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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 14, 2015

AUGUST SUNRISE/SUNSET: 14 7:00 • 8:07 15 7:00 • 8:06 16 7:01 • 8:05 17 7:01 • 8:04 18 7:02 • 8:03 19 7:02 • 8:02 20 7:03 • 8:01



Michael King



Tim McGeary



Stephen Plein



Carlene Thissen

## An Evening Of Songs On Sanibel

The Community House is introducing a new event featuring talented singers/songwriters performing their works. The series, called Songs On Sanibel, will consist of four songwriters each month that will share their original music. The format is “in the round,” where all four artists are on the stage together and each performs one song at a time after telling the story of where each song came from.

The first Songs On Sanibel will be held on Saturday, August 15 from 7 to 9 p.m. Alcoholic beverages and coffee will be available by donation. Bring your own snacks. A donation at the door of \$5 will be appreciated by these talented individuals. The singer/songwriters for the kick-off event are Michael King, Tim McGeary, Stephen Plein and Carlene Thissen.

King is the coordinator of the Fort Myers chapter of the Nashville Songwriters Association and a frequent visitor to Nashville.

McGeary is a songwriter who makes frequent trips to Nashville, co-writing with Nashville songwriters and visiting his publisher. McGeary recently released his latest CD, *Second Hand Saint*, and was featured at the Island Hopper Songwriter Fest in 2014.

Plein is a local Sanibel songwriter with aspirations of a singing career in Nashville. He sang last year at the Island Hopper Songwriter Fest and has been invited back again.

Thissen is an author and songwriter, who started writing music because of her book, *Immokalee's Fields of Hope*. Much of her music is inspired by stories of people in Immokalee. Her musical influences include Joan Baez, Bob Dylan and Joni Mitchell.

The Community House is located at 2173 Periwinkle Way. Call 472-2155 to make reservations.\*

## Expedition To The Bahamas With The Sanibel Sea School

submitted by Leah Biery

Each summer, Sanibel Sea School's oldest campers gather their gear and board a tiny plane to Andros Island, Bahamas to bond over the wonders of the ocean and participate in ongoing coral reef research. The beautiful but rustic Forfar Field Station becomes their home for a week while they monitor reef health, count invertebrates and fish, and explore the island in their free time.

This year, campers snorkeled on shipwrecks with sharks, rays and parrotfish, watched the sun rise over the Caribbean Sea, and competed to see who could spot and identify the most fish and invertebrate species. They also toured a batik fabric factory, visited freshwater swimming holes, and did their best to avoid fire coral, hydroids and poisonwood trees.

Group research projects focused on seagrass density, algae species diversity, coral disease monitoring, lionfish presence and more. Sanibel Sea School campers participate in the same research year after year, learning real-world skills and helping to build a long-term database that will be used to better understand the health of Bahamian ecosystems.

continued on page 7



Emily Roudebush poses underwater with a sea hare in Andros, Bahamas



The completed open-air pavilion at SCCF's Bailey Homestead Preserve, the final construction project scheduled at the property photos by Jeff Lysiak

## Pavilion Built Behind Bailey Homestead

by Jeff Lysiak

One of the final remaining projects to be completed at the Sanibel-Captiva Conservation Foundation's Bailey Homestead Preserve was the addition of a large, open-air pavilion behind the main house.

Funded through private donations from Paul and Lucy Roth, Deborah and John La Gorce and Roberta and Philip Puschel, along with funds from the Dorothy Jones Estate, the pavilion was built over five days during the last week of July. Architectural design work and construction was completed by Benchmark General Contractors.



Inside the Bailey home, SCCF's Erick Lindblad stands next to a vintage photo showing how the house appeared in the early 20th century

“It’s a very basic structure,” explained SCCF Executive Director Erick Lindblad, who visited the nearly-completed pavilion on July 31. “It’s open on all four sides. It’s made of pine. It has a cupola with vents on top of the metal roof and it’s been guttered to collect rainwater for the Native Plant Nursery.”

According to Lindblad, the foundation is looking at a November opening date for the Native Plant Nursery, which will relocate there from its current home along Sanibel-Captiva

continued on page 5

# Follow The Leader To *THE* Source For **ROLEX\***



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## CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at [rrainbolt@crowclinic.org](mailto:rrainbolt@crowclinic.org) or 472-3644 ext. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, August 14, 11 a.m., \$7** included with admission – Why Animals Come to CROW, presented by a CROW volunteer.

CROW hospital treats over 3,500 patients a year, but not all of the animals admitted need assistance. Facilities like CROW should be an animal's last resort, not their first. This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

**Friday, August 14, 2 p.m., \$20** per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13.

**Monday, August 17, 11 a.m., \$7** included with admission – Wild About

Rehabilitation, presented by CROW staff.

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

**Tuesday, August 18, 11 a.m., \$7** included with admission – Patient Profiles: Sea Turtles, presented by CROW staff.

CROW is the only licensed sea turtle facility from Sarasota to Miami on the southwest coast of Florida. One of CROW's team members will explain why they are admitted and how the medical staff treats this species.

**Wednesday, August 19, 11 a.m., \$7** included with admission – CROW Case of the Week, presented by a CROW student.

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories.

**Thursday, August 20, 11 a.m., \$7** included with admission – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

**Friday, August 21, 11 a.m., \$7** included with admission – Wild About Rehabilitation, presented by CROW staff.

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

## SCCF Nesting Statistics

Sanibel-Captiva Conservation Foundation (SCCF) reported the following sea turtle nesting statistics as of August 10:

Sanibel East: 118 nests, 298 false crawls

Sanibel West: 386 nests, 797 false crawls

Captiva: 132 nests, 223 false crawls

Total: 610 nests, 1,312 false crawls

Please observe "Lights Out For Sea Turtles!"

Nesting is slowing down, but the nests are still trickling in. There are now 636 nests on Sanibel and Captiva. Two green nests were laid on Captiva last Sunday, so the total for green nests is up to 25. Greens generally nest later in the season than loggerheads, so, hopefully, there will be more green crawls in the upcoming weeks.

As of Friday, 202 of the 636 nests have hatched. So, that means 56 nests have hatched since last Friday, including two green nests.

\*false crawl – a failed nesting attempt

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



Green sea turtle hatchling photo by France Paulsen

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

## Open House At Children's Center

The Children's Education Center of the Islands will host an open house for the communities of Sanibel, Captiva and Fort Myers on Friday, August 21 from 5:30 to 7 p.m. There will be a brief introduction to the school, and guests will be invited to tour the classrooms and meet the teachers. Children are welcome to attend with parents.

The Children's Education Center of the Islands is a non-profit preschool offer-

ing full time and part time classes for children ages 18 months to 5 years. The preschool is currently accepting applications for the 2015-2016 school year beginning August 24. Scholarships are also available on a limited basis. For more information, call the school at 472-4538 or email [cecikids@earthlink.net](mailto:cecikids@earthlink.net).\*

## Island Seniors At The Center 4 Life

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

**Trash & Treasures Sale** will be back in November. The center is currently accepting donations of clean, gently used items. All items are tax deductible. Bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3:30 p.m. Please, no books, clothes, shoes, computers or old TVs. If you have any questions, call 472-5743.

**Page Turners with Ann Rodman** - If you would like to be on the Page Turners list, email [annrodman@aol.com](mailto:annrodman@aol.com) or contact the Center 4 Life.

The featured book for Wednesday, September 9 is *Slumdog Millionaire* by Vikas Swarup.

Bring your lunch and watch the movie at 12:30 p.m., followed by a discussion on the book and movie at 2:30 p.m.

**Friday Collage Classes with Bea Pappas** - August 14, 21 and 28, 12:30 to 3:30 p.m. Pappas teaches an easy approach to collage, both figurative and

abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Collage artists: bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board). Members are \$15, non-members are \$20. Call the center to sign up.

**Sunset Social on the Causeway** - Tuesday, August 25, 6:30 p.m. Meet on the causeway at 6:30 p.m. Bring a dish to share and your beach chair. Contact the center for directions to the viewing area.

**Sawgrass Mills Shopping** - Wednesday, September 2. Grab a couple of your friends and do a little pre-holiday shopping. The trip includes round trip transportation and coupon book to the outlet mall. Depart from Fort Myers location at 7:30 a.m. Seating is limited. Register at the center to reserve your spot.

**Games Bridge** - Monday and Wednesday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

**Mahjongg** - Thursday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes are awarded.

**Tuesday Kayaking** - August 18 and September 1 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

**Fitness Classes**  
Classes are available and all ages are welcome. Cost is \$3.75 for members and \$6.75 for non-members. 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. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will be used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

**Essential Total Fitness** - Monday, Wednesday and Friday at 9:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear required. Mahnaz Bassiri is the instructor.

**Power Hour Fitness** - Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

**Gentle Yoga** - Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by 2401 Library Way.\*

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**A CPA spends years preparing for moments just like these.**

From page 1

## Pavilion Being Built

Road. The pavilion is planned as the site for SCCF's Landscaping For Wildlife program, along with other activities hosted by the nursery.

"We plan to use the entire homestead site to interpret that, but we're really getting there now," he said. "The vast amount of work that's been done since we started is remarkable."

SCCF launched the fundraising campaign to purchase the 28.3-acre homestead on October 29, 2010. The closing on the property took place on June 10, 2011. The purchase price for the homestead itself was \$4 million; the fundraising campaign was for \$5.3 million because it also incorporated 10 percent of the land purchase price for habitat restoration; \$225,000 as a start on homestead restoration; and \$675,000 as the annual fund drive component to support SCCF's operating expenses.

With the addition of the pavilion, SCCF is one step closer to completion of the project.

During a walk-through of the property, Lindblad showed off the Bailey house, a 12-room structure which includes:

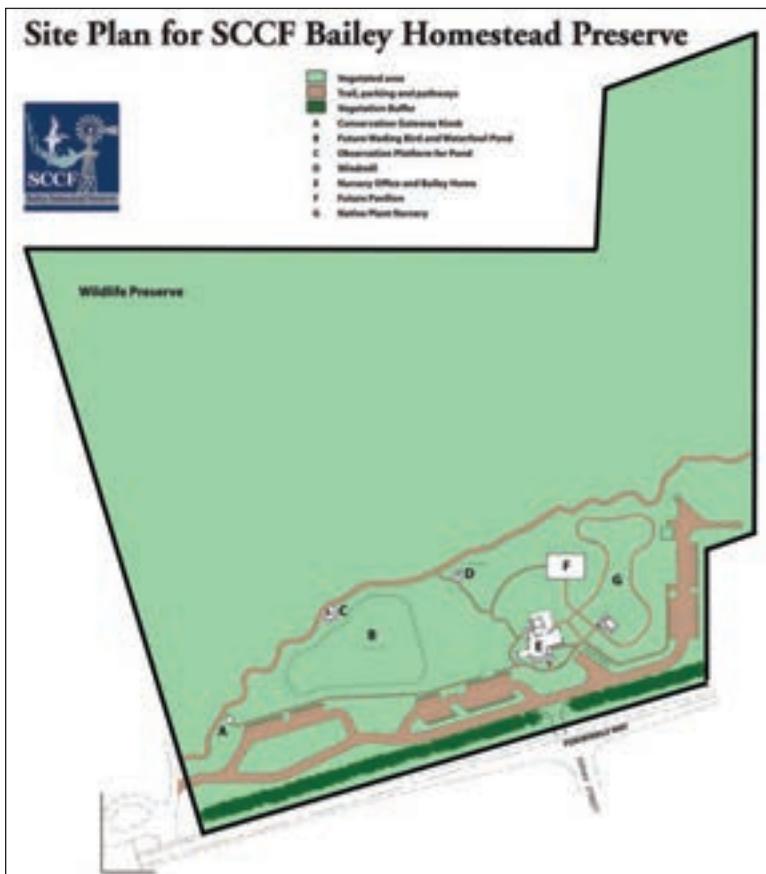
- A master bedroom with an attached bathroom
- The "nursery" bedroom, where – according to the late Francis Bailey – he and his brothers slept
- A guest bedroom and bathroom accessible via an adjacent hallway
- A master den with fireplace
- A library/sitting room
- A living room, located in the center of the structure
- A "palm room," which originally was an open breezeway
- A kitchen with an attached dining room
- A cistern room

"What we're trying to do is to mimic what the house would've looked like when the Bailey brothers grew up here," said Lindblad. "We'll also have interactive displays that show what Sanibel looked like back in the days when the property was a citrus farm."

The Bailey Homestead had originally been a row farm, growing crops such as tomatoes, squash, eggplant and other vegetables, until the hurricane of 1926 ruined the island's rich soil. Later, the site included citrus trees such as orange, grapefruit and lime.

The property also includes what members of The Hammerheads call the "Honey House." Built after the original structure, the small building is where workers would process the row crops and honey farmed onsite.

Over the next few months, work to be completed at the Bailey Homestead Preserve includes adding final touches to the pavilion, grading of the properties' pathways and parking areas, installing fencing and finishing the interior layout of the house itself. Nursery staff will occupy a portion of the home for office space.



Site plan for the Bailey Homestead Preserve includes the restored Bailey home – which will be used as office space for SCCF's Native Plant Nursery staff – the new pavilion, additional parking and other features within the large wildlife preserve area  
image courtesy of SCCF

"I would estimate that we're about 75 percent done," Lindblad added. "We have a punch-list to finish before we submit our permit requirements, then our board of directors and community member committee will complete the final plans for the house itself."

SCCF will announce the grand opening date for the Bailey Homestead Preserve in the future. For additional information, visit [www.sccf.org](http://www.sccf.org).

## Sustainable Initiative Program To Recycle Graduation Gowns

**G**reener Grads, a national sustainability initiative, will partner with Goodwill Industries of Southwest Florida in collecting polyester graduation gowns. The program furthers the sustainable journey of recycling versus mass production as well as reduces the financial burden for students and families.

"Goodwill already collects caps and gowns, so partnering with Greener Grads seemed like the right fit," says Goodwill spokesperson Madison Mitchell. "After graduation is over, most people aren't sure what to do with their gown so it usually ends up sitting in the back of a closet. We're offering an outlet to donate that graduation gown, so that others can put it to good use."

More than five million gowns eventually end up in landfills each year. Greener Grads partners participate in the recovery-reuse-recycle initiative, directly aiding in the goal of diverting unnecessary pollution from the country's waste stream. In addition, the Greener Grads' recycling program allows graduation gowns to be rented at future commencement ceremonies for a substantially lower cost than purchasing a new one.

"About 3.2 million gallons of oil are used to make 5.5 million graduation gowns each year," said Mitchell. "Greener Grads will take a donated gown and will see it get at least 12 uses before being repurposed into lining and filler materials."

The public is encouraged to bring their gowns to any Southwest Florida Goodwill Retail & Donation Center. To find a location near you, visit [www.goodwillswfl.org/retaildonations](http://www.goodwillswfl.org/retaildonations).

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# Rotary Happenings

submitted by Shirley Jewell

One of the oldest buildings on island outside the grounds of the Sanibel Historic Museum and Village is The Community House. The original Community House structure of about 1,500 square feet was built in 1927, now called the North Room and was added onto twice after, the middle room in the 1950s, and the auditorium in 1979. If walls could talk, The Community House would reveal stories of island politics, social gatherings, and about the founding of many civic organizations and cultural activities on the island.

Okay, so why are we talking about The Community House? For a couple of reasons. One is that the Sanibel-Captiva Rotary is now holding our regular Friday morning meetings at The Community House, where we can't help but notice architectural drawings for the proposed Community House reconstruction project prominently displayed in the lobby. Reason two is because we invited Community House Executive Director Teresa Riska-Hall to bring us up-to-date on the proposed renovation project on The Community House. Indications are that the city planning department and the



Teresa Riska-Hall

is vigilantly reviewing the proposed construction plans and, hopefully, it is just a matter of time before actual construction begins during the summer of 2016.

Riska-Hall told us she has a passion and it's connected to Sanibel's history and The Community House being part of that History. As she says, "History matters." There has been much speculation about whether the Sanibel Community Association would actually move The Community House across Periwinkle to become part of the proposed future Common Core project. After much thoughtful consideration and pressing needs for improvements

to the Community House, the Sanibel Community Association board and Community Association membership determined that they will not move The Community House but would keep this historic part of Sanibel's history right where the community placed it in 1927, where the memories of our island have been held over the years.

With that decision made, it was time to discuss the actually condition and functionality of the present building. The historic part of the building works extremely well and is in relatively good standing but not so with the 1950 and 1970 expansion add-ons. Problems that need to be addressed include building flow, electrical and sound systems, fire and air systems, restroom functionality, kitchen layout, and storage. After much discussions in-house with community members, construction professionals, and the city on how to best address these problems, an architect was called in to draw up some plans. Actually, a couple of architects were called in; there was tweaking, more tweaking, re-tweaking, city input, change of architect and finally a plan. Stop by the lobby of The Community House, check the beautiful architectural drawings by Amy Nowacki, AIA. You will be impressed. From the restoration of the original historic structure, opening back up the front window area to extend the width of that entrance side and replacing the now very worn floor with similarly appropriate and aged wood.

The most extensive area to be renovated will be the center part of the building. Major changes will happen here. A portico-style structure and entrance will bring you into a new welcoming entry-way lobby. To relocate the lobby, the current hall and storage areas now leading to the North Room will be opened up and combined. There will be complete rebuilding of the middle room including new electrical and sound system, and a complete remodeling of the kitchen,

expanding the footprint into the storage and hall space nearby, stealing floor space wherever possible. The auditorium space will pretty much stay the same with new electrical and sound system but both outside walls of the auditorium will be reconfigured. The current lobby space will be rebuilt to house restrooms, a corridor, storage space, and an abutted expansion on this side of the building will include a small board room and outside vestibule. On the opposite outside wall of the auditorium, the plans call to add on storage space for the Shell Crafters.

Even before the Common Core idea was put forth, The Community House was beginning to put aside funding for some of these updates but it became more and more apparent that it was time to go ahead and bite the bullet. Major renovation was needed. The plans are on the drawing board, city approval is in the works, but now, how do you pay for it? That will be the challenge. The cost is estimated to come is somewhere around \$1.975 million. The Community Association is asking the community to rally around this project. The land The Community House sits on was donated by an islander, the original Community House was built with funds raised by the community, subsequent additions were funded by the community, and now it's time to do it again. The \$1.975 million should not be that hard to raise to guarantee that this historic place will continue to be here for many generations to come. The Community House is not funded by the city, but, the generous members of our community will be needed to help raise money for this project. Stop by and talk to Teresa, look at the plans, ask questions, and bring your checkbook.

The Sanibel-Captiva Rotary Club meets at 9 a.m. every Friday at The Community House. If you have any questions regarding Rotary, e-mail President Scot Congress at [scot@scongress.com](mailto:scot@scongress.com).

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## Sanibel Recreation Center Opens August 17

The Sanibel Recreation Center will be closed through Sunday, August 16 in order to complete numerous maintenance projects. The facility will reopen Monday, August 17, however, the aquatic facilities will remain closed through Sunday, August 23. Some of the improvements will include resurfacing the Egret Room floor, deep cleaning and painting of facility, resealing of parking lot, resealing of restroom tile, and repainting of pool deck and front entrance. All of the major projects have been scheduled during this time in an effort to minimize the inconvenience to patrons as many of the projects are odiferous and disruptive.

The youth summer day camp program will operate as scheduled and will be based out of the pavilion and ballfields.

The Center 4 Life, located at 2401 Library Way, offers fitness classes throughout the week that are included for Sanibel Recreation Center members and cost \$6.75 for non-members. They are offered on the following days and times:

Monday, Wednesday and Friday  
8 a.m. Happy Hour Fitness  
9:30 a.m. Essential Total Fitness  
Tuesday and Thursday  
8 a.m. Power Hour  
9:30 a.m. Gentle Yoga

Beach parking permits will be available for purchase through Friday, August 14 from 7:30 to 9:30 a.m. and 4 to 5 p.m. at the pavilion. To qualify for any beach parking permit, bring a valid vehicle registration for each vehicle and a valid state issued identification or driver's license showing a Sanibel address or proof of Sanibel property ownership. Payment may be made via cash, check, MasterCard or Visa.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. Visit the website at [www.mysanibel.com](http://www.mysanibel.com). ✨

## Registration Open For After School Program At The Rec Center

To take advantage of Early Bird rates, you must register by August 17 for the 2015-16 Sanibel Recreation Center After School Program full year or fall session.

The after school program runs Monday through Friday from 2:10 to 5 p.m. throughout the school year. It is available for children in kindergarten through sixth grade. Every child registered in the after school program will receive a one-year complimentary membership to the recreation center. This membership can be upgraded to a family membership. Offered again this year will be trimester payment options. The after school program registration fees are:

Full School Year  
Member: \$565.50  
Non-member: \$696.50  
Registration by August 17  
Fall Trimester August 24 to November 13  
Member: \$185  
Non-member: \$232.25  
Registration by August 17

A supervised seventh and eighth grade program is also available Monday through Friday from 2:10 to 5 p.m. throughout the school year with the purchase of a recreation center membership.

Financial assistance is available to families of program participants based upon individual need. For more information, call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available. Visit [www.mysanibel.com](http://www.mysanibel.com). ✨

From page 1

## Bahamas Expedition

Sanibel Sea School is a 501(c)(3) marine conservation nonprofit whose mission is to improve the ocean's future, one person at a time. To learn more, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org). The school is located at 455 Periwinkle Way on Sanibel. Call 472-8585 for additional information. ✨

Our email address is [press@islandsunnews.com](mailto:press@islandsunnews.com)

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Desserts will be featured at the next potluck dinner at The Community House

## Potluck Dinner Features Frozen Confections

Have Fun With Your Frozen Confections will be the subject of the next potluck dinner at The Community House on Wednesday, August 26 at 6 p.m.

Tom and Donna Puma, owners of Pinocchio's Original Italian Ice Cream, will show you how to turn a pint or quart of your favorite frozen confection into a family recipe. Serving suggestions include Brioche al Gelato for breakfast, lemon basil sorbetto for an intermezzo between courses and sweet endings that are easy to prepare and guaranteed to please your friends and family, such as frozen confection Pate Choux and Tuscan gelato cakes.

At the free potluck, discover the difference between ice cream, gelato, frozen yogurt, sorbet and sherbet, and which frozen confections are best suited to lactose-free, soy based and gluten-free diets.

Potluck dinners are held the fourth Wednesday of every month. What started as a summer event has become so popular that they will continue throughout the year. Bring your friends and neighbors, meet other foodies and have dinner at The Community House. Many of the attendees have joined the Kitchen Guild, a group that brings together fun-loving people who want to see chef demonstrations, learn about local products and vendors, and bring cooking experiences to children. All are welcome to join the guild.

Bring your favorite potluck item: an appetizer, salad, vegetable or protein dish to share with about six people and also a copy of your recipe, if you would like to share it. The evening is BYOB, but water and iced tea will be provided at no charge. For this potluck, Pinocchio's is advising not to bring a dessert as they have that covered.

Reservations are required by calling 472-2155.\*

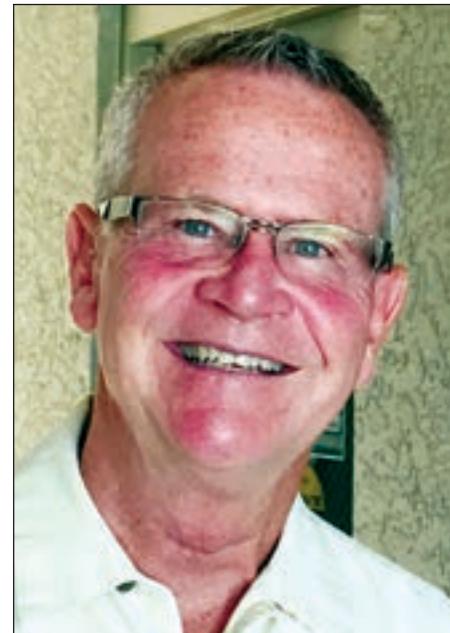
## Pastor Takes On 10,000 Questions

It was such a hit last fall when Dr. Daryl Donovan, senior pastor of Sanibel Community Church, invited people to come for coffee and questions that he is doing it again.

Pastor Daryl will be fielding all questions that come his way. He has admitted that he may call on Siri from time to time to assist, or may even be seen phoning a friend.

The sessions will be held from 6 to 8 p.m. at the Carpenter's Café on Wednesday evenings in September. Soup, sandwiches and specialty coffees will be available.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). The café is located on the north side of the campus. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).\*



Senior Pastor Dr. Daryl Donovan

## American Legion Post 123

On Sunday, August 16, American Legion Post 123 is having a fish fry from 1 to 8 p.m. The following Sunday, August 23, stop by the legion for BBQ ribs and chicken.

On Wednesday, August 26, Post 123 will host a ping pong tournament beginning at 5 p.m. Tournaments will be held every Wednesday through September.

Nine-ball pool tournaments are played every Monday starting at 5 p.m. "Hump day" specials are served all day on Wednesdays.

On Fridays, a six-ounce ribeye steak sandwich is available all day. There are daily specials as well as the popular half-pound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

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

Hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.\*

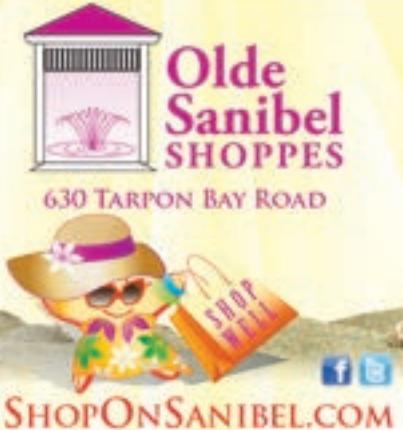
## H2O Welcomes Middle Schoolers

The Sanibel Community Church H2O youth group will welcome new middle school students on Wednesday, August 19 from 5 to 7 p.m. Parents are invited to come to the welcoming get-together along with their son or daughter to see what H2O has planned for this year. High school H2O will start at 6 p.m. that same day.

It will be a time of fun, learning and worship. You don't want to miss what H2O is doing in partnership with the Lord.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). H2O meets by the Sanctuary in the Youth Center upstairs.\*

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## OBITUARY



LAWRENCE IRVING PAUL, JR.

Larry Paul Jr., age 80, of Sanibel Island, Florida passed away peacefully on August 4, 2015. Larry is

predeceased by his wife Debbie of 44 years and his sister Betsy Bernstorf. He is survived by his loving wife Maureen McClatchy and her children, and by his two children Larry and Susan Paul and his beautiful granddaughters Grace Ann and Audry Elizabeth. Larry was born in Philadelphia and worked his entire life in construction. He loved his family and had a tremendous zest for living life to the fullest. One of his greatest joys was starting and running things... whether it be the Sanibel Island Fishing Club, the Fiddlesticks Tennis program, the Ocean City Yacht Club sailing committees, or the "Pathetic Pelicans" tennis team on Sanibel. All those who knew him knew he was a huge Gator fan. He loved boating, fishing, golf and tennis. He will be missed by many.

A celebration of life service will be held at St. Isabel's Church, 3559 Sanibel-Captiva Road on Sanibel Island, Florida on Saturday, August 15 at 11 a.m. In lieu of flowers, donations may be made to the American Cancer Society or the Alzheimer's Association.✽

## IN MEMORIAM

To Larry "Bubba" "Gator Man" Paul,  
Larry... we're so sorry for the pain you endured the past couple of years, and so relieved that it's now over. You remain in our hearts and our memories, with two strong legs, an adoring wife, and an active lifestyle. Your spirit and generosity live on, in your beloved Sanibel, in Gainesville, Ocean City, and probably several more places that you've touched, that we don't even know about.

We will think of you every time someone orders a Miller Lite, or a plate of mozzarella sticks. Every time we play the 16th hole. Every time we see our Pathetic Pelicans jerseys hanging in the closet. Every time someone makes a controversial remark, just to get the conversation rolling. Every time we pass by St. Elizabeth's and Doc Ford's. Every time

our kitchen is particularly clean (though never as immaculate as yours). Every time we go to the Lazy, or the marina, or The Dunes.

Warren and I happened to be in Gainesville the night we learned of your release from pain. Everywhere were signs of the Gator Man. We ordered our usual red and white wines at a local pub where we felt your presence, and then ordered a Miller Lite in your honor. We toasted you and Maureen and all our happy times together. But you already know that, Bubba. You were dressed in blue and orange, watching us from your place in heaven, (if there is one, we're sure it's where you are) raising your own frosty mug.

We love you, Bubba. We miss you. We'll never forget you.

— Jodi and Warren✽

## FISH Sponsors Mobile Mammogram

Women of all ages will have local access to mammography services on Tuesday, August 25 from 9 a.m. to 1 p.m., when FISH sponsors the Radiology Regional Center Mobile Mammogram for the island community. Mammograms are x-rays of the breast, continuing to be the gold standard and the key to life-saving early detection of breast cancer. Early detection allows for a greater number of options for treatment and a better chance of survival. The Radiology Regional Center's Mobile Mammography Coach is a customized, mobile breast-imaging clinic featuring the latest technology in digital mammography. Convenience, state of the art technology, and exceptional quality are the reasons why women choose this service.

The mobile mammography trailer will be stationed at the Bailey's General Store parking lot. This service is made possible through a partnership with The Zonta Club of Sanibel and Captiva. Residents can book an appointment or learn more about the program by calling Christine or Jessi at the FISH Walk-In Center at 472-4775. No prescription is necessary for this service, and FISH may be able to provide financial assistance to those without insurance or with limited financial resources. All financial assistance cases must first go through a detailed intake process and provide certain financial documentation to FISH. Each case is evaluated privately, on an individual and per instance basis. There is no guarantee of financial assistance from FISH.

FISH relies on community support to fund all programs and accepts unopened, unexpired food items which are delivered directly to island families in need. All of the contributions are used by FISH to support its mission. FISH is a United Way house and an equal opportunity provider. For more information, visit [www.fishofsancap.org](http://www.fishofsancap.org).✽



Leslie Amick of AHA and Heart Walk Committee Chairman Art Cassell at the 2015 Heart Walk. Sanibel Captiva Trust Company will again be the Platinum Sponsor for the 2016 walk.

## Trust Company Supports Heart Walk As Platinum Sponsor

The Sanibel Captiva Trust Company will be the 2016 Platinum Sponsor of the Sanibel-Captiva Heart Walk. This is the third year the company has been the major sponsor, and the organizing committee thanks them for their continuing support.

The Sanibel-Captiva Heart Walk will take place on Sunday, January 31, starting at 1 p.m., across from Bailey's, at the corner of Tarpon Bay and Island Inn roads.

Each fall, the committee profiles Sanibel and Captiva residents who are survivors of heart disease or stroke. They are friends and neighbors who have benefitted from life-saving research events such as this. Over the past two years, there have been featured survivors like Art Cassell, Chuck Bergstrom, Nola Theiss, Yolande Welch, Kurt Harjung, Carole Fallon and Lex Roulston.

The committee is looking forward to an even bigger and better event in 2016. Entertainment is being planned by Amy Morgan of Thank You for the Dance. There will be a magician, face painter and balloon maker, and a new silent auction. For more information, go to [www.sanibelcaptivaheartwalk.org](http://www.sanibelcaptivaheartwalk.org) or contact Kelly Goodwien at [kellygoodwien@heart.org](mailto:kellygoodwien@heart.org) or call 495-4901, including sponsorship opportunities.✽

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# Variance Granted For Minor Infraction At Residence

by Jeff Lysiak

During Tuesday's planning commission meeting, a variance request to allow a minor encroachment into the front yard setback at a new residence on San Carlos Bay Drive was granted, with members of the commission calling their decision a "reasonable" resolution.

Homeowner Guy Arvia notified the city's planning department after inspecting his property and discovering that the front staircase of his new residence extended 22 inches into the minimum front yard setback, inquiring whether there could be any administrative relief granted to this self-imposed setback encroachment.

"Planning department staff has reviewed the circumstances, including the site conditions, permit review history, and the existing construction and determined there are no provisions in the Land Development Code allowing staff to authorize or grant any administrative relief from the minimum required front yard setback requirements," the staff report reads in part, presented by city planner Benjamin Pople.

Since, according to the city's standards for granting a variance were not met, Pople had proposed four recommended conditions if the commission approved the variance:

- Setback relief is granted for the front stairway appurtenant to the single-family residence approved under development permit No. 13-7601.
- The stairway shall be set back a minimum of 23 feet from the edge of the platted cul-de-sac for the San Carlos Bay Drive right-of-way.
- Handrails shall be located to create the minimum encroachment necessary while also meeting Florida Building Code requirements.
- The variance approval and location of the stairway shall not be used as the basis for any future nonconformity or code violation on the subject property.

Additionally, Pople offered two recommended conditions if the commission denied the variance:

- The applicant shall provide a plan revision to modify or reconstruct the front stairway in compliance with the 25-foot setback, as measured from the edge of the platted cul-de-sac for the road right-of-way of San Carlos Bay Drive.
- The encroachment into the required minimum front yard setback shall be removed prior to planning department approval for the issuance of a final certificate of completion or occupancy.

Commissioner Tom Krekel suggested that it would be an "unreasonable condition" to require the applicant to reconfigure his front entryway steps in order to meet the front yard setback standards, considering that the encroachment had been done accidentally.

"We're talking about two steps," said Jim Jordan, planning department director, who suggested that the violation likely occurred due to a calculation error during the early stages of pre-construction of the residence. "If you were to drive by and looked at the property, would you say, 'What happened here?' I don't believe so."

Other members of the commission agreed that the encroachment would have no impact upon the surrounding neighbors and island community, and that the only people affected would be the property owners themselves, who will have a smaller driveway area than planned for.

"Due to the diminutive nature of this problem, I would hope the commission would interpret that reasonably," said Arvia.

Commissioner Chuck Kettman offered that, in his opinion, all seven standards to grant a variance had been met. "I have no problem approving this request for a variance," he added.

"This is a very minimal issue that needs to be considered reasonably, and I think that's what we're doing today," said Tom Krekel, who seconded Kettman's motion to approve the variance. The commission voted 6 to 0 favorably, with commissioner Chris Heidrick recusing himself from voting.

In other business, commissioners voted unanimously to approve a development permit application to build – in conjunction with the development of a new single-family dwelling – an elevated accessory swimming pool and deck that will be higher than seven feet above predevelopment grade.

The two-story Mediterranean style residence, to be constructed on the gulf-side street intersection of Waters Edge Lane and Blue Heron Drive, will encompass 9,660-square feet.

"The proposed residence and elevated swimming pool are compatible to other gulf-facing residences within the Gulf Shores neighborhood," the planning department staff report reads in part. "The setbacks, orientation, fenestrations, roof characteristics, height and landscaping proposed for the residence and elevated swimming pool are in keeping with the general character and atmosphere of the defined neighborhood for Gulf Shores subdivision."

After a brief discussion, commissioners approved the permit subject to 20 recommended conditions, which includes final approval of the vegetation/landscape plan by the city's department of natural resources.\*

## Commission Considers Monthly Meetings

by Jeff Lysiak

At the suggestion of one of the Sanibel City Council members, the planning commission agreed to investigate meeting on a monthly basis – rather than its current schedule of two sessions every month – in order to cut down on the planning department's workload and improve the overall efficiency of both the city staff and commission.

During his council liaison report before the seven-member commission, Chauncey Goss suggested that adjusting the commission's meeting schedule to once per month might be beneficial, both economically and functionally. He asked both the commission and the planning department if they thought they could effectively conduct city business on a monthly schedule.

"I think this is somewhat appealing to staff... it gives staff time to get ready," said Jim Jordan, the city's planning department director. "With two meetings

a month, we are always getting ready for the next meeting. As long as applicants and staff know the schedule, they all can plan accordingly and it shouldn't be an issue."

City attorney Ken Cuyler confirmed that making such an adjustment to the commission's meeting schedule would not require an ordinance or charter requirement.

"If it doesn't work out, we can always go back to twice per month," said commissioner Chris Heidrick.

Commission chair Dr. Phillip Marks, who noted that the recreation center budget reduction demonstrated that their facility could reduce their budget and operate more efficiently simultaneously, offered that a monthly meeting schedule could do the same for the commission.

"There will be times for special meetings. I don't think anyone here would object if once or twice a year we have to call a special meeting if we have to have one of those," said Marks, who suggested that the commission establish a regular schedule (i.e. the second Tuesday of each month).

"Having one meeting every month will implicitly ensure that all of us will try and be present for those meetings," added commissioner Chuck Kettman. "I'm certainly in favor of trying it out."

"If we have a lot coming, we can stay longer," added commissioner Tom Krekel.

Kettman made a motion to propose a monthly schedule for the commission, which was seconded by Holly Smith. The motion was unanimously approved and will now go before the city council for formal approval.\*

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## OBITUARY



CARLTON LEE BOREN

ville, South Carolina; former son-in-law Michael McMillan of Sanibel; daughter Jennifer Boren of Salt Lake City, Utah; grandson Jack Stewart of Santa Barbara, California; brother Gary Boren of Dallas, Texas; two nephews; three grandchildren by marriage; and countless friends.

Carlton graduated from the University of Oklahoma then purchased his father's business, serving on several city, state and national professional organizations and boards. He grew his business into Oklahoma's largest NAPA store before retiring to Sanibel.

Carlton had been a member of the Kiwanis Club, the Presbyterian Church, BPOE, Rotary International, Beachview Country Club, and had held a private pilot's license for many years. He loved boating and fishing, especially with his grandson Jack. The Boren family and friends enjoyed many happy years in their beachfront condo at Sundial Resort before Carlton and Johanna purchased a home in Beachview.

In his early retirement, Carlton became a successful realtor, making friends of many clients and vice versa. Longtime islanders will recall the yellow Model A replica he drove about the islands. He and Johanna split their time between Sanibel and Cloudcroft, New

Mexico, where Carlton made a hole-in-one.

During 15 happy later years in Albuquerque, Carlton volunteered hundreds of hours at the public library, while building and cataloguing his own prized book collection. In retirement, he read, on average, two books a week, and did daily crossword puzzles. He and Johanna explored the Southwest and spent many happy days in their getaway home near Cloudcroft and Ruidoso, where a herd of deer often visited.

Carlton's lifelong passion for baseball culminated in a namesake "Love of the Game" annual award at his alma mater high school. Dozens of young ball players enjoyed trips he sponsored in the '80s to see pro baseball games in Oklahoma City. He enjoyed a private tour of Fenway South when it opened, and recently received a signed baseball from Nolan Ryan. In March of this year, his son-in-law accompanied him to Arizona to watch spring training.

Carlton was a huge OU Sooners fan, a master griller of charcoaled steaks, and was extremely lucky in life, always landing the best parking spots and even winning a car. He got to attend The Masters at the age of 79.

Carlton's favorite thing to do was give, from gag gifts for pals to musical

instruments for a needy school. He was considered by many to be the world's greatest joke teller and could recall a joke relevant to any topic from his repertoire of hundreds.

He was a music lover, a saxophonist, a bandleader, a band booster, and proud member of The Pride of Oklahoma alumni band. For their 60th wedding anniversary, Carlton and Johanna enjoyed a private jazz concert, arranged for by their children.

In his final days, next door to his daughter in Greenville, Carlton was still amusing those around him with his humor, when not listening to baseball or music on his iPad. His unending curiosity, love of people and sheer zest for life were the indomitable forces which drove him to continually make friends, help others, share his discoveries, and communicate with an ever-expanding network of people who adored him.

Carlton's wit and wisdom have touched hundreds, if not thousands, and he will be greatly missed.

A life celebration will be held in Greenville at a later date. In lieu of flowers, memorials may be made to Mr. Holland's Opus Foundation, which provides musical instruments to underfunded schools.\*

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### BAT YAM-TEMPLE OF THE ISLANDS:

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Martin Pokedoff at 239-395-2544. 472-8684.

### CAPTIVA CHAPEL BY THE SEA:

The Reverend George E. Morris Services every Sunday 11 a.m. through April 26, 2015. 11580 Chapin Lane on Captiva. 472-1646.

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### UNITARIAN UNIVERSALISTS OF THE ISLANDS:

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

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## Children Make Exciting Discovery At Education Center Of The Islands



Students searched their bean plants high and low for the ladybugs. They found plenty of these good bugs that helped their beans grow big and tall

The shouts can be heard from all over the playground at the Children's Education Center of the Islands.

Children come running from all directions to see what has been discovered. To their surprise, lots and lots of ladybugs have been spotted by one eagle-eyed camper.

The youngsters were thrilled to have found a goldmine of ladybugs on their bean plants in the Ryckman Memorial Garden, an organic garden that the children tend in memory of Martha Ryckman, the first director of the preschool.

Teachers were more than eager to help the children rediscover their knowledge of ladybugs, which had been studied previously in the school year when they learned all about insects.\*



The students were able to "teach" the teachers what they knew about ladybugs and their lifecycle

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Grace Kelly goes in deep in the bean plants in search of more ladybugs



Olivia Rondina takes a break from learning with a nice cold popsicle



Simon decided he needed a break from the hunt

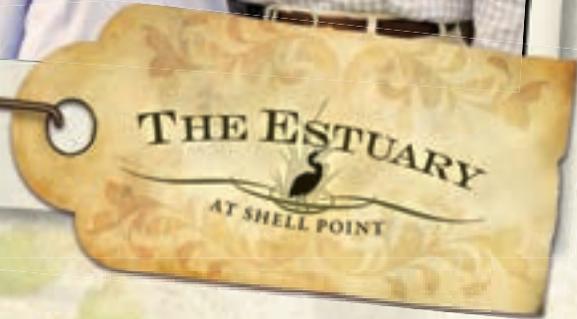
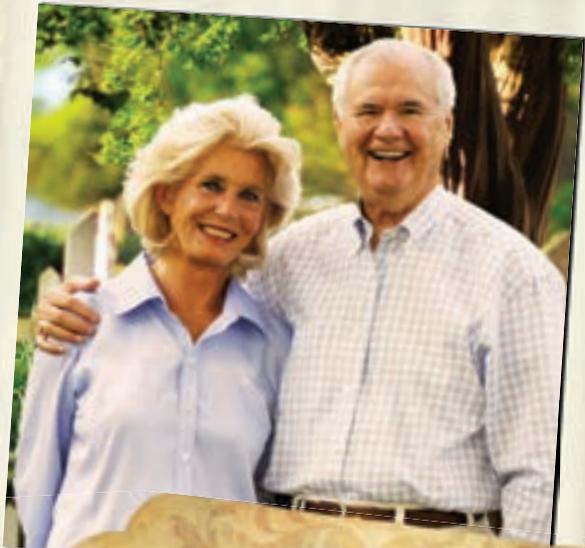
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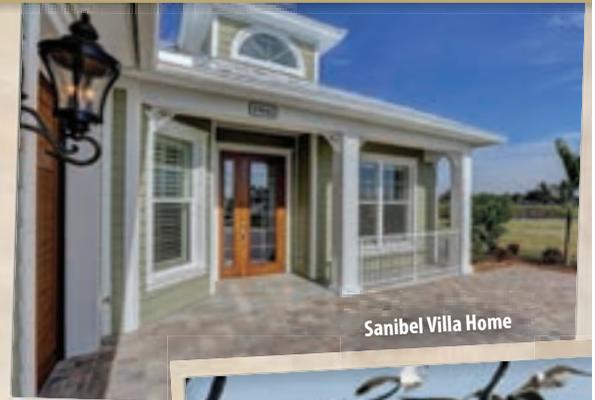
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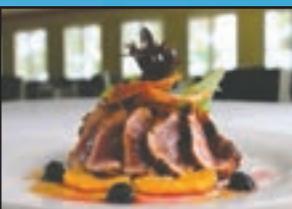


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## Library Book Discussion Group

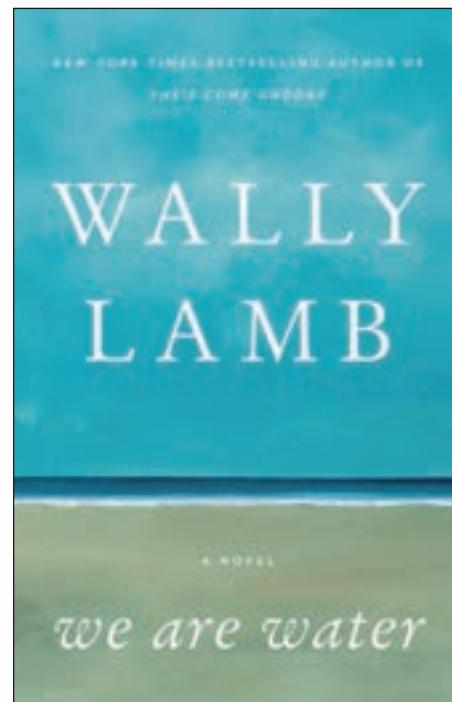
submitted by Maureen Tesoro,  
Sanibel Public Library

Readers are invited to come in to the Sanibel Public Library to talk about Wally Lamb's *We Are Water*, the focus of the Wednesday, August 26 book discussion. The meeting is free and open to the public. The discussion begins promptly at 2 p.m. in the Library's Meeting Room #4, located on the ground floor.

Told in alternating voices, *We Are Water* follows Anna, a middle-aged wife, mother and artist, as she divorces her long-time husband to marry Vivica, the Manhattan art dealer who orchestrated her professional success. A reviewer for the *Miami Herald* wrote, "Wally Lamb's fifth work of fiction ... is a mesmerizing novel about a family in crisis that pulls together many characters and diverse themes and sets the bulk of its action against our collective modern angst and ambivalence."

While it is preferable to come to the discussion having previously read the book, all are welcome. Copies of book club books are located in the library near the Reference Desk, in a variety of formats.

The book for the September 26 review is Kathleen Grissom's *The Kitchen House*. The group will read Nancy Horan's *Under the Wide and Starry Sky* in October. If you have questions about the meetings or the library, call 472-2483, or go to [www.sanlib.org](http://www.sanlib.org).



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# Summer Campers Visit Broadway Palm



More than 60 participants from the Sanibel Recreation Center's Summer Day Camp program visited the Broadway Palm Dinner Theatre in Fort Myers last Thursday afternoon, taking in a matinee of the popular musical *Footloose*. Members of the show's cast included Callie Atkinson, who attended The Sanibel School where her mother teaches, and Victor Legarreta, former artistic director of the Herb Strauss Theater. photo by Jeff Lysick

## Sanibel-Captiva Conservation Foundation

### Tank Talks

On Tuesday, August 18 at 10 a.m., come and meet the SCCF Nature Center ambassadors. Meet Indie the endangered indigo snake, who recently laid nine eggs, Happy the snapping turtle and Lucky the soft shell turtle. The diamondback terrapins have laid eggs again this summer... meet two young terrapins that hatched last August.

Take a tour with a biologist to learn about the SCCF research and projects associated with these local critters. SCCF is located at 3333 Sanibel-Captiva Road. Call 472-2329 for more information.

### Bobcat Tales

Come and see recent videos of bobcats on SCCF trails. Learn more about the biology and society of this shy feline that peacefully roams the islands. There has never been a negative human bobcat interaction reported on Sanibel. The next Bobcat Tales will be held on Wednesday, August 19 at 10 a.m. in the SCCF auditorium. Cost of the program is \$5 per adult, with SCCF

members and children attending for free. Following the program, take a walk on the trails to the Sanibel River... you may see bobcat scat. Climb the tower to see Sanibel's Everglades-like wetlands where the bobcats live. Call 472-2329 for more information.

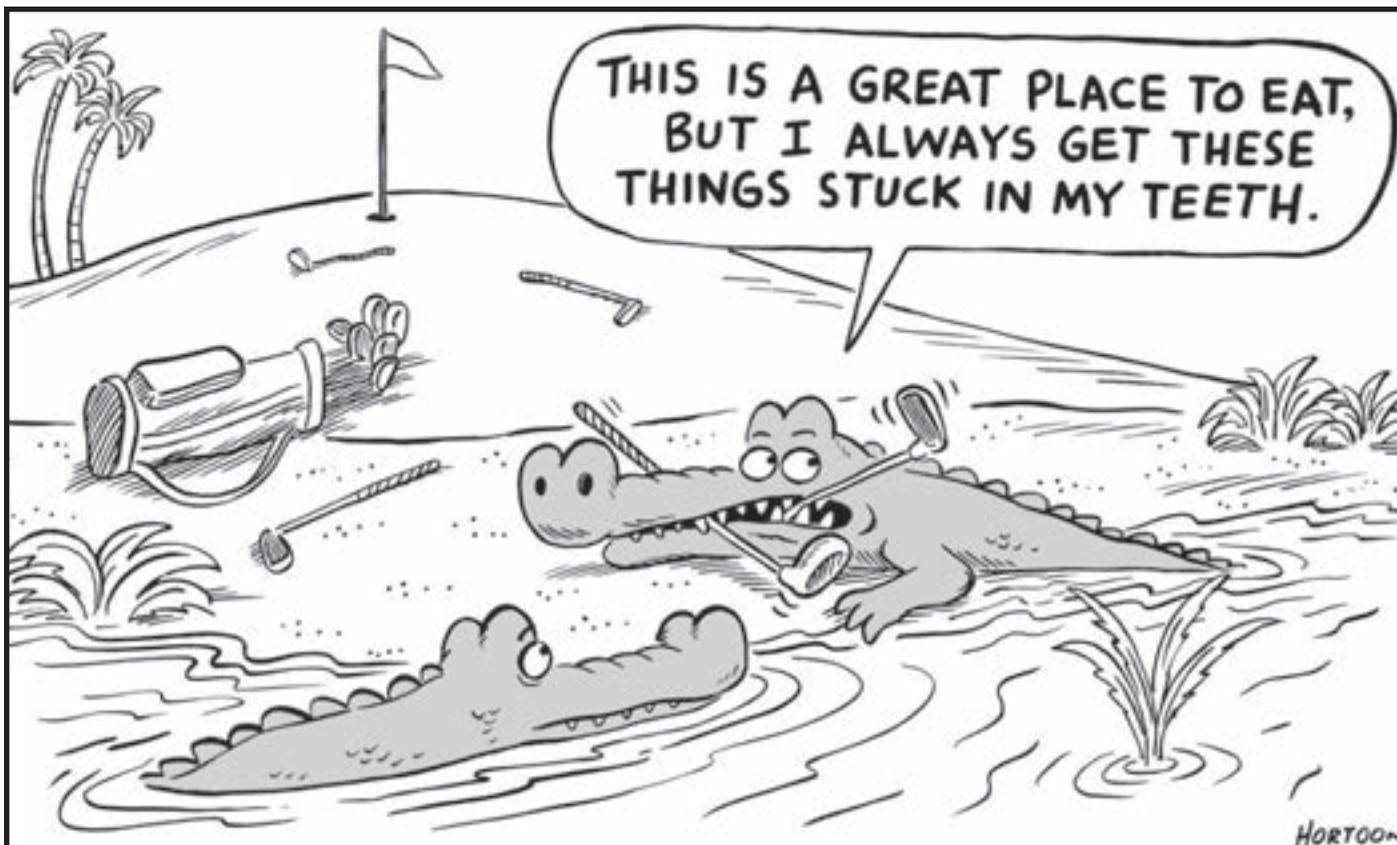
### Turtle Tracks

Learn about the lifecycles and habits of sea turtles that are nesting now on island beaches and what SCCF is doing to protect them. Since 1992, SCCF staff and volunteers have covered every inch of Sanibel and Captiva beaches each morning May through October finding and marking sea turtle

nests laid the night before. Remember to turn off beach lights at night to protect nesting turtles and their hatchlings. The next Turtle Tracks program is Thursday, August 20 starting at 10 a.m. at the SCCF Nature Center, located at 3333 Sanibel-Captiva Road. The program is free to SCCF members and children, or \$5 for adults. Call 472-2329 for more information.

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

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## Shells Found



Gary, Grayson (9), Monique Rigby, Lindsey (9), John, Elise (7) Sarah and Caroline (2) McCrea

Jon McCrea and family, visiting from Auston, Texas and Ponte Vedra Beach, Florida found a lion's paw scallop on the beach at Tarpon Bay Road while staying off Nerita Street. They found the shell at high tide while swimming.✪

## Shell Found



Lauren Pirozzi

Lauren Pirozzi found a four-inch junonia at Bowman's Beach on August 11 while swimming and diving for shells in about five to six feet of water. Pirozzi was visiting Sanibel for the day while vacationing in Naples.✪

## Fish Caught



Emerson and Mike Metzger

Eleven-year-old Emerson Metzger and his dad, Mike, from Dallas, Texas caught and released a 26-inch red-fish while on a Sea Reed Charter.✪

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Shell Of The Week

# Fargo Worm Snail



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

The Fargo worm snail, *Vermicularia fargoi* Olsson, 1951, is a gastropod with a shell that

starts regularly coiled until it is about an inch long. From then on, the shell then becomes uncoiled, acquiring its typical, irregular shape. The shell "tube" is about 3/8 of an inch in diameter. Shells of the Fargo worm snail are fairly common along the beaches of Southwest Florida, and so are those of a close living relative previously portrayed in this column, the Florida worm snail, *Vermicularia knorri* (Deshayes, 1843). Both Fargo and Florida worm snails do not form large clusters, but *Vermicularia recta* Olsson & Harbison, 1953, a Florida Pliocene fossil (between 2.5 and 5 million years of age), is a gregarious species, forming very large and dense beds, with its uncoiled shells reaching 10 inches in length. Learn more about the Fargo worm snail at <http://shellmuseum.org/shells/southwest-florida-shells/vermicularia-fargo>.

**Shell Museum Events**

Daily Island Inn Morning Beach Walks (Advance booking required): Join our



Photos José H. Leal

From left: Shells of Fargo worm snail, *Vermicularia fargoi*, (about 1.5" and 2.5" in length) and its Florida Pliocene fossil relative, *Vermicularia recta* (cluster about 15" in width)

marine biologist for a beach walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children and includes half-off museum admission. Parking at Island Inn is free for beach walk participants. Space is limited; book online at [shellmuseum.org/events](http://shellmuseum.org/events) or call 395-2233 to make a reservation. (Current Island Inn guests: Please book through the Inn).

Daily Tank Talks, 11:30 a.m. and 3:30 p.m.: Our marine biologists offer

insights into the fascinating world of mollusks.

Monday at 1:30 p.m.: Carolyn's Collection - A fun and entertaining look at gem-quality shells.

Tuesday at 1:30 p.m.: Shell Bingo: Learning has never been so fun.

Wednesday at 1:30 p.m.: Midday Tank Talk with a marine biologist.

Thursday at 1:30 p.m.: Cool shells - See some of the coolest museum shells which are not on display.

Friday at 1:30 p.m.: Marine-themed

Arts & Crafts - Create art and take it home with you.

Saturday at 1:30 p.m.: Sanibel Shells - Discover the look, feel and subtle differences of local shells.

Sunday at 1:30 p.m.: Shell Bingo (Please visit [shellmuseum.org](http://shellmuseum.org) for potential schedule changes)

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

photos by José H. Leal.

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Baby raccoons in their cage at CROW

photos courtesy of CROW

## An Inside Look At Wildlife Recovery

The CROW Picture Show presents informative anecdotes about the native and migratory wildlife species brought to the Clinic for the Rehabilitation of Wildlife, along with photos of patients admitted to the facility.

In 2014, CROW's wildlife hospital cared for 3,410 sick, injured or orphaned animals. Of the 200 different species, 57 percent were birds, with 37 percent mammals and six percent reptiles.

CROW is not permitted to display its patients to the public, so this hour-long presentation offers the next best thing: numerous candid snapshots of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.



Baby ducklings

The next CROW Picture Show will be held on Friday, August 14 at 11 a.m. in CROW's Visitor Education Center at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is \$5 for adults, \$3 for teens, free for members and children 12 or under. The entry fee also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

For more information, call 472-3644 ext. 228 or visit [www.crowclinic.org](http://www.crowclinic.org).\*



Baby barn owls



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# Sunset Shark Fishing



by Capt. Matt Mitchell

**B**oaters and fishermen alike were happy to finally have a week almost rain free and, with calm waters, these near perfect conditions were a perfect set-up to spend

around and out from the oyster bars up in the middle to northern sound flats areas were all productive places to pop your cork with a live shiner. The amount of life in the large deep water sand holes was just crazy, with schools of jacks exploding all over the surface. Water temperatures within a few miles of the big passes just stay cooler when the air temperature is so hot as these places just get a better push of cooler water from the gulf.

If you can take the heat and lack of breeze, deep mangrove creeks with fast moving current were a good place to catch snook and mangrove snapper. Despite the fact that these dark water creeks where sauna-like hot, the fish came out of the woodwork to eat live shiners. When the bite got a little tough in the late afternoons, I headed deep inside of the "Ding" Darling Refuge to catch limits of mangrove snapper and lots of under-the-slot catch and release snook. How these fish are still this active in water this hot does not make a lot of sense to me, but why fight it?

One option to beat the heat was to head out late afternoon and fish until just after dark as things cool off, and we did not have to deal with the typical summertime afternoon thunderstorms. Sharks

some time out on the water. The sweltering summer time heat, though, quickly brought the rain cooled water temperatures of 81degrees back to the bath-like poaching temperatures of summer. For anyone out on the water fishing mid afternoon this week, you know keeping bait alive was almost impossible as it basically cooked in your bait well as surface water temperatures climbed into the mid 90s.

Anglers found some great action out on the open flats with trout, jacks, ladyfish, mangrove snapper and small blacktip sharks all crashing the party. Sandholes



A typical size five-foot shark comes boat side before being cut free

where the main target on these late day trips. A cooler full of fresh mullet made things easy with the shark bite peaking right around sunset time. This is a relaxing way to fish and also a great way to enjoy a spectacular sunset. Anchor up with a couple of big fresh cut chunks of mullet on circle hooks, putting the rods

in the rod holders until a drag screams. Most of my shark fishing this week I did in the southern sound, setting up close to home in the deeper water around Redlight Shoal, Chino Island and the powerlines.

Blacktips, lemons and bulls were the most common species of sharks caught, with a few real giants hooked up and not landed. Average size of these sunset sharks was four to six feet. Use a float buoy on your anchor rod so you can be quick on the chase as some of these fast running giants can dump your spool of line. Catching a big shark in the dark just adds to the excitement level of this. Heavy 300-pound mono leader with crimps will get lots more bites than steel leader, although, you will have some cut-offs.

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

## Send Us Your Fish Tales

**T**he *Island Sun* 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 photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to [press@islandsunnews.com](mailto:press@islandsunnews.com); or call 395-1213.

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CROW Case Of The Week:

## Who Cooks For You?



by Patricia Molloy

**A**t 20 inches tall, with a four-foot wingspan, the barred owl (*Strix varia*) is an imposing hunter. During the day, these owls hide in dense foliage – their brown and gray plumage makes them masters of camouflage – and emerge at night to feed a wide variety of prey, which they hunt from a favorite perch.

Despite their impressive size, one must be alert to catch a glimpse of these owls; they can go completely unnoticed as they fly noiselessly through the dense canopy of the woods or snooze in the cavity of a tree.

To hear a barred owl is a more easily attainable endeavor, as they are highly vocal and known for making many calls: the begging calls of nestlings, ascending hoots and caterwauling. The most recognizable one is the nine syllable call “hoo, hoo, too-HOO; hoo, hoo, too-HOO, ooo” which is often phrased as “Who cooks for you? Who cooks for you, all?”

In late June, a barred owl was found on the ground in front of a tractor supply store in Alva. The good samaritan who found the raptor called CROW to report the rescue and arrange for delivery. Upon presentation, the female owl – patient #15-1923 – was severely depressed, dehydrated, malnourished and had labored breathing. Additionally, an injury was palpated in its left wing, so the bird was anesthetized to allow for radiographs to be taken. The result: a fractured right clavicle and sternum (part of the shoulder girdle) and a fractured fibula in the left leg.

“She’s really good at force feeding, so we had to



The barred owl, patient #15-1923, was recently moved to a secluded outdoor enclosure on CROW’s wooded campus

continue with that (for awhile). Now she’s eating on her own. Her weight is better than it was at admission with good body condition,” explained Dr. Molly. “She’s sedated for physical therapy every three days, and she seems to be doing fairly well. We took radiographs (again) and the wing seems to be healing pretty well. She does have a little bit of stiffness in that wing, which is to be expected, so we’re just going to focus on PT for now and reassess her wing wrap when we know more about how she’s doing,” she concluded.

After approximately one month of care inside the clinic’s ICU ward, the owl’s wing injury had improved

enough that the wrap was removed. The patient was relocated to an outdoor flight enclosure on CROW’s secluded property where she has enough space to practice flying. When Dr. Heather is convinced that it is strong enough to survive on its own, the owl will be transported back to its home in Alva and released.

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

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# Cyclists To Ride For Children's Camp Fundraiser

Camp Boggy Creek, located near Mount Dora, Florida, is a camp where children with serious illnesses and their families can forget the word "no" for a little while and embrace the promise of "yes."

Founded in 1996 by Paul Newman and General H. Norman Schwarzkopf, the camp was designed with one simple premise in mind: that every child, no matter their illness, could experience the transformational spirit and friendships that go hand in hand with camp. With unobtrusive expert medical care, it was

their dream that the camp would provide seriously ill children with a fun-filled experience defined by compassion, laughter and acceptance. Camp Boggy Creek never charges campers to attend and never asks them to contribute anything other than a positive, playful attitude.

Billy's Bike Shop has participated in the Camp Boggy Creek Challenge Ride since 2012. The 5th annual Challenge Ride, to be held on September 12, offers cyclists the choice of a 60- or 40-mile route through scenic Lake County and, for the recreational cyclist, a 15-mile off-road ride through the Seminole State Forest adjacent to the camp.

Billy's Bike Shop team cyclists include bike shop staff members Clare Harris, Preston Schuetz and Tim and Debbie Stone. Shop owner Salli Kirkland and



**Team Billy: Beth Traucht, Clare Harris, Salli Kirkland, Debbie Stone, Preston Schuetz and Tim Stone**

friend Beth Traucht complete the team of six. Billy Kirkland, owner of Billy's Rentals, is an event sponsor and will provide support and gear for event participants.

Team Billy has a fundraising goal of \$2,000. To reach its goal, the team is selling Sanibel Island Cool towels, a reusable instant cooling towel, worn wet around the neck that remains 20 degrees

cooler than the air. They are great for biking, gardening or any outdoor activity. A donation of \$20 gets you a towel in an imprinted case. The towels also make great gifts or vacation souvenirs. They are available at Billy's Bike Shop or either Billy's Rentals location. Donations can also be made on line at [www.campboggycreek.org/challengeride](http://www.campboggycreek.org/challengeride).

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Swamp lily is the only crinum lily native to Florida  
photos by Gerri Reaves

Plant Smart

## Crinum Lilies

by Gerri Reaves

The extravagant beauty and easy cultivation of crinum lilies have long made them a favorite in the American South.

There are approximately 130 species in the genus *Crinum*, called crinums or sometimes spider lilies. Despite their lily-like flowers, however, they are members of the amaryllis – not lily – family.

Generally, the base of these plants is a rosette of whorled smooth strap-like leaves that can be as long as five feet.

Large fragrant funnel-shaped flowers with six arching petals cluster atop the stalks that are three to five feet tall.

The popular native swamp lily, or string lily (*Crinum*



Orange River lily, a native of South Africa, is especially hardy

*americanum*), is the only crinum species native to the state, indeed, to North America.

As its common name suggests, it grows wild in swamps, marshes, ditches and wet hammocks. It is pollinated by the sphinx moth.

Two to six white flowers cluster on the stalks. They bloom throughout the year in South Florida.

Orange River lily (*Crinum bulbispermum*) is one of many non-native crinums common in Florida. This native of South Africa is also called hardy swamp lily because it is cold hardy and tough.

Other species common in Florida include grand crinum lily (*Crinum asiaticum*) and Ceylon swamp lily (*Crinum zeylanicum*).

Crinum flowers come in shades of white, pink, red, or rose. Some cultivars are striped, like the festive “Stars and Stripes” Cape Coast lily.

Left to themselves, the bulbs form large clumps that can be divided if desired.



Eye-catching “Stars and Stripes” Cape Coast lily is a popular crinum hybrid

They will grow in sun or shade or in dry or moist spots but need full sun and regular moisture to bloom well.

Crinums are reputed to “never die.” Specimens planted decades – even a century – ago at cemeteries and home sites still thrive unattended. The onion-like bulbs of these old specimens can become enormous – as heavy as 40 pounds – and difficult to transplant.

A bed of crinums will provide lovely cut flowers for little gardening effort. They also make good container plants.

But be cautious: all parts of the crinum lilies are poisonous if ingested and the sap can irritate the skin.

Sources: *500 Plants of South Florida* by Julia F. Morton; floridata.com; and ifas.ufl.edu.

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

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Campers with their pets

## Summer Campers Learn About Animals

The children learned about different animals throughout the week during Animals Week at the Children's Education Center of the Islands. Each child had the opportunity to bring in a favorite stuffed animal or a picture of their pet. There was a pet show, where each child presented their pet and each received an award for their type of pet.\*

## Community Foundation Fellow Finishes Internship At CROW

by Jeff Lysiak

During her first day as a summer intern at the Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel, Kelsie Ozanne took part in one of the most memorable wildlife releases in recent history when she helped CROW return Ozzie the American bald eagle back into the wild.

Ozanne, one of three paid Florida Fellows from The Southwest Florida Community Foundation, also took part in several other wildlife releases – including a pelican, a gray fox and a yellow crowned night heron – during her eight-week internship at CROW, which she reported has “reignited my passion for animals.”

“Ever since we released Ozzie, people are calling in almost every day to check up on him,” said Ozanne, 20, a resident of Jacksonville. “I’ve learned so much and learned to appreciate wildlife so much more.”

The college junior, who is majoring in public relations and political science, is one of a trio of students - including Lauren Munsey and Adriana Di Graziano – from the University of Florida’s public interest communications curriculum who are providing support in public interest communications for three of The Southwest Florida Community Foundation’s 2015 grantee organizations (non-profits who received funding through Community Impact Grants). Munsey spent the summer working with the Naples Botanical Gardens while Di Graziano worked with the Gulf Coast Symphony in Fort Myers.

According to Ozanne, she and her fellow UF grantees were brought to Gainesville in April for a two-day workshop on public interest communication and storytelling in order to make the nonprofit leaders more adept at telling their stories in order to better propel their messages to gain more support so they do not have to rely on grant money all the time.

“I was placed with CROW, since the foundation thought I would be a good fit,” said Ozanne. “I had never been to Southwest Florida, so I checked out (CROW’s) website before I got down here. Until you get to CROW, it’s kinda hard to comprehend everything they do.”

When she arrived on Sanibel in mid-June, the island made an immediate impression upon the student.

“I was so busy looking around at everything, from seeing pelicans flying across the causeway to people and bicyclists crossing the roads... that takes some getting used to,” she said.

The Southwest Florida Community Foundation began the fellowship in an effort to help non-profit organizations enhance their messages to appeal to donors, supporters or benefactors and beneficiaries. “This is a holistic approach to granting, very innovative and a new way to make the nonprofits in our region better resourced,” said a spokesperson for the foundation, who noted the student’s wages are paid for by a local donor.

Ozanne, whose internship ended on August 7, plans on attending law school once her undergraduate work has been completed.

“I’ve enjoyed working at CROW and with all of the animals there,” she added. “I think that my communication skills and my writing have improved, along with my understanding of nonprofits.”\*



Kelsie Ozanne recently completed her summer internship at CROW

photo by Jeff Lysiak



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- 1 tablespoon mint, chopped
- 2 tablespoons orange liqueur (optional)
- 4 six-ounce swordfish steaks, 1½ inch thick, skin removed
- 1 tablespoon olive oil

Sea salt  
Black pepper  
Mint sprigs for garnish  
Make the Mango Citrus Salsa

by combining all ingredients except swordfish, oil, salt and pepper in a medium bowl. Mix well and set aside to let flavors blend. Brush swordfish steaks with olive oil then season with salt and pepper to taste. Grill steaks over medium-high heat for four minutes per side or until cooked through. To serve, spoon the Mango Citrus Salsa over the swordfish steaks and garnish with mint sprigs.

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Grilled Swordfish with Mango Citrus Salsa

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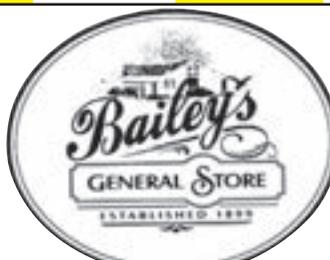
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## Local Artist's Whimsical Work On Display



Tower Gallery artist Susan Sadler with paintings from her exhibit at Bank of the Islands

Bank of the Islands is displaying new artwork as part of its continuing series of lobby exhibits showcasing local artists. The recently created art program is presented in association with Tower Gallery, Lee County's oldest art collective.

The fourth artist to be featured in the series is Susan Sadler. Her paintings will be on display during banking hours through August 25.

"We love sharing Susan's 'Art of Whimsy' with our customers and island neighbors," said Bank of the Islands Sanibel-Captiva Office Manager Willy Ocasio. "We truly appreciate that Susan, an island resident, is an internationally trained painter.

Sadler interprets with whimsical abstraction the events and objects that inspire her. Her body of work includes painting, drawing, interior design, and hand-painted clothing and textiles.

Bank of the Islands is located at 1699 Periwinkle Way, at the corner of Casa Ybel Road.\*



From left are Nanette Scoville, CROW's development director; Dick Muench, Lazy Flamingo owner; Sharon Tucker, committee member; Chadd Schipper, general manager at Lazy Flamingo; Larry Thompson, owner of Lazy Flamingo; Steve Greenstein, committee member; Willow Bender, CROW's senior wildlife rehabilitator; Ron Rich, general manager at Lazy Flamingo; and David Maudlin, general manager at Sunset Grill

## Lazy Flamingo Group Sponsors CROW Classic

The Clinic for the Rehabilitation of Wildlife will host the 2015 CROW Classic on Saturday, October 10 at The Sanctuary Golf Club on Sanibel. The tournament is sponsored by the Lazy Flamingo and Sunset Grill, with all event proceeds benefitting direct patient care at CROW's wildlife animal hospital.

The tournament will be a foursome

format and the deadline to enter is Tuesday, September 1. Entrance fee is \$1,000 per foursome and includes lunch, post tournament dinner, silent auction, contests and prizes.

Tournament day check-in begins at 11 a.m., with the shotgun start at 12:30 p.m. and a 5:30 p.m. dinner. Guests are welcome to attend the dinner and silent auction for \$50 per ticket.

To register a foursome or to become a tournament sponsor, contact Nanette Scoville, development director, at 472-3644 ext. 232 or nscoville@crowclinic.org.\*

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Sanibel-Captiva Art League

# Summer Exhibit At Sanibel Library



Ruth Loebeli

Paintings by members of Sanibel-Captiva Art League will be on view at the Sanibel Public Library, located at 770 Dunlop Road, through September during regular library hours. The library welcomes and encourages visitors and residents to visit its facilities and see the wide variety of services it offers to all. The variety of permanent collections and changing displays hold special appeal to those with a variety interests and offer cultural and educational enrichment.



Betty Cater

Art League members' paintings show popular island scenes with attention getting tropical colors. Included also are a variety of subjects painted locally and elsewhere in watercolor, oil, acrylic and digital imagery. The artists' individual styles and interpretations have developed over many years of observation and study. Some of the newer artists are just beginning to find time to paint and others have a strong academic or commercial background in art. One of the features of the Art League is their willingness to promote the enthusiasm and interest of all artists.

For more information about San-Cap Art League membership and upcoming events, write P.O. Box 1192, Sanibel, FL 33957 or log on to [www.sancapart.com](http://www.sancapart.com).



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# McIlroy, Spieth, Dustin Johnson Headline Final Major Of The Year



by Ed Frank

In every major sporting event, there are numerous story lines, but this weekend's PGA Golf Championship, the fourth and final major tournament of the year, carries an exceptional number of fascinating anecdotes worth following over the four days of competition at the extremely difficult Whistling Straits in Sheboygan, Wisconsin.

First and foremost is the health of defending champion Rory McIlroy, the world's No. 1 ranked player. He ruptured a ligament in his left ankle on July 4 while playing a pick-up soccer game in Ireland, and hasn't played a competitive round of golf since June's U.S. Open.

On Monday of this week, however, McIlroy said he is "100 percent ready to go," after playing three practice rounds at the course. "The game is good. I've been practicing for the last week and a half. It's coming together pretty well," he was quoted in the *Milwaukee Journal Sentinel*.

The second story line that will be chronicled involves 21-year-old Jordan Spieth, winner of this year's Masters and U.S. Open. Should he capture his third major, he would join only three other golfing legends who won three majors in a single year - Bobby Jones in 1930, Ben Hogan in 1953 and Tiger Woods in 2000.

The personable Spieth is ranked No. 2 in the world.

The PGA is returning to Whistling Straits for the second time and perhaps you will recall the controversy in 2010 that might have cost Dustin Johnson the championship.

On the 18th hole of the final day, Johnson grounded his club in a bunker right of the fairway which he had figured was just a patch of dirt given that spectators had walked through it.

It resulted in a two-stroke penalty and thus eliminated him from a playoff with Bubba Watson and Martin Kaymer, the eventual champion.

Johnson had no one to blame but himself, as tournament officials had distributed a local rules sheet and even posted it in the locker room. "I guess I should have looked at the local rules sheet a little harder," he said afterwards.

You can bet he will this week.

Fresh in our memory is Johnson's tough-luck finish in this year's U.S. Open when he three-putted the last hole to hand Spieth the title.

continued on page 41

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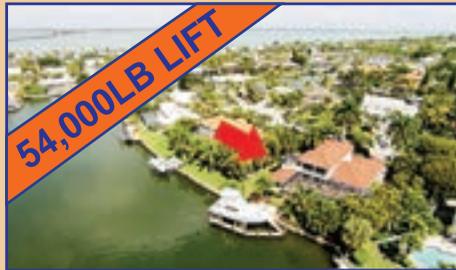
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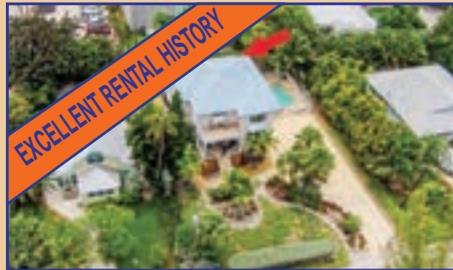
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# Sanibel Congregational Named Gold Sponsor Of 10K Race 4 FISH

Sanibel Congregational United Church of Christ is a Gold Sponsor of the 7th annual 10K Race 4 FISH, a non-profit organization the congregation appreciates for its work with those in need.

"We are happy to be a small part of that outreach," said SCUCC Senior Pastor Rev. Dr. John Danner. "We hope our support of FISH will not only help provide resources for people when needed, but also the reassurance they are not alone in their struggles."

SCUCC has been committed to serving the wider community since its beginnings. Each year, the congregation dedicates a portion of its operating budget, as well as special offerings, for grants to local and national non-profits. The congregation's women group SCWIM supports FISH and other local non-profits through proceeds from "Rookery Bookery" and other fundraising efforts.

"The Sanibel Congregational United Church of Christ's congregation is full of people who care about their community's well being," said Nancy Bender, co-chair of the 10K Race 4 FISH committee. "We are grateful for their support of the 10K race, as its an important part of FISH continuing its mission of neighbors helping neighbors."

FISH of SanCap has been dedicated to serving its community for more than three decades through various Helping Hand programs and a food pantry – posi-



Seated from left, Sanibel Congregational United Church of Christ Moderator Pam Rothmann-Cokes, the Rev. Dr. John Danner, Rev. Deb Kunkel and Carl Smigiel, member of the Mission and Benevolence Committee; back row, Pete and Nancy Bender of the 10K Race 4 FISH committee

tively impacting thousands of lives each year. Seniors, youth and families are beneficiaries of valuable programming, from Alzheimer's assessment and adult education assistance to youth lunches and scholarships. The non-profit organization recently relocated its Walk-In Center to 2430-B Periwinkle Way to better serve its clients.

"We appreciate the work FISH does in addressing the increasing and changing needs of both Sanibel's residents and workers who help make this island a special place," said SCUCC Associate Pastor Rev. Deb Kunkel.

The 10K Race 4 FISH will be held on Saturday, October 17, with the start/finish line at The Community House, 2173 Periwinkle Way. It draws hundreds of runners from near and far each year. Registration includes a T-shirt featuring the Hortoon 10K logo and other goodies in a back-pack style bag.

There are a variety of race sponsorship slots available – Gold, Silver, Bronze or Friend. For Gold to Bronze sponsorships, your name or logo will appear on the back of T-shirts featuring the Hortoon race logo and worn by the runners, as well as all banners and printed race materials. Friend sponsors will be included on all banners and race materials.

Anyone who is interested in becoming a race sponsor should contact Nancy and Pete Bender at benderlaw@juno.com or 472-5220. The deadline is September 15.\*\*

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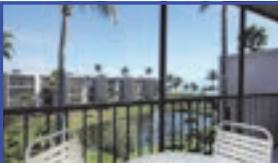
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# School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, We have been very laid back this summer and have not followed much of a schedule. Now with school soon approaching, I

would like to get my kids into some routines for school. They are in second and third grades. Do you have any suggestions?

*Isabel B., Cape Coral*

**Isabel,**

You are very wise to implement routines for your children. Consistent daily routines provide security for children. When they know what is required, anxiety and stress are reduced and expectations are made clear. Routines allow young children and sometimes older children as well more confidence to go about their day.

There are many areas where routines are important to develop but here are some that relate to school success: healthy eating, exercise, sleep and TV/computer/screen time usage, and homework.

**Healthy Eating**

- Provide well-balanced meals and limit caffeine and junk foods.
- Always make time for your child to

have a good breakfast so he or she will be alert and able to pay attention and learn.

**Exercise**

- Involve your child in physical activity for a 30 minutes every day (i.e. walking, bicycling, playing sports, etc.).

**Sleep**

- Maintain consistent bedtime and morning routines, including weekends.
- Young children need approximately 8 to 10 hours of sleep per night.

**Television and Computer/Internet Usage**

- Limit the amount of time your child watches television and uses the computer each day.

- Monitor the types of programs that your child watches and the websites he or she visits.

- Turn off scary or violent television (for example, programs with vicious animals, monsters, natural disasters, stories involving death of a parent, etc.). Young children have a difficult time telling what is fantasy and what is real.

**Homework**

- Setup a specific time and location in the house where your children will complete their homework daily. Even if they don't have homework, this could be their reading time. Make sure this location has the tools necessary to complete their work so they don't waste time hunting for paper, pencils, scissors, etc. every day. Allot a specific amount of time for them to do their work or reading. Schools typically suggest how much time, by grade level, they think

continued on page 41

**Superior Interiors**

# Color Your Appetite



by Jeanie Tinch

**C**olor psychology takes on added significance in the dining room because it's a simple fact that color profoundly influences our appetites. Did you know that a simple change in a color

scheme has been known to make a success of restaurants that were failing despite their excellent food?

Clear colors have the same stimulating effect on atmosphere as they do on appetites. Blue is particularly restful, encouraging leisurely meals. Full strength red is exciting and to be used with discretion, but lighter shades – such as raspberry or soft pinks – are extremely pleasant to eat by. Orange and its cousins, terra cotta and canyon, tend to increase the appetite. So if you want to your family to eat hearty, then an orange toned color scheme is perfect. Yellow is its usual gay and sunny self. Neutrals, livened up with positive color splashes, can be effective, too.

In the presence of food, beware of muddy green tones – stick to clear shades of this color. And avoid lavender and violet, as they're appetite suppres-

sants. Drab colors in a kitchen or dining room are rarely successful.

And since most dining is done at night, it's important to test colors under artificial light. If your color scheme ends up turning a bit muddy, you might actually succeed in making your beautifully prepared meal a bit distasteful.

Lighting should be flexible to allow different levels of light for various activities. A central chandelier can be controlled with a dimmer switch. However, even at its uncomfortable brightest, a chandelier seldom provides sufficient light by itself. Try a pair of tall matching candlestick lamps on a sideboard or buffet. Or perhaps wall fixtures might help to add the additional light you require.

And if it's romance you're after, candles offer just the right hint of the exotic to your dining experience. They are sure to cast a warm glow over everything in the room. Best of all, they present you in your best light!

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

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Sanibel Captiva Trust Company

## Current Outlook



by Richard E. Pyle, CFA, President The Sanibel Captiva Trust Company

As we begin the last half of 2015, the current outlook continues to reflect our conviction that little has changed over the past five years.

The United States still boasts low interest rates, a growing economy, rising employment, political stability and rising net worth. Europe and Asia still experience

slowing growth, problems with the banking systems, unresolved structural issues and, of course, political and economic dysfunction in Greece.

There also are still-unresolved issues in the geo-political sphere regarding terrorism, war in the Middle East, and the surprising unraveling of detente with Russia.

We do not expect any of these issues to be resolved completely in months or years, but we do expect the economic environment around the globe to show continued slow, but steady improvement. The U.S. economy, after a bumpy start this winter, should experience accelerating growth in the back half of this year and into 2016. This view is supported by the evidence of moderately rising employment and wages in most sectors of the economy.

The only major sector of the economy that may not participate in this improvement will be energy, due to the nearly 40 percent decline in the world price of crude oil over the past year. One sector of the economy that has finally shown some relative improvement has been housing. Following the collapse of this sector during the 2007-08 financial crisis in the United States, the industry's stabilization and recovery is very encouraging.

Corporate profit growth this past year has slowed down as a result of the energy price decline and the strength of the U.S. dollar. Forty percent of corporate profits derive from activities denominated in non-dollar currencies. As the dollar rose in value, revenues and profits abroad translated into fewer dollars and depressed year-over-year revenue and profit growth.

Given the more-recent stability of oil prices and the dollar, the headwinds to profit growth exhibited the past year should become tailwinds by the end of 2015.

Regarding monetary and fiscal policy, we are getting ever closer to seeing some short-term interest rate increases in the United States. The market is betting on one rate increase before year's end and more hikes in 2016. As always, the Federal Reserve Board Open Market Committee is data dependent and looks at data every six weeks to determine how close they are to achieving their dual mandate of full employment and price stability. At the moment, they are more concerned with price stability and are viewing the worldwide deflation risk as cause for concern. As long as the risk of

continued on page 41



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## Will Power

## Four Different Methods Of Charitable Giving From Your Estate



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

**M**any individuals have charitable intent that they would like to incorporate into their estate plans, but aren't quite sure how to accomplish that. Today I'm going to outline four main methods of including charities in your estate plan.

### Outright Bequests To The Charities

Outright bequests to the charities are the simplest and most straightforward of these avenues. Here you designate what charities receive how much from your estate. If you want the money to be slated for a certain activity within that charity (e.g.

your favorite university for the purpose of providing scholarships), you could so designate in your will or trust.

Here, you are relying on the charities to abide by your wishes. They can consume the principal for the stated purposes, or if there is no stated purpose then for their general cause.

### Public Foundation

The next avenue would be a public foundation, such as The Southwest Florida Community Foundation (SWFCF), United Way or a host of other foundations that serve to achieve charitable objectives.

Here, you would name the public foundation in your trust, and describe the charitable causes that you would like for your bequest to satisfy. The public foundation typically invests your money pooled with their other funds, and the proportionate amount of income generated by your fund would be distributed annually to the charitable causes you set forth.

Because it is a public foundation, meaning that a majority of its assets and revenues are not from one or just a few individuals, the more liberal tax laws governing public foundations apply. So long as your bequests and directions meet the Internal Revenue Code standards and are consistent with the bylaws and governing documents of the public foundation, almost all of the monies you slated for your charitable causes will benefit those causes annually following your demise.

The public foundation does have administrative expenses that are satisfied from its general pooled income. You can speak to them about how much of your money

will one day satisfy your charitable intent and how much might be expected to cover the public foundation's overhead.

### Private Foundation

A third avenue to achieve your charitable goals is to build a private foundation inside of your estate plan. The private foundation would work very similarly to a public foundation mentioned above, but must comply with a plethora of IRS rules and regulations. The IRS doesn't pass out tax exemption certificates without imposing a lot of rules. Since private foundations are, by definition, usually limited to one family, the IRS is worried that the private foundation will be a front to achieve charitable deductions without actually benefitting charity.

Therefore, the drafting of such a foundation is a detail oriented exercise. Upon your passing, the foundation is typically established by the trustee of your trust, and must distribute a minimum of 5 percent of the trust value annually for the foundation's charitable purposes. Moreover, a 2 percent excise tax on net investment income is levied, although there are exceptions to that rule which is beyond the scope of this discussion.

Salaries that your trustee(s) take are highly scrutinized (since they are not a charitable function) and are limited under IRS rules. Annual tax returns (Form 990PF) disclosing not only the income but the activities of the foundation are required.

The benefit of a private foundation is that those who you select to run it will ultimately ensure that your charitable wishes are carried out the way that you want them carried out. Further, aside from the excise tax and administrative expenses, your charitable bequests will be used to meet your charitable purposes.

### Charitable Remainder Trust

The last method I will discuss here is the Charitable Remainder Trust (CRT). Here, you name a trustee that will manage the investments and make the distributions. Typically, you name a family member or other person to receive an annual income distribution, which is either calculated as a fixed annuity based upon a percentage of the original contribution to the trust, or a unitrust percentage which is a fixed percentage recalculated annually based upon the principal balance of the trust.

Here, the non-charitable recipient receives the income interest either for a term of years or for their lifetime. Upon their passing, the charities named in the trust receive the balance.

There are other methods besides these such as charitable lead trusts and gift annuities. Discussing the specifics of your charitable intent and how that matches the various attributes of each method can help lead you to the best fit for you and your family.

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## Shell Point President Marks 30th Anniversary

Shell Point Retirement Community's president, Peter Dys, marked his 30th anniversary at Shell Point on August 1.

Dys assumed the role of president on August 1, 1985, at age 41, after serving for four years as a member of The Christian and Missionary Alliance Foundation board of directors for Shell Point. During this time, he provided much insight and assistance to Shell Point as it planned further expansion and development of its facilities and services. This experience provided for a natural transition to the position as president, and through his conservative management and wise fiscal policies, Dys has led Shell Point to its present-day position as an industry leader among continuing care retirement communities (CCRCs).

Dys has overseen many significant initiatives during his 30-year tenure, including expanding the community from one neighborhood to four, opening three assisted living facilities, and completing a \$74 million healthcare "renaissance," which resulted in the expansion of skilled nursing care at Shell Point. After more than doubling the residency, today, Shell Point is fully occupied and financially strong, delivering "Lifestyle with Lifecare" to approximately 2,400 seniors with a wide range of socioeconomic backgrounds.

"Dys' pursuit of excellence for the welfare of the resident is modeled and seen at all levels of management," said Dr. Mark O'Farrell, board of directors chair. "As a CCRC, we have been blessed by his vision, sacrifice, and commitment to provide the services that enrich residents and employees alike."

Dys first entered the field of aging services as the founder and executive director of the Lancaster County Office of Aging in Lancaster, Pennsylvania, from 1974 to 1985. In 2008, Dys received the Distinguished Service Award from the Florida Association of Homes and Services for the Aging for his outstanding achievements in the retirement and lifecare industry.

Today, Dys serves as chair of the Governor's Continuing Care Advisory Council, where he has provided advice, feedback and recommendations to the Office of Insurance Regulation regarding lifecare services provided by facilities throughout the state of Florida to ensure not only compliance with the law, but also quality services for residents who enjoy care and services in these facilities. He has served on the Governor's Continuing Care Advisory Council for more than 10 years during his career at Shell Point.✪



Peter Dys

photo by Troy Wells,  
Shell Point Retirement Community

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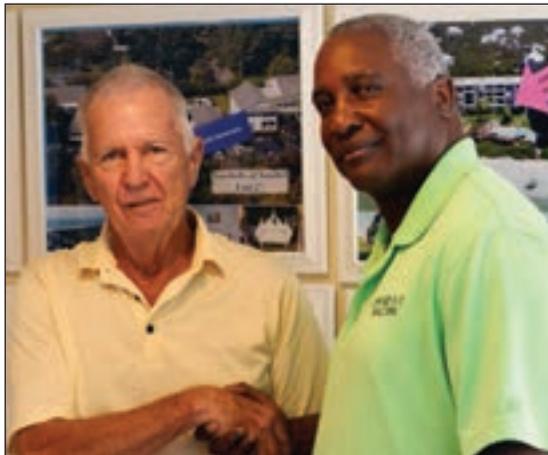
Cliff Nolan, Tim Knight, Jeff MacDonald, Duane Janikula and Peter Barone

## Lions Club Welcomes New Members

Three new members of the Sanibel-Captiva Lions Club were inducted during last week's meeting held at The Community House. The inductees included Tim Knight, sponsored by Cliff Nolan, along with Jeff MacDonald and Duane Janikula, who were sponsored by Peter Barone.✧

## Realtor Earns Specialist Designation

John Gee & Company Realtors on Sanibel congratulated Lewis Speight for his hard work and dedication in obtaining the Seniors Real Estate Specialists designation. Realtors who have achieved this designation are qualified to address the needs of home buyers and sellers age 50 and older.✧



Broker John Gee with Realtor Lewis Speight

## One-Day Gurhan Event At Lily & Co.

Lily & Co. Jewelers will present a Gurhan Summer Event Thursday, August 13 for a one-day chance to experience the renowned designer's exquisite collection on Sanibel Island.

"We are delighted to host a special summer event in honor of a brilliant designer such as Gurhan," said Lily & Co. owners Dan Schuyler and Karen Bell. "We invite everyone to experience his sublime pieces, each with his fingerprint."

Gurhan's fingerprint on each piece is the essence of the brand – hand-hammering and natural imperfections – evidence that every piece is painstakingly crafted by hand in Gurhan's workshop.

However, the gifted jewelry designer first had a short career in music. It was in the 1980s when Gurhan combined his technical knowledge with a love of music. He delved into sound engineering and started a succession of nightclubs in Istanbul. By the end of the decade though, Gurhan's childhood love of tinkering had translated into a fascination for the inner-workings of watches.

Inspired, Gurhan moved to Switzerland to learn the craft of fine watchmaking. He restored, reassembled and remade old fab watches into art pieces. Several of his works were featured in exhibits across Europe, and attracted a few collectors who acquired these very limited creations.

It was in the early 1990s when Gurhan was handed a sheet of pure 24-karat gold during a casual trip to Istanbul. He was immediately drawn to its warmth and sensuality. In a single moment, Gurhan's life changed forever; he would create fine jewelry using this unique material. Four years later, his first Gurhan pieces are created. Before him, pure gold jewelry had not been made since ancient times.

The 2000s have held more success for Gurhan, from awards to major public figures showcasing his pieces. In 2005, Gurhan conquered the unique world of platinum – creating highly textural designs combined with unusual stones like aquamarine. By 2008, Gurhan had turned his attention to photography. Similar to his work in jewelry, Gurhan is a self-taught photographer whose inaugural exhibit was on the ground floor of Saks Fifth Avenue.

Lily & Co. Jewelers is located at 520 Tarpon Bay Road on Sanibel.✧

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## Top Producers

The top associates for the month of July at John Naumann & Associates are: top listing agent, LeAne Taylor Suarez; top listing team, Berning-Colter team; top sales agent, Tony DiBiase; and top team, Walters Group.✧



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## Eden Energy Medicine

## Taking On Others' Stuff? Let's Zip-Up!



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

**H**ave you walked into a party, train, plane, seminar, family reunion or other event and immediately felt the energy of others? While

talking with a person who is upset, do you feel their negative attitude deflating you and begin to feel vulnerable and sad? If the answer is yes, your Central Meridian needs to be closed.

Central Meridian begins at the pubic bone and ends behind the bottom lip. It is one of two meridians that surround your core and keep you strong energetically. The Governing Meridian begins at the base of your tail bone, runs up the back, over the head and ends behind the top lip.

Because the Central Meridian is strongly affected by your own thoughts and feelings, it is very responsive to self-hypnosis or hypnosis. Thus, when Zippering-Up, it is the perfect time to use positive affirmations. The power of closing this meridian and its impact is profound. At a presentation I did recently, I asked for three volunteers who absorbed others' energies and "stuff." When the audience was asked to direct positive thoughts to the women, their Central Meridian tested strong. When the audience was asked to direct negative thoughts, the meridian tested weak. It is that responsive! By teaching the women to mentally Zip-Up with imagery (without using their hands), each stayed energetically strong even when the audience

directed negative thoughts.

Zippering-Up is part of the 5-Minute Routine, but can be done anytime. Use it if you are feeling vulnerable to the energy from others; need a boost of confidence; or need to think more clearly.

Step 1. Place hands at bottom of Central Meridian, at the pubic bone.

Step 2. As you take a deep breath, move your hands slowly with intention, up the center of your body to briefly touch your lower lip.

Step 3. Continue moving your hands past your lower lip and exuberantly raising them toward the sky as you exhale, then circle your arms back down to the pelvis.

Step 4. Repeat three times or Zip-Up as many times as it feels good.

Step 5. On the final time, "turn the imaginary key" at the lower lip to "lock in" the Zip-Up.

Here are some bonus suggestions. As you are doing the exercise, state an affirmation like, "I am clear, centered and secure." Or trace the meridian mentally without using your hands. Protect your back from others' energy by using a hand starting at the base of the sacrum, up the center of your back, over the head and ending at the top lip. Lock the energy in at the top lip with the imaginary key. Now the entire core is strong and less vulnerable to undue influences.

Have fun with your energy! Next week's topic is Find Focus & Clarity With the Wayne Cook Posture. Send questions to [ksemmelmanenergy@gmail.com](mailto:ksemmelmanenergy@gmail.com). Prior articles may be found through *Island Sun* or online at [www.semmelmanenergy.com](http://www.semmelmanenergy.com). EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.

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

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** How can I learn to overcome negative beliefs about myself? It has been a lifelong struggle.

**A:** We all have an inner guidance system that tells us to do this or not to

do that. Some refer to this inner guidance system as our inner critic, inner pilot light, our small self or false self. Everything becomes a thought first then manifests into something positive or negative.

It is important to remember that what we focus on expands. If we focus on self-criticism and negativity, then our negative critical thoughts are likely to manifest. Rather, if we focus on shifting any negative thoughts to positive ones including self-praise then we will begin to believe those thoughts and live more productively. When you say something positive to yourself like, "great job" or "I approve of myself and my healthy decisions," notice how that feels.

If you can feel happy and a sense of joy, perhaps even smile about saying those positive words, then it is much easier to accept the positivity in your life. You are allowing yourself to accept the healthy positive person whom you've always been.

What happens is that we hear others program their own negative thoughts (not your thoughts) into you and you internalize them until you believe that is

who you are, i.e., not good enough, not smart enough, not lovable, not college material, will never amount to anything, and on and on. Be mindful that this programming is your inner doubt self talking to you, not the real you. The real, authentic you at the core level is the you that has always been ever since you entered this life. Our core just happens to get covered up with defenses we have to protect us from feeling the pain of what we are programmed to believe.

I work with many women who still struggle with their negative self-beliefs that started when these were programmed into them. One exercise I use to help them shift their negative beliefs into positive ones is to have them write a letter to their wise self from their wise self, the self beneath all the negativity and layers of defenses. Tell your wise self that you love and accept her and forgive her for any negative thoughts and beliefs that continue as this is a process that takes time. With repetition, any negative thoughts remaining will disappear and positive healing thoughts will enter. Write and repeat a list of positive affirmations 33 times for 33 days (a Hindu tradition) and any thoughts and feelings will begin to shift.

Some positive affirmations include:

- I love myself for who I am
- I am worthy to feel joy and love
- I deserve love
- I am healthy to give and receive love

You can make up what resonates with you and you will be amazed at the shift in your self-acceptance and self-love.

*Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. She can be reached at [constanceclancyfisher@gmail.com](mailto:constanceclancyfisher@gmail.com).\**

### dearRPharmacist

## Drink This, Help Bladder Control And Urinary Tract



by Suzy Cohen, RPh

**D**ear Readers: There is always some kind of tea in my house, including green tea which millions of people drink every day. Known botanically as *Camellia sinensis*, green tea contains

epigallocatechin-3-gallate (EGCG) which provides powerful anti-inflammatory, antioxidant, anti-fibrosis and cell protective benefits. It is well-known for its anticancer effects.

Practitioners frequently use green tea as a diuretic to rid your body of excess fluid. The EGCG and other compounds are super strong antioxidants. Today, I want to focus on the relationship between green tea and your bladder. This is particularly important if you find yourself

"toilet mapping" whenever you go out or need frequent treks to the restroom all day long.

Most people take their bladder for granted, until nighttime trips to the potty begin to ruin your sleep. In come the incontinence drugs such as the anticholinergics which can cause terrific dry mouth and blurred vision. Topical estrogen may help tone the bladder, but synthetic non-bioidentical estrogen carries terrible risk to your reproductive organs.

As a pharmacist, there are many drugs, but the most effective cure I believe is through pelvic floor training. You'll need a certified biofeedback therapist for that. How about something simple, like green tea?

In a recent randomized, double-blind, placebo-controlled study, 46 men with bladder and urinary tract symptoms participated in a three-month trial (Therapeutic Advances in Urology). These men had difficulties with urinary flow, inability to fully empty their bladder and erectile dysfunction. A simple lab test evaluated levels of the inflammatory compound C-reactive protein or CRP. Men drank a green tea blend that significantly helped them with their various discomforts by up to 35 percent.

continued on page 39

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## Mom And Me



by Lizzie and Pryce

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

### Dear Mom & Me,

I retired recently and I just love it, except for one situation. My wife is constantly asking me to do things she wants done, and I want to do the things I have always dreamed of being able to do if only I had the time in my own home.

I wish she would have a more active woman's social life, get a job or something but get out of my hair. What do you suggest I do?

Merton

### Dear Merton,

The retirement lifestyle takes adjustment for most couples. We usually hear women complaining about men invading their sacred space.

I would try and have a discussion in a non-threatening atmosphere and let her know how you feel. Encourage her to get some interest that will take her out of your home so you can have some alone time. Your wife may also have some complaints – it is all part of the adjustment to the retired lifestyle.

Lizzie

### Dear Merton,

Welcome to the world of retirement. Women have complained about their newly retired husbands invading their lifestyle and the home for years.

The biggest problem seems to be that their husbands become very critical and feel they can run the home as they have run their offices, e.g. boxes for outgoing mail, alphabetizing the spice shelf and refusing to answer or take messages on the phone.

Sorry, no sympathy here. I recommend you discuss with your wife what your problems are and come to a decision as to how you can both be happy in your retirement.

Your father and grandfather probably never lived to have a retirement problem.

Pryce

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

## Doctor and Dietitian

## Yogurt Is Good For You, Right?



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

**Y**ogurt is a fermented food with healthy bacteria or probiotics that are beneficial for the digestive system. Simple yogurt is a low calorie, high nutrient food packed with protein and rich in calcium. However, the tables turn once manufacturers load their yogurts with sugar, artificial sweeteners and unrecognizable ingredients. Many yogurts have as much sugar as a can of soda. We continually find that yogurt is one of the most confusing foods to people.

Whether yogurt is a healthy choice depends on the variety selected. When purchasing yogurt, opt for yogurt that contains more grams of protein per serving than sugar. Greek yogurt is a high

protein yogurt option. Keep in mind the straining process in making Greek yogurt decreases the calcium content.

Those with a milk allergy or sensitivity can find alternative yogurts made from coconut, soy or almond milk, but check the sugar level on those as well.

And then there are frozen yogurts. Heat-treatments kill the active cultures, so be sure live cultures are present. Many frozen yogurts have just as much sugar per serving as ice cream. Not to mention the added toppings you find in the frozen yogurt specialty stores.

Yogurt flavored and yogurt coated products, like those found in trail mixes, are most likely going to be high in sugar, heat-treated and lacking in beneficial bacteria.

Yogurt can be a healthy part of your diet when you choose plain, unsweetened yogurt. If you need a bit of sweetness, add a small amount of real fruit. Greek yogurt is a great alternative to sour cream to top your baked potatoes, with added protein to boot. For a healthy choice, look for yogurts high in protein, low in added sugar and free of unnecessary additives.

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

From page 38

## Dear Pharmacist

Urinary flow improved and CRP was lowered. Symptoms of erectile dysfunction improved as well.

What about UTIs? If you're prone to these, there are many studies, including one in *Frontiers in Biology*, that show how green tea acts like an antibiotic killing E. Coli in the bladder and urinary tract. These antimicrobial effects come in handy if you're susceptible to UTIs.

Green tea extract isn't for everyone. It can cause unwanted diuresis in some people! This happened to a friend of mine right before we entered the mall. She literally urinated in her pants from taking a supplement (a diet aid) that contained green tea. So it's not right for everyone, however, it could help some women with post-menopausal bladder problems.

What about bladder cancer?

Researchers have shown that women who drink black tea and powdered green tea are less likely to develop bladder cancer. Research has also revealed that people with bladder cancer (particularly men) who drink green tea have a better five-year survival rate than those who did not drink green tea. Does this translate to prostate cancer? I suspect so, but, of course, ask your oncologist what is right for you. In the meantime, drinking a little cup of green tea is a simple, and possibly an effective way to improve bladder function and general health.

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

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# My Stars ★★★★★

FOR WEEK OF AUGUST 17, 2015

**ARIES** (March 21 to April 19) A previous misunderstanding continues to taint the atmosphere to some extent in the early part of the week. But cooler heads prevail, and the situation eases by week's end.

**TAURUS** (April 20 to May 20) While the artistic aspect of the Divine Bovine is well-served this week, that practical side is also getting the sort of recognition that could lead to a new and well-deserved opportunity.

**GEMINI** (May 21 to June 20) With home-related matters taking on more importance this week, now could be the time to make some long-deferred purchases. But shop carefully for the best quality at the best price.

**CANCER** (June 21 to July 22) Congratulations. While that family problem might still rankle, it should be easing thanks to your efforts to calm the waters. Also, a workplace situation seems to be moving in your favor.

**LEO** (July 23 to August 22) The Big Cat's energy levels should be rather high these days, and you might do well to tackle any tasks that still need doing. This will clear the way for those upcoming projects.

**VIRGO** (August 23 to September 22) Someone's criticism might not be as negative as you perceive. Actually, it could be helpful. Discuss the matter with your critic, and you both could learn something valuable.

**LIBRA** (September 23 to October 22) A business matter could cause some friction among your colleagues. But once again, that logical mind of yours comes to the rescue. And the sooner it does, the better!

**SCORPIO** (October 23 to November 21) There might still be some heated tem-

per flare-ups out there. But your sensible self should advise you to stay out of these situations until things cool down and calm is restored.

**SAGITTARIUS** (November 22 to December 21) Changing your mind could be the right thing to do if you can't resolve your doubts. You might want to discuss the matter with someone whose advice you trust.

**CAPRICORN** (December 22 to January 19) The Sea Goat's merrier side dominates this week, and this means that, despite your usual busy schedule, you'll be able to squeeze in parties and all sorts of fabulous fun times.

**AQUARIUS** (January 20 to February 18) An educational opportunity could lead to something other than what you had planned. But keep an open mind, and before you decide to turn it down, check it out.

**PISCES** (February 19 to March 20) The Piscean wit and wisdom helps you work through a situation that might have been accidentally or even deliberately obscured. What you unravel could prove to be very revealing.

**BORN THIS WEEK:** Loyalty is important to you. You demand it, but you also give it generously and lovingly.

## THIS WEEK IN HISTORY

- On Aug. 18, 1590, John White, the governor of the Roanoke Island colony in present-day North Carolina, returns from a trip to England to find the settlement deserted. No trace of the 100 colonists has ever been found.

- On Aug. 23, 1784, four counties in North Carolina declare their independence as the state of Franklin. In defiance of Congress, Franklin survived as an independent nation for four years with its own

constitution, Indian treaties and legislated system of barter.

- On Aug. 22, 1950, the United States Lawn Tennis Association accepts Althea Gibson into its annual championship at Forest Hills, New York, making her the first black player to compete in a U.S. national tennis competition.

- On Aug. 19, 1960, in the Soviet Union, downed U.S. reconnaissance aircraft pilot Francis Gary Powers is sentenced to 10 years imprisonment for espionage. Eighteen months later, the Soviets agreed to exchange him for a KGB spy.

- On Aug. 17, 1978, the Double Eagle II completes the first trans-Atlantic balloon flight when it lands near Presque Isle, Maine. The helium-filled balloon covered 3,233 miles.

- On Aug. 20, 1989, Lyle and Erik Menendez shoot their parents to death in family's California home. Although the brothers were not immediately suspected, Erik confessed his involvement to his psychotherapist, who taped the sessions to impress his mistress, who ended up going to the police. Lyle, 22, and Erik, 19, were arrested.

- On Aug. 21, 1991, just three days after it began, a coup against Soviet leader Mikhail Gorbachev collapses. The Soviet Union would soon cease to exist as a nation and as a Cold War threat to the United States. Gorbachev resigned as leader of the Soviet Union in December 1991.

## STRANGE BUT TRUE

- It was noted 20th-century British dystopian author George Orwell who made the following sage observation: "The nationalist not only does not disapprove of atrocities committed by his own

side, he has a remarkable capacity for not even hearing about them."

- If you're like the average 75-year-old American man, you've spent a total of 37.5 days in the act of shaving.

- According to the World Health Organization, the United States ranks 48th in the world in alcohol consumption per capita, with the average adult drinking the equivalent nearly 2.5 gallons of pure, undiluted alcohol per year. You might be surprised to learn that Russia didn't top the list; Moldova and Lithuania beat out the Russians, and Belarus scored the world's biggest drinkers, with the average adult consuming a whopping 4.6 gallons annually.

- Actors Kevin Spacey and Val Kilmer were classmates in high school.

- In a 2014 survey conducted by Nutrisystem, 32 percent of respondents said that they hadn't worn a bathing suit in public in the past five years, 20 percent said it had been 10 or more years, and 5 percent said they had never worn a swimsuit in public.

- In ancient Egypt, there was a ban on the export of cats, which, by the law of supply and demand, increased the value of the pets in the rest of the known world. This situation was an irresistible invitation to smugglers, of course; once Phoenician sailors managed to surreptitiously bring some felines to buyers around the Mediterranean, breeders took over and ruined the business.

- The vast nation of Canada got its name from the Iroquois word "Kanata," which means "village."

## THOUGHT FOR THE DAY

"A book must be an axe for the frozen sea inside of us." — Franz Kafka

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From page 30

## Ed Frank

The tournament will get under way Thursday with McIlroy, who won two majors in 2014, paired with Spieth and Zach Johnson, winner of the British Open. It will be a fun threesome to watch.

But there will be many others to follow.

The PGA's power rankings that were released earlier this week also listed Jason Day, Justin Rose and Rickie Fowler along with Watson, Spieth and McIlroy.

The Pete Dye-designed Whistling Straits has 1,012 bunkers and all will play as true bunkers regardless of how they may appear.

As Dustin Johnson vies for his first major championship, you can be certain he will be wary of each and every one of them.

### Time Running Out for Miracle to Defend League Title

If the Fort Myers Miracle baseball team wants to reach post-season play and defend their 2014 Florida State League Title, they have little more than three weeks to accomplish the task.

As the week began, the Miracle had a 24-21 second-half season record, trailing first-place Palm Beach by 6-1/2 games. Fort Myers must win the league's second-half South Division title to reach the playoffs as Charlotte captured the championship in the first-half.

Only the division winners in the first and second half qualify for the playoffs.

Fort Myers has the chance to close the gap on Palm Beach this weekend as the Cardinals come to Hammond Stadium for three games - Thursday, Friday and Saturday nights.

The Miracle travel to Charlotte Sunday and then host the Stone Crabs Monday and Tuesday.\*

From page 32

## School Smart

is appropriate for homework. You will want to be close by to the homework area in case they need some help and for encouragement, but don't do their homework for them.

With these simple routines implemented consistently your children will be prepared to learn and be ready to enjoy school every day.

*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.\**

From page 33

## Current Outlook

deflation looms, they will be reluctant to raise interest rates too soon. As for their full-employment mandate, the committee's current conclusion is that we are on track to meeting that mandate sooner rather than later.

In summary, then, we continue to view the economic tea leaves as suggesting "a little more of the same" - a little more economic and profit growth worldwide, continued unusually low interest rates, more opportunity for equity asset growth and continued investor caution.\*

## New Model For Hope Hospice

Hope Hospice has been selected to participate in the Medicare Care Choices Model, Health and Human Services Secretary Sylvia M. Burwell announced last week. The model provides Medicare beneficiaries who qualify for coverage under the Medicare Hospice Benefit the option to receive comforting hospice care while still receiving curative services. This model is part of a larger HHS effort to deliver cost-efficient, patient-centered care.

Hope Hospice was selected as one of 140 Medicare-certified hospices to take

part in the five-year program expected to care for as many as 150,000 eligible participants. The new model offers care similar to Hope's current palliative care program - providing support for seriously ill individuals such as those with advanced cancers, chronic obstructive pulmonary disease and congestive heart failure.

"We are proud to be part of this initiative because it reinforces our belief that everyone should receive the best care possible. Comfort is essential at every stage of illness," said Hope HealthCare Services President and CEO Samira K. Beckwith. "Participating in this model allows Hope to provide physical, emotional and spiritual support as soon as it is needed."

For more information, visit [www.HopeHCS.org](http://www.HopeHCS.org).\*

## SPORTS QUIZ

- Who holds the rookie record for most RBIs in a season, and who is No. 2?
- Name the last Baltimore Orioles pitcher before Bud Norris in 2014 to beat the New York Yankees four times in a season.
- In 2014, Denver's Peyton Manning became the third quarterback to take two franchises to the Super Bowl. Who were the first two?
- Name the last men's basketball team before Wichita State in 2013-14 to start a season 30-0?
- When was the last time before 2015 that both the San Jose Sharks and the Los Angeles Kings failed to make the NHL playoffs in the same season?
- Which goaltender had played in the most career World Cup games for the U.S. men's soccer team before Tim Howard set the record with eight in 2014?
- Two horses in the 1930s suffered injuries and did not run in the Belmont Stakes after winning the first two legs of the Triple Crown. Name either one.

## ANSWERS

1. No. 1 is Boston's Ted Williams, with 145 RBIs in 1939. No. 2 is Walt Dropo, also with Boston, with 144 in 1950. 2. Mike Flanagan, in 1978. 3. Craig Morton (Dallas and Denver) and Kurt Warner (St. Louis and Arizona). 4. UNLV, in the 1990-91 season. 5. It was 2003. 6. Tony Meola, with seven. 7. Burgeo King in 1932 and Bold Venture in 1936.

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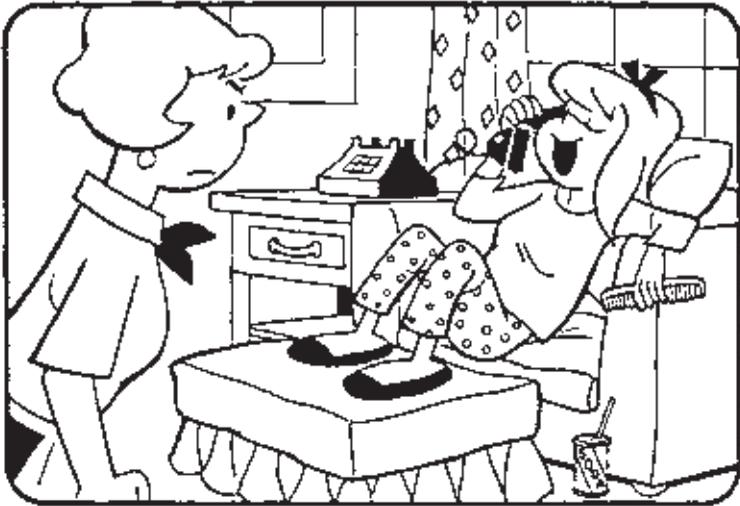


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- Homewatch - Etc.

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**or 239-464-7485**

# HOCUS-FOCUS

BY HENRY BOLTIKOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Hair is different. 2. Sleeve is shorter. 3. Handle is missing. 4. Curtain is different. 5. Comb is missing. 6. Soda can is missing.



"I understand that the guy who lives here is a \_\_\_\_\_ instructor."

## 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!

Compare    
 INKLE    
 Share    
 ORIENT    
 Supply    
 GAILE    
 Grasp    
 CHARE

TODAY'S WORD

answer on page 43

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

## 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 43

# PROFESSIONAL DIRECTORY

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[timsmithbrickpavers@gmail.com](mailto:timsmithbrickpavers@gmail.com)

# PUZZLE ANSWERS

## SUPER CROSSWORD

ATTESTER DAWGS ERASE  
 ROUGH IDEA OCCAN PINON  
 DOMAIN OBJECTIVE ICANT  
 ETUDE RAM REEKS TOR  
 NIL REMEMBER DIRECTORY  
 TETE LID LOONEY O LAF  
 LOIN AP T DS LINE  
 MISLEDDCGRACER ADATE  
 ATTIRE NEO FELONY  
 MARS FAST NGLIKEABEE  
 ALA AMI ETA ESS RAY  
 SOWINGFORMATION CAGE  
 NEREID URL KROGER  
 BLEAR LABORCTOEAR'S  
 RESTART EXCS OOD  
 ANTI ORACLE NEA SCAT  
 TIREBUI ANDVODKA ASH  
 TEA RONDO WIT MARLA  
 INGOODNATIONOFISLAM  
 SCOUR LUFGO ODESTION  
 HENIE ESSAY WEBHOSTS

## KING CROSSWORD

LAW PAM  
 CLUE EUROS  
 FLORA TRAUMA  
 DAY AT THE BEACH  
 ADD HAYES RHO  
 BELL STEW  
 SHIK GAUSS  
 STAG RUBE  
 AHM GUESS POE  
 WAIKINTHPARK  
 WEIMAR NURSE  
 TEMPO CLIO  
 VET ELS

## MAGIC MAZE

THINGS PULLED

## SUDOKU

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

# PROFESSIONAL DIRECTORY

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Fax: (239) 472-0680

## SCRAMBLERS

solution

1. Liken; 2. Ration;
3. Agile; 4. Reach

Today's Word

# KARATE

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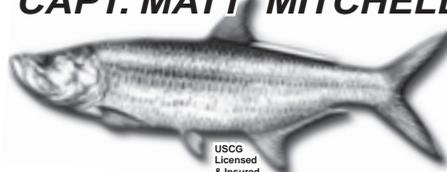


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\*RS 9/26 CC TFN

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\*NS 7/24 CC 8/14

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#1 - Office Space Available  
1 unit available for rent in the popular Sanibel Square property with 2rooms/1bath with 998sq. feet. Great place for your private office or business.  
#2 - Office Space Available  
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**RE/MAX OF THE ISLANDS**

Putting owners and tenants together  
Call Ryan Block  
[www.remax-oftheislands.com](http://www.remax-oftheislands.com)  
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Ground floor, one bedroom, screened lanai just steps to the beach. Freshly painted. Please call for details.  
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\*RS 7/17 CC 8/28

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Annual lease for this charming Dunes 3/2 with huge enclosed garage. Asking \$2,595 a month plus utilities. Call Charlie at 239-850-0710.  
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\*RS 1/25 BM TFN

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\*RS 1/4 CC TFN

**ANNUAL RENTAL WANTED**

**ANNUAL RENTAL WANTED**

Medical professional, wife and 1 high schooler looking for 1-2 yr. annual rental 2-3 bedroom w/garage. Previous Sanibel homeowner for 8 yrs, excellent references.  
(810) 471-0025  
\*RS 8/14 CC 9/18

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2 Bedroom, 1.5 Bath+ Home-Office/Den  
Convenient Sanibel Location  
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**Top 10 Real Estate Sales**

Development	City	Square Footage	Listing Price	Selling Price	Year Built	Days On Market
The Forest	Fort Myers	3,191	\$839,000	\$800,000	1999	81
Cape Harbour	Cape Coral	2,434	\$750,000	\$735,000	1999	505
Palms Of McGregor	Fort Myers	3,369	\$760,000	\$670,000	2007	82
Leilani	Fort Myers Beach	1,390	\$699,999	\$667,500	1979	240
Lexington Country Club	Fort Myers	2,223	\$629,900	\$610,000	1997	38
Gumbo Limbo	Sanibel	1,857	\$549,000	\$520,000	1987	124
Bella Terra	Estero	4,027	\$539,900	\$505,000	2006	60
Rookery Pointe	Estero	3,974	\$489,000	\$485,000	2003	16
Quail Creek	Bonita Springs	2,206	\$431,600	\$461,600	2002	22
Cape Coral	Cape Coral	2,915	\$489,000	\$445,000	2005	479

Courtesy of Royal Shell Real Estate

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\*NS 5/29 CC TFN

**VOLUNTEERS NEEDED**  
Volunteers needed for light general  
maintenance. Call (CHR) Community  
Housing & Resources, Inc. 472-1189.  
\*NS 11/1 NC TFN

**VOLUNTEERS NEEDED  
IMMEDIATELY**  
The Senior Companion Program  
provides volunteer opportunities to  
seniors 55 yrs. old and older, to offer  
companionship & friendship  
to frail elderly individual who are  
homebound and generally living alone.  
These volunteers serve 20 hours each  
week and receive a small non-taxable  
stipend, of \$2.65 per hr. and .40 a mile  
for travel, on-duty insurance, as well  
as annual health screening.  
Please call the Dr. Piper Center  
at (239) 332-5346  
ask for Jonah or Lourdes.  
\*NS 2/20 NC TFN

**HELP WANTED**

**CUSTOMER SERVICE KAYAK/  
CANOE LAUNCH ATTENDANT**  
Tarpon Bay Explorers has an opening for  
a kayak/canoe launch and maintenance  
associate. Must enjoy customer service  
and working in a team.  
Shift hours are 7:30am-6pm and open  
7 days a week so at least one weekend  
day will be required for full time. Part time  
available, could become full time beginning  
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Rd, Sanibel to fill out application or  
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\*NS 7/31 CC 8/21

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Apply at Billy's Bike Shop, 1509 Periwinkle  
Way or call Vanessa at 239-472-4919 or  
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\*NS 8/7 CC 8/14

**DAIRY QUEEN  
IS NOW HIRING!**  
Open Positions: Cook/Cashier/Shift leader,  
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\*NS 8/14 CC 9/4

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Line cooks/pantry chefs will assist  
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dining rooms, banquet events  
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We offer a great work environment,  
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28K miles,  
great condition inside and out.  
\$10,750  
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Street legal, "gas" powered.  
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\*NS 7/17 BM TFN

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and Monthly.  
Captiva Island 472-5800  
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**LIVE ON THE ISLANDS**

**The Crow's Nest Beach Bar  
& Grille at 'Tween Waters Inn** has  
live entertainment with the Steve  
Farst Trio on Friday and Saturday.  
Crab shows are on Mondays and  
Thursdays.

**The Jacaranda** has live enter-  
tainment Friday and Saturday with  
The Wildfire Blues Band. Renata  
plays funk, jazz and contemporary.  
on Monday. On Tuesday, it's Sir  
Mitch, playing classic rock, R&B  
and dance. Wednesday is Barbara  
Dexter, playing contemporary, old-  
ies and current hits. Thursday is  
Eric Malibu, playing contemporary,  
reggae and dance.

**The Mucky Duck** on Andy  
Rosse Lane, Captiva features  
music by Gary Earle on Thursday  
and Friday. Gene Federico plays on  
Saturday. Gary Earle plays Sunday;  
Mark Dupuy plays on Monday;

Perry English plays on Tuesday;  
and Gene Federico plays on  
Wednesday.

**Sea Breeze Café at Sundial  
Beach Resort & Spa** has  
island style live entertainment on  
Mondays from 5:30 to 8:30 p.m.

**Traditions on the Beach at  
Island Inn** has live music Friday  
and Saturday with Joe McCormick  
and Marvilla Marzan, playing clas-  
sic R&B, jazz and pop. Woody  
Brubaker performs jazz and pop on  
Wednesday. Joe McCormick and  
Marvilla Marzan play on Thursday.

**The Island Cow** on Periwinkle  
Way has live entertainment on  
Friday with Gene Federico. Jay Helt  
plays on Saturday. Dan Confrey  
plays on Sunday.

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

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

Read us online:  
IslandSunNews.com

**Shore Fishing:**



**Don't Harm The Fish**  
by Capt. Matt Mitchell

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

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.
- If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.
- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.
- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

**To those who are hungry, \$20 is a fortune.**

**But \$20 can feed a family of four for a week, thanks to the...**

**Harry Chapin Food Bank!**

The Food Bank can acquire \$6 of nutritious food for every \$1 you donate, turning your \$20 into a week's worth of meals for a family of four...

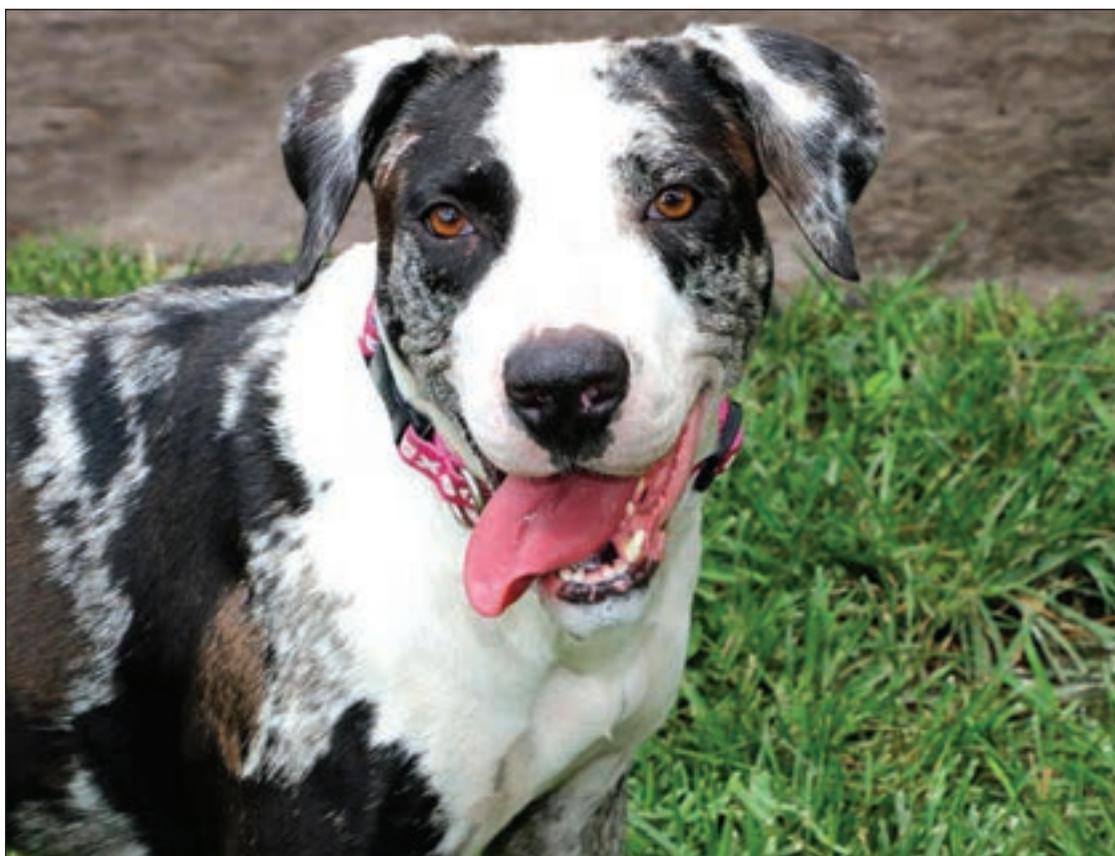
*Thank you for your generosity!*

Mail your tax-deductible donation to:  
**The Harry Chapin Food Bank**  
3740 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007  
Or donate online at:  
[www.harrychapinfoodbank.org](http://www.harrychapinfoodbank.org)

Scan to connect to the Food Bank!

*Island Sun*

## Pets Of The Week



Cabela ID# 630594

I'm Cabela and there are so many reasons why you should adopt me, I don't know where to begin. I'm mature, well adjusted, play well with other dogs and people, and I'm beautiful. I'd love to be your new companion so we can hike, go to the beach or just hang out at home. My adoption fee is \$37.50 (regularly \$75) during Animal Services' Endless Summer adoption promotion when you donate a new bag of dog or cat food or a case of canned cat food.

There are tons of kittens at the shelter to choose from but I'm the one you won't want to miss. My name is Onyx and I'm the perfect kitten because I'm perky and smart but cuddly and calm. I have a beautiful shiny black coat and I behave perfectly when I get my nails trimmed. My adoption fee is \$25 (regularly \$50) during Animal Services' adoption promotion when you donate a new bag of dog or cat food or a case of canned cat food.

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

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

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

The adoption package is valued at \$500.\*



Onyx ID# 628288

# Island Sun

NEWSPAPER  
Sanibel & Captiva Islands

## CALLING CARD 239-395-1213

Emergency .....	911
Sanibel Police .....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy .....	477-1000
Fire Department - Sanibel .....	472-5525
Fire Department - Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City of Sanibel .....	472-4135
Administrative Office .....	472-3700
Building Department .....	472-4555
Planning Department .....	472-4136
Library - Sanibel .....	472-2483
Library - Captiva .....	239-533-4890
Post Office - Sanibel .....	472-1573
Post Office - Sanibel (toll free) .....	800-275-8777
Post Office - Captiva .....	472-1674
Sanibel Community Association .....	472-2155
Center 4 Life - Senior Center .....	472-5743
<b>ARTS</b>	
Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS - Barrier Island Group for the Arts .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	472-6197
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
The Herb Strauss Schoolhouse Theater .....	472-6862
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	472-4258
SW Florida Symphony .....	418-0996
<b>CLUBS &amp; ORGANIZATIONS</b>	
ABWA - American Business Women's Assoc. ....	565-7872 or 433-7798
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon Society .....	472-3744
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
FISH of Sanibel - Friends in Service Here .....	472-0404
Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Tom Rothman .....	395-3248
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie ....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club .....	395-1770
Sanibel Youth Soccer .....	www.sanibelsoccer.org 395-2040
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
<b>ISLAND ATTRACTIONS</b>	
Bailey-Matthews 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

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