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VOL. 21, NO. 4 | SANIBEL & CAPTIVA ISLANDS, FLORIDA | JULY 19, 2013

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'Ding' Days Photo Contest Is Under Way

July marks the opening of the 26th annual "Ding" Darling Days Amateur Nature Photography Contest. Deadline for submission is September 15.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days, October 20 to 26.

Complete contest rules are listed below. For an entry form and other contest information, visit www.dingdarlingsociety.org/photo-contests. Or contact DDWS at dingdarlingoffice@yahoo.com or 239-472-1100 ext. 233.

DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 26, during "Ding" Darling Days.

Entries may be delivered in person to J.N. "Ding" Darling NWR or by mail to

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Frank Gumpert of Fort Myers took first place in the "Ding" Darling photo contest last year with his macro wasp comb shot

Preliminary Millage Rate Set At 2.0861

by Jeff Lysiak

At Tuesday's city council session, a preliminary millage rate of 2.0861 was established, a rate which was recommended by the city's financial department under a cost-conscious budget which City Manager Judie Manager described as "tight."

"There are not very many bells and whistles in here," said Zimomra in describing the preliminary budget package prepared for the city council, which were distributed late last week.

Mayor Kevin Ruane, who said that he had already put in at least 25 hours of work on the budget, recommended working with city staff at finding an additional $1.3 million required to fund the police pension fund in the city's coffers. He also suggested the staff-recommended rollback millage rate of 2.0861, down slightly from last year's rate of 2.1 mills.

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Pictured from left, FISH President John Morse, City Manager Judie Zimomra, firefighter Joe Nygaard, firefighter Brian Howell, Sanibel Fire Department Chief Danny Duncan, FISH Director Jerry Edelman, FISH Executive Director Maggi Feiner and firefighter John Reitenbach

City Of Sanibel, Sanibel Fire And Rescue District Team Up To Help FISH

Complimentary medical equipment loans is one of the many services offered by FISH of Sanibel, Inc. both to islanders and island visitors. Small, non-electrical equipment such as wheelchairs, walkers or canes are available for temporary loan on a first come, first serve basis.

For many years, the Sanibel Fire and Rescue District has graciously accepted and stored equipment returns, keeping them until FISH volunteers could clean and transfer them to their City Hall pickup location. When the storage space became unavailable a few months ago, the City of Sanibel, Sanibel Fire and FISH worked together to help permit, install and anchor a new equipment storage shed on the Sanibel Fire property.

Those needing medical equipment should call the FISH answering service at 472-0404. An equipment volunteer will return your call, confirm your request and arrange to meet at City Hall, where the FISH equipment check out room is located. In certain instances, a FISH volunteer may be able to deliver the requested equipment. All

continued on page 10

Do you know what and where this building was?

Does Anyone Remember This Building?

The folks at the Sanibel Historical Museum and Village are hoping someone will recognize this forgotten building so it can take its place in history.

Long-time Sanibel vacationer and visitor to the museum Susan Fish of Gainesville brought in these two photographs hoping to find answers to her questions: what was this building, who owned it, and exactly where was it? She knows the building – which has the numbers 1881 on the front – was on Periwinkle Way, but is not sure 1881 refers to an address. Fish and her family stopped there every year, fascinated by the structure. Their research yielded nothing.

Museum visitor Susan Fish of Gainesville used to visit this old building every year on vacation. She has been trying to find out more about it

If anyone has information on the building, please contact museum manager Emilie Alfino at the Sanibel Historical Museum and Village by calling 472-4648, Wednesday through Saturday, 10 a.m. to 1 p.m., or email info@sanibelmuseum.org.☼

Sanibel Historical Village Closing For Season August 3

The Sanibel Historical Museum and Village will close after Saturday, August 3 for the remainder of the summer and into early fall. The museum will re-open on Wednesday, November 6 and resume a Wednesday through Saturday schedule from 10 a.m. to 4 p.m.

According to museum manager Emilie Alfino, the traditional three months when the museum is closed to the public affords staff an opportunity to make any needed repairs, repaint and spruce up the grounds. Museum volunteers also use the break to prepare next season's exhibits and plan special events. Administrative staff members are busy updating databases, refining procedures, marketing and improving existing exhibits. Hurricane shutters go up on all the windows until the week before re-opening.

"The village may be quiet, but we keep working behind the scenes to improve the museum and to prepare for next season," said Alfino. "I already have more goals for the summer than I can probably fulfill, but every goal is a labor of love and makes the village a more enriching, educational and fun experience for our visitors."

Next season's visitors to the village can look forward to a continuing array of exhibits in each of the seven historic buildings and special docent-led tours of the village at 10:30 a.m. and 1:30 p.m. In addition, Twilight Talks, which were so popular in the past, are being planned. Meanwhile, work continues on Shore Haven and its Caretakers Cottage.

The Sanibel Historical Museum and Village is currently open from 10 a.m. to 1 p.m. Wednesday through Saturday and is located at 950 Dunlop Road (next to BIG ARTS). There is handicap access to all buildings. Admission is $5 for adults 18 and over. Members and children under 18 are free. For more information, call 472-4648 during business hours.☼

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Captiva Volunteer Firefighter Mark Wells, Lee County EMS Richard Thrasher, Roy Crocker, Captiva Firefighter/Paramedic Josh Hulslander, Captiva Firefighter/Paramedic Mike Knight, Lee County EMS Danielle Powell and Captiva Captain Alan Delameter

Captiva Firefighters Receive Phoenix Award For Life-Saving Efforts

The Captiva Island Fire Control District recently honored several members of the department who successfully resuscitated two patients who were in cardiac arrest. The personnel received a Phoenix Award plaque for their heroic efforts.

The first incident occurred to Roy Crocker, who was jogging when he suffered a cardiac arrest. Fortunately bystanders started CPR until arrival of the Captiva Firefighter/Paramedics. They were able to resuscitate Crocker within a few minutes by administering Advanced Life Support care. He was then transported by Lee County Emergency Medical Services to the emergency room.

The second victim suffered a cardiac arrest and was also successfully resuscitated by the Captiva Fire Rescue crew members.

These individuals have been able to return productive lives due to the Advanced Life Support care given.

Captiva Fire Commissioner C.W. Kilgore, Commissioner Bob Brace, Firefighter/Paramedic Josh Hulslander, Firefighter/Paramedic Mike Knight, Commissioner Sherrill Sims and Fire Chief Rich Dickerson

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CECI children singing *We Are A Family* in sign language

Introducing CECI's Class Of 2013

The 39th successful year has passed and the Children's Education Center of the Islands (CECI) proudly graduated 17 children from pre-school. There was not a dry eye in the house during Mark Myers' video presentation of the graduates saying goodbye to CECI and thanking their families and teachers for such wonderful and memorable years.

Jade Davis

Starting the Graduation Program with the Pledge Allegiance to the Flag

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Thank you to the 2012-13 CECI staff that made their journey possible: Jana Yates, Luanna Sares, Mary Cobb, Cindy DeCosta, Donna Shreves and Karen Christie.

This coming year will mark the Children's Education Center of the Island's 40th year.☆

Sophia Carter

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Three Sanibel Crosswalks Investigated

by Jeff Lysiak

Three of the busiest areas on Sanibel for pedestrian and bicycle traffic are under investigation for improved crosswalk safety, and the city council on Tuesday was presented several design alternatives for each intersection.

Ryan Cunningham, representative for Kittleson & Associates, identified the minimum standards for crosswalk safety, according to Florida Statutes, Chapter 316, along with the responsibilities of motorists, pedestrians and cyclists at crosswalks. The three intersections being investigated by the city included:

• Periwinkle Way and Bailey Road (near the Dairy Queen and Lazy Flamingo)

• Periwinkle Way and Casa Ybel Road (across from Jerry's Market)

• Tarpon Bay Road and Island Inn Road (across from Lily & Co. Jewelry Gallery)

According to Cunningham, their goal was to recommend a marked crosswalk at all stop-controlled intersection approaches and uncontrolled intersection approaches should consider marked crosswalks and additional conditions (including illumination and treatments such as Rapid Rectangular Flashing Beacons).

After presenting several design options at each location, a preferred alternative at each crossing was submitted to the council for their consideration. But before they took a vote on the matter, Mayor Kevin Ruane asked for public input on the subject. Resident Dick Muench said that he supported the design alternative submitted for the Periwinkle Way/Bailey Road intersection, however, he called the proposed 10-foot bike path extension "overkill," suggesting a narrower path could be used.

Tom Sharbaugh, representing the Sanibel Bicycle Club, praised all three crosswalk designs, noting that they will improve the safety of the shared use paths. He suggested that the city consider adding lighting and reflectors for riders who use the crosswalks at night.

"It's a lot safer and it makes a lot of sense, so I would be in favor of the designs the city staff are recommending," said councilman Marty Harrity.

Ruane, however, asked for some additional engineering details as well as some further details about the pros and cons of each proposed design submitted, including an explanation about exactly how much safer each crossing will become. Mick Denham requested information about cost estimates for this project, in addition to whether it could be completed before the start of season.

Public Works Department employee Grant Lipps, right, was recognized for 25 years of service to the City of Sanibel during Tuesday's city council meeting. At left is Vice Mayor Doug Congress

Mayor Kevin Ruane reads a proclamation honoring longtime Center 4 Life employee Sandi McDougall. The senior program administrator is retiring after 15 years of service with the city photos by Jeff Lysiak

According to Keith Williams, Public Works Director, the city could put a request for bids if the council approves the project at its next meeting, on August 6.

Resident Claudia Burns, speaking about the Periwinkle/Casa Ybel crossing, suggested that it would be "safer and more efficient" to have pedestrians and bicyclists cross Periwinkle from the east corner of Casa Ybel, rather than the west corner as proposed by the staff-approved design. Fellow islander Karen Storjohann added that trees may interfere with the line of sight for oncoming motorists along Periwinkle Way.

Dan Schuyler, co-owner of Lily & Co. Jewelry Gallery, gave his approval for the city-designed short-term site plan, but suggested designing a landing area for pedestrians and bicyclists on the north corner of Island Inn Road, where he said would be the busiest spot for both foot and bike traffic.

Council agreed to bring back additional information at their next meeting related to the crosswalk designs.

In other business. council voted 4-0 – with Harrity recusing himself – in favor of approving Resolution 13-060, establishing a policy to review city building and planning fees.

A minor hiccup occurred when Denham balked at setting the application deadline at June 5, 2013, which could open the door to a number of applicants applying for a return of their fees.

"I don't see the need to backtrack the fees to June 5th," said Denham, who called the policy "unfair."

After further discussion, council decided to amend the resolution to apply to applications filed "on or after June 5, 2013 through December 31, 2013."✲

From page 1

Millage Rate

Councilman Jim Jennings, however, said that the city had a number of financial obligations coming up, and that he felt more comfortable setting an initial millage rate of 2.2 mills. The increased millage amounted to approximately $400,000 in reserves.

"Let's be cautious right now," added Jennings.

Ruane, a veteran of seven city budgets, said that he was "very comfortable" with the staff's recommendation. Marty Harrity backed the Mayor, adding, "As time goes on, we're gonna find stuff here and move stuff there, so things are gonna change with this."

Jennings agreed to vote with his fellow councilman, but noted, "I like the idea of having a little more leeway."

The council voted 5-0 in favor of approving the tentative millage rate, as well as a tentative budget of $8,580,499.

"This is a very fiscally responsible council… one who watches its nickels and dimes very well," added Harrity.

The council will conduct the first budget public hearing on Saturday, September 7 at 9 a.m., during which they will discuss and adopt the tentative millage rate and FY2014 budget. The second and final budget hearing will be held on Tuesday, September 17 at 5:01 p.m.✲

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Art League Exhibits

Members of Sanibel-Captiva Art League are currently showing 50 landscapes, still life, local points of interest and nature scenes with birds and other animals at Sanibel Public Library in their annual all-member exhibit.

During the year many Art League members participate in workshops to learn new techniques and refine their skills. Several members teach painting and drawing locally to both adults and children who are at all levels of achievement. Some of the members joined the Art League as beginners because of the friendly encouragement offered by the more professional and award-winning painters.

Art League members participate in the annual auction to benefit the non-profit Friends in Service Here, neighbors helping neighbors. Bailey's provides reusable grocery bags that each artist uses as a canvas to paint a variety of subjects and beautiful local scenes. The bags are displayed in March and the auction proceeds are donated to the FISH food pantry.

The current art show contains creative artwork by talented artists of all experience levels. Color, design and composition is evident in the large variety of materials used and subject matter. The Library, 472-2483 is at 770 Dunlop Rd. next to City Hall. Call for viewing hours and information or log on to www.sanlib.org. For Art League information write to P.O. Box 1192, Sanibel FL 33957 or log on to www.sancapart.com.

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A Sacred Moment In A Coffee Line

submitted by Rev. Dr. Ellen M. Sloan

As I hastily made my way to the coffee stand at Health Park Hospital, I heard the most heavenly strains of music. For those of you who know Health Park, it resembles more a hotel lobby than a hospital – with palm trees, waterfalls, vaulted ceilings, balconies and flowing streams. There's also a grand piano there where various people take turns playing each day of the week. So, the strains of music decorating the massive space were a common occurrence – I'd often heard the piano playing here, so I didn't look over to see who it was. I figured that after my coffee, I'd walk over and say my usual "Thank you" to the pianist of the day.

The line for coffee was long and I waited... when suddenly, I heard Mozart's *Fantasy in D minor* begin to waft through the air. It was exquisitely performed and I tried to look through the lush lobby vegetation to see who was playing. I couldn't quite see and didn't want to lose my place in line, so I stayed put. Following Mozart, a Bach *Minuet* began and it was so incredible that I decided no cup of coffee was worth it right now. I had to go and see who had their fingers on the ebony and ivory.

As I walked closer to the piano, I noticed quite a group of people gathered there... and then I saw him: a small boy about the age of 9 or 10. I had heard and read about child prodigies, but I'd never, ever witnessed one. I was awe-struck, as were all the people around me. The innocence of his demeanor, the tiny hands traveling up and down the keys, his closed eyes, and the way he swayed back and forth to the beautiful rhythms was overwhelming. And all of this with no music in front of him. I found my throat catching suddenly and tears at the corners of my eyes. It was one of those moments when I felt God had gifted me with the sight of His glorious handiwork, front and center. From Mozart to Bach to Beethoven – the notes came forth from those small human hands like spiritual gifts – given from that child's Creator and offered to all of us.

I saw the boy's family off to one side and went over to thank them and to share how I'd felt the presence of God in their son. The father said his son Noah was a miracle in their lives. Someone spontaneously added that she wondered how anyone could doubt the existence of God when seeing such a gift of creation. I nodded my head. Eventually, I wandered back into my daily reality of hospital visits and headed to the elevators. The ascent in the elevator was almost surreal as I savored the gift just given to me and realized again the truth beyond my understanding: that's God's holy and lifegiving Spirit – though always with me – had actually tapped me on the shoulder in a long coffee line and made me gasp in renewed amazement and thanksgiving. What a sacred moment.✲

Summer Program Offered At UUA

All Faiths Unitarian Congregation (UUA), located at 2756 McGregor Boulevard in Fort Myers, is offering a summer program, Understanding the Faiths of Our Worlds, through August 25 at 11 a.m.

On Sunday, July 21, Caleb Lohman will speak on The Restoration of the Gospel.

On Sunday, July 28, David Kennedy will speak on Christian Science and its System of Healing.

Interim Minister Rev. Margaret Beard begins her tenure on Sunday, September 1.

For additional information, call 226-0900 or visit www.allfaiths-uc.org.✲

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OBITUARY

ROBERT W. 'BOB' DECELLE

Robert W. "Bob" DeCelle, of Clarkston, Michigan passed away on July 11, 2013 at the age of 89.

He is preceded in death by his wife Pamela and sister Nancy Coghlin Hale; Loving Father of Rev. Douglas (Jennifer) DeCelle and Connie (Dr. Christopher) Copeland; Proud Grandfather of Kimberly (Mike Gibson) DeCelle, Kristen (Dr. Ifelayo) Ojo, Darcy (Capt. Matthew) Jalandoni, and Samantha Copeland.

Bob was a Mechanical Engineer and Plant Manager for General Motors. He managed plants in Van Nuys, California; Euclid, Ohio; Norwood, Ohio and Fisher Body Coldwater Road of Flint, Michigan.

Bob served in World War II in the U.S. Army Air Corps. Together with his wife, they enjoyed their home on Sanibel Island during the winter months.

A memorial service will be held on July 19 in Clarkston, Michigan. Memorials may be made to the Sanibel-Captiva Conservation Foundation or the Memorial Fund of the First Presbyterian Church in LaGrange, GA 30240.✡

OBITUARY

STEVE F. WEBSTER

Steve Flaherty Watson, known to his loved ones as Boppy, 69, passed away July 9, 2013. He was born August 18, 1943 in Elgin, South Carolina to the late James D. and Clementine (Flaherty) Watson. In addition to his parents, he is preceded in death by his brothers, Robert and Don and sisters, Grace and Ann.

Steve served our country in Vietnam in the US Air Force. He received his Bachelor's of Engineering from Clemson University and loved to fish, golf, travel and spend time with his grandson. Steve moved to Lee County 15 years ago from Chicago.

Left to cherish his memory are his wife of 13 years, Starr; stepchildren, Megan Flagg and Scott Dingle, both of Fort Myers; grandson, Brennon; sister-in-law, Jean Watson and nieces, Donna and Lisa.

There will be a Celebration of Life to be announced. Contributions may be made in Steve's honor to the American Cancer Society at www.donate.cancer.org. Memories and condolences may be left at www.fortmyersmemorial.com.✡

OBITUARY

DOUGLAS S. DIETRICH

Douglas S Dietrich, 70, has been a Sanibel resident since 1988, after relocating from Upper Montclair New Jersey.

Doug was born November 11, 1942 in Lansing Michigan. He has been a devoted husband of Kate Dietrich for 45 years.

Doug leaves a loving family of two children, son Sim Dietrich and his wife Anna. He was predeceased by his daughter Sherry Caywood and grandchildren Luke, Ava and Rez.

Doug received an MBA from the Wharton School of Economics. He has been a member of Sanibel Captiva Kiwanis Club, a founding member of the Sanibel Bike Club and and served as a committee member for the City of Sanibel on transportation and bike safety. He loved to travel, enjoyed the outdoors, including many biking adventures through many European cities.

Doug was a distinguished member of Sanibel Congregational United Church of Christ, serving many years as treasurer and deacon. In lieu of flowers, contribution in his name can be made to Sanibel Congregational United Church of Christ at 2050 Periwinkle Way, Sanibel.

A memorial service will be announced.✡

From page 1

Fire Department And FISH

equipment is to be returned only to the Sanibel Fire and Rescue District Station #1, located at 2351 Palm Ridge Road.

FISH medical equipment loans include: wheelchairs and transport chairs (requires a person to push); walkers (non-wheeled, 4-legged with wheels, with wheels and seat, and 3-wheeled); canes (standard adjustable, 4-legged and 3-legged with a fold down seat); adjustable crutches; hand/foot exerciser; bath bench, bath transfer bench, shower chairs and bathtub handrails; commodes and elevated toilet seats (with and without arms).✡

OBITUARY

MARTHA JEAN RYCKMAN

Martha Jean Ryckman, born on September 19, 1920 in Detroit, Michigan and most recently a resident of Shell Point, died on July 12, 2013 after 92 wonderful years.

Martha's love for children led her to attend Kalamazoo College and to graduate from Wayne State University with bachelors and masters degrees in Elementary Education. After college, Martha met her future husband, "Bud" Ryckman, who she married in 1945. She enjoyed a 21-year career as a kindergarten/first grade teacher in the Detroit Public Schools. In addition to teaching, one of Bud and Martha's loves was co-directing a summer camp serving many underprivileged children from the Detroit area.

Upon moving to Sanibel in 1975, she was the first director of the Children's Education Center of the Islands and taught there until 1983. Martha was also an enthusiastic supporter of the "Ding" Darling Wildlife Society, Sanibel Community Church and the Sanibel United Church of Christ. In 1991, Bud and Martha moved to Shell Point. While at Shell Point, she was an active member of the Pavilion Auxiliary Board beginning in 1993, serving as the President of the Auxiliary from 1999 to 2003.

Martha's greatest joy was her family, as well as a diverse and wonderful group of friends. She was married to the love of her life and her best friend, Bud, for 52 incredible years, until his death in 1997. She is survived by her two devoted sons, Douglas (Kris) and Frederick (Susan) Ryckman and their families, including eight grandchildren and four greatgrandchildren.

A service celebrating Martha's life will be held on Saturday, July 20 at the Shell Point Village Church at 11:15 a.m. In lieu of flowers, please direct memorial gifts to the Children's Education Center of the Islands, 350 Casa Ybel Road, Sanibel, FL 33957.

Martha loved giving and doing for others, whether cooking delicious meals or sharing a favorite book. She was known to start a conversation with the question "What can I do for you?" Her warm smile and caring spirit blessed many lives and will live on in each of them.☆

MEMORIAL SERVICE

Sarah Romano and Richard Cook

A tribute to Richard Cook's life on Sanibel will be held on Thursday, July 25 at Hammond Stadium in two suite boxes with hot dogs and beer for the Fort Myers Miracle and Clearwater Threshers ballgame with our island family. Sarah Romano has 50 tickets to give away. Please come to The Normandy at West Wind Inn to pick up your tickets.

We thank everyone dad loved so much on this great island with the most wonderful people in the world.☆

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Parishioners and volunteers from St. Michael's & All Angels and Habitat For Humanity at the Harlem Heights home dedication on July 9

St. Michael's Habitat Home Dedication

After over a year of fundraising, cleaning and rebuilding, St. Michael & All Angels Episcopal Church on Sanibel, in cooperation with Habitat For Humanity volunteers and the prospective new homeowner, completed this home in Harlem Heights. A joyous dedication ceremony was held on July 9 with the owner and St. Michael's parishioners present.☆

Bob and Joanne Syverson with Luis Rincon

Donor Increases Upcycle! Art Fest Prize Monies

A recent contribution from an anonymous art-loving donor raises Best of Show prize money for the inaugural Upcycle! Art Fest on Sanibel Island, to be held April 26 and 27, 2014, to $800, the festival's art committee announced last week. An award of $200 will go to the Blue Ribbon winner.

The festival, hosted by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) to benefit JN "Ding" Darling National Wildlife Refuge, is Sanibel Island's first fine arts and crafts festival to require the 60 percent usage of repurposed and re-envisioned materials.

"We are planning an educational and entertaining event that will directly benefit wildlife and its habitat at the refuge," said Barb Lund, Upcycle! Art Fest committee chair. "Besides demonstrating the importance of recycling and conservation, it will offer visitors opportunities to purchase one-of-a-kind pieces and even try their hand at recycled art."

Artists in all media from around the U.S. are expected to qualify for the juried Upcycle! Art Fest, which will take place at The Community House and Sanibel Community Park grounds at 2173 Periwinkle Way.

Art judges will decide the Best of Show artist, while festival attendees will

continued on page 22

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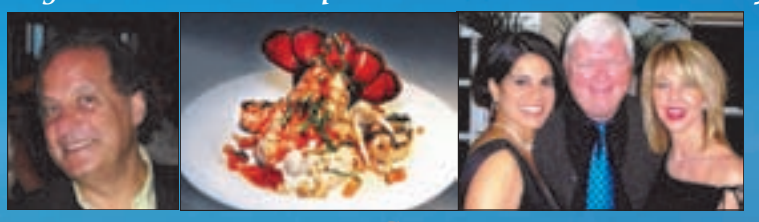

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Snowy Plover Presentation At CROW

Snowy plover breeding season is well under way on Sanibel Island. Take a walk on the beach and you may be lucky enough to see tiny chicks running around, looking for food.

Like most shorebirds, snowy plovers nest right on the beach and are potential prey for a host of predators. Their main defense is camouflage, and they blend so well with the color of Sanibel's sand that it's almost impossible to see them unless they're moving.

Because snowy plovers have declined in numbers over the years, they're listed as "threatened" by the State of Florida. In 2002, the Sanibel-Captiva Conservation Foundation (SCCF) initiated their Snowy Plover Project, along with the JN "Ding" Darling Wildlife Refuge and the City of Sanibel, to study and protect these vulnerable ground nesters.

Snowy plover shading eggs photo couretsy of SCCF

Pair of snowy plover chicks photo courtesy of Wanda Leisinger

On Friday, July 26 at 11 a.m., Joel Caouette, SCCF's shorebird monitoring coordinator, will partner with Claudia Burns, longtime Snowy Plover Project volunteer, to present The Secret Lives of Snowy Plovers at the Clinic for the Rehabilitation of Wildlife (CROW). The presentation will feature photos of these cryptic birds along with insights into their behavior, which is often completely different than that of birds who nest in trees.

This is a rare opportunity to learn about a threatened species that depends on Sanibel's beach for its continued survival, as well as to tour CROW's Healing Winds Visitor Education Center and learn more about their efforts to save wildlife through compassion, care and education.

CROW is located at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is $5 for adults, $3 for teens and free for members and children 12 and under. For more information, call 472-3644 ext. 228 or visit www.crowclinic.org.

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Shell Found

Adam, Gary, Lisa, Luke and Christopher Cohorst

Christopher Cohorst (14), Luke Yntema (17) Adam Cohorst (17) and Lisa and Gary Cohorst from Lilburn, Georgia found a junonia on Lighthouse Beach while staying at Sand Pointe. They said, "We've been coming to Sanibel for 12 years and we finally found one!"☼

Fish Caught

Henry DeGenova

Dr. Henry DeGenova of Bonita Springs caught and released a beautiful snook off a Sanibel beach June 28.

It was also his 55th wedding anniversary. His daughter, Nadine DeGenova, commented, "Two great catches!"☼

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Pictured from left is Dick Willis, Ann Moeder, Tom Risher and Leroy Nietzel

Shell Museum Volunteers Complete Move

For the last four years, a group of volunteers from The Bailey-Matthews Shell Museum has worked tirelessly to help organize the museum's shell collection. Acquired over the years, the enormous collection of shells has been brought out of boxes and sorted into a safe, appropriate storage and collections area.

Sanibel resident Tom Risher, originally from Green Pond, New Jersey, has been one of the museum's most active and engaged volunteers. Risher spearheaded the process by implementing a strategy around arranging the large volume of shells donated to the museum and integrating them into the collection. Together with Leroy Nietzel, Ann Moeder, Smoky and Stephanie Payson, Judy Gaggin, Susan Sprout and Genese Hessman, the volunteers have made critical strides in helping organize the museum's collection management process.

"These volunteers have donated countless amounts of hours and energy to the museum," said Laura Richardson, the museum's full-time collection manager. "Many museums around the country still have their collections in basements or attics, which speaks very highly of the initiative taken by our volunteers and their commitment to finishing the task. We are proud of the work they have accomplished and we thank them for their dedication to the museum."

For more information about the museum, visit www.shellmuseum.org or call 395-2233.

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CROW Case Of The Week:

Common Moorhen

by Patricia Molloy

The common moorhen *(Gallinula chloropus)*, nicknamed the Swamp Chicken, is a secretive duck-like bird found most commonly in shallow, freshwater and brackish marshes. While it may prefer to stay out of sight, it possesses a large repertoire of gargling calls and loud hisses commonly used when it perceives an eminent threat. The common moorhen is widespread throughout Africa, Europe, India and South America; its preferred breeding grounds in North America extend south from New England, along the Atlantic coastline, and north from the Gulf of Mexico to the Great Lakes.

The moorhen currently at CROW is an adult female which was very weak and lethargic upon arrival. Unable to stand, radiographs were taken to look for injures such as fractures and hemorrhaging. None were found.

Hospital Director Dr. Heather Barron was concerned that the bird was suffering from brevetoxicosis caused by red tide exposure or capture myopathy, a non-infectious disease in which exertion and stress cause muscle damage. She ordered the patient to be treated with an oral pain reliever and antibiotics.

Several days after her admission to the wildlife clinic, Dr. Heather reviewed the patient's condition with Dr. Kristen Dube, CROW's new DVM intern. Dr. Kristen remarked, "She looks a bit depressed to me and I want to go back and look at her radiographs. She is still not standing up. She has movement in her legs and she has sensation in her legs, so I'm not sure what is wrong because there was no indication of trauma in her initial radiographs."

"Personally, I fear it could be capture myopathy and that is not a very good prognosis. I will look at her radiographs again and reassess her today," replied Dr. Heather. Also distressing is the fact that she is not eating on her own, possibly due to stress.

If you love the island's diverse and exotic wildlife, support the clinic's patients by donating items from its Supply Wish List: paper towels, Purina ONE Kitten Chow, bleach, Purina Puppy Chow (no colored chunks), red heat lamps (250W), contractor clean-up bags (42 gallon), wild bird seed, laundry detergent (fragrance free), hand and bath towels (new or gently used), Clorox Clean-up and ceramic crocs (ramekins, etc.) of all sizes.

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

Pain medication and antibiotics are being administered orally to the moorhen, patient #1923, by Jordan Donini, one of CROW's assistant wildlife rehabilitators

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SCCF Sea Turtle Nesting Stats

Hatching is off to a slow but steady start and nesting is still going strong. This week's update is broken down by species. Any more green nests on Sanibel or Captiva and we will break our record. We've never had more than one on Captiva and eight on Sanibel. Also below is the previous two years for comparison.

As of July 12, 2013:

Sanibel East – 42 nests, 82 false crawls, 0 hatches (all loggerheads)

Sanibel West – 215 loggerhead nests, 8 green nests, 309 loggerhead false crawls, 1 green false crawl, 4 hatches (223 nests, 310 false crawls)

Captiva – 97 loggerhead nests, 1 green nest, 62 loggerhead false crawls, 1 green false crawl, 5 hatches (98 nests, 63 false crawls)

As of July 12, 2012:

Sanibel East – 64 nests, 126 false crawls, 0 hatches

Sanibel West – 204 nests, 438 false crawls, 9 hatches

Captiva – 105 nests, 150 false crawls, 5 hatches

As of July 12, 2011:

Sanibel East – 31 nests, 69 false crawls, 0 hatches

Sanibel West – 198 nests, 308 false crawls, 12 hatches

Captiva – 67 nests, 46 false crawls, 15 hatches

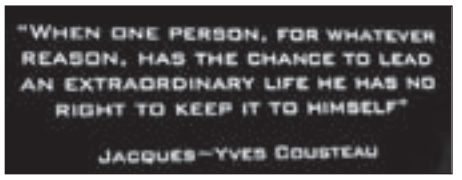
*False crawl = a failed nesting attempt

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

Loggerhead hatchling photographed from a safe distance

photo by Judith Jones

Cousteau Speaks Undersea Habitat



One of Jacque Cousteau's most famous quotes

Fabien Cousteau, Jacque Cousteau's grandson, will splashdown on September 30 off Key Largo to live for 31 days in an undersea habitat to conduct experiments on and study climate change, pollution and overuse of natural resources. 300 broadcasts will be made during this time of his findings or every two hours.

Cousteau spoke in Blue HIll, Maine at the Marine Environmental Research Institute and there was no fee or admission to his program.The photos of plastic garbage were a part of his presentation and this junk on the northernmost island in the Hawaiian chain is not from the tsunami but from the U.S.

There are 10 ways to personally stop ocean pollution by plastics:

• Use a stainless steel drink container instead of bottled water

• Remember to use cloth reusable grocery bags

• Bring your own to-go mug for coffee

• Use metal not plastic utensils

• Switch out to paper and wax paper

• Go without the lid and straw when you buy drinks at takeout

• Use refillable dispensers for liquid soap

• Choose returnable glass bottles

• If you must use plastic, try to choose only #1 (PETE) and #2 (HDPE) plastics.

Fabien Cousteau, grandson of Jacque Cousteau

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Readying Your Coastline For Rising Waters

submitted by Ken and Kate Gooderham, ASBPA executive directors

Most of us know that wide beaches, high dunes and stronger buildings enable coastal areas to survive rising seas and stronger storms. But if you want to see what the nuts and bolts of preparing a major coastal area for an uncertain future looks like, New York City has done the work – and the final result is a lesson for us all.

In the wake of Superstorm Sandy – and some eight months, 438 pages and an estimated $20 billion price tag later – the soon-to-be-departed Bloomberg administration has put a plan (and cost) on how the most intensely developed coastal area in our country plans to prepare to deal with the dual disasters.

According to reports on the study's conclusions, the scope of the improvements cuts across the cityscape – from hardening the power grid to withstand flood waters, making existing structures (particularly public housing) more storm- and surge-resistant, restoring "soft" coastal defenses such as marshes, oyster beds and (of course) dunes and beaches, building "hard" protection where necessary to prevent flooding, and a whole host of other ideas – some of which are not included in the current cost as they will require further study.

Those who want more details can look it up online (www.nyc.gov/html/sirr/html/report/report.shtml), but here's what coastal professionals around the country should draw from the Big Apple's conclusions:

• You can't start soon enough. Even the simplest of plans to counter the threats of sea level rise and more intense storms will take years – even decades – to achieve even the most basic improvements.

• You can't think big enough. Both due to the potential magnitude of the problem and the scope of its impact – not to mention the interconnectedness of coastal management where a fix here can create an unintended problem over there – it really takes a broad-brush big-picture approach to have a real impact.

• The price tag is going to be daunting – and it won't get any cheaper if you wait. Consider that the cost of the NYC plan is roughly equal to the recovery costs from Sandy to the same area, and you decide which is a smarter investment.

• It's going to take a public-private partnership to get it done, covering many jurisdictions and disciplines. This isn't a big-government solution, it's a big-picture solution – and the private sector needs to be part of the planning from Day One. It's their homes and lives at stake, their businesses and infrastructure at risk… and their dollars that will need to help pay for this.

• There's no "best way" or "one size fits all" answer. Each coastal area has unique needs and issues that will demand unique answers. To be effective, communities will need to set priorities and have different approaches to succeed – and nothing in the coastal toolbox should be off the table in this discussion.

The final and perhaps most lasting lesson from all this is that the plan you start with is not the plan you'll see in place when (or if) things reach completion. Lessons will be learned, needs will be reshuffled, sticker shock will take its toll – and, mostly, you'll learn something new from every storm, from every new study of sea level, from new technology and old principles. You'll also need to adapt to the unique conditions each coastal community faces, with an overall goal – being prepared for rising seas either incrementally increasing over years or rapidly rising due to storms – tempered by the case-by-case solutions that must be crafted for each coastline facing this crisis.

While some things remain constant – such as that wide beaches and high dunes will keep storm waves and rising tides away from upland infrastructure – everything else about the coast evolves. That shouldn't prevent you from starting your planning now (in fact, quite the opposite), but it should remind you to think big, learn often and keep searching for the best solution to keep coastlines and their communities healthy.

For more information, go to www.asbpa.org.✯

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Still Trying To Stay Dry

by Capt. Matt Mitchell

Our summer pattern of dodging thunderstorms continued this week. Morning, day or night storms brought rains ranging from light showers to total downpours with dangerous lightning. If you managed to stay dry out on the water this week, you were one of the lucky few.

Big high morning tides along with a provailing south wind pushing the water up even higher was the perfect set up for good for redfish action. Finding mullet schools was the key for me to get on redfish up to 32 inches. When targeting these redfish, I have been fishing areas of small, sandy potholes out from mangrove islands in the southern sound. The more mullet you found in a area, the more redfish were there.

My rig of choice for these redfish is a medium-sized pinfish hooked between the head and dorsel fin on a 1/4 oz. jig head with about two feet of leader under a float. Keep the leader just short enough; the bait cannot hide in the grass. Often these reds will chase the pinfish up to the surface while trying to swallow it and then bump and mouth it several times before finally eating and moving off with the bait. Dead sticking cut mullet and ladyfish chunks also got the job done on these redfish, but the majority of these fish seemed to prefer the live bait option.

Snook fishing was also consistently good action all week in the passes on lower stages of the tide. Drifting live pinfish and grunts with a split shot so it bounces the bottom caught snook after snook of all sizes. The majority of these snook are in the 20- to 30-inch range, but be ready to hook that monster that will freight train you. We had a few hook ups this week that simply could not be turned before the hard fighting fish made it to structure and parted ways.

Joan and Joseph Reinek of Cape Coral with a "double header" of snook caught and released with Capt. Matt Mitchell this week

With our water really dirty colored now because of all the rain, sight fishing out on the beaches pretty much came to a end for the time being. Although there are still plenty of fish all along our beaches, its more about covering water or finding structure and troughs between the sandbars than simply seeing them. A search bait like a swim bait or a white bucktail jig is a good option to find these snook.

Tarpon are still around both gulf side and in the bay. They are not in the big numbers of May and June but can be found in the usual places. Between thunderstorms one morning this week, I was amazed at how many tarpon just appeared in one of my more favorite places in the sound. When the water went slick calm, tarpon just started popping up all over. After about an hour of having fish consistently rolling all around us and not hooking up, frustration got the best of us and we moved off to catch some snook in the pass.

Gag grouper fishing in the deeper passes is still happening, though the numbers of keeper-sized fish keeps getting less and less as season has now been open a few weeks and these easy to get to pass fish have been hit hard. A better option now to get that gag grouper dinner is to head a few miles offshore in the 20- to 30-foot range and troll deep diving plugs. Run a two rod spread with Mann's Stretch 20's and 30's far enough behind the boat to bump the bottom. Look for fish heavens and ledges as a good starting place. When you hook a fish, hit the mark button on your GPS and then head back over this same area.

Our summer rains have really made getting out fishing a little tough this last few weeks. Luckily when I have been able to get out, staying dry has been the hardest part and the fish have come pretty easy.

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

Send Us Your Fish Tales

The *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 islandsuncity@aol.com; or call Anne Mitchell at 395-1213.

Madagascar periwinkle sometimes volunteers in South Florida landscapes

This non-native flower thrives in heat, sun and even poor soil photos by Gerri Reaves

Plant Smart

Madagascar Periwinkle

by Gerri Reaves

Madagascar periwinkle's (*Catharanthus roseus*) very name advertises that it is not a Florida native, but it sure is popular in South Florida.

It is easily cultivated and has been imported as an ornamental to many parts of the world, including Sanibel Island, whose main thoroughfare – Periwinkle Way – bears its name.

This semi-woody year-round bloomer is nothing if not cheerful and easy maintenance. It usually grows to a height of one to two feet, forming a bushy flower-studded groundcover that also makes a pretty border or hanging plant.

Hardy, drought- and salt-resistant, it grows best in full sun but will tolerate some shade. It actually thrives in poor soil, as long as it's well-drained. Give it too much moisture and root rot will ensue.

The tubular flowers are one to two inches across with five wide petals flaring out from a center of dark pink.

The most common flower color is the standard rosy pink, but cultivars come in white and various shades of pink and red.

The opposite evergreen leaves are oval or elliptical with pointed tips and a noticeable greenish white central vein. The erect stems exude a milky latex sap if broken.

The cylindrical pods of about an inch long occur in pairs and turn from green to brown as they mature.

Periwinkle often self-sows, but it can be propagated with seeds or cuttings.

This member of the dogbane family is toxic if ingested by people or livestock. However, it has significant medicinal value. The alkaloids in the leaves are used to treat a variety of diseases, including diabetes, malaria and several types of cancer.

Sources: *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela; *Everglades Wildflowers* by Roger L. Hammer; *Florida, My Eden* by Frederic B. Stresau; and floridata.com.

Plant Smart explores sustainable gardening practices that will help you create an environmentally responsible, low-maintenance South Florida landscape.

Going Green At Broadway Palm

by Di Saggau

A big, lovable, green ogre is capturing the hearts of theater goers in *Shrek The Musical*, now showing at Broadway Palm. When you add a donkey who won't shut up, a princess with a deep secret, a bad guy with a short temper and a cast loaded with talent, you have a show that offers a great time for audiences of all ages. I totally loved this show.

In a far away kingdom, Shrek (Chuck Caruso) goes on a quest to rescue Princess Fiona (Kate Marshall) from a tower guarded by a fire-breathing dragon. His plan is to deliver Fiona to Lord Farquaad (Jason Loete) in exchange for the deed to his swamp.

The show follows the popular animated movie *Shrek*. I remember taking my then 6-year-old grandson to see the movie. He is now 18. It brought back fond memories and it was delightful watching the lovable ogre with all his friends, foes and fairytale characters prancing about on stage. Caruso makes a great Shrek. He lumbers ogre-like around the stage and really shines when he cuts loose and gets his groove on. Rendell DeBose, is perfectly cast as the sassy donkey with his comical facial expressions and antics. He offered many LOL moments. Marshall is lovely as the princess with a voice to match. Loete, spends his time singing and even dancing on his knees portraying Farquaad with his spindly short legs. Not an easy task, but he is up to the challenge.

These four actors are definitely the stars of the production and the supporting cast lives up to their job. They all have great singing voices, and although the songs aren't ones you are apt to remember or sing going home, they are pleasant to hear. It's the lyrics that really hit you. Listen close because there are words of wisdom in each one, and they also add greatly to the story line.

Stephanie Genovese provides the singing voice for the dragon... and what a voice. Then there's the belching and farting number between Fiona and Shrek. Sounds gross, but it provides laughs, especially for the youngsters. As the play draws to a close and you feel good about what you have seen on stage, the cast invites everyone to sing along with *I'm A Believer*. What a way to bring down the house!

Donkey (Rendell DeBose) with his best friend Shrek (Chuck Caruso)

The show features an eye-popping array of colorful costumes, choreography that includes tap-dancing rats and it even pokes subtle fun at *Wicked, The Lion King* and *Les Miz*.

Shrek The Musical plays through August 10 at Broadway Palm, Southwest Florida's Premier Dinner Theatre. For children 18 and under, tickets are just $18 for buffet and show. Reserve your tickets by calling 278-4422, visit www.BroadwayPalm.com or stop by the box office at 1380 Colonial Boulevard in Fort Myers.

From page 12

Upcycle! Art Fest

vote for the Blue Ribbon winner.

Besides award monies, the Best of Show and Blue Ribbon winners will receive 100 percent off of booth exhibitor fees for the 2015 second annual show. The Red Ribbon winner will receive a 75 percent discount; the Yellow Ribbon winner, 50 percent.

Upcycle! Art Fest will tie in with Earth Day celebrations at the refuge the weekend prior with community-wide events. Art Fest weekend will include an arts marketplace, recycled crafts "make-and-take" projects, demonstrations, healthy and sustainable food vendors, live entertainment and more.

Artists wishing to register for the event, can do so at www.UpcycleArtFest.org. Any businesses or individuals interested in sponsoring or participating in Upcycle! Art Fest should contact Birgie Vertesch, DDWS executive director, at 292-0566 or director@dingdarlingsociety.org.

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Bird's Eye View

Checking Nests In The Red Mangroves

by Mark 'Bird' Westall

Years ago when I was monitoring the ospreys on Sanibel, every two to three weeks I would visit every occupied osprey nest on the island and check on the progress the nesting birds were having. Throughout the nesting period, in order to determine exactly how many eggs were laid, the amount of chick mortality that occurred, and eventually banding every surviving fledgling, I had to somehow find a way to get up close to and, eventually at the end of the season, into the nest.

Except for banding, it was not absolutely necessary for me to actually get all the way up into the nest, but it was necessary for me to somehow see into the nest. If the nest was on an artificial nesting platform, it was usually relatively easy to get up close to the bottom of the platform with a heavy duty 35-foot extension ladder and use a mirror attached to an extendable pole to look inside the nest.

But when it came close to fledging time, I had no choice but to climb all the way up into the nest, removing the chicks one at a time, bringing them to the ground, putting aluminum FWS lock-on bands on the chicks, and returning them to their parents. Over the 10-year period of the study, we were able to band around 350 birds.

But many nests were out in the mangroves of the refuge and since the ospreys always nest in top of the canopy, that meant that I needed to find a way to get over 40 feet up into the trees every two to three weeks. Also, with such a tall and thick upper canopy, quite often any mature red mangrove with an osprey nest in the top of it had little to no branches strong enough for me to use for climbing until approximately 30 feet up in the air.

But luckily for me, the red mangrove already had a "built-in" human assist climbing mechanism in place!

Have you ever noticed the gnarly growths that seem to cover the trunks of the red mangroves while going out to the Red Mangrove Overlook on the Wildlife Drive of the refuge? What those knots actually are is the tree's reaction to the production of an indoleacetic acid by a naturally-occurring fungus officially known as Cylindrocarpon didymum. This fungus infects the trunk, branches and prop roots of the red mangrove through lenticels in the bark of the tree as opposed to wounds or insect feeding sites.

A lenticel is the part of a tree made up of porous tissue that functions as a pore, providing a pathway for the direct exchange of gases from the inner part of the tree, through the bark (which is otherwise impermeable to gases) and the atmosphere. This break in the bark, however, also creates the perfect environment for the fungus to thrive and grow; thus, an infection can start.

When a red mangrove tree becomes infected with the fungus, it eventually develops the knots, otherwise known as a gall. As you may have noticed, the gall can vary in size from less than half an inch and, depending on the size of the tree and its location, can eventually reach almost eight inches in diameter. The gall is typically darkened in color and rough (cracked and/or fissured), especially as it matures.

Almost all mangroves on Sanibel are infected with the fungus, but there appears to be little negative impact as a result. The only problem that has been observed has been the predisposition of diseased trees to suffer wind breakage, where infections are abundant and/or severe.

But as far as my using the galls to gain access to the upper story of the mangrove forest, I saw their existence as a benefit. Even though the roughened bark would sometimes occasionally break off of the gall, there was a hard, woody foundation underneath and, thus, the perfect foothold was created. And once I made it up into the upper canopy by using the galls as a ladder, then it was usually a fairly simple job to climb the rest of the way up to the nest.

People on my canoe tours are sometimes impressed that I was able to climb all the way up into the top of the trees, but actually it wasn't that big of a deal. The galls make good footholds while climbing the trunks and, once up into the branches, the rest was easy. Mangroves are incredibly strong trees and many times I could climb all the way to the top of the canopy and look across the top of the surrounding forest.

As a matter of fact, in the early days of my study, I use to enjoy taking my lunch with me into the mangroves, walking through the interior of the mangrove forest across the tops of the mangrove roots (I always compared it to walking across the top of a "jungle gym"), climbing the tallest mangrove I could find and nestling myself in a comfortable notch at the top of the tree, and eating my lunch

continued on page ??

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From page 1

'Ding' Days

"Ding" Darling Wildlife Society (DDWS), One Wildlife Dr., Sanibel, FL 33957 (Attention: Gary Ogden).

• There is a $25 per person entry fee that provides you with a membership to the Society and is used to defray the cost of the contest. One fee covers two entries per person.

• Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

• Photos must be taken at J.N. "Ding" Darling NWR and have been taken within two years of entry date.

• Photos must be 8" x 10" (or full frame 8" x 12") with an 11" x 14" mat. This will facilitate display in the Visitor Center. (Please, no hangers on the backs of photographs.) Frames are not permitted. Please submit a digital copy on a CD/DVD/Flash Drive. Each photo must be at least 2MB. The two photo entries can be copied onto the same CD/DVD/Flash Drive.

• Each person may enter up to two photos but is eligible to win only one award. One $25 fee covers two entries per person.

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

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

• Judging criteria:

1) Technical excellence (sharpness, lighting, composition, exposure)

2) Originality/creativity

3) Interest

4) Ability to be reproduced for publication

• On digital photos, only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.

• All photos will become the property of DDWS and will not be returned. There is no need to include a return envelope or postage. Photos may be used by DDWS in any way with appropriate credit.

• First, second, and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's weeklong celebration held in October. Cash prizes will be awarded.

• The refuge and Wildlife Society cannot be held responsible for loss or damage of photos.

• There are three judges: A refuge staff person, a professional photographer, and a member of the Sanibel community.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Vertesch at 292-0566, 472-1100 ext. 4 or director@dingdarlingsociety.org.☆

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Stained glass window by Ken Casola

Workshops Open For Enrollment At BIG ARTS

Enrollment has started for upcoming BIG ARTS Season 2013-14 workshops, there are hundreds of classes offered. BIG ARTS is also offering a variety of new classes this season, including stained glass, Zentangle (drawing), art appreciation, opera appreciation, oil painting, acrylic painting, book crafting and a mystery/thriller writing critique group. Several new wellness classes will also be available this season, such as "Using Self-Hypnosis To Improve Health." Returning workshops include classes in art, technology, fine crafts, foreign language, music lessons, painting, drawing, pottery and writing as well as discussion groups.

In addition to the workshop classes, Winter Academy returns for its fourth season at BIG ARTS. Featuring courses in art, music, economics, international law and religion, Winter Academy classes delve into subjects on a more in-depth basis than a single lecture but less than a full college course. Led by experts in their field, many of the Winter Academy instructors are retired university faculty in addition to being accomplished speakers.

Full workshop schedules are available online at www.BIGARTS.org or by contacting the main BIG ARTS office at 395-0900.

In addition to new classes, next season brings back favorites Jack Bailey, who will teach the "History of the Swing Era in Jazz," as well as Gisela Damandl, who will teach "Fun with Gourds," "Pine Needle Basketry" and "Cool Coils" basket

Instructor Gisela Damandl weaving a basket

techniques.

BIG ARTS added a new session to the schedule for Ginnie Peterson's "Encaustic Workshop," a fall session this year for "Applied Drawing Basics" with Ann McCarty Sickels as well as new sessions for Ellie Gause's "Open Studio: Clothed Model or Still Life."

There is a 20 percent discount on workshops for BIG ARTS members. Contact BIG ARTS office or website for class locations.

For further information about workshops, classes and events at BIG ARTS or to become a member, stop by BIG ARTS, 900 Dunlop Road on Sanibel, call 395-0900, e-mail info@BIGARTS.org or log on to www.BIGARTS.org.

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Call To Artists For ISEA Exhibit At BIG ARTS

BIG ARTS invites artists to submit entries for the 22nd annual International Society of Experimental Artists (ISEA) exhibit.

Call to artists for entries of original experimental artwork in any media by Thursday, August 1. Works must have been created within the last three years and not shown in previous ISEA exhibits.

Since 1991, ISEA has been promoting the creation and awareness of experimental art. Experimental art means the work is innovative in concept, attitude, technique or materials. The mission of the ISEA is to create an environment where contemporary visual artists can come together to share ideas, grow and take risks. Their exhibits are held in the United States and internationally.

Both the 2013 ISEA Annual International Juried Art as well as the 2013 ISEA/NWS Wales International Exchange Exhibits will be open to the public at BIG ARTS from Saturday, October 19 through Saturday, November 28. There will be $10,000 in monetary awards and all entries must be entered for submission online at the ISEA website (www.iseaartexhibit.org) by August 1. BIG ARTS will not accept any entries. Entries must be original experimental artwork.

For additional information about these exhibits, BIG ARTS programs, events, membership options or to sign up for workshops, stop by BIG ARTS, 900 Dunlop Road on Sanibel, call 395-0900, e-mail info@BIGARTS.org or log on to www.BIGARTS.org.✯

Rock Canyon **by Marylu Dykstra**

Out Of Balance **by Carrie Burns Brown**

From page 23

Checking Nests

while watching an osprey pair feed their young a hundred feet or so away.

I can't think of a better place for spending a relaxed lunch hour!

A former city council member and mayor, Mark "Bird" Westall has owned and operated Canoe Adventures, Inc. on Sanibel for over 33 years. Visit www.canoewithbirdwestall.com for more information.✯

Jersey Girls cast, from left, Gia Corbeil, Scott Knop and Lisa Kuchinski

Herb Strauss Theater's *Jersey Girls* Runs Through Saturday, July 20

BIG ARTS Community Players brings the Jersey Shore to Sanibel in the interactive musical, *Jersey Girls*. Produced and performed by local community theater members, it features oldies hits as girl groups compete during a 1960s radio show competition. Held on a popular New Jersey boardwalk, the radio show is a "battle of the bands" contest.

The latest production by co-writer and director, June Koc, *Jersey Girls* came about because her husband, Jack, adores the '60s era of music. Koc and Nancy Fueyo channeled their mutual love for Seaside Heights into a musical about the popular Jersey Shore boardwalk.

Jersey Girls features a talented cast including Anna Anderson, Noelle Aparte, Russell Bias, Sabrina Chantel, Gia Corbeil, Sarah Daigle, Linda Fazioli, Anna Grilli, Scott Knop, Lisa Kuchinski, Shelley Sanders and Tyler Young. This production features choreography by Bobbi Frasca, props and costume design by Ana Perez, musical direction by Nancy Fueyo and historical research by Jack Koc, with lighting and sound design by BIG ARTS Technical Director Adam Trummel.

Jersey Girls continues two week run at the Herb Strauss Theater with shows on Thursday, July 18, Friday, July 19 and Saturday, July 20. All shows are at 8 p.m. and tickets are $15 for adults and $5 for children 17 and under. Tickets are available on www.BIGARTS.org, or by calling the Herb Strauss Box Office at 472-6862 or BIG ARTS Marks Box Office at 395-0900.

The Community Players welcome volunteers to work on all aspects of production, both on stage and behind-the-scenes. The Players provide local live theater, performed for the community, by the community. For more information about volunteering, call the office at 395-0900 or email info@BIGARTS.org.

Scott Knop and Anna Grilli of *Jersey Girls*

Jersey Girls cast, from left, Linda Fazioli, Noelle Aparte and Anna Anderson

Broadway Palm Presents Disney's *Sleeping Beauty*

Scene from Disney's *Sleeping Beauty* now playing at Broadway Palm

Broadway Palm Children's Theatre presents Disney's *Sleeping Beauty* playing July 19, 20, 24, 26, 28 and August 1, 2 and 3. This stage adaptation of the beloved Disney movie is perfect entertainment for children of all ages.

It's Princess Aurora's 16th birthday and Flora, Fauna and Merryweather must use their fairy magic to save her from the spell of evil sorceress Maleficent. This classic fairytale has songs from the beloved film, including *Once Upon A Dream,* along with fun new songs like *Maleficent!* and *A Little Magic Now*. This fresh telling of the classic story will delight children of all ages and their families.

***Sleeping Beauty* runs through August 3**

Broadway Palm Children's Theatre presents full-scale productions that are great for all ages. All performances begin with a buffet at noon and showtime at 1 p.m. The chef's special buffet includes children's favorites like chicken, pizza, french fries, pasta and more.

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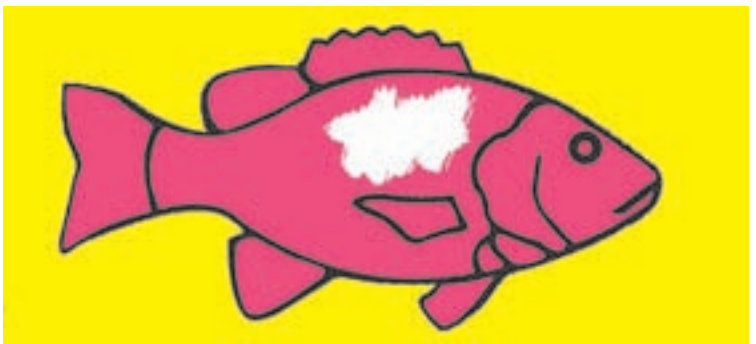

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Pacheco Publishes Poetry Collection

"No more poems on death, not one word on growing old…" Joe Pacheco begins his latest collection, *Sanibel Joe's Songbook*, with a promise to include only "the thrill and sweep of the delicious fourth quarter/ play by delicious play." And with the exception of a section called "Leftover Heavy Poems," Pacheco keeps his promise.

His journey through the American "songscape" fashions parodies and poems into social and political commentary on life in past and present America without ever losing his wry humorous octogenarian perspective.

"His poems bring to mind the velvet fog of Mel Tormé and the cool tones of David Amram," writes Dr. Jim Brock of Florida Gulf Coast University.

The songs begin on Sanibel, travel back to Puerto Rico and New York City in the 20th century, visit grandchildren in Bethlehem and enter a section called "Politically Incorrectus," where the political battles and crises of the post-911 era are captured in parodies and satires which move through the 2012 presidential campaign, fiscal cliff, gun control and immigration controversies.

Denis Duhamel of Florida International University says, "Sanibel Joe's poems are unpretentious and as much fun as

the best pop-songs. They're catchy and downright infectious."

Joe Pacheco is a retired New York City School Superintendent and poetry columnist. His worked is featured regularly in print and electronic journals and he has performed his poetry numerous times on NPR Morning Edition, Latino USA and WGCU broadcasts. Sanibel Joe's Songbook is his third book of poems.

Sanibel Joe's Songbook is published by Limitless Press and can be purchased online at Amazon.com and BarnesandNoble.com. For more information, visit www.josephdpacheco.com.✲

Poet's Corner

We invite submissions from local poets. Anyone interested may submit their work via email to tutsie@comcast.net. Each week, individual work will be showcased.

selected by Tanya Hochschild

Poem Title

by Betty Anholt

Epiphany
following the spring storm

Yet again the rains come,
out of a pinwheeled sky
revolving and dimensional…
only to dissolve, to disclose
a half moon resolutely facing west.

Standing patient, unperturbed, pink cumulus
gaze down at the unkempt blue clouds hurrying
to hang on at the end of a chain of crack-the-whip
whose center is far north.
Nearly moon-high, a wisp of
gilded cirrus glows.

On the cusp of darkness birds comb
their unsheveled air.
The worried blue clouds, permeable,
are rended by a bird's wing
then mended by wind
singing a soft allelujah.

An egret, neck folded back to fly,
glides past so close and so intent
on his journey I fall back,
give him that uncombed sky.

A Sanibel resident for many years, Betty Anholt has always been drawn to the interactions of our environment and history. She has published many short pieces and four books, including Sanibel's Story, voices and images from Calusa to incorporation.✲

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My Stars ★★★★

FOR WEEK OF JULY 22, 2013

ARIES (March 21 to April 19) Your zeal for challenges usually works well for you. But this week it's best to avoid jumping into new situations without more information. Vital news emerges by the weekend.

TAURUS (April 20 to May 20) Once again, the Bovine's patience pays off as that pesky problem works itself out without taking too much of your valuable time. A new task opens interesting possibilities.

GEMINI (May 21 to June 20) Those suggestions you want to share need to be set aside for a while so you can focus on the job at hand. There'll be time later to put your ideas into a workable format.

CANCER (June 21 to July 22) Be sure about your sources before you use the information in any decision you reach about your new project. Some of the data might be out of date or misinterpreted.

LEO (July 23 to August 22) A sudden challenge might rattle you at first. But pump up that strong Lion's heart with a full measure of courage, and face it with the continuing support of family and friends.

VIRGO (August 23 to September 22) Watch your expenses this week so you can have a financial cushion to fall back on should things tighten up later this month. Money matters ease by the 31st.

LIBRA (September 23 to October 22) Uncertainty over workplace policy creates anxiety and confusion among your colleagues. Don't be surprised if you're asked, once again, to help work things out.

SCORPIO (October 23 to November 21) The workweek keeps you busy tying up loose ends and checking data that needs to be verified. The weekend offers a chance to relax and restore your spent energies.

SAGITTARIUS (November 22 to December 21) This is not the best time to go to extremes to prove a point. Better to set a sensible goal now and move forward. There'll be time later to take the bolder course.

CAPRICORN (December 22 to January 19) A step-by-step progression is the better way to move ahead. Taking shortcuts could be risky at this time. Important news arrives on the 31st.

AQUARIUS (January 20 to February 18) Avoid getting drawn into workplace disputes that should be handled by those directly involved. Instead, spend your energy developing those new ideas.

PISCES (February 19 to March 20) You still need to be prudent about money matters. But things start to ease by the end of the week. A weekend encounter with an old friend brings welcome news.

THIS WEEK IN HISTORY

BORN THIS WEEK: You handle challenging situations with boldness when necessary and caution when called for.

• On July 24, 1567, during her imprisonment at Lochleven Castle in Scotland, Mary Queen of Scots is forced to abdicate in favor of her 1-year-old son, later crowned King James VI of Scotland. In 1542, while just 6 days old, Mary had ascended to the Scottish throne upon the death of her father, King James V.

• On July 22, 1862, President Abraham Lincoln informs his chief advisers and cabinet that he will issue a proclamation to free slaves, but that he will wait until the Union Army has achieved a substantial military victory. The Emancipation Proclamation had less to do with ending slavery than saving the crumbling union.

• On July 23, 1918, Della Sorenson kills the first of her seven victims in Nebraska. Over the next seven years, friends, relatives and acquaintances of Sorenson died under mysterious circumstances. In 1925, Sorenson was arrested when she made an unsuccessful attempt at killing two children with poisoned cookies.

• On July 28, 1929, President John F. Kennedy's wife, Jacqueline Bouvier Kennedy, is born into a prominent New York family. In 1951, she began her first job as the Washington Times-Herald's "Inquiring Camera Girl," roaming the streets of Washington, D.C., and asking "man on the street" questions.

• On July 26, 1943, Rolling Stones frontman Mick Jagger is born in Dartford, Kent, England. Michael Philip Jagger attended the London School of Economics, but left without graduating in order to pursue a career in music.

• On July 25, 1978, Louise Joy Brown, the world's first baby to be conceived via in vitro fertilization, is born in Manchester, England. In December 2006, Louise gave birth to a boy, Cameron John Mullinder, who was conceived naturally.

• On July 27, 1996, in Atlanta, the XXVI Summer Olympiad is disrupted by the explosion of a nail-laden pipe bomb in Centennial Olympic Park. The bombing killed one and injured more than 100 others. Police were warned of the bombing in advance, but the bomb exploded before the anonymous caller said it would.

STRANGE BUT TRUE

• In 1977, Ken Olson, president, chairman and founder of Digital Equipment Company, made the following regrettable statement: "There is no reason anyone would want a computer in their home."

• Gross fact of the day: Half of the bacteria in the human mouth haven't even been identified yet by science.

• The drug Ivermectin is a broad-spectrum antiparasitic, used mainly to treat infestations of worms. The people who have been helped by this medication might be surprised to learn that the drug was developed through research spurred by a fungus found growing on the golf shoe of a botanist.

• If you're a centenarian, you might want to consider moving to New Mexico. In that state, there is a law declaring that everyone 100 and older is tax-exempt.

• Unless you were around on April 17, 1964, you may not be aware of the hullabaloo caused by the introduction of the Mustang. In Seattle, a truck driver was so distracted by a display of new Mustangs that he crashed his cement truck through the window of the dealership. In Chicago, so many people were trying to crowd into the cars in a showroom that the dealer had to lock all the vehicle doors. A dealer in New Jersey had only one Mustang, so he auctioned it off. The winner of the auction insisted on sleeping in his new car that night, just to make sure nobody else got it before his check cleared.

• Arizonans take note: Hunting camels is illegal in your state.

• If you're like the hypothetical average person, your mouth will create 10,000 gallons of saliva over the course of your lifetime.

THOUGHT FOR THE DAY

"A pint of sweat saves a gallon of blood." -- General George S. Patton

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Portrait of George Washington

Course On American Portrait Artists

The Academy of Lifelong Learning at Shell Point Retirement Community welcomes the public to its American Portrait Artists course on Monday, July 22 from 10 to 11:30 a.m. in the Grand Cypress Room of The Woodlands. This course is free; however, space is limited and registration is required by calling 489-8472.

Shell Point resident artist and lecturer Herb Sklar invites you for a lively, visual presentation that will trace American history through the work of various artists. Some portraits are done by painters, some by photographers. Some are amusing, others eccentric. All add up to an exciting look at the likes of historical figures from Pocahontas to George Washington to the many provided by today's contemporary American artists.

"Herb enjoys sharing his love of the arts with others," said Teri Kollath, manager of The Academy of Lifelong Learning and the Auxiliary. "An accomplished artist in his own right, Herb is also a gifted presenter," she added.

The Academy of Lifelong Learning at Shell Point is an educational initiative for the residents of the retirement community. The Academy provides approximately 80 classes each semester that encompass a well-rounded curriculum of educational opportunities for senior adults. The Academy of Lifelong Learning at Shell Point was named as one of 2008's most innovative active aging programs by the International Council on Active Aging, an association that supports professionals who develop wellness/fitness facilities and services for age 50-plus adults.

To learn more about Shell Point, visit www.shellpoint.org or call 1-800-780-1131.✲

New Play Contest Fundraiser

Theatre Conspiracy will host its third annual New Play Contest Fundraiser on August 3 in the Foulds Theatre at the Alliance for the Arts in Fort Myers. The evening will begin at 7 p.m. with a preshow reception featuring food, wine and drink. Following the reception at 8 p.m., there will be selected readings from the top three plays of Theatre Conspiracy's 15th annual New Play Contest. After the readings, there will be a talk-back with Producing Artistic Director Bill Taylor and the audience will vote for their pick as winner of the contest.

Theatre Conspiracy received 412 entries from across the United States, Canada and England for this year's contest. The top three plays will be announced the week of July 15. Tickets to the fundraiser are $50 and include a voucher good for one ticket to a performance of the winning play in October 2013. They are available online at www.theatreconspiracy.org or by calling 936-3239.

Theatre Conspiracy is celebrating its 20th anniversary this fall and is proud to continue its mission to produce and promote the work of the next generation of talented American playwrights. The theatre is a very difficult business for everyone involved, but even more so for playwrights. The opportunities to have new work produced that were once present have, over time, continually declined. By producing new works, Theatre Conspiracy is not only providing a venue that will bring them to life, but also creating a more promising future for theatre in America by providing a more nurturing environment for the greatest asset theatre can have: great playwrights.

Theatre Conspiracy is a 501(c)(3) non-profit Florida corporation, headed by Producing Artistic Director Bill Taylor. Its funding is derived from ticket sales, advertising sales and donations. During its 19 years, it has been described as "innovative, exciting, daring" and "a treasured member of the area's theatrical community."✲

Call For Artists

Canon and Ron Howard are enabling filmmakers of all skill levels to direct short films inspired from ten photographs – including one photo taken by Ed Ziehm of Fort Myers, Florida. Submissions for the film contest must be uploaded by July 23 at imagination.usa.canon.com.

Helmed by Ron Howard and Bryce Dallas Howard, consumers will embark on the same creative exercise as five celebrity directors – Eva Longoria, Jamie Foxx, Biz Stone (co-founder of Twitter), Georgina Chapman (designer and co-founder of Marchesa) and James Murphy (founder of LCD Soundsystem).

Five winning consumer films will premiere at the Project Imaginat10n Film Festival this fall along with the five celebrity films.✲

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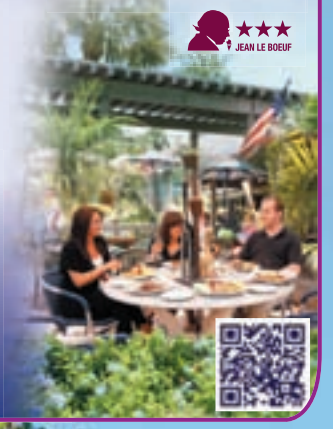

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B SECTION

Island Sun

BUSINESS | REAL ESTATE | CLASSIFIEDS

VOL. 21, NO. 4 | SANIBEL & CAPTIVA ISLANDS, FLORIDA | JULY 19, 2013

Bryant carefully removes – and counts – each of the newly-laid loggerhead eggs

A small crowd gathers around SCCF biologist and sea turtle program coordinator Amanda Bryant as she prepares to place 165 newly-laid loggerhead eggs in a relocated nest along Captiva's beachfront last week

Bryant inventories Captiva nest #06, which successfully hatched 90 sea turtles

Sea Turtle Nests Relocated On Captiva Beaches

by Jeff Lysiak

Every so often, Mother Nature could use a helping hand. This summer, with a massive beach renourishment project looming on the horizon, the staff and volunteers associated with the Sanibel-Captiva Conservation Foundation's Sea Turtle Monitoring Program are providing that assistance.

With sea turtle nesting season about to reach its peak, SCCF biologist and program coordinator Amanda Bryant noted during her July 11 inspection of a seven-mile stretch of Captiva beachfront – from the Blind Pass inlet to the tip of South Seas Island Resort – that time is of the essence right now.

According to Bryant, by the middle of August, a long-planned beach renourishment project will begin, replenishing more than 800,000 cubic yards of sand along the Captiva shoreline from Blind Pass to Redfish Pass. The project also includes Sanibel, where an additional 75,000 cubic yards of sand will enhance 6,330 feet of shoreline along the northern coast.

But, since this project will commence in the midst of sea turtle nesting season, SCCF and the Florida Fish & Wildlife Conservation Commission (FWC) stepped in and took action, issuing a special permit which allows Bryant – and other FWC Marine Turtle permit holders – to move sea turtle nests that would be impacted by the project.

"As of July 10, we've moved 21 nest," said Bryant as she began her daily patrol of nesting sites.

The first nest she was scheduled to "dig" – Nest #06 – had hatched three days earlier. Bryant dug down deep into the egg chamber and inventoried the nest: 90 hatchlings made it out of the nest, five hatchlings did not and one did not make it out of its egg.

Overall, Bryant called Nest #06 a "big success."

Despite all the rain Southwest Florida has seen over the past few weeks, Bryant reported that sea turtle nests are quite resilient and protected from the elements.

"With Tropical Storm Andrea, we had some high tides for a day or two, and we had a few nests washed over, but the majority of them were OK," said Bryant, who began working at SCCF in 2008. "It wasn't like Tropical Storm Debby last year, which hung around for four or five days. Nests can't survive being inundated with water for that amount of time."

A little further along the shoreline, Bryant stopped at Nest #04, which sometime earlier in the day – perhaps within an hour or two – had seen hatchlings emerge.

"Yay! Some babies hatched!" she said enthusiastically, grabbing her camera to take pictures of the trail in the sand left by the newborns. "And they're all going in the right direction! Our volunteers are going to be so happy to hear about this!"

Shortly after 8 a.m., Bryant steered SCCF's four-wheel drive Kubota across the sand at South Seas Island Resort when she spotted something unusual: a set of crawl marks with an entry and exit point at the water's edge… but where was her nesting spot? The only available space was a small gap between two stacks of lounge chairs nestled up against the dunes, quite possibly the worst place a loggerhead could've chosen to lay her eggs.

Sure enough, that's where she nested.

"It's critical that we move them as quickly as possible," said Bryant, who trained for two years with the FWC to obtain a special FWC permit to relocate sea turtle nests. "The eggs have to stay moist, they shouldn't be exposed to too much air or too much heat from the sun and you don't want to rotate them from the way you found them in their original nest. Orientation is very important in their development."

One by one, Bryant removed the eggs – all 165 of them, a very large clutch – from the nest at South Seas Island Resort and placed them into a bucket. The soft, leathery, ping-pong ball-sized spheres were then transported to another section of Captiva beachfront – one which will not be affected by the renourishment project – where Bryant quickly dug a new egg chamber.

"The goal is to mimic what the mother turtle did with the original nest – to be about the same shape and size of the original egg chamber," said Bryant. "Whether they're laying 50 eggs or 150 eggs, sea turtles just seem to know what they're doing."

As Bryant dug the new nest, a small crowd of curious onlookers surrounded the spot. Placing each egg carefully inside the chamber, Bryant shared some of her knowledge with the passersby, hoping that they, too, will become interested in learning more about sea turtles and ongoing efforts to protect the species.

And, with the new nest staked, marked and numbered, thanks to Bryant and her team of volunteers, as many as 165 hatchlings may emerge on Captiva's beachfront in about two months.

Mother Nature couldn't have done it better herself.☆

Captiva resident Dick Pyle stopped by to see what Amanda Bryant was up to

photos by Jeff Lysiak

HORTOONS

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American Legion Post 123 News

Stop by American Legion Post 123 this Sunday, July 21 for a Fish & Shrimp Fry, served from 1 to 8 p.m. Also, the 3rd annual Wiffle Ball Home Run Derby will be held starting at 2 p.m. Enjoy live music with Robby Hutto from 5:30 p.m. until close.

Come by Post 123 on Sunday, July 28 for some BBQ ribs and chicken, served from 1 to 8 p.m..

Nine-ball pool tournaments continue every Monday night at 6 p.m. throughout the summer. Texas Hold'em is played every Thursday night at 7 p.m. and Saturdays at 4:30 p.m. New players are welcome but must be Legion members.

Every Friday, Post 123 serves a six-ounce ribeye steak sandwich all day. Check out the daily specials and the entire menu. The half-pound burgers are a local favorite. Food is served all day, every day. The public is welcome.

American Legion Post 123 is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m., located at mile marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.☼

Stilwell Takes Helm Of PACE Center Board

PACE Center For Girls, Inc. announced Sandy Stilwell as the incoming chair of the board of directors of The PACE Center for Girls, Lee County. Stilwell is a committed community leader and a successful entrepreneur. She is owner and CEO of Stilwell Enterprises & Restaurant Group, owning eight restaurants and the Captiva Island Inn. Stilwell has served on the PACE Lee board since 2009 and most recently served as vice-chair to Gail Markham, co-founder of PACE Lee. Stilwell has received a multitude of awards, including Men and Women of the Year and Philanthropist of the Year by *Gulfshore Life* magazine. Stilwell also serves her community by holding various positions on a number of advisory boards.

PACE Lee is one of 18 centers located throughout Florida, opening its doors in February of 2007 under the leadership of Gail Markham and Judge James H. Seals. PACE (Practical, Academic, Cultural, Education) Center For Girls provides girls and young women an opportunity for a better future through education, counseling, training and advocacy. The center offers year round counseling and academic services for girls, ages 12 to 18, who are facing challenges such as foster care, domestic violence abuse and neglect, death of a parent, substance abuse and/or family history of incarceration. Since opening its doors, the Lee Center has helped nearly 600 girls find success in school, generate a positive relationship with their families and peers,

continued on page 5B

photo by Dave Meardon

Ask The Chamber

Q: Where can we go to see wildlife/birds/alligators/pelicans/manatees?

A: These are some of the most popular questions asked at the Visitor Center of the Sanibel Captiva Chamber Of Commerce. The staff and volunteers who staff the center are the first people whom visitors meet and they love this question because it gives them the chance to talk about their favorite subject – the islands of Sanibel and Captiva.

This is the aspect of the job that they enjoy most: helping our many visitors – up to 1,500 a day in season – find the attractions for which Sanibel and Captiva are renowned worldwide. Our natural beauty and the wildlife that makes it home is a top reason for coming here and the chamber staff and volunteers know that they are the ambassadors for this extraordinary and unique resource.

They also know that this resource is fragile and has to be carefully cherished; a view shared by all members of the chamber. Island businesses know that our visitors treasure the unspoiled quality of our islands and our unique natural beauty. Think how difficult it would be to recreate this quality in our modern age: particularly so on an island adjacent to the waters of the Gulf. Islands such as ours would have huge potential for both active recreation like fishing, boating and sailing and passive sunsoaked holidays by the sea, relaxing on our beaches. It is nothing short of miraculous that the Sanibel founding fathers not only had the vision to see the potential for Sanibel but were able to put together the plan and carry it through that saw that vision become reality.

The chamber is proud to play a full part in guarding this resource – not only is it vitally important to residents, it is at the heart of our members' business proposition. Restaurants, hotels, resorts, small inns and cottages and retailers in variety earn their livelihood because man, in a happy alliance with nature, has turned the dream into the Sanibel that we know today. Chamber members are determined to play an active part in protecting the qualities conceived by their predecessors. We did not create them: we are remarkably fortunate in enjoying them and we accept responsibility for handing them on to future generations.

Chamber members do so by actively participating in causes that have as their goal the preservation of the sanctuary quality of Sanibel. A key principle of the Sanibel Plan is that Sanibel is and should remain a sanctuary: a sanctuary for wildlife and native vegetation, a sanctuary for natural beauty, a sanctuary for residents seeking tranquility and visitors seeking a unique break from the bustle and stress of urban life.

The importance of sanctuary is a belief is shared by residents and businesses alike and is it lies at the center of the chamber's mission – "To promote the prosperity of our members and preserve the quality of life in our community." The interests of residents, businesses and the natural world with which they share Sanibel are inextricably intertwined: the quality of life for human residents is dependent on conserving the natural world. The chamber, therefore, supports the non-profits and the many individuals that do so much to keep the island a haven for nature.

Chamber members participate in the many fundraising activities arranged to benefit our natural environment. They work with the city to ensure that the detailed regulations that protect the Sanibel way of life are understood and respected. They also jointly explore ways to reconcile these regulations with changing realities and residents' needs: for example, the near universal use of smart phones has fundamentally altered the telecommunications infrastructure. Business has a responsibility to ensure that the innovation demanded by consumers in 2013 can live side-by-side with nature without harmful effects to either. Leadership provided by individuals, non-profits, the city and businesses has shown that we recognize that we are mutually dependent on each other. All can benefit from this recognition.☆

Friday performance at BIG ARTS summer arts camp

Creative Summer Fun For Kids At BIG ARTS

BIG ARTS Summer Arts Camp is encourages children's creativity during the summer break and runs weekly Monday through Friday, 9 a.m. to 3 p.m., through July 26.

This year's activities include daily doses of painting, dance, puppetry, improvisational acting, music appreciation and folk art as well as general arts and crafts. Professional artists/educators provide exciting and challenging arts classes to develop children's artistic skills and explore their creative potential.

Tuition for campers entering grades K through 5 is $130 per week.

Zackary Alonso, Sophie Allen and Pekela Otalvaro at a BIG ARTS summer arts camp

Alayna Aracri and Hailey See

Older students can also get in on the fun as middle and high school students may opt to attend camp solely as a student or may choose to participate in the fine arts apprentice program. Apprentices spend half a day as a student, and the other half assisting instructors of K–5 classes as a volunteer to receive community service hours.

Tuition for middle and high school tuition is $80 per week. Next week's middle and high school course is photography with instructor David Meardon.

Tuition assistance may be available; contact BIG ARTS for more information or for an application.

BIG ARTS Summer Arts Camp sponsors are Sanibel-Captiva Kiwanis Foundation, LAT Foundation and Sanibel-Captiva Community Bank.

For further information on registration for Summer Arts Camp or to become a member, stop by BIG ARTS, 900 Dunlop Road Sanibel; call 395-0900; e-mail info@BIGARTS.org; or log on to www.BIGARTS.org.

Abstract by Isabella Sbarra

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From page 2B

PACE Center Board

and become productive members of our community.

Markham has served as the founding chairwoman of the Board of Directors and during her seven-year tenure, hundreds of at-risk girls have overcome difficult circumstances, resulting in emotional healing and academic enhancement. One of Markham's most notable accomplishments was her vision for a state of the art educational facility for the PACE Lee girls. Under her direction, more than $700,000 has been raised towards the $1.3 million dollar goal from the local community towards the capital campaign. Two signature community events were also created: Love that Dress! and The Grande Dames Tea.

As Stilwell prepares to lead the PACE Lee Board of Directors, she reflects on the legacy Markham has made on this young agency.

"She has been the most remarkable leader. Gail is responsible for bringing us to the level we are at today. Her commitment and dedication to this [PACE] center is beyond outstanding. Thank you, Gail," said Stilwell, who began her term on July 1, along with newly appointed Executive Director, Meg M. Geltner.

"This leadership transition at PACE Lee will allow the center to continue building on the foundation that Gail was instrumental in creating" said President and CEO of PACE Center For Girls, Inc. Mary Marx. "Sandy's talents and strong passion for the community will ensure that center not only thrives but expands to provide more services to more girls."

For more information about PACE, visit www.pacecenter.org/lee.☆

Pictured from left, Bill Fellows, FISH Past President, Chef James King, Raynauld Bentley Doc Ford's manager, Kim McGonnell, Liz Harris, Brenda Harrity, Mark Marinello, Jean Crenshaw, John Pryor, Donna Butz, Dan Howes, Chef Kris Zook and Doc Ford's owner Marty Harrity

Doc Ford's Donates Tournament Proceeds To FISH

FISH of Sanibel, Inc. announced that Doc Ford's Rum Bar and Grille has kindly donated $1,200 of their Doc Ford's Annual Golf Tournament proceeds to the organization.

"We have a great, longstanding relationship with Doc Ford's and they have been a great supporter of our organization," said Bill Fellows, Past President of FISH. "We thank them for their ongoing dedication in helping us achieve our mission in helping our neighbors on the islands."☆

Top Ten Books On The Island

1. *My 92 Years on Sanibel* by Francis Bailey
2. *Night Moves* by Randy Wayne White
3. *Gift from the Sea* by Anne Morrow Lindbergh
4. *Bad Monkey* by Carl Hiaasen
5. *A Postcard History of Sanibel and Captiva Islands* by Debora Gleason and Charles LeBuff
6. *Dry Grass of August* by Anna Jean Mayhew
7. *Sanibel Flats* by Randy Wayne White
8. *What the Nanny Saw* by Fiona Neill
9. *Gone* by Michael Grant
10. *Orphan Train* by Christina Kline

Courtesy of Sanibel Island Bookshop.☆

Our email address is press@islandsunnews.com

CHUCK BERGSTROM

Originally from Chicago, Chuck has been an Island visitor since the late 70s, and over the years was continually drawn to the Island's special magic... Sanibel became home in 2000 and Chuck became a full time Realtor assisting buyers and sellers on these special Islands. Buying or selling... Chuck's energy, knowledge and expertise continue to provide a positive experience for his clients.

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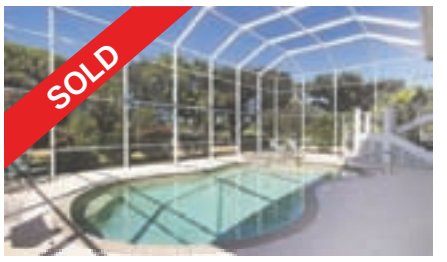

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Frank and Denise Coyne

Biking On Sanibel

Frank and Denise Coyne are back again from Dublin, Ireland to see if they can match their last year's biking record. Hail, rain or snow, they decided to take to biking once again this year.

The Coynes said they had thought of spending more time at the beach and at the pool, but after their first morning biking from East Rocks to the Lighthouse Café, "biking fever" got to them and they have been biking ever since.

Hail or snow may not happen on Sanibel, but rain certainly does. Floridians call it "liquid sunshine," but after being caught out in the Florida rains on the bikes, they have another name for it: "torrential downpour."

The couple have been biking almost 10 weeks on gearless hire-bikes and have 2,977 miles on the odometer, two punctures and one breakdown.

Last year, they did 3,373 miles and are now trying to match or break this record. To date, since they started biking on Sanibel 11 years ago, (which is the equivalent of 28 months), they have done 27,186 miles.

They would like to get to 30,000 miles, but looking at their record to date, they will definitely have to come back next year.☆

Rotary Happenings

submitted by Shirley Jewell

It's not a rarity at Rotary to have guests from overseas traveling to our islands from distant shores as far away as Africa and Asia. But this week our meeting visitors were from just across the causeway. Islanders often refer to any location across the causeway as "overseas." The club welcomed McKenzie Millis and Dr. Carol Clark, members of the Shell Point staff to speak to us regarding our neighboring senior-retirement-living community on the Fort Myers mainland (sometimes referred to as the Sanibel annex).

McKenzie has been with Shell Point since 2005 and has had experience serving the Shell Point community members in a variety of ways. She is currently an Assistant Living Healthcare Marketing Specialist for Shell Point's three assisted living facilities: King's Crown, The Arbor and the brand new The Springs. As many of us know, the Shell Point community provides an array of living arrangements for senior living; as they like to say, "Lifestyle with lifecare." Whether you are living independently in one of the five resident neighborhoods, need assistant living services or skilled nursing care, you will receive that care as a member of the Shell Point community.

Shell Point has 950 employees serving 2,300 residents and an amazing amount of activities available within the community – golf, tennis, boating, exercise classes, lecture and enrichment series, entertainment and the list goes on and on. Just think of what Sanibel has to offer, take out the beaches, shrink down the island and you have Shell Point. The staff there is always planning ahead, just as they think you should be, looking at the reality of what their needs are or will be and how to provide services that will deliver the best quality of life for Shell Pointers in the future. They have adjusted their life-care options over time and have a menu of five life-care contracts:

Plan A – Standard life-care contract, NEW a 75 percent or 90 percent refundable option on Plan A; Plan B – Modified life-care, reduction rate applied to Plan A - only providing access to skilled nursing care with additional charges; Plan C – 100 percent refund of entrance fee upon death or contract cancellation. This contract does not include assisted living or skilled nursing. To be fair, check these facts out on your own… these contracts are more detailed then stated in this article.

Shell Point just recently opened a new non-contract assisted living residence building, The Springs at Shell Point, right on Summerlin. This is something very new for Shell Point… no contract is required and month-to-month rates apply. The Springs is designed for the resident whose quality of life would be improved by support services. Residents at The Springs may enjoy the enrichment activities of the Shell Point community.

McKenzie also spoke of a new phase of development that is on the drawing board at Shell Point. This community will be located central to the Shell Point Golf Course. This development will comprise of single-family houses and villa-type properties. Construction will start soon. Any questions, call McKenzie at Shell Point.

On to Dr. Carol Clark, an advanced registered nurse practitioner who holds a doctorate degree in education. Dr. Clark is manager of the J. Howard Wood Medical Center at Shell Point. The J. Howard Wood Medical Center is part of the Waterside Medical Complex

continued on page 7B

Tarpon Bay Explorers Hosts Benefit For Families Of Arizona Firefighters

The Yarnell Hill Fire in Arizona killed 19 firefighters on June 30, 2013. The deaths of the Granite Mountain Hotshots marked the nation's biggest loss of firefighters in a wildfire in 80 years. We can only imagine the pain and grief of the loved ones of these firefighters.

On Saturday, July 20, Tarpon Bay Explorers will donate all proceeds taken in from rentals and tours to benefit the families of the firefighters who were killed. This will include all guided tours, bicycle rentals, standup paddleboard rentals, pontoon rentals, fishing charters and kayak and canoe rentals. We extend our thanks to Wendy Schnapp and Winston and Barbara Spurgeon for making this benefit possible.

For more information, call Tarpon Bay Explorers at 472-8900 or visit www.tarponbayexplorers.com.☆

Morse Speaks At Chamber Of Commerce Business Luncheon

The Sanibel Captiva Chamber of Commerce held its monthly business lunch on July 9 at the newly renovated Sundial Beach Resort and Spa.

The lunch was sponsored by Island Graphics and the speaker was John Morse, President of FISH (Friends In Service Here). Over lunch, Morse informed the guests about the key activities of the organization and the growth in demand from the FISH food pantry.

John Morse

The Chamber of Commerce holds monthly business luncheons for their members to network and socialize. If you are interested in more information or joining the Chamber of Commerce, log on to www.sanibel-captiva.org.☆

Will Power

Five Dangers Of Holding Assets And Property As Tenants By The Entireties

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

From time to time, a client will visit with me convinced that he or she has protected their assets from the claims of creditors by placing all of their assets and properties in a joint tenancy known as "Tenants By The Entireties." This is a popular but limited form of asset protection that has its benefits – and traps.

First, let's review the three different forms of joint ownership. They are "Tenants In Common (TIC), Joint Tenants With Rights Of Survivorship (JWROS) and, as mentioned above, Tenancy By The Entireties (TBE). Tenants In Common is an undivided interest of joint ownership. This means that each party has the right to alienate, or transfer the ownership of, her ownership interest. This can be done by deed, will, or other conveyance. When one joint owner dies, their interest is subject to probate.

In contrast, owning assets or property jointly with rights of survivorship avoids the probate process, but is similar to TIC in that either party can individually alienate or transfer his interest. When this happens, the asset is owned as TIC.

Individuals owning assets or property as tenants by the entireties cannot alienate or transfer without the consent and signature of the other.

Now that you understand the different forms of joint ownership, let's review the benefits of TBE. Holding assets as TBE has certain advantages for married couples. When one spouse dies, the surviving spouse owns all the assets without the need for probate. Creditors of only one spouse cannot reach the assets, as both husband and wife must be liable for a creditor to successfully attack the assets.

But there are traps for the unwary when relying on TBE for asset protection purposes. Allow me to present to you the top five – with a special thank you to my colleague attorney Phillip B. Rarick in Miami Florida for his help in putting these together:

1. You must be married. TBE is only available to those in a legally recognized marriage. In Florida, this rules out same sex unions as well as common law marriages. Even if a couple who is not legally married titles assets or property as tenants by the entireties, they will not be afforded the asset protections enumerated under the law.

2. Assets held jointly before marriage do not automatically become TBE upon becoming married. The assets must be re-titled from one of the spouses to them jointly as tenants by the entireties after the marriage to achieve TBE status.

3. TBE assets can be attacked when both spouses are liable. If a creditor has a judgment against both spouses, then the creditor can reach TBE assets. This can happen when one spouse causes a terrible car accident when both spouses own the car involved in the accident. Further, if one spouse dies or the marriage ends in the middle of a creditor problem, the creditor will be able to attack the TBE property.

4. The account must be created properly or the protection is lost. When one spouse owns a bank or brokerage account, for example, and simply adds the other spouse's name as TBE, it will not be considered TBE property. There is a rule that TBE assets and property must be created with four "unities" – those of time, title, interest and possession. Therefore, the proper way to create a TBE account that is currently owned by only one spouse is to close the account and open a new account in both spouses' names as TBE.

5. Joint with Rights of Survivorship is not TBE. While Florida law presumes TBE ownership between a husband and wife when opening a bank account, if the bank officer checked a JWROS box on the account application, then that will trump the TBE presumption and protections. Therefore, bank and brokerage signature cards should always be checked to assure TBE ownership and protections.

There are additional issues surrounding TBE property, particularly in second marriage situations where there is a nuptial agreement that defines non-marital property that should not be subject to the other spouse in a divorce proceeding. Further, if your estate plan contemplates assets in one spouse's name or the other's (including ownership in a revocable trust), then it is important to consider the estate planning ramifications of any transfer of ownership.

As one can readily see, there are many considerations when opening up bank and brokerage accounts or titling real estate into joint name, and they are not to be taken lightly.

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Tai Chi Class Now Offered

A new session of the Tai Chi class with Dr. Marc Rowe is being offered at the Sanibel Recreation Center on Mondays beginning on July 15. This multi-level Tai Chi class will be held at 1:30 p.m. Cost for the six-week session is only $40 for Sanibel Rec Center members and $50 for non-members. Space is limited, so be sure to register in advance.

Tai Chi is an ancient Chinese form of "soft-style" martial art exercise that is based on slow, fluid movements. Dr. Rowe's instruction focuses on maintaining one's center of gravity while improving flexibility and muscle tone. Tai Chi is an excellent way to reduce stress and generate mental calmness and clarity. Participants are encouraged to wear loose fitting clothing and comfortable shoes.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.✲

Our email address is press@islandsunnews.com

Registration Open For Rec Center After School Program

To take advantage of the new Early Bird rates, parents must register by August 1 for the 2013-14 Sanibel Recreation Center After School Program full year or fall session.

The program runs Monday through Friday from 2:10 p.m. to 5 p.m. throughout the school year. It is available for children ages kindergarten through 6th grade. Every child registered in the program will receive a one-year complimentary membership to the recreation center. This membership can be upgraded to a family membership for an additional $50. Offered again this year will be trimester payment options.

The After School Program registration fees are as follows:

Dates	Early Bird Rates	After Early Bird Rates
Full School Year	Member: $530	Member: $583
	Non-member: $633	Non-member: $696
	Registration by August 1	Registration on or after August 2
Fall Trimester		
Aug. 8 – Nov. 1	Member: $176	Member: $193
	Non-member:$211	Non-member: $232
	Registration by August 1	Registration on or after August 2

A supervised 7th and 8th grade program is also available Monday through Friday from 2:10 p.m. 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.

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

For more information call 472-0345 or visit www.mysanibel.com.✲

SWAT Swim Team Results

Cameron Dolly, age 12, of the Sanibel SWAT swim team made his first ever Florida Age Group Championship (Flag) time with a 33.09 and a first place in the 11-12 50-yard backstroke at last Saturday's CCS Summer Series II swim meet in Punta Gorda.

Cameron also placed first in the 11-12 50-yard freestyle (29.90), first in the 11-12 200-yard freestyle (2:20.24), and second in 11-12 50-yard breastroke (41.34).

At the same meet Grace Kerns, 11, of SWAT placed fifth in the 11-12 50-yard freestyle (37.68), sixth in the 11-12 200-yard freestyle (3:11.29), and sixth in the 11-12 50-yard breaststroke.✲

ISLAND FARE

Dine Your Way Around Sanibel And Captiva With Anne Mitchell

For more information, check out our advertisers in this week's *Island Sun*

RESTAURANTS

The variety of dining options on Sanibel and Captiva just keeps getting better. For their size, the islands offer an extensive culinary array – all making the most of the area's fresh and abundant seafood and local produce. You'll find everything from burgers to barbecue, bistro style, Italian, Mexican, American, classic deli fare, organic, vegan, gluten-free, café food and Caribbean.

In this column, each week you will be able to stay updated on our local dining establishments and what they're offering and get the scoop on the island dining scene, whether it's fine or casual, take-out or frozen desserts.v

BAILEY'S GENERAL STORE

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

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

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

Faviana Arena, server at the Over Easy Cafe

BLUE GIRAFFE

Blue Giraffe serves breakfast, lunch and dinner from 10 a.m. to 9 p.m. This restaurant offers casual island dining seven days a week from a menu featuring fresh local seafood, chowders, salads and steaks. Besides dessert choices, you can get hand-dipped Edy's Grand Ice Cream.

Dine outside on the boardwalk or inside at hand-painted tables decorated by a local artist, or sit at the full liquor bar for a mixed drink, glass of wine or cold beer.

CHIP'S SANIBEL STEAKHOUSE

Chip's Sanibel Steakhouse has many great options for locals and tourists alike as we go into the summer months. Open seven nights a week, you have your choice of a daily happy hour (5 to 6 p.m.) with two-for-one drinks and $4.95 appetizers. For early diners, there's a three-course prix fixe menu for $35 including a cocktail. In addition to an updated wine list, seasonal house-infused liquors (strawberry-jalapeño tequila, blood orange vodka, cucumber gin) are available.

The menu features steaks and seafood, including a six-ounce filet mignon topped with jumbo lump crabmeat finished with Hollandaise and served with choice of potato and asparagus; Parmesan Crusted Seabass served with Mushroom Risotto and finished with a creamy dill sauce. Save room for dessert though, because whether you are a chocolate lover or can't skip that Key lime pie, Chip's has something for every sweet tooth.

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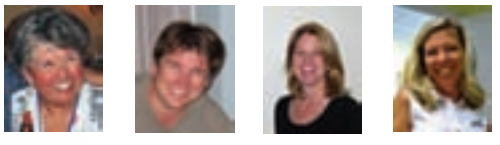

(left to right) Susan Andrews, Realtor® Broker;
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Looking to build? These are single-family home lots...

Belle Meade double-wide mid-island parcel bordering preserved land & close to school/rec ctr $199.9K

Dunes Golf & Tennis Community is nearly built out, rare wooded lot on Sand Castle Rd outer circle $199K

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Two parcels in Sanibel Bayous west-end near Bowman's Beach: overlooking bayou $199.9K & 1/2+acre on cul-de-sac $399K

Shell Harbor water-front lot, over 1/2 acre, with patio dock & wide views of intersecting canals $885K

CIP'S PLACE

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

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

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

CROW'S NEST AT 'TWEEN WATERS INN

The Crow's Nest at 'Tween Waters Inn is a more casual place than its sister the Old Captiva House. It's home to the famed Captiva Crab Races and a popular venue for live entertainment. Menu specials include: Tuesday, Prime Rib for Two; Wednesday, Surf & Turf; Friday, Fish Fry; Sunday, Barbecue. There's live music and nightly happy hour.

DOC FORD'S RUM BAR & GRILLE

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local best-selling author Randy Wayne White's mystery novels. It's a well known gathering place and tropical theme sports bar with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich. The fish tacos are an island favorite and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

GEPPETTO'S BEACH FOODIES

The little market on the east end of Sanibel offers Grab and Go Beach Cuisine. Awarded Best of the Islands Best Take-Out for their popular SANIBEL BLOSSOM© Croissant, their breakfast menu includes sweet and savory croissants, three cheese egg tartans, muffins and cakes, key lime tarts, cookies and macarons. Seasonal Lunch and Light Dinners include sandwiches prepared on your choice of freshly baked Artisan breads, NYC Bakery Style Pizza, Stromboli, Pasta, Salads, Foodie Dogs© and now introducing the FOODIE KNISH© addition to their menu offering.

Daily sweets include PINOCCHIO'S ORIGINAL ITALIAN ICE CREAM tm to accompany your Cuban roasted coffee drinks, Espresso, Latte and Cappuccino and Teas. New to the menu is the GBF LONDON FOG drink.

Geppetto's accommodates small catering events, brunches, family gatherings and memorable beach picnics. Let nature provide the sunset. Geppetto's Beach Foodies will take care of your food because we do not want you to miss one minute on the beach. Bakery Hours are 8am-5pm. Ice Cream, Frozen Yogurt, Gelato and Sorbet is proudly served until 9pm or until the last Customer is served..

GEORGE & WENDY'S SEAFOOD GRILLE

George & Wendy's Seafood Grille features live music Fridays and Saturdays with Karaoke on Thursdays. The spacious and modern interior is decorated with original tropical paintings. Eight for $8 lunch specials are available daily from 11 a.m. to 4 p.m. through June 30. Offerings include sandwiches, wraps, fried shrimp and tacos. Happy hour is celebrated all day at George & Wendy's. The full bar has an extensive wine list, 10 beers on tap, local, domestic and craft beer, mojitos, martinis and other tropical favorites.

Hours are 11 a.m. to midnight seven days a week with live piano music.

GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only Seaside Saloon" where you can leisurely dine at the Sanibel Marina in view of luxury yachts and modest fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of "only fresh" seafood, salads, sandwiches and more. Appropriate dress is required.

If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

GREAT WHITE GRILL

The Great White Grill is a sports bar featuring 29 beers on tap and a good wine list. It's home of The Steel Curtain Pizza and has Mexican Night Tuesdays. There's free pizza delivery too. The Great White carries the Baseball Package for sports enthusiasts and has arcade games for kids of all ages.

The regular menu includes hand-cast fresh dough pizza, wings, fries, chicken fingers, salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.

IL TESORO

Il Tesoro serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

Il Tesoro is offering a $25 per person prix fixe 3-course menu for two before 6 p.m. through September. Bottles of house wine are two-for-the-price of one from 4:30 to 6 p.m. and happy hour appetizers are $5. A special Italian tapas (or small plate) menu is available as well. Two-for-one wine and beer is served during happy hour from 5 to 6 p.m. when you present the coupon from the Island Sun's Sun Dollars coupon book.

Il Tesoro (The Treasure) serves dinner seven nights a week from 5 to 10 p.m.

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests… leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu.

Hand over The Cow's coupon from the *Island Sun's* Sun Dollars coupon book this summer and receive 10 percent off breakfast between 7 and 11 a.m. Hours are 7 a.m. to 10 p.m.

IL CIELO

IL Cielo features eclectic fine dining as well as the more casual Cloud 9 Grille. The happy-hour menu includes specially priced appetizers and drink specials from 4:30 to 6 p.m. and patrons can enjoy appetizers priced at $6 each and two-for-one drink specials on all domestic bottled beer, well drinks and house wine selections. A three-course $35 per person price-fixed menu, complete with one bottle of house wine per couple, is available Tuesday through Thursday evenings from 5 to 6 p.m. In addition to the two dining areas, Il Cielo's interior also allows space separate from the main dining room for private functions or community events as well as outdoor patio dining. Il Cielo features a full liquor bar with a wide selection of wines as well as homemade desserts.

JACARANDA

The Jacaranda Restaurant & Patio Lounge presents "Summer Break" Sunday through Thursday. For one low price, choose an appetizer, entree and dessert for $29.95. This week's featured menu is: Appetizer - Pickeled Herring in Sour Cream with Crudite or Blackened Prime Rib with Cajun BBQ Sauce; Main Course - Jumbo Coconut Shrimp with Plum Sauce or Petitie Filet Mignon with Baby Portabella Mushroom Sauce; Dessert Choices - Turtle Pie, Creme Brulee, Key Lime Pie, Tiramisu, Fresh Berries and Cream. Be sure to ask your server about specialty drinks and bottled wine specials.

There's live music nightly in the patio lounge, which serves a selection of "happy apps" for $5.95 each during happy hour.

JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant or you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out or eat in.

The restaurant is open for breakfast, lunch and dinner from 6 a.m. to 10 p.m.

LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations: one at 1036 Periwinkle Way, the other – the original – at 6520 Pine Avenue, near Blind Pass. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

The Flamingo Bread and the Caesar Salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

LIGHTHOUSE CAFE

This long-established island restaurant on Sanibel's east end claims to be "Home of the world's best breakfast." Seems customers think so too because this place often has lines of hungry people outside waiting for tables. You'll find hearty choices to start your day such as hotcakes, French toast, Benedicts, omelettes and frittatas, colossal muffins, bagels and berries.

There's also a big lunch menu that includes homemade soups, salads and sandwiches.

The Lighthouse Café is open year-round for breakfast and lunch from 7 a.m. to 3 p.m. Dinner is served from December 15 through April.

MATZALUNA ITALIAN KITCHEN

In the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas. That's in addition to a big selection including over 20 combinations of pasta dinners from $11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available.

Wine Wednesdays at Matzaluna means every bottle priced $25 and over will be discounted by $8 all evening. Hours are 4:30 to 9:30 p.m. daily.

OLD CAPTIVA HOUSE AT 'TWEEN WATERS INN

Old Captiva House at 'Tween Waters Inn, Captiva, offers romantic sunset dining in an historic setting with live piano music. Executive Chef Jason Miller prepares New Florida island favorites, tropical seafoods, classic meats and daily fresh-baked breads and pastries, served with an extensive selection of wines, liquors and coffees.

First built as a one-room school for children of Captiva's pioneer settlers, the Old Captiva House still reflects much of its original charm – from white French doors to hardwood floors to the Gulf of Mexico sunset that streams through the western windows. Its collection of famed cartoonist JN "Ding" Darling's 1930s whimsical vacation illustrations has led to its designation as a landmark in Southwest Florida.

OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different Eggs Benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available.

Breakfast is served all day. Summer hours are 7 a.m. to 3 p.m.

PINOCCHIO'S ORIGINAL ITALIAN ICE CREAM

A Sanibel tradition for 33 years and home of the World Famous SANIBEL KRUNCH© and Dirty Sand Dollar© Ice Creams, this popular little GREEN shop is located on the east end of Sanibel near the lighthouse in the Seahorse Shopping Center. Voted Best of the Islands BEST ICE CREAM year after year, 2011 & 2012 Taste of the Islands BEST DESSERT and National Geographic Travel Guide's Top 10 Best Ice Creams in Gulf Coast America, all Ice Cream, Frozen Yogurt, Gelato, Sorbet, Sorbetto and Custards are made fresh everyday from the finest and freshest ingredients. Pinocchio's is famous for their generous portions sold not by the number of dips or scoops but by the number of their unique flavors which are inspired by the beaches of Southwest Florida. Pinocchio's displays 37 from their 130+ repertoire of signature flavors. Come see why there's always a crowd at Pinocchio's. Proudly served next door in their sister shop, Geppetto's Beach Foodies from 9am – 9pm or until the last person is served. Outdoor dining. Also offering sundaes, shakes, malts, smoothies, frozen coffee drinks, sundaes and hurricanes.

RC OTTER'S, CANTINA CAPTIVA, SUNSHINE SEAFOOD, KEYLIME BISTRO AND CAPTIVA PIZZA, YOGURT & GIFTS

Five Captiva eateries under the same ownership – RC Otter's, Cantina Captiva, Sunshine Seafood, Keylime Bistro and Captiva Pizza, Yogurt & Gifts – offer a fun and casual dining experience with a tropical flair reminiscent of Key West.

RC Otter's and Keylime Bistro have live music outdoors most of the day. Cantina Captiva serves Mexican food. Sunshine Seafood Cafe Wine Bar specializes in fine dining with a very respectable wine list. You have your choice of dining inside or outdoors.

All five eateries will take 10 percent off your purchase when you present the coupon from the *Island Sun's* Sun Dollars coupon book this summer.

continued on page 10B

From page 9B

Restaurants

ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos, and salads. Among the most popular items is Rosie's Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu and carry-out are also available.

Breakfast is served from 8 a.m. to 3 p.m. and happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine and a menu that starts at $4.50 for items such as nachos with cheese and salsa and $5.50 wings and chicken tenders. The ice cream bar has 20+ flavors of locally made Royal Scoop ice cream.

SANIBEL FISH HOUSE

The Sanibel Fish House is completely renovated. It sports pastel colored interior décor in the dining room, which looks out to Periwinkle Way. There is also a large bar area with TVs tuned to sports channels. This is the third in the Fish House group.

True to its name, the Fish House offers fresh seafood along with meat and poultry dishes. Try the blackened tuna bites and the blue crab and shrimp dip.

Present the coupon from the *Island Sun's* Sun Dollars coupon book this summer and receive a free slice of Key lime pie.

SANIBEL GRILL

The Sanibel Grill has 16 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes.

SANIBEL SPROUT

The Sanibel Sprout is the islands' only health food store and eatery, serving gourmet vegan takeout, organic juice and smoothies, organic produce, gluten-free products and supplements and nutraceuticals. The juice bar attracts a lively crowd of health-conscious islanders and visitors and the daily lunch specials are highly popular.

The Sanibel Sprout will take 10 percent off your entire purchase when you present the coupon from the *Island Sun's* Sun Dollars coupon book this summer.

SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free wi-fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon.

Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to regular choices, along with pizza and wings, Boar's Head meats, frozen yogurt and ice cream. There are outdoor tables shaded with umbrellas and free wi-fi.

During June, use the coupon from Sun Dollars in the *Island Sun* to buy a breakfast sandwich and a medium coffee and get one free; the same bogo deal applies to any ice cream product. And from 3 to 8 p.m., a large cheese pizza is just $9.99 with $1 for each additional topping.

SUNDIAL BEACH RESORT & SPA

Sundial Beach Resort & Spa's bar and restaurants have enjoyed a $5 million renovation and are now open to the public. Diners may choose from the sophisticated Waterview for an elegant dinner or the more casual Turtles Beach & Pool Bar and Sea Breeze Cafe. All have panoramic beach and Gulf views. Waterview serves dinner Wednesday through Sundays in August. Be sure to try their signature dish: Clay Pot Baked Mediterranean Gulf Grouper. Sea Breeze Café serves breakfast, lunch and dinner. If you'd like to dine pool side, Turtles provides live music by island troubadour Danny Morgan from 1 to 4 p.m. on Fridays with live entertainment at the same time on Saturdays and Sundays. Danny also performs Fridays in Sea Breeze Cafe from 7 to 10 p.m.

Happy Hour is twice daily from 3 to 5 p.m. at Turtles and 5 to 7 p.m. in the Sea Breeze Cafe.

Sundial Beach Resort presents a pool side BBQ Blowout every Saturday until Labor Day from 12 to 4 p.m. with live entertainment. The buffet includes grilled hot dogs, hamburgers, chicken, and mahi-mahi along with fresh salads, corn on the cob and baked beans, plus a selection of fresh fruits. Price is $19 for adults and $12 for children 5 years and older..

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for $13 daily before 6 p.m. plus a large selection of local seafood such as grilled shrimp, fried grouper, oysters, clams and crab cakes.

Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's 2 p.m.)

TRADERS STORE & CAFE

Traders is unique in that is combines a bustling restaurant with a large shopping emporium selling casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro style food with an island flair with offerings such as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in this place!

The tables are freshly wrapped in white paper for each party and there's a pot of colored crayons for doodling, whether you're an adult or a child. Traders has been around long enough to have become a favored local hang-out. Lunch is served from 11 a.m. to 3 p.m., happy hour 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

TRADITIONS ON THE BEACH

Traditions on the Beach is one of the few Sanibel restaurants with beachfront dining. The menu features Italian and Mediterranean cuisine based on fresh local seafood, meats and produce. Dining is from 5 p.m. until late and there is live entertainment most nights for listening and dancing.

Besides fish and steaks, you'll find Moroccan Lamb, roast duck, Texas Wild Boar Saddle and veal. Pasta, grilled items and a raw bar round out the menu. There's an attractive bar area also serving food and an extensive wine and cocktail list.

Read us online at IslandSunNews.com

LIVE ON THE ISLANDS

The Jacaranda has entertainment nightly. On Friday and Saturday, various artists are featured starting at 8:30 p.m. Weekdays, music is from 7 to 11 p.m. On Monday, it's Renata, playing jazz, contemporary music and dance; Tuesday, David Christian, funk, pop and top '40s; Wednesday, Trevor with contemporary top '40s and reggae; Thursday, Malibu Duo, contem -porary, reggae and dance; Sunday, Jamaica "Dave" & Co., reggae and dance.

George & Wendy's Seafood Grille has live music tonight, Friday, by Anthony Wayne, guitar and vocals; Saturday, Robby Hutto & The Absent-Minded rock band; Sunday is Hospitality Night with happy hour pricing from 8 p.m. to close. Karaoke is Thursdays from 9 p.m. to midnight.

This week's lineup at **Traditions on the Beach** at the Island Inn includes: Friday and Saturday, Mike Arnone and Kathy Buda, pop pianist and vocalist performing everything from The Rat Pack to Motown; Wednesday and Thursday, Sanibel's own Pianoman Joe McCormick with popular favorites and smooth vocal stylings, R&B, jazz and pop. Traditions is closed on Sunday.

Scott McDonald plays piano every Friday and Saturday at **Il Cielo's Cloud 9 Grill** from 7 to 9 p.m. McDonald, a Sanibel resident, has had a long music career including being pianist for singer Andy Williams.

The Crow's Nest at 'Tween Waters Inn has live entertainment on Fridays and Saturdays from 9 p.m. to 1 a.m. Crab races take place Mondays and Thursdays.

Traders Store & Cafe features music by Chris Workman on Sundays and Wednesdays from 7 to 10 p.m. and Danny Morgan and Friends on Tuesdays and Thursdays from 7 to 10 p.m.

The Mucky Duck on Andy Rosse Lane, Captiva, features music by Mark Dupuy on Mondays; Rich Lancaster, Wednesdays; Gene Federico, Thursdays and Saturdays; and Buckeye Ken, Fridays.

Sea Breeze Cafe at Sundial Beach Resort features the Danny Morgan Band Fridays from 7 to 10 p.m. as well as live entertainment on Saturdays at the same time.

Turtles Beach & Pool Bar at Sundial Beach Resort features live entertainment every Friday, Saturday and Sunday from 1 to 4 p.m. with Danny Morgan performing on Fridays.

The Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey; Saturday, Diana Lynn; and Sunday, Buckeye Ken.

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

Keylime Bistro on Andy Rosse Lane, Captiva features live music days and nights seven days a week with Ken Limeri playing jazz sax from 6 to 10 p.m. every Tuesday.

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

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

South Seas Island Resort Offers Summer Escape

Recently recognized by TripAdvisor as one of the industry's most outstanding resorts, South Seas Island Resort on Captiva is offering a package that allows guests to escape to paradise, featuring a Summer Escape package with rates from $139.

According to TripAdvisor, the honor goes to businesses that consistently receive outstanding traveler reviews on their site and are in the top 10 percent overall of all business scores measured by the company.

"We are proud to have been recognized as a TripAdvisor Certificate of Excellence winner for 2013," said General Manager Shawn Ferrell. "Our Summer Escape package is a great way for guests to come experience for themselves why we have consistently earned favorable reviews while enjoying everything we have to offer this summer at a great value."

The Summer Escape package allows guests to earn $25 in hotel credits for each paid night of their stay and provides free breakfast each day to children 12 and under (up to two kids per paying adult). As an extra bonus, the fourth night is free. Therefore, a guest receives a $75 hotel credit for a three-night paid consecutive stay, fourth night free, and can add $25 hotel credit for each additional night after the fourth night while continuing to receive each fourth night free (i.e. eight-night paid consecutive stay equals two nights free.)

Whether it's shelling, experience wildlife in its natural environment, playing golf on a Top 20 Florida Golf Course as rated by *Conde Nast Traveler*, fishing in the Gulf of Mexico or relaxing on the beach, this package provides a great opportunity to enjoy the resort to the fullest.

Hotel credits can be applied to food and beverage at the resort's restaurants, golf at the resort's executive nine-hole course or nearby at The Dunes Golf & Tennis Club, spa treatments at Kay Casperson Spa, kids educational camp at Sanibel Sea School, merchandise at the resort's shops, watersports from the resort's providers, or bicycle rentals.

To make a reservation, call 800-533-5553 or visit www.southseas.com.✯

Share your community news with us.
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Doc Ford's Captiva Sponsors Captiva Triathlon

Doc Ford's Captiva management team Raynauld Bentley, Jean Crenshaw and Clark Hill

The doors have not yet opened, but already Doc Ford's Rum Bar & Grille Captiva Island is showing its support of its latest community on Captiva by stepping up as sponsor of the adult spring triathlon to be held in September at South Seas Island Resort as part of the Galloway Captiva Triathlon (www.captivatri.org).

The so-called Captiva Tri, a USA Triathlon-sanctioned race in its third year, includes a children's triathlon event on September 14 followed by the adult race on September 15. A portion of the proceeds from the event benefit the Community Cooperative Ministries, Inc., and its School Backpack Program, which provides emergency food for more than 2,000 local children each school year.

Besides supporting the triathlon, Doc Ford's Captiva – the third Doc Ford's location in the area, expected to open later this summer – will sponsor a race team composed of three of the new store's managers.

General Manager Jean Crenshaw will run the 5K course, Manager Raynauld Bentley will swim a quarter-mile stretch along the beach, and Manager Clark Hill will bike 10 miles.

"We feel it is very important to give back to the communities that have made our restaurants popular and successful in the past," said Marty Harrity, Doc Ford's co-owner with Mark Marinello. "This event supports a great cause, and we're all behind that."

For more information, visit www.docfords.com.✯

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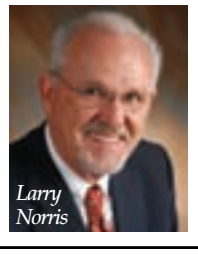

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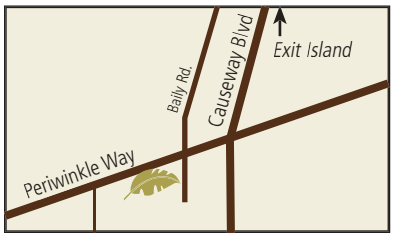

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Pressure Building to Fire Twins Manager Ron Gardenhire

by Ed Frank

Will Minnesota Twins Manager Ron Gardner still have his job when the Twins assemble here next February?

With the Twins headed for their third straight season losing more than 90 games, the pressure is building for the Twins to part ways with Gardenhire.

This past week, longtime columnist Patrick Reusse of the Minneapolis Star-Tribune called for his ouster, writing that Gardenhire "isn't providing improvement, hope, direction and leadership."

He said it would be kinder to let Gardenhire go now rather than letting him oversee another "death march" before his contract expires at the end of this season.

And Phil Rogers, the baseball writer for the Chicago Tribune was critical of Gardenhire and the Twins front office for "giving up" on Carlos Gomez who is having an All-Star year with the Milwaukee Brewers who at week's end was batting .302 and on pace for 25 home runs and 37 stolen bases.

Gardenhire is in his 12th year as Twins manager and his teams had won six American League Central Division titles in the first nine years.

But like the 2011 and 2012 seasons, this year has been another disaster. The week began with the Twins at 39-53, 12 games behind first-place Detroit after losing 12 of the last 15 games.

The lack of offense and effective pitching is the root cause of the team's problems. Of the 15 teams in the American League, Minnesota entered last weekend ranked 14th in home runs, stolen bases and sacrifice hits.

As to pitching, the Twins were dead last in the AL in strikeouts and 14th in ERAs.

Twins General Manager Terry Ryan was quick to defend his manager saying reports that Gardenhire is on his way out are inaccurate.

"There's no validity to it," he said. "He and I are the leadership of this organization, and we take accountability. He is basically in the clubhouse and in the dugout, and I'm in charge of the whole operation, and we both are feeling like we're letting the people down," Ryan said.

After the 2012 disappointing season, Ryan fired several of Gardenhire's coaches and refused to give his manager a contract extension.

Those actions by Ryan were interpreted by many as a "do or die" 2013 ultimatum to Gardenhire.

But in fairness to Gardenhire, it's Ryan who provides the players for Gardenhire to manage.

As bad as the season has been for the Twins, they entered the All-Star break on a positive note having won two of three games from the New York Yankees at Yankee Stadium. It was the first time since 2001 that the Twins had won a series from the Yankees in New York.

Twins Top Two Prospects Appear in Futures Game

As disappointing as the last three seasons have been for the Twins, they do have two of the most prized prospects in baseball – Miguel Sano and Bryon Buxton. Both were selected for last week's XM All-Star Futures Game and nearly every scout agreed they were the two best players in the contest.

Ron Gardenhire

Sano is ranked as the No. 6 prospect in baseball and Buxton is No. 16. They are ranked 1-2 in the Twins organization.

The 20-year-old Sano was recently promoted to Double A New Britain after a spectacular first-half season with the Fort Myers Miracle where he hit .330 with 16 homers and 48 RBIs in 56 games. He has found the going a bit tough at the higher level where he is batting in the low .200s. But he is still hitting for power and is expected to raise that average once he becomes accustomed to tougher pitching.

Buxton, just 19, was the second overall pick in the 2012 Major League Draft. He also was recently moved up from Low A Cedar Rapids to Advanced A Fort Myers and has continued his torrid hitting here.

The Twins are pinning their future on these two youngsters. They sure need them.☆

From page 2B

PACE Center

and become productive members of our community.

Markham has served as the founding chairwoman of the board of directors and during her seven-year tenure, hundreds of at-risk girls have overcome difficult circumstances, resulting in emotional healing and academic enhancement. One of Markham's most notable accomplishments was her vision for a state of the art educational facility for the PACE Lee girls. Under her direction, more than $700,000 has been raised towards the $1.3 million dollar goal from the local community towards the capital campaign. Two signature community events were also created: Love that Dress! and The Grande Dames Tea.

As Stilwell prepares to lead the PACE Lee Board of Directors, she reflects on the legacy Markham has made on this young agency.

"She has been the most remarkable leader. Gail is responsible for bringing us to the level we are at today. Her commitment and dedication to this [PACE] center is beyond outstanding. Thank you, Gail," said Stilwell, who began her term on July 1, along with newly appointed Executive Director, Meg M. Geltner.

"This leadership transition at PACE Lee will allow the center to continue building on the foundation that Gail was instrumental in creating" said President and CEO of PACE Center For Girls, Inc. Mary Marx. "Sandy's talents and strong passion for the community will ensure that center not only thrives but expands to provide more services to more girls."

For more information about PACE, visit www.pacecenter.org/lee.☆

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SPORTS QUIZ

1. Who was the last Detroit Tigers player before Miguel Cabrera (2011-12) to lead the American League in batting average in consecutive seasons?
2. In 2012, the Angels' Kendrys Morales became the third major-leaguer to homer from both sides of the plate in the same inning. Name the first two to do it.
3. Who has the longest tenure as the Cincinnati Bengals' head coach?
4. How many times has Louisville's men's basketball team reached the Final Four?
5. Name the last time the current Winnipeg Jets franchise reached the NHL playoffs.
6. Who is the only player to score in every season of soccer's English Premier League?
7. In 2013, light heavyweight Bernard Hopkins, 48, became the oldest boxer to win a major title. Who had held the age record?

ANSWERS

1. Ty Cobb, 1917-19. 2. Cleveland's Carlos Baerga (1993) and Mark Bellhorn of the Chicago Cubs (2002). 3. Marvin Lewis has coached the team for 10 seasons (2003-12). 4. Ten times, winning the championship in 1980, 1986 and 2013. 5. It was 2007, when the franchise was based in Atlanta. 6. Ryan Giggs, who has had at least one goal in 23 seasons. 7. It was also Bernard Hopkins, who won the WBC light heavyweight title in 2011 at age 46.

San Cap Trust Company's Dorsey Encourages Investors To Have The Courage To Do Nothing

The challenge of investing for the long haul in a myopic and hyperactive world that mistakes activity for intelligence is often a difficult one. Over the past month or so, interest rates shot up, equities fell and then recovered, and bonds were taken to the woodshed. These events caused more than a small amount of hyperventilating in the financial media, but should not affect how to manage money, according to The Sanibel Captiva Trust Company's Director of Research Pat Dorsey, CFA, who cites five reasons why:

Pat Dorsey

1. Interest rates are still extremely low by historical standards, and nowhere near the "tight" levels that would crimp economic growth. Investment-grade companies can borrow money at well below 4 percent, creditworthy homebuyers can borrow for thirty years at 4.5 percent, and our government can borrow money for ten years at 2.5 percent.

2. Federal Reserve Chairman Ben Bernanke has been exceedingly clear that the pace of the Fed's bond buying (which has helped to keep interest rates low) would slow as economic growth improved, and as unemployment declined. Both of these events are coming to pass, so the Fed is simply doing what it said it would. Anyone who is surprised by the Fed's recent statements has been either living under a rock for the past few years, or is afflicted with chronic self-delusion.

3. Rates are heading up because the economy is improving. A better economy is good for corporate earnings, which is good for equities. Any equity investor should prefer modestly higher rates and a modestly growing economy over zero interest rates and zero economic growth.

4. Falling equity prices and higher interest rates do not affect the dividend-paying ability of 95 percent of the companies we own for clients (for some – such as Paychex, CME and Berkshire Hathaway, higher short-term interest rates are actually a material positive.) If we owned companies with lots of short-term debt that would face higher financing costs, we would be worried. But we don't.

5. Since we have long believed that interest rates had to rise at some point, barring a Japan-style deflation scenario, we have spent the past year selling utilities, high-yield bonds, most REITs, some intermediate bonds, and just every other interest-rate sensitive asset we could find. This was not genius – just common sense.

"Generally speaking, we have found that having "courage to do nothing" when emotions run high and market volatility spikes is the wiser choice than trying to game the stock market's unpredictable gyrations. Those who shared that courage during the 2007-09 credit crunch have enjoyed far superior returns relative to those who gave in to fear, and sold out when equity prices were depressed," Dorsey said. "As the equity market adjusts to the prospect of a more normal interest-rate environment, it would not be at all surprising to see more market volatility along the lines of the past few weeks."

"This does not concern us, and it should not concern you, because equity prices are much like the weather – impossible to predict on a day-to-day basis, but much easier to forecast longer term. Much like the weather, I have no idea what the market will do over the coming weeks or months. But I do know that, over time, the price of a share of common stock tends to track the fundamental prospects of the underlying business. As long as that business is financially sound, competitively advantaged, and managed by decent capital allocators, the courage to do nothing is likely to be the best course of action," Dorsey said.☆

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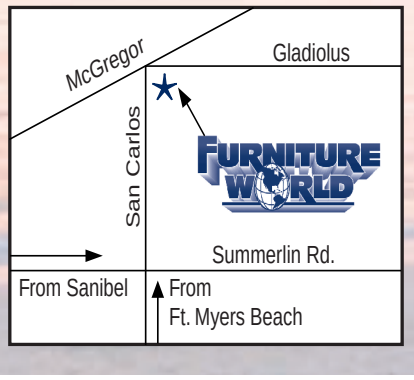

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Six Scholarships Awarded To Dependents Of City Employees

Following Hurricane Charley in 2004, an endowment was established with the Southwest Florida Community Foundation to provide scholarships for dependents of city employees. This year, there are two sources contributing to the city's Employee Dependent Scholarship Program. The Charitable Foundation of the Islands' has contributed $6,000 and the Southwest Florida Community Foundation endowment will grant $3,000 in scholarship awards, for academic year 2013-14.

The following dependents of city employees will receive scholarship awards:

• Courtney Chaipel – A 2010 Mariner High School graduate, Courtney obtained her bachelor's degree in Public Health from the University of South Florida in 2013. This fall, she will pursue a law degree, specializing in family and child law from Stetson University.

Courtney is the daughter of Steven Chaipel, Finance Department, who has been employed by the city for two months.

• Emily Wesserling Cobian – A 1995 North Fort Myers High School graduate, Andrea obtained her bachelor's degree in History from the University of South Florida in 1999. She is now pursuing a bachelor's of science degree in Nursing at Edison State College, with plans to enroll in Florida Gulf Coast University's CRNA Program.

Emily is the daughter of Laura Wesserling, Building Department, who has been employed by the city for 17 years.

• Hayden Cummins – Hayden graduated from Fort Myers High School in 2012. He is currently pursuing a bachelor's degree in Sociology at Florida Gulf Coast University and has earned a 3.05 GPA.

Hayden is the son of Terri Cummins, Planning Department, who has been employed by the city for 14 years.

• Allison Eicher – Allison graduated fourth in her class from Ida S. Baker High School in 2013 with a 5.01 GPA. She will attend Jacksonville University this fall, where she will double major in Theatre and Film and minor in Education.

Allison is the daughter of John Eicher, Police Department, who has been employed by the city for 11 months.

• Andrea Wesserling Galician – As a previous recipient of the Employee Dependent Scholarship Program, Andrea obtained her bachelor's degree from the University of South Florida in Communications. She is currently pursuing a bachelor's degree in Nursing at Hillsborough Community College.

Andrea is the daughter of Laura Wesserling, Building Department, who has been employed by the city for 17 years.

• Brandi Gudinas – Brandi graduated 34th in her class from Riverdale High School in 2013 with a 4.08 GPA. She is attending Heritage Institute, where she will pursue her Pharmacy Technician certification.

Brandi is the daughter of Joe Gudinas, Utility Department, who has been employed by the city for 17 years.✡

Odle Graduates

John Odle, a resident of Sanibel, received a Doctor of Law degree from the School of Law of Emory University in Atlanta, Georgia at its 168th commencement ceremony on May 13.✡

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Craig R. Hersch

Michael Hill

Long-Term Care Planning Workshop To Help Seniors And Military Veterans

Attorneys Craig R. Hersch and Michael B. Hill of Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A. will present a free informative workshop on "Long-Term Care Planning" on Tuesday, July 31 at 2 p.m. at Temple Beth El, located at 16225 Winkler Road in Fort Myers. Attendees will learn about legal long-term care planning opportunities that exist to help protect a home and other assets from being taken by the government to pay for nursing home and other expenses — even for those who are already in a nursing home. Wartime military veterans and spouses will also learn if they may be entitled to receive additional monthly benefits. All attendees will receive a complimentary DVD to help with long-term care planning.

Attorneys Hersch and Hill are both Florida Bar Board Certified attorneys in wills, trusts and estate planning, specializing in estate planning, probate and trust administration, and asset protection strategies. Craig Hersch writes "Will Power," a weekly estate planning column appearing in the *Island Sun*. He has also been nationally published in professional estate and tax journals, such as *The Florida Bar Journal*, *The Practical Tax Lawyer*, and *Trusts & Estates* magazines. Reservations can be made at 425-9379 or at www.sbshlaw.com/seminars.shtml.

Insurance Tip

Are Other Structures Insured?

by Marge Meek

Many homeowners policies contain the wording Other Structures and give you coverage of 10 percent of the dwelling limit. So, what are Other Structures? They can be a variety of structures; like a detached garage, perimeter fencing, a shed, a guest house or a detached pool. The common denominator here is the structures are not attached to the house and are an additional coverage. Commercial buildings also sometimes offer this coverage.

But, you say, you don't have any of these items and yet your policy still is showing Other Structures. Many insurance companies do not allow removing this coverage. Some homeowner's policies, however, will allow this line item to be removed or at least reduced, so be sure your agent knows your home and has adequately represented it on your homeowners' policy.

Coverage rules change on your flood policy. It is good to know that it covers only the house including the detached garage in its $250,000 limit of coverage. To insure any Other Structures, separate policies must be written and separate deductibles apply to each policy as well as to the personal property coverage.

Marge Meek is a local Sanibel-Captiva insurance agent, who can be reached at mmeek@rosierinsurance.com.

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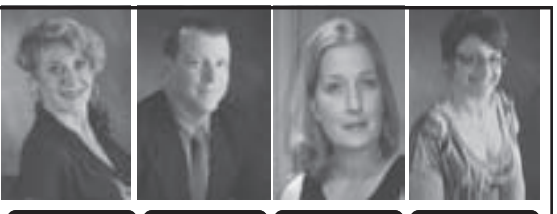

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What Is Going On With The Price Of Freon?

by Bryan Hayes

On December 31, 1995, something happened that affected every man, woman and child in the civilized world. This is the date that the Montreal Protocol and the U.S. Clean Air Act went into effect. This act was the legislation that made it much more expensive to service your fridge, your car's air conditioner and your home's comfort system, just to name a few. This is the act that started the phase out of ozone depleting products such as r-22 and r-12 (Freon).

Here are some highlights of this legislation, and some of the fallout:

• The reasoning behind this act was to help prevent ozone depletion, which studies have suggested are caused in part by these types of products, Freon.

• This act makes it illegal to vent hydrochloroflourocarbons (HCFCs) and chlorodiflouromethane (CFCs), otherwise known as Freon, into the atmosphere, raising the cost of servicing equipment.

• The Montreal Protocol calls for the phase out of all production of CFCs by the year 2020. Please note: this date has been changed a number of times.

• The price of Freon has multiplied ten-fold since the inception of this act. More importantly, it has more than tripled in the past year.

• It is estimated that this process has cost every man, woman and child more than $850 each through increased food production costs, shipping costs and retrofitting old equipment, just to name a few.

• Even after 18 years since this legislation, it still has not been proven that ozone-depleting chemicals are a real threat or just misguided studies and manufactures' lobbyists doing their thing.

Something to think about!

Bryan Hayes is a Sanibel air conditioning contractor. He also owns, with his brother Todd, an electrical business on Sanibel. He can be reached at Bryan@Sanibelair.com.✲

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Superior Interiors

Shopping For New Wood Furniture?

by Cindy Malszycki

If so, there are many things for you to consider before beginning your buying adventure. Things like the size of the piece, how it will be used, and the type of wood, color and finish you would prefer. You'll also need to think about the construction of your furniture, which will help you see if the price is right. Here are some important considerations you might want to investigate before you purchase:

• Furniture can be made of hard woods (maple, ash, oak and walnut) or soft wood, like pine. Trees that lose their leaves are hard woods. Trees that retain their leaves are soft woods. If you're looking to add a desk to your newly designed home office, a pine desk might not be the perfect choice – unless you use protection on the desk top. Scratches and dents are very visible, and easy to accomplish with soft wood furniture.

• Furniture can also be either solid wood, laminate or veneer. Laminate is a layer of wood or other product that is applied over a wood frame. Veneer is composed of layers of wood applied again and again over a wood frame. Veneers give a variety of patterns to the wood, which definitely tends to make furniture more exciting.

• Check out the drawers. In well constructed furniture, they should be smooth to the touch on all sides. If the drawer is rough, chances are the quality may be also. How are the corners of your drawers joined? Dovetail joints are common in quality construction, but must be done on all four corners. In addition, corner blocking should include double dowels, which have been screwed and glued into place. Corner blocking in this manner is a cornerstone of quality construction.

Granted, you have a lot to think about when looking for wood furniture for your home. But when you make the right, quality selection, with the help of the professional decorators at Decorating Den Interiors, you will have a piece that will be perfect for your room – and will last a lifetime!

Cindy Malszycki is an interior designer on Sanibel/Captiva Islands. She can be reached at cindy@decden.net.✲

Got A Problem? Dr. Connie Is In

by Constance Clancy

Q: What are the affects of stress on children?

A: Children are sensitive to others' thoughts and moods. Therefore, it is no surprise that they pick up on their parents' stress and the stress of others with whom they are in contact.

Just as stress in adults originates from many different sources, the same is true for children. Babies are alert and sensitive to the world, even in the womb before birth. The messages they receive from those around them shape their emotions and beliefs. Studies suggest that babies who are separated from their mothers too soon after birth(even when there is a medical problem) are at greater risk of emotional problems later on. A significant bond between mother and infant is essential. Wounds that don't heal from infancy and childhood, such as episodes of isolation, abuse and abandonment, whether children are conscious of them or not, go with them into adulthood. These wounds don't heal, but persist.

During my years as a teacher, guidance counselor and therapist, I observed many children who suffered from stress due to various traumatic emotional situations, such as divorce, addiction, depression, anxiety and post traumatic stress disorder (PTSD). Negative programming is another issue children face.

Often it is not maliciously intended, for example, "Jon, you are so bad for leaving your dirty clothes on the floor." "Mary, how could you be so stupid?" Negative programming, from an adult thrust onto a child, can be internalized into I'm inadequate, unworthy, or bad. These feelings become influential components that lessen self-esteem. Because of the intense effects that traumatic emotional issues and negative programming have on children, they are capable of carrying these wounds into adulthood. Very often they become part of the walking wounded, which unfortunately is so prevalent in our society.

Our society needs to teach children to focus on the positive rather than the negative. It is a universal law that what we focus our energy on expands. This is true at any age.

It is just as easy to be positive as it is to be negative when we realize the damage that focusing on the negative can do. Teach children to focus on their strengths rather than their non-strengths and to keep their expectations realistic. When reaching out to our children, encourage them to share their feelings, especially if they are sad or melancholy. Ask them to share how their day in school went, and always help them to see the positive. Art therapy, self-expression through writing, drawing, painting or sculpting is a beautiful way to encourage expression of emotions.

With the prevalence of dysfunction in many families, children need guidance counselors who can spend quality time with them encouraging expression of their feelings and emotions. Children need to be taught early on how to increase self-awareness and self-esteem, as well as learn methods to handle stress effectively.✲

School Smart

by Shelley M. Greggs, NCSP

Dear Shelley, I am now taking care of my granddaughter who is going into second grade. She has missed a lot of school and she seems to be confused by arithmetic. I really don't know what she is supposed to know and some of the words they use now in arithmetic class are confusing. Please tell me what she should know by now.

Luanne M., Fort Myers

Luanne,

You deserve a lot of credit for wanting to help your granddaughter improve her skills and catch up in math. I'm sure that you both are experiencing a great deal of adjustment as you learn to live together full time. Perhaps adding in a routine of "homework" now in the summer will help set up a good homework schedule when she returns to school in the fall.

Here is a general overview of what a first grader should know based on common standards. The categories for math skills at the first grade level include Mathematical Processes, Number and Operations, Algebra, Geometry and Measurement, Data Analysis, Statistics and Probability. This sounds intimidating, but as you look at the list below you will see how the skills and categories work together. This list is far from complete, but it includes many basic skills that when mastered will allow your granddaughter to learn new math skills more easily when she enters second grade.

Grade 1 Overview

• Solve problems involving addition and subtraction.

• Understand and use the relationship between addition and subtraction.

• Add and subtract within 20.

• Tell and write time and money.

• Count by 2's, 5's and 10's to 100; count forward and backward by one beginning with any number less than 100; identify odd and even whole numbers to 50.

• Describe how objects in a group are alike and different; use mathematical terms and symbols appropriately; interpret and solve simple open addition sentences.

• Recognize basic geometric shapes names, similarities and differences between simple geometric figures; create a figure made of shapes from memory; identify whole number on a number line).

• Compare and order objects by length, capacity and weight; measure and estimate length; using a ruler and using a scale.

The following website has some wonderful activities for you to use as you help your granddaughter practice and learn these skills – www.internet4classrooms.com/grade_level_help/skills_first_1st_grade.htm.

There are many other websites, computer games and apps that can help as well. Just keep practicing every day for short periods of time, say 10 minutes three times a day, and she should be able to recoup or learn these skills so that she is on track for second grade.

Ms. Greggs is adjunct faculty at Edison State College where she teaches psychology and education courses. She is also 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.☼

Edison State College Building To Be Renamed

Following a licensing agreement between Edison State College and Presidio, Inc., Building G on the Edison State College Lee Campus will be renamed The Presidio Information Technology Center.

The new name, effective July 1, will remain in existence for at least five years in exchange for a $500,000 cost reduction for a new Voiceover Internet Protocol (VOIP) phone system, its software and hardware, and its installation and implementation at all three Edison State College campuses, as well as its center in LaBelle.

"It's a win-win when we can reduce the amount of money we have to spend," said Dr. Jeff Stewart, vice president, Research, Technology, and Accountability. "The new phone system will replace the antiquated system we have now. Instead of using a regular phone system, it will run over the college's internet network and provide a backup to the incoming calls. It will have caller ID and a missed call log, and can convert voicemail messages to email. It will be a more efficient system for our students, faculty, and staff."

Installation will be complete in spring 2014. A ribbon cutting to celebrate the new name will be planned at the Lee Campus in the fall. ☼

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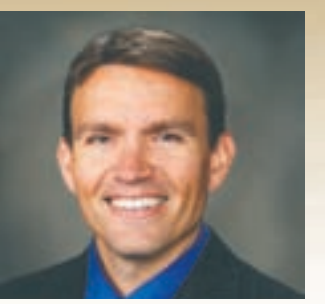

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Myth #3: If you're already in a nursing home, it's too late to protect your assets.
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Mom And Me

by Lizzie and Pryce

Lizzie 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,

Forty years ago, my husband and I adopted a lovely baby boy. We cherished this baby and he grew up to be a lovely young man.

He became engaged to a very nice young woman and we advised him to tell her that he had been adopted. She absolutely insisted that before she would marry him she had to know his birth mother and parentage.

It has been a disaster beyond our belief and three families have been torn apart because of this. During this process, I had a nervous breakdown and the birth mother and the biological father had to admit to their families their past indiscretion. Our son's girlfriend just continued with her research.

We were estranged from our son and his wife because of this for over 10 years, but we have now reconciled. We enjoy the grandchildren, but our relationship will never be what it could have been without all of the chaos.

Please tell people to be very careful about what they feel they must do and consider the consequences.

Brenda

Dear Brenda,

I am very sorry to hear of your ordeal. I also would have a difficult time having a trusting, loving relationship with an individual so intent on a mission without regard for the consequences of others. Particularly since other options, specifically genetic counseling, is available. However, the longer we hold on to hurts of the past, the longer the hurts continue to cause pain. It sounds like you have been able to put some of the past in the past and enjoy a relationship with your grandchildren and your son.

The ending advice in your letter is very good. Each and every one of us should be careful about what we ask of another person; and each and every one of us should be firm about our boundaries, about what we are willing and unwilling to do for others.

Pryce

Dear Brenda,

Few people know their genetic background and most of us are not interested in knowing. Many of us would fail as perfection is hard to come by and no one can predict what the gene pool will produce. In times past, we accepted our own and adopted babies and just did our best.

Now it seems everything has to be researched and analyzed. It is very sad that with the best of intentions you have had this disruption in family unity.

Lizzie

Lizzie and Pryce's email address is momandmeaging@hotmail.com.☆

Shell Point Adult Day Health Program

Caring for a loved one can be very rewarding, but finding time each week to run errands or go shopping may be a challenge. At Shell Point, the Hope Care Center – an adult day health care program coordinated by Hope HealthCare Services – is the ideal solution for caregivers who could benefit from having a place to take their loved one for a few hours of activity and socialization during the week.

The program offers care to individuals of all ability levels, including those with speech impairment, limited mobility, memory deficiency, incontinence, and other unique needs. Hope's team of professionals lead therapeutic social and health activities, including light exercise sessions for strength and balance, games, gardening, art, music, pet therapy, and rest periods. Nutritious meals and snacks are also available.

"Individual care programs are based on each person's interests, hobbies and career history, so that daily activities can be customized," said Sue Stilson, Director of Hope's Adult Day Health Program.

Hope opened the program at Shell Point last year, and it steadily gained popularity among independent living caregivers in the community.

Barbara Cox, who moved to Shell Point with her husband Bill in 2002, has been his caregiver since 2007. She takes advantage of the program by bringing Bill to the Center when she has appointments with her physician or needs to go grocery shopping.

"I appreciate the flexibility," she said, adding that Bill looks forward to seeing the others in the group.

Likewise, Bonnie and Glen Aspinwall, Shell Point residents since 2009, have the highest praise for the program. They affectionately call it "The Club" because of the camaraderie that develops among the participants.

"Having The Club is a marvelous benefit," said Bonnie, who brings Glen each week. "I now have some time to take care of errands or call my sister," she said, before quickly pointing out another important aspect of the program: "It gives him some independence from me!"

The Hope Care Center at Shell Point operates Tuesdays, Thursdays and Fridays from 8 a.m. to 5 p.m. near the rear entrance to The Pavilion at Shell Point. Half days of care are $45, and a full day is $80. Hourly plans are also available. A set schedule is not required, but participants must be pre-registered.

For more information, call 855-454-3102 or visit www.HopeHCS.org/AdultDayHealth. Hope HealthCare Services offers similar services on Winkler Avenue in Fort Myers and on Livingston Road in Naples.

To learn more about Shell Point, visit www.shellpoint.org or call 1-800-780-1131.☆

Read us online at
IslandSunNews.com

Eden Energy Medicine

Clear Etheric Sludge – Connect Heaven And Earth

by Karen L. Semmelman, Certified EEM, JD, AAML

Feel a cold or flu coming on? Have sore or achy joints? Taking on the energies of others? Feel you have taken on too much and are ready to explode? Feel emotionally un-nourished? In transition between work or moving or just dealing with family? If any of these apply, than it is time to open the meridians, throw the toxins out of your system and pull in fresh energy to all your joints!

Of course you are thinking "Get real," what exercise can accomplish this? The exercise is Connecting Heaven and Earth. It is one of Donna Eden's favorites, since it is so powerful. By encouraging our buddy Triple Warmer (remember that warrior of our body who protects our habit fields for survival and monitors our flight/fight/freeze response) to act as a Radiant Circuit (that energy system that is our joy-juice), we are literally pulling energy in from above through our head (Heaven) and from below through our feet at Kidney 1 meridian (Earth). After we pull the energy to us, our joints are replenished helping to prevent arthritis; boosts the immune system by stretching the torso and activating the Spleen meridian; and stimulates the removal of all that stale etheric sludge in our systems.

Although in *Energy Medicine*, Donna comments she thought she created the exercise, her research disclosed this exercise or variations of it have existed for centuries in other countries including Egypt, China and India (page 266). So, doing this exercise releases all those excessive accumulated energies seeking to be expelled and makes space for new fresh subtle energy to enter so you can smile!

The technique for Connecting Heaven and Earth follows:

Step 1. Rub your hands together, shake them off and place them on thighs with fingers spread.

Step 2. While inhaling through the nose, move your hands in a circle out from your sides and up over your head, bringing them to a prayer position in front of your heart. Exhale through the mouth.

Step 3. While inhaling through the nose, stretch one hand up over your head with wrist bent so the palm is facing to the sky and stretch the other hand downward with wrist bent so the palm is facing the earth. Push with both palms, creating a strong stretch along the side while looking up at the heavens. Hold your breath during this stretch. When ready to release the breath, exhale through the mouth and return your hands to prayer position.

Step 4. Switch arms and repeat with this side. After this set, do two or more sets.

Step 5. Bend at the waist to fold toward the floor, with bent knees if necessary, and hang there for two breaths.

Step 6. Slowly bring your body upright while you roll the energy to you with your hands from the feet to the head. I like to sprinkle that new fresh energy over my head and place my renewed energized hands wherever I feel I need a boost, perhaps my back or shoulder. Smile, do a little wiggle and start the day.

Have fun with your energy! Next week's topic is Clear Physical Sludge–Reset Ileocecal/Houston Valves.

If you have a questions for Karen, email her at ksemmelmanenergy@gmail.com. Learn more at 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.☆

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deaRPharmacist

Methylation Problems Lead To 100s Of Diseases

by Suzy Cohen, RPh

Dear Pharmacist: I met you at a book signing and you said something that stuck. You told me that if I have allergies, fatigue and multiple chemical sensitivities that I may have a "methylation" difficulty. You also told me not to take Green Coffee Bean extract. Can you please tell me more?

SJ, Vail, Colorado

Methylation – it's a big word that you probably don't think applies to you, however, read on because knowing about methylation could improve or save your life.

Just look at the list of people who might have a methylation problem: Children with autism, anyone with a seizure disorder, neurological condition, Alzheimer's disease, cancer, severe Lyme disease, chronic infections, diabetes, allergies, fertility issues, miscarriages, cardiovascular disease, chronic fatigue, anxiety or any psychiatric illness. That's the short list. Oh, and if you are extremely sensitive to medicine or to nitrous gas (given by the dentist), you might have a methylation problem, too.

You see, as humans, we all have an enzymatic pathway going on in our body at all times called "methylation." It has numerous life-sustaining functions. One of it's primary purposes is to convert folate from your meals into glutathione, a potent antioxidant which neutralizes poisons. A problem any where along this metabolic pathway spells illness. My concern is that your symptoms are being heavily medicated when it's just a problem of methylation that can be addressed by a physician in-the-know.

Methylation snps (pronounced snips) are genetic problems, but it's not always a genetic problem. About 45 percent of people have a genetic issue, but blockages in this pathway can happen if you take certain medications or have certain nutrient deficiencies. Green coffee bean extract is incredibly high in catechols, and those block methylation! Same deal with potatoes (regular or sweet), tea and coffee.

Testing for methylation is often covered by insurance. Because people with a methylation difficulty have trouble eliminating poisons, they build up in the body and that's what causes all the health concerns. Opening up the road block helps clear your body of poisons and that should reduce symptoms.

If you can't methylate properly, you cannot produce CoQ10, carnitine, creatine or ATP (energy). You will also have nerve pain. That's because the methylation process helps make the protective wrapping around your nerves. Some medications are what I call "drug muggers" of nutrients which are needed for the methylation process. Among them are methotrexate, metformin, antacids, acid blockers, estrogen-containing drugs and nitrous oxide. Drinking alcohol will pretty much shut down your methylation.

I'm out of space here, so if you'd like more information about testing and supportive supplements, sign up for my free newsletter and I'll send you details. By the way, some doctors recommend high dose folic acid and vitamin B12, but this is not always helpful and can, in fact, be harmful. Details will be sent via my newsletter and if you've signed up for it in the past, you don't need to do so again.

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.dearpharmacist.com.☆

From page 6B

Rotary Happenings

at Shell Point. Dr. Clark's topic for the morning focused on taking a holistic approach to caregiving. Medicines, vitamins, minerals and herbs... oh my! What to take, what not to take, when to take it, when not to take it, how much to take? Each answer is unique to the individual. Good medical testing is important and then reading your own body as to the response to medications and supplements you are taking is extremely important. This is complicated; no wonder you need a doctorate to explain this stuff. Be careful with your medications and don't overmedicate.

Carol spoke a great deal about vitamins and their importance for healthy body function and tissue repair. She went through most of the vitamins and minerals and what problems deficiency can cause. She stated, "Of course, healthy eating and a good exercise routine is the frontline approach to good health, but aging sometime interferes with both… so then what?" If you are having concerns, talk to your health care professionals. Vitamins can supplement deficiencies in your body, but again be careful, check for reactions with your medications. Live right, eat right, live well… it all helps, but take your vitamins, too. Ben Franklin once said, "An ounce of prevention is worth a pound of cure."

The Sanibel-Captiva Rotary Club meets at 7 a.m. every Friday at The Dunes Golf and Tennis Club, 949 Sand Castle Road. If you have any questions regarding Rotary, e-mail President Scot Congress at scot@scongress.com.☆

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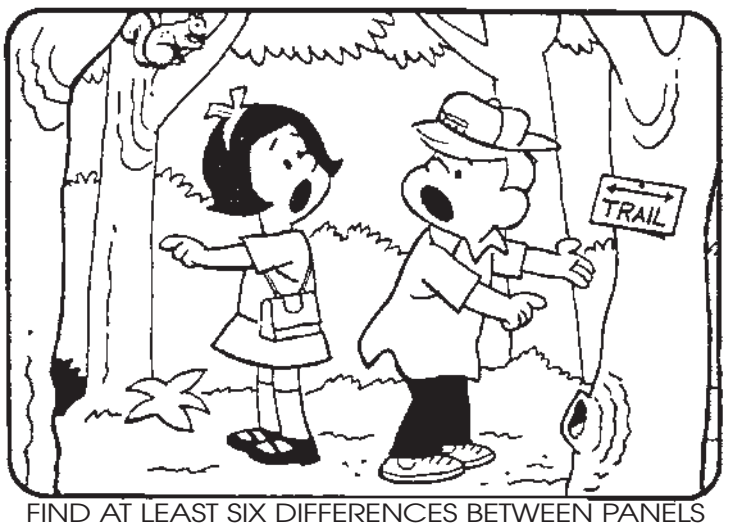
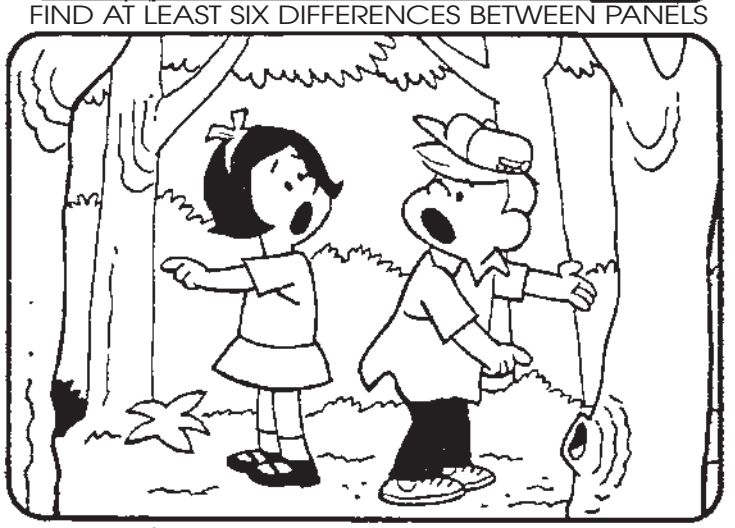
HOCUS-FOCUS

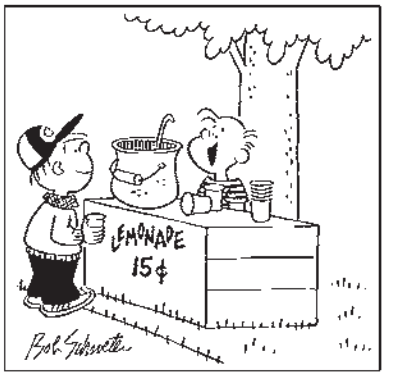
BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



DIFFERENCES: 1. Squirrel is missing. 2. Pocketbook is missing. 3. Socks are shorter. 4. Cap is reversed. 5. Arm is moved. 6. Sign is missing.



"I had a great dream last night — I _ _ _ _ _ _ _ with McDonald's!"

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!

Allow **DINGE** _ _ _ _ _

Rest **LEXAR** _ _ _ _ _

Climb **TUMON** _ _ _ _ _

Chaos **BALMED** _ _ _ _ _ _

TODAY'S WORD

answer on page 23B

SUDOKU

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

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 23B

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Florida Gulf Shrimp with Corn Sauté and Cilantro Oil

24 large shrimp, peeled and deveined
4 ears fresh sweet corn,
kernels removed from the cob
2 red bell peppers, diced small
4 cloves fresh garlic, minced
Hot sauce to taste
1 tablespoon unsalted butter
1 lime, juiced
2 tablespoons fresh parsley,
chopped fine
1/2 cup fresh cilantro
Olive oil
Sea salt to taste
Fresh ground pepper to taste

In a food processor or blender, add cilantro, half of the minced garlic and 1/4 cup olive oil. Puree ingredients until smooth. Add juice from half of a lime and lightly season with salt and pepper. Puree ingredients one more time. Remove cilantro oil from blender or food processor.

Pre heat a large sauté pan over medium high heat. Add 1 tablespoon of olive oil to the pre heated sauté pan. Pre season the raw shrimp lightly with salt and pepper. Carefully add the shrimp to the sauté pan. Cook the shrimp for about 4 minutes or until they are just done. Remove shrimp from pan and arrange an even amount of them on each plate.

Add the corn and diced peppers to the sauté pan used for the shrimp. Cook corn mixture for 3 minutes and add the rest of the garlic. When the corn is crisp tender, add the lime juice, hot sauce to taste and the butter. Stir the corn mixture to combine. Add an even amount of the corn mixture to each plate. Garnish the dish with the cilantro oil.

Florida Gulf Shrimp with Corn Sauté and Cilantro Oil

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Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days on Market
Cape Coral	Cape Coral	1995	6,623	$1,699,000	$1,620,000	113
Tidewater Island	Fort Myers	1998	5,861	$1,499,000	$1,300,000	46
West Bay Club	Estero	2007	3,862	$1,050,000	$875,000	49
Tidewater Island	Fort Myers	2005	2,371	$770,000	$715,000	120
Cape Coral	Cape Coral	1999	2,812	$699,900	$627,000	248
Crown Colony	Fort Myers	2005	2,981	$649,000	$625,000	7
Cape Coral	Cape Coral	2013	2,696	$599,900	$611,900	209
Royal Tee Country Club Estates	Cape Coral	2012	2,800	$635,000	$548,000	250
Cape Coral	Cape Coral	2013	2,386	$529,900	$532,600	148
Sunset Cove	Fort Myers	1964	2,700	$565,000	$517,500	124

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PUZZLE ANSWERS

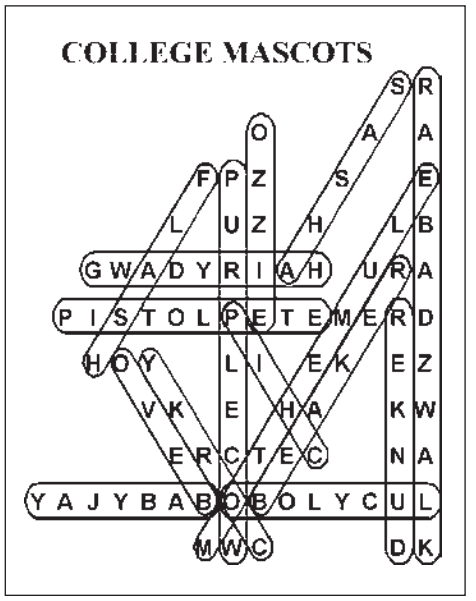
SUDOKU

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

KING CROSSWORD

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

MAGIC MAZE



SUPER CROSSWORD

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

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ANNUAL RENTAL

ANNUAL RENTALS
SANIBEL

DIRECTLY ACROSS FROM BEACH
This custom UF piling home offers 2 floors of living. Custom wood floors thru out, & custom wood staircase, All "High End" appliances, separate bar, full custom master suite on top floor, and home has large 3 car garage. A rare offering @ $3,500/mo.

DIRECT ACCESS CANAL
Plus dock and boat lift, compliment this modern 4 bedroom/3.5 bath UF home. Home offers
2+ car garage, splash pool,
2 floors of living area,
with a deck off every bedroom.
Private dead end street.
Must see! $4,000/mo.

FORT MYERS

CANAL & DOCK
Five Minutes to Toll-Booth!!
This UF ground level updated home offers 3 BR/2 BA + family room, double garage, screened in pool, 65' boat dock, + boat lift for boat.
$2,800/mo.

472-6747
Gulf Beach Properties, Inc.
Paul H. Zimmerman, Broker/Owner
sanibelannualrentals.com
Serving The Islands Rental Needs Since 1975
✲RS 7/19 BM TFN

SERVICES OFFERED

PAINTING GOAT
Professional Painting & Home Maintenance
Free Estimates
Fully Insured
www.paintinggoat.com
239-271-2919
✲RS 4/19 CC TFN

COMPANION SERVICE
Sanibel-Captiva Care and Companion Service, LLC Medical appointments, general transportation, shopping, light meal preparations, and light cleaning. Our services are customized to meet our clients needs. Call 239-395-3591, or for an emergency call 239-472-0556.
✲RS 1/4 BM TFN

SCARNATO LAWN SERVICE
Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
✲RS 1/25 BM TFN

SERVICES OFFERED

HOME/CONDO WATCH CONCIERGE SERVICES
Dorado Property Management
Full Range of Services ⁎ Island Resident
⁎ Licensed & Insured ⁎ 24/7
Call Lisa or Bruce at 239-472-8875
✲RS 1/4 BM TFN

BEACHSIDE ANIMAL CLINIC SANIBEL
Itchy Pets? We Can Help.
239-579-0804
✲NS 6/21 CC TFN

ROGER NODRUFF ELECTRIC
Lic# EC12002788.
Call Roger 239-707-7203.
Aqualink - Motor Controls.
Office & Store Maint.
✲RS 6/7 CC TFN

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

HELLE'S CLEANING SERVICES
Residential Cleaning to Satisfaction
Sanibel & Captiva • 239-565-0471
Sanibel Lic. #11412 Lee Co. Lic. #051047
✲NS 1/4 PC TFN

CLEANING/MAINTENANCE

HOME/OFFICE CLEANING
Home Checks for seasonal residents
Holistic cleaning optional for families with pets. Laundry/Ironing/Cooking
$15/Hour Call Jessy 239.994.9286
Caring, professional and reliable.
✲NS 7/19 CC 8/16

TO PLACE A CLASSIFIED LOG ONTO:
IslandSunNews.com CLICK ON **PLACE CLASSIFIED**

★ CLASSIFIED DEADLINE FRIDAY AT NOON ★

★ ★ CLASSIFIEDS ★ CLASSIFIEDS ★ ★

HELP WANTED

HOUSEKEEPER, PART-TIME

The Robert Rauschenberg Foundation's Rauschenberg Residency in Captiva seeks to engage a committed person in the role of Housekeeper. The successful candidate must be detail oriented, efficient and organized. Strong time management skills, a plus. S/he needs to be able to work independently, as well as perform as part of a team. An enthusiasm for the property and a willingness to learn and grow in the position are necessary. Position begins early September 2013. Flexible hours based on residency schedule, average 25 hours/week. $15/hour, no benefits. Cover letter outlining interest and related experience or résumé, and three references should be sent to Employment@rauschenbergfoundation.org. No phone calls, please.

✲NS 7/12 CC 7/26

SERVERS
ASSISTANT SERVERS
LINE COOK

IL Tesoro Ristorante,
751 tarpon Bay Rd. Sanibel
Now hiring; Servers, Assistant Servers and Line cook Email resumes to: iltesoro@me.com or fill out applications between 11-2 daily.

✲NS 1/18 NC TFN

VOLUNTEERS NEEDED

Volunteers needed for the After School Program which runs Mon.-Th, 2:30 – 3:15 pm
call Linda Reynolds 472-1617

✲RS 1/4 NC TFN

VOLUNTEER OPPORTUNITY

The Sunshine Ambassador Program is a new and exciting volunteer opportunity offered at the Golisano Children's Hospital of Southwest Florida located within HealthPark Medical Center. The Sunshine Ambassadors will greet, assist and be a positive first point of contact for patients, families and visitors entering the hospital. The Ambassadors also make a difference to families by providing educational and healthful resources to assist in GRANDparenting for GRANDchildren. We are currently seeking year-round volunteers to work one 4-hour shift Monday through Friday from 8:00 am to 12:00 pm or 12:00pm to 4:00 pm.
If you would be interested in learning more about this wonderful new opportunity, please contact Lisa Ellinwood, Volunteer Resources Coordinator at 239-343-5062 at the Golisano Children's Hospital.

✲NS 2/8 CC TFN

HELP WANTED

3883 Sanibel Captiva Road, Sanibel, Fl
Phone: 239-472-3644, ext 1
Fax: 239-472-2334
www.crowclinic.org

HELP US PLEASE!!

We need volunteers for:
Clinic emergency patient admissions desk and baby animal feeders
Visitor education center greeters and gift shop cashiers
CROW - (239) 472-3644, ext. 231 or volunteers@crowclinic.org

✲RS 1/4 NC TFN

VOLUNTEERS NEEDED

At The Sanibel School
Call Michelle Wesley
239-910-8000

✲RS 1/4 NC TFN

FICTITIOUS NAME

FICTITIOUS NAME

NOTICE UNDER FICTITIOUS NAME STATUTE TO WHOM IT MAY CONCERN: Notice is hereby given that the undersigned pursuant to the "Fictitious Name Statute", Chapter 865.09, Florida Statutes, will register with the Division of Corporations, Department of State, State of Florida upon receipt of proof of the publication of this notice, the fictitious name, to-wit: Island Real Estate Center under which I am engaged in business at 1177 Causeway Blvd., Sanibel, Florida 33957. That the party interested in said business enterprise is as follows: RBC Venture LLC,
Dated at Sanibel, Lee County, Florida, July 10, 2013.

✲NS 7/19 CC 7/19

FICTITIOUS NAME

NOTICE UNDER FICTITIOUS NAME STATUTE TO WHOM IT MAY CONCERN: Notice is hereby given that the undersigned pursuant to the "Fictitious Name Statute", Chapter 865.09, Florida Statutes, will register with the Division of Corporations, Department of State, State of Florida upon receipt of proof of the publication of this notice, the fictitious name, to-wit: Sanibel & Captiva Realty Center under which I am engaged in business at 1177 Causeway Blvd., Sanibel, Florida 33957. That the party interested in said business enterprise is as follows: RBC Venture LLC,
Dated at Sanibel, Lee County, Florida, July 10, 2013.

✲NS 7/19 CC 7/19

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly and Monthly.
Captiva Island 472-5800

✲RS 1/4 NC TFN

22-FOOT GLACIER BAY CATAMARAN

In good condition. Needs some detailing and a high pressure fuel pump.
$12,500 or best offer.
The boat was donated to the Clinic for the Rehabilitation of Wildlife (CROW) for quick sale.
Contact James Robinson at CROW at (239) 472-3644, ext. 221 or development@crowclinig.org. Or contact Peg Albert at (239) 472-3644, ext. 232 or peg@crowclinic.org.

✲RS 6/28 CC TFN

CAR FOR SALE

2007 BUICK LACROSSE CLX

16,500 miles, beige color, 4 door, all power, seldom driven off island, $14,000.
Call Ken at 472-2012.

✲RS 7/12 NC TFN

WANTED TO BUY

CASH PAID FOR MILITARY ITEMS

Cash Paid For Old Military Items. Medals, Swords, Uniforms, helmets, old guns, awards & more.
Local Toll Free 1-866-440-3280

✲RS 6/7 CC 8/30

PETS

FREE KITTEN TO GOOD HOME

Free kitten to good, safe home. No de-clawing. Fiesty Bengal mix.
Call 472-1788 after 5 p.m.

✲NS 5/31 NC TFN

LOST AND FOUND

TOOL BOX WASHES UP ON SANIBEL

This tool box with motor parts washed up on shore Saturday morning, May 8 about 8:30 on the beach at Sundial Resort on Sanibel Island. To claim call Sundial Resort Security 239-472-4151.

✲NS 6/14 CC TFN

LOST

Lost Ladies Watch
Make: Brighton
Area of Mucky Duck on Captiva Island
Lost on Dec. 10, 2012 around noon
If found call: 941-639-5395

✲RS 1/4 NC TFN

FOUND

Prescription sunglasses found in parking lot of Limetree Center on Wednesday, February 27. Claim at Island Sun newspaper, suite 2 in Limetree Center, or call 395-1213.

✲NS 3/8 NC TFN

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!

Scan to connect to the Food Bank!

Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007
Or donate online at:
www.harrychapinfoodbank.org

Harry Chapin Food Bank OF SOUTHWEST FLORIDA

Island Sun NEWSPAPER Sanibel & Captiva Islands

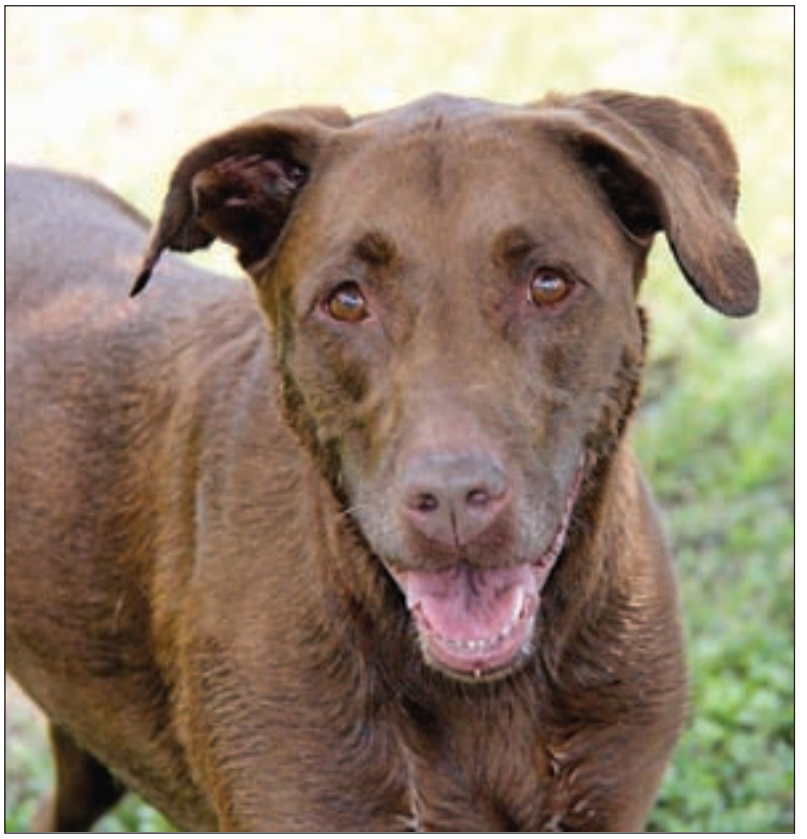
★ CLASSIFIED DEADLINE FRIDAY AT NOON ★

Pets Of The Week

Hello, my name is Lanny. I am a 5-year-old spayed female chocolate Labrador retriever mix. If I could speak, I would tell you I want to go home. When I first arrived here, I just whined and my eyes said something was wrong. I just wondered why a good dog could be left at the shelter. It all made sense later when the staff found my owner and he didn't come in to get me. I was just sad. I'm really an awesome dog. I love the water, like to play ball, walk nicely on a leash, know commands... and I'm super intelligent!

My adoption fee is $10 (regularly $75) during Animal Services Freedom Friends Adoption Promotion.

Hello, my name is Special. I am a 1-year-old female brown tabby with white socks domestic short hair. My name is Special... and so am I. I purr like a car with a quiet motor and have a quiet, laid-back personality to match. I love to give as much attention as I get.



Lanny ID# 567182

photos by squaredogphoto.com

Special ID# 567191

My adoption fee is $10 (regularly $50) during Animal Services Freedom Friends Adoption Promotion.

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

The shelter is open for adoptions from 11:30 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.

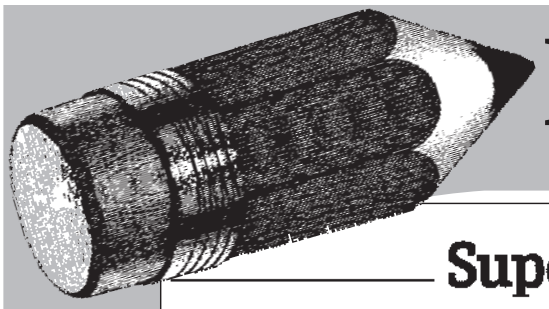
All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee and a bag of Science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

The adoption package is valued at $500.☼

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**
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**
Community Housing and Resources	**472-1189**
Planning Department	**472-4136**
Library	
Sanibel	**472-2483**
Captiva	**472-2133**
Post Office	
Sanibel	**472-1573**
Sanibel (toll free)	**800-275-8777**
Captiva	**472-1674**
Sanibel Community Association	**472-2155**
Senior Center	**472-5743**
ARTS	
Arcade Theater	**332-4488**
Art League Of Fort Myers	**275-3970**
BIG ARTS (Barrier Island Group for the Arts)	**395-0900**
Broadway Palm Dinner Theatre	**278-4422**
Fort Myers Symphonic Mastersingers	**472-0168**
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**
S.W. Florida Symphony	**418-0996**
CLUBS & ORGANIZATIONS	
ABWA (American Business Women's Assoc.)	**565-7872 or 433-7798**
American Legion Post 123	**472-9979**
Angel Flight SE	**1-877-4AN-ANGEL**
Audubon Society	**472-3744**
Sanibel Bike Club	**sanibelbicycleclub.org**
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**
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 Beautification Inc.	**470-2866**
Sanibel-Captiva Orchid Society	**472-6940**
Sanibel-Captiva Power Squadron	**472-3828**
Sanibel-Captiva Shell Club	**395-1770**
Sanibel Youth Soccer	**395-2040**
www.sanibelsoccer.org	
The Military Officers Assc. of America	
(MOAA, Alex MacKenzie)	**395-9232**
United Way of Lee County	**433-2000**
United Way 211 Helpline	**(24 hour information line) 211 or 433-3900**
Zonta Club	**671-6381**
ISLAND ATTRACTIONS	
Bailey-Matthews Shell Museum	**395-2233**
J.N. "Ding" Darling National Wildlife Refuge	**472-1100**
Sanibel Historical Museum & Village	**472-4648**
SCCF (Sanibel-Captiva Conservation Foundation)	**472-2329**



BEACH CHAIR PASTIME

Answers on page 23B

Super Crossword

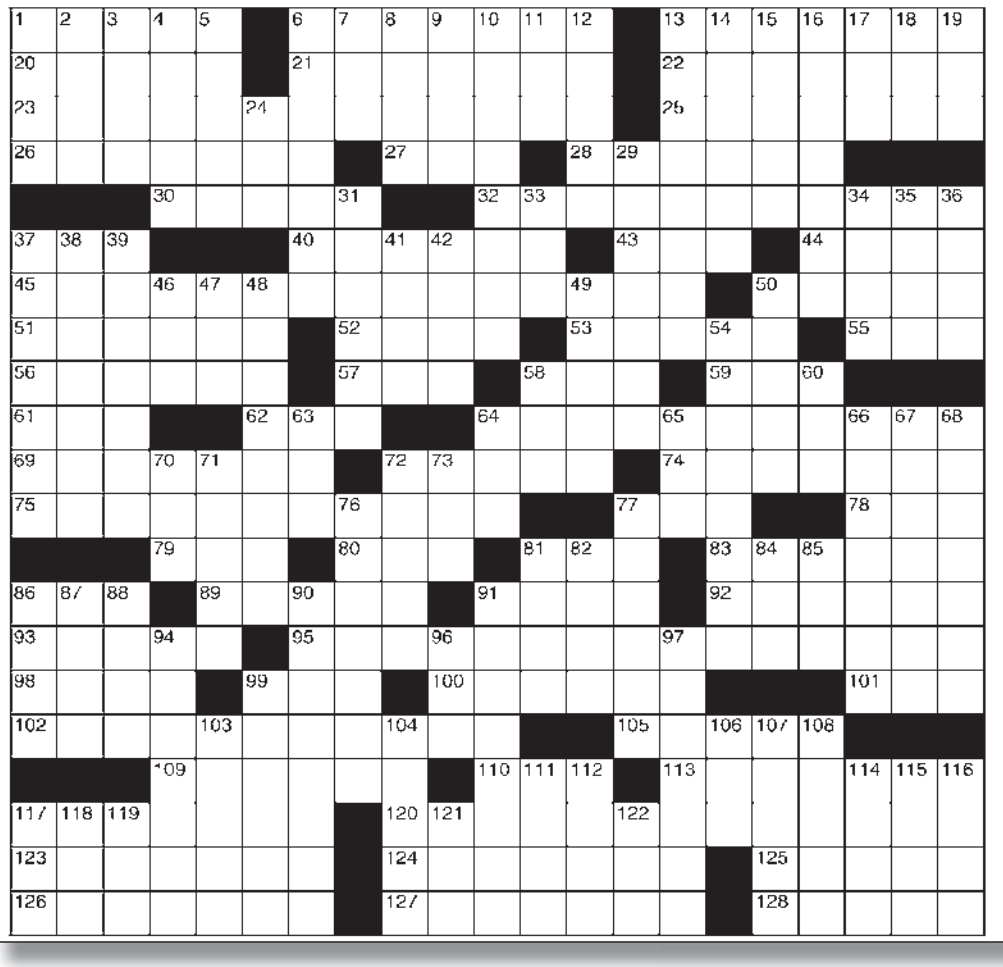
WORKING OUT THE BUGS

ACROSS

1 Sir, in old India
6 Floored by
13 High fliers
20 "George & —" (former talk show)
21 It may collect around a scratching post
22 Builds into a wall
23 Bug's favorite kissing game?
25 Least active
26 One way or another
27 U.S. Navy off.
28 Sordid
30 Corporate shuffle, for short
32 Bug's favorite bookworm?
37 Citizen: Suffix
40 "There — sides to every story"
43 Soccer great Hamm
44 City near Lake 107-Down
45 Bug's favorite state of mind?
50 Cake-and-ice-cream occasions, for short
51 Soft felt hat
52 Hang around
53 Last check box, often
55 Nonclerical
56 Soviet premier Kosygin
57 Mem. of Congress
58 See 60-Down
59 Peeples of "Fame"
61 Affirmative gesture
62 "7 Faces of Dr. —"
64 Bug's favorite interrogation aid?
69 Improve by making small changes
72 Mini, Nano, and Shuffle
74 French euro division
75 Bug's favorite fall drink?
77 Rocky pinnacle
78 New Year in Vietnam
79 Dot in the Rhône
80 Beagle, e.g.
81 Kind of camera, briefly
83 Mogadishu native
86 Boar's mate
89 Talks to God
91 Chinese premier — Enlai
92 Clothing smoother
93 Actress Linda
95 Bug's favorite Eddie Rabbitt hit?
98 Shankar with a sitar
99 Not well
100 Rowing a boat
101 Equine boast
102 Bug's favorite naval officer?
105 Letter shaped hardware items
109 Athens site
110 Atop, poetically
113 Capriciously
117 Cola holder
120 Bug's favorite Fats Waller song?
123 Actor Chad
124 Matrimonial
125 Really rotund
126 July 4 events
127 Compound in plastics
128 New Jersey county

DOWN

1 Impudent talk
2 Fido's dishful
3 Actor Corey
4 Spiritual
5 Use the tub
6 Sore muscle application
7 Apprehend
8 Suit to —
9 "Since —?!"
10 Erodes
11 Oman export
12 Not musty
13 Meal part
14 Golfer Mark
15 Flabbergast
16 Poet Kipling
17 Before, to a poet
18 Lo- — monitor
19 Retired jet
24 "Yoo- —"
29 Put a cap on
31 Concerto —
33 "— my word!" ("I do declare!")
34 Traffic (in)
35 Big name in New Age
36 Upbeat
37 Newborn girl, in Spain
38 Spinning skating leap
39 Finished
41 Punta del —
42 IRS worker
46 Courteney of "Friends"
47 Tram cargo
48 One sending cybernotes
49 Play awards
50 Conan O'—
54 Adds to the database
58 Outmoded
60 With 58-Across, first play division
63 iPhone program
64 Part of FYI
65 -friendly
66 Largest moon of Uranus
67 Alternatives to waffles
68 Turns in
70 Calo's 151
71 Gives aid
72 "— solemnly swear ..."
73 Tent stake
76 Pastoral
77 Hooky player
81 — -Pei
82 "Lush Life" co-star Petty
84 Suffix with contradict
85 TLC giver
86 Feudal slave
87 Egg's shape
88 Undulate
90 Sicknesses
91 Fanatical devotion
94 Torrent
96 Big inits. in overseas broadcasting
97 Of low birth
99 Imagine
103 Rainbowlike
104 Paper quantities
106 "A," in Paris
107 Nevada border lake
108 Hefty slices
111 Arab chief
112 Matrimony, for one
114 They intersect rds.
115 Go skyward
116 Tinkertoy or Lego alternative
117 Mo. #9
118 Lab eggs
119 Köln article
121 — "King" Cole
122 Luis Obispo



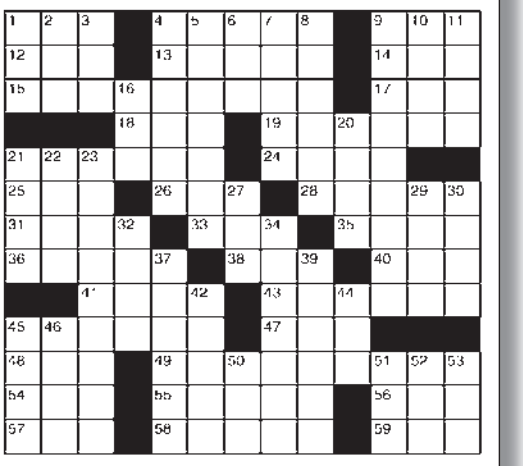
King Crossword

ACROSS

1 Salary
4 Lying face-down
9 Wheel center
12 "Born in the —"
13 Staffers
14 Yoko of music
15 Colorado mountain
17 Can metal
18 Definite article
19 Sloppy home
21 "Little — Annie"
24 Filth
25 Roman 7
26 Stitch
28 Propelled a rowboat
31 Catch sight of
33 Water barrier
35 Ancient Persian
36 Scatter anew
38 Not well-lit
40 How old you are
41 Witticism
43 Escaped, as liquid
45 Frothy dessert
47 Doctrine
48 Gorilla
49 1996 No Doubt hit
54 Meadow
55 Walking — (elated)
56 Beerlike beverage
57 Pen fluid
58 Chatty birds
59 Sunbather's goal

DOWN

1 Young pooch
2 "— was saying, ..."
3 Tibetan bovine
4 Turkish officials
5 Grew mature
6 Praise in verse
7 Some tides
8 Inuit
9 Long series of wins
10 One
11 Scrawny
16 Biblical verb ending
20 Agana's island
21 Finished
22 Get up
23 Weakling
27 Bankroll
29 Rim
30 Homeowner' document
32 Annie Lennox's "No More I Love —"
34 Armed citizenry
37 Insight
39 Plural of "Mr."
42 Indiana's state flower
44 Rock band's need, for short
45 West African nation
46 Unseal
50 A Bobbsey twin
51 Dine
52 — carte
53 Barbie's companion



MAGIC MAZE ● COLLEGE MASCOTS

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

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

Baby Jay
Beaker
Bevo
Chip
Corky
Dunker
Flash
Hairy Dawg
Klawz Da Bear
Lucy Lobo
Mo the Mule
Ozzie
Pistol Pete
Purple Cow
Sasha

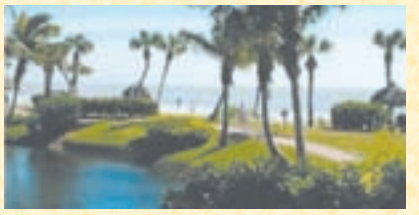
ROYAL SHELL
Real Estate
We make it easy. You make it home.

Come out of your shell *and into one of ours.*

LUXURY

Best Priced Beach Home-Sanibel Island
- 3BD/3.5BA on 2 Levels
- Panoramic Gulf Views Everywhere!
- Completely Decorated & Furnished
- Virtual Tour: www.4809Tradewinds.info
- **$1,690,000** MLS 2130005
- **Bob Radigan 239.691.6240**

Authentic Sanibel Beach Home
- 4BD/3BA Immaculate Beach Home
- Spacious Lanai & Hot Tub Area
- Beach Casual with Flair of Elegance
- Professional Landscape Showcases Tropical Setting
- **$3,000,000** MLS 2121264
- **McMurray & Nette 239.281.4435**



Spectacular Pointe Santo Unit
- 2BD/2BA with Stunning Gulf Views
- Remodeled with Exquisite Upgrades
- Excellent Income Producer
- Resort Amenities
- **$929,000** MLS 2120709
- **Burns Family Team 239.464.2984**

Beach Home 6
- Directly on Beach at South Seas Resort
- Large, Updated 3BD/3BA Stand Alone Home
- Residential Privacy with Condominium Care
- Beautiful Pool, Tennis and World Class Sunsets
- **$2,050,000** MLS 2130265
- **Fred Newman & Vicki Panico 239.826.2704**

Sanibel Gulf Front Condo
- 2BD/2BA, 2nd Floor Corner Unit
- Serene Direct Gulf Views
- Offered Turnkey Furnished
- Gulf Front Pool & Tennis
- **$667,000** MLS 2130112
- **John & Denice Beggs 239.357.5500**

Beachview Country Club – Sanibel
- Long Fairway Views
- 3BD/2BA South Facing
- Large Private Caged Pool
- Updated Kitchen with Granite
- **$759,000** MLS 2121107
- **Burns Family Team 239.464.2984**

Private Courtyard Estate – Captiva
- 4BD/4.5BA Andy Rosse Villa
- Private In-Law Suite
- State of the Art Kitchen
- Secluded Pool and Spa
- **$2,375,000** MLS 2120187
- **Jane Weaver & Cathy Rosario 239.464.2249**

East End, Near Beach Beauty
- 3BD/3BA Canal Front Home
- Turn-Key Furnished, Ready to Go!
- Olde Florida Style with New Dock
- Directly Across from Beach Access
- **$799,000** MLS 2130512
- **McMurray & Nette 239.850.7888**

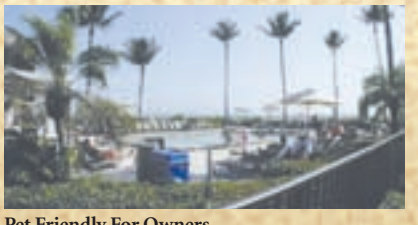
Direct Gulf Access – Sanibel
- 4 Bedrooms, 4.5 Bathrooms
- Separate Guest Suite w/Kitchen
- Screen Enclosed Tropical Lanai w/Pool
- Private dock and Boat Lift
- **$1,895,000** MLS 2101213
- **Burns Family Team 239.464.2984**

Boating and Beach
- ½ Acre Homesite w/Panoramic Water Views
- Private Waterfront Setting
- South Seas Location
- Sailboat Access Plus Beach
- **$1,975,000** MLS 2130367
- **Jim Branyon 239.565.3233**

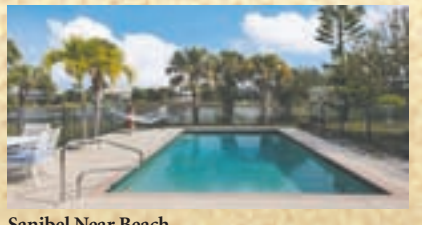
Steps to Beach – Chateaux Sur Mer
- Gorgeous Updated Ranch Style with Pool
- Beautifully Landscaped with Night Lighting
- End of Cul-de-Sac on Oversized Parcel
- 4BD/2BA Floorplan
- **$845,000** MLS 2130543
- **McMurray & Nette 239.281.4435**

Sea Oats Vacant Lot
- One of Few Remaining Lots in Sea Oats
- Cleared & Ready to Build
- Spectacular Conservation Views
- Easy Walk to Beach Access
- **$315,000** MLS 2121442
- **Sarah Ashton 239.691.4915**

Beachcomber
- 2BD/2BA, Rare to Market
- Privately Situated & Beautifully Maintained
- Stunning Gulf of Mexico Views
- Luscious Grounds, Large Pool & Tennis
- **$1,099,000** MLS 2121115
- **Burns Family Team 239.464.2984**



Pet Friendly For Owners
- 2 Bedrooms, 2 Bathrooms
- Fully Furnished on Beach
- Close to All Amenities
- Beautifully Updated Throughout
- **$498,000** MLS 2130290
- **Sally Davies 239.691.3319**



Sanibel Near Beach
- 3BD/2BA with Wide Open Lake Views
- Desirable, Quiet, Near Beach Neighborhood
- Large Lot with Spacious, Heated Pool
- Open Floor Plan, Vaulted Ceilings
- **$629,000** MLS 2130386
- **John & Denice Beggs 239.357.5500**

Stunning, Private Sanctuary Residence
- 4 Bedrooms, 5.5 Bathrooms
- Located on Oversized Lot/
- Awesome Pool/Spa & Entertaining Areas
- Private Elevator & Model Furnished
- **$1,595,000** MLS 2101101
- **McMurray & Nette 239.281.4435**

PRESTIGE MLS Member

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North Carolina: Cashiers, Franklin, Highlands, Lake Glenville, Lake Toxaway and Sapphire Valley