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VOL. 21, NO. 8 | SANIBEL & CAPTIVA ISLANDS, FLORIDA | AUGUST 16, 2013

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Cutting the ribbon at the new Wildlife Education Boardwalk at the JN "Ding" Darling National Wildlife Refuge are, from left, Amy Nowacki, Marilyn Kloosterman, Barbara Von Harten, Paul Tritaik, Doug Congress and Carol Strange photos by Jeff Lysiak

'Ding' Unveils Wildlife Education Boardwalk

by Jeff Lysiak

Nearly 15 years in the making, the new Wildlife Education Boardwalk – which connects The Sanibel School property with the JN "Ding" Darling National Wildlife Refuge – was unveiled on Monday afternoon, with several classes of school children, project donors, local officials and honored guests attending the ribbon-cutting and dedication ceremonies.

Paul Tritaik, manager of the refuge, explained that the idea behind the boardwalk began in 1999 under the leadership of then-refuge manager Lou Hinds. However, the project got sidetracked for several years.

"What was originally envisioned as a bridge is now a beautiful boardwalk," said Tritaik, who noted that discussions with the "Ding" Darling Wildlife Society in 2010 reignited the idea to build the boardwalk, two-story covered pavilion and observation tower. "We are very excited to see this finally come to fruition."

From the back of the school, the boardwalk is only steps away, but is cleverly hidden by a natural forest of mangroves. In fact, one of the gates that separates the school from the pavilion features a mangrove motif.

The boardwalk will be open to the public on Thursdays, beginning August 22 and is expected to be open every day beginning October 1. It may be accessed through the refuge via the Indigo Trail. It's a three-quarters-of-a-mile, round-trip hike between the Education Center and the Wildlife Education Boardwalk's pavilion, where walkers, bikers and hikers will have a restful stop amongst the mangroves. There, they may spot an alligator swimming by or see a wide variety of wading birds the refuge is famous for.

"This is great," said Marilyn Kloosterman, one of the most fervent supporters of the project, upon seeing the pavilion for the first time. "I love what they've done here for the school and the children."

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Refuge Manager Paul Tritaik talked about the history of the boardwalk project, which began in 1999

Emergency Response Volunteers Needed

The Sanibel CERT (Community Emergency Response Team) is looking for volunteers to participate in upcoming training. The training will consist of eight aspects of response to emergencies such as hurricanes, tornados and others. The Sanibel CERT members are members of the community that are willing to help others in a time of need, when police officers and firefighters are busy with other aspects of a disaster. CERT members learn first-aid, preparedness and overall safety.

The course will take place over eight weeks, meeting once a week for approximately two hours a week. The course takes place at Sanibel Fire Station #1 on Palm Ridge Road on Tuesday evenings from 6 to 9 p.m. The course starts on September 10 and runs through November 5.

Contact Assistant Chief Matt Scott at 472-5525 or mscott@sanibelfire.com if you would like to participate in this training opportunity.☼

June Tourism Numbers Are Up

The June tourism numbers are in – and they look good.

Smith Travel Research, consultants to the Lee County Visitor & Convention Bureau, recorded a 54.4 percent occupancy rate in June, reflecting a 4.3 percent increase for The Beaches of Fort Myers & Sanibel. That's up from 52.1 percent in June 2012.

Revenue per average room (RevPar) June figures increased by 7.2 percent over June 2012. Year-to-date, occupancy is up 6.7 percent and RevPar is up 10.1 percent over the same period in 2012.

Similar increases were reported at Southwest Florida International Airport. During the month of June, 473,208 passengers traveled through the Fort Mtyers airport. Figures represent an increase of 4.2 percent compared to June 2012 and a year-to-date increase in passenger traffic of 6.5 percent over the same period last year.

U.S. News & World Report recently ranked Sanibel's Bowman's Beach #10 on its list of 12 Best Beaches of the World in 2013.☼

Ms. Mary and Ms. Cindy are ready for lots of excitement with 2-year-olds and 3-year-olds at Children's Education Center of the Islands

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Everyone's favorite Pre-K teacher, Ms. Lu, is surrounded by her newest Pre-K class. This is her 24th year teaching at CECI and she is still going strong.

Back To Preschool

After another successful summer program, the Children's Education Center of the Islands welcomed students back to school on August 8. Smiling faces and welcoming hugs greeted the children as they began the school year.

CECI offers Pre-K instruction as well as classes for 3-year olds and 2-year-olds up to five full days a week. The school is an official Florida State Voluntary Pre-Kindergarten Provider which earned a score of 100 percent on their VPK Readiness Rate by the Florida Deptartment of Education. They provide a curriculum that enhances and stimulates growth socially, emotionally, cognitively and physically.✲

Students working together to build the most awesome marble run ever seen

CECI Afternoon Program Open Enrollment

The Children's Education Center of the Islands announced open enrollment in its afternoon program to all preschool aged children. CECI is the only island preschool that offers an afternoon program from the hours of 1:30 to 5:30 p.m.

During the afternoon, CECI also offers extracurricular programs such as music and movement, sign language, science and nature, arts and crafts, and cooking.

Space is limited. Contact Jana Yates at 472-4538.✲

Bag Day Is August 16 At Noah's Ark

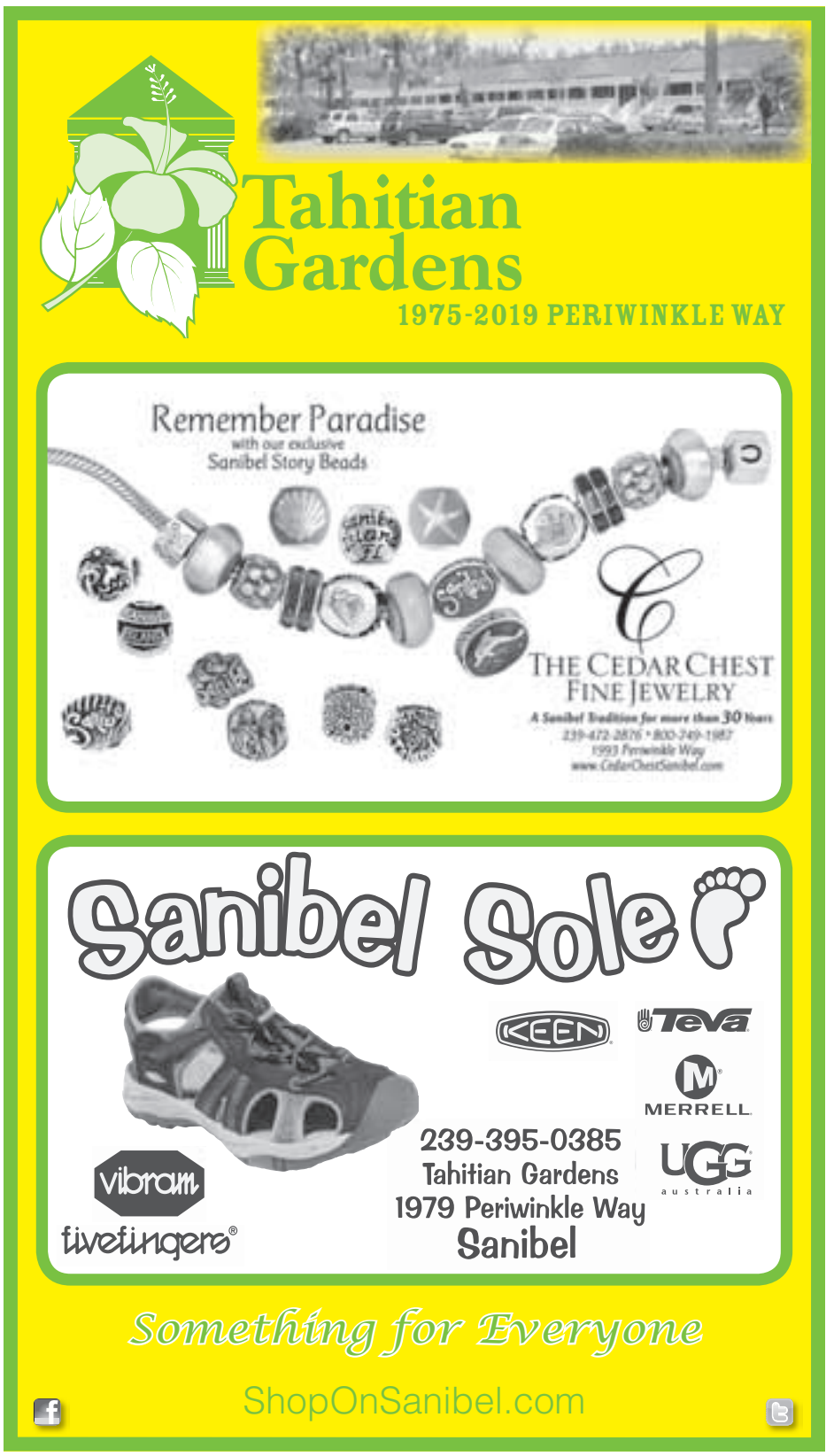
Friday, August 16, from 9:30 to 11:30 a.m., is Bag Day at Noah's Ark Thrift Shop. Customers may buy marked bags in the parking lot for $4 each and then fill them with items they choose from the store. Anything that doesn't fit in a bag will be 80 percent off.

Bag Day marks the end of summer season for the Ark, which is then closed for cleaning and repairs. Deep price reductions are also available in the days leading up to Bag Day.

Noah's Ark will reopen for the winter season on Tuesday, October 1 and will be open on Tuesdays and Fridays during the month of October. In November, the schedule will return to the usual times of Mondays through Fridays, 9:30 a.m. to 12:30 p.m., and the first Saturday of each month.

Noah's Ark will be closed for donations from August 16 to September 1. After September 1, all donations will be appreciated. Thank you to all our donors for helping to make our charitable mission possible.

Noah's Ark is located behind St. Michael and All Angels Episcopal Church at 2304 Periwinkle Way on Sanibel. For more information, call 472-3356.✯



Don DeLuca, vice president and general counsel for the Royal Shell Companies (third from right) presented a check to CROW's hospital director, Dr. Heather Barron. Pictured with DeLuca and Dr. Barron are CROW board secretary, Jeff Burns (second from right), hospital staff and student interns.

CROW Receives Gift From Royal Shell

Don DeLuca, vice president and general counsel for the Royal Shell Companies, recently presented a check to CROW's (Clinic for the Rehabilitation of Wildlife) hospital director, Dr. Heather Barron. The donation represents a matching gift for funds raised at the 2013 CROW Classic and will be used to support direct patient care at CROW's wildlife hospital.✯

Contest Winner Reveals Unique Connection To Captiva

'Tween Waters Inn Island Resort announced that the winner of the Vacation of a Lifetime contest was Deborah Tilson of St. Paul Park, Minnesota. In a Hollywood-like twist, this mother who lost her 19-year-old daughter, Kristine, to domestic violence, now gets to return to the very beach where she spread her daughter's ashes – once a year for the next 25 years – as part of a promotion that generated more than 12,000 entrants.

In January, 'Tween Waters Inn of Captiva Island revealed the Vacation of a Lifetime contest, an opportunity to win a lifetime of free vacation, including one three-night vacation for two at 'Tween Waters Inn for 25 consecutive years. The resort randomly selected a winner among 12,000 entries. Although Tilson was randomly selected, she has a touching connection to 'Tween Waters Inn.

Tilson's daughter, 19-year-old Kristine Larson, was tragically murdered by her boyfriend Zachery Matthews. Her strangled body was found in a burning car after Larson had attempted to collect her two-year-old son, Darion, from Matthews. In 2008, Matthews was sentenced to life in prison for the murder of Kristine Larson.

While cleaning her patio three months later, Tilson discovered Kristine's notebook stashed under a chair cushion. Before her death, Kristine had begun scribbling notes and creating a budget that would allow her to treat her mother to a vacation – the destination, 'Tween Waters Inn Island Resort. Tilson was unaware of the plans, had never heard of the resort and, to this day, doesn't know how Kristine came to fall in love with this particular location. To honor her daughter, in 2010 Tilson and her family finally made the journey Kristine had always wanted – to 'Tween Waters Inn – where they released Kristine's ashes on the beach.

When asked about the coincidence in the story, Tilson stated, "Without my daughter's planning to visit 'Tween Waters Inn, I would never have experienced such awesome beauty." Now having won a lifetime of vacation at 'Tween Waters Inn, Tilson is able to return each year and visit Kristine's final resting spot.✯

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Photo Contest Deadline Approaching

The 26th annual "Ding" Darling Days Amateur Nature Photography Contest deadline 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 JN "Ding" Darling NWR or by mail to "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).

Liz Noffsinger of Milford, Ohio won second place last year with her photo of an adult and juvenile osprey on their nest

• Photos must be taken at JN "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. Do not place hangers on the backs of photographs. Frames are not

continued on page 8

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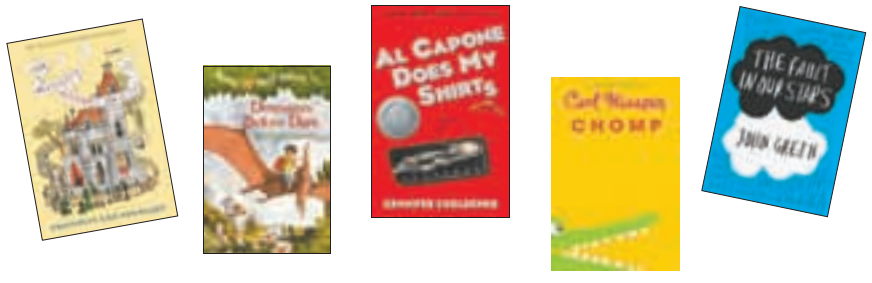

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Local fly fishing expert Drew Chicone will be autographing copies of his new book, Featherbrain, Sunday August 18, from noon to 3 p.m. This top-notch fly tying work looks at the craft from a new, more scientific, angle and provides detailed instruction for beginners and experts alike. Chicone teaches how to tie his favorite saltwater flies and how to invent new patterns of your own.

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INSIDE CITY HALL

Talmage Says Permitted Uses Process Creates 'Winners, Losers'

by Anne Mitchell

Inching along on ways to streamline the permitting process for businesses, the Sanibel Planning Commission on Tuesday recommended adding some more uses to the list of those permitted without requiring a lengthy and costly application process. But they also kept many uses in the "conditional" category, which does require more scrutiny.

For example, bike rental businesses would be permitted, as would non-motorized boat and canoe rentals and caterers. But car washes, restaurants, carry-outs and coin-operated laundries would remain subject to public hearing.

Sanibel's codes can be aggravating and perplexing and the city council wants to make improvements as a means to stimulate the island's commercial districts and encourage owners to upgrade and renovate.

Under existing codes, any business use that is not specifically listed in Sanibel's codes is prohibited from opening on the island – at least without a variance or amendment.

Last month, the seven commissioners were asked to fill out a matrix indicating whether changes should be made to more than 100 permitted uses and 30 conditional uses – and on Tuesday, they went through the list and took straw votes.

Even planning commissioners have trouble at times understanding the codes and the reasoning behind them.

Commissioner Chuck Ketteman wondered, for example, why there is no car wash on the island, saying one would create less impact than would people washing cars in their driveways and allowing the dirty water to run onto the land, or driving 26 miles round trip to an off-island facility. "To me, it's an anomaly," he said.

But codes are not the issue regarding car washes, said Planning Director Jim Jordan. "A lot boils down to the economics of the market. There was a car wash here at one time."

In addition to recommendations made by the commissioners, Jordan and his staff put forward three uses to add to the permitted list. They are professional studio for fine arts, dance, photography, sculpture, music, drama and such; home inspection and home watch services; and office sharing involving no more than two separate uses.

Restaurants should still to go through the public hearing process, Jordan recommended, because they create issues such as noise, odor and traffic and the public should have a chance to have input.

Commissioner John Talmage said according to his research, the best practice is to consider the impact, not the use. He cited issues such as the Sanibel Sea School hitting obstacles in its plan to use underwater microscopes and how Three Crafty Ladies would need a permit to offer sewing classes in the store.

"These are unintended consequences of what you are trying to prevent," Talmage said. He also said by having permitted and conditional uses, the city was in effect "choosing winners and losers in the marketplace."

Jeremy Kane, representing the Sanibel and Captiva Islands Chamber of Commerce, said the city should look at consequences rather than uses. "There is already a land development code that prohibits "any use of lands to be conducted in a manner so as to produce noise, odor or any other irritant," he said.

Whatever the commission recommends will still have to go before the city council for a final decision. But there is still more work to be done.

Vice Mayor Doug Congress was present throughout Tuesday's meeting and said it would make sense to sort items into similar categories for consistency at the next meeting.

Commission Uses Consent Agenda For First Time

For the first time, the Sanibel Planning Commission on Tuesday used its newly-approved "consent agenda" process.

The city council has long used the format for passing routine and non-controversial matters and those that don't require amendments. The aim is to streamline the agenda. Now, the planning commission is following suit.

All other agenda items are handled individually.

However, if a commissioner or a member of the public has a question or comment on a consent agenda item, it can be pulled for discussion.

On Tuesday, there were three items on the consent agenda for approval: the minutes from the last meeting; a resolution already voted on to allow for Sanibel Deli & Coffee Factory to expand into adjoining space and add seating; and a resolution, also previously approved, for preliminary plat approval allowing the tennis courts at Beachview Country Club Estates to be operated separately from the golf course.

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Erosion Prevention Measure Approved

by Anne Mitchell

With erosion eating away at its bayfront lot, Cypress Holdings LP received permission from the Sanibel Planning Commission on Tuesday to construct a shoreline revetment at 1191 Bird Lane.

The commission voted 6-0, with Chairman Mike Valiquette absent, to approve a conditional use permit and a development permit to allow the work to go ahead.

City Planner Roy Gibson said the erosion control measure will consist of 163 feet of rip rap revetment materials and plants. It is to replace a failing retaining wall.

"We are recommending the application providing additional plantings are done," Gibson said "It is consistent with the Sanibel Plan for a natural appearing shoreline."✡

End Of Summer Celebration

Sanibel Community Association is hosting the Wilbur Smith Law Firm on Thursday, August 22 at The Community House from 5 to 7 p.m., in appreciation of their support of The Community House. This complimentary party will feature Robbie Hutto on guitar, appetizers and complimentary cocktails.

Please join Teresa, Sawyer Smith, Wilbur Smith and Joe Viacava as they welcome your neighbors, friends and island wage earners to celebrate the end of summer and the fiscal well-being of The Community House.

RSVP by email to info@sanibelcommunityhouse.net. For more information on this event or to become an SCA sponsor, visit www.sanibelcommunityhouse.net or call 472-2155.✡

Share your community news with us.
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Republican Women's Lunch

The Lee Republican Women Federated will meeting Monday, September 9. The meeting begins with a social hour at 11:15 a.m. followed by lunch and the program.

The speaker will be Florida State Representative for District 79, Matthew Caldwell.

It will take place at the Hilton Garden Inn, 12601 University Drive, Fort Myers. Cost is $16.

For reservations, call 432-9389 or email: cindylignelli222@gmail.com.

Contact: Michele Duryea, Publicity Chair LRWF michelemduryea@embarqmail.com or call 239-280-7653.✡

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From page 5

Photo Contest

permitted. 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. 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 week-long 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.✲

Workshop For Moms And Toddlers

FISH of Sanibel, Inc. is hosting a free workshop for moms and toddlers on Monday, August 26 from 10 to 11 a.m. The Island Mom's Group will meet at the FISH Walk-In Center, 1630 Periwinkle Way. All island moms with children newborn through 5 years are welcome, either alone or with their children. It is a time for fun, refreshments, learning and sharing with other moms and their children. Work together to research and organize new topics of discussion, introduce interesting speakers and maintain regular get-together times. This group is sponsored by FISH, Healthy Start of Lee County, and the United Way of Lee County.

To sign up or for more information, call Christine or Jessi at 472-4775.✲

Love That Dress! Tickets On Sale

Love That Dress! 5 is on the count down to the ultimate shopping spree of the year! With less than two weeks to go, the dress donations and silent auction items have been pouring in. This year marks the five year anniversary, with exciting new additions to the event such as a VIP Auction room that consists of a NAPA Valley trip, a woman's Dream Closet donated by All About Closets filled full of surprises and more. Centurylink will present the inaugural Founder's Ceremony Awards honoring the founding LTD! Committee of 2009.

In addition, light hor d'oeuvres will be offered as well as drink specials. Make your bid on swanky silent auction items like weekend stays, exclusive Vintner wine lots, over 3,000 dresses Gap to Gucci with name brands and designers that include BCBG, Evan Piccone, Nicole Miller, Theory, DKNY, Tahari, BeBe, Dolce & Gabbana, Juicy Couture, J Crew, WHBM, Banana Republic, Jones NY, Talbot, Kenneth Cole, Free People, Chicos, Express, Boston Proper, Anne Taylor, Antonio Melani, GAP and more, all priced from $10 to $30 per item. Brand new designer, hand-beaded couture gowns donated from House of Wu that normally retail for thousands will be sold for $50 each.

A local favorite chocolatier, Justin Schaffer of Irresistible Confections, will be there with their famous "girl's best friend" chocolate champagne fountain, chocolate high heels and his delectable milk chocolate covered grapes. Local DJ Robert McDonald of New Beginnings Events will provide the music and top dancing hits.

Tickets to Love That Dress! 5 are limited and tend to sell out fast. Fashionistas, and the men who adore their spectacularly dressed women, do not miss this event! This is a wonderful girls nite out opportunity to shop, network, and support a great organization. For tickets to Love That Dress! 5, visit www.LoveThatDress.org.

There are several fun ways to support Love That Dress! Donations of new or gently worn dresses are accepted at drop off collection sites leading up to the main event. Drop-off locations throughout Lee County can be found on www.pacecenter.org/centers/lee/lee-ltd/donation-sites. All kinds of dresses are suitable, from sundresses to suits, formal gowns to bridal. For the latest details, pre-parties and events, follow Love That Dress! on Facebook.

Donations of specialty goods, services and gift cards are also needed for the silent auction. Examples include jewelry, hotel stays, beauty baskets and gift cards for cosmetic services, retailers and restaurants. Items favorable to women are preferred. Donations of this type may qualify for an in-kind sponsorship. To help, contact Kelsey Thompson at kthompson@markham-norton.com. In addition, cash and in-kind sponsorships are available ranging from $10,000 to $500. Sponsors receive a variety of perks in recognition of their generosity by contacting Kendra Sutton at kendra.sutton@fmbcmail.com.✲

English Country Dancing

Learn the social dances of the 17th, 18th and 19th centuries at the Wa-ke Hatchee Recreation Center. Lessons are offered on Tuesdays from 6:30 to 8:30 p.m. all year round. Dress is casual, and participants should wear flat shoes with non-slip soles. Partners are not necessary, and beginners are welcomed.

Lessons are free after a one-time payment of $10, which covers lifetime membership to Wa-Ke Hatchee Recreation Center. Contact Gillian Carney at 603-9828 or email fortmyersdancers@hotmail.com. Also, visit http://dancefl.us/ecd/FtMyersECD.shtml.

Wa-ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. Call 432-2154 for more information.✲

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CHR Executive Director Touts Successes To Island Zontians

submitted by Dalia Jakubauskas

Community Housing and Resources (CHR), Sanibel's low-cost housing initiative, has made a remarkable turnaround from a once struggling operation to a thriving non-profit, according to Kelly Collini, executive director, thanks to the support of the City of Sanibel, its citizens and its service organizations, including the Zonta Club of Sanibel-Captiva. Collini spoke before a gathering of Zontians at a meeting held on August 7 at Cip's Place on Sanibel.

Zonta is among a number of island service organizations that support CHR with hands-on volunteer work as well as financial grants made through the Zonta Foundation of Southwest Florida. CHR is a 501(c)3 non-profit dedicated to providing below-market housing for those living and/or working full-time on Sanibel, seniors and the disabled. Prospective tenants and buyers must qualify by meeting federal Housing and Urban Development guidelines, Collini said.

She noted that the 30-year-old organization has faced numerous challenges and, as recently as last year, was running a $30,000 deficit. Today, however, through hard work, cost saving measures and creative fundraising, CHR has wiped out that deficit and has begun to build a reserve fund, she said.

Zontian and CHR volunteer Lynn Ridlehoover, Zonta President-elect and CHR board member Robyn Moran, and CHR Executive Director Kelly Collini

Since joining CHR as executive director 15 months ago, Collini helped establish a development committee. With a goal of $75,000 for 2013, the committee so far has raised $73,000 from community donations and fundraising events like the Mardi Gras held last February.

Earlier this year, The Zonta Foundation of Southwest Florida, the non-profit arm of the island club, awarded CHR $1,700 to provide support for female residents wishing to advance their education and $2,300 to provide for closing costs on a home for a female applicant. The latter is going to a single mother with four daughters. "So this is actually helping five women," Collini exclaimed. "We can't thank Zonta enough."

Zonta also provides volunteers to do service alongside CHR residents, such as painting, landscaping and small repairs. One of those volunteers is Zonta President-elect Robyn Moran, a CHR board member and chair of its Landlord Tenant Committee.

"With the help of the City of Sanibel and island residents, we have been able to house over 72 families," Moran said. "Many are workers in various businesses. They could be servers in your favorite restaurant, your bank teller or a receptionist at your doctor's office."

Collini said the 43 women and 36 children living in CHR housing could not afford to live on Sanibel without CHR and the willingness of the community to support mixed-income housing. "I wish you could be sitting across from the applicants when we tell them they are in," she said. "There are tears and there is joy."

The Zonta Club of Sanibel/Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to strengthen women's lives on the islands, in Lee County and around the world through Zonta International. For more information, visit www.zontasancap.com.

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The two-story covered pavilion and observation tower

photos by Jeff Lysiak

The gate which connects the school and the pavilion is decorated with a mangrove motif

Birgie Vertesch, executive director of the "Ding" Darling Wildlife Society, thanked the donors and sponsors of the boardwalk

From page 1

Boardwalk Unveiling

"I just think this is fabulous," added Millie Ford, one of the founding members of the "Ding" Darling Wildlife Society. "I think this would make a wonderful spot to hold weddings, too."

Barbara Von Harten, principal of the school, noted that the boardwalk amenity would allow her students to "see Sanibel's eco-systems up close." Vice Mayor Doug Congress added that it was a "phenomenal project for the city, the school and the refuge to work on together."

Donations for the $170,000 project came from the Jim Sprankle Duck Decoy Exhibit sponsorships, the George and Miriam Martin Foundation, and memorials to the late Win Kloosterman.

According to Supervisory Refuge Ranger Toni Westland, teacher training that will allow any school to use the Wildlife Education Boardwalk will begin at the end of September at the refuge.

Phase 2 of the eco-friendly boardwalk, which is anticipated to be completed by November, includes interpretive Scat & Track as well as teacher-use panels for hands-on learning.

Birgie Vertesch, executive director of the "Ding" Darling Wildlife Society, thanked the project partners, donors and sponsors, including Amy Nowacki, architect and project manager; Travis Pritchett of Artistic Structures; Tim McLaughlin of On Site Services of Mid-Florida; Rob Watson of Grounds by Greenways; Mike Delate and Grady Minor, civil engineers; the Lee County School System, The Sanibel School and Von Harten, Sanibel Recreation Center, "Ding" Darling Wildlife Society and the entire refuge staff, including Tritaik, Westland, Joyce Palmer, Becky Wolff and Jeremy Conrad.✯

One of the four interpretive panels found along the Wildlife Education Boardwalk

Ranger Toni Westland, right, leads refuge visitors across the new boardwalk

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Meets on the first Sunday of each month from December through April at the Sanibel Congregational Church, 2050 Periwinkle Way at 5 p.m. A pot luck is held at a member's home on the third Sunday of each month. For more information call 433-4901 or email ryi139@aol.com.

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Tom Cooley shows a group how to use a drum kit at last year's WOW at Sanibel Congregational United Church of Christ

WOW! Program Registration Open

Registration for the third annual Wednesdays of Wonder (WOW!) in September held at Sanibel Congregational United Church of Christ is now open. This year's theme is WOW! God Loves Us! Sharing God's Love Through Art, Music, Science and Fun!

WOW! will be held at Sanibel Congregational United Church of Christ every Wednesday in September (September 4, 11, 18 and 25) from 3:30 to 6 p.m. Last year, over 40 kids enjoyed activities that include knitting, making a video, arts and crafts, dancing, building and music. They are offering wide variety of activities, including cross-stitch, crafts and music, allowing each child opportunities to try out a range of activities. There will also be presentations by the JN "Ding" Darling National Wildlife Refuge and others.

Tuition for all four weeks is a total of $25 for one child and $50 for two or more from the same family. Tuition covers snacks, dinners and the activities for all four weeks.

Registration forms are available at Sanibel Congregational United Church of Christ's office at 2050 Periwinkle Way on Sanibel during office hours Monday through Friday from 9 a.m. to 3 p.m. and online at www.sanibelucc.org. Parents of kindergarten to fifth graders are urged to sign up their children early, as they have limited space available. The registration deadline is August 31.

If you would like to volunteer to help, can lead an activity or if you have any questions, contact Pastor Deb Kunkel at 472-0497.

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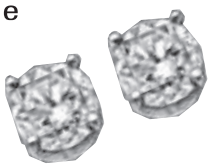

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Jordan McKnight from Big Cypress National Preserve ignites vegetation along one of the units at the Bailey Tract on August 8 during a prescribed burn

photo by Toni Westland

The day after the prescribed burn, a wetland area filled with spartina and cabbage palms appears charred

photos by Jeff Lysiak

Prescribed Burn At Bailey Tract Ends With Wind Shift

by Jeff Lysiak

When word was sent out last Tuesday morning that the first prescribed burn of the 2013 season was scheduled to take place on the morning of August 8, all of the partner agencies associated with carrying out the carefully planned and managed blaze on JN "Ding" Darling National Wildlife Refuge land went into action.

But because weather can influence whether or not a prescribed burn will take place – including factors such as temperature, wind, humidity and precipitation – the scheduled start date for the burn may be pushed back a day or two, or even a week, depending upon forecast conditions.

However, conditions were perfect for a burn at the Bailey Tract on Thursday.

Gathering at a staging area on Island Inn Road at 10 a.m., 20 firefighters, refuge officials and emergency personnel were handed an eight-page incident action plan, along with a map of the Bailey Tract (divided into "units," showing the sequence in which they would be burned).

Under the command of "Burn Boss" Paul Ryan, fire operations and fuels technician at "Ding" Darling NWR, the prescribed fire procedure was explained, step-by-step, from staying alert for thunderstorm formations, being alert to hazards – including poor footing, snakes and keeping hydrated – and what to do in case of an accidental injury.

"There's a boardwalk in there, with spartina on both sides of it, so we may want to douse it before we go in there," Ryan told his crew, later adding, "The chance of rain today is 10 percent until around 2 p.m., then it goes up to around 40 percent."

According to refuge officials, carefully planning and conducting managed burns can prevent the likelihood of catastrophic wildfires and help preserve the natural ecology of the area. This technique – called a "prescribed fire" – is aimed at reducing the amount of dried vegetation or overgrowth, known as "fuel." Prescribed fires are planned and carefully conducted by well-trained and experienced wildland firefighters operating under strict conditions, known as "prescriptions."

Assisting the JN "Ding" Darling NWR with the August 8 prescribed burn were officials from Big Cypress National Preserve, Florida Panther National Wildlife Refuge, the City of Sanibel, Sanibel Police Department, Sanibel Fire & Rescue District, Sanibel-Captiva Conservation Foundation, the Southern Florida/Caribbean Fire District of the U.S. Fish and Wildlife Service and National Park Service.

Shortly before 2 p.m., the burn was suspended due to a shift in wind direction.

"We started to get a bit of a sea breeze," said Ryan. "We talked to the National Weather Service, we got our spot weather forecast, and we follow our prescription parameters. We had to shut it down."

However, Ryan was very pleased with the work that was completed.

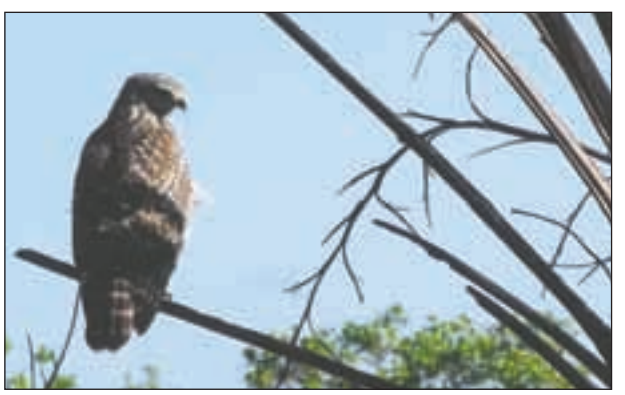
"I think we got just over half of the acreage," he noted. "We burned three of the seven units we planned on burning and we had just started the fourth unit. I'm really pleased with the way everything burned."

The following morning, Toni Westland, supervisory refuge ranger at "Ding" Darling NWR, surveyed a small portion of the Bailey Tract which had been burned.

continued on page 15

"Burn Boss" Paul Ryan goes over the prescribed burn incident action plan

Fire personnel gathered on Island Inn Road prior to the start of the prescribed burn



A red-shouldered hawk perches in a newly-burned cabbage palm

Kevin Godsea and Toni Westland were stationed at the Public Information Booth at Bailey's General Store last Thursday. Here, Westland speaks with Mary and Anna Hill from South Bend, Indiana about the prescribed burn.

From page 14

Prescribed Burn At Bailey Tract

Cass Palmer, District 6 Fire Management officer for the Southern Florida/Caribbean Fire District, reviews the Bailey Tract map with Toni Westland, supervisory refuge ranger at JN "Ding" Darling NWR

Paul Ryan receiving the afternoon weather report from the National Weather Service

"Last night, we got about two inches of rain on the island, which helps calm everything down," said Westland. "Otherwise, we would've brought crews in here overnight to monitor the site. They would also come in the next morning to check it again, but with all that rain, they don't have to."

The test unit, the first area of the Bailey Tract that was burned, includes a wetland filled with patches of spartina and several cabbage palms. During Westland's inspection of the unit, a red shouldered hawk flew overhead and landed on one of the scorched cabbage palms, apparently using the perch to look for prey.

"That's just what we want to see here," added Westland, who took out her phone and began snapping pictures of the bird. "This is good for wildlife."

Later, Westland and Ryan spoke about the condition of the unit and meeting the objectives of the prescription, burning approximately 40 of the 60 acres at the Bailey Tract.

No date was established for completion of the prescribed burn at the refuge site, nor any details for additional burns on Sanibel – which was to have included a stretch of land along Sanibel-Captiva Road and at Legion Curve – this season.☼

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Shell Museum To Undergo Renovations

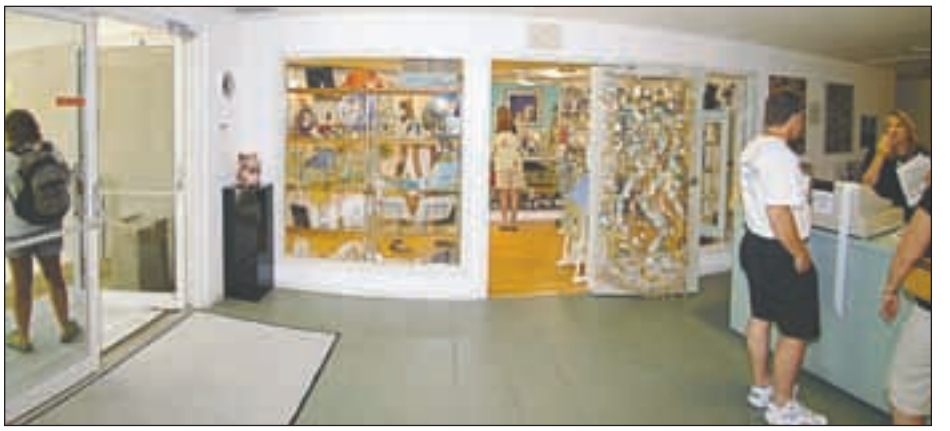
The Bailey-Matthews Shell Museum

September is that time of year when things tend to slow down on the islands – marking the end of summer months and reminding us of the impending season. So why not take advantage of this down time to catch up on a few projects? The Bailey-Matthews Shell Museum plans to do just that by doing some much needed renovations.

From September 21 through October 4, the Shell Museum will be closed to visitors.

The work scheduled will include some major reconstruction to the front lobby and the museum store, including a new acoustical ceiling, and new windows and front doors that meet the current wind mitigation standards. There will also be some updates to the electrical fixtures including some new lighting, switches and outlets, and alarm system.

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



The front lobby and store will get a makeover

Free Bunche Beach Birding Tour

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Also waterfowl, raptors and warblers gather here.

The next free Bunche Beach Birding Tour will be held on Saturday, August 24 from 8:30 to 10:30 a.m.

Participants should meet on the beach. Located in South Fort Myers, off Summerlin Road, drive south of John Morris Road until it deadends. Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015.

This event is free with the parking fee of $1 per hour (tour is approximately two hours long). Restrooms are in building at the first parking lot. Provided in cooperation with Lee County Parks and Recreation.☼

Piping plover photo by Meg Rousher

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CROW Case Of The Week:

Gopher Tortoises

by Patricia Molloy

The gopher tortoise *(Gopherus polyphemus)* is an ancient species, originating more than 60 million years ago in western North America. CROW is treating five gopher tortoises at its wildlife hospital.

The trait that makes these tortoises so extraordinary is their willingness to share the burrows that they construct – which average six-and-a-half feet deep by 15 feet long – with other creatures, such as indigo snakes, burrowing owls, frogs, rabbits and opossums. This gracious act of tolerance has earned them the name of keystone species. If a single gopher tortoise abandons its home due to injury or death, the burrow would fall into disrepair, causing the other wildlife inhabitants that rely on it for survival to disappear.

A turtle's shell is comprised of two parts: the carapace, which is the dome-shaped upper shelling, and the plastron, the flat shelling on the bottom. Both gopher tortoises were admitted to CROW with carapacial fractures, likely caused by careless drivers. The wildlife veterinarian staff treated each patient's shell injuries by gluing grommets to the defects and tying them in place with

This gopher tortoise, patient #1363, makes its way slowly to a grassy field on CROW's campus for a bit of exercise and grazing. These ancient creatures can live to be 40 to 60 years old in the wild.

lacing. "They are doing really well," said Dr. Heather about patients #1310 and #1363.

The clinic has a policy of monitoring all patients with shell fractures for a minimum of three months. "It can take up to six depending on how bad the injury was, how stable it was after repairing it, and how old it was when it arrived. All those things factor in for me," she added.

With all patients, one of Dr. Heather's biggest concerns is pain management. When discussing the severely injured #1310, she said, "I just want to make sure she is comfortable and doesn't have any pain."

Hopefully, both patients will continue to fare well on their road to recovery and be released back in the wild.

Once liberated, they will use their shovel-like front feet and elephantine hind feet to build new burrows. Once their homes are established, the gopher tortoises will soon welcome other roommates and their families to move in. As was once famously stated in a Kevin Costner film,"If you build it, they will come."

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

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August Offers So Many Angling Options

by Capt. Matt Mitchell

August fishing offers anglers in Southwest Florida just so many options. This week I really enjoyed catching clients a wide variety of fish. Over the last two weeks the bay has really bounced back to life with tons of baitfish and feeding birds. Despite all the nasty looking brown water out there, the fish are feeding.

For non-stop, rod bending action both Redlight Shoal and Captiva Rocks have been stacked up with giant schools of small bait fish along with an assortment of predators feeding on the schools of bait. Look for the feeding birds to catch trout, mackerel, jacks, ladyfish and bluefish. This smorgasbord of species will keep anglers busy while fishing around these bait schools.

Grouper fishing in our deeper passes remains consistent with the best bite coming while bottom fishing with big live pinfish on the incoming tide. Finding the good bottom structure is key to this. When we do hook a grouper, I like to put a quick mark on the GPS and continue to work this same area.

While fishing for grouper with Jennifer and John Oatley of Sanibel this week,

Jennifer Oatley of Sanibel with her 29-inch gag grouper

Jennifer had two really nice keeper gags with the largest being a solid 29-incher. If you're looking for a fresh fish dinner, it does not get much better than a gag grouper.

Shark fishing in Rocky Channel this week was the hottest big shark bite I have found so far this summer. During a two-hour period we had roughly a dozen hook-ups on what were some really big sharks. Even using heavy single strand wire we lost many more of these sea monsters than we caught. Average size of the sharks we did get to the boat was six feet plus. Many that we hooked made these six-footers look small, often making 300-yard-plus runs before parting ways. Soaking big chunks of fresh mullet on the low outgoing tide had these sharks all fired up. During low tide periods this is shark central and one place I would never swim!

Early in the week, big mid-day high tides had the redfish bite going on. While fishing with Gary Pankonien of Austin, Texas this week, Gary caught a 16-pound, 35-inch redfish in the southern sound. After targeting snook for most of the morning, once the tide got up high enough we switched gears and moved on to redfish. This beast of a redfish ate a big pinfish tail hooked and flipped deep under the mangroves around the mouth of the river.

Low water snook fishing in the passes was still happening and was a good option for anglers on the lower stages of the tide. Big pinfish drifted through the passes caught lots and lots of fish. Mangrove fishing for snook was also going on during the flood tide. Many of these mangrove fish are sat out from the trees in sand holes. A 37-incher was the big snook of the week. caught and released on my boat while mangrove fishing

Gary Pankonien of Austin, Texas with a 35-inch redfish caught this week while fishing with Capt Matt Mitchell

With so many options out there despite the blazing summer heat, this is a great time of year to be on the water fishing. To make the most of any given day, bring a variety of tackle and be prepared to switch it up as you never really know what the day will bring.

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.

Fish Caught

Mary Laser-DeMik with her cobia catch

Captain Kevin Vertesch and Mary Laser-Demik with their catches

Mary Laser-DeMik, sportfishing aboard the *Tight N' Right*, caught her first 37-inch, twenty-plus-pound cobia out in the Gulf of Mexico in about 80 feet of water on July 28. According to Laser-DeMik, the fish fed nine people!

On the same excursion, Captain Kevin Vertesch (aka Captain Ahab) caught a 44-inch, 30-pound cobia.

Shore Fishing:
Don't Harm The Fish

by Capt. Matt Mitchell

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

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

Baby great horned owl
photos courtesy of CROW

An Inside Look At Wildlife Recovery

The CROW Picture Show offers an insider's look at why critters come to the Clinic for the Rehabilitation of Wildlife, and features photos of the wild animals who wind up there.

Last year, Southwest Florida's only wildlife hospital cared for 3,583 sick, injured and orphaned animals. Of the

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Jensen's Marina
Captiva Island

Baby raccoon

Baby screech owl

200 different species, 61 percent were birds, with 33 percent mammals and six percent reptiles.

Due to restrictions imposed by governmental agencies, CROW cannot allow visitors to view patients in person. But in this hour-long presentation, visitors will see numerous photos of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.

Gopher tortoise

The next CROW Picture Show is on Friday, August 23 at 11 a.m. in the CROW Healing Winds Visitor Education Center 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.

The fee includes the presentation, plus the opportunity to explore the hospital's hands-on educational facility and become familiar with CROW's efforts to save wildlife through compassion, care and education.

For more information, call 472-3644 ext. 228 or visit www.crowclinic.org.☼

Bird's Eye View

Limpkin On Sanibel

by Mark 'Bird' Westall

Some of you may know that I am doing habitat management work on the Sanibel River for the City of Sanibel Public Works Department and this year I am clearing the river from Tarpon Bay Road to Chateaux Sur Mer. North of the Bailey Tract and Island Inn Road, the city and SCCF (Sanibel-Captiva Conservation Foundation) have restored some of the old natural oxbows of the river channel and I have to maintain these channels as well. You can walk around part of the oxbow area if you hike through the trail system of the Sanibel Gardens Preserve.

A week ago Thursday, on August 8, I was working on a section of the oxbows that cannot be seen from the trail system and right now it is even a little difficult to paddle that area because the chara is so thick that trying to paddle over it is like trying to paddle over a sponge. This water plant that grows naturally in the freshwater wetlands of Sanibel can become quite prolific when conditions are right, especially during droughts. Usually, it is not a serious problem for canoes or kayaks, but until this summer, Sanibel had been experiencing drought conditions for about the last six years and, thus, the chara is really thick. I will be anxious to see if it declines a little with the returning normal rain patterns we've received this summer.

But while I was scouting out an area that I planned to start working in this week, there, standing on a large mat of chara, was a limpkin, with several other species of wading birds, mostly immature little blues and a few snowy egrets.

I have seen limpkins many times when traveling through the swamps of South Florida, but this bird was only the second one I have ever seen on Sanibel. I'm not quite sure why he/she was here, but I thought that those of you who are still on the island this summer might want to keep your eyes open for the bird, especially if you ever hike the trails that go through the Sanibel Gardens Preserve or the Bailey Tract.

The limpkin – who supposedly gets its name from the appearance that it has a limp when it walks – looks a lot like an overgrown immature white ibis, but the

continued on page 21

Sea turtle crawl tracks in the sand

SCCF Sea Turtle Nesting Statistics

Below is where we stand with sea turtle activity as of August 9, and the previous two years for comparison.

As of August 9, 2013:
Sanibel East – 55 nests, 113 false crawls, 11 hatches
Sanibel West – 286 nests, 389 false crawls, 59 hatches
Captiva – 130 nests, 82 false crawls, 50 hatches

As of August 9, 2012:
Sanibel East – 68 nests, 145 false crawls, 0 hatches
Sanibel West – 241 nests, 518 false crawls, 44 hatches
Captiva – 114 nests, 172 false crawls, 14 hatches

As of August 9, 2011:
Sanibel East – 37 nests, 84 false crawls, 11 hatches
Sanibel West – 238 nests, 358 false crawls, 85 hatches
Captiva – 76 nests, 54 false crawls, 39 hatches

*False crawl = a failed nesting attempt

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

From page 20

Limpkin On Sanibel

limpkin does not have a whitish belly and its bill is thicker. It could also be confused for a large rail. It is the only extant species in the family *Aramidae* today and actually appears to be more closely related to cranes. It can be found throughout the wetlands of the warm parts of the Americas, from Florida to northern Argentina, but is typically a rare siting on Sanibel.

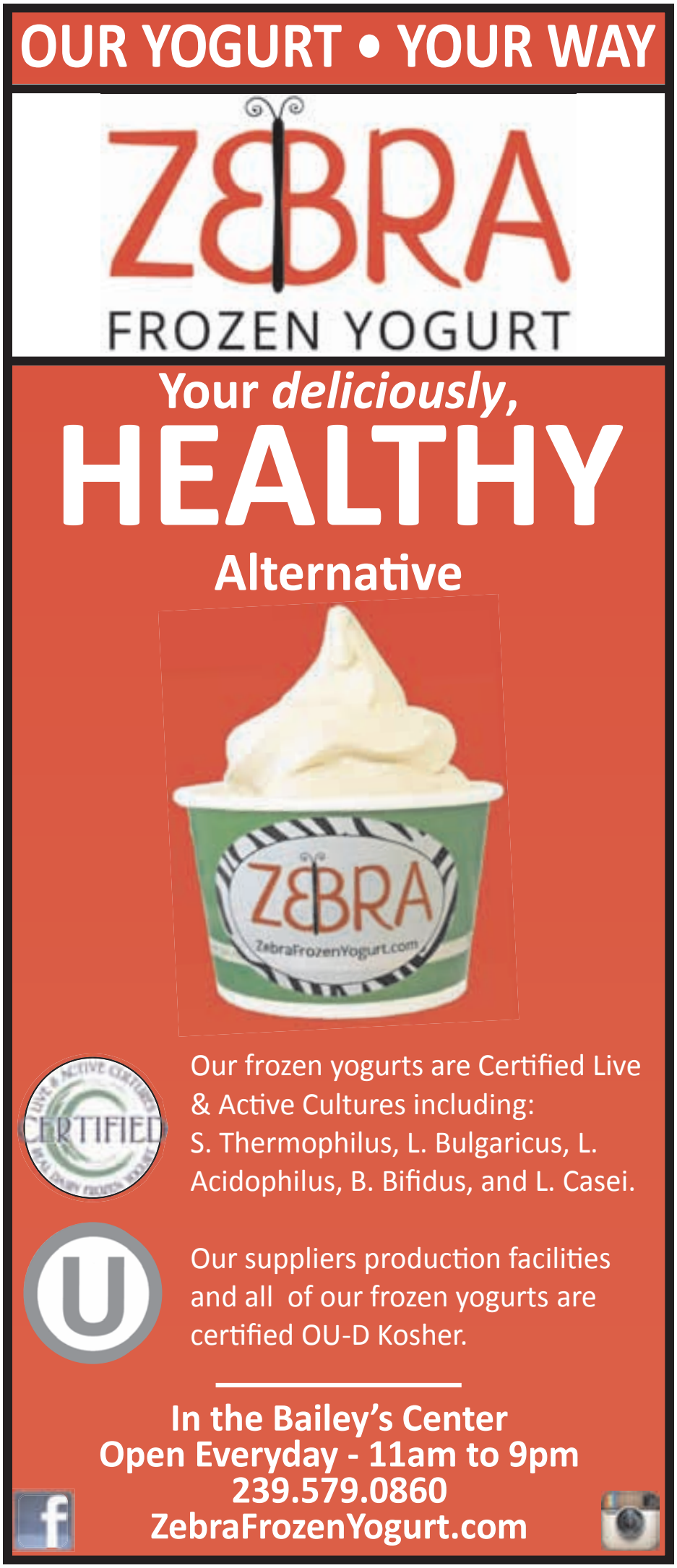
It prefers freshwater marshes and swamps (which is why we don't see it much on the mudflats in the refuge) and feeds primarily on the apple snail, but will also take insects, frogs, lizards, crustaceans and worms. The bird is easier to hear than see as it is primarily nocturnal and crepuscular. Its common call is heard mostly during this time and sounds like a loud, wild wail or scream. Its call is so eerie that Hollywood loved to use the limpkin's call in Tarzan movies and I had to laugh when I read that its call was used for the hippogriff in the film *Harry Potter and the Prisoner of Azkaban*.

When seen in shallow marshes, it feeds similarly to the way ibises feed and, in deeper water, is quite often seen standing on floating vegetation looking for food. Limpkins have exceptionally long toes which makes it possible to grasp the floating vegetation. And that was exactly how I saw the bird on the Sanibel River last week. It was standing on the chara in the middle of the channel and, although it was obviously nervous at my approach, it allowed me to come to within about 30 feet before it flew up into the nearby trees and waited until I was able to maneuver the canoe past the spot where it had been feeding.

So, if you are out walking around Sanibel's freshwater wetlands this summer during the twilight hours or in the middle of the night and you hear a spooky, loud wail coming from the darkness of the swamp, it just might be our rare visitor, the limpkin.

Or, it might be a hippogriff!

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.



Urban farmer Bob Donnelly conducts an outdoor Urban Farming workshop at the Alliance for the Arts GreenMarket in August 2013

Preparing The Fall Garden In Florida

The 2013 Urban Farming Workshop Series concludes on Saturday, August 17 at the Alliance for the Arts GreenMarket with Preparing The Fall Garden in SWFL. The discussion will focus on ways to prepare gardens so they will begin producing in October, including building beds, amending the soil and starting seedlings in pots prior to planting. Fall and winter are the prime growing seasons here in Southwest Florida.

The 2013 Urban Farming Workshop Series has been incredibly successful, with hundreds of people attending throughout the summer learning about topics including composting, growing fruit trees, herb gardens and backyard beekeeping. Many attendees have been inspired to convert their yards from pesticide and fertilizer hungry lawns into vegetable plots, kitchen gardens and permaculture projects. The large attendance numbers demonstrate a growing interest in more sustainable practices in our community. Urban farming has many benefits, like reducing carbon footprints, eating healthier, exercising more, keeping old skills alive, saving money and even building community.

Saturday's final workshop will be presented by Millisa Bell, known as The Unruly Gardener. She's a master gardener and urban farmer well known in the community. The workshop is free, but a $5 donation is suggested to help the Alliance continue bringing these kinds of programs to the public.

Urban farmer Millisa Bell

For more information, visit www.artinlee.org, search for Alliance for the Arts GreenMarket on Facebook, or call 939-2787. While you're at the market be sure to visit the Alliance Gift Shop and Gallery, both of which remain open every Saturday.

Roseate spoonbill, a "Ding" Darling Refuge favorite
photo by Terry Baldwin

Volunteer helping visitors identify birds

Yellow-crowned night heron with a crab
photo by Jan Master

An Audubon Florida Special Place

Sanibel's 'Ding' Darling National Wildlife Refuge

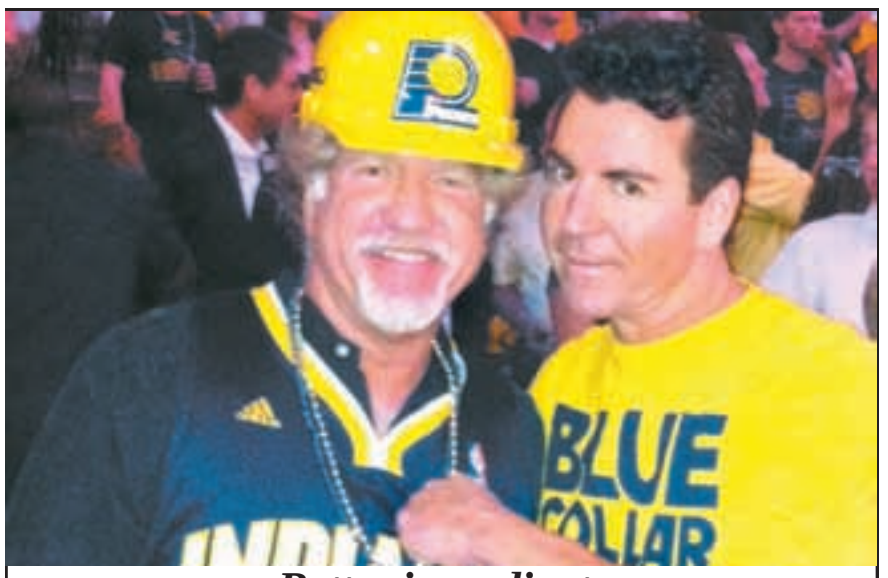
submitted by Stuart Langton

Arthur Frommer, the noted travel author, lists Sanibel Island first among his 10 favorite travel destinations, adding bird watching at Sanibel's "Ding" Darling National Wildlife Refuge is "one of the great natural sights of wildlife in America." That is how I felt first visiting the refuge with my family. After catching snook on a fly rod, seeing alligators, roseate spoonbills, white pelicans, wood storks and 27 other bird species in an hour, my son said, "Dad, this would be the coolest place to live." Little did I know in 25 years, I would own a house abutting the refuge and it would become my neighbor and favorite "special place" in Florida.

Today, Sanibel is renowned for seashell beaches and conservation areas that cover over half the island. The refuge was established by President Harry Truman in 1945 with support from citizens concerned about development threats. An avid supporter was Jay Norwood Darling, a winter resident of nearby Captiva, and an influential political cartoonist who signed his cartoons "Ding." In 1967, the refuge was renamed the J.N. "Ding" Darling National Wildlife Refuge.

The original refuge included 2,900 acres of mangroves, hammocks and estuary that were dredged for shallow ponds to control mosquitoes and attract birds. The spoil was used for the five mile long Wildlife Drive, the most popular refuge attraction, now visited by up to 800,000 annually. To manage visitor impact, Wildlife Drive is closed Fridays, no commercial buses are allowed, and people are encouraged to hike, bike or take a guided trolley tour.

continued on page 31



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Plant Smart

Whitetop Sedge

by Gerri Reaves

Whitetop sedge is a common freshwater wildflower

Whitetop sedge (*Rhynchospora colorata*) is a semi-aquatic plant native to Florida. Found in virtually every county, it grows along roadsides, in fields, marshes, wet pinelands, swales and ditches, and even in brackish sites.

When not in bloom, this wildflower resembles other common grasses or weeds, but when in bloom, which is most of the year in South Florida, it's noticed for the drooping green and white flowers.

But what appear to be slender white and green petals are actually bracts, modified leaves at the base of the flowers.

The rather inconspicuous inflorescence in the center of the bracts is composed of a round cluster of cone-shaped spikelets of small white flowers.

The inflorescence and bracts appear to have been dipped in bright white paint, because the tipped ends of the bracts are green. This feature earns the plant the common name painted sedge.

Those half-white-half-green bracts attract insect pollinators, which is rare among the usually wind-pollinated sedges.

The downward curving bracts, of which there are usually three to seven, create a drooping star effect, thus the sedge is also known as star-rush.

The drooping tapered petals are actually bracts that surround the inconspicuous inflorescence photos by Gerri Reaves

The real leaves that grow from the plant's base measure four to 16 inches long and only about a quarter of an inch wide. They taper to a point and have parallel veins. The slender stems are triangular to round.

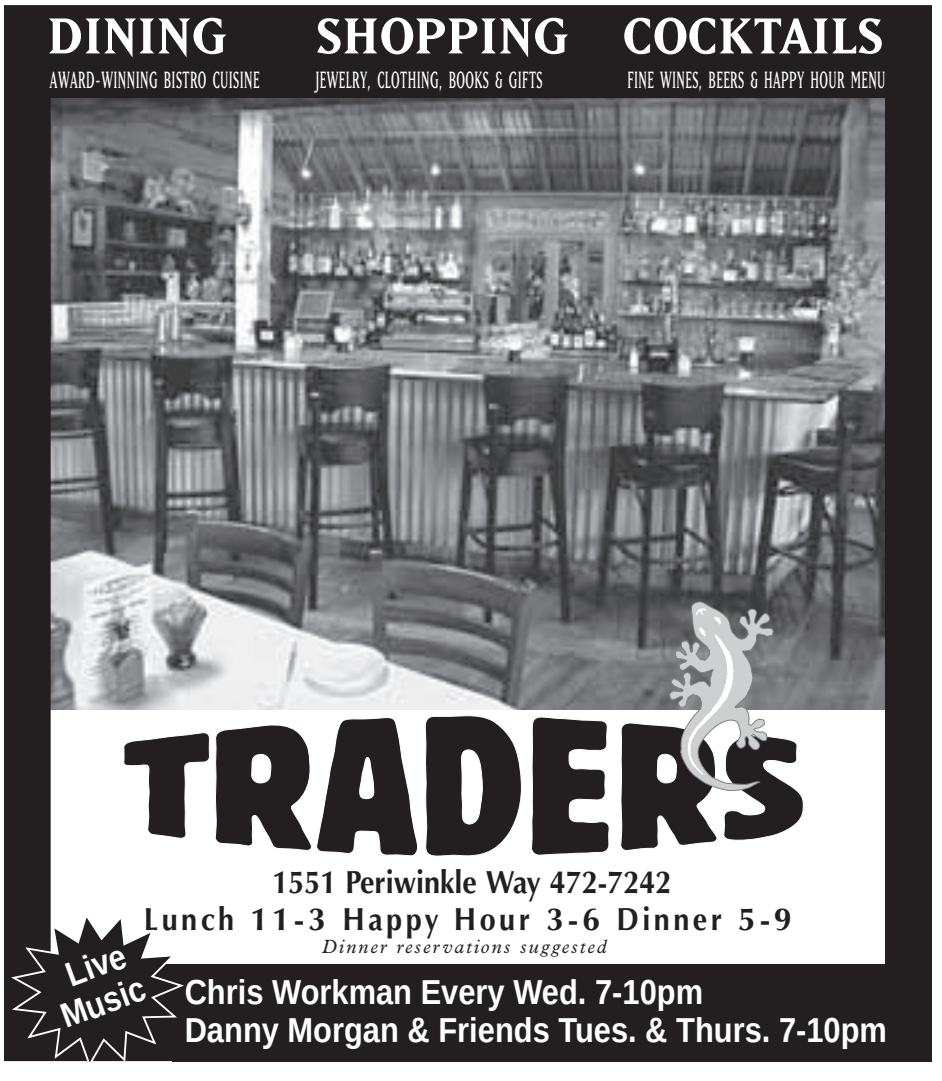
Whitetop sedge can grow up to three feet high but is usually no more than two.

Plant it in wet areas of the landscape in full sun or partial shade. Use it as a groundcover in a natural garden or include it in a bog garden.

It spreads via rhizomes, or underground stems. Propagate it by clump division or with the beaked seeds that give it – yes, another name! – beak rush.

Sources: *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, plants.ifas.ufl.edu, plantbook.org and wildflower.org.

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



BIG ARTS Features A Variety Of New Workshops Beginning In September

Enrollment has started for upcoming workshops at BIG ARTS. BIG ARTS is 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. Full workshop schedules are available online at www.BIGARTS.org or by contacting the main BIG ARTS office at 395-0900.

Fused glass by Petra Kaiser

Pottery On The Wheel with Kelly Flaherty begins September 3, meets Tuesdays 6:30 to 9 p.m.

Glass Fusing with Petra Kaiser begins September 4, meets Wednesdays 9:30 a.m. to 12:30 p.m.

Open Studio: Life Drawing, Non-Instructed with Carol Rosenberg begins October 4, meets Fridays 9:30 a.m. to noon

Adult Tap Workout with Bobby Logue begins October 8, meets Tuesdays, noon to 1:30 p.m.

Open Studio: Paint with Friends with Jane Hudson begins October 9, meets Wednesdays 1 to 4 p.m.

Glass Fusing with Petra Kaiser begins October 9, meets Wednesdays 9:30 a.m. to 12:30 p.m.

Glass Fusing with Petra Kaiser begins October 10, meets Thursdays 9:30 a.m. to 12:30 p.m.

Intermediate Tap with Bobby Logue begins October 11, meets Fridays, 9 to 10:30 a.m.

Pottery On The Wheel with Kelly Flaherty begins October 15, meets Tuesdays 6:30 to 9 p.m.

Singing 101 for Adults with Lynn Martindale begins October 16, meets Wednesdays 7 to 8:30 p.m.

Applied Drawing Basics with Ann McCarty Sickels begins October 19, meets Saturdays 9 a.m. to noon

Adventures In Watercolors & Mixed Media with Carolyn Councell begins October 22, meets Tuesdays 9:30 a.m. to 3:30 p.m.

Youth Vocal Performance with Lynn Martindale begins October 26, meets Saturdays 10 to 11:30 a.m.

Clay, Sculpting, Ceramics & Pottery On The Wheel with Marjorie Bronsted begins October 30, meets Wednesdays 3:30 to 6 p.m.

Individual flute, piano and saxophone lessons with Jennifer Valiquette are available for children and adult students.

Next season brings back BIG ARTS 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 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.

The fourth season of BIG ARTS Winter Academy is also open for enrollment and features new 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. A comprehensive list of Workshop and Winter Academy classes and schedules is available online at www.BIGARTS.org.

BIG ARTS Workshops are sponsored by Sony Corporation of America.

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.☆

Kelly Flaherty, workshop instructor

Celebrity Chefs Announced For 3 Wishes Extravaganza

An all-star list of local and national celebrity chefs are participating in the second annual 3 Wishes extravaganza benefiting three local nonprofits this fall.

Taking part in this year's Cave of Wonders on Friday, November 8 to benefit Golisano Children's Hospital of Southwest Florida, Ronald McDonald House of Southwest Florida and Make-A-Wish Southern Florida are:

Marbin Avilez-Guzman Sr., The Firestone, Fort Myers
Florian Bellanger, Mad-Mac, New York City and Food Network Cupcake Wars judge
Jason Billington, Angelina's Ristorante, Bonita Springs
Harold Blanik, Crü, Fort Myers
John Cook, Norman Love Confections, Fort Myers
Byron Cruz, Ruth's Chris Steak House, Bonita Springs
Dan Forgey, Norman Love Confections, Fort Myers
Keegan Gerhard, D Bar Desserts, Denver and Food Network Challenge series host
Rachel Godlin, Norman Love Confections, Fort Myers
Neil Griffin, Il Cielo, Sanibel Island
Johnny Iuzzini, Sugar Fueled Inc, Brooklyn and Bravo's Top Chef Just Desserts head judge
Jay Johnson, Bubba's Roadhouse & Saloon, Cape Coral
Todd Johnson, Rumrunners, Cape Coral
Norman Love, Norman Love Confections, Fort Myers
Billy Mak, Blu Sushi, Fort Myers
Maura Metheny, Norman Love Confections, Fort Myers
Sebastien Thieffine, The Ritz-Carlton Resorts, Naples

Event co-chairs Michele Eddy and Lori Sampson-Wilson announced that this year's event will be held at the Sidney & Berne Davis Art Center in Fort Myers from 6 p.m. to midnight.

The Cave of Wonders theme will include a captivating progressive dinner where guests will move through the Marketplace, to the Sultan's Palace, and then complete their evening in the Cave of Wonders.

"We are grateful for the willingness of such highly acclaimed local and national chefs working with us this year," said Eddy. "We are creating a signature event that will bring awareness to our three local children's charities, supported by a giving community."

While in the Marketplace, guests will enjoy belly dancers, appetizers with a Moroccan flair, a signature drink and fire dancers. For dinner, diners will be lead to the Sultan's Palace for a three-course meal followed by a live auction. To conclude the evening, guests will gather in the Cave of Wonders for exquisite desserts.

"This event should be a 'must-do' on anyone's event calendar," added Sampson-Wilson. "We will have an extraordinarily memorable experience for our attendees."

At last year's event, more than 30 guests enjoyed a three-course progressive evening hosted by Michele Eddy, Gary King and Rose O'Dell King along with Norman and Mary Love. The more than $30,000 raised was divided equally among three local charities: Golisano Children's Hospital of Southwest Florida, the Ronald McDonald House of Southwest Florida and Make-A-Wish Foundation Southern Florida. Local chefs and restaurants provided food for the evening including Hemingway's (Chef Justin Fleming), Sea Salt (Chef Fabrizio Aiello) and Norman Love Confections (Chef Norman Love).

According to Sampson-Wilson, this year's goal will be to have all donations given to the charities with costs covered by sponsorship dollars.

For more information about the event or sponsorships, contact Michele Eddy at 450-2798 or Lori Sampson-Wilson at 850-6697.☆

Read us online at IslandSunNews.com

Symphonic Chorale Auditions

The Symphonic Chorale of Southwest Florida will hold auditions for volunteer singers on August 24, 26 and 28 at Covenant Presbyterian Church, 2439 McGregor Blvd. in Fort Myers. Appointments will be available all day on the indicated Saturday and both Monday and Wednesday evenings.

The chorale is embarking on its third season as an independent organization under the direction of Timothy McDonnell. As such, it produces its own concerts with professional instrumentalists. The first of these is scheduled for February 8, 2014, and will include the *Requiem in C Minor* by Michael Haydn as well as Vivaldi's *Gloria*. The second concert of choral masterworks is April 5, 2014. This program includes the *Lord Nelson Mass* by Joseph Haydn, Michael's elder brother. Other works will be by Beethoven and Mendelssohn.

The chorale was previously affiliated with the Southwest Florida Symphony Orchestra. The two organizations continue to collaborate successfully. The chorale will perform as part of the Symphony's Holiday Pops concerts on December 14 and 16 and its Movie Musicals Pops on March 7 and 8, 2014.

Interested singers age 15 and older may contact chorale Vice President Jackie Ferguson at 283-2353 or JFerg8@aol.com to schedule a time. Auditions are 15 minutes in length. Singers should bring two copies of a vocal selection and be prepared to sing scales and to sight read.

The chorale rehearses on Tuesday evenings from 7 until 9:30 p.m. at Canterbury School, 8141 College Parkway in Fort Myers.

Several paid positions are also available for degreed singers and those pursuing professional music careers. Please contact Dr. McDonnell at musicmcd@gmail.com for complete details on those positions only.☆

Top Ten Books On The Island

1. *Sanibel Flats* by Randy Wayne White
2. *Sanibel Sunset Detective* by Ron Base
3. *Living Sanibel* by Charles Sobczak
4. *My 92 Years On Sanibel* by Francis Bailey
5. *Sand In My Eyes* by Christine Lemon
6. *Casual Vacancy* by JK Rowling
7. *Lighthouse Point* by Lisa Preston Murphy
8. *Me Before You* by Jojo Moyes
9. *Light Between Oceans* by MI Stedman
10. *Signs of Fate* by Kristen Hartman

Courtesy of Sanibel Island Bookshop☆

Spy Games At Theatre Conspiracy

by Di Saggau

Theatre Conspiracy begins its 2013-14 season with a Cold War romantic farce, *Red Herring* by Michael Hollinger. It's set in 1952, the year Dwight D. Eisenhower was elected president and Senator Joseph McCarthy was on the hunt for Communists. The production is fun and fast-paced, with solid performances from the whole cast. A special shout-out is in order for the amazing Lauren Drexler, who portrays the prim '50s housewife Mrs. McCarthy, the boarding-house matron Mrs. Kravitz and the hilariously unflappable wedding boutique hostess.

There's an FBI man, Frank (Mike Breen), wooing a police detective, Maggie (Katie Pankow), until a dead body pops up. There's Lynn (Erica Wagner), McCarthy's daughter, and her fiancee, the nuclear physicist James Appel (Steven Coe), an "I Like Ike" guy who is idealistically passing secrets to the Soviets. Then there's Andrei (Scott Thompson), the Russian boyfriend of Mrs. Kravitz, who has a thing for Rogers and Hammerstein, and delights the audience with his mannerisms when he pretends to be mute.

The action shifts between Boston, Wisconsin and the South Pacific as each couple faces their own romantic and, at times, political crises. Most of the actors play more than one role. Wagner was a riot as the gal in charge of the marriage license bureau. Another hilariously improbable scene is at the confessional where Lynn and Andrei make a priest's job a living nightmare. Breen handles the priest's job with aplomb.

Snappy dialogue and lots of wise-cracks make the play a pleasant romp and a fun experience. I enjoyed the large billboard advertising "Ogilby Kippers. Put a fish in your pocket," featuring two men in a fishing boat. The *Dragnet* sound effects were also amusing. There are lots of plots and romantic entanglements that eventually are resolved. Not to mention a package of Velveeta cheese, or is it really cheese?

Red Herring plays through August 24 at Theatre Conspiracy, in the Foulds Theatre at the Alliance for the Arts in Fort Myers. For tickets call 936-3239 or go online at www.theatreconspiracy.org.☆

Scott Thompson and Katie Pankow

Our email address is press@islandsunnews.com

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Marion Hall

Sherry Collier

Joan Mikelsons

Sanibel-Captiva Art League

San-Cap Art League Summer Exhibit

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

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

Ellie Gause

Carol Rosenberg

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I ♥ SANIBEL

Show your colors!

This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

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Traders
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Rita McLain

Carolyn Johns

ground in art. One of the features of the Art League is their willingness to promote the enthusiasm and interest of all artists.

For more information about Art League membership and upcoming events, write to P.O. Box 1192, Sanibel, FL 33957 or log on to www.sancapart.com.

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Book Review

Humorous Beach Read

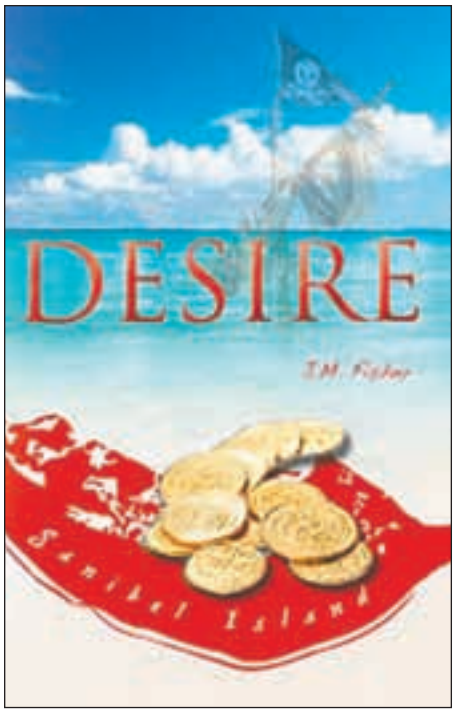
by Di Saggau

A sense of humor is always appreciated, and Sanibel author Jess Fisher definitely has one. Not only is it obvious in his latest book, *Desire*, but in the letter he sent to the *Island Sun* requesting a review. He wrote "… you were kind enough to interview me about my novel, *Dangerous,* and you wrote a wonderful article – which I had framed and now show to every person I meet, even though it is difficult to carry a framed newspaper story everywhere I go. Especially when I'm in the men's room.

During our conversation, I eluded to my next novel, which toyed with the idea that pirate Black Ceasar's treasure was buried on Sanibel Island – and the man who had control of the treasure map was intending to sell it on eBay.

"Well that new book has been released – titled – wait now, I know you can't bear the tension created by the new book by a Sanibel author – here it is: *Desire*.

"I have already sold two copies – I bought one and my mother returned hers."



You'll chuckle over and over traveling with reporter Jack Tyler as he searches pristine Sanibel Island for the treasure reportedly buried by pirate Black Ceasar. It's estimated to be worth $70 million, so it attracts the attention of many treasure hunters, including Milton Bradley, Bing Cherry, Morton Salt and a number of unsavory characters. Fisher has fun naming his characters.

Nothing is sacred in the wild hunt for fortune and fame – it's an expedition to the dark side of human nature – a journey of unrestrained sexual attraction, greed, backstabbing, lying, taking without permission – and the surprised – "Why me?"

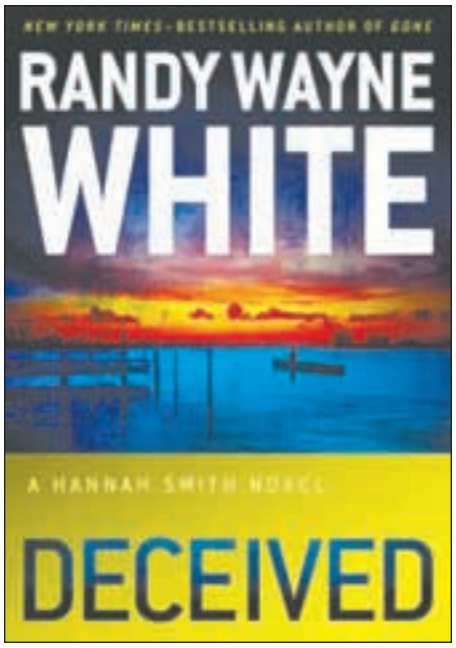
It's the world of Wilkerson Blade, an evil corporate hatchet man, a heavy named Ron Crete, who lives on Casa Ybel Road, and a wiry wise guy – Taco Styen – who controls one-half of a "really old and possibly authentic" treasure map.

Jack, along with his cohort of dubious character, Reno Fox, slithers into the underworld and snakes his way between Sanibel's coconut trees to be the first to uncover the lost loot.

The book begins with: "A long time ago, a derelict pirate ship, leaky and with torn sails, meandered past the bay side of Sanibel Island. The rogue vessel, named *Senora de la Alta Mar*, was manned by a motley crew who were in desperate need of a dental hygienist, a shower stall and a skilled tailor. They were not a particularly handsome group, but they were loyal to their dirty ship, one-eyed captain and feisty parrot."

The book continues along the roads of Sanibel, Captiva and other known locations in our area as everyone races to find the treasure. This is a fun read. Fisher even makes his epilogue a treat for the reader.

Desire is available at island book stores.☆



Book Signing

Hannah Smith returns in *Deceived*, a stunning new adventure novel from Randy Wayne White, the *New York Times* bestselling author of the Doc Ford series. The Sanibel Bookshop will be hosting White for a book signing, taking place at 1571 Periwinkle Way (additional parking will be available across the street at VIP), on Thursday, September 5 starting at 6:30 p.m. White will give a short talk and

continued on page 31

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From page 23

'Ding' Darling

Another attraction is the 950-acre Tarpon Bay that encompasses mangrove islands, a canoe trail and a series of tidal lakes that provide good opportunities to fish and view birds, manatees and dolphins. Tarpon Bay Explorers offers guided tours as well as canoe and pontoon boat rentals. There is much to discover in both places as 272 bird species, 51 reptiles and amphibians, and 32 mammals have been observed.

In recent years, the refuge complex expanded to 7,600 acres by including four nearby refuges, mostly islands and marine areas. This stretches the current 15 member staff in an era of budget constraints. Yet, Refuge Manager Paul Tritaik is upbeat, noting the value of volunteer leadership and partnerships.

"Our big challenges," he says, "are managing visitor pressure, especially through education, and assuring adequate amounts and quality of water to maintain the health of our estuary. So, Everglades Restoration and control of high nutrient runoff are important to our future."

He praises the contributions of their friends group, the "Ding" Darling Wildlife Society and 255 volunteers who provide the equivalent of 13 full-time staff. "They educate, raise money for outreach, assist with research, organize programs, help obtain land, run much of our 12,000 square foot Education Center (for which they raised $3 million), and they are our best advocates."

Collaborating with the City of Sanibel, the Sanibel-Captiva Conservation Foundation, and Florida Gulf Coast University are also very important, he says, "particularly in coordinating and sharing research. We need good information to protect our ecosystem."

In a generation, I have seen a tenfold increase in visitors to Sanibel and the Refuge; but "Ding" Darling NWR is well managed and maintains its charm. I was reminded of this when my grandson last visited. After a wonderful day of canoeing, bird watching and fishing in the refuge, he pointed to a flock of two dozen roseate spoonbills and said, "Papa Stu, this is a cool place to live." I agree, and that is why I am committed to helping support it and the many other special places in Florida.

This column is one in a series from Audubon Florida. Stuart Langton, PhD, is an Audubon Florida Board member and Senior Fellow, Florida State University. For more information about the "Ding" Darling Refuge, see www.fws.gov/dingdarling and www.dingdarlingsociety.org. For more about Audubon Florida and its "Special Places" program, visit www.FloridasSpecialPlaces.org. All rights reserved by Florida Audubon Society, Inc.✲

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

Drought

by Joe Pacheco

For months and months
I have wandered
This limitless desert of block

Not a drop of fresh word falls
On my parched page
Not a metaphor or simile in sight

In my dry delirium
Mirages and images
Tantalize beyond the margins

I pray for a manna of words
To fall and deluge my pages

I suck on old poems to stay alive

Joe Pacheco, a stalwart of everything poetic in Southwest Florida, lives on Sanibel and is a member of Writer's Group 3. He just had his third book published, Sanibel Joe's Songbook. *The drought he writes about – one of his poems in the anthology – is well and truly broken. His prayer for "a manna of words" has been rewarded. Congratulations Joe on a fine book, which can be found at MacIntosh Book Store.*✲

From page 30

Book Signing

question-and-answer session. The book signing will last about one hour, or until White has finished signing. Books must be purchased from the Sanibel Bookshop to receive a ticket for the signing line.

In this gripping new novel, a 20-year-old unsolved murder from Florida's pothauling days gets Hannah Smith's attention, but so does a more immediate problem. A private museum devoted solely to the state's earliest settlers and pioneers has been announced, and many of Hannah's friends and neighbors in Sulfur Wells are being pressured to make contributions.

The problem is, the whole thing is a scam, and when Hannah sets out to uncover whoever's behind it, she discovers that things are even worse than she thought. The museum scam is a front for a real estate power play, her entire village is in danger of being wiped out – and the forces behind it have no intention of letting anything, or anyone, stand in their way.

If you can't attend the event but would like to purchase an autographed book, please call 472-5223 to pre-pay and we'll have one or more copies signed and reserved for you.✲

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VOL. 21, NO. 8 | SANIBEL & CAPTIVA ISLANDS, FLORIDA | AUGUST 16, 2013

Submarine Veterans Memorial: Part II of II

From Dream To Reality

by Jeff Lysiak

When Luc Century, the Sanibel sculptor best known for his work on the Vietnam Veterans Memorial Wall in Washington, DC, was first contacted by members of the United States Submarine Veterans to perform work on their memorial monument in Fort Myers, he immediately began thinking about submarines the way he used to when he was young.

"When I was a child, I was always curious about submarines," said Century. "They capture the imagination, whether it's during wartime or not, of being encased in a large metal chamber. There's a little curiosity about what your comfort zone would be, as much as there is a neurosis about being in a small space, of what it would be like to live inside a submarine."

Last winter, the United States Submarine Veterans decided to replace their prematurely aging monument – located adjacent to the Southwest Florida Vietnam Veterans Memorial at the intersection of Colonial and McGregor boulevards in Fort Myers – with a "new and improved" monument. After some discussions, they agreed to erect a memorial comprised of black granite.

"Black granite is so powerfully reflective in its nature," said Century. "The contrast and the colors of it will change throughout the day, so every time you visit the monument, it's going to appear to be just a little bit different."

Sanibel sculptor Luc Century, pictured with the black granite slab etched with the United States Submarine Veterans' logo. It was installed at a Fort Myers veterans monument. photo by Jeff Lysiak

Luc Century in his workshop, where he etched the names of the 65 U.S. Navy submarines that served the country over the past 113 years photo by Ken Rasi

Alexi Zayas, left, and George Montealegre install the U.S. Submarine Veterans Memorial monument on August 5 photo by Luc Century

For this project, Century was contracted to artistically etch three black granite slabs – two measuring approximately 60 inches by 30 inches and another approximately 30 inches by 20 inches – with the United States Submarine Veterans logo, creed and the names of the 65 submarines that have served the U.S. Navy over the past 113 years.

According to Ken Jordan, a member of the local United States Submarine Veterans chapter, more than 35,002 men and women have been lost while serving this country aboard submarines. However, due to the limited amount of space available for the monument, they decided to memorialize only the names of the vessels (along with their service dates) on one of the large slabs.

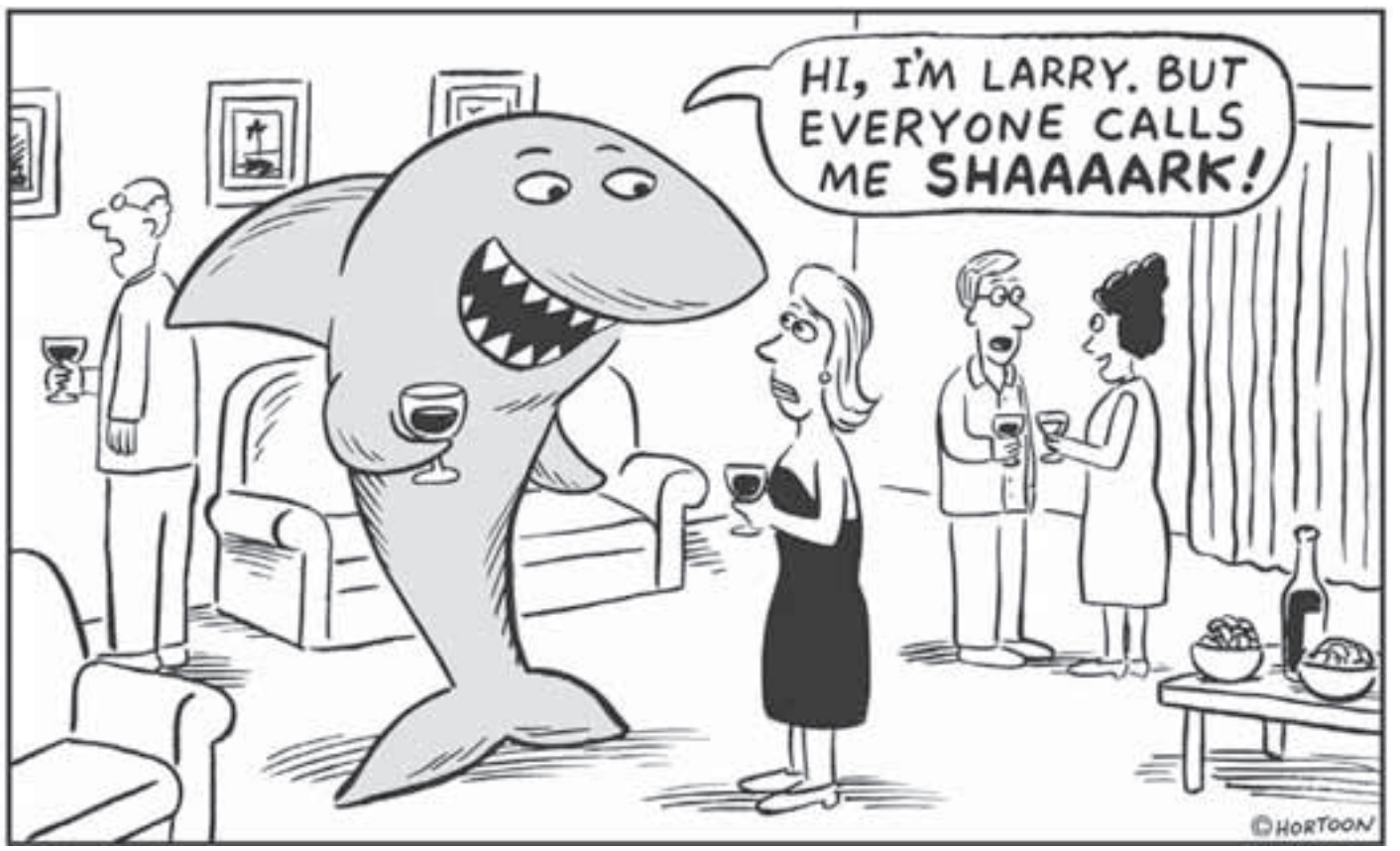
Among the famous submarines memorialized on the monument is the *USS Shark*, which became the first American submarine sunk by enemy surface craft in the Pacific on February 11, 1942; the *USS Gudgeon*, lost on April 18, 1944, the first submarine to go on patrol following the attack on Pearl Harbor; the *USS Snook,* sunk by undetermined causes during her ninth war patrol on April 8, 1945; and the *USS Bullhead,* sunk by a depth charge dropped by a Japanese Army plane on August 6, 1945, the final submarine lost during World War II.

John Troia, a member of the Cape Coral chapter of the United States Submarine Veterans, noted that more than $4,000 in private donations has been collected to complete the new monument. Donations came from friends, relatives, neighbors, local businesses, members of the American Legion and Elks Club of Cape Coral Post #2596. He also thanked Century and Solid Top Granite of Fort Myers for offering their services and support.

"I saw (Century's) work, and I'm very, very happy with it," said Troia.

The local chapter of the United States Submarine Veterans is scheduled to meet in early September to determine an unveiling date for the new memorial. Troia estimated that date may be around Veterans Day, in November.☆

HORTOONS



American Legion Post 123 News

On Sunday, August 18, American Legion Post 123 will be holding a fish and shrimp fry from 1 to 8 p.m. Music with Robby Hutto will be featured from 5:30 p.m. until closing.

On Sunday, August 25, stop by Post 123 and enjoy BBQ ribs and chicken served all day long.

Nine-ball pool tournaments continue every Monday night at 6 p.m. throughout the summer. Texas Hold 'em is played Thursdays 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. 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.☼

Send your editorial copy to:

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Inaugural Class Begins Senior Year At ECHS Lee

Lee County School students began the first day of the school year on August 8. But for the Edison Collegiate High School Lee campus seniors, it marked a very special first day. The 2013-14 ECHS Lee seniors are the very first class to complete their full high school career at the collegiate charter school.

"We are so excited to start this school year, and encounter all the 'firsts' with our seniors," said Dr. Brian Botts, Principal of ECHS Lee.

ECHS Lee is a dynamic learning environment that is dedicated to creating and sustaining the independent learning process with a focus on helping students construct knowledge through projects, hands on activities, and academic debate/discussion. An integral part of the school's mission is to connect qualified and motivated students to maximizing their college dual enrollment options.

"We strive to offer a unique learning experience for our students," said Dr. Erin Harrel, Dean of the School of Education for Edison State College. "This will be the first graduating class for ECHS Lee, and every single student has brought amazing experiences here, and we are honored to celebrate this final year with them."

For more information about Edison Collegiate High School Lee County, visit www.edison.edu/wp/echslee/. Students enjoy small class sizes and individualized attention as ECHS since the school has a maximum of 400 students in grades 9 through 12, with each class hosting 100 students.☼

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Calusa Blueway Paddling Festival Adds New Activities In November

The Calusa Blueway Paddling Festival is set to return to Southwest Florida November 1, 2 and 3 with more vendors and sponsors, increased activities and returning partners.

Among the new offerings: Festival signature non-profit partner CROW (Clinic for the Rehabilitation of Wildlife) will be hosting a Saturday afternoon micro-brew tent with a local brewery and live music on the Sanibel Causeway. The festival offers festival attendees and paddlers the opportunity to learn about CROW, local wildlife and the area's natural beauty.

KayakTrader.com will be a dynamic new media sponsor this year. The Georgia-based company is encouraging paddling clubs and paddlers to attend the festival, and in some cases is offering to transport their boats here free. Cabot Cheese of Vermont will be donating samples of their award-winning cheddar cheese as well as distributing literature promoting health and wellness.

Relay races will be held for SUPs and kayaks on Sunday, November 3, coordinated by the SWFL SUP Club. A new event -- a SUP Pup / Doggie Paddle Race – will allow festival participants to compete with their canines prior to the main relay races.

Also returning will be the Coast to Coast Expedition Challenge, a race from the Sanibel Causeway to Miami. The race is among the many VIVA Florida 500 events planned for 2013 as Florida celebrates the 500th anniversary of Juan Ponce de León's arrival here.

For the third year, Residence Inn by Marriott Fort Myers-Sanibel will be the festival signature host hotel, offering paddler-specific amenities. San Carlos RV Resort will again participate as a campground partner after having recently completed large improvement projects on the grounds and marina. Periwinkle Place on Sanibel Island will participate in the festival for the first time as a campground partner, offering special rates to paddling guests who prefer to stay on the barrier island.

The festival will welcome back several popular sponsors, including gold-level O-Sea-D Aquatic Adventures, Inc, as well as Estero River Outfitters and Hobie Kayak. Also returning are silver-level sponsors and local supporters Naples Kayak Company, Tarpon Bay Explorers, *Florida Weekly* and many others.

Find festival and trail information on Facebook by searching Great Calusa Blueway or clicking on www.facebook.com/TheGreatCalusaBlueway. Watch for updates soon on www.CalusaBluewayPaddlingFestival.com. To request trail maps be mailed to you, visit www.CalusaBlueway.com. Or download the Calusa Blueway smart-phone app at the Google Play or iTunes store.☼

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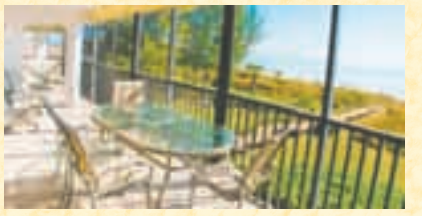

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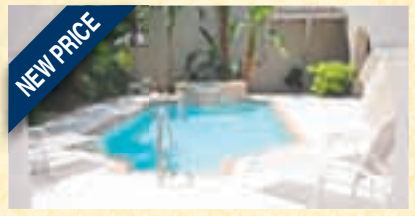

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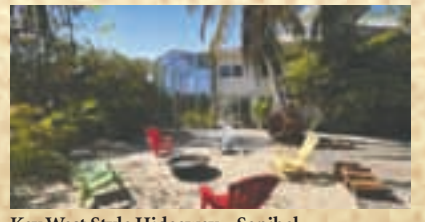

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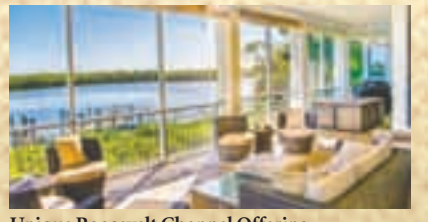

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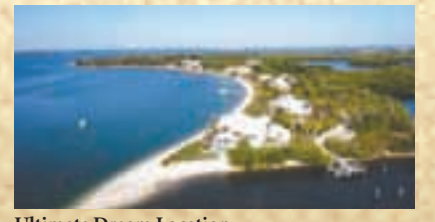

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Center 4 Life Programs

Sanibel Fit 4 Life is the motto at Center 4 Life. All ages are welcome.

Island Seniors, Inc. members may attend fitness classes by paying $3.50 per class. Island Seniors, Inc. annual membership is $20. Members of the City of Sanibel Recreation Center must show their membership cards to attend.

All Fitness classes are all based on participation and the schedule is as follows:

Happy to be Fit for Life – Monday, Wednesday and Friday at 9 a.m. This class is a combination of the Happy Hour and Essential Total Fitness held during season. Keep your heart, lungs and muscles strong and your brain fit with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords, and your body weight will be used. Class begins with a joke and ends with a positive thought for the day.

Essential Total Fitness – Monday, Wednesday and Friday at 10:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords and stability balls, along with mats, are used to strengthen your muscles. Improve core strength and balance.

Gentle Yoga with Kris Brown – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel.

Tuesday Kayaking –August 20, 8:30 a.m. There is space for 16 people on eight two-person kayaks and unlimited space for those who own their own kayaks. Kayaks, paddles and life jackets provided. Bring water, a snack, change of clothing, sun lotion, bug spray, sunglasses and a hat. Cost is $5 for members and $10 for non-members. Stop by the center to sign up.

Games

Bridge – 12:30 p.m. Monday and Wednesday

Mahjongg – 12:30 p.m. Thursday

Cost is $2.50 for members and $5 for non-members. Prizes are awarded.

Page Turners with Ann Rodman – Wednesdays at 11 a.m. A film will now precede the book, followed by the discussion of both (due to popular demand).

September 11 – *Snow Flower and the Secret Fan* by Lisa See

Spring cleaning?

Remember the fall Trash and Treasures sale Saturday, November 16. The center is accepting donations. Please, no clothes, shoes or TVs.

Call 472-5743 or stop by 2401 Library Way for details on programs or to register.☆

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Shell Point Offers Assisted Living Seminars

Many people wait until a medical crisis before considering or making the move to assisted living, but the most difficult time to make decisions is when your health is in question and you are feeling weak. Senior adults and their family members can learn the facts and weigh the benefits of assisted living for themselves or a loved one by attending an Assisted Living Seminar at The Springs at Shell Point.

Shell Point's team of experienced assisted living specialists, McKenzie Millis and Vivian Ciulla, is holding monthly seminars to help attendees determine if it is the right time to consider assisted living. During each seminar, they provide a better understanding of the differences between independent living, assisted living, and skilled nursing care. They also provide a checklist of questions to use when visiting and evaluating a potential new home for a loved one.

The next seminars will be held at 10 a.m. on Friday, August 23 and Friday, September 20 at The Springs. To learn more about assisted living and to register for one of the seminars, call 454-2077.

Assisted living provides support for shopping, meal preparation, activities of daily living and housekeeping, along with the benefits of having a physician, pharmacy, and lifestyle amenities in close proximity. Making the decision to relocate early can allow you to stay independent and make the choices that are best for you or your parent.

The Springs, located at the entrance to Shell Point, is less than two miles from the Sanibel Causeway. This location, in addition to Shell Point's comprehensive resident activities and healthcare services, are just some of the many benefits that residents of the facility enjoy. The Springs comprehensive monthly rate, excluding personal laundry, helps residents and their families plan for the most effective use of their resources. Shell Point's assisted living services provide the added security of access to the network of quality health care services provided by the Shell Point health care team, when and if those services are needed. The facility's amenities and services include a heated swimming pool, exercise facilities, transportation, dining, 24-hour healthcare staffing, and a professional activities leader who coordinates high-quality events and activities, educational and entertainment programs, and opportunities for socialization and personal growth.

For more information about The Springs at Shell Point or to request a brochure, call 454-2077, email thesprings@shellpoint.org or visit www.shellpoint.org/assistedliving.☆

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Youth Fall Basketball

Registration is now open for the Youth Fall Basketball League at the Sanibel Recreation Center. The registration fee for members is $30; non-members are $38.

The Friday game schedule is:

5:30 p.m. K to 2nd Grade
6:30 p.m. 3rd and 4th Grade
7:30 p.m. 5th to 8th Grade

Saturday mornings at 9:30 a.m. are for pre-schoolers (3- and 4-year-olds. Practice days and times are determined by coaches.

The league is looking for volunteers to serve as coaches, team parents, scorekeepers and referees. To sing up or to volunteer, call 472-0345.

The Youth Fall Basketball League is sponsored by Sanibel-Captiva Optimist Club and the City of Sanibel.☆

The Tootie McGregor Fountain at the Edison Restaurant

Tootie McGregor Fountain 100th Anniversary

A celebration of the 100th Anniversary of the dedication of the Tootie McGregor Fountain will be held on Saturday, August 17th at 11:00AM at the site of the fountain in front of the Edison Restaurant along McGregor Boulevard. Refreshments will be served. The public is invited.

The Tootie McGregor Fountain was donated to the City in 1912 and was dedicated on August 17, 1913. The fountain was commissioned by Dr. Marshall O.Terry in honor of his wife. Tootie was one of the most influential people in the City of Ft. Myers. Among many of her contributions, she was responsible for the construction of the roadway named for her first husband, "McGregor Boulevard," opening up the expansion of residential and commercial growth in southwest Lee County. She also donated the land now named Terry Park that eventually became the site of the Philadelphia A's spring training camp beginning the long tradition of baseball spring training in Lee County.

One of the goals of the Public Art Committee and the Historic Preservation Commission is to repair and restore the fountain close to its original state when it was dedicated to the city in 1913. The anniversary dedication will also serve as an awareness of the need to ensure that the legacy of Tootie McGregor remains for the next century. Significant deterioration is noted on the fountain's structure and repairs estimated at $65,000 are needed to stabilize the fountain. A fund-raising campaign will be launched in the near future.

Share your community news with us.
Call 395-1213, Fax: 395-2299
or email press@islandsunnews.com

Ocean's Reach Makes Select List

Ocean's Reach Condominium Resort has been named to the Expedia Insiders' Select list for 2013, one of three properties in Southwest Florida – and the only one on Sanibel Island -- to be recognized with the prestigious award.

The Insiders' Select list represents the best-reviewed hotels in Expedia's global travel marketplace, featuring the "top one half of one percent" of 150,000 properties worldwide.

"We were delighted to receive this elite honor from Expedia," said Andy Boyle, general manager of Ocean's Reach. "Our staff tries to go above and beyond to help our guests have a truly exceptional vacation experience, and it's gratifying to learn that our guests are enjoying their time here at the resort as much as we hoped they would. We receive rave reviews not only on Expedia, but we've been ranked the #1 condominium resort on the island by TripAdvisor for the past several years, as well."

For more information, visit www.oceansreach.com.

Jocelyn Harder and Lisa Williams of Ocean's Reach Guest Services

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Coalition Puts Focus On Child Homelessness

As the new school year begins, the Lee County Homeless Coalition encourages the community to consider the many children in our community facing homelessness.

According to Project ACCESS, a program for all homeless children and youth referred through the Lee County School District, there were 1,450 children reported as homeless in Lee County during the 2012-13 school year.

Posted to YouTube.com and currently airing on numerous local networks, the Lee County Homeless Coalition's public service announcement (PSA) aims to bring awareness and encourage the community to join the cause against child homelessness.

According to the National Center on Family Homelessness, children experiencing homelessness are sick four times more often than other children. In addition, they have four times as many respiratory infections, twice as many ear infections, five times more gastrointestinal problems, and are four times more likely to have asthma. Children that are homeless have high rates of obesity due to nutritional deficiencies and have three times the rate of emotional and behavioral problems compared to non-homeless children.

Aside from health issues, homeless children are four times more likely to show delayed development and are twice as likely to have learning disabilities as non-homeless children. By the age of 12, 83 percent of homeless children have been exposed to at least one serious violent event, and almost 25 percent have witnessed acts of violence within their families.

Children who are homeless also go hungry at twice the rate of other children. In Lee County, 70 percent of all children are eligible for free or reduced lunch, with some areas as high as 98 percent. The school district, along with Project ACCESS, assists children and families struggling with homelessness by providing free uniforms and clothing vouchers, school supplies, public transportation passes and referrals to more than 70 human service agencies, including the Lee County Homeless Coalition.

"To be successful at educating our students, we must first help them in times of crisis. No child should wonder where they are going to sleep at night or when they will have their next meal," said Mary Fischer, chairman of the school board.

continued on page 13B

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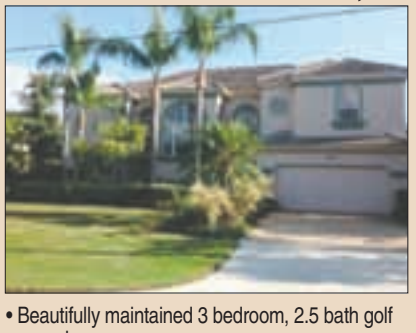
1213 PARVIEW DRIVE - $849,000



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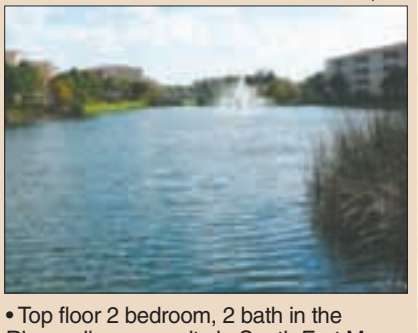

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Lion Bill Sartoris measures a subject's eye pressure

Lions Finish Season's Free Screenings, Now Planning For Fall

The Sanibel-Captiva Lions have completed their glaucoma, diabetes, blood pressure and hearing screenings for the 2012 –13 season and are now planning for next season.

"The Lions' screening team saw more than 250 people at nine monthly screenings at the Sanibel Rec Center," said Lion Tom Rothman. "Of those, 28 people were suspect for glaucoma. Others were suspect for diabetes, high blood pressure as well as hearing issues."

Lion Tom Krekel measures a subject's hearing

The glaucoma screen includes an initial check of the peripheral vision that can detect existing retinal damage and a second screen which measures eye pressure.

The diabetes screen consists of a finger prick and the testing of a small drop of blood with an immediate result. Diabetes is responsible for a condition known as diabetic retinopathy, which if left untreated, may lead to blindness.

High blood pressure that can cause stokes and heart problems also can affect the small blood vessels in the eyes which may lead to vision issues.

At the rec center screening, the Lions also provide an evaluation to detect possible

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From left, Dr. Phil Marks, Lion Tom Rothman, Lion Bill Sartoris, Lion Tom Krekel and Lion Bill Travis

Lion Tom Rothman explains the peripheral vision screening results

hearing loss. This has proved to be very popular.

At the end of the screening process, a physician, also a Lions' member, reviews the results and suggests to the person how they might proceed. If a possible issue is detected, the doctor will suggest a follow-up with an appropriate practitioner. It is the person's responsibility to get additional help if he or she is suspect for a health problem.

"This is not a diagnosis," said Rothman. "But it can help people understand they may have a problem and further testing is needed."

Free screenings are held at the Sanibel Rec Center, but no membership is required to participate. Contact Rothman at 395-3248 for more information.☆

Lion Dick Travis explains the results of a diabetes screening

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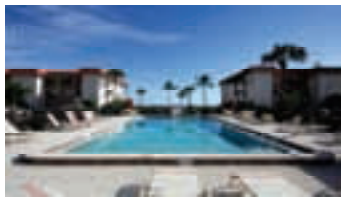
Sandalfoot beachfront
2 bedrm, big income $699K

Pointe Santo updated
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Loggerhead Cay 2 bedrm
with gulf view $599.9K

Mariner Pointe 3-bedrm
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Income & gulf view at
Loggerhead Cay $599.9K

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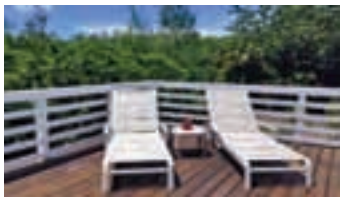
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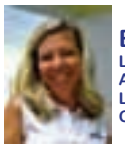
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Real estate blog posted Friday afternoons at SanibelSusan.wordpress.com

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A/C Condensate Is Good For Gardening

by Bryan Hayes

I love when you can take something that is usually wasted and turn into something beneficial. We have all heard of rain barrels. The problem with these is that during the summer it doesn't rain every day. No rain, no rain in the barrel. But we do run our a/c everyday during the hotter months. And when we do, we can collect up to 20 gallons of water in a day. There are people out there who have come up with some pretty creative ways to collect the water that drains from their air conditioning units.

Each time you run your air conditioner, it pulls moisture from your home and takes it outside through a condensation pipe. Now, think about the potential of collecting water this way during all the months that we use our air conditioning systems – boy, do we run those things a lot. When we are faced with dry spells and watering restrictions, this a great way to get an additional source of water and save some money to boot.

Some people even install pumps and piping that go from their collection area to a homemade drip irrigation system and successfully water their plants. If you decide to try this out, just make sure that whatever system you put together will continue to allow the water to drain from the pipe outside. Please do not pipe it directly to the condensate line. If you do, you run the risk of it backing it up into the air conditioner system and then your house. If you have a question on how to do this safely, I would be happy to help out.

Start by checking out where your condensate pipe comes out, outside your home, and see if it's high enough so that you can place a bucket or a rain barrel under it. Let gravity drip the water into the collection vessel. See for yourself just how many plants you can water with the condensate that otherwise gets wasted. Be creative and feel free to share your water collecting methods with me. I'll be happy to share them with the world. If you have any questions on this send me a line at Bryan@sanibelair.com.

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.☆

Read us online at IslandSunNews.com

Superior Interiors

It's Not Easy Being 'Green'

by Marcia Feeney

So says world famous Muppet, Kermit the Frog! But actually, in today's environment, with so many products and design options available, being "green" can be a relatively easy and environmental beautiful design option.

From paint, lighting, accessories, fabrics, furniture and wall coverings, becoming eco-friendly has become an extremely high priority for many home furnishings manufacturers.

Let's take a look at a few of these exciting options:

Furniture – Natural fibers, found in rattan and plantation-grown woods (rather than depleting forest-grown woods) give homeowners a wide variety of styles, textures and designs. And how about materials such as bamboo, abaca and government-certified hardwoods. If purchasing eco-friendly furniture for your home is a priority, you might check to see if your furniture manufacturer is a member of the Sustainable Furniture Council (SFC), which was established in 2007.

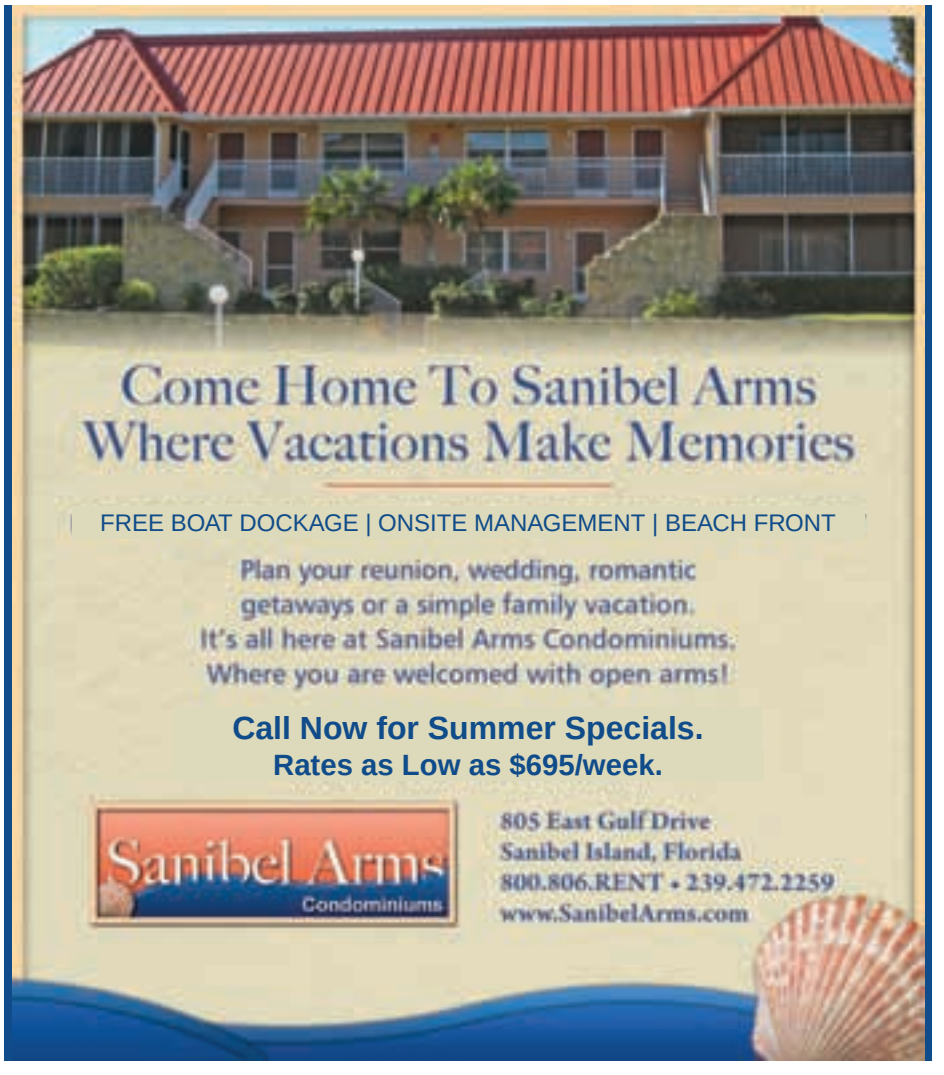
Lighting – Not only have halogen lamps been all the rage for the past few years, they are a boon to energy savings, as are the wide variety of energy saving light bulbs available in the marketplace. In addition, many of today's decorative lamps have been designed in wrought iron, allowing for a more intricate detailing and design variety.

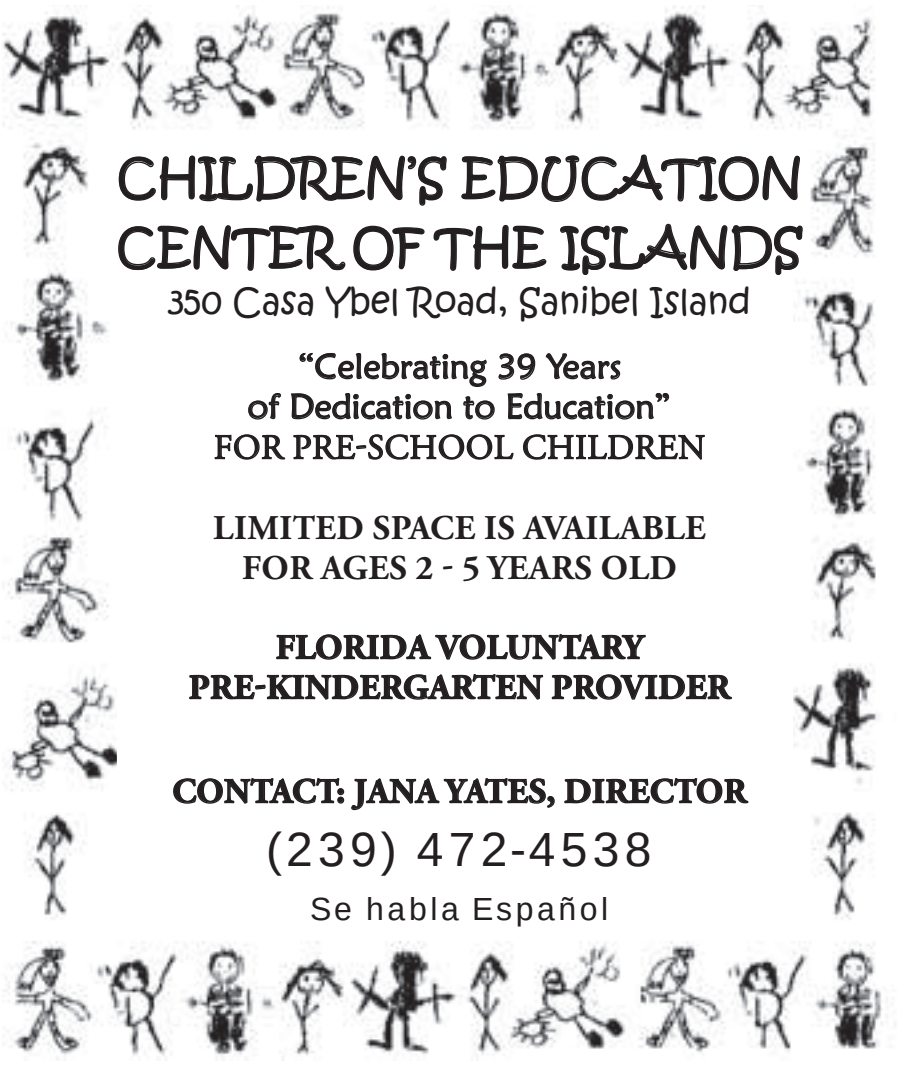
Fabrics – Believe it or not, gorgeous decorative fabrics are being made from recycled plastic water bottles, recycled polyester and recycled paper. And often times, these eco-friendly fabrics are treated and finished with only water-based or environmentally-approved dyes.

Wall Finishes – Paints now feature low odors, faster drying times and stronger durability, all by maintaining environmental codes. If repainting is in your future, be sure to ask if the paint you're considering has a low VOC (Volatile Organic Compounds) rating, so that you can continue your environmental stewardship: Natural grass cloth wall covering is another way to add warmth, beauty and texture to your wall decor, while maintaining your green focus.

And let's not forget the importance in design of the color GREEN! Yes, it may not be easy being green, but this long desired shade can be found in almost every design scheme. Whether you incorporate green in plant foliage displayed in you room's design, or you make this shade predominate, usually any green shade will add a bit of the splendor of the great outdoors to any decor.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@decden.net.☆





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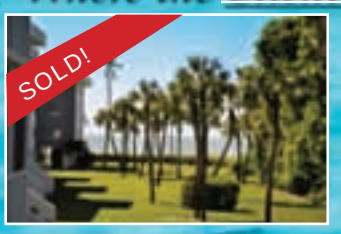

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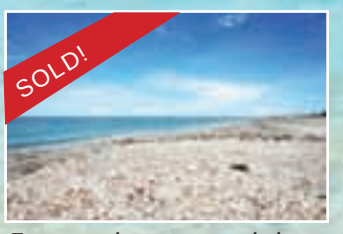

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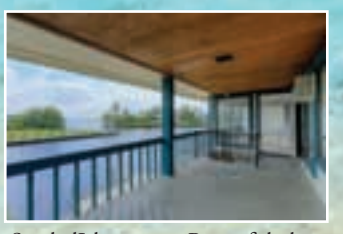

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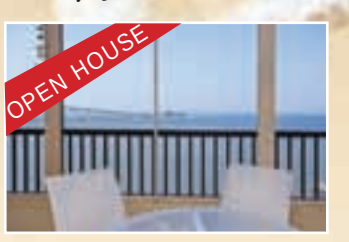

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Steve Stricker No. 1 Good Guy Among Professional Golfers

by Ed Frank

In the midst of the recent fallout from the scandalous suspension of 13 baseball players for using performance enhancing drugs, this week we are reversing the course of professional sports and taking a positive spin.

For a brief moment, let's turn away from drugs, arrests and seemingly endless acts of violence by athletes – reports that dominate newspapers, television and radio on a daily basis – and discuss some good deeds by athletes.

Many of you no doubt watched last week's thrilling PGA championship won by 36-year-old Jason Dufner who played nearly flawless golf.

In the mix for the entire tournament was the popular Steve Stricker, who finished in the top 12 and who started the final round just four strokes off the pace.

If he had won, Stricker, at age 46, would have been the oldest player to have won the famed event.

But even more important is the fact that just recently Stricker had been voted the Number One Good Guy among active PGA tour players, based on voting by tournament directors, locker room attendants, players, caddies, media members, golf executives and tournament volunteers.

When told of the honor, Stricker's response was, "to play golf for a living is a dream so it's not hard to want to give back however I can," as reported in the recent issue of *Golf Digest*.

The article chronicles incident after incident of Stricker's good deeds, but, in this writer's opinion, the following tells it best:

Wally Ulhlein, chairman and CEO of Acushnet Company, received a letter from Sam Wells, a promising junior golfer who was suffering from lung cancer while still in high school.

"Steve Stricker is my hero," the youngster said, explaining that he and his mother had met Stricker, and that Stricker had flown the two of them to The Barclays to watch the first round of the FedEx Cup playoffs – an event that Stricker ended up winning.

The teenager said that it was this gesture by Stricker that had given him the courage to undergo additional surgery and chemotherapy.

"That story is all you need to know about Steve Stricker," Ulhlein said in the article.

Here are the other top 10 good guys according to the survey:

Brandt Snedeker, Rickie Fowler, Matt Kutchar, Graeme McDowell, Joe Durant, Adam Scott, Bo Van Pelt, Rory McIlroy and Zach Johnson.

Former Miracle Players Sano And Rosario Perform Well At Higher Level

It's a known fact that if a Minor League Baseball player can hit pitching in Double A baseball, he is just a step away from Major League Baseball.

Miquel Sano and Eddie Rosario, who led the Fort Myers Miracle to a division championship in the season's first half, and then were quickly promoted to Double A New Britain, have continued their hot hitting at this higher level.

Sano started slowly at New Britain, but as the week began he had upped his batting average to .253 with 12 home runs and 40 RBIs in 46 games there. Rosario, in 49 games, was batting .295 with 24 RBIs.

Steve Stricker

Miracle Just 1.5 Games Out Of First Place

Fort Myers began the week with a second-half season record of 25-22, just 1-1/2 games behind first-place St. Lucie in the Florida State League South Division.

Despite losing several of their top players to promotions, the Miracle has remained in contention in the season's second half. By contrast, Dunedin, who won the FSL North Division in the first half, is mired in last place the second half, 10 games out of first.

Fort Myers is home for only one game this weekend, that being Saturday night at Hammond Stadium against the 21-26 Brevard County Manatees. First pitch is at 6:05 p.m.☼

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Swings For The Sox Golf Tournament

As part of its continuing community outreach efforts, the Red Sox Foundation will hold its 2nd annual Swings For The Sox golf tournament on Friday, October 25. The tournament will take place at Plantation Golf & Country Club, located at 10500 Dartington Drive in Fort Myers.

A scramble format golf tournament with prizes for the longest drive, putting, closest to the pin and more will begin at 8:30 a.m. Following the tournament, participants will head to JetBlue Park at Fenway South, the Red Sox's 106-acre Spring Training and Player Development Complex located at 11500 Fenway South Drive, for the Party in the Park including lunch courtesy of Rib City on the Green Monster.

The afternoon will also include self-guided tours, a silent auction, raffle prizes and opportunities for golfers to take batting practice swings from home plate for the chance to win 2014 Spring Training season tickets.

All funds raised will be used by the Red Sox Foundation to support the Foundation for Lee County Public Schools, Inc.

Last year's inaugural event raised more than $23,000, and two local nonprofits, the Heights Foundation and the Children's Home Society, each received $10,000 from the tournament proceeds.

"We were very excited that our first local Red Sox Foundation golf tournament not only sold out but raised $20,000 for local nonprofits," said Katie Haas, senior director of Florida business operations.

"The Boston Red Sox organization naturally understands the meaning of team work and how it takes a team working together to succeed. The same concept applies to making sure our public-school students achieve at their highest potential," said Marshall T. Bower, president and CEO of the Foundation for Lee County Public Schools, Inc. "Working together, our community can help students and teachers excel, and the Foundation for Lee County Public Schools is proud to work with the Boston Red Sox to help us succeed in our mission of enhancing and enriching public education."

The Hertz Corporation has signed on as this year's presenting sponsor. Additional sponsors include Lee Memorial Health System, CVS Caremark and Rib City.

"As one of our first sponsorships since we announced our relocation to Lee County, we are pleased to support the Red Sox Foundation and the Foundation for Lee County Public Schools," said Richard Broome, executive vice president of corporate affairs and communications at Hertz Corporation.

Additional tournament sponsorships are available from $100 to $2,000. Foursome player packages begin at $600, and non-player Party in the Park passes, which include entry into the park, lunch and batting practice swings, are $50 per person. Raffle items that can be used to aid in raising more money for the foundation and additional funds for those in need throughout Southwest Florida are also being accepted.

For more information, call 226-4783 or e-mail redsoxgolf@redsox.com.☼

From page 6B

Child Homelessness

The Homeless Coalition's PSA on child homelessness is one of three commercials produced by the agency. The other two, focusing on veteran homelessness and the "new face" of homelessness, can also be found on the Lee County Homeless Coalition's YouTube.com channel, as well as the coalition's Facebook page and on local television networks.

If you or anyone you know in Lee County is suffering from homelessness or challenges that could lead to homelessness, call 211 or contact the Lee County Homeless Coalition at 332-6600 or visit www.LeeHomeless.org for help.☼

SPORTS QUIZ

1. In 2012, Jered Weaver became the seventh pitcher in Angels history to win at least 20 games in a season. Name four of the six others to do it.
2. Mike Schmidt is first on the list of most home runs hit during the decade of the 1980s (313). Who is No. 2?
3. When was the last time before 2012 that the Denver Broncos had a pair of 1,000-yard receivers?
4. In 2012, Bill Self became the third Kansas men's basketball coach to win the Naismith College Coach of the Year award. Name the first two.
5. Who has the longest stretch of not losing a regular-season game in regulation in NHL history?
6. When was the last time before 2012 that the U.S. men got at least two medals in Olympic running distances of 1,500 meters or more?
7. Golfer Tom Watson has won the British Open five times. How many other majors has he won during his PGA career?

ANSWERS

1. Nolan Ryan (twice), Clyde Wright, Bartolo Colon, Dean Chance, Andy Messersmith and Bill Singer. 2. Dale Murphy, with 308. 3. Rod Smith (1,144 yards) and Ashley Lelie (1,084), in 2004. 4. Larry Brown (1988) and Roy Williams (1997). 5. The Philadelphia Flyers went 25-0-10 during the 1979-80 season. 6. It was 1968. 7. Three -- two Masters (1977, 1981) and one U.S. Open (1982).

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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.

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.

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. It is open seven nights a week with daily happy hour from 5 to 6 p.m., featuring 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 such as strawberry-jalapeño tequila, blood orange vodka and 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 of asparagus and choice of potato; 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 Key lime pie fan, Chip's has something for every sweet tooth.

Read us online at
IslandSunNews.com

Michael Billheimer, owner of Lighthouse Cafe

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 author Randy Wayne White's best-selling mystery novels.

This summer, in addition to its Sanibel restaurant, Doc Ford's added a Captiva location, in Chadwick's Square.

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. The 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.

Daily sweets include Pinocchio's Original Italian Ice Cream to accompany Cuban roasted coffee drinks, espresso, latte, cappuccino and teas. New to the menu is the GBF London Fog drink.

Geppetto's accommodates small catering events, brunches, family gatherings and beach picnics. Bakery hours are 8 a.m. to 5 p.m. Ice cream, frozen yogurt, gelato and sorbet is served until 9 p.m.

GEORGE & WENDY'S SEAFOOD GRILLE

George & Wendy's Seafood Grille features live music Fridays and Saturdays with Karaoke on Thursdays. Specials include prime rib on Tuesdays for $18, snow crab legs on Wednesdays for $18, and Chef's Choice Pasta for $15 on Thursdays.

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 tropical favorites.

Football specials began August 4 in the bar area during NFL games (including pre-season) and Saturday college games. Food specials include 50-cent wings, $1.50 sliders and $2 chili cheese jumbo hot dog. For $5, choose from pretzels with beer cheese, chicken quesadilla, jalapeno poppers, loaded cheese fries or bratwurst. Cheese flatbread is $6.

Drink specials include $1 Jello shots, $2 drafts of Bud Light and Yuengling, $2 bottles of Bud, Bud Light, Coors Light, Millter Lite and Rolling Rock, and $2 off all wines by the glass. Bloody Marys are $3. There are free Jello shots with each Chicago or Buffalo touchdown.

Hours are 11 a.m. to midnight seven days a week.

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.

GREENHOUSE GRILL

The Greenhouse Grill is a charming European style bistro serving old world Mediterranean flavors using the freshest ingredients. The grill has been on Sanibel for 13 years.

Burger with hand-cut frieds are served all day. Also on the menu are omelettes, tangy salads, homemade soups and signature dishes such as bouillabaise, balsamic lamb, veal chops and Florida fresh fish.

The restaurant is open daily from 10:30 a.m. to 9 p.m. Outdoor seating is availible. Get $10 off checks totalling $50, one check per table please.

GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva's bayside and Pine Island Sound. The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway.

Hours are daily from 11:30 a.m. to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner.

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.

Our menu changes weekly. Please call for new menu items each week.

There's live music nightly in the patio lounge, which serves a selection of "happy apps" for $5.95 and half priced drinks during happy hour, 5 to 7 p.m.

JERRY'S RESTAURANT AND DELI

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

The restaurant is open for breakfast, lunch and dinner from 6 a.m. to 8:30 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. Named in *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 every day from the finest and freshest ingredients. Pinocchio's is famous for generous portions in unique flavors inspired by the beaches of Southwest Florida. Pinocchio's displays 37 from a130+ repertoire of signature flavors. Come see why there's always a crowd at Pinocchio's. Next door in sister shop Geppetto's Beach Foodies. Hours 9 a.m. to 9 p.m. 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 16B

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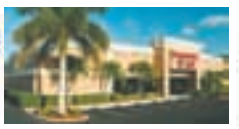

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From page 15B

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 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.

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.

To celebrate its 22nd anniversary, the grill is serving two dinners for $22 July 22 -28.

SANIBEL SPROUT

The Sanibel Sprout is the island's only health food store and vegetarian/vegan gourmet take-out eatery. Organic juices, smoothies and pure, clean food is their hallmark and "Let Food Be Thy Medicine and Let Medicine Be Thy Food" is their motto!

Recently, they launched a new social media "Kickstarter" campaign and are humbly asking the island community to consider supporting their vision. The creation of Chef Nikki's new and expanded gourmet menu, together with the staff and equipment to support it, is their new objective. If you feel you can send even a dollar or two, please visit www.kickstarter.com and search for The Sanibel Sprout.

The Sanibel Sprout's juice bar attracts a lively crowd of health conscious islanders and visitors, and their daily lunch specials are very popular.

SUNDIAL BEACH RESORT & SPA

Sundial Beach Resort's three bars and restaurants are open to the public. The resort is launching Sanibel Summerfest with two happy hours and weekend live entertainment. Danny Morgan and band members Andrea Prather and John McLane will play every Friday from 1 to 4 p.m. at Turtles Café & Patio, open from 11 a.m. to 7 p.m. Other island performers will play on Saturday and Sunday afternoons.

The Danny Morgan Band will also perform Friday evenings from 6 to 9 p.m at the Sea Breeze Café, overlooking the pool and the Gulf of Mexico. The Sea Breeze Café is open daily from 7 a.m. to 10 p.m. offering indoor and outdoor dining. Breakfast is served from 7 to 11 a.m., lunch from 11 a.m. to 5 p.m. and dinner from 5 to 10 p.m. The adjacent Waterview fine dining room serves dinner from 5 to 10 p.m. daily.

There are two happy hours every day with reduced beverage prices at Turtles from 3 to 5 p.m. and at the Sea Breeze Café from 5 to 7 p.m.

Enter the contest to win a complimentary weekend for two with dinner in Waterview or the Sea Breeze Café, plus breakfast each morning. The drawing will be held on Labor Day. You need not be present to win.

There's 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.

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, contemporary, reggae and dance; Sunday, Jamaica "Dave" & Co., reggae and dance.

continued on page 19B

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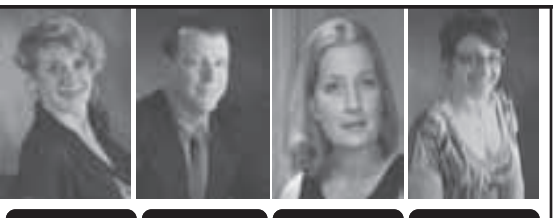

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School Smart

by Shelley M. Greggs, NCSP

Dear Readers, As your children begin a new school year that will probably be filled with emotional ups and downs, it's important to pay attention to their psychological well being as well as their academics.

Here are some tips from the National Association of School Psychologists to promote and support positive mental health for your children. Have a great new school year!

Create a sense of belonging – Feeling connected and welcomed is essential to children's positive adjustment, self-identification, and sense of trust in others and themselves. Building strong, positive relationships among students, school staff, and parents is important to promoting mental wellness.

Promote resilience – Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others and successfully facing difficult situations can foster resilience.

Develop competencies – Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can enhance mental wellness.

Ensure a positive, safe school environment – Feeling safe is critical to students' learning and mental health. Promote positive behaviors such as respect, responsibility and kindness. Prevent negative behaviors such as bullying and harassment. Teach children to work together to stand up to a bully, encourage them to reach out to lonely or excluded peers, celebrate acts of kindness, and reinforce the availability of adult support.

Teach and reinforce positive behaviors and decision making – Provide consistent expectations and support. Teaching children social skills, problem solving and conflict resolution supports good mental health. "Catch" them being successful. Positive feedback validates and reinforces behaviors or accomplishments that are valued by others.

Encourage helping others – Children need to know that they can make a difference. Pro-social behaviors build self-esteem, foster connectedness, reinforce personal responsibility and present opportunities for positive recognition. Helping others and getting involved in reinforces being part of the community.

Encourage good physical health – Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger and depression.

Educate the school community and students on symptoms of and help for mental health problems – Information helps break down the stigma surrounding mental health and enables adults and students recognize when to seek help. School mental health professionals can provide useful information on symptoms of problems like depression or suicide risk. These can include a change in habits, withdrawal, decreased social and academic functioning, erratic or changed behavior and increased physical complaints.

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.

Welcome Week

Edison State College announced that its welcome week for the students, staff and faculty will be August 21 through 29

"Welcome week is a great chance for our students to become acclimated to the campus. It allows them to socialize and connect with other students, faculty and staff," said Michael Beane, Student Life Coordinator for the Charlotte Campus.

During the week, Student Life will be hosting activities such as Open for Business and Speed Dating, where students will get a chance to connect, network, and socialize beyond the classroom with each other and with business leaders from the county.

On Thursday, August 29, players from the Charlotte Stone Crabs will be on campus to meet, greet, and sign autographs.

For more information about welcome week, contact Michael Beane, Student Life Coordinator for Charlotte Campus at mbeane@edison.edu or by calling 941-637-5634.

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FOR WEEK OF AUGUST 19, 2013

ARIES (March 21 to April 19) Impatience with those who don't keep up with you can cause resistance, which, in turn, can lead to more delays. Best to be helpful and supportive if you want results.

TAURUS (April 20 to May 20) A surprise announcement from a colleague could put you on the defensive. Gather your facts and respond. You'll soon find the situation shifting in your favor.

GEMINI (May 21 to June 20) Time spent away from a project pays off with a new awareness of options you hadn't considered before. Weigh them carefully before deciding which to choose.

CANCER (June 21 to July 22) Consider confronting that personal conflict while there's still time to work things out. A delay can cause more problems. A longtime colleague might offer to mediate.

LEO (July 23 to August 22) Some emerging matters could impede the Lion's progress in completing an important project. Best advice: Deal with them now, before they can create costly delays.

VIRGO (August 23 to September 22) Your aspect continues to favor an expanding vista. This could be a good time to make a career move, and taking an out-of-town job could be a good way to do it.

LIBRA (September 23 to October 22) Disruptive family disputes need to be settled so that everyone can move on. Avoid assuming this burden alone, though. Ask for -- no, demand -- help with this problem.

SCORPIO (October 23 to November 21) Patience is called for as you await word on an important workplace situation. A personal circumstance, however, could benefit by your taking immediate action.

SAGITTARIUS (November 22 to December 21) Don't lose confidence in yourself. Those doubters are likely to back off if you demand they show solid proof why they think your ideas won't work.

CAPRICORN (December 22 to January 19) A temporary setback might cause the usually sure-footed Goat some unsettling moments. But keep going. The path ahead gets easier as you move forward.

AQUARIUS (January 20 to February 18) There's welcome news from the workplace. There also could be good news involving a relationship that has long held a special meaning for you.

PISCES (February 19 to March 20) You might still need to cut some lingering ties to a situation that no longer has the appeal it once held. In the meantime, you can start to explore other opportunities.

BORN THIS WEEK: Your sense of what's right can inspire others if you remember not to push too hard to make your case. Moderation works best for you.

THIS WEEK IN HISTORY

• On Aug. 22, 1776, the British arrive at Long Island -- between Gravesend and New Utrecht -- with 24,000 men, and on Sept. 15 captured New York City. It would remain in British hands until the end of the war.

• On Aug. 20, 1862, New York Tribune editor Horace Greeley publishes a blistering editorial, "The Prayer of Twenty Millions," calling on President Abraham Lincoln to declare emancipation for all slaves. Unbeknownst to Greeley, Lincoln was already moving in the direction of emancipation.

• On Aug. 24, 1873, William Henry Jackson becomes the first person to photograph Colorado's elusive Mount of the Holy Cross, providing reliable proof of its existence. Two deep snow-filled ravines at 90-angles form a large cross on the steep northeast face of a 14,000-foot mountain peak.

• On Aug. 19, 1909, the first race is held at the Indianapolis Motor Speedway in Indiana, now the home of the Indianapolis 500. The track's surface of crushed rock and tar proved a disaster, breaking up and causing the deaths of two drivers, two mechanics and two spectators.

• On Aug. 21, 1935, the Swing Era begins with Benny Goodman's triumphant Palomar Ballroom performance in Los Angeles. When his relatively staid arrangements began to lose the young crowd, Goodman pulled out upbeat, syncopated rhythm arrangements -- to the crowd's immense delight -- and swing was born.

• On Aug. 25, 1950, in anticipation of a crippling strike by railroad workers, President Harry Truman issues an executive order putting America's railroads under the control of the U.S. Army. The railroad strike lasted for 21 months. He used the same justification for seizing control of steel plants when the United Steel Workers union struck later in the year.

• On Aug. 23, 1989, as punishment for betting on baseball, Cincinnati Reds manager Pete Rose accepts a settlement that includes a lifetime ban from the game. Rose continued to proclaim his innocence, but in 2004, Rose published "My Prison Without Bars," in which he finally confessed to gambling on the Reds.

STRANGE BUT TRUE

• It was noted wit, playwright, essayist and poet Oscar Wilde who made the following sage observation: "A thing is not necessarily true because a man dies for it."

• If you're heading to the state of Washington with mischief on your mind, you'll need to keep in mind this state law: "A motorist with criminal intentions (must) stop at the city limits and telephone the chief of police as he (or she) is entering the town." I'll bet that one has been really effective in stopping crime.

• You might be surprised to learn that only 3 percent of all mammal species actually mate for life.

• If you're an average person having an average dream, it will last about 20 minutes.

• It was Irishman Cedric Gibbons who designed the Oscar statuette given to the recipients of the annual Academy Awards. Interestingly, Gibbons moved to Hollywood and worked for MGM as an art director and set designer, and his work earned him 11 of the Oscars that he himself designed.

• Those who study such things say that bats always turn to the left when exiting a cave.

• You probably think you know that bears love honey -- after all, popular culture is full of images of bears going after a hive. The bears do, in fact, eat the honey, but they're really after the bees, their pupae and their larvae.

• There are more than 2,000 species of plants that contain some form of cyanide.

• If you are a logophile, you might know that the word "obstreperous" means "noisy and difficult to control." You probably don't realize, though, that the noun most likely to follow the word "obstreperous" is "teenager." But I doubt you'll be surprised.

THOUGHT FOR THE DAY

"Some editors are failed writers, but so are most writers." -- T.S. Eliot

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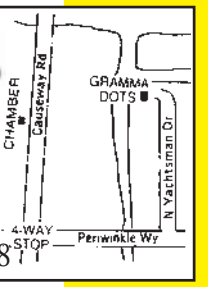

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From page 16B

Live On The Islands

George & Wendy's Seafood Grille has live music tonight, Friday, by Slow Deal – rock band; and on Saturday by Robby Hutto – guitar & vocals; 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 plays 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.

Business Joins Hall Of Sponsors

Zebra Frozen Yogurt joins a group of other sponsors, whose signs will adorn the City of Sanibel Recreation Center Hall of Sponsors wall. Proceeds from sponsorships assist with scholarships for the Sanibel Recreation Center After School Program, Fun Days, Holiday and Summer Day Camp.

For more information, call volunteer chairperson Barry Alan Roth at 313-9591or Andrea Miller, recreation director, at 472-0345.

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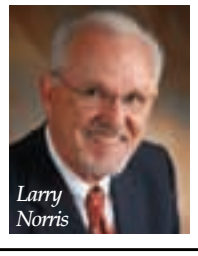

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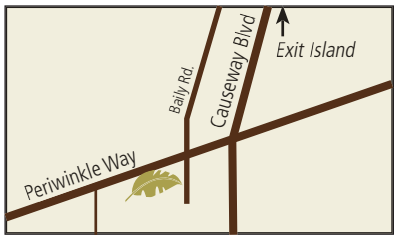

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Will Power

Estate Planning Lessons From Tony Soprano

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

By now, most of us have heard about the tragic death of James Gandolfini, the actor who portrayed mafia boss Tony Soprano in the HBO hit series. Many of you may have also heard about how his Last Will & Testament seemed to include quite a few questionable decisions.

These questionable decisions include several items, among them – his estate didn't take advantage of the marital deduction to the extent necessary to defer a significant sum of estate tax; he left millions to an infant daughter in such a way so that she will have full access and control over all of the funds by the tender young age of 21 without supervision; and how he left amounts to his sisters in an estate tax disadvantageous way – meaning that when his sisters die the assets will likely be estate taxed again – which could have been avoided.

Whether these "mistakes" were the fault of the attorney or the client making poor decisions over his attorney's objections is not the focus of my column today. What I wish to talk about is how the media (and now everyone else) knows the intimate details of Mr. Gandolfini's private estate affairs.

How could this be? Aren't our wills and the inventories of our estates private?

I've written in past columns that wills are not private. When we die, our wills are filed with the local probate court. Anyone can go down to the probate court (or in some cases look the file up online) and review a will to see who was left what and how it was to be distributed. While inventories (our assets subject to probate) are not supposed to be subject to anyone's review, in Florida all one has to allege is that they are an "interested party" to have access to this very private and sensitive information.

Revocable trusts, in contrast, can perform the same function as wills (direct the disposition of one's assets upon death), but because they are not required to be filed in a court, they add a very important level of privacy. Revocable trusts allow for the management of the assets in the trust name by the successor trustee without involving a court.

So long as the assets are properly transferred and titled in the name of the trust prior to the trust maker's death, everything should avoid public scrutiny.

In virtually all cases, clients who draft their dispositive plans in revocable trusts also have wills, commonly referred to as "pour over" wills because they catch assets that haven't been funded into the trust at death and then "pour" them into the trust. These wills are often abbreviated, simply providing that any assets in the estate should be distributed pursuant to the trust. Thus, even if a probate estate is opened to take care of assets that haven't been properly funded into the trust at death, the only document available for public inspection is a simple will saying nothing about the disposition of one's assets.

For those who are in the public spotlight especially, privacy about one's affairs is paramount. Former CEOs and company heads should take a lesson from Mr. Gandolfini's estate experience if they don't want newspapers, business magazines, Internet bloggers and trade journals commenting on their most delicate affairs.

We commoners also have an interest in privacy. If one has a disinherited family member or has a former spouse who might take advantage of discovering financial and legal details of one's estate, a trust is most preferable to a will for obvious reasons. Moreover, there are scammers out there who can use the public information from our probate court files to try to prey on our loved ones during a vulnerable time.

I've found that those who resided in the northeastern United States typically have wills even though trusts might offer more benefits. It's my understanding that probate is not an onerous, time consuming process as it is here in Florida. In fact, I have had conversations with several attorneys from up north who don't like trusts and view them as simply revenue devices for attorneys who recommend them.

And privacy is not the only benefit of having a revocable trust. Ease of administration in the event of incapacity of the trust's maker is yet another highlight trusts offer over wills. I've written about that in past columns and don't have the space here today to go into great detail.

Nevertheless, hopefully the James Gandolfini case will open both the eyes of practitioners as well as their clients as to the many benefits that revocable trusts provide.

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Insurance Tip

Flood Insurances Going Up

by Marge Meek

While the emphasis on skyrocketing flood rates has primarily been on older ground level homes, flood premium increases will hit all of us located in flood zones. Most of our islands are in A or V zones and the rates have been found to be significantly under estimated.

Homes in V zones (coastal high-velocity zones) typically are gulf front, but the mapping has moved some houses that have no view of the ocean into V as well. Those rates are going to increase 11 percent, while those who have older (Pre-FIRM) homes will go up 17 percent.

Homes in A zones, which are the bulk of our homes, will increase 6 percent, while older homes (pre-1979 on Sanibel or 1984 on Captiva) will increase 16 percent.

To see what zone your property is in, look at your flood insurance declaration page. About the only option to reduce your flood insurance besides lowering your personal property coverage, is to increase your deductibles. The deductible options go in increments of $1,000 from $1,000 to $5,000. Changes to your policy need to be done at renewal.

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

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deaRPharmacist

High Insulin Is Worse Than High Blood Sugar

by Suzy Cohen, RPh

Dear Pharmacist: I am now up to 14 medications for the following problems: High cholesterol, heart disease, pre-diabetes, cataracts, arrhythmias, allergies, memory problems and enlarged prostate (BPH). The medications make me sick and sleepy. I need some fresh perspective.

CP, Kansas City, Kansas

Fresh perspective is my middle name. You take a lot of medicine for many conditions, which makes me wonder why they call it the "golden" years.

In the note you sent me, it appears that no one has measured your serum insulin! Chronically elevated insulin hormone has also been associated with Parkinson's disease, nerve pain and autoimmune diseases like lupus and cancer. Yes... cancer! Breast cancer and pancreatic cancer are connected to high insulin. And according to an August 2009 study published in *The Journal of The National Cancer Institute* – elevated insulin.

You should ask your doctor to measure this for you. There are many well designed, clinical trials published in respected journals that show an association to high insulin and the very disorders that you have.

Insulin is a pancreatic hormone that reduces blood sugar (which rises after you eat a meal). All physicians know to measure your blood glucose, but many do not bother with insulin. You should measure both glucose and insulin. The ratio of glucose to insulin is more valuable than the level of either one alone. Just because your blood glucose is normal does not mean that everything is hunky dory. The ratio of glucose to insulin should be less than 10:1.

The following information is hard to find, unless you have my *Diabetes Without Drugs* book. If you don't, I'll tell you now: A person's insulin levels may be sky high because the pancreas is working on overdrive to push the blood sugar into the cell. Remember, insulin puts sugar into the cell, so if you have a lot of sugar in your system, then your insulin can be very high for many years while your blood sugar remains normal. This is a dangerous place to be because your being told that you do not have diabetes (and I'm saying you might). The insulin can be high because the pancreas is pumping it out all day long to push the sugar into the cell. Good time to tell you that insulin makes a person fat! The higher your insulin, the more weight gain.

So as a side note, if you are dealing with stubborn weight that refuses to come off, you may have high insulin.

Some people are perfect when a fasting blood glucose test is performed, but when they eat, their insulin goes haywire. You wouldn't see this on a fasting blood sugar test so a post prandial blood glucose test is important, too. I've expanded this column to include the proper ranges for all your labs, as well as supplements that lower blood sugar. If you'd like to read this, just sign up for my free newsletter at my website, upper right hand corner.

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.✲

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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,

My husband retired at 55 and he was in very good health. Since he had worked his 30 years and he was eligible for retirement, he decided to take it, but I thought it was entirely too early.

He has puttered around the house, but hasn't really done much and I think I deserve a halo for keeping my sanity.

He is now 85 years old and his health is beginning to fail and what lies ahead for us is not good.

Please tell others that retirement takes planning and adjustment. It isn't much fun unless you are self motivated. I think it is better to work until you drop. What do you think?

Tessy

Dear Tessy,

A few years ago, many people like your husband were eager to retire. They may have been bored with their job, tired and a little depressed, so they thought all of their problems would be over if they just left. Many found that after just three months, they were still bored, tired and a little depressed.

Retirement takes exactly what you have said and only now, many want to stay working for as long as possible. The shuffleboard mentality seems to be over. Personally, as long as my health is good, I will stay working... and I do think you do deserve a halo.

Lizzie

Dear Tessy,

Individuals can live approximately a quarter of their lives in retirement. It is critically important to begin planning for retirement when one starts working – save, develop interest, create a social network and take care of your health. Individuals I have had the pleasure of meeting who have planned all aspects of their retirement report retirement as joyous and engaging.

Pryce

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

Forever Stamps Honor America's Industrial Workers

The contributions of America's industrial-era workers are memorialized on a new sheet of Forever stamps titled Made In America: Building A Nation. The stamps, which feature black-and-white photographs of industrial workers, were dedicated at the Department of Labor by Postmaster General Patrick R. Donahoe.

"With Labor Day around the corner, the Postal Service is proud to honor the men and women who helped build this country with their own hands," Donahoe said. "They mined the coal that warmed our homes. They made the clothes we wore on our backs. Let each stamp serve as a small reminder of the dedication, work ethic, and sacrifices that make America great."

Joining Donahoe at the ceremony was recently-appointed Secretary of the U.S. Department of Labor Tom Perez and Secretary-Treasurer of the AFL-CIO Elizabeth Shuler.

The pane features 12 stamps, each showing a different man or woman hard at work. In the top row are an airplane maker; a derrick worker on the Empire State Building; a millinery apprentice; and a laborer on a hoisting ball on the Empire State Building.

In the middle row are a linotyper in a publishing house; a welder on the Empire State Building; a coal miner; and riveters on the Empire State Building.

In the bottom row are a powerhouse mechanic; a railroad track walker; a textile worker; and a crew member guiding a beam on the Empire State Building.

Eleven of the stamp images were taken by photographer Lewis Hine, who is famous for his work which helped tell the story of early 20th-century laborers. There are five stamp sheets available, each with a different photo in the selvage area, or area outside the stamps, on the sheet. The coal miner appears again on a selvage, along with three additional Lewis Hine photos. A Margaret Bourke-White photo of a female welder is also featured.✲

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Dys Reappointed To Governor's Advisory Council

Shell Point President Peter Dys has been reappointed to the Continuing Care Advisory Council by Governor Rick Scott for a term continuing through September 30, 2014.

"It has been my honor to serve on the Governor's Continuing Care Advisory Council since 2005," said Dys. "I'm privileged to take part in another productive year with the CCAC and help continue its important mission of ensuring high standards of care for Florida's seniors."

Dys has provided consistent involvement and assistance to Florida Representatives and Senators on issues regarding senior care. The Continuing Care Advisory Council acts in an advisory capacity to the Office of Insurance Regulation. The council recommends to the office any changes in statutes and rules pertaining to Continuing Care Retirement Communities. Additionally, upon the request of the office, the council assists with any corrective action, rehabilitation or cessation of business plan for a provider.

Dys has served as President and CEO of Shell Point Retirement Community since August, 1985, after serving on its Board of Directors from 1981 to 1985. He previously served as the founder

Peter Dys

and Executive Director of the Lancaster County Office of Aging in Lancaster, Pennsylvania from 1974 to 1985, where he was responsible for a broad array of community-based services to assist older persons to remain as independent and autonomous as possible.

In 2008, Dys received the Distinguished Service Award from Florida Association of Homes and Services for the Aging for his outstanding achievements in the retirement and life care industry.✡

Got A Problem? Dr. Connie Is In

by Constance Clancy

Q: What are some stereotypes of the aging process in our western culture?

A: We westerners for the most part have difficulty with the aging process. In our culture, we are not taught about aging; therefore, we are unprepared to embrace aging as well as we could. Just look at our television commercials. They try to sell us age-defying wrinkle creams, lotions and serums, as well as weight-loss pills and gadgets to tone the tummy and give us six-pack abs. The fashion and celebrity magazines are so youth-oriented, they make it seem as if aging never happens. It is something we have to hide.

In Japan, silver hair and wrinkles are not looked down upon, and wisdom and service are valued. Will we westerners ever get to that place?

Scientists have recently discovered that the adult brain can adapt itself to compensate for damage, such as may occur from a stroke, for instance, by producing new neural networks, a phenomenon known as "plasticity." What is even more exciting, researchers have found that the brain, known to suffer from the regular death of cells through aging, also experiences the growth of new cells.

Older people can be as mentally competent as their younger counterparts and, often, have greater depth and wisdom from accumulated experience. They can offer compassion, kindness and guidance to those younger in a society that values their contributions. Perhaps you are at a crossroads, facing retirement or advancing age. At these crossroads, we can either be consumed with fear or excited about entering a new phase of life filled with adventure and new beginnings.

Carl Jung warned of being too occupied with the self later in life. Older age and retirement offer us the chance to be of service to others, which in turn, provides the rewards that service to others brings. Our country needs its people, vibrant and contributing at every stage of life.✡

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Eden Energy Medicine

The Basics To Understanding Meridian Tracing

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

Last week, general information about Meridians, our energetic bloodstream, was presented. This week, you will learn the fundamental basic information needed to understand the concepts associated with tracing each of your 14 meridians. This column will serve as a reference tool that will be beneficial to review as you learn to trace each new meridian. I trace all of my meridians each morning in less than one minute. It takes about three months of steady practice to become proficient, but the effort is well worth it. My energy is more resilient, balanced and my perspective on life so positive, which I attribute to EEM.

Organs – Ten meridians have a defined pathway directly to the organ for which it is named. For example, heart meridian has an energetic link to the heart and thus impacts the circulatory and nervous systems. The meridians bring vitality and balance, adjust your metabolism and determine the speed of cellular change, all of which is essential to maintain health.

Yin & Yang – Each meridian is either a Yin meridian or a Yang meridian, with opposing yet complimentary forces. This duality is reflects the fundamental essence of nature, life and energy. The meridians have paired partners, one being Yin and the other being Yang. For example, the heart is a Yin meridian and its partner, small intestine, is the Yang meridian. Together, they create a powerful rhythm.

Yin tends to be the most innermost, receptive, deep, internal, solid and has "feminine qualities." Yin meridians are central, kidney, liver, heart, circulation-sex, spleen and lung. Yang tends to have more "masculine qualities, is assertive, is directed outward toward the world, tend to be hollow organs, and are more expressive. Yang meridians are governing, bladder, gallbladder, small intestine, triple warmer, stomach and large intestine.

Low & High Tides – Each meridian has a high tide, meaning the time of day it is at its peak performance. Its energy is maximized. Twelve hours later, it will be at its low tide, meaning that is it most susceptible. For example, heart meridian high tide is 11 a.m. to 1 p.m. and its low tide is 11 p.m. to 1 a.m. Did you know that most heart attacks occur during the low tide? Additionally, each meridian has a relationship with its polar opposite in time. At heart's low tide 11 p.m. to 1 a.m., gallbladder meridian is at high tide.

Meridian Flow Wheel of Time – Chinese Traditional Medicine has developed a 24-hour cycle Flow Wheel, in which each meridian is given its prime time, and in tracing meridians, we will always begin and end with central and governing meridians, and then begin our tracing with the meridian at high tide at the time of day we begin tracing the meridians. For example, if it is 12:20 p.m., we will begin tracing with heart meridian, then follow to small intestine, whose high tide is 1 to 3 p.m., then trace bladder, whose high tide is 3 to 5 p.m., and so forth until we have traced all meridians and returned again to trace heart, where we started.

Affirmation – EEM has developed affirmations for each meridian. For example, the affirmation for heart meridian is "I deeply and completely love and accept myself." Since matter follows energy, stating the affirmation literally begins to shift your view of yourself!

Beginning and Ending Points on the Body – Each meridian has a point on the body where it begins and a point where it ends. For example, heart meridian begins under the deepest recess of your arm pit and ends at the medial edge of the nail of your little finger. It is defined and easy to find.

Broad Sweep with Palms of Hands – Remembering that the electromagnetic pull of our hands influences our energy, by using the palm of the hand over the meridian pathway, energy will jump to meet your hands. Thus, you don't have to be perfectly precise with the exact location.

Have fun with your energy! Next week's topic is Turn Off Your Radio Receiver – Trace Central Meridian.

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.✡

Environmental Links To Cancer

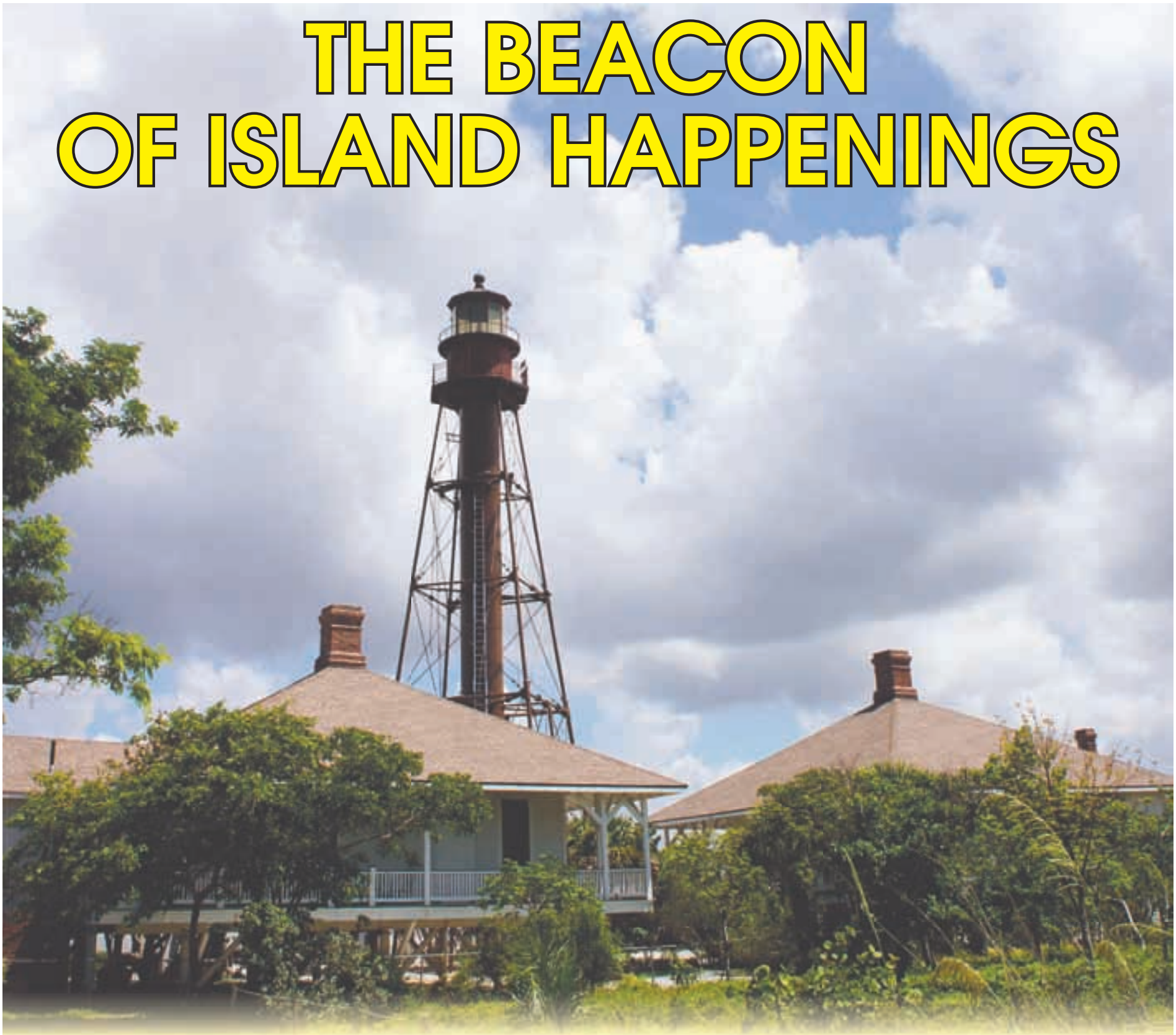
On August 1, Susan G. Komen announced $4.5 million in research funding to more fully understand the role that environmental issues play in breast cancer development. The grants will be part of Komen's $42 million 2013 research portfolio, which includes $225,000 in new funding to researchers at one Florida institution.

The new environmental grants will build on research that Komen has already funded to more fully understand the role of toxins and other environmental factors that may contribute to breast cancer.

Komen Chief Mission Officer Chandini Portteus said that the environmental grants are just one element in Komen's more than $790 million research program – the largest breast cancer research investment of any nonprofit outside of the U.S. government.

"These environmental studies will add to our understanding of how breast cancer develops," Portteus said. "At the same time, Komen will continue to fund research along the entire cancer spectrum – from prevention, to better screening, more personalized treatments for metastatic disease, and ending disparities in outcomes for women of color and those without adequate access to healthcare."✡

THE BEACON OF ISLAND HAPPENINGS



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Fresh from Florida

Florida Three Pepper Salad

1 red sweet pepper, cored and seeded
1 yellow sweet pepper, cored and seeded
1 orange sweet pepper, cored and seeded
1 small sweet onion, peeled
1/4 cup fresh parsley or fresh basil leaves, chopped
Kosher salt and freshly ground black pepper to taste
1 tablespoon rice vinegar
1 tablespoon sesame oil
1/4 cup crumbled feta cheese

Slice sweet peppers into matchstick-size pieces and place in a large bowl. Slice onion into matchstick-size pieces and add to the bowl. Add parsley or basil. Sprinkle with coarse salt and pepper. Add rice vinegar and sesame oil, stirring to mix well.

Cover and refrigerate approximately 1 hour before serving. To serve, toss salad again and sprinkle with crumbled feta cheese.☆

Florida Three Pepper Salad

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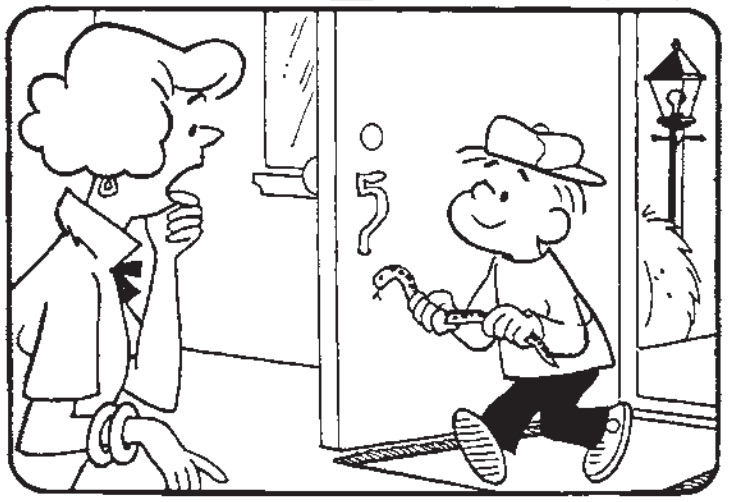
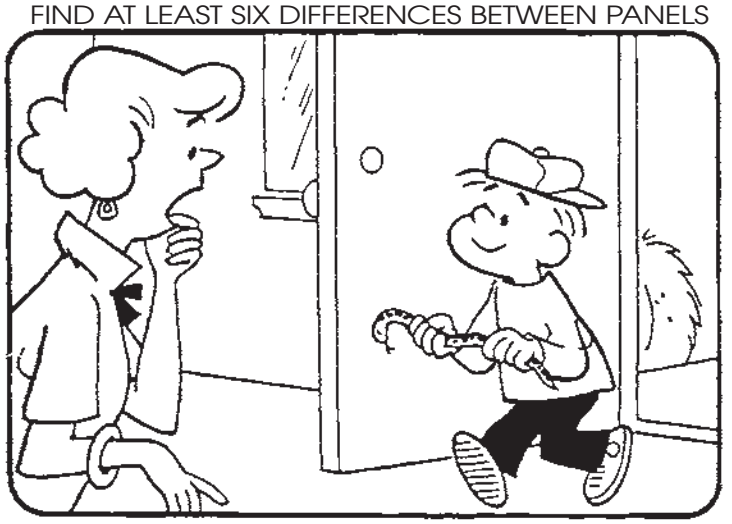
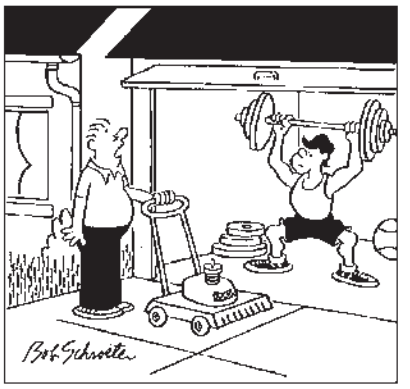
BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Hair is different. 2. Bracelet is missing. 3. Handle is missing. 4. Snake's head is moved. 5. Rug is missing. 6. Lamppost is missing.



"After you get through pumping iron, I'd like you to try iron!"

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!

Prime **EXUDLE**

Correct **GIRTH**

Crazy **SIENNA**

Setback **PHAMIS**

TODAY'S WORD

answer on page 27B

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

SUDOKU

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

answer on page 27B

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Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days on Market
Edgewater At Gulf Harbour	Fort Myers	1995	4,891	$1,245,000	$800,000	350
Gateway Golf & Country Club	Fort Myers	2002	5,947	$799,800	$750,000	26
Sea Oats	Sanibel	1989	3,348	$724,900	$657,500	7
Kelly Greens	Fort Myers	1991	3,340	$674,900	$630,000	219
Masters	Estero	2001	2,080	$599,000	$585,000	3
Cape Coral	Cape Coral	2003	2,082	$499,000	$450,000	103
Hercules Park	Fort Myers Beach	2013	1,300	$439,550	$415,000	108
Cape Coral	Cape Coral	1995	1,932	$399,999	$385,000	213
Bortons	Fort Myers Beach	1979	3,384	$389,000	$360,000	42
Caloosa Creek	Fort Myers	2005	2,372	$479,900	$350,000	542

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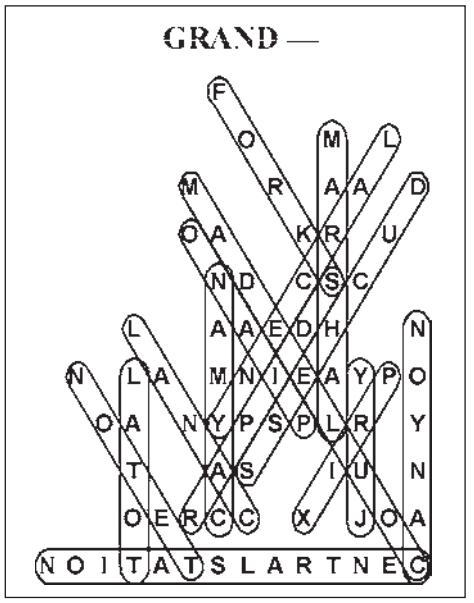
6	8	4	2	7	1	9	3	5
1	2	3	9	5	8	6	7	4
9	7	5	6	4	3	2	1	8
4	1	9	8	3	2	5	6	7
7	3	8	5	1	6	4	9	2
5	6	2	4	9	7	1	8	3
3	4	6	1	8	5	7	2	9
2	9	7	3	6	4	8	5	1
8	5	1	7	2	9	3	4	6

KING CROSSWORD

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

MAGIC MAZE



SUPER CROSSWORD

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

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every week?

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★ ★ Classifieds ★ Classifieds ★ ★

REAL ESTATE

CONDO FOR SALE MILLION DOLLAR VIEW ON THE WATER

Why pay Sanibel prices when right across the bridge on San Carlos Bay looking over at the island is Punta Rassa, a peninsula with gorgeous views every direction you look. This 2 bedroom 2 bath condo has tile in living areas and master bedroom, open floor plan, very roomy kitchen with white cabinets, hurricane shutters on lanai and some windows, 6th floor with sweeping views. Priced at $335,000 and buyer will give $10,000 credit for anything buyer wants to add to unit. Call Karen Wojnar, Re/Max Realty Group, 239-292-7012.

✲NS 8/16 CC 8/16

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1101 Periwinkle Way #105
Sanibel, FL 33957

✲RS 1/4 NC TFN

REAL ESTATE

MOBILE HOME PERIWINKLE PARK

$115,000. 60 x 12 w/ metal roof-over plus 20 x 12 Florida room. Master BR has queen size bed & blt-in dresser & dbl closet. Master bath has combo bath/ shower & dbl sink vanity w/extra storage. Guest BR has dbl closet + blt-in drawers & private bath w/ shower. Eat-in-kit is open to LR which flows into Florida room. Designed pass-thru from K to FL room. Private 12 x 12 deck, picnic table and storage shed. One car carport with adjacent 2nd parking space. Ceramic tile flooring in kitchen. Florida room & bathrooms. Carpeting in both bedrooms & LR. Home recently inspected & has all required tie- downs. New central air & heat system & stacked washer/dryer, all appliances louvered blinds throughout. Purchase completely furnished including all linens, dishes, pots & pans, tableware, 2 sleeper couches, recliner, 2 dining tables & chairs, 4 outdoor chairs & folding beach chairs, etc. Call owner 317-293-0915 or email LMSrealtor@aol.com for further information or to make offer.

✲RS 8/9 CC 8/9

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✲RS 1/4 BM TFN

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PROPERTY MANAGEMENT & SALES
359 Periwinkle Way, Sanibel Island
239-579-0511

✲RS 1/4 CC TFN

RENTAL WANTED

ANNUAL RENTAL WANTED

Single 52 year old male gainfully employed non-smoking, no pets, no children, good credit. Looking for moderately priced 1B/1B or bigger rental. Sept. or later to occupy. Call Todd at 262-455-5860.

✲NS 6/28 CC TFN

ANNUAL RENTAL

RE/MAX OF THE ISLANDS

Putting owners and tenants together
Call Dustyn Corace
www.remax-oftheislands.com
239-472-2311

✲RS 1/4 BM TFN

FOR RENT

Community Housing & Resources (CHR) has apartments for rent to individuals who work full time on Sanibel.
Rent based on income.
For information call 239-472-1189.

✲RS 3/15 CC 8/30

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.

FORT MYERS

CANAL & DOCK
Five Minutes to Sanibel 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.

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Paul H. Zimmerman, Broker/Owner
sanibelannualrentals.com
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✲RS 7/26 BM TFN

QUIET SANIBEL HOME W/PRIVATE BEACH PATH

3200 sq ft home in Gulf Pines, one of Sanibel's most beautiful & sought after communities. One house from beach w/private beach path. Short walk to Gulf Pines' 2 swimming pools & tennis courts; large landscaped lot provides privacy. 3-4 bedrooms, 3 1/2 baths, large open living area, screened porch & several decks. W/D, 2nd fridge, Elevator, 2-car garage. $4,000/mo. + util. Annual rental only. Unfurnished. Landscaping & association fees paid by owner. Avail Oct 2013. Call 917-680-4440.

✲NS 5/31 CC TFN

SERVICES OFFERED

HOUSEKEEPER GIRL FRIDAY

Experienced Housekeeper.
Excellent References, Reliable, I will also help with light cooking and errands.
Call Heather (239) 826-1045
Sanibel & Lee Co. License

✲NS 8/16 CC 8/16

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

ROGER NODRUFF ELECTRIC

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Call Roger 239-707-7203.
Aqualink - Motor Controls.
Office & Store Maint.

✲RS 6/7 CC TFN

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Lives on Sanibel
Will Check Your Home Weekly
Very Reasonable Rates
(239) 728-1971

✲RS 1/4 BM TFN

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✲RS 1/4 BM TFN

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✲NS 8/9 CC 8/23

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✲RS 4/19 CC TFN

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✲NS 1/4 PC TFN

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✲NS 8/9 CC 8/16

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scarnatolawn@aol.com

✲RS 1/25 BM TFN

HELP WANTED

THERAPY TECHNICIAN/ OFFICE ASSISTANT

Energetic, efficient and friendly individual needed for physical therapy clinic on Periwinkle Way. Must have excellent communication and multi-tasking skills, with proficiency in Microsoft Office/ Windows. Experience in medical or therapy office preferred. Full-time seasonal and part-time off-season, Mon-Fri. Please e-mail resume/cover letter to rachel@islandtherapycenter.com, or bring to 2242 Periwinkle Way, Suite 2.

✲NS 8/16 CC 8/16

HELP WANTED

ED Para 6hrs.
Tolls Paid
Call The Sanibel School @ 472-1617.

✲NS 8/9 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

TO PLACE A CLASSIFIED LOG ONTO:

IslandSunNews.com CLICK ON **PLACE CLASSIFIED**

★ Classified Deadline Friday at Noon ★

★ ★ Classifieds ★ Classifieds ★ ★

HELP WANTED

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

VOLUNTEERS NEEDED
At The Sanibel School
Call Michelle Wesley
239-910-8000
✲RS 1/4 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

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

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

BOATS - CANOES - KAYAKS

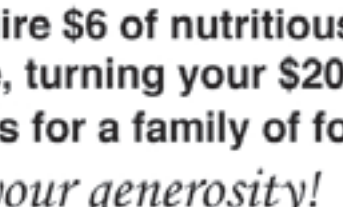
DOCKAGE
Hourly, Daily, Weekly and Monthly.
Captiva Island 472-5800
✲RS 1/4 NC TFN

22-FOOT GLACIER BAY CATAMARAN
In good condition. Needs some detailing and a high pressure fuel pump.
$9,000 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 7/26 NC TFN

LOST AND FOUND

ADIRONDACK CHAIRS
Lost 2 large recycled plastic adirondack chairs. The chairs are blue and were last seen floating in Dinken's Bayou. Reward offered. Call Ed at 239/579-0598.
✲NS 8/16 NC 8/16

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 AND FOUND

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

Read us online at IslandSunNews.com

Clinic for the Rehabilitation of Wildlife
CROW
Sanibel Island, Florida

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

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

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...

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Scan to connect to the Food Bank!

Mail your tax-deductible donation to:
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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

Hi, my name is Styles and I'm a two-year-old American Staffordshire terrier. I'm handsome, reserved, patient, loyal and intelligent. I guess you could call me the strong silent type. You will fall in love with me within minutes. My adoption fee is $25 (regularly $75) during Animal Services' There's No Place Like Home 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, 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.☆

Styles ID# 566341 photo by squaredogphoto.com

Humane Society To Hold Vigil For Animals

The Gulf Coast Humane Society and Bell Tower Shops will partner for the second year for the International Society for Animal Rights (ISAR) International Homeless Animals' Day.

They will hold a Candlelight Vigil at Bell Tower Shops on August 17 from 6 to 9 p.m. to memorialize the animals that have lost their lives due to pet over-population.

Participants will be able to decorate luminary bags for a suggested $5 donation. Each bag will be lit around the fountain and courtyard area at 8 p.m. Luminary bags can be personalized the day of the event in Center Court or in advance at the Gulf Coast Humane Society.

International Homeless Animals' Day is a day for all organizations and individuals in the animal rights and welfare fields to raise awareness of pet overpopulation. This day also supports spaying and neutering of pets as well as reinforcing the importance of adopting.

The Humane Society is at 2010 Arcadia Street, Fort Myers. For more information call 332-0364, email: Courtney@gulfcoasthumanesociety.org, or visit www.gulfcoasthumanesociety.org.☆

Wolf It Down Event To Aid Animal Sanctuary

Shy Wolf Sanctuary invites food lovers to Wolf it Down at the annual Hooters and Harley benefit.

The event will feature an eating contest on August 24 at 2 p.m. to benefit the more than 50 abandoned and neglected animals being cared for at the sanctuary and to help fund the building of a new facility.

Hooter's will donate their hottest wings for the contest, which will be limited to the first 10 adults over the age of 18 to register. The winner will be whoever eats the largest amount of hot wings in 10 minutes. There will be prizes for first, second and third place winners. Participants will pay a $10 donation to compete. There is no charge for spectators or guests.

The annual event also includes a bikini bike wash by the Hooters girls, a bike and car show, swimsuit contest and a country music concert with One Night Rodeo.

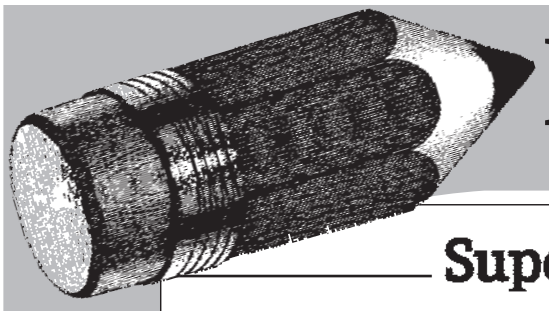
For sponsorships or to sign up for the contest, contact Shy Wolf's event manager, Lia Arnold at 246-2835 or email Barry at ShyWolfSanctuary@gmail.com.

To learn more, visit www.shywolfsanctuary.com or call 455-1698.☆

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 27B

Super Crossword

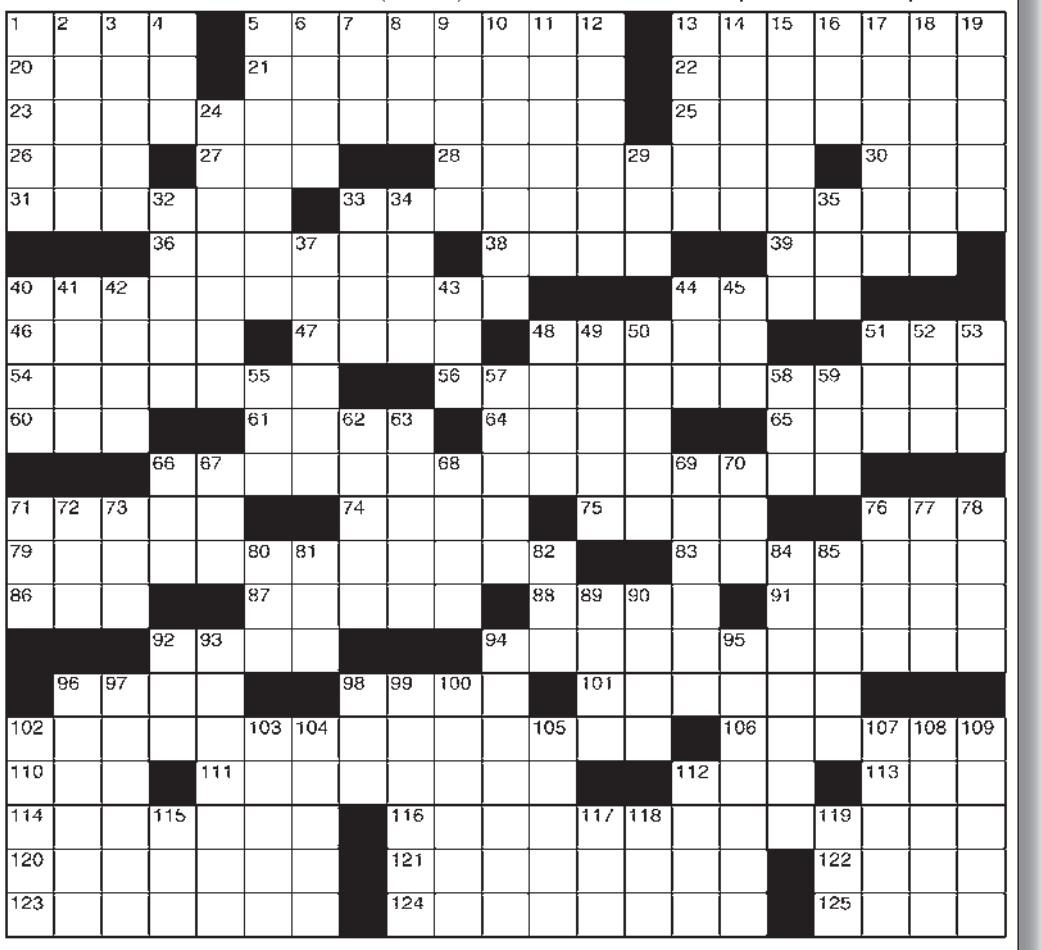
SECRET SWIMMERS

ACROSS

1 "— right with the world"
5 One doing a banishing act
13 Port in Argentina
20 Drop heavily
21 Ramp up
22 Partial floor carpet
23 Many white-coated helpers
25 Dhaka natives' language
26 Article in Amiens
27 LAX abbr.
28 Military units
30 Quit allowing
31 Fly a plane alone, say
33 Instruction at the location itself
36 Actress Piper —
38 Actors Romero and Beatty
39 In the past
40 Beeline
44 Minnesota ex-governor Carlson
46 In plain sight
47 Suvari of the screen
48 "Ouch!"
51 Outrage
54 Spicy sauce
56 Sums of money paid before being earned
60 USCG rank
61 School dance
64 Precious
65 Hesitate
66 It became a state in 1959
71 1/4 gallon
74 Julia of films
75 Part of PTA: Abbr.
76 Lacto- — -vegetarian
79 Senate, e.g.
83 Supported on a stand, as a painting
86 Hooded snake
87 Obsolete
88 In — (routine-bound)
91 Actress Graff or Kristen
92 Tip holders
94 Vanilla ice cream variety
96 Letters after chis
98 — Helens (Wash. volcano)
101 Irritates
102 Taken by surprise
106 Because
110 Port in Scotland
111 Swimming pool additive
112 Wisconsin's Fond du —
113 Jai-alai cry
114 Pooch-pulled vehicle
116 "Canadiana Suite" jazz pianist
120 One slowly collecting
121 Cut to — (stop hedging)
122 Work without — (risk injury)
123 Waters between Korea and Japan
124 Components of blood pressure readings
125 They're hidden in this puzzle's nine longest answers

DOWN

1 Put in — for (endorse)
2 Texas plain
3 Earring sites
4 R&R site
5 Skew
6 Camelot lady
7 Lenovo or Dell products
8 Plate scrap
9 Gathers in from the field
10 Sunbathing evidence
11 Manor
12 Relaxed
13 Tiring work
14 Bullring, e.g.
15 Retiree's payment
16 Not keep up
17 Language of Qatar
18 University in New Orleans
19 Getting older
24 Decides on
29 Nail-biting NFL periods
32 Verdi's forte
33 Certain reed instrument
34 Proper —
35 Lisbon-to-London dir.
37 Knight suits
40 Fawn over, with "on"
41 Poet Bunin
42 One side in the Civil War
43 Tic- — -toe board
44 Give help to
45 Ramp (up)
48 Flemish river
49 Southern belle Scarlett
50 "— hell": General Sherman
51 Post-ER site
52 Scale notes
53 Nationality suffix
55 Tax doc. pro
57 "Rolling in the Deep" singer
58 30-day spring mo.
59 Voter's "no"
62 Gumbo pods
63 Partners of sirs
66 "Odds — ..."
67 P.O. arrival
68 Conduit
69 Fly of Africa
70 — tear
71 In the role of
72 FedEx alternative
73 iPad buy
76 Roll topper
77 — diagram (logic image)
78 Took too many meds
80 ER technique
81 Includes
82 Unpolished
84 Total quiet
85 "Nightmare" film loc.
89 Mellow
90 Purposes
92 Happy dance
93 Trash barrels
94 Viewpoints
95 Flies a plane
96 Bribe money for a deejay
97 Wells forth
98 L-P bridge
99 Diviners' cards
100 Having a rustling sound
102 Bum
103 Two and one
104 Part of UHF
105 Wince, say
107 Egypt's Mubarak
108 Therapeutic plants
109 Penny, to a dime
112 — majesty (high treason)
115 Feline pet
117 It's between pi and sigma
118 Buddy
119 U.K. flying corps



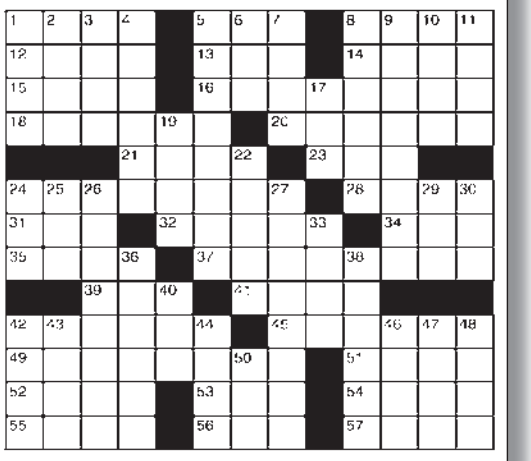
King Crossword

ACROSS

1 Gets a glimpse of
5 Tree fluid
8 One of the Three Bears
12 "Gone With the Wind" plantation
13 Actress Carrere
14 Letter jumble (Abbr.)
15 "Yeah, right!"
16 Dig
18 Soothe
20 On an angle
21 Tiers
23 Homer's interjection
24 Rough calculation
28 Outlet
31 "Humbug!"
32 "Top Chef" network
34 Cattle call?
35 Bjorn of tennis lore
37 Weaken
39 Anger
41 Leg joint
42 Party souvenirs
45 Standard
49 Move to another country
51 Crimson Tide, for short
52 — -a-ling
53 Auto fuel
54 From the beginning
55 Nervous
56 Tummy muscles
57 Camera part

DOWN

1 Impale
2 Facility
3 Rocker Clapton
4 Jungle expedition
5 Good glasses
6 — -en- Provence, France
7 Treaty
8 "Conditioned reflex" doctor
9 Curse
10 Cracker spread
11 Elderly
17 Help
19 Bausch's partner
22 Reeked
24 Recede
25 — Paulo, Brazil
26 Prosperous
27 Uniformity
29 "To be or — ..."
30 Sock part
33 Sandwich cookie
36 Needing more sleep, maybe
38 Oral
40 Make a mistake
42 Big party
43 In the thick of
44 Long story
46 Horse's neck hair
47 Prayer ending
48 Legislations
50 Bill



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

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

Canal
Canyon
Cayman
Central Station
Coulee Dam
Duchess
Forks
Jury
Larceny
Marshal
Piano
Prix
Rapids
Teton
Total

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