Jewelers is located at 520 Tarpon Bay Road. For more information, call 472-2888.*



Gurhan jewelry

photo provided

Top Ten Books On The Island

1. *Mangrove Lightning* by Randy Wayne White
2. *Sanibel Lighthouse* by Charles LeBuff
3. *Gift from the Sea* by Anne Morrow Lindbergh
4. *Tricked* by Jen Calonita

5. *Sanibel Flats* by Randy Wayne White
 6. *Little French Bistro* by Nina George
 7. *Tour of the Islands of Pine Island Sound* by Denege Patterson
 8. *Shellanguage* by Pam Rambo
 9. *Late Show* by Michael Connelly
 10. *Woman in Cabin 10* by Ruth Ware
- Courtesy of MacIntosh Books and Paper.*

Island Condo Maintenance Joins 'Ding' Days Sponsors

Island Condo Maintenance joins the list of sponsors for "Ding" Darling Days for the first time, at the Great Blue Heron Level. "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) co-hosts the 29th annual birding and eco-festival, which will draw more than 6,000 visitors to the JN "Ding" Darling National Wildlife Refuge the week of October 15 to 21.

"Ding" Darling Days is a free event we present to educate the public about the refuge and the importance of wildlife conservation," said Supervisory Refuge Ranger Toni Westland, event co-chair. "We could not do it without the generous support of Island Condo and all our wonderful sponsors."

"Ding" Days sponsorships start at \$200. For information on becoming a sponsor, visit www.dingdarlingdays.com or contact Sarah Lathrop at sarah@dingdarlingsociety.org by August 16.

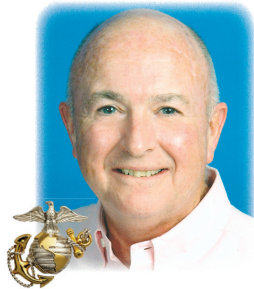
"Ding" Darling Days annually celebrates National Wildlife Refuge Week and the birthday of Jay "Ding" Darling, the refuge's namesake and father of the Federal Duck Stamp Program. The event is co-presented by the U.S. Fish & Wildlife Service, DDWS and Tarpon Bay Explorers.*



Island Condo Maintenance owners Kim and John Munger with their dog Finn and refuge mascot, the Blue Goose

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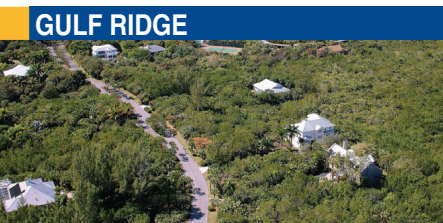


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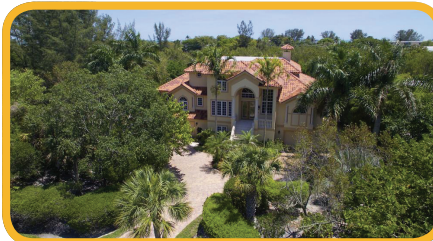
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Volunteer Tony Arnold reads to a student

photo provided

Volunteers Needed For Literacy Program

United Way of Lee, Hendry, Glades, and Okeechobee is recruiting volunteers for the United Way ReadingPals program to read to 4- and 5-year olds at 16 school sites in Lee and Hendry counties. ReadingPals help build a strong foundation for literacy and a love of reading in young children.

Children who are read to are more likely to become good readers. Children who read at grade level by the third grade are four times more likely to graduate from high school. The ReadingPals literacy program requires a commitment of only one hour a week during the school year. During this time, pals are matched with pairs of Pre-K and kindergarten age children who need extra help. Pals build a meaningful relationship by providing the individual attention many kids need to thrive. Volunteers are needed in all areas of

the community, particularly in Lehigh Acres and Central Fort Myers. The schools in Lee County are: Bonita Elementary, Cafferata Elementary, Christa McAuliffe Elementary, Colonial Elementary, The Early Childhood Center, J. Colin English Elementary, Gladiolus Child Development, New Horizons Afterschool in Estero, Orangewood Elementary, Orange River Elementary, Pinewoods Elementary, Sunshine Elementary and Villas Elementary. The program is supported by the

Children's Movement of Florida and Publix Super Markets. To learn more, contact Nancy Coker at Nancyc@UnitedWayLee.org or 433-7544. To sign up, go to www.UnitedWayLee.org/Volunteer/ReadingPals. ReadingPals is a program of the United Way Volunteer Center, which connects individuals and companies to volunteer opportunities throughout our community. You can reach the United Way Volunteer Center by calling 433-2000 option 9, or by visiting www.UnitedWayLee.org.

Superior Interiors

Enhance Your Decorating Confidence

by Barb Cacchione




I often hear my clients say, "I don't know what my style is or what I like – you need to tell me." When this happens, I usually try to help them by asking a few key questions. I also recommend

practicing a few simple visual exercises that will help them identify what they like. Once you know what you like and why, it becomes easier to develop and enhance your own decorating style confidently. Discovering your style involves developing an acute awareness of your surroundings and the ability to judge your reactions. Take a minute right now, in the room where you are reading this article. Look around the room carefully and write down five reasons why you like the room. Be very specific. For example, you like the window. Why? Is it because of the symmetry? Does it admit a lot of natural light into the room? Do you like seeing

the colors in the window's view? Now, take a few more minutes and look again. Ask yourself what features you don't like. For example, a painting on the wall. What is it about the painting that you don't like? The color? Is it hung too low? Too high? By becoming conscious of your reactions to what you see, you'll begin developing your own sense of what you like and, just as important, what you don't like. Every time you enter a room, make it a habit to ask yourself whether you like it or not. An office, a restaurant or another home – it makes no difference. What characteristics appeal to you? Which ones make you feel uncomfortable? Do any of the rooms approach your ideas of what you would want in your home to look like? Assess the mood that is evoked in each room and the ingredients that give it a particular ambience. Does it make you feel warm, cool, cozy, serene, etc? Decorating confidence is something you develop, many times with the assistance of your own professional decorator whose knowledge and resources are indispensable. Your home should be decorated with a sure awareness of how you respond to color, texture, form, line and space. Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coincdecen.com.



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CHR Treasurer Appointed

Mona Strasser, a Sanibel Captiva Community Bank vice president and office manager, has been elected as treasurer to the Community Housing and Resources board of directors.

"Mona is a very natural fit and an excellent choice," said CHR Board Chairman Richard Johnson.

Strasser joined Sanibel Captiva Community Bank in 2015 and has served in multiple roles for the bank. Currently, she manages daily operations and customer relationships – including business and consumer banking – at the Library Way branch on Sanibel. She has 16 years of banking experience.

A Lee County native, Strasser is president of the Red Knight Foundation.✱



Mona Strasser

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VCB Earns Designation

Destinations International recently re-accredited Lee County Visitor & Convention Bureau (Lee VCB) for its commitment to industry excellence.

The Lee VCB received its Destination Marketing Accreditation Program (DMAP) rating at the Destinations International 2017 annual convention in Montreal, Canada on July 11 to 14. The eight-year reaccreditation signifies a process that involved providing information in 95 different categories, allowing the DMAP board to evaluate the operations of the Lee VCB.

"Having this accreditation is a distinction that indicates we perform our duties with great quality, utilizing the latest performance standards in destination marketing and management," said Tamara Pigott, executive director of the Lee VCB. "We are being held to the highest possible standard. This benefits residents, guests and the tourism industry of Lee County."

DMAP requires a destination organization to comply with mandatory and voluntary standards to gain this momentous achievement. The standards cover nearly all aspects related to the management and marketing of destinations, including governance, finance, human resources, sales, communications, development and research.✱

From page 26

School Smart

confusing adventures, much to her delight. Call# JPP.

Greene, S. (2010). *Princess Posey and the First Grade Parade*. New York, NY: GP Putnam's Sons/Penguin Young Readers Group. Posey's fear of starting first grade is alleviated when her teacher invites the students to wear their most comfortable clothes to school on the first day. Call# JPC, also CD JFG (sound recording).

McCarty, P. (2010). *Henry in Love*. New York, NY: Balzer & Bray. On the first day of school, Henry the cat vies for the attention of the most amazing girl in class, Chloe Rabbit. Call# JPM.

Schaefer, LM (2010). *Frankie Stein Starts School*. New York, NY: Marshall Cavendish. Frankie begins his first day at Miss Wart's Academy for Ghouls and Goblins excited and eager to learn, but when the other students tease him for being different, he demonstrates what he already knows about being scary. Call# JPS.

Pennypacker, S. (2010). *The Amazing World of Stuart*. New York, NY: Scholastic. Stuart makes a magical cape out of some old ties and has a series of adventures, and then he wears the cape to his first day of third grade at his new school, in the hope that it will help him. Call# JPB.

Sarah, Duchess of York. (2010). *Emily's First Day of School*. New York, NY: Sterling. Emily is nervous before her first day of school, but she has such a good time that she cannot wait until the second day. Call# JPS.

Winters, K. (2010). *This School Year Will be the Best!* New York, NY: Dutton Children's Books. When a teacher asks her students on the first day of school what they wish for in the coming year, the answers range from having a good school picture to receiving a perfect report card. Call# JPW.

Moss, M. (2011). *Daphne's Diary of Daily Disasters: The Name Game!* New York, NY: Simon & Schuster. In her diary, Daphne Davis doodles, draws and documents a series of disasters on her first two days of fourth grade. Call# JFM.

Rockwell, AF (2011). *First Day of School*. New York, NY: Harper. Mrs. Madoff's students compare notes about getting ready for their first day of school after vacation. Call# JPR.

Stine, RL (2011). *It's the First Day of School -- Forever!* New York, NY: Feiwel and Friends. Everything goes wrong for 11-year-old Artie on his first day at Ardmore Middle School, from the moment his alarm goes off until the next morning, when everything is repeated exactly the same way. Call# JFS.

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

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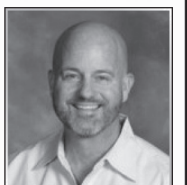
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ISLAND SUN BUSINESS NEWSMAKERS



Phaidra McDermott



Elise and Tom Starr



Rob Starr

Top Producers

The top producers for June at John R. Wood Island Real Estate were: Phaidra McDermott, top closed volume; The Starr Family Team, top pending sales; Kris Cardinale, top listing agent; and Valerie Tutor, productivity award.✪✪



Kris Cardinale



Valerie Tutor

Manager Appointed

Stu Velky has been promoted to manager of In The Garden, Sanibel's retail garden center and outdoor showroom. Velky joined In The Garden in July of 2015 as a nursery specialist.

"Stu knows our garden center and our customers well," said Lisa Walsh, owner of RS Walsh Landscaping and In The Garden. "Among his talents, he is very familiar with tropical fruit and food-related plants that grow in our subtropical paradise. We are looking forward to his ideas to enhance the garden center."

Velky has more than 15 years of experience in horticulture and environmental education in Florida, Cameroon, Botswana, Costa Rica and Ecuador. He obtained his bachelor of arts in environmental and growth management studies from Rollins College. He earned his masters in international affairs from America University's School of International Service and his masters in natural



Stu Velky

photo provided

resources and sustainable development from the United Nations University for Peace.✪✪

Prostate Cancer Meeting August 9

For prostate cancer patients who have already been treated but are having cancer recurrence or rising PSA, Prostate Cancer International is staging a free event to let you know more about a new PET Scan called Axumin, which was FDA approved in 2016 and Medicare approved in 2017.

The meeting will be held on Wednesday, August 9 from 5:30 to 7:30 p.m. at Lakes Regional Library, located on Bass Road and Winkler Road in Fort Myers. Pre-registration is recommended, but walk-ins are welcome. To pre-register, call Jan Manarite at 208-4400 or email her at JManarite@hotmail.com.

Manarite is the widow of charter

captain Dominic Manarite, who lost his battle to prostate cancer in 2013. They and their son, Mico, were residents of Sanibel for more than 30 years. She continues to educate and empower others from the lessons they learned in their journey.

At the meeting, participants will also talk about prostate cancer imaging in general. Dr. Shawn Carter of Radiology Regional will speak about Axumin. He has done many of these PET Scans, including earlier clinical trials at Emory University in Atlanta. Manarite will speak about working with your doctors and nurses, understanding your medical records and shared decision making. Joe Liguori from Blue Earth Imaging will answer your questions about insurance coverage and availability.

For more information, visit www.ProstateCancerInfoLink.net.✪✪



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The Story Of Uncle Benny



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

In my wife’s family lore, they tell the story from many years ago about Uncle Benny who didn’t trust his doctors. One day Benny experienced crushing chest pains and was rushed by ambulance to the hospital. His wife and a host of other close relatives chased in a car behind. Once examined in the emergency room, he was transferred to a regular hospital room. It seemed like eternity until a doctor arrived. The family nervously gathered around Benny’s bed while the doctor looked at everyone and smiled. “I have good news, Benny,” the doctor exclaimed. “You didn’t suffer a heart attack! You might have had gas or something else, but you’re just fine. It will take a few minutes, but as soon as we process the paperwork, you’ll be released to go home.”

Everyone in the room exhaled, chattering away with pleasure over the news. But not Benny.

As soon as the doctor left the room, he picked up the telephone and dialed zero on the rotary dial to reach the hospital receptionist.

“What are you doing, Benny?” his wife hollered at him. “Shush!” Benny waved his hand in her direction pressing the receiver to his ear. “Hello? Is this the hospital receptionist?” Benny shouted into the telephone. “Tell me please. What is the condition of a patient you have by the name of Bernard Leber?CRITICAL!? CRITICAL YOU SAY?!?!?”

You see, Benny didn’t believe his doctor and instead chose to call the front desk of the hospital to see what condition they had him listed in. That was back in the day when you could call a hospital’s switchboard and find out a patient’s condition simply by asking. Benny’s condition hadn’t been updated yet, and he believed what the receptionist told him over what the doctor had said.

This wouldn’t be such a funny story if Benny had been in a hospital today. The Health Insurance Portability and Accountability Act (HIPAA) prohibits doctors and hospitals from discussing anyone’s medical condition or history without that person signing a release. When you go to your doctor’s office these days, you are typically asked to sign such a release naming the individuals the doctor is allowed to talk to without violating your privacy rights.

To violate HIPAA could result in the doctor or hospital committing a federal crime. Which leads me to today’s estate planning topic – and that is the important document that everyone should have as a part of their estate plan – the general HIPAA waiver and release.

Suppose that you are in an automobile accident. If you are rushed to the hospital and are unable to sign that hospital’s HIPAA waiver, then the doctors and other hospital support personnel are prohibited under federal law from discussing your condition even with your spouse or children. I would agree that this law is overzealous and borders on silly – but that’s what we have.

And if you don’t believe that a hospital would limit your spouse’s access to you in such an event – take it from me – they will. You see, 13 years ago while alone on a training ride on my bicycle, a car hit me. I was actually on the Summerlin Road bike path and not on the street itself when a car coming in or going out of a subdivision caused me to crash.

I don’t remember much about the accident. Whoever hit me fled the scene. A Good

Samaritan must have called 911 – I was unconscious – and I was eventually rushed by helicopter to the Lee Memorial Trauma Center downtown. I had suffered skull fractures (my bicycle helmet saved my life) and was bleeding out of my ears. I was a John Doe in the helicopter since no one looked in my bike’s saddlebag where I kept a health insurance card exactly for this scenario. Eventually I was able to tell them Patti’s name and cell phone number. She got a very scary call and rushed to the hospital.

Where they wouldn’t let her see me. Why? Because I hadn’t signed a HIPAA waiver. I was semi-conscious being treated in the emergency room. But since I hadn’t signed a HIPAA waiver, they wouldn’t let her in to talk to the doctors or to learn exactly what my condition was.

Luckily I have good friends who are doctors who also rushed to the emergency room and let Patti know what was going on. But it was frustrating for her. After that incident, I decided to include in my client’s general estate planning portfolio a standard HIPAA waiver and secure, mobile access to that waiver that allows each client to list any and all individuals he or she would want to receive their health status from doctors and hospitals in case they hadn’t signed that specific hospital’s waiver.

I believe that many other estate-planning attorneys are now following this protocol. If you don’t have such a document in your planning portfolio, you might want to ask your estate-planning attorney for one.

Because unlike my wife’s Uncle Benny, your family can’t dial the hospital receptionist to learn your current condition – even if that condition isn’t exactly up to the second accurate.

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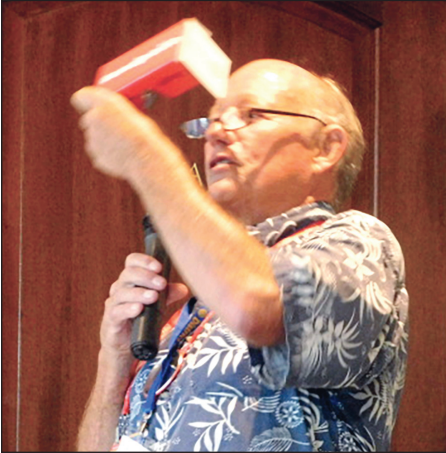
Rotary Happenings

submitted by Shirley Jewell

Our speaker last week was one of our own. Chet Sadler, Sanibel-Captiva Rotary’s energizer bunny. Primarily, he is the club’s global grant go-to person and has traveled to Haiti, Guatemala and Ecuador to observe San-Cap Rotary Trust Foundation grant projects. He’s visited water well projects in Haiti, construction projects at St. Marc School, and he’s visited our micro-loan partners in Guatemala where our club has supported loans for Guatemalan coffee growers. This travel has basically been on Sadler’s dime.

One Rotarian bucket list item for Sadler has been to attend a Rotary International (RI) Convention. Each year, RI has a global convention, and locations can be anywhere in the world. This year, the convention was held in Atlanta, Georgia, so Sadler packed his bags and headed to Atlanta for six days, along with 44,000 other convention attendees.

This year’s RI convention marked the 100th anniversary of Rotarian Arch Klemp’s founding of the Rotary Trust



Chet Sadler with virtual reality glasses photo provided

Foundation in 1917 in Atlanta. Georgia’s Governor, Nathan Deal, welcomed the convention attendees to the state and outgoing RI President John Germ made his opening remarks to take advantage of the opportunity to learn more about Rotary.

“Everyone you meet here this week, no matter how different they look, no matter where they’re from and what language they speak – everyone here is a part of your Rotary family,” said Germ. “You might just find yourself a new friend, or your club a new partner.”

To commemorate the 100th continued on page 38

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City Employees To Run In Marine Corps Marathon

Two City of Sanibel employees, James Evans and Anthony Thompson, will participate in the Marine Corps Marathon (MCM) in Arlington, Virginia. The Marine Corps Marathon is one of the largest marathons in the United States and the world. The MCM is also known as the The Peoples Marathon, since it celebrates the honor, courage and commitment of all finishers, rather than offering prize money. Both Evans and Thompson are excited to compete in their first marathons for their respective teams.

Evans, the city's natural resources department director, is an avid runner, triathlete, and has completed numerous races including several half marathons and a half ironman. Evans is a U.S. Army veteran who achieved the rank of sergeant and has held the following positions: M1 Abrams Tank Crewman and Multiple Launch Rocket System (MLRS) Crewman. He will be running the marathon as a member of Team Red, White and Blue, a veterans group whose mission is to enrich the lives of American veterans by connecting them to their community through physical and social activity.

To prepare for this race, Evans runs five days per week, with one long run each week. He is currently averaging



James Evans and Anthony Thompson

20 to 30 miles per week and will incrementally increase mileage as the race approaches.

Thompson is the major of the Sanibel Police Department. He has run a number of half marathons and is excited to take part in his first marathon with his fellow "Leathernecks." Thompson is a Marine Corps veteran who has held the following positions: Infantry/Patrol Squad Leader, 81mm

photo provided

Mortar Crewman, Military Customs inspector, and Regimental Supply Fiscal Chief.

Thompson will be running the Marine Corps Marathon with Medals of Honor, an organization operated by volunteers who are dedicated to honoring the memory and sacrifice of fallen military veterans and their families.

To prepare for the MCM, Thompson

runs about five to seven miles a day, five days per week, with one long run each week.✱

Realtor To Speak At ABWA Meeting

The Sanibel Captiva Charter Chapter of the American Business Women's Association will present one of its own members, Valerie Tutor, realtor with John R. Wood Island Real Estate, as the featured speaker for the August meeting. Tutor's presentation will focus on communication in today's workplace.

Good communication skills are essential to relationships, both personally and professionally. Success is achieved through the building of lasting relationships with customers and within work teams. Tutor will use interactive activities to promote good communication skills and provoke a discussion in an informal atmosphere. With the help of everyone who attends, this session will provide for a motivational evening that will inspire members to bring enthusiasm and energy into their own work or personal relationships.

The meeting will be held on Tuesday, August 8 beginning at 5:30 p.m. at The Community House, located at 2173 Periwinkle Way. Both members and guests can register online at www.ABWASanibelCaptiva.org.✱

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Training Camps Open As New Study Links Concussions To Brain Disorders



by Ed Frank

This past week, the 32 teams in the National Football League opened preseason training camps. Reports flooded the media with each team's outlook for the upcoming season, injuries and a raft of other menial information.

What was missing from nearly every one of these newspaper, radio and television reports was the startling revelations of a new study by Dr. Ann McKee, chief of neuropathology at the VA Healthcare System and a professor of neurology at Boston University's Medical School. The study found that 110 of 111 brains of former NFL players were

found to have chronic traumatic encephalopathy or CTE.

CTE, in case you don't know, is a leading cause of memory loss, depression and dementia. It is directly linked to sustained concussions experienced by football players and, in some cases, to hockey, soccer, boxing and other athletes.

The earlier denial by the NFL that repeated blows to the head led to CTE was the subject of the 2015 movie *Concussions* that brought nationwide attention to this serious problem.

But just this month as Dr. McKee's study was being published, a top NFL official acknowledged that playing football and having CTE were "certainly" linked. It appears at last that this acknowledgement effectively ends a public dispute whether blows to the head while playing football are definitely associated with the brain disorder CTE.

Still unanswered are questions why some players are more vulnerable to it than others.

To date, CTE is diagnosed by examining the brains of deceased players. Further research is needed to discover the symptoms while athletes are still living.

To the NFL's credit, it has moved in a positive direction to protect its players with rule changes, sideline medical teams, better equipment and stronger penalties for hits above the shoulders – all being done while previously denying the fact that head trauma can lead to CTE.

In her study, Dr. McKee admits that research is still in the early stages of pinpointing the exact timing when CTE occurs. It's too easy to brush off the problem by advocating banning football for youngsters – although it is clear that many parents don't want their children playing the sport.

Football is too big and too important for many, many reasons. It opens the doors for thousands to attend college via scholarships along with the lucrative financial awards in this multi-billion dollar business. But it's clear that football must do more, at all levels of the sport, to protect its players today and in the future.

No longer can it deny that blows to the head on the football field are not the cause of the debilitating condition of many, many former players.

Miracle Drops To Third Place

After a blistering start to the season's second half, the Fort Myers Miracle baseball team ended the month of July in third place in the Florida State League South Division, 1-1/2 games back of Bradenton.

The Miracle lost six of 10 games ending July, but still managed a second-half season record of 22-16.

The local team began a four-game home stand today, Thursday, against Jupiter. The Thursday and Friday games at Hammond Stadium have 7:05 p.m. starts, with the first pitch Saturday at 6:05 p.m. and an early start Sunday at 11:05 a.m.

The Miracle trailed second-place Jupiter by just half a game as the week began.✱

Red Sox Golf Tournament Coming This Fall

As part of its continuing community outreach efforts, the Red Sox Foundation will hold its 6th annual Swings for the Sox golf tournament on Friday, October 6.

The tournament will take place at the Gold Course at Tiburon Golf Club located at the Ritz-Carlton Golf Resort at 2620 Tiburon Drive in Naples. A scramble format with prizes for the longest drive, putting, closest to the pin and more will begin at 8 a.m. after registration at 6:45 a.m. A continental breakfast will be included as well as a buffet lunch.

All proceeds from this year's tournament will benefit the Lee County Red Sox Scholarship in partnership with The Foundation for Lee County Public Schools, Inc. Last year, the Red Sox Foundation awarded a \$5,000 college scholarship to one deserving student from each of the 13 public high schools in Lee County.

Last year's 5th annual tournament

raised more than \$80,000.

"We were very excited that the first five years of this Red Sox Foundation golf tournament not only sold out but has raised \$260,000 for local nonprofits and scholarships," said Katie Haas, vice president of Florida business operations for the Red Sox.

This year's title sponsor is DLD Builders and joins CVS Pharmacy and The Hertz Corporation as presenting sponsors.

Tournament sponsorships are available from \$150 to \$10,000. Foursome player packages begin at \$1,000.

All supporters of the Red Sox Foundation will be able to participate in an online silent auction where they can bid on one-of-a-kind auction items and other unique experiences. More details on the online silent auction will be forthcoming.

Raffle and silent auction items that can be used to aid in raising money for the Red Sox Foundation's scholarship fund and additional funds for those in need throughout Southwest Florida are also being accepted.

For more information, call 226-4783 or email swingsforthesox@redsox.com.✱

SPORTS QUIZ

1. In 2016, Detroit's Miguel Cabrera became the fifth-youngest player (33 years old) to reach 2,400 career hits. Who was younger?
2. The New York Yankees set a major-league record in 2015 by having seven pitchers with at least 100 strikeouts. Name five of them.
3. Name the last time before the 2015 season (Carolina) that a team scored at least 49 points in an NFL conference title game.
4. In 2016, the ACC set a record by having six men's basketball teams in the Sweet 16 of the NCAA Tournament. Name them.
5. When was the last time before the 2016-17 NHL season that the Edmonton Oilers reached the Stanley Cup playoffs?
6. Name the first woman to drive in Formula One racing.
7. Who was the first back-to-back gold medalist in singles in Olympic men's tennis history?

ANSWERS

1. Ty Cobb (31 years old). Rogers Hornsby (32), Hank Aaron (32) and Robin Yount (33). 2. Michael Pineda (156 strikeouts), Masahiro Tanaka (139), CC Sabathia (137), Delin Betances (131), Nathan Eovaldi (121), Adam Warren (104) and Andrew Miller (100). 3. In the AFC Championship Game after the 1990 season, Buffalo scored 51 points against the Los Angeles Raiders. 4. Miami, Fla., Duke, North Carolina, Notre Dame, Virginia and Syracuse. 5. It was the 2005-06 season. 6. Maria Teresa de Filippis, in 1958. 7. Andy Murray of Great Britain.



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Beautifulife:

Generation Gap

by Kay Casperson



What generation do you fall into? I have found that exploring and understanding the different generations can help us appreciate each other more and also help us

communicate better. This is important to me as I had my kids at a later age than most, am on the cusp of a couple different generations and employee staff of various ages.

To make things a bit more clear, I have outlined the generations below by birth year and a few characteristics that might stand out.

The Silent Generation – 1925 to 1945 – Born during the Great Depression. Grew up expecting a hard life with few frills. They worked very hard and learned how to save money. They were not loud in terms of protests and did not take risks. Family values and traditions were important to this generation. They were loyal to their country and their employers and respected authority.

Baby Boomers – 1946 to 1964 – Known to have a strong work ethic, be extremely independent, goal oriented, disciplined and competitive. These individuals are also very resourceful, mentally focused and team oriented. They have an “anything is possible” attitude.

Gen X – 1965-1979 – These individuals are independent, resourceful and self sufficient. They value freedom and responsibility in the workplace and embrace a hands off management philosophy. They are technologically adept, flexible and value a work/life balance.

Gen Y or Millennials – 1980 to 1995 – The largest generation in Western history. They are technologically savvy as they grew up being connected. They

are civic-oriented, entrepreneurial, authentic, adventurous and compassionate. They are the “we want it now” generation.

Gen Z – 1996 to 2010 – The “Internet experts” who would rather have a digital conversation than one in real life. They look up to YouTubers and send messages through Snapchat because they are more private and don’t like the idea of a permanent post. They tend to turn their hobbies into jobs, are self starters and are more accepting of others’ differences.

Maybe you are considered a “cusper” which means you are within two to three years of a generational age range. Cuspers can usually identify with the values and behaviors of two generations, like myself, who is on the cusp of Baby Boomer and Generation X.

I believe that it is important to realize that all of these different generations bring beautiful things to our lives in terms of values, tradition, aspirations, understanding, acceptance and our future. As a mom with kids that are two generations apart from me, it is not always easy to accept and understand the way they do things today, which is so different from what I did at their age. I constantly find myself questioning how they think, feel and function, but I have come to understand that I need to embrace the differences in our generations, stay up to speed on technology and encourage them to learn and grow their own way so that they too will enjoy a beautiful life.

My affirmation for you this week is:

“I embrace the ideas of other generations and know that we all contribute something special in shaping the path to a 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

Plant-Based Diets



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

Is eating a plant-based diet best for everyone? There are many advocates of some plant-based diets, but just avoiding meat does not automatically equal a healthier diet.

We often see this with “vegetarians” who primarily eat refined carbohydrates and cheese with plenty of sugar-laden drinks. A typical day of food may consist of sugary cereal with milk, cheese and crackers, pizza and soda. As a general rule, we should all try to consume multiple servings of fresh vegetables each day, while limiting carbohydrates like bread, fruit, and potatoes.

Even though vegetables and fruit are often lumped into the same category in some diet programs, there are more calories and sugar in fruit. Eating one serving of fresh fruit three or four days per week is much different than eating it

throughout the day.

The Journal of the American College of Cardiology published a study recently which included three different plant-based diets. One combined the eating of any type of plant-based foods along with reducing animal-based foods. Another focused on eating whole grains, fruits and vegetables. The third centered around unhealthy plant-based foods, like refined carbohydrates, potatoes and sugar-laden foods and drinks.

The research comprised long-running studies including the Nurses’ Health Study (73,710 women), the Nurses’ Health Study II (92,329 women) and the Health Professionals Follow-up Study (43,247 men). The results showed that healthy plant-based diets (fruits, vegetables and whole grains) were associated with decreased heart disease risk. Interestingly, the group that ate less meat, but consumed more refined foods, had a 32 percent increased risk of heart disease.

The study recommended increasing healthy plant food intake and decreasing unhealthy ones. We agree! We also find that each of us has a unique physiology requiring different types of food for optimal health which, for some of us, includes meat.

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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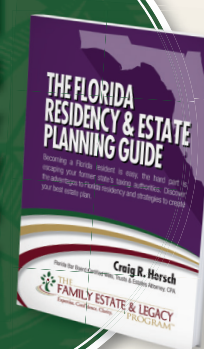
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Island Seniors At Center 4 Life

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

Trash & Treasures Sale – 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 TVs cannot be accepted.

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 – August 4, 11, 18 and 25 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.

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 p.m.

Hand & Foot – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – August 8 and 22 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.✱

From page 34

Rotary Happenings

anniversary of the Rotary Trust Foundation, Rotarian Armando Marinelli and his family from Agnone, Italy presented Rotary International with a new handcrafted bronze Rotary bell made in his family's foundry in Italy. The bell took five months to create and measures 42 centimeters in diameter and 21 centimeters tall. The Marinellites Foundry is the second oldest family business in the world and has been in business for the last 1,000 years. As Germ rang the new bell, the convention came to order.

The featured speaker for the convention was the founder of Microsoft, Bill Gates, and co-chair of the Melinda and Bill Gates Foundation, speaking on The Gates Foundation's joint effort with Rotary International to eradicate the presence of polio in the world. The financial stake from Rotary and the Gates has been \$1.5 billion since 2007. Gates will continue to assist Rotary in the raising of another \$1.5 billion over the next three years.

Sadler attended a breakout session about Rotary's achievements and progress in eradicating polio. During this session, 3,000 attendees participated in a powerful visual illustration of the progress Rotary has made toward the complete eradication of polio around the globe. Attendees were asked to light up their LED bracelets to blue and then as the achievements in Rotary's fight against polio (since 2007) were announced, certain sections of the arena where asked to change the LED color to green. As the arena lights dimmed,

most of the room was aglow with green LED light, except for a tiny section of blue representing just six reported polio victims last year.

Between subject sessions, attendees went to social events, toured the city, talked to other attendees, took plenty of pictures, visited the exhibit hall with booths representing NGOs from around the world, and found out about other Rotary clubs and Rotary projects around the globe.

Sadler participated in one of the most unique experiences at the convention, with about 3,000 others, in the largest virtual reality live viewing experience using VR glasses. The four-minute presentation in Bosnia focused on polio and peace.

Actor and philanthropist Ashton Kutcher, co-founder of Thorn, led a panel presentation on The End of Modern Slavery-Human Trafficking. Thorn is an international anti-human trafficking organization that works to address the sexual exploitation of children. The primary programming efforts of the organization focus on Internet technology and the role it plays in facilitating child pornography and sexual slavery of children on a global scale.

Jack Nicklaus, golf icon, philanthropist, polio survivor and Rotary ambassador for polio eradication, spoke about his life's journey and success in sports. The eradication of polio is an achievable goal. Rotary will do it. Andrew Young, civil rights leader during the 1960s, leader of the Southern Christian Association with Dr. Martin Luther King, U.S. congressman from Georgia, U.S. ambassador to the United Nations and mayor of Atlanta for 20 years, told his story, which included the rebuilding of Atlanta during his years as mayor.

Achievements are brought about by diverse people working together.

All the events presented at the convention were impressive and inspirational regarding Rotary's leadership in global humanitarian efforts.

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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What Color Do You Pee?



by Suzy Cohen, RPh

Dear Readers:

It's one of those things you don't even pay attention to, until it changes color. The yellow "pee" pigment is called "urochrome," and if it's concentrated, you're urine is

darker yellow. When well hydrated, the urochrome is dilute. A variety of surprising foods, candy, medications and disorders impacts urine color. Here are causes for the strange colors:

Red or Pink

If you pee red, it's frightening because your brain immediately thinks "Blood!" But shots or high oral doses of Vitamin

B12 can cause it. Beetroot supplements and eating beets (or drinking beet juice) can also make you see pink in the potty.

If you just had two slices of rhubarb pie, or a dozen blackberries, you'll see pink. Bladder or kidney infections, and prostate cancer are rare causes, so get it checked out if it persists beyond the beets.

Orange or Amber

The popular UTI (urinary tract infection) treatment called "phenazopyridine" will tint your urine orange. The prescription blood thinner Coumadin (warfarin) can do it but usually it's because you just drank a lot of carrot juice or took some vitamin C.

If you see reddish brown urine, that could be rhabdomyolysis which is associated with some popular medications. If you're on a cholesterol drug, and see tinged urine, see a doctor immediately.

Yellow or Brown

Yellow is normal, but bright neon yellow is not. Still, it is harmless. Supplements that contain riboflavin will

make you pee in neon yellow. You're not dying, so don't freak out.

Amber urine could be a sign of dehydration. Go drink more water and see what happens, your urine should go back to yellow right away. However, dark urine that is unusual, or in excess could indicate liver disease. Methocarbamol, nitrofurantoin and laxatives (cascara or senna) can temporary do it, too.

Green

Did you eat a bag of black licorice? It will make you pee green. Or maybe you have a UTI?

Honestly, vivid green urine is highly unusual. It happens sometimes on the day (or day after) you've been sedated for surgery or a procedure. It's from the propofol (aka the Michael Jackson drug). This is a popular, short-acting sedative that anesthesiologists frequently use, and it can tinge pee green. Cimetidine (Tagamet) sold over-the-counter for acid reflux can do it sometimes, too.

Blue

This one would alarm me personally, even though a number of medications

produce blue urine including Elavil (amitriptyline) and Indocin (indomethacin).

Purple

Purple urine is almost always associated with people who have catheters and then get a UTI. If you visit a loved one in the nursing home and see this, all they need to do to cure it is a treatment of antibiotics and a catheter change.

White

Two of the most frequent causes is kidney stones or high calcium excretion (hypercalcuria) or high phosphorus in the urine (phosphaturia). You might also have a very bad kidney or bladder infection.

Black

Black is sometimes associated with melanoma. It can occur if red blood cells, are being destroyed at a dangerous, rapid pace and is considered an emergency.

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: I have been having panic attacks lately and, sometimes when this occurs, I feel like I need to go to the emergency room because it feels like a heart attack. What is

happening to me?

A: When your body escalates with anxiety, biological adrenaline floods your system. Blood pressure, pulse, breathing and the stress hormone cortisol surge. Hydrochloric acid goes into your esophagus and burns it.

Your bronchioles spasm and your chest tightens. You become short of breath and you begin to hyperventilate. This causes too much carbon dioxide to expel from your system, then you become dizzy, numb and out of control, feeling as though you are going to pass out, have a heart attack or die. The immediate short-term solution? Breathe

slowly into a paper bag. This restores carbon dioxide balance, thus breaking the panic cycle.

There are less intense forms of anxiety that require the following:

Worry – contributes to chronic stress that can lead to manifestation of physical ailments including added risk of heart disease, ulcers, asthma and irritable bowel to name a few. Since anxiety is linked to a deficiency in three main neurotransmitters – GABA, dopamine, and serotonin – it's important to visualize what's physically going on and proactively remedy what's off. Conventional anti-anxiety medications work by regulating the above neurotransmitters. These can be of help if you consult a doctor and use for short-term relief. Unfortunately, these medications tend to be overprescribed in the medical community when integrative options such as 5-HTP, calcium/magnesium, kava, diet, meditation, physical exercise, biofeedback and energy medicine can soften anxiety and worry.

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.

Chronic Pain Workshops

Lee Health is holding a free six-week workshop entitled Chronic Pain Self-Management, a research-based program developed by Stanford University. Sessions will be held on Fridays beginning on August 18 from 9 to 11:30 a.m. at the Outpatient Center at the Sanctuary in the second

floor conference room, located at 8960 Colonial Center Drive in Fort Myers.

Learn how to more easily manage your medications, understand the benefits of exercise, manage symptoms of stress, pain and fatigue, and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Seating is limited and registration is required. Call 343-9264.

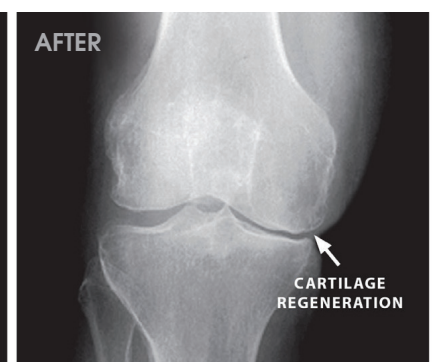
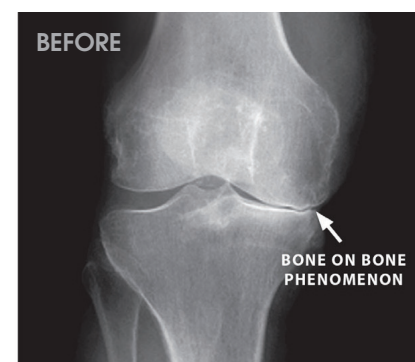
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Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	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
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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
Sanibel Youth Soccer	www.sanibelsoccer.org
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

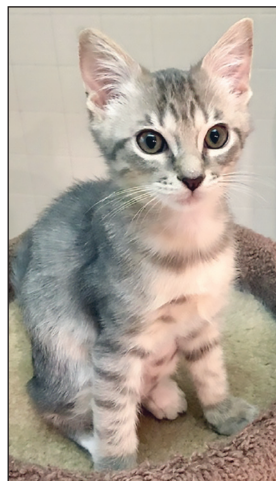
To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK

PAWS Of Sanibel

Winston

Hi Everyone, my name is Winston. I was born outside about 10 weeks ago. I'm a very sweet little boy, very well behaved too. As all kitties are born smart, I, of course, am totally potty trained to a litter box. I have been vetted, combo-tested, wormed, and had my first round of immunizations. Oh, you can't see in this picture, but my two back feet are white, making me extra special. Nice people are still attempting to capture my brothers, sisters and my mom. I sure hope that will happen soon, because it's really nice living in a house where I get everything I need and want. I would love for someone to adopt me as their very own sweet kitty. If you want to meet me, call my foster mom, Pam, at PAWS at 472-4823.✱



Winston photos provided

Lee County Domestic Animal Services

Frankie And Sugar Rae

Frankie is a two-year-old male domestic shorthair who is a naturally playful, curious and trusting feline. He loves everyone and anyone. Give him a window and a sill to sit on, and he is a happy camper. After the day is done, he is happy to curl up next to you and relax.

Adoption Fee: \$50 – 2 for 1

Sugar Rae is a nine-month-old female boxer mix who is a sweet girl that is on her own for the first time. The world is a scary place for her, especially because she doesn't speak the language. She needs the



Frankie ID#705132 photos provided



Sugar Rae ID# 705204

right translator to help her learn her way around until she feels comfortable. Just let her stay by you or maybe just a little behind you and she will be just fine.

Adoption Fee: \$75

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

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

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

The adoption package is valued at \$500.✱

Haven on Earth Animal League

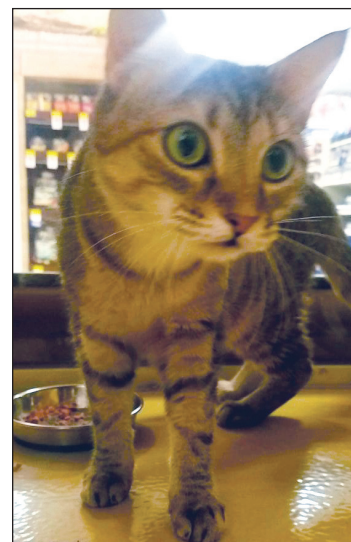
Mo And Solar

Hi there, I'm Mo. I am such a sweet, mellow little girl just waiting for someone to take me home. I think someone thought I was a boy and that's why they named me Mo. I'm only 1 year old and I have beautiful green eyes. I'm spayed and up-to-date on all vaccines. I'm currently residing at PetSmart on Six Mile Cypress Parkway. My adoption fee is \$100.

Hello, my name is Solar. I am a very loveable, male tabby with beautiful markings. I'm 1 year old, neutered and up-to-date on all vaccines. My adoption fee is \$100. I am currently residing at PetSmart on Six Mile Cypress Parkway.

We are being cared for by Haven on Earth Animal League. Solar

For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.✱



Mo photos provided



Solar

PUZZLES

Answers on page 45

Super Crossword

GETTING SERVED
IN THE MIDEAST

- ACROSS

1

Flag supporter

5

Coen of film

10

Proposition

15

Melville mariner

19

One-spot cards

20

Bucks

21

"Odyssey" enchantress

22

Woman of rank

23

Start of a riddle

26

"... — it just me?"

27

Painful spots

28

Literary Leon

29

Subj. for U.S. immigrants

30

Horseshoe-shaped iron bar

31

Riddle, part 2

36

Bit of legend

37

Transmit

38

Showy scarf

39

Italian "God"

40

Cry loudly

43

Singer Smith

45

Less bold

48

"Misled" singer Celine

49

Riddle, part 3

56

Marketing news mag

57

Big name in electric razors

58

Oman export

59

"Blue" singer Rimes

60

Director Elia

61

Hidden mike

62

Drop off

65

Unit of corn

66

Riddle, part 4

71

— Lingus

72

"Dr." of rap

73

Writer Fleming

74

Spud state

75

Plane path

77

Boom maker

78

Obtain

81

Hotel room

82

Riddle, part 5

87

Fed a line

88

Old-time actress Palmer

89

Blue yonder

90

Links org.

91

Suffix with 121-Across

92

"Sure"

93

Archibald of old basketball

97

Regal Norse name

100

End of the riddle

107

Jordanian capital

108

A, in Acapulco

109

Electric, water or gas: Abbr.

110

Merger with Mobil in 1999

112

Country singer — Keith

113

Riddle's answer

117

Author — Stanley Gardner

118

"Later!"

119

"Star Trek" officer

120

British conservative

121

Forecaster

122

"Bleeding Love" singer Lewis

123

Volga native

124

Farm females

DOWN

1

Rabbit's feet

2

Ellen who was the first Latina in space

3

Get wind (of)

4

Honor

5

Type widths

6

Little squirt

7

Just so-so

8

1999-2004 Oldsmobiles

9

Aboriginal

10

Autumn mo.

11

— mignon

12

Insolent

13

"Green" product sticker

14

Ump's cousin

15

Baked brick

16

Last Anglo-Saxon king of England

17

Umpteen

18

Oscar category for "Let It Go"

24

Early Bill Cosby series

25

"The end — sight"

30

Stage legend Hagen

32

"No worries"

33

Burn black

34

Detroit flop

35

Detached, as a coupon

40

Went flat

41

"Mercy me!"

42

"Watch out!"

44

Talking birds

46

Ad —

47

Wall St. intro

48

Singer Lana — Rey

50

D.C. bigwig

51

Common bowling game

52

Seep out

53

Sardonic

54

Intel chip brand

55

Result of excessive teasing?

60

Guy doll

61

Playbill info

62

Lessen

63

Fit in

64

Starr of old comics

67

Scary snake

68

Actress Falco

69

Fix, as socks

70

Sharpens

76

Bridal vow

77

Senator Cruz

78

Internet inits.

79

D halved

80

Actor Aidan

81

Country's Crystal

82

Protective film sheets

83

Mount where four presidents went bust?

84

Look like

85

Deter

86

Hershey's toffee bar

92

Urge

94

"Son of —!"

95

"Shame!"

96

"Happy Endings" actress Cuthbert

98

New — (Enya, e.g.)

99

Obsess (on)

101

Bill settler

102

"That Night —" (old film)

103

1800s veep Burr

104

Scoff at

105

U-shaped river bend

106

Black, in Lille

111

Bill blockers

113

— -Mart

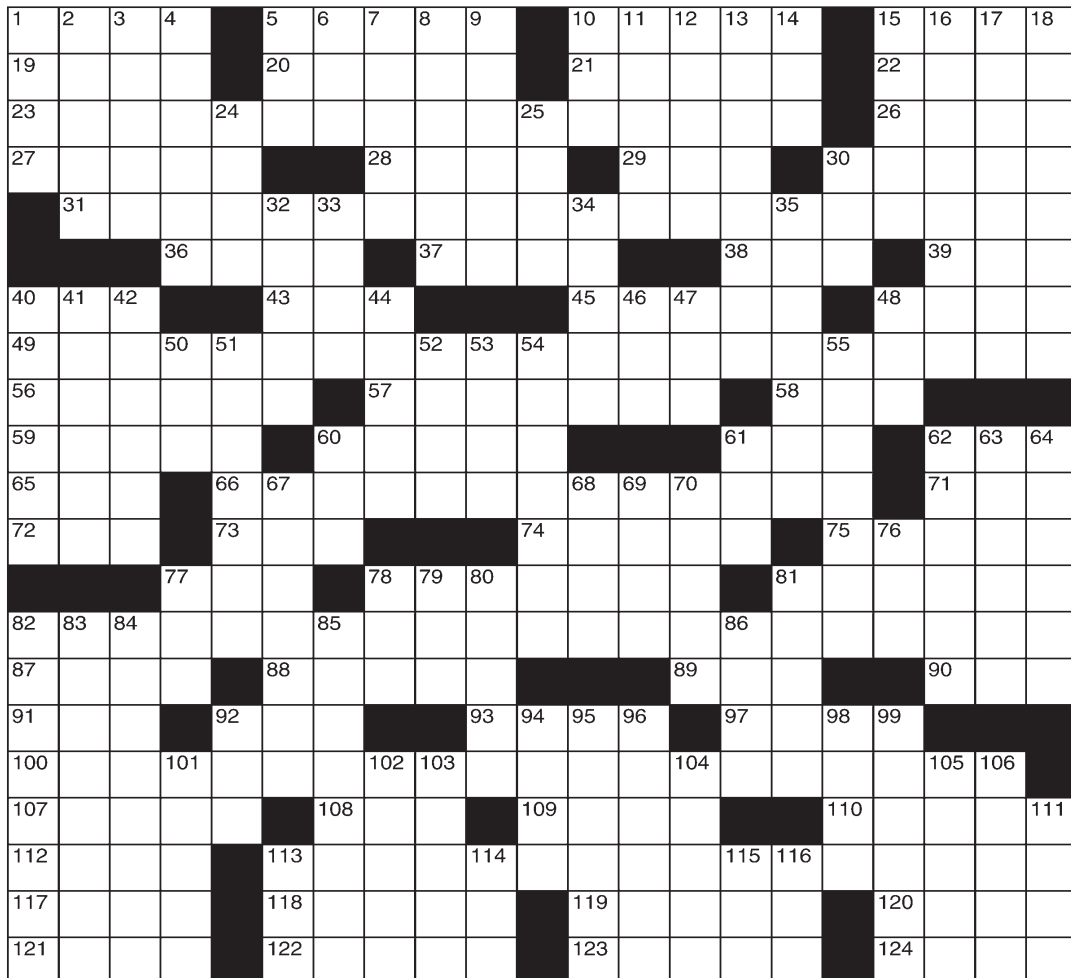
114

Simile center

115

Italian monk

116

Bern's river

King Crossword

- ACROSS

1

Do something

4

Apparel

8

Crockpot creation

12

Thickness

13

Radius neighbor

14

Head

15

Bribe

16

Paper quantity

17

Hebrew month

18

Cosmetic item

21

"Of course"

22

Young fellow

23

"Ivanhoe" author

26

Rarin' to go

27

Vagrant

30

Aesopian also-ran

31

Foundation

32

Foundation

33

Ram's partner

34

Plague

35

Tier

36

Spread seeds

37

Household member

38

Paperwork specialists

45

Met melody

46

Annoys

47

Have a bug

48

Volition

49

Reebok rival

50

Masseur's workplace

51

Gotta have

52

FBI employee

53

Evergreen type

58

Masseur's workplace

59

Gotta have

60

FBI employee

61

Bill settler

62

"That Night —" (old film)

63

1800s veep Burr

64

Scoff at

65

U-shaped river bend

66

Black, in Lille

67

Bill blockers

68

— -Mart

69

Simile center

70

Italian monk

71

Bern's river

7

Tried game

8

Shell out

9

Body powder

10

Needle case

11

Healthy

19

Computer unit

20

Dine

23

The lady

24

Cornfield call

25

Tramcar load

26

Driver's license datum

27

Fundy, for one

28

Work with bread

29

Mal de —

31

Pete Weber's

32

Dog owner's chore

34

Luau treat

35

Diminish

36

Burn with steam

37

Authentic

38

Chess piece

39

Ontario

40

Cleo's water neighbor

41

Proper companion?

42

Uncomplicated

43

Mature

44

Deli salad

MAGIC MAZE

THE
LIBRARY

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

VERTICAL FILE L Q O

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

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

- Abstract

Archives

Call number

Hold
- Index

ISBN

ISSN

Librarian
- Loan

Microfilm

Periodical

Reference
- Renew

Reserve

Vertical file



"No, actually, the neighbors never complain
— there hasn't been a _____
for miles around all summer long."

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!

Gentle COLIDE
Ask ENRIQUI
Value FRITOP
Stew MIMERS

TODAY'S WORD

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

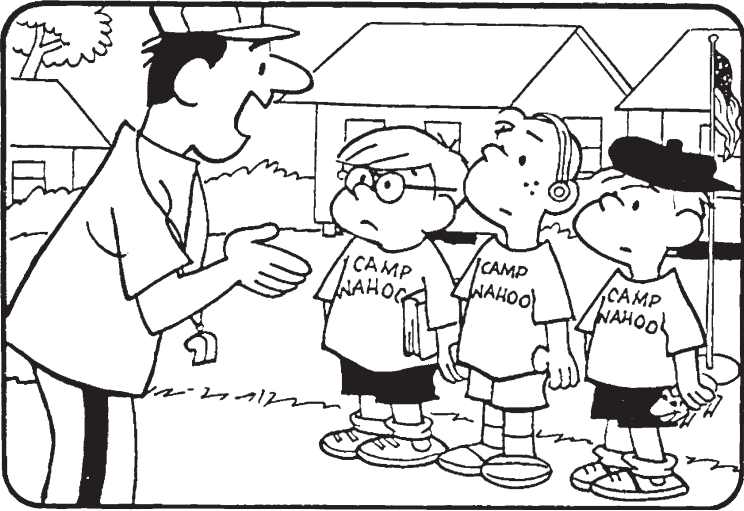
SUDOKU

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.

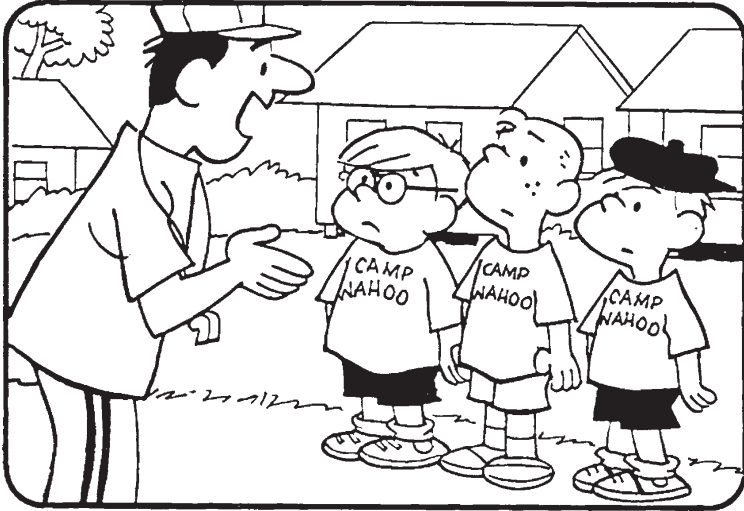
answer on page 45

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Whistle cord is shorter. 3. Stripe is different. 3. Book is missing. 4. Headset is missing. 5. Frog is missing. 6. Flagpole is missing.

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PLUMBER

SANIBEL HAS A NEW PLUMBER

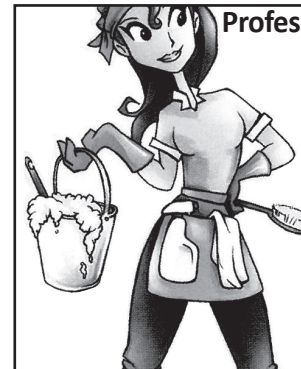
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FRIDAY
Partly Cloudy
High: 92 Low: 82



SATURDAY
Partly Cloudy
High: 91 Low: 81



SUNDAY
Partly Cloudy
High: 91 Low: 81



MONDAY
Partly Cloudy
High: 94 Low: 83



TUESDAY
Partly Cloudy
High: 91 Low: 81



WEDNESDAY
Mostly Cloudy
High: 91 Low: 81



THURSDAY
Partly Cloudy
High: 93 Low: 79

Redfish Pass Tides**Point Ybel Tides****Punta Rassa Tides****Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	1:33 am	4:25 am	11:12 am	6:44 pm
Sat	2:09 am	5:12 am	11:55 am	7:20 pm
Sun	2:35 am	5:53 am	12:34 pm	7:53 pm
Mon	2:55 am	6:32 am	1:12 pm	8:24 pm
Tue	3:12 am	7:13 am	1:50 pm	8:53 pm
Wed	3:30 am	7:55 am	2:30 pm	9:22 pm
Thu	3:51 am	8:42 am	3:14 pm	9:53 pm

Day	High	Low	High	Low
Fri	12:38 am	4:27 am	10:17 am	6:46 pm
Sat	1:14 am	5:14 am	11:00 am	7:22 pm
Sun	1:40 am	5:55 am	11:39 am	7:55 pm
Mon	2:00 am	6:34 am	12:17 pm	8:26 pm
Tue	2:17 am	7:15 am	12:55 pm	8:55 pm
Wed	2:35 am	7:57 am	1:35 pm	9:24 pm
Thu	2:56 am	8:44 am	2:19 pm	9:55 pm

Day	High	Low	High	Low
Fri	10:26 am	2:42 am	None	6:27 pm
Sat	12:50 am	3:13 am	11:58 am	7:23 pm
Sun	1:40 am	6:50 am	12:51 pm	8:11 pm
Mon	2:25 am	7:47 am	1:34 pm	8:53 pm
Tue	3:10 am	8:37 am	2:18 pm	9:30 pm
Wed	3:51 am	9:21 am	3:07 pm	10:03 pm
Thu	4:25 am	10:01 am	3:59 pm	10:34 pm

Day	High	Low	High	Low
Fri	3:43 am	7:41 am	1:22 pm	10:00 pm
Sat	4:19 am	8:28 am	2:05 pm	10:36 pm
Sun	4:45 am	9:09 am	2:44 pm	11:09 pm
Mon	5:05 am	9:48 am	3:22 pm	11:40 pm
Tue	5:22 am	10:29 am	4:00 pm	None
Wed	5:40 am	12:09 am	4:40 pm	11:11 am
Thu	6:01 am	12:38 am	5:24 pm	11:58 am

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PUZZLE ANSWERS

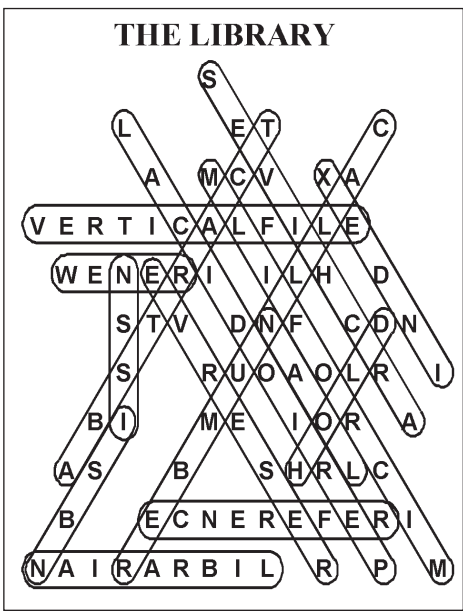
SUPER CROSSWORD

POLE	ETHAN	OFFER	AHAB
ACES	MOOLA	CIRCE	DAME
WHAT	ISTHET	TITLE	OF
SORES	URIS	ESL	UBOLT
ANEPIC	MOVIE	HAT	TELLS
MYTH	SEND	BOA	DIO
SOB	SAM	SHIER	DION
THE	STORY	OF	PEOPLE
BEING			
AD	WEEK	NORELCO	OIL
LEANN	KAZAN	BUG	EBB
EAR	PRESENTED	WITH	AER
DRE	IAN	IDAHO	ALSLE
TNT	ACQUIRE	GIDEON	
ARREST	DOCUMENTS	SAROUND	
CUED	LILLI	SKY	PGA
ESS	YES	NATE	OLAF
THE	PERSIAN	GULF	REGION
AMMAN	UNA	UTIL	EXXON
TOBY	WARRANTS	OF	ARABIA
ERLE	ADIOS	UHURA	TORY
SEER	LEONA	TATAR	EWES

KING CROSSWORD

ACT	TOGS	STEW	
PLY	ULNA	PATE	
SOP	REAM	ELUL	
EYE	BROW	PENCIL	
YES	LAD		
SCOTT	SET	BUM	
HARE	BED	BASE	
EWE	POX	LAYER	
SOW	PET		
PENCIL	PUSHERS		
ARIA	IRKS	AIL	
WILL	NIKE	SPA	
NEED	GMAN	YEW	

MAGIC MAZE



SUDOKU

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

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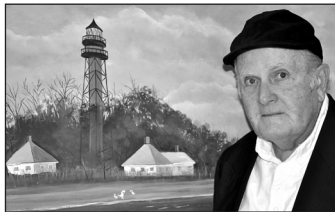
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7/28 ★ 8/18

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ANNUAL RENTAL

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7/14 ★ 8/4

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1,267 sq. ft., 2B/2B, corner unit.

Completely furnished, renovated in 2005.

Tile and carpet throughout.

Spacious open floor plan in living/dining/kitchen area.

New kitchen appliances, granite counter tops, breakfast bar.

Stack washer and dryer

Walk-in closet in master bedroom. Screened in lanai/porch overlooking the Caloosahatchee River and Cape Coral.

Amenities:

24-hour video security; door codes for entry to building. Tennis court, pool and barbeque grills. Covered carport parking; assigned spaces.

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\$750. monthly. Bert at 466-8618.

8/4 ★ 8/4

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ANNUAL RENTALS

Annual Rental in the center of the island! 2 bdrm, 2 bath. Garage/storage, shared screened-in pool.
\$2,000/month.

Text Bridgit 239.728.1920

7/21 ★ 8/11

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8/4 ★ 8/11

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8/4 * 8/11

My Stars★★★★★

FOR WEEK OF AUGUST 7, 2017

- ARIES** (March 21 to April 19) Relationships continue to thrive, but watch for any telltale signs of potential problems. Take needed action now to set things straight before they become troublesome later.
- TAURUS** (April 20 to May 20) Your powers of persuasion, backed up, of course, by your considerable expertise, help you establish your case even to the most dubious decision-makers in your workplace.
- GEMINI** (May 21 to June 20) You might still be a bit reluctant to face up to some less-than-pleasant realities. But the sooner you accept the facts, the sooner you can set about making some needed changes.
- CANCER** (June 21 to July 22) Expect to make adjustments, even when things seem locked up and ready to go. But cheer up: At least one change could lead to something you've been hoping for.
- LEO** (July 23 to August 22) The success of a recent project should do a lot to boost your self-confidence. You might want to start now to check out ways to make that long-deferred bigger and bolder move.
- VIRGO** (August 23 to September 22) Ease up on the pressure you might be putting on the new person in your life. It takes time for a budding relationship to blossom. Show more patience and understanding.
- LIBRA** (September 23 to October 22) You have lots of inner strength in reserve. Use some of it to resist intimidation from those who might try to impose on your good nature for their own reasons.
- SCORPIO** (October 23 to November 21) The good news is that your on-the-job status is improving. The one cautionary note, however, involves a personal situation you might have been ignoring for too long.
- SAGITTARIUS** (November 22 to December 21) Congratulations. Once again, your sharp Sagittarian "horse sense" helps you work through a complicated situation that would leave most people confused.
- CAPRICORN** (December 22 to January 19) Plan on indulging yourself in some well-earned good times through much of the week. Then be prepared to face some thought-provoking issues by the 19th.
- AQUARIUS** (January 20 to February 18) Positive factors continue to dominate following a recent change in both your professional and personal lives. Expect to make contact with someone from your past.
- PISCES** (February 19 to March 20) Workplace stability allows you to continue

making progress on your projects. But don't ignore your personal life. Spend more quality time with those special folks.

BORN THIS WEEK: You have the gift for making people feel special. Maybe because you know how special you are.

THIS WEEK IN HISTORY

- On Aug. 18, 1920, the 19th Amendment to the Constitution, guaranteeing women the right to vote, is ratified by Tennessee, giving it the required two-thirds majority of states. The amendment culminated more than 70 years of struggle by woman suffragists.
- On Aug. 20, 1932, in Flanders, Belgium, German artist Kathe Kollwitz unveils the monument she created to memorialize her son, Peter, who was killed during World War I. Entitled "The Parents," the statue depicts an elderly couple kneeling before the grave of their son.
- On Aug. 15, 1947, The Indian Independence Bill, which carves the independent nations of India and Pakistan out of the former Mogul Empire, comes into force at the stroke of midnight. The long-awaited agreement ended 200 years of British rule.
- On Aug. 17, 1969, the grooviest event in music history -- the Woodstock Music Festival -- ends after three days of peace, love and rock 'n' roll in upstate New York. Some 186,000 tickets were sold, but half a million people showed up, forcing promoters allow concertgoers to enter for

free.

- On Aug. 19, 1980, a fire aboard a plane bound for Saudi Arabia from Pakistan forces an emergency landing. The pilot was able to land the plane safely, but it burst into flames on the runway, and none of the 301 people onboard survived. An investigation revealed a butane gas stove cooker in the passenger compartment.

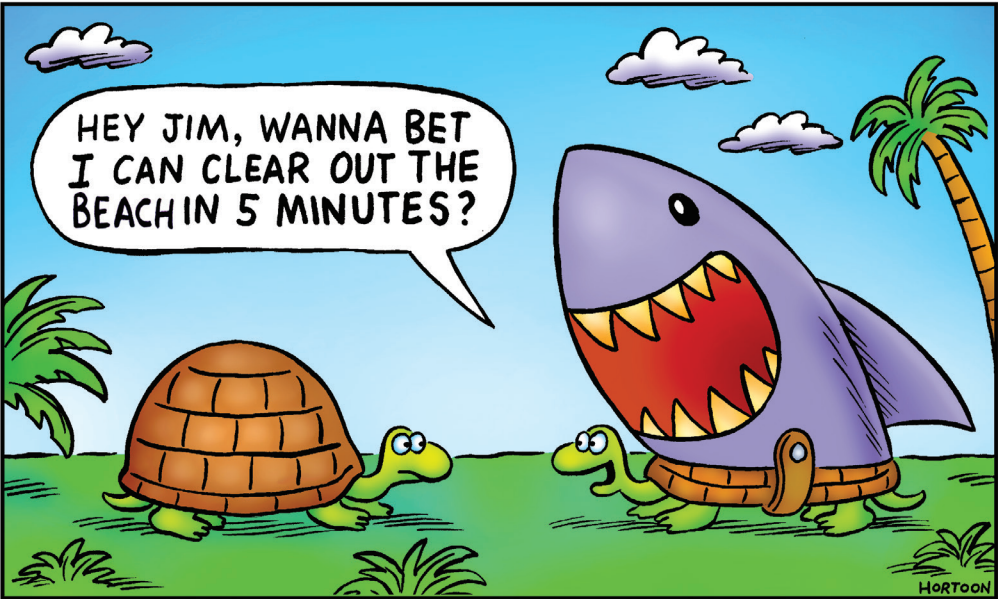
STRANGE BUT TRUE

- It was aviation pioneer Amelia Earhart who made the following sage observation: "Never interrupt someone doing what you said couldn't be done."
- You might be surprised to learn that famed composer Wolfgang Amadeus Mozart wanted to marry the notorious Marie Antoinette. Of course, at the time he stated this desire, he was 6 years old and she was 7.
- It's possible that you've never tried to imagine a baby bat nursing -- though, as mammals, they certainly do. Now that you are imagining it, here's a hint: The babies have to nuzzle into mom's armpit (wingpit?) to get to the milk.

THOUGHT FOR THE DAY

"It has been said that a pretty face is a passport, but it's not. It's a visa, and it runs out fast." -- Julie Burchill

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	1987	2,036	\$1,650,000	\$1,300,000	353
Gulf Heights	Fort Myers Beach	1952	788	\$1,475,000	\$1,348,000	20
Cape Coral	Cape Coral	2014	2,765	\$1,390,000	\$1,300,000	11
Riverwalk	Bonita Springs	1991	6,234	\$1,250,000	\$1,210,000	114
Wildewood	Fort Myers	2007	3,568	\$965,000	\$900,000	133
Shell Harbor	Sanibel	1969	1,450	\$895,000	\$799,900	49
Not Applicable	Sanibel	1986	1,820	\$799,900	\$750,000	197
Cape Coral	Cape Coral	2012	2,146	\$769,000	\$710,000	330
St. Charles Harbour	Fort Myers	1992	3,150	\$749,000	\$660,000	107
Island Park Woodlands	Fort Myers	1989	2,189	\$625,000	\$598,000	130



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