Finishing Touches Being Put On ‘Ding’ Documentary
by Jeff Lysiak

The countdown to the official first screening of the film America’s Darling – a documentary about the life and impact of legendary editorial cartoonist, wildlife conservationist and former Sanibel and Captiva Island visitor Jay Norwood “Ding” Darling – is under way.

Scheduled to debut during “Ding” Darling Days at the JN “Ding” Darling National Wildlife Refuge in October, America’s Darling will share the incredible history of Darling (1876-1962), the Des Moines Register editorial cartoonist who influenced readers through his syndicated cartoons, creating awareness of urgent environmental issues and the need to preserve America’s natural landscapes.

During the three years he has spent working on the film, producer Sam Koltinsky travelled across the country – from Florida and West Virginia to Michigan, Washington, DC and Iowa – gathering valuable biographical information and poring through documents, cartoons and other archived Darling treasures.

This spring, Koltinsky and his Marvo Entertainment Group team spent more than a month in Southwest Florida, filming several segments to be included in the 60-minute documentary at BIG ARTS, the refuge and at Darling’s former winter retreat – the Fish House, built in 1942 – on Captiva.

But since then, work on America’s Darling hasn’t begun to slow down.

“I left Sanibel and Captiva and went almost directly to Des Moines,” Koltinsky said last week. “We were able to visit Darling’s former home, capture a number of interviews related to Ding’s time in Iowa as well as to secure Iowa’s portion of our project’s funding...”

Have A ‘Disco’ Ball At Sanibel Night Prom
by Jeff Lysiak

Islanders are getting ready to put on their boogie shoes as the Sanibel Night Prom – scheduled to take place on Saturday, September 8 at The Dunes Golf & Tennis Club – promises an evening of disco dancing, fabulous food and flashbacks to the 1970s.

Saturday Night Prom, a disco-themed fundraiser inspired by the classic John Travolta movie Saturday Night Fever, will begin at 7:30 p.m. and continue until 11 p.m. Co-hosted by The Dunes and the Sanibel School PTA, the fundraiser will feature a DJ, light hors d’oeuvres, a cash bar and plenty of surprises. Dress is retro formal or Sanibel formal.

With a decade as clearly defined for its music, fashion and catch phrases as the ’70s, Sanibel Night Prom figures to become an instant classic among island fundraisers...
Sanibel Fit 4 Life is the motto at Center 4 Life. Island Seniors, Inc. members can buy coupon booklets at the Center 4 Life, 2401 Library Way, or at the Sanibel Recreation Center. Booklets of 12 coupons are $42 or buy three coupons for $10.50. They can be used to attend classes. Make checks payable to the City of Sanibel.

Happy to be Fit for Life — Monday, Wednesday and Friday at 9 a.m. with Sandi McDougall. Combination of the Happy Hour and Essential Total Fitness. Keep your heart, lungs and muscles strong and your brain fit with a combination of aerobics and muscle conditioning exercises. Hand weights and stretch weights cords will be used. The class begins with a joke and ends with a positive thought.

Gentle Yoga with Kris Brown — Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Class exercises are done on mats. Bring a towel.

Tuesday Kayaking — September 11 and 25. This outing is for people who enjoy the outdoors. There is space for 16 people on eight two-person kayaks and unlimited space for those who have their own kayaks. Two leaders for each outing determine the location. Leaders pay no fees and reserve the right to change the 8:30 a.m. meeting time.

All participants, including those with personal kayaks, must meet at the center unless an off-island launch is scheduled. Everyone is encouraged to take a turn leading the group. The center supplies the kayaks, paddles and life jackets. Bring water, a small snack, change of clothing, sun lotion, bug spray, sunglasses and a hat. Cost is $5 for Island Seniors, Inc. members and $10 for non-members per trip. Members have first priority. Come by the center to sign up. Payment required at sign up.

New Classes with Patty — Includes Windows 7.

PC Savvy — News you can use on Thursday, September 13, 1 to 3 p.m.

Learn about libraries, folders, back-up files, flash drives, searches, screen savers and desktop icons. Class is limited to six. Your paid reservation guarantees your seat. Cost is $30 for members and $45 for non-members.

Protect Yourself and Your PC Online — Wednesday, September 19, 1 to 3 p.m.

This class is designed to give you facts and specific tips to give you peace of mind using the Internet. Learn about privacy controls, data mining, online piracy, email spam and phishing schemes, advertising and “Do not track” controls, the best security software, what is malware and how to protect your PC.

Picas with Patty... and your photos — Wednesday and Thursday, September 26 and 27, 1 to 3 p.m. Two two-hour sessions per class. Hands-on training in Picasa, a free program from Google. Copy photos from your camera or memory card to your PC, create and edit albums that are easy to email. Order prints without a trip to the store. Learn how to crop, resize, sharpen and brighten colors. Class limited to six. Cost is $60 for members, $90 for non-members at sign up. Bring your camera and cable, memory card and card reader with 10 to 20 photos. Sample photos will be available.

Watercolor with Bea Pappas on Fridays, 12:30 to 3 p.m. If you have some painting experience and would like to work from a still life or photo, join continued on page 10...
Raymond Burr Exhibit

Burr chaired the museum’s first capital campaign and graciously hosted several fundraisers. The museum established The Raymond Burr Memorial Garden to recognize his pivotal role in helping to establish the Bailey-Matthews Shell Museum. For more information, visit www.shellmuseum.org.

Second Infantry Division Veterans Annul Reunion

The Florida Branch of the Second (Indianhead) Division Association will have its annual reunion in Titusville, Florida October 12 to 14 at the Best Western Space Shuttle Inn. For reservations, call the hotel at 321-269-9100 and say you are with the Second Division. For more information, call the branch secretary-treasurer, Donald Calnan, at 561-742-5379 or send an email to 2ida.mail@charter.net.

Share Your Collection, Hobby Or Talent With Island Kids

Come share your special collection, hobby or talent with the children of the After School Program at the Sanibel Recreation Center. Share the history of your favorite collection, demonstrate a long lost talent, or introduce a new hobby with children in grades kindergarten through 8th. Available time slots will be scheduled every other week during the school year. Showcase events will begin in September and run through the month of April 2013. For more information on how you can volunteer to showcase your special interests contact the Sanibel Recreation Center at 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information visit www.mysanibel.com.

Fish Caught

TJ Spencer from Cherry Hill, New Jersey, fishing with Capt. Joe Banta at Captiva Rocks, caught a 20-1/2-inch trout all by himself. Capt. Joe helped him net the fish.

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Let food be thy medicine & medicine be thy food. – Hippocrates 460 BC

American Legion
Post 123 News

This Sunday, August 26, the American Legion Post 123 will feature BBQ ribs and chicken served from 1 to 8 p.m. Cost is $12 per person. On the following Sunday, September 2, Post 123 is hosting a Potluck Picnic. Bring your favorite dish to share while the legion will supply the hot dogs.

Every Monday night, Post 123 hosts 9-Ball Pool Tournaments starting at 6 p.m. This week’s winner of the first match was Kevin Pottorf while Joe Steamer took second. John Gonzalez won the second match, with Dennis Bender as the runner-up.

Texas Hold’em is played every Thursday at 7 p.m. and Saturdays at 4:30 p.m. New players are always welcome.

Every Friday, a six-ounce ribeye steak sandwich is on the menu all day. Other items include a half-pound burger. Stop in and check out the daily special. Food is served every day and 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.

I ❤️ Sanibel

Don’t Leave Sanibel Without One...

These new bumper stickers have green color to emphasize that almost 70% of Sanibel is conservation lands and a whimsical heart to signify our island lifestyle. The peel-off back has information about Sanibel that you may not know.

They are available at:
Bailey’s General Store
Jerry’s Foods
MacIntosh Books
Sanibel Recreation Center
Suncatcher’s Dream
Tuttle’s Sea Horse Shop

©Hortoons

Read us online at IslandSunNews.com
Helicopter Golf Ball Drop Planned For Sanibel School Golf Outing

The annual golf outing for The Sanibel School is Saturday, October 6 at The Sanctuary Golf Club. The Blue Ribbon Golf Classic will include golf, dinner and prizes. A helicopter golf ball drop will occur prior to the shotgun start, and the winner will be announced at the buffet dinner following the tournament. Cheeburger Cheeburger has signed up to be the helicopter golf ball drop sponsor.

Sanibel School Fund volunteer and Cheeburger Cheeburger owner Kris Van Olst has been helping plan the Blue Ribbon Golf Classic. “We’re proud to help support education of students on the islands, and we will continue to support the local youth organizations throughout the school year,” Van Olst said.

Cost of the event is $200 per player or $50 per person for dinner only. For more information about sponsorships, to reserve space, or purchase helicopter ball drop tickets, contact Paige Babcock at phbabcock@gmail.com or call 579-0015. Helicopter golf ball drop tickets can also be purchased at Cheeburger Cheeburger.

Sponsorship opportunities are available for both the Blue Ribbon Golf Classic and The Sanibel School’s Seahorse Festival, which will be held Saturday, March 9. Doc Ford’s is the tournament’s Master Sponsor. The Sanibel School Fund and Sanibel School PTA are joining forces to help raise the money needed to maintain the quality of the school and its status on the top of the list of the State of Florida’s Department of Education ranking of elementary-middle schools.

Money raised by the Sanibel School Fund and PTA provides many resources and enhancements that the shortfalls in the Lee County School System budget cannot, including educational software, classroom computers, the foreign language program, steel drums, a music keyboard lab and supplies for classrooms. Parent and community support for these programs have helped The Sanibel School earn the Blue Ribbon designation, as well as an “A” rating, for the past 11 years. The U.S. Department of Education awards National Blue Ribbon status based on overall academic excellence or for success in closing achievement gaps.

Joan Ickler, Kris Van Olst, Julie Petsos and Casey Soto of Cheeburger Cheeburger

Local angler Samuel Guerrero caught a trophy-sized redfish in the bay just past Redfish Pass on August 18 around 12:30 p.m. “I caught it using my St Croix rod and Penn Battle 4000 Series reel purchased at The Bait Box,” he reported.

“My bait was an extra large shrimp on a red jig.” Guerrero was on a boat fishing with his brother, Jesus Martinez, who immediately knew he had hooked onto something big. “It was the second redfish I have ever caught,” he added. “They say the third is a charm, I’ll be ready.”

To advertise in the Island Sun Call 395-1213
Annual Street Resurfacing Is Under Way

The City of Sanibel’s annual street resurfacing began on Monday, August 20 and will continue for the next six weeks.

According to a city news release, every effort will be made to minimize inconvenience to the public. In order to help accomplish this, some paving will be done at night, with the rest of the project done during normal daytime hours. Access to residences and businesses will be maintained at all times.

The public is reminded to use caution when traveling through a construction zone.

The following streets are included in this project:
- Night paving (9 p.m to 6 a.m.):
  - East Periwinkle (Causeway Boulevard to Kings Crown)
- Purdy Lane
- Roseate Lane
- Iris Lane
- Baltustrol Court
- Troon Court
- Wulfert Road (from the clubhouse to the end)

Every year, the city resurfaces selected roads based upon a time schedule and existing condition. This year’s road resurfacing contract amount is $790,307.50 involving full-width resurfacing of 13 streets, Nerita Street paving and several miscellaneous small paving projects.

The contractor is required to complete the project within 45 days.

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Jose Ravera, front, and Luis Santana remove equipment from the Tarpon Bay Road shared use path repaving project on Tuesday as passing bikers use the new path.
Island Zontians Clean Up Human Trafficking With SOAP

Island Zontians are teaming up with local women and Zonta International’s District 11 clubs to combat human trafficking with an unlikely weapon – soap.

The Zonta Club of Sanibel/Captiva, ZI District 11, The Human Trafficking Awareness Partnership, Inc. (HTAP) and Southwest Florida Addiction Services are working with Save Our Adolescents from Prostitution (SOAP) to rescue young people, mostly girls, who have been trafficked into the sex trade. The SOAP project delivers the small soaps labeled with the National Trafficking Hotline free to hotels near events that draw large numbers of men. Sporting events like the Super Bowl and The Indy 500, and large national conventions are among those targeted by SOAP.

On August 10 and 11, several hundred volunteers from Southwest Florida non-profits that work on human trafficking issues, met in Tampa to label and distribute 50,000 bars of soap to 167 area budget motels as well as luxury hotels near next week’s National Republican Convention. Overall, 207 hotels and their employees received not only soap but also educational materials to help them identify human trafficking victims and missing children. At least two missing children were identified, according to event organizers.

Volunteers from Southwest Florida Zonta clubs, including Sanibel and Captiva, attended the event. Island Zontian and HTAP Director Nola Theiss gave a presentation about human trafficking to volunteers in Tampa. She also delivered 1,000 bars of soap, which were labeled in June by residents of the Transitional Living Center at Southwest Florida Addiction Services, one of Zonta’s local service partners. Residents there also heard Theiss speak about human trafficking.

It is frequently the case that young girls are bused in by their traffickers into areas where large events are being held to service the men who attend them, according to human trafficking experts. Traffickers advertise the girls as escorts in print publications and Internet sites like backpage.com. They are housed in inexpensive motels where they are watched around the clock and often the only privacy they have is in the bathroom.

It is the latter fact that gave Theresa Flores, the founder of SOAP and a trafficking victim herself, the idea for the project. Forced into prostitution as a teenager, Flores’ experience mirrored that encountered by young victims of this crime today.

Flores recalled the worst night of her life where as a teen she was taken to a Detroit area motel where she was auctioned off to dozens of men. She said the one item that... continued on page 44

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www.captivacruises.com
Rotary Happenings

submitted by Shirley Jewell

Getting the ball rolling at an early age... score one for the home team of the Sanibel Youth Soccer League.

League president Craig Holston (The Sanibel-Captiva Trust Company’s Senior Vice President/Senior Portfolio Manager) came to Rotary last week to give the club an overview of the island’s youth soccer league.

“The Sanibel Youth Soccer League is for children who live on Sanibel and Captiva or whose parents work on the islands. Annually, around 200 boys and girls play Sanibel soccer (ages 4 to 14), making it one of the most popular youth activities on the islands,” he said. “As a recreational league, they have no tryout camps or powerhouse teams, and coaches don’t make winning a priority. Instead, the focus is on giving kids of any skill level maximum participation in the game. Every child gets to play at least one half of every game.”

The Sanibel-Captiva Rotary Club invited Holston to visit because we were interested in becoming sponsors of one of the youth soccer teams this season. All of the coaches participating in this league are volunteers. League players are charged a nominal fee of $96 per good sportsmanship and boost self-esteem. Running up and down the field increases muscle and bone strength, along with flexibility and endurance.

Craig Holston, president of the Sanibel Youth Soccer League player, which offsets the costs of the uniform jerseys, shorts and socks, insurance, an end-of-season tournament and referees. Need scholarships are made available to a number of children through individual giving and sponsorship opportunities ($250 team sponsorships) available through the Sanibel Youth Soccer League. Occasionally, monies are also made available for trained coaches to run instructional soccer workshops on the island. Youth soccer programs provide a constructive way for kids to have fun, get needed exercise, acquire social skills, build character, learn teamwork, develop skills, learn

Rotary’s Children’s Book of the Week donated to the Sanibel Public Library in honor of guest speaker Craig Holston

Craig Holston (The Sanibel-Captiva Rotary last week to give the club an overview of the island’s youth soccer league.

Craig Holston, president of the Sanibel Youth Soccer League

officials and VIPs in addition to virtual signatures of support via the Internet. A grand campaign finale was held in Alexandria, Egypt. The 2010 Africa Cup of Nations champions kicked the ball, symbolically kicking polio out of the continent to the 2010 Rotary International Convention in Montreal, Canada.

The connection here is soccer is played worldwide, and Rotary International is a worldwide service organization. The Sanibel-Captiva Rotary Club is becoming a sponsor of the Sanibel Youth Soccer League and hopes you will join us by becoming a sponsor yourself. If you have an interest in becoming a sponsor this season, contact Craig Holston soon at cholston@sancaptrustco.com. Soccer season is right around the corner.

If you have any questions about Rotary, ask any of our Sanibel-Captiva Rotary Club Officers and Community Neighbors: President, John Grey; President-elect, Scot Congress; Vice President, Bill Rahe; Secretary, Adair Heath, Treasurer, John Danner; Past President, Joel Osper; and Membership Chair, Janet Strickland.

Or just stop by for breakfast one Friday morning and find out what Rotary is all about.

The Sanibel-Captiva Rotary Club meets at 7 a.m. every Friday at Bistro At Beachview, 1100 Par View Drive. For further information regarding the Sanibel Rotary or Rotary International, call 337-1099.

Our email address is press@islandsunnews.com
A Fish As Big As A Refrigerator

submitted by Jenna Sullivan

picture the refrigerator at your house. Now, picture a fish the size of that refrigerator. Give it a large mouth, a rounded tail fin, dark coloring with faint vertical stripes and darker spots. You are picturing an Atlantic goliath grouper, the focal point of last week’s camp at Sanibel Sea School.

Goliath groupers are one of our favorite species of fish. Bigger doesn’t always mean better, but these fish are impressively colossal… we mean HUGE! An adult can be 8.2 feet long and up to 800 pounds.

We began to get an idea of what these dimensions really mean when we built two adult-sized goliath grouper sculptures in the sand at Bowman’s Beach. We spent the whole day at the beach that day, and kept coming back to the sand sculpture periodically. It was a lot of sand to move. We also tested the benefits of being big in a counselors vs. campers game of tug-of-war, which ended poorly for the counselors. It turns out that sometimes, bigger does not mean better.

To really understand these groupers, campers needed to get an idea of what life is like for these fish before they become goliath. Some campers were surprised to find out that we would be collecting and examining plankton under the microscope during Goliath Grouper Week. After all, what could be further removed from a huge grouper than plankton? However, goliath groupers begin their lives as tiny, pelagic larvae that float on currents to near-shore mangal ecosystems. There, they become juveniles and spend the next four to six years eating and growing, sheltered in the mangrove nurseries.

We also learned about mangrove trees and snorkeled through a mangal forest, coming across many juvenile fish and invertebrates that depend on the mangrove structures for habitat. We seized the opportunity to collect and examine the plankton under the microscope.

Adult goliath groupers also like to hang out in structured habitat, such as under reefs, ledges and shipwrecks. We canoed out into the San Carlos Bay, pausing under the causeway bridge and picturing the adult goliath groupers that hang out in the deep water near the pilings like trolls. We played a game that helped us understand how goliath groupers hollow out depressions in the sand that can provide important structure for other fish species. Of course, we surfed our hearts out, probably spending more energy in an afternoon than a goliath grouper does in a month, sitting under a ledge and waiting to suck in prey fish in one giant gulp.

As many of you know, goliath groupers are in trouble because of humans. They are now recognized as a Critically Endangered Species. Mangrove habitat, so important to juvenile fish of many species, is being lost. Goliath groupers were overfished almost to the brink of extinction. Though they are slow growing giants with a low reproductive rate, goliath grouper populations are ever-so-slowly beginning to recover.

Sanibel Sea School is a non-profit organization looking to a world where all people value, understand and care for the ocean. Our mission is to improve the ocean’s future one person at a time. Please enjoy our offerings and join the ocean tribe at www.sanibelseaschool.org or stop by our Sanibel location.
CECI Holds Open House

The Children’s Education Center of the Islands held its annual open house and orientation last Thursday. It was a great chance for new families to get acquainted with the other parents and children of CECI. The kids ate pizza and played on the playground while the parents and staff socialized and learned more about the school.

CECI is in its 38th year and was founded by parents on the islands. It is a parent co-op and relies on its families to volunteer and make the school the shining star that it is. CECI offers after school programs that include sign language, nature and science, music and movement, arts and crafts and cooking.

CECI has classes for 2’s, 3’s and Pre-K 4-year-olds. Contact the school at 472-4538 if you are interested in enrolling your little one.

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From page 2

Center 4 Life

in. Cost is $20 per session for members and $25 for non-members. Class runs through August 31.

Barbara B. Mann Performing Arts Hall, Naples Philharmonic and Florida Repertory Theatre tickets available at a discount for the 2013 season. Call the center for information.

Page Turners – Ann Rodman, volunteer coordinator, with the help of her Page Turners, will select books monthly for 2012/2013 books for discussion. Page Turners has been meeting almost year-round due to strong attendance. The discussion for October 10, 2 p.m., is *The Room* by Emma Donoghue. The entire world of a five-year-old boy is the 11x11-foot room in which his mother is being held against her will.

Books and Games

There are members who would like to learn how to play backgammon. If you know how and would consider teaching a group, contact Sandi McDougal at 472-5743, or sandi.mcdougal@mysanibel.com. Room is available on Thursday afternoons.

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

Hand & Foot – 12:30 p.m. Tuesday

Mahjong – 12:30 p.m. Thursday

Mexican Train – 12:30 p.m. Thursday

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

Trash & Treasures Sale – Saturday, November 10, 9 a.m. to 1 p.m. The center is looking for donations of gently used items such as household furniture, fishing, boating supplies, home decora-

For the past 31 years, Tommy lived in Fort Myers, Sanibel and Captiva Islands, where he had many friends. Tommy worked in restaurants, fish markets and construction.

For the past 14 years, he lived on and managed Chuck and Ann Brunings’ property plus several other properties on Captiva, and was also a proud volunteer of the Captiva Fire Department.

Tommy was a Wisconsinite at heart and loved the Packers, Brewers and Badgers, along with watching The Three Stooges and old movies. Tommy had a passion for cooking too much food and would share with his visitors, neighbors and friends. Along with his humor and radiant, contagious smile, he was a caring, helpful person and always gave you time out of his day.

He is survived by his three brothers, Richard (Linda), Shiocton; David (Debbie), Saukville and James (Sally), Shiocton. He further survived by many nieces, nephews, great nieces, great nephews, aunts, uncles, cousins and a special friend, Mary Ellen Charles Backes, and many other friends.

He proceeded in death by his parents. If you ever needed a helping hand, Tom gave you “both” hands. He was loved by everyone and will be missed dearly.

OBITUARY

THOMAS J. WICKESBERG

Tammy J. Wicksberg, 62, Fort Myers, died unexpectedly on Sunday, August 5, 2012. Tommy was born on June 22, 1950, in Sheboygan, Wisconsin son to the late Warren and Elizabeth (Meer) Wicksberg. Tommy lived in the Ozaukee County area, working in the family owned restaurants, along with other jobs.
WOW! Program Signups Still Open

It’s only a few more weeks until the second annual Wednesdays Of Wonder (WOW!) afterschool program at Sanibel Congregational United Church of Christ. Program organizers are happy to announce that “Ding” Darling, CROW’s Trouper and friends, and the Bailey-Matthews Shell Museum have all agreed to lead an activity during one of the weeks.

WOW will be held every Wednesday in September (September 5, 12, 19 and 26) from 3:30 to 6 p.m. (drop-off is from 3:15 to 3:30 p.m.). This year’s theme is “...And indeed it was good,” and offers fun ways to learn about caring for God’s creation through art, crafts and hands-on science projects exploring nature.

Last year, more than 40 kids enjoyed activities that include knitting, making a video, arts and crafts, dancing, building arts, music and woodworking. Each child will have the opportunity to participate in a variety of activities.

Tuition for all four weeks is $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 to Friday from 9 a.m. to 3 p.m.; and online at www.sanibelucc.org. Parents of K-5th graders are urged to sign up their children early, as limited space is available. Scholarship help is 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.

Our email address is press@islandsunnews.com
The Florida Fish and Wildlife Conservation Commission (FWC) announced that harvesting invasive lionfish no longer will require a fishing license when using certain gear, and there is no recreational or commercial harvest bag limit. The FWC is taking these actions to encourage more Floridians and visitors to harvest lionfish.

“The Florida Fish and Wildlife Conservation Commission hopes that by increasing the opportunity for people to harvest invasive lionfish, we can limit the impact this nonnative invasive species has on Florida’s marine fish and wildlife,” said Jessica McCawley, director of the FWC’s Division of Marine Fisheries Management. “We also want to express our gratitude to everyone, especially divers, who already go out on a regular basis to harvest lionfish.”

Lionfish are a non-native invasive species in Southwest Florida waters. They are a threat to native fish and wildlife, and can reduce native populations. Lionfish also compete for food with native predatory fish such as grouper and snapper. The FWC encourages people to remove lionfish in Florida waters to limit negative impacts to native fish and wildlife.

Lionfish have venomous spines, so the FWC urges careful handling. Unless a person is allergic to the venom, lionfish stings are rarely fatal. Anyone getting stung should immerse the wound in hot (not scalding) water or apply heat to the affected area for 30 to 90 minutes to help break down the toxin. Also, seek medical attention as soon as possible.

Spearfishers should also take care not to damage the important reef habitat where lionfish often are found.

More information regarding lionfish is available at www.MyFWC.com/Fishing and clicking on “Saltwater Fishing,” “Recreational Regulations,” then “Lionfish.” To view the executive order, visit www.MyFWC.com/About and click on “Executive Director” then “Executive Orders.”

Sea Turtle Nesting Stats

- **As of Friday, August 17, 2012:**
  - Sanibel East – 68 nests, 145 false crawls, 1 hatch
  - Sanibel West – 244 nests, 518 false crawls, 45 hatches
  - Captiva – 116 nests, 173 false crawls, 20 hatches

- **As of August 17, 2011:**
  - Sanibel East – 37 nests, 84 false crawls, 14 hatches
  - Sanibel West – 239 nests, 359 false crawls, 102 hatches
  - Captiva – 76 nests, 54 false crawls, 41 hatches

- **As of August 17, 2010:**
  - Sanibel East – 20 nests, 65 false crawls, 5 hatches
  - Sanibel West – 140 nests, 245 false crawls, 53 hatches
  - Captiva – 64 nests, 117 false crawls, 29 hatches

*false crawl – a failed nesting attempt

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

Email your editorial copy to:
press@islandsunnews.com

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**Sea Turtle Crawl before the Nest was Staked**

![Sea turtle crawl before the nest was staked](image)

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DDWS Welcomes Two Shared Interns At Refuge

The two newest interns to join the “Ding” Darling Wildlife Society-Friends of the Refuge believe that fate has a way of working in mysterious ways.

Jess Shelton and Karen Lopresti both attended Hanover College in southern Indiana. While studying there, they met Hanover alum Birgie Vertesch, DDWS executive director, who was attending a class reunion and struck up a conversation with the girls.

“We were unclear of what direction we would go after graduation, until Birgie came along,” said Shelton, who was majoring in economics.

“We were ready for an adventure that would allow us to explore our interests while also preparing us for the job market,” said Lopresti, a communication major.

“I was impressed by their energy and interest in our work supporting the refuge’s education and conservation efforts,” said Vertesch, who offered them a year-long internship to work with both DDWS and refuge staff after they graduated this spring.

Lopresti, a Richmond, Indiana native, has always had an interest in the work of non-profit organizations.

“I have never been sure about what I wanted to do with my life, but working with a non-profit has always been in the forefront of my mind,” she said. “Seeing the whole picture of how a non-profit operates through this internship is simply ideal. I am blown away by the beauty of Sanibel and the JN ‘Ding’ Darling refuge and society as a whole.”

Shelton hails from Cincinnati, Ohio, but refers to Sanibel as her home away from home.

“My family has been coming here for years and ‘Ding’ Darling has always been part of our family tradition,” she said. “Knowing how amazing this place is, I didn’t think twice about applying for an internship position.”

The interns arrived on August 13, and are already involved in many projects including October’s “Ding” Darling Days. Later this month they will be attending a social media conference in Fort Myers that will aid in promoting the refuge through social media networks.

Lopresti and Shelton are the first to intern for the both the refuge and society aspects of “Ding” Darling.

“The refuge and society work together for a common goal, so it makes perfect sense,” said Supervisory Refuge Ranger Toni Westland. “Hopefully these ladies will be the first of many interns to have the opportunity to work in both of these vital areas of the ‘Ding’ Darling effort.”

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

Share your community news with us.
Call 395-1213
Fax: 395-2299
or email press@islandsunnews.com
Shell Point Academy Offers Hurricane Class

Shell Point’s Academy of Lifelong Learning invites the public to attend a class presented by Kristie Anders about hurricanes in Southwest Florida on Tuesday, September 18 at 10 a.m. This free presentation will take place in the Grand Cypress Room at The Woodlands in Shell Point Retirement Community. However, space is limited, so reservations are required to attend.

Anders, education director for the Sanibel-Captiva Conservation Foundation, experienced her first hurricane at age 6, and that was the first of many hurricanes and tropical storms that this island dwelling educator has lived through. In addition to her personal experiences, she will share the scientific information that will help us better understand this phenomenon.

“As Floridians, we are lucky to enjoy a tropical paradise for most of the year, but we do have to be prepared for when occasionally the weather chooses to create a storm,” said Teri Kollath, manager of Academy and Volunteer Services. “Ms. Anders speaks in our Academy quite regularly, and she offers guests a great insight into many aspects of life in Southwest Florida.”

To reserve space for Anders’ presentation, call 489-8472.

The Academy of Life Long Learning at Shell Point is an educational initiative for the residents of the retirement community. The Academy provides anywhere from 70 to 90 classes each semester that encompass a well-rounded curriculum of educational opportunities for senior adults.

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

Gator And Crocodile Tales At SCCF

The biology of alligators and crocodiles is an ancient tale of survival. On Wednesday, August 29 at 10 a.m., come to the SCCF Nature Center and learn about these living dinosaurs to ensure our safety and their survival on the islands.

Alligator nests on the island are beginning to hatch. The eggs will hatch as a male or female depending upon the incubation temperature of each individual egg.

Cost to attend the Gator And Crocodile Tales program is $5 for adults, with SCCF members and children admitted free. Call 472-2329 or visit www.sccf.org for more information.

The SCCF Nature Center is located at 3333 Sanibel-Captiva Road.
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Guaymas: The Shell Museum Field Trip 2012

There’s still time to join an amazing field trip to Guaymas, Mexico for a shelling expedition that will benefit the Bailey-Matthews Shell Museum. Tour guides Anne Joffe and Alan Gettleman will lead you on a fantastic journey to the northwest most state in Mexico. The trip, scheduled for December 9 to 16, will take you to the coast of the Sea of Cortez, which faces Baja California and is seven hours south of Tucson, Arizona. About 180,000 people live in this quaint fishing village, considered a “safe zone.”

Although the trip is limited to 14 people, there is still space available. The price of $2,200 per person includes the following:
• Round-trip airfare from Phoenix, Arizona to Guaymas, Mexico
• Seven nights at the Best Western Hotel with breakfast daily
• Transportation for all activities during the field trips
• A behind-the-scenes tour of the Pearl Farm for Mexican black pearls
• Shelling at different habitats, including miles of beaches, tide pools, visits to fishing villages and shell dumps, where there are literally hundreds of shells

To reserve a space, register online at www.shellmuseum.org (go to the “Events” menu) or you may send a deposit check of $500 per person to the Bailey Matthews Shell Museum, 3075 Sanibel-Captiva Road, Sanibel, FL 33957. You may also call Diane Thomas at 395-2233 to pay with a credit card. Participants must have a valid passport.

For more information about the trip, call Anne Joffe at 472-3151 or send an email to Sanibelchiton@aol.com.

Sunset falls on Guaymas, Mexico
CROW Launches Summer Campaign

The Clinic for the Rehabilitation of Wildlife announced the launch of a summer campaign to raise funds for the rescue and rehabilitation of our sick, injured and orphaned native wildlife.

CROW president John Schubert is confident that CROW can continue to provide the level of care needed to survive this busy season.

“For over 40 years, CROW has survived thanks to the hard work, dedication and commitment of the special people who provide care for our patients. But we have also survived thanks to the passion and generous donations from our supporters who believe strongly in what we do every day of the year to save wildlife,” said Schubert. “As we have in past summers, we are reaching out to our members, supporters and everyone in our community to help us by providing the extra resources we need to get through this busy summer season.”

Everyone at CROW would like to say thank you for helping us give wildlife a voice in the world and for helping us teach people to care for and care about our wildlife friends and neighbors.

Yes, I would like to support CROW and its efforts to treat these summer patients.

Enclosed is my check, made payable to CROW.
Mail to PO Box 150, Sanibel, FL 33957. Please note “Summer Campaign” on the check.

You may also donate online at www.crowclinic.org

CROW’s website for more information.

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

by Capt. Matt Mitchell

Morning coastal showers most of this week did not slow the bite down. If you were willing to just get out and play dodge-the-rain, the fishing paid off. Yes, we did get wet a few times but, generally, if you paid attention to the movement of the small, fast moving rainstorms you could stay dry and keep a rod bent.

Close to home in the southern sound, the fishing action was very consistent on redfish and trout most of the week. Big high tides made for a longer than usual four- to five-hour window for catching redfish up to 28 inches up under the mangroves. Out on the flats, trout up to 22 inches were caught while working the eastern side of the sound targeting sand potholes in the three- to four-foot range with a small pinfish or grunt on a popping cork rig.

Most days I would start off on the flats catching trout until the tide got high enough then switch over to mangrove fishing to target the redfish.

When you mention grouper and snapper fishing, most clients automatically think of going offshore. The next few months are prime time to catch gag grouper and mangrove snapper in and around the passes. Captiva Pass and Boca Grande Pass hold lots of keeper size quality fish for the next month or two.

August and September will offer some of the best inshore mangrove snapper fishing of the year. These great tasting fish will be in good numbers in the passes and will commonly get up to the 15- to 16-inch range. Mangrove snapper have very good eyesight so I use a light 15# or 20# test fluorocarbon leader and a small 1/0 light wire circle hook. Most of the time I run a 30# test leader, but when targeting these snapper, the lighter the better. It’s amazing how many more bites you will get just by lightening up the rig.

Use as little weight on the rig as you can to get the bait to the bottom, generally a #2 split shot will do it unless the tide is running really hard. Bait for these mangrove snapper needs to be on the small side too. Live shiners are hard to beat but live shrimp and small pinfish will work too when the bite is on.

Places in the passes to catch mangrove snapper include the deeper docks along with the deeper holes, rocky bottom and ledges. Drift fishing is the way to go when in the pass; pay close attention to your depth finder, always looking for rocky, broken bottom. Once you catch a couple, put a mark on the GPS and make the same drift.

Once you locate them it’s one after another. Often the better bite comes during periods of slower tide movement. While drifting for snapper in the pass you will also catch both red and gag grouper. I’ve yet to catch a keeper sized red grouper in the passes but commonly catch keeper size gags.

If you want to target keeper sized gag grouper in the passes, a much heavier rig is required to get the job done. I like a heavy jigging style spinning rod rigged with 65-pound braid. I then either go with a large pinfish on a knocker rig or a butterfly jig. Just recently I have started using the butterfly jigs in the passes and the results are impressive. The jigs, when fished vertically, rarely hang on the bottom, unlike the live bait rig, and they catch fish after fish. Let the jig fall to the bottom and simply jig it up about five feet before letting it fall back to the bottom. Hold on though, because the majority of the bites come while the jig is falling.

Most of the gag grouper caught in the passes will be on the small side of the 22-inch minimum size limit. Learning where the good bottom is and using big baits will increase your odds of a fresh grouper dinner without having to make a long, expensive run offshore. There are plenty of keeper-size grouper in these passes with even some real monsters around 20 pounds that I see caught every year.

Gag grouper are a hard-fighting fish and a fight is usually decided within the first five to 10 feet. Getting a big gag up and away from the rocky structure quickly is the key to landing one. This is full contact fishing, so bring your A game and a stout rod.

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 questions or comments 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.
Cypressvine (Ipomoea quamoclit) is a smooth-stemmed twining vine of the morning glory family. This fast-growing annual is a native of tropical America and can reach 16 feet or more.

Delicate leaves sprinkled with star-like flowers make a pretty lacy trellis plant or groundcover. Its bright flowers are sought by hummingbirds and butterflies.

The tubular scarlet flowers bloom throughout most of the year. Flowers of one to two inches across appear on long slender stalks. Flowers are occasionally white.

Leaves are one to four inches long, with each segment measuring only about a millimeter wide.

Cypressvine produces a rounded green seed capsule that matures to brown. The plant is easy to cultivate, so it’s good for beginner gardeners. In fact, it will readily self-sow. Fortunately, it is non-invasive.

Although drought-tolerant, it does best in well-drained soil, plenty of moisture, and full sun to partial shade.

Christopher Huneke (11) and Jennifer Huneke of Fallston, Maryland, found two alphabet cones at Blind Pass while staying at Seashells of Sanibel on August 16.

Lauren Hamilton (21) and Ashley Hamilton (30) of Middletown, New York, found an alphabet cone and a fargo worm snail on the beach at Blind Pass while staying at Island Beach Club on August 17.

Abigail Standard (14) of Tarrytown, Georgia found a junonia while snorkeling in front of the house while staying at Captiva Paradise on August 16.
Blue Star Museums Program Ends Labor Day Weekend

The Bailey-Matthews Shell Museum participates annually in the Blue Star Museums Program, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense and more than 1,500 museums across America.

The program offers free admission to all active duty military personnel and their families from Memorial Day through Labor Day 2012. Leadership support has been provided by MetLife Foundation through Blue Star Families. A complete list of participating museums is available at www.arts.gov/bluestar-museums.

“I believe that welcoming our men and women in uniform and their families through the Blue Star program is one way to recognize their dedication and all the hard work they do on behalf of the country,” said Dr. José H. Leal, director/curator for the Bailey-Matthews Shell Museum. “We are pleased and honored to host the American military at the museum and we are happy to see more of our friends and family from the armed services participating in the program every year!”

The program allows service members and their family access to the museum without an entrance fee and runs through Monday, September 3.

Blue Star Museums is the latest NEA program to bring quality arts programs to the military, veterans and their families. Other NEA programs for the military have included Operation Homecoming: Writing The Wartime Experience; Great American Voices Military Base Tour; and Shakespeare In American Communities Military Base Tour.

The non-profit Bailey-Matthews Shell Museum features more than 30 exhibits of mollusks from around the world. Museum exhibits are devoted to shells in art and history, shell habitat, rare specimens, fossil shells, common Southwest Florida shells and more. For additional information, visit www.shellmuseum.org.

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Music Friday-Saturday: Bad Banditos
FWC Asks Public To Share Florida Panther Sightings

The Florida Fish and Wildlife Conservation Commission (FWC) has launched a new website that makes it easy for citizens who spot Florida panthers to share the information online.

The site – https://Public.MyFWC.com/hsc/PantherSightings/ – enables the public to report when and where they have seen a panther or its tracks and upload photos of the sighting.

As recently as the 1970s, the Florida panther was close to disappearing, with as few as 20 animals in the wild. Now there are an estimated 100 to 160 adults and sub-adults. Sub-adults are panthers that have left their mother but are not yet breeding age.

The growing population of this endangered species and its need to roam over large areas mean panthers are spreading beyond their well-documented south Florida range. The FWC has evidence of panther sightings throughout Florida and is getting increased reports from people lucky enough to have photographed a panther or its tracks.

“While it’s encouraging to hear from a person who is excited about seeing a Florida panther, the FWC has to have specific documentation of the panther sighting to provide sound science-based panther management,” said Darrell Land, FWC panther team leader. “We’ve been receiving a lot of panther pictures from people who use trail cameras, and this website makes it easy for them to share that information with the FWC.”

FWC researchers will use the reported sightings to gain knowledge on the range of Florida panthers.

“The comeback of the Florida panther is a great example of what coordinated conservation efforts can accomplish,” Land added. “The FWC is asking people to help document how panthers are responding to these conservation efforts and where they are coexisting with Florida’s 19 million human residents.”

Learn more about the Florida panther at www.FloridaPantherNet.org. The site includes information about panthers for people of different interest levels, including a coloring book and activity pages for kids.

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Lakes Park Enrichment Foundation Launches Scarecrows In The Park

Lakes Park Enrichment Foundation kicks off its third annual Scarecrows In The Park contest to benefit Lakes Regional Park in Fort Myers. Local businesses, organizations and the general public are invited to submit entries and create personalized, unique scarecrows to promote their business, organization or simply for fun. Scarecrow registration forms are available at www.LakesPark.org under the “Events” section. The deadline for registration is September 19. For more information, contact MarshaAsp@comcast.net.

The event is part of the annual Lakes Park Fall Festival & Halloween Extravaganza, and entries will be displayed at the park from October 19 through Halloween, October 31. Celebrity judges and festival attendees will vote for their favorite scarecrow to determine the winners. Attendance at last year’s festival exceeded 50,000.

The donation/entry fee is $250 and all proceeds benefit the Lakes Park Enrichment Foundation, which is currently raising funds to build a botanic garden and provide other park improvements.

“The Scarecrows In The Park contest is a great opportunity for local businesses and organizations to promote themselves and build awareness in a fun and creative way. For example, Dermatology Solutions’ scarecrow demonstrated proper use of sunscreen under a shaded umbrella, a fun way to remind festival attendees of the importance of sun safety,” said Marsha Asp, chairperson for the Lakes Park Enrichment Foundation. “Schools, youth groups and family submissions are also accepted and can be a fun way for each to celebrate the fall season while supporting Lakes Park.”

For those willing to make a donation but do not desire to create a scarecrow, Lakes Park Enrichment Foundation will match sponsors with youth organizations willing to create a scarecrow.

In addition to Scarecrows In The Park, the festival includes a pumpkin patch, bounce houses, hayrides, the Halloween Express train and other activities.

The Lakes Park Enrichment Foundation is a 501(c)(3) charitable corporation established in 2004 by a group of Lee County business leaders and dedicated citizens who recognize Lakes Park as an extremely important green area in Lee County. The foundation’s main focus is to assist Lee County Parks and Recreation in the continued implementation of the $30 million Lakes Park Master Plan, enhancing the park’s environmental aesthetics, wildlife habitat and recreational amenities for the community to enjoy for many years to come. Currently, the Lakes Park Enrichment Foundation is focusing its fundraising on creating a botanical garden at Lakes Park and adding wildlife viewers to improve visibility of birds in the rookery.

For more information, visit www.LakesParkEnrichmentFoundation.org.
Joe Di Pietro’s Art Of Murder is now showing at Theatre Conspiracy. Directed by Mike Breen, the play provides an evening of fast-paced entertainment that ranges from hilarious to surprising and tense. Set in a remote artists’ estate in Connecticut, the dark comedy pokes fun at artists, their agents and how a dead artist is worth more than a live one.

Jack Brooks (Miguel Cintron) and his wife Annie (Denise Scott) are at odds over who is the more talented. They have invited their agent Vincent (Chas Greer) over for dinner to discuss their art careers. He arrives shortly after their maid Kate (Brittany Albury) leaves for the evening.

After Jack retreats for some solitude in his isolation tank, a coffin-like contraption conveniently and awkwardly located in their living room, Annie convinces Vincent that they’d all be better off without Jack. She comes up with a clever scheme that involves keeping Jack inside the isolation tank.

From this point on, everybody tells a story... then changes the story. Someone appears to die, but doesn’t die, then appears to be an artist, and isn’t an artist. The script is full of artsy quips and screaming accusations and – excluding Kate – all the characters are so mean-spirited, it’s hard to care who murders whom.

Jack is furious at Vincent for failing to sell his newest work, which he calls “Study In Red No. 4.” Never mind that there are no other studies and the painting in question is, in fact, yellow. When Vincent says the painting is not up to his other work, Jack loses it and falls into a violent screaming rage. His catch phrase is “I’m an artist, never judge me.”

The cast is superb. Cintron, as Jack, is outwardly arrogant and inwardly insecure, consumed with his desire to be recognized. Scott’s facial expressions and general physicality as the scheming Annie change constantly. Albury, with her Irish accent, punctuates the comedy with flashes of intensity, during her on and off stage intervals.

The scene stealer is Greer as the greedy, flamboyant and calculating agent. Tall and lanky, in a three-piece shiny black suit with lavender shirt, Greer is given the best witticisms, especially when he talks about a “major posthumous campaign” that would include not just a retrospective of the artist’s work, but T-shirts and pillow cases stamped with the dead man’s image. In his words, “Anyone who has ever met Jack has thought about killing him.”

The action never lags and the numerous plot twists in the second act leave the audience wondering what is really going on. The serious subject of murder is addressed with well executed comedy woven into a surprisingly deep plot that touches on sociocultural issues.

Art Of Murder plays through September 1 at Theatre Conspiracy located in the Foulds Theatre at Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers. For more information call 936-3239 or visit www.theatreconspiracy.org.

Chas Greer, Denise Scott and Miguel Cintron appear in Art Of Murder
When it started getting close to time for the crocodile to start laying eggs, my wife and I knew it wouldn’t be long before a nest appeared. So, we spent many nights checking the status of the nest, hoping that the eggs might hatch. We knew that the eggs would take about three to four hours to hatch, so we were ready to document the hatching process.

After two weeks passed and the day had expired, I called my wife on the phone and she told me an unbelievable story. The night before had been slightly rainy and the alarm had gone off like usual around three or four in the morning. Getting tired of the sleepless nights, she debated about going to check on the nest one more time.

Was it really worth it? But then she couldn’t get back to sleep because she just knew that would be the time the crocodile would be carrying her babies down our driveway to the relative safety of the pond behind the house.

So, she sleepily put on a raincoat over her nightgown, grabbed a flashlight, trudged downstairs and started walking up the driveway. Being only halfway awake, she wasn’t paying close attention until she suddenly realized that she and the crocodile were only about 15 feet away from each other… and walking towards each other!

Now, as I mentioned before, she knew her way around crocodilians. Small gators will usually run from you, but big ones tend to lie down and wait for you to make the first move or go away. So my wife expected the crocodile to just lie down after the two of them almost walked into each other. She quickly turned off her flashlight, telling the crocodile that she was sorry for disturbing her, and turned around and began walking back down the driveway towards the house.

But then in the quiet and darkness of the night, my wife could hear the crocodile’s tail slowly going “swoosh… swoosh…” as she continued walking down the driveway (they kind of wag their tails when they walk). You see, the crocodile didn’t lie down all… it just kept walking. So, there was my wife, with the crocodile following 15 feet behind, walking down the driveway together in the dark!

When they got close to the house, my wife went upstairs to bed and the crocodile continued on page 26.
For more than 40 years, Sanibel-Captiva Art League members have been meeting to encourage each other in the visual arts. They continue to improve their drawing and painting skills by participation in the weekly seasonal portrait open studio, Thursday outdoor painting sessions, three yearly judged exhibits and other educational programs.

A selection of members’ work can be seen at the Sanibel Public Library, 770 Dunlop Road, during regular library hours.

For more information about Art League events, visit www.sancapart.com.

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.

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 releasing 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.
Enrollment Has Started For New Workshops At BIG ARTS

Enrollment has started for upcoming BIG ARTS 2012-13 season workshops. Full workshop schedules are available online at www.BIGARTS.org, or by contacting the main BIG ARTS office at 395-0900.

Pottery on the Wheel with Kelly Flaherty starts September 4, meets Tuesdays from 6:30 to 9 p.m.

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

Life Drawing - Open Studio Non-Instructed with Carol Rosenberg starts October 5, meets Fridays from 9:15 to 11:45 a.m.

Adult Tap - Intermediate with Bobby Logue starts October 9, meets Tuesdays from noon to 1:30 p.m.

Paint With Friends with Jane Hudson starts October 10, meets Wednesdays from 1:15 to 4 p.m.

Glass Fusing with Petra Kaiser starts October 10, meets Wednesdays from 9:30 a.m. to 12:30 p.m.

Glass Fusing with Petra Kaiser starts October 11, meets Thursdays from 9:30 a.m. to 12:30 p.m.

Adventures in Watercolors & Mixed Media with Carolyn Councell starts October 23, meets Tuesdays from 9:30 a.m. to 3:30 p.m.

Clay, Sculpting, Ceramics & Pottery On The Wheel with Marjorie Bronsted starts October 24, meets Wednesdays from 3:30 to 6 p.m.

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

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

Community Chorus practice starts October 16, meets Tuesdays at 6:30 p.m. at BIG ARTS. The Community Band resumes rehearsals on October 22 and meets Mondays at 6:30 p.m. at St. Michael & All Angels Church. No auditions are required for the band and chorus, and all are welcome to join.

There are many new classes offered at BIG ARTS this season, including African dance and African drumming, Writing For Theater, Weaving, Creating Sculpture with Basket-making Techniques, Guided Improv Dance, Italian For Travelers and Applied Drawing Basics. There are several new mindfulness and health classes, including Using Meditation To Enhance Creativity and Using Self-Hypnosis To Improve Sleep. New technology classes include a class about Facebook and social media, new iPad Trends and smart phone apps, OS X and iOS6, and Cloud Computing.

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, stop by BIG ARTS, 900 Dunlop Road on Sanibel, call 395-0900, e-mail info@BIGARTS.org or log on to www.BIGARTS.org.

Lovegrove Invited To Exhibit Work At Southwest Florida International

When Leoma Lovegrove was invited by the Alliance of the Arts to be part of the Honor, Country & Heroism exhibition, she couldn’t get her paint out last enough. Known for her patriotism and brilliant splashy hues, she wanted to create a special piece to honor the military arriving back home to Southwest Florida International Airport. Last year, her mammoth 10 by 18 foot canvas Remember 9/11 was on exhibit.

For this exhibition Lovegrove painted Shine On, a canvas painted with energized brush strokes resembling the United States flag with blazing embellished words, From Sea To Shining Sea. The art hangs in Concourse D, along with 33 other Southwest Florida artists’ works. The exhibit continues through July 2013.

The Honor, Country & Heroism exhibit was created to honor the men and women of the armed forces. This collection includes 32 canvases submitted by 34 artists, including six military veterans. These pieces feature a vibrant color palette, paying tribute to our country’s heroes and welcoming our troops as they return home to Southwest Florida.

Art In Flight is a partnership between the Lee County Alliance for the Arts and the Lee County Port Authority, which brings art to public spaces at the Southwest Florida International Airport.
'Ding' Documentary

goal. In addition, we have been building contacts and establishing dates for the show's premieres around the country."

Earlier this month, the Marvo team was back on the islands, completing additional filming at the refuge as well as in the studio. Among the participants were Chris Steffen, the great-great grandson of Darling; Jefferson Jones, a Lehigh Acres teen who has won the Florida Junior Duck Stamp competition for the past three years; Toni Westland, supervisory refuge ranger; and Jason Kalajainen, creative director of The Robert Rauschenberg Foundation’s artist residency program.

"Chris (Steffen) did a wonderful job at the WGCU studio, with whom we have been partnering," said Koltinsky. "We filmed Chris with a number of artifacts that I have been collecting from around the country, most of which have never been seen by the public. No, I am not giving any clues to what they are. However, I promise lots of ‘wows’ from the audience!"

Steffen, 17, explained that he enjoyed both of his visits to the islands this year, especially when he and his family were able to visit the Fish House for the first time back in March. Of course, being a vital part of the documentary is also exciting.

"Before all of this started, I really had no idea how much interest in my great-great grandfather's work was out there," said Steffen, who lives in Temple, Texas. "Grandpa Kip (Koss) always told us stories about him, but not too many kids my age know too much about him."

One of the treasures that Koltinsky uncovered during his research for the film was an original printer's plate of the farewell cartoon drawn by "Ding" Darling in early 1962. Both Steffen and Jones were thrilled to see the artifact in person while visiting the refuge recently.

"One of my aunts (Jennifer Graham) used to talk about that printer’s plate all the time," added Steffen, who will serve as the on-camera host for the film. "I think she was pretty jealous that I got to see it – and hold it – in person. It’s one of his best known works."

Jones, 17, would like to pursue a career – much like Darling himself – working in cooperation with wildlife, as an artist.

"I get a lot of my ideas just walking around, observing wildlife," said Jones. "I usually do my own sketches, but I’d like to develop my photography skills. I prefer to work from my own experiences rather than from somebody else’s images. I think that it adds to a painting when it feels more personal to you."

According to Koltinsky, America’s Darling will be completed in time for “Ding” Darling Days. In fact, the film is scheduled to be screened at 1 p.m. on Friday, October 19 at the refuge’s Education Center.

"In fact, I was able to meet with Dr. John McCabe, Mike Mullins and Paul Tritaik this past week, discussing some of the artifacts in the show as well as the upcoming premiere," said Koltinsky. "You know that the JN

Jay Norwood “Ding” Darling’s farewell cartoon that the Des Moines Register published in February 1962

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And, as one might expect, Steffen is eager to see the finished film.

"I’m interested in seeing some of the historians and hearing what they say about my great-great grandfather," he said. "My whole life, I grew up hearing stories told by my family about him, but I think it will be cool to hear how other people view him, his work and his accomplishments."
Red Sox Big Disappointment On The Field In 2012; But Not When It Comes To Charitable Work In Community

by Ed Frank

While the Boston Red Sox struggle to escape finishing last in the American League Eastern Division, more promising is a recent report showing that the organization has donated more than $52 million to charitable programs in the last 10 years, by far the most of any team in Major League baseball.

That figure includes $7 million donated here in Lee County where the Red Sox make their spring training headquarters.

It’s a shame that this Red Sox philanthropy cannot quiet the turmoil that surrounds the team and its fans, but the fact is that the 2012 Red Sox are probably the most disappointing team in baseball.

From a clubhouse revolt against manager Bobby Valentine to an admission by Valentine himself that, “I’m not doing a good job,” the Red Sox began the week a staggering 13 1/2 games behind their hated rival, the first-place New York Yankees.

Despite front-office denials, it’s likely that Valentine will be fired at the end of season unless the team makes a miraculous late-season run for a wild card spot.

There have been reports that as many as 17 players met with team ownership in late July asking that Valentine be dismissed. Adding fuel to the fire are additional rumors that three of his coaches barely speak to their controversial boss.

In fairness to Valentine, his team has been plagued all season with injuries necessitating a patchwork lineup. And who would have imagined that his pitching ace, Josh Beckett, would have a miserable 5-11 record this late in the season, with an even worse ERA of 5.23 – over 7.2 – since the All-Star break?

While the Red Sox have played poorly on the field this year, that is certainly not the case in the field of charity work.

“They do some of the best work in the country, not just in Major League baseball but in all sports,” said Greg Johnson, executive director of the Sports Philanthropy Project, a group that studies the impact of charity among professional sports teams and players.

In 2010 alone, the Red Sox Foundation donated $7.6 million to charities. By comparison, the New York Yankees Foundation, gave $3.6 million, second highest in baseball.

The Red Sox commitment to charitable work dates back 10 years, when the present ownership assumed control of the franchise. At the time, the new owners signed a contract with the Massachusetts Attorney General promising to raise $20 million for area charities over the next 10 years. That commitment has been exceeded by more than 2 1/2 times.

And this does not include the millions more given to nonprofits through the donation of more than 40,000 autographed items, 5,500 appearances by current and former players and tickets to games, concerts and special events.

Here in Lee County, in addition to the $7 million donated to local charities, the Red Sox organization volunteered more than 300 hours of community services in just the last 12 months.

Red Sox fans are perhaps the most fervent in all of baseball. And they are not happy with their 2012 team. But the Red Sox organization is sure a winner when it comes to charitable work. And that’s really more important.

Time Running Out On Post-Season Hopes For Miracle

The Fort Myers Miracle baseball team began this week five games out of first place in the Florida State League’s South Division, with just 10 games remaining in the regular season.

This is a large gap to close in order to qualify for post-season play.

Six of the final 10 games are at home at Hammond Stadium including a three-game series this weekend – Friday, Saturday and Sunday – against the Palm Beach Cardinals. The Friday game has a 7:05 p.m. start, Saturday at 6:05 p.m. and the Sunday matinee at 1:05 p.m.

The Miracle closes the season next week, Thursday, Friday and Saturday, at home against the Charlotte Stone Crabs.

Olympics Drew Millions Of Viewers Per Night; The Most In TV History

As the Olympic flame was extinguished in London, there was a collective sigh among hundreds of millions of television viewers who had become enamored by the 17-day extravaganza – the most-watched event in television history.

The amazing rapture of the every four-year Olympics captures the devoted interest and fascination of millions who do not otherwise consider themselves sports fans.

The proof of this fact lies in the television ratings that showed an average of 31.5 million viewers per night in the United States alone, a 12 percent increase over the 2008 Beijing Olympics.

Whether you were a fan of the “Fab Five” U.S. girl’s gymnasts, (and how could you not?), or 22-medal winner Michael Phelps, the greatest Olympian of all time; or sprinter Usain Bolt, the fastest man in the world; or the heroes of South African double amputee Oscar Pistorius who ran on carbon-fiber legs, there was drama, inspiration and excitement every day for 17 days.

The critics, and there are always many, admitted that London did a marvelous job security-wise, traffic-wise and hospitality-wise, while providing magnificent settings among historic London landmarks for the many Olympic venues.

The United States captured the world platform with a total of 104 medals, 46 gold, due in great part to the performance of its women who won 63 percent of the country’s gold and 56 percent of its total. China finished No. 2 with 87 medals, 38 gold.

Fittingly, the final day of the competition featured college basketball legend Mike Krzyzewski coaching the U.S. men’s basketball team to its second consecutive Olympic title, defeating a talented Spain team 107-100.

While the critics, and there are always many, admitted that London did a marvelous job...
My Stars ★★★★★

FOR WEEK OF AUGUST 27, 2012

ARIES (March 21 to April 19) This week could offer more opportunities for ambitious Arians eager to get ahead. But don’t rush into making decisions until you’ve checked for possible hidden problems.

TAURUS (April 20 to May 20) Some light begins to shine on professional and/or personal situations that have long eluded explanation. Best advice: Don’t rush things. All will be made clear in time.

GEMINI (May 21 to June 20) Although you might want to protest what seems to be an unfair situation, it’s best to keep your tongue and temper in check for now. The full story hasn’t yet come out.

CANCER (June 21 to July 22) Work prospects are back on track. But watch what you say. A thoughtless comment to the wrong person -- even if it’s said in jest -- could delay or even derail your progress.

LEO (July 23 to August 22) A colleague might try to goad you into saying or doing the wrong thing. It’s best to ignore the troublemaker, even if he or she riles your royal self. Your supporters stand with you.

VIRGO (August 23 to September 22) Be careful not to let your on-the-job zealoussness create resentment with co-workers who might feel you shut them out. Prove them wrong by including them in your project.

LIBRA (September 23 to October 22) Although it’s not quite what you hoped for, use your good business sense to make the most of what you’re being offered at this time. Things will improve down the line.

SCORPIO (October 23 to November 21) A more positive picture of what lies ahead is beginning to take shape. But there are still too many gaps that need to be filled in before you make definitive plans.

SAGITTARIUS (November 22 to December 21) Continue to keep a tight hold on the reins so that you don’t charge willy-nilly into a situation that might appear attractive on the surface but lack substance.

CAPRICORN (December 22 to January 19) You still need to demand answers to your questions. Remember, your wise counseling earns you respect, but it’s your search for truth that gives you wisdom.

AQUARIUS (January 20 to February 18) You’ll find that people are happy to help you deal with some difficult situations. And, of course, knowing you, you’ll be happy to return those favors anytime. Won’t you?

PISCES (February 19 to March 20) Give that special someone in your personal life a large, loving dollop of reassurance. That will go a long way toward restoring the well-being of your ailing relationship.

BORN THIS WEEK: You are a delightfully paradoxical person. You like things neat and tidy. But you’re also a wonderful host who can throw a really great party.

THIS WEEK IN HISTORY

- On Aug. 28, 1774, Elizabeth Ann Bayley is born in New York City. She went on to found the first Catholic school and the first female apostolic community in the United States. She also was the first American-born saint beatified by the Roman Catholic Church.
- On Sept. 1, 1850, circus entrepreneur P.T. Barnum brings to the United States Jenny Lind, the greatest opera performer in the world in the mid-19th century. Lind -- “The Swedish Nightingale” -- was a sensation. Her tour is believed to have netted Astonishing sum in 1850.
- On Aug. 27, 1883, the most powerful volcanic eruption in recorded history occurs on Krakatau (also called Krakatoa), a small island located in Indonesia. Heard 3,000 miles away, the explosions threw 5 cubic miles of earth 50 miles into the air and created 120-foot tsunamis.
- On Aug. 29, 1942, the Red Cross reveals that Japan has refused free passage of ships carrying food, medicine and other necessities for American POWs held by Japan. Japan allowed just one-tenth of what POWs elsewhere received to reach prisoners in their territories.
- On Aug. 31, 1959, Brooklyn Dodgers left-hander Sandy Koufax strikes out 18 batters, setting a new National League record for most strikeouts in a single game. Koufax retired after the 1966 season at just 30 years old because of arthritis in his elbow. He was elected to the Hall of Fame in 1972.
- On Aug. 30, 1987, Thurgood Marshall becomes the first black American to be confirmed as a Supreme Court justice. He would remain on the Supreme Court for 24 years before retiring for health reasons, leaving a legacy of upholding the rights of the individual.
- On Sept. 2, 1987, the trial of Mathias Rust, the 19-year-old German pilot who flew his Cessna plane into Red Square in May 1987, begins in Moscow. Rust had become an international celebrity after he flew completely undetected through Soviet airspace. At his trial, Rust claimed he was merely trying to promote world peace.

THOUGHT FOR THE DAY

“'A pessimist is a person who has listened to too many optimists.' -- Don Marquis
Jewish Federation Presents Benefit Concert At Alliance For The Arts

The Jewish Federation of Lee and Charlotte Counties presents evening of memorable music, performed by locally grown talent Zack Dobbins and piano virtuoso Yasuhiko “Yaz” Fukuoka, called You Won’t Succeed On Broadway If You Don’t Have Any Jews. This slightly irreverent, often moving concert features famous and not so famous Broadway pieces written by Jewish composers and librettists on Saturday, September 29 at 7:50 p.m. in the Foulds Theater at the Lee County Alliance for the Arts.

Tickets to You Won’t Succeed On Broadway If You Don’t Have Any Jews cost $50 and include pre-concert and post concert receptions in the Alliance for the Arts Gallery, featuring hors d’oeuvres, chocolate by world renown chocolatier, Norman Love Confections, and cash bar cocktails. Profits from the concert benefit the Jewish Family Services Indigent Fund.

Dobbins attended Cypress Lake Center for the Arts and was awarded the Van Sickle Scholarship by the Southwest Symphony Orchestra. He received a full scholarship to New York University, where he studied acting, voice and liberal arts, in addition to studying privately with some of the most renown teachers in Manhattan.

Zack was cast as the youngest member of the world premiere of Elton John’s and Tim Rice’s Elaborate Lives (later renamed AIDA) and understudied and performed the leading role of Radames.

Fukuoka was born in Nara, Japan, where he studied classical piano, composition and percussion with various prestigious professors. At the age of 15, his self-published CD caught the attention of a producer at Kintetsu Cable Network (Japan), and he began his career in music. By the time he graduated from high school, he had already written and produced music for TV and film, as well as composed for various bands and concerts. His latest work for an orchestra was premiered at Lincoln Center in June 2012.

Jewish Family Services of the Jewish Federation of Lee and Charlotte Counties provide information, referral and counseling services to the community including support for individuals with special needs, the elderly and indigent. JFS also operates a food pantry. Individual and group counseling services and support groups provide an emotional safety net to individuals and families who find themselves vulnerable. Based on traditional Jewish values of social responsibility and concern for all members of the community, JFS serves those in need without regard to race, religion, sexual orientation or the ability to pay.

For more information, call 481-4449 ext. 3 or visit www.jewishfederationlcc.org.

Protagonist For Randy Wayne White

by Di Saggau

After nearly 20 bestselling Doc Ford novels, Randy Wayne White is introducing readers to a gutsy new heroine to root for in his new book, Gone. Hannah Smith is a strong, formidable woman, the descendant of generations of resourceful Florida women. Hannah lives on the Gulf Coast just across the bay from Sanibel Island and works as a fishing guide. Her ability to act under pressure operating her “flats skiff” during a storm impresses her wealthy client. He hires Hannah to find his missing niece, a woman who stands to inherit $90 million.

“Considering all that happened afterward, good and bad, I have no reason to regret beating that storm. But it has made me fretful about how one small event something as common as lightning and heavy rain can change a person’s life in ways so big, there is no hope of returning. Only hope for what comes next.”

Hannah follows a trail of clues that take her to familiar territory.

When reading about Captiva and Sanibel Islands, South Seas Plantation or the Green Flash Restaurant and, of course, Doc Ford’s Rum Bar, the reader can vividly imagine the scenes. She also travels to the mangrove swamps of the Ten Thousand Islands and deep into the recesses of the Florida underbelly places you don’t find on tourist maps as she pursues a vicious predator.

continued on page 32
CCMI’s Becoming Cosmopolitan Lounge Party Returns October 8

Tickets are now on sale for the popular Becoming Cosmopolitan event benefiting Community Cooperative Ministries, Inc. The 7th annual event will take place Thursday, October 18, from 6 to 9 p.m. For the third year in a row, the event will be held at Harborside Event Center in downtown Fort Myers.

“Last year’s reinvigoration of this women’s event got rave reviews from our patrons,” said Tracey Galloway, CEO of CCMI. “The individually themed lounges and hip club feel with a live DJ really took the event to a whole new level.”

FineMark National Bank & Trust has signed on as this year’s presenting sponsor. The first 100 ticket purchasers will receive special access to FineMark’s VIP Lounge at the event.

According to Galloway, seven themed lounges will be the backdrop for this year’s event. Lounge themes include the Power of Chocolate Lounge sponsored by FP&L featuring Irresistible Confections, the Fire & Ice Lounge featuring diamonds and jewels from the Diamond District, the Saks Fifth Avenue Shoe Lounge sponsored by Sunshine Grille, a gaming lounge and many more. Each lounge will be created by local interior designers and will feature a signature Cosmo-inspired drink.

“Picture a night out on the town with your girlfriends hopping from one club to another each with a different theme and feel,” Galloway said. “Then add in great food, drinks and fabulous shopping, all in support of a great cause, and you’ve got what Cosmo is all about.”

This women-only evening features glamorous shopping, gourmet hors d’oeuvres and cocktails, sinfully delicious chocolate and desserts, a silent auction, exciting raffles, a live DJ and an after party all in celebration of the cosmopolitan lifestyle in Southwest Florida.

Over 300 local women attended last fall’s Becoming Cosmopolitan event.

“Each year we have been able to make this event bigger and better than ever,” said Deanna Hansen, chairwoman of the 7th Annual Becoming Cosmopolitan. “The monies raised will go a remarkably long way in helping CCMI assist the growing number of our local neighbors who are in need of food and other social services.”

According to CCMI, the amount of the $125 event ticket provides one month of Montessori preschool education to a child of a working, poor family, three months of emergency food to a family of four who is struggling, one month of hot meals to a homebound senior citizen or a weekend backpack filled with food for a student during an entire school year.

Sponsorships are still available and range from $1,000 to $5,000. Donations for the event’s silent auction are also being accepted. To purchase tickets, visit www.ccmileecounty.com or call 332-SOUP (7687).”

From page 31

Randy Wayne White

The book has a cast of colorful, original characters. White says he loved Hannah from the first paragraph she dominated in his novel Captiva in 1995, and right now, Hannah is his favorite character. “I have always been drawn to women who, rather than being content to serve as their husbands’ orbiting stars, strike out on their own, convention lives and destinies,” the author states.

White’s newest book, Gone, can be found at most book stores. In addition, he will be available for book signings at the following nearby locations:

- September 2 and 3 at Doc Ford’s Sanibel Rum Bar & Grille, from noon to 2 p.m. and 4 to 6 p.m.
- September 4 at Fort Myers Barnes & Noble, 7 p.m.
- September 6 at Sanibel Island Bookshop, 5 p.m.
- September 24 at Doc Ford’s Fort Myers Beach Rum Bar & Grille, from noon to 2 p.m. and 4 to 6 p.m.

Gone is the debut of a stunning new series and a stunning new character from the New York Times bestselling author of the Doc Ford novels. Once met, Hannah Smith will stay in your mind...

Hurricane Quiz

1 A quiet hurricane season means less chance for a storm to hit your coastline.

FALSE: While fewer storms can mean fewer making landfall anywhere in the United States, it doesn’t really lower anyone chances of being the target. For example, 1992 was considered a “quiet” hurricane season… but one of the storms that did blow up turned into Hurricane Andrew, a Category 5 hurricane that the people along Florida’s southeast coast will never forget.

Provided by American Shore & Beach Preservation Association.

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The Glass Is Half Full: Outlook From The Sanibel Captiva Trust Company

by James M. Young, CFA, CFP

Focusing on current macroeconomic concerns – the European sovereign debt crisis, slowing emerging economies, and the approaching “fiscal cliff,” to name a few – it is very easy to take an overly negative view toward global financial opportunities. It would also be simple to miss many of the fundamentally positive reasons for more optimism.

First, while the European situation is far from being close to resolution, members of the common currency union may finally be realizing – after almost three years – that greater fiscal, political, and banking integration will likely be required if the Euro is to survive. Painstaking progress from this point, while complex and certainly not immediate, could mitigate the disaster of an outright currency collapse and resulting global economic tsunami. Even the eventual exit of Greece and perhaps even Portugal could likely be dealt with by having a better blueprint that includes comprehensive banking support to help prevent capital flight and further contagion to other member countries.

With recessionary conditions in several European economies, current global economic concerns are only heightened by recent slowing of emerging market economies, particularly in China, India and Brazil. Earlier efforts to tighten monetary policy in these countries to avoid economic overheating and rising inflation are now being followed up with fresh economic stimulus.

In the United States, a looming presidential election, potential automatic tax hikes and across-the-board fiscal spending cuts remain significant possibilities. Political gridlock and an inability to compromise on policy remains the base case, so even the slightest political progress would likely provide a strong positive surprise.

Current valuations of equity securities in the U.S., emerging markets, and particularly Europe reflect much of the present headline risk and uncertainty. Investors need to look beyond the present haze at the drivers of future economic growth in order to more fully appreciate the longer term opportunities. These developing economic drivers include early signs of improving housing and real estate activity (after five years of stagnation), slowly moderating job losses (if not yet significant improvement in structural unemployment) and improving energy costs.

With significant early economic traction that is needed for our eventual return to a more self sustainable economic growth cycle and meaningful job creation. The “growth option” of improving our overall economy and thereby our tax revenues and structural deficits is something we must not just hope for.

Wherry Joins Progressive Builders Staff

David Wherry has joined Progressive Builders, Inc. in the newly created position of production coordinator. He is originally from Saint Marys, West Virginia and holds a business degree from West Virginia University. Wherry relocated to Fort Myers in 2003 to work in the PGA golfing apprentice program at gated communities before he started Scrubbers Cleaning Company six years ago.

In his new role, Wherry is in charge of business development and supervising projects to retain high customer satisfaction as the company expands. His work primarily focuses on project planning and scheduling, communications with subcontractors, clients and suppliers, purchasing, cost management, quality assurance, record keeping and risk management.

Progressive Builders is a licensed, professional design/build home remodeling company that was formed by Michael Spreekelmeier in 1989, serving residential customers throughout Southwest Florida. Typical projects include indoor and outdoor kitchens, baths, media rooms, entertainment areas, pools and spas, and whole house remodels. Progressive Builders and all its key personnel are certified by NARI (National Association of the Remodeling Industry), ensuring compliance with its high standards in workmanship, reputation, integrity, materials, and equipment. They are located at 12721 Metro Parkway, Suite 2 in Fort Myers.

For more information, visit www.ProgressiveBuilders.com or call 939-5411.
Chiropcactic Couple Open For Business On Sanibel; Banner Pools At Your Service

by Anne Mitchell

Husband-and-wife chiropractors Dr. Greg Walsh and Dr. Jaclyn Walsh want potential patients to know that they can be treated without any of the “popping and cracking” that is often associated with their profession.

That’s just the gases in the joints being released, explained Dr. Jaclyn Walsh.

She and her husband recently opened Sanibel Chiropractic, purchasing the business from Dr. Michael Tolisano.

She acknowledged that some people actually like to hear the sounds because it makes them feel as though the joint-alignment process is working – but with modern instruments, there’s no need for it. “It doesn’t take that much force to get a bone to move,” she noted.

Others are afraid to go because they think it will hurt or “that they will be twisted into a pretzel,” in Dr. Greg Walsh’s words.

The Walshes use gun-type instruments that send painless pulses to the specific areas being treated. The instruments are more accurate than the hands, they say, and help make the patient feel more relaxed.

Another helpful piece of equipment is the upright treatment table that tilts the patient into the correct position. It requires no straddling of a bench or climbing onto a table.

The Walshes moved here from Paducah, Kentucky, where they practiced together with Jaclyn’s uncle. When they were ready to strike out on their own, Florida was top of the list.

“Our practice will be focusing on delivering specific, gentle treatment through instrument adjusting,” said Dr. Greg Walsh. They accept walk-ins.

Since opening their new business, they have introduced a new, lower price list with family plan incentives and added new features such as HydroMassage, which is already becoming a favorite. It consists of a soft padded “table” atop a large tub of water. You can control the intensity and location of the massage on a touch screen to manipulate the water jets. Once settled in, you can listen to music or play interactive games on the screen.

If you’d like to try it, stop in. The price is $1 per minute for patients (with the first 10 minutes free for new patients), $2 per minute for non-patients. Buy nine massages and get the 10th free. Choose as few as 10 minutes or as long as an hour.

The HydroMassage works whether you want a gentle, relaxing massage or an intense one that focuses on a specific area.

“People who work on the island don’t have much time and they get stressed out,” said Dr. Greg Walsh.

Also, some people don’t enjoy the hands-on treatment of a therapist and they don’t like to take off their clothes, or perhaps they want more control of the massage, he added.

He considers massaging the soft tissues a logical addition to the chiropractic treatments, which focus on joints and the nervous system.

Greg Walsh graduated from Sherman College of Chiropractic in Spartanburg, South Carolina. He attended the Ohio State University and completed his Bachelor of Science degree from Excelsior College.

Jaclyn Walsh earned her doctor of chiropractic degree from Sherman College of Chiropractic in 2009.

Sanibel Chiropractic is open Monday through Saturday, Sunday by appointment, at 1456 Periwinkle Way, Suite C. For more information or to make an appointment, call 472-0900.

If you have a pool, you will know that this time of year, more maintenance is required. The summer rains, high temperatures and increased use add up to the need for extra chemicals and, perhaps, repairs.

Banner Pool Service has been in business on the islands for many years doing service and repair. A couple of years ago, Banner opened a store in Anchor Point shopping center to supply all your needs – everything from pool toys to pumps, filters and complete packages, including salt systems.

And here’s a neat service: the store has demonstration units for salt pools to show customers and introduce the concept or troubleshoot with them.

Owner David Liebetrau said pool owners noticing cloudy water and a milky substance on the surface should check for whitefly. Infestations are rife right now, especially in species such as ficus, gumbo limbo, strangler figs and schefflera.

The flies produce a waxy debris that falls into pools and also clogs up filters.

Liebetrau said your pool company can’t deal with it – you have to consult your landscaper.

Banner Pool is 1633 Periwinkle Way, Sanibel, phone 472-4100.

LIVE ON THE ISLANDS

The Crow’s Nest at Tween Waters Inn will feature Bad Banditos on Friday and Saturday from 9 p.m. to 1 a.m. The Crow’s Nest is at 15951 Captiva Drive, phone 472-5161.

Traditions on the Beach at the Island Inn has live entertainment most nights. This week’s lineup includes: Friday, dancing to Joe McCormick and singer Barbara Smith; Saturday, Joe McCormick and singer Mary W. Marzan; Wednesday and Thursday, dancing to Joe McCormick with popular favorites and smooth vocal stylings, R&B, jazz and pop. Traditions is at 3111 West Gulf Drive, phone 472-4559.

Sweet Melissa’s Café features Michael David playing light acoustic background music Wednesday through Saturday from 6:30 to 9:30 p.m. Sweet Melissa’s is at 1625 Periwinkle Way, Sanibel, phone 472-1956.

George & Wendy’s Sanibel Seafood Grille has live entertainment as follows: Friday, August 24, Anthony Wayne; Thursday, Karaoke. The restaurant is at 2499 Periwinkle Way, phone 495-1263.

The Jacaranda has entertainment nightly from 7 to 11 p.m. On Friday and Saturday, various artists are featured. On Sunday, it’s Jamaica “Dave” & Co., reggae and dance; Monday, Renata, jazz, contemporary music and dance; Tuesday, Steve “Scooter” Reynolds, acoustic guitar, contemporary music and dance; Wednesday, Buckeye Ken, contemporary, Top 40 and blues; Thursday, 2 Hot, contemporary, reggae and dance. The Jacaranda is at 1223 Periwinkle Way, phone 472-1771.

continued on page 39
NEW LISTING-SUNDIAL G-201
Enjoy Gulf Views with your morning coffee! Very nicely appointed with king bed in the master suite, 2 full beds in the guest room and a pull out couch. Newer upgrades in the kitchen include, raised panel cabinetry, tray/crown moulding ceiling and solid surface counter tops with integrated sink. Offered for $539,000 Contact Brian Murt 239/565-1272

EAST END ISLAND LIVING AT ITS FINEST!
This 3/2 pool home is located on a direct access canal and is truly a must see! This Island home features high ceilings, hardwood floors throughout, oversized kitchen with stainless appliances, upgraded fixtures, granite surfaces, pantry and center island with plenty of cupboad space. Home also has a wood burning fireplace for the cool Island nights, 2 stage A/C systems (5 and 3 ton) for the hot island days, fire pit area, 10 thousand pound boat lift, sparkling pool, deeded beach access and lush landscaping all situated on a private road. Take a leisurely stroll to the Sanibel Marina and enjoy the fresh seafood at Grandma Dots restaurant. Offered for $959,000 Contact Tracy Walters “Mr. Listr” 239/994-7975 or Connie Walters “Ms. Listr” at 239/841-4540

BEST CAPTIVA GULF FRONT OPPORTUNITY IN YEARS
Priced to sell at Land Value, this property offers you multiple options, renovate the existing 2 bedroom beachfront cottage and guest house, for great rental potential, or use the guest house while you build your beachfront Dream Home. You can always build an all new guest house and main house or just hold the property for future market appreciation. This property has an added feature, a 71-2 foot right of use access to Roosevelt Channel, so bring your kayak! Plans are available for a new main and Guest house or built to suite. Offered for $2,795,000. Contact George Kohlbrenner 239/565-8805.

LOGGERHEAD CAY #583
Amazing GULF VIEWS from this 3rd floor condo. This unit is FULLY FURNISHED and just steps away from the sandy white beaches. Loggerhead Cay is one of the Islands most popular condominium complexes as it has AMENITIES GALORE! Community grills, shuffleboard, tennis courts are just a few of the many amenities available. This unit is quiet and features an open floor plan. Offered for $549,000. Contact Tracy Walters “Mr. Listr” 239/994-7975 or Connie Walters “Ms. Listr” at 239/841-4540

SOMERSET AT THE REEF
View straight out over the pool to the Gulf of Mexico. Beautifully maintained large property on West Gulf Drive. Glassed in lanai providing additional living area to an already spacious and desirable floor plan. Large master suite and bath, second bath services the den (or 3rd bedroom) and the guest room along with and additional powder room. Offered for $1,225,000.00. Contact Linda Naton 239/691-5024

THE ULTIMATE FISHING RETREAT!
This charming three bedroom, two bath home is located on the very desirable East End on a canal. Enjoy the beautiful pool with three waterfalls & spa, the new large dock on the canal or lounge in the spacious screened in deck overlooking the pool and canal. Cathedral ceilings in the open family room directly off of the eat in kitchen. A large master suite with walk in closet & screened deck/sitting area. This home includes an oversized garage perfect for large boat and beach access just around the corner. This home provides Gulf access, beach access a huge dock and a tropical canal. Perfect for a fisherman! Offered for $567,500. Contact Tracy “Mr. Listr” 239/994-7975 or Connie “Ms Listr” 239/841-4540

SANIBEL HARBOUR YACHT CLUB
Experience stress free boat ownership with a great dockominium featuring 5 star restaurant, Concierge service, Deli and catering, unlimited boat launching, beach area with Tiki hut and BBQ grills; 24 hour security complete washdown and engine flush after each use. #259 - $49,900 reduced!! #276 - $24,900 Contact Marianne Stewart 239/560-64201 #519 - $37,000 reduced! Contact Tracy Walters 239/994-7975

SOUTH SEAS BAYSIDE VILLAS
#5136
Renovated and updated, this 1 bedroom, 2 bath condo capitalizes on waterfront views across lush green foliage with eastern exposure. The great room combines the living, dining and kitchen maximizing for a feeling of spaciousness and great light. The kitchen includes granite countertops and white cabinetry. The master suite is updated with West Indies flair. This bay front condominium located in South Seas Island Resort. With the investors or vacation home in mind, this condominium offers a strong monthly income. The water’s edge Bayside Villa community has under building parking, pool, spa, BBQ’s along with separate storage lockers. Welcome to the Islands! Offered for $280,000. Contact LeAnne Taylor Suarez 239/872-1632

#5144
For the early risers...enjoy the sunrise across the Sound. This end location offers additional side windows for the panoramic view. For the boaters...relax and enjoy the sailboats or other types pass by. For the naturalist...enjoy the enormous types of birds scooping their last feeding. For the fisherman...the abundance of fish with dolphin and manatee sightings! This 1 Bedroom, 2 Bath villa recently renovated with new living room furnishings, flat panel tv’s, freshly painted and more. South Seas Island Resort “offers a quiet refuge with secluded luxury, exclusive amenities, and abundant nature.” Offered for $339,500 Contact LeAnne Taylor Suarez 239/872-1632

LIVE ON THE BAY WITH BEACH ACCESS DIRECTLY ACROSS THE STREET
View encompasses a broad sweep of uninhabited, northern Sanibel Island and the broad channel leading out to Flote Island Sound. Landscaped grounds, gently curving driveway long enough for seclusion past palms, sea grapes to a circular drive. Spacious 4 bedroom, 2 bath located on the upper level offering privacy from the newly renovated living & dining rooms; screen enclosed round tower looks out to the large private pool & beyond a private sunning patio & boat dock. Offered for $1,799,999 Contact LeAnne Taylor Suarez 239/872-1632.

OLD PELICAN BAY
Appreciate being in touch with native surroundings. This well maintained waterfront lot has many enhancements including fill, dock and manicured trees. An opportunity to purchase an undeveloped home site with such unrivalled views! Explore the potential of building your own custom home at this truly exceptional location within a quaint gated community. The impressive waterfront community offers direct access to the Gulf of Mexico and privacy overlooking preserve on this Cull de sac road. Survey available upon request. SELLER FINANCING option upon mutually agreed terms and conditions. Offered for $319,500 Contact LeAnne Taylor Suarez 239/872-1632.

Visit our newest office location at Sundial Beach Resort 1451 Middle Gulf Drive 239/472-1478 Serving the Islands Since 1975
The Academy at Shell Point invites Southwest Florida residents to attend an informative presentation entitled, Hong Kong – The Rise Of The Dragon. The event will take place on Tuesday, September 11 from 10 to 11:30 a.m. in the Grand Cypress Room of The Woodlands at Shell Point Retirement Community. Tickets are required to attend, and can be purchased for $10 each by calling 489-8472.

Professor Adrian Kerr, a well known author and educator, returns to Shell Point to trace Hong Kong’s epic journey from a tiny uninhabited swampy British colony after the Opium War of 1839, to its current status as global financial economic powerhouse and business capital. Meaning “Fragrant Harbor,” the city has a dramatic physical setting with an expansive skyline overlooking the picturesque Victoria Harbor.

“We will put Hong Kong in the context of China’s fascinating long and turbulent history and track its rise under the 1997 ‘one country two systems’ mandate,” said Kerr. “We will discuss how it has become the model for the rest of China.”

“Professor Kerr is one of our most popular and regular presenters in the Academy at Shell Point,” said Teri Kollath, manager of Academy and Volunteer Services. “We are pleased to welcome him back, and I know that guests will enjoy this informative presentation. He always brings intriguing and informative presentations to our Academy because of his immense knowledge of the history of various regions and his ability to share how their history relates to today."

The Academy of Life Long Learning at Shell Point is an educational initiative for the residents of the retirement community. The Academy provides anywhere from 70 to 90 classes each semester that encompass a well-rounded curriculum of educational opportunities for senior adults. The Academy of Life Long Learning at Shell Point was named as one of 2008’s most innovative active aging programs by the International Council on Active Aging (ICAA), an association that supports professionals who develop wellness/fitness facilities and services for age 50-plus adults.

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

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**Sanibel Night Prom**

“We’re working very hard to make this a night to remember for everyone,” said event chair Patty Holston. “If you like to dance, socialize and have a good time, all while raising money for a great cause, then this is the event for you!”

The Sanibel School PTA and the Sanibel School Fund work together to raise money to fill the funding gaps at our school,” added Denise McKee, PTA president. “With great help from our community, we’ve been able to provide students with laptop and desktop computers for their classrooms, yearly software upgrades and supplies for teachers and students. All of these tools serve to enhance the educational experience of every student at The Sanibel School.”

Tickets to Sanibel Night Prom are $25 per person and may be purchased through The Sanibel School as well as at The Dunes on the night of the event. Guests must be 21 or older to attend. All proceeds from the fundraiser will benefit the Sanibel School.

While Holston stated that she is looking forward to getting down to the sounds of the Bee Gees’ ‘You Should Be Dancing,’ the Sanibel School’s principal, Barbara Von Harten, plans on shaking her hips to songs like Last Dance, by the legendary “Queen of Disco,” Donna Summer.

As for Leilani Sivsov, general manager at The Dunes, she is looking forward to attending a fun and festive community event.

“We are always happy to host anything that’s for a good cause here on the islands, especially The Sanibel School,” said Sivsov. “And I enjoy any excuse to whip out my ’70s red sequin jumpsuit!”

For more information, contact Patty Holston via email at thesanibelprom@gmail.com.

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**Top Ten Books On The Island**

1. *Girl In Translation* by Jean Kwok
2. *Fifty Shades Darker* by EL James
3. *Living Sanibel* by Charles Sobczak
4. *To Heaven And Back* by Mary C. Neal
5. *Amazing Animal Stories From CROW* by Brian Johnson
6. *Language Of Flowers* by Vanessa Diffenbaugh
7. *Divergent* by Veronica Roth
8. *In The Woods* by Tana French
9. *Wisdom From Gift From The Sea* by Anne Morrow Lindbergh
10. *Fifty Shades Freed* by EL James

*Courtesy of Sanibel Island Bookshop.*

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**Choosing The Right Insurance Agent Makes All The Difference**

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Call me anytime for your business and personal insurance needs.

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239-472-1152
Sanibel Rec Recognizes Volunteers Of The Month Santos And Smith

The City of Sanibel Recreation Department would like to recognize Volunteers of the Month Katie Santos and Nick Smith.

Santos and Smith are both new to our team of counselors in training (CIT), dedicating their volunteer time to working with the youth Summer Camp Program at the Sanibel Recreation Center. Both Santos and Smith began volunteering in July and have logged an average of over 200 hours. They enjoy assisting counselors by playing table games with the summer campers, setting up gym activities and assisting with arts and crafts.

When asked how volunteering has impacted her life Santos replied, “It has made me more responsible and more open-minded.” And Smith answered, “It has shown me that you can learn something from each person you meet even if they are a child.”

Santos is going into her sophomore year at Cypress Lake High School in the fall. She recently moved to Sanibel from Texas and has lived in three other states prior to Florida. In her free time, Santos enjoys shopping, hanging out with her friends and training for her high school track team.

Smith is going into his freshman year at Fort Myers High School in the International Baccalaureate program. In his spare time, he enjoys playing baseball, working out and reading. Smith grew up on Sanibel and attended The Sanibel School as well as the After School Program and Summer Camp Program for eight years at the Sanibel Recreation Center.

Volunteer opportunities are now available. For information on joining your friends and neighbors who serve as volunteers, call 472-0345.

SPORTS QUIZ

1. Who was the last Houston Astro to be named N.L. Rookie of the Year?
2. Dick Williams was one of two managers to take three different franchises to the World Series. Who is the other?
3. In 1968 and in 1969, a University of Southern Cal player was taken No. 1 overall in the NFL Draft. Name the two players.
4. In 2009-10, Toronto’s Andrea Bargnani became the second 7-footer to have more than 100 blocked shots and 100 3-pointers in a season. Who was the first?
5. Who holds the record for most career regular-season OT goals in NHL history?
6. At which Olympic Games did Greco-Roman wrestler Rulon Gardner end Aleksandr Karelin’s 13-year winning streak?
7. Who was the last male amateur to lead after a round of a golf major before Tom Lewis did it at the British Open in 2011?

ANSWERS

2. Bill McKechnie (Pittsburgh, St. Louis and Cincinnati).
3. Ron Yary in 1968 (Minnesota) and O.J. Simpson in 1969 (Buffalo).
4. Dallas’ Dirk Nowitzki did it in the 2000-01 season.
5. Jaromir Jagr, with 16.
6. It was the 2000 Summer Olympics.

To advertise in the Island Sun Call 395-1213
Miracle Hosts Goodwill Donation Drive

Goodwill Industries of Southwest Florida is partnering with the Fort Myers Miracle to collect donations of gently used clothing, accessories and household goods.

Goodwill will accept donations at Hammond Stadium during the Miracle’s home games on Friday, August 24 through Sunday, August 26.

Goodwill will collect donations at a truck in the Hammond Stadium parking lot from 5:30 to 8 p.m. on Friday and Saturday, with the Sunday donations being collected 12:30 through 3 p.m.

Baseball fans donating to Goodwill during the donation drive will receive a general admission ticket voucher which can be used for the Miracle vs. Charlotte Stone Crabs games on Friday, August 24 through Sunday, August 26.

“Goodwill is happy to be partnering with the Fort Myers Miracle for the fourth year in a row,” said Kirsten O’Donnell, Goodwill’s director of public relations. “Donation drives like this one are a fun way of bringing the community together, and supporting our mission.”

Goodwill’s employees will also be featured during the weekend donation drive. On August 25, Darlene Neptune, an employee from Goodwill’s Naples Town Centre location, will sing the National Anthem before the Miracle host the Palm Beach Cardinals. Goodwill Punta Gorda employee Brenda Caruthers, recognized for her outstanding customer service, will throw the ceremonial first pitch.

Goodwill and the Miracle have other activities planned for Saturday’s game, including a Goodwill fashion show.

Hammond Stadium is located at the Lee County Sports Complex, on Six Mile Cypress Parkway, south of Daniels Parkway in Fort Myers. For more information on the Fort Myers Miracle, visit www.miraclebaseball.com.

For store locations and more information about Goodwill’s mission, visit www.goodwillswfl.org.

PGA Tips
Uneven Lies

by Matt Oakley, PGA Golf Professional

I like to practice my golf. It is something I can do alone and always makes the rest of the world melt away. Of course, I practice like everyone practices – on a perfectly even practice tee with a flat lie. Then, we go onto the golf course and hit that perfect drive right down the middle of the fairway. You get to your ball and – Whoa! – a slightly uneven lie. This is where the game begins; the earth is not flat, not even close.

Here are the four most common uneven lies in golf, what errors they cause and how to fix them:

1. Sidehill – Ball Above Feet
   The three most common errors on this lie are chunking, pulling and hooking.
   • Stand as perpendicular to the lie as possible, yet the weight is on the balls of the feet. In other words, do not lean into the shot but rather stand taller.
   • Choke down on the club so the club can clear the ground. Think about it; if the ball is above your feet the ball is closer to you than normal. To avoid chunking, choke down towards the metal of the club.
   • Position the ball near the center of the feet, since the weight transfer will not be as strong.
   • Stay still through the shot. If you dip, you will hit way behind the ball.
   • Take a few practice swings before the shot to get the feel of what gravity is trying to do to you while you swing.

2. Sidehill – Ball Below Feet
   The three most common errors on this lie are topped, pushed and push-sliced.
   • Go to the full length of the grip.
   • Stand close enough to the ball to easily reach it with the club head.
   • Angle the body close to perpendicular with the ground, but sit deeper in the knees at address and let the weight feel more on the heels.
   • Keep the suspension radius constant. Do not pull up or fall forward.
   • Aim to the left an amount relative to the tilt of the club face and allow the ball to go to the right.

3. Downhill Lie
   The three most common errors on this lie are the push, push-fade and topped shots.
   • Play the ball slightly back of middle in the stance.
   • Set up perpendicular to the ground, but resist being pulled down the hill past the ball (stay back).
   • Tilt the shoulders as much as possible to match the slope of the ground (it helps to sit more in the right knee).
   • Allow for the ball to come out lower, hotter and roll farther.
   • Aim to the left to commensurate with the slope.

4. Uphill Lie
   The three most common errors on this lie are pulling, chunking and under clubbing.
   • Set up perpendicular to the ground level, but with a bit more focus of keeping the weight on the left side through the swing.
   • Play the ball near the middle of your stance.
   • Take at least one more club for the distance required.
   • Choke down on the club for better control.
   • Aim to the right.

Email your editorial copy to: press@islandsunnews.com
Bob Kern of Island Graphics addresses the gathering.

The Sanibel Captiva Chamber of Commerce held its monthly business lunch on August 14, an event sponsored by Island Graphics. The business lunch was held at the Captiva Island Yacht Club.

The guest speaker was the new Sanibel Postmaster Kim Martin, who was accompanied by Christy Sickmond, the business solutions specialist for the post office. Martin spoke about the various services the post office offers local businesses to help them market their services in a professional and effective manner.

Bob Kern, owner of Island Graphics, sponsor of the lunch, also addressed the guests and he updated the group on the range of expanded graphic design and printing services that the business is now offering.

The lunch was well attended and the hospitality shown by the Captiva Island Yacht Club was very much appreciated by the chamber’s members.

From page 34

Around The Islands

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.

The Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey, Saturday, Diana Lynn; and Sunday, Buckeye Ken. Phone 472-6066.

RC Otter’s, 11506 Andy Rosse Lane, Captiva, has live music daily with dining inside and out, phone 395-1142.

Keylime Bistro features live music days and nights several days a week. New to the line-up is Ken Limieri playing jazz sax from 6 to 10 p.m. every Tuesday. The bistro is at 11509 Andy Rosse Lane, Captiva, phone 395-4000.

Restaurant owners/managers, please e-mail or fax your entertainment schedule to Anne Mitchell at islandsuncity@aol.com or 395-2299.  

During the August Business Lunch, Janet Strickland receives a door prize from chamber marketing director Bridgit Stone-Budd.

An Island Resident Specializing in Island Properties

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• Nice 3BR/2BA lake front, elevated pool home.
• Enjoy gorgeous water views and nightly sunsets.
• Lg great room w/vaulted ceiling...opens to lanai.
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673 East Rocks
www.EastRocksDriveOnSanibel.com
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Tennis Place C-35
www.SanibelTennisPlaceCondo.com
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9319 Kincaid Court
www.9319KincaidCourt.com
$579,000

4203 Dingman Dr.
www.DingmanDrive.com
$2,595,000

476 Las Tiendas
www.9319KincaidCourt.com
$599,000

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• Lg great room w/vaulted ceiling...opens to lanai.
• Enjoy gorgeous water views and nightly sunsets.

• Completely renovated 3BR/2BA elevated home. NICE!!!
• Cathedral ceiling, hickory wood flooring, granite counters.
• Large pantry, stainless appliances, 42” cabinets in kitchen.
• Impact doors/windows. Two car garage with lots of storage.
• Enjoy water view from deck. Huge lot! New sod/landscape.
• Near beach, bay, shopping, restaurants...
• Steps to shopping, restaurants, Bailey’s market.
• Tarpon Bay Parcel includes Lots 1-6, Lots 17-20.
• Natural parcel with 1-1/2 acres of privacy.
• Convenient mid-island Residential location.
• Build your Sanibel Dream Home.
• Convenient mid-island Residential location.
• Natural parcel with 1-1/2 acres of privacy.
• Tarpon Bay Parcel includes Lots 1-6, Lots 17-20.
• Steps to shopping, restaurants, Bailey’s market.

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RC Otter’s, 11506 Andy Rosse Lane, Captiva, has live music daily with dining inside and out, phone 395-1142.

Keylime Bistro features live music days and nights several days a week. New to the line-up is Ken Limieri playing jazz sax from 6 to 10 p.m. every Tuesday. The bistro is at 11509 Andy Rosse Lane, Captiva, phone 395-4000.

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Light Up Your Life With The Right Room Lighting

by Marcia Feeney

In addition to knowing which colors are the most flattering to you, it’s also important for you to take into consideration how light, both natural and artificial, will affect your desired color scheme. First, consider how much natural light enters the room, and for how long a period during the day.

In sunny rooms with a southern exposure, cool colors will be more pleasing than warm ones; hot yellows and reds will produce an unpleasant glare during a large part of the day, and are more effective used in room that faces north for most of the day.

If you can help, call PAWS volunteer Pam at 472-4823. Help us help them find their forever homes. Donations made payable to PAWS can be mailed to P.O. Box 855, Sanibel, FL 33957.

PAWS Seeks Foster Homes For Mother Cat And Kittens

Mother cat, left, and a few of her kittens

PAWS needs foster homes and donations to help care for a mama cat and her six kittens that were found in an abandoned apartment on Sanibel after their owner was evicted.

The mother cat is small and white, and her six babies are approximately 3-months-old and mostly all white and some are white and gray.

PAWS will have them tested to make sure everyone is healthy and then have them spayed or neutered, but after that, they will need foster homes.

Coral Vet doesn’t have space because they are in the middle of renovations, therefore, there is a lack of usable space.

If you can help, call PAWS volunteer Pam at 472-4823. Help us help them find their forever homes. Donations made payable to PAWS can be mailed to P.O. Box 855, Sanibel, FL 33957.

Are You Grounded?

by Bryan Hayes

You probably have noticed that I can’t resist a corny reference related to my industry, hence the title of this article. But hey, I’m just here to share something I know, and sometimes I like to think I’m funny.

I have a question for you: do you know the difference between a grounded and ungrounded outlet? If not, I can explain. Homes that were built before the 1960s didn’t have grounded outlets, and everything built thereafter should (but it may not always be the case.) If you look at the outlets around your home, they should have the telltale three slots that allow you to plug in the three-pronged appliances around our homes. Another important feature of modern outlets is split receptacles, where each half of an outlet is linked to a different circuit or a switch. These are often used in bed-rooms that are linked to a switch. These are used for turning a lamp on, while the other outlet is still available for other needs.

Another term you are probably familiar with is GFI or GFCI (ground fault circuit interrupter), and you’ve likely seen them around your home in places like your kitchen or bathrooms (it’s particularly important to have them in places that have water.) It may have even tripped on you a few times, but I can tell you that this is a good thing. GFCIs are meant to protect you in wet locations. What happens is the device senses a sudden unusual spike in energy draw. Such is the situation of standing on a wet floor in bare feet where you can become part of the circuit. Once the GFCI measures this imbalance, it almost instantly shuts off the electricity to prevent you from getting shocked. There are several code requirements for these devices and if you have an older home, it’s important to know if you are up to code.

An ungrounded electrical outlet lacks a ground wire. In some cases, when people were updating their old homes to new three-pronged outlets, they just changed the outlet, but didn’t add this wire. This is something that can be and should be tested. If you’re unsure you can always call your electrical contractor and they can do this very simple check for you.

As always, thanks for reading.

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.
Billy’s Bike Shop Becomes 10K Race Sponsor

Friends In Service Here (FISH) of Sanibel announced that Billy’s Bike Shop & Segway Rentals has become one of the Silver Sponsors of the 4th annual 10K Race 4 FISH. The race is scheduled to take place on Saturday, October 13 on Sanibel.

Billy’s Bike Shop & Segway Rentals has been a great supporter of the FISH organization, and particularly of all of the FISH 10K races.

“Our motto at Billy’s Bike Shop is to provide expert sales, repairs and island-friendly advice,” said owners Billy and Salli Kirkland. “We also have a personal motto to support our community’s non-profits and volunteer our services wherever needed, because we feel that it’s the best way to pay back the blessings of a successful business.”

The FISH 10K race is one of Billy Kirkland’s favorite opportunities to donate private label bottled water, lights, trucks and manpower to assure the success of an event that raises funds and offers a fitness challenge to residents and visitors in our island paradise. The exposure Billy’s Bike Shop receives through sponsorship, and the joy Kirkland gets from being the official “go-fer” of the morning of the run, assures their annual sponsorship.

“Billy Kirkland has been instrumental in our past successes during this event,” said Bill Fellows, president of FISH. “His time and manpower always go above and beyond to make sure that everything we need is at our disposal. We are always grateful to both him and Salli for their ongoing support and we thank them for choosing to be one of our sponsors.”

The race will begin at 7:30 a.m. at The Community House, and will once again follow a marked 10K circuit around the island, returning to The Community House for the finish line. There will also be a trade fair, which is aimed at the runners, their families and friends, as well as refreshment tables and water stations around the island for runners.

The 10K Race 4 FISH is being held in conjunction with the Fort Myers Track Club and is expected to attract more than 400 runners this year. More than 40 island businesses and organizations sponsored the race in 2011, and over 120 people volunteered to support and execute the event.

Runners can download the 10K Race 4 FISH entry form at www.fishofsanibel.com/fish-10k.

Local Businesses Sponsor Fillet & Release Tournament For Hospice

Sanibel Air Conditioning, Inc. and its sister company Sanctuary Island Electric, Inc. will be one of the sponsors of the Fillet & Release Tournament for Hospice which will take place on Saturday, September 15. In addition to the sponsorships, co-owners and brothers Bryan and Todd Hayes will compete in the tournament for the $7,500 first prize.

The 8th annual tournament is a fundraiser for Hope Hospice, which serves the Lee, Glades and Hendry counties. For more than 30 years, Hope has provided end-of-life care, comfort and support for patients and their families.

“This is a great event and we at Sanibel Air Conditioning and Sanctuary Island Electric are glad that we had the opportunity to sponsor it,” said Todd Hayes. “It is always a fun event that brings the community together for a great cause. And naturally, Bryan and I look forward to competing in the tournament.”

Dear Shelley,

My daughter started a new school this year and they have therapy dogs there. I am somewhat uncomfortable with these animals and don’t understand how they help children. What can you tell me about “therapy” dogs in schools?

Christina B, Ocala, Florida

There are many benefits of having therapy dogs at a school. The concept of therapy dogs began in World War II when Dr. Charles Mayo (of the Mayo Clinic) noticed how wounded troops responded positively to a pet terrier named Smokey who was allowed to visit the wounded soldiers. The idea that an animal can bring happiness and lower stress evolved and, by 1976, programs to certify animals for therapeutic purposes began. In 1982, an organization was founded in California to bring therapy animals to work with severely handicapped children and the elderly and the practice of animal assisted therapy has grown from this.

There is limited research suggesting that interactions with therapy dogs can increase oxytocin (bonding) and dopamine (happiness) while lowering cortisol (stress), however, most of the information we have on the benefits are anecdotal.

The reported benefits for school children that interact with therapy animals are many and include:

- **Academic Benefits**
  - Improves attendance and decreases tardiness
  - Students turn in homework more often and increase performance in other subjects
  - Reinforces learning
  - Motivates speech, learning, and exercise
  - Stimulates the senses
  - Facilitates counseling
  - Does not judge, criticize or laugh, and they are less intimidating than peers

- **Social Benefits**
  - Students build self-esteem, confidence, social skills and communication skills
  - Trusting relationships are formed
  - Fosters feelings of safety and acceptance
  - Decreases loneliness, anxiety, anger and depression
  - Teaches unconditional love and acceptance
  - Teaches to give instead of receive
  - Encourages positive social behaviors
  - Lowers blood pressure and increases relaxtion

The therapy dogs at your daughter’s school should be certified. This certification includes an evaluation by a certified evaluator. The test will also include the evaluation of the dog’s behavior around people with the use of some type of service equipment (wheelchairs, crutches, etc.). You may want to check on this.

A good resource for more information on therapy dog qualifications is Therapy Dogs International at www.thedog.org.

Many schools now use therapy dogs to help children to read. According to Therapy Dogs International, “The main objective of the reading program is to provide a relaxed and ‘dog-friendly’ atmosphere, which allows students to practice the skill of reading. Many of the children chosen for this program have difficulties reading and as a result have developed self-esteem issues. They are often self-conscious when reading aloud in front of other classmates.

By sitting down next to a dog and reading to the dog, all threats of being judged are put aside. The child relaxes, pets the attentive dog and focuses on the reading. Reading improves because the child is practicing the skill of reading, building self-esteem and associating reading with something pleasant.”

Talk with your daughter’s teachers about your concerns and schedule an observation of the dog-child practices at your daughter’s school. As you learn more about this situation, I think your concerns will be addressed and perhaps you will see some benefits of this program.

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.

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**FGCU Students To Compete For Scholarships**

Florida Gulf Coast University students will make a mad dash to write plays, compose music and edit films before the clock runs out during the sixth annual 24-Hour Festival, to be held on September 7 and 8. At stake are $500 scholarships for winners in each of three creative categories.

At 6 p.m. on Friday, September 7, FGCU theater professor and festival producing director Barry Cavin will announce the required elements and themes for the contest in the Theatre Lab in the Arts Complex. After he finishes reading the list, individuals and teams of students will have just 24 hours to concoct and complete a creative project incorporating those elements. They must submit entries by 6 p.m. on Saturday, September 8.

At 8 p.m. that evening, students will display artwork in the Arts Complex lobby and present live performances in a TheatreLab showcase that is free and open to the public. A panel of judges will choose winners based on how well they execute their ideas and incorporate the required elements.

The art-on-the-fly competition has become a tradition eagerly anticipated by students who enjoy the adrenaline rush and the chance to push themselves artistically, according to Cavin, who founded the festival.

“It draws on their unique capacity for procrastination and their tremendously dynamic creativity,” he said.

Judges for this year’s 24-Hour Festival are Lydia A. Black, executive director of Lee County’s Alliance for the Arts; Vasant Senerat, CPA, P.A., a certified public accountant and professor of accounting at FGCU; and Todd C. Kimbell, a documentary filmmaker based in Fort Myers.

“The stakes are high,” Cavin said. “There are over 2,000 awards up for grabs.”

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I was sitting down at the desk in my home-office the other day wondering where to start. I decided to clean up my home office and go paperless, just like we’ve done in my professional office. The scanner is in place, all of the statements are piled up, and all I had to do was decide what project to tackle first.

But it’s so big and daunting of a task, I felt myself paralyzed by indecision. It occurred to me that when someone loses their spouse, they have all of those similar feelings about their legal and financial affairs – that they don’t know where to begin. This is particularly true because when a loved one dies, there is obviously a lot of emotion involved along with new responsibilities falling on the survivor’s shoulders.

Big projects are easier tackled in small doses. Breaking down a big project into smaller sub-projects is the first step. So I thought that today, I would summarize the big project of what to do when a loved one dies into smaller steps.

1. Gather all of the legal documents, including wills, trusts, irrevocable trusts, business agreements such as shareholders and operating agreements.
2. Gather recent bank statements, financial statements, brokerage statements, insurance policies, annuities, 401(k) and IRA statements, deeds to real estate and any other financial information you might have.
3. Bring in copies of your last income tax return. If you or your loved one has ever filed gift tax returns (commonly known as Form 709s), bring copies of any and all 709s that have been filed regardless of the year.
4. Obtain copies of death certificates. If you can order some with the cause of death and others without, do that.
5. Prepare a budget of your ongoing expenses to the best of your ability. If you have outstanding debts and credit card statements, gather those. Determine the amount of any outstanding mortgages. If your loved one has co-signed any notes or guarantees, gather those statements or agreements.
6. Schedule an appointment with your attorney, CPA and financial advisor. If they are all located in the same city, it is helpful if you have at least the initial meeting with all of your professionals in one meeting room. If that isn’t possible for one reason or another, the next best thing is to meet with one and have the others on a conference call.
7. Bring in all of the material that you’ve gathered above to the meeting with your advisors. You may even want to ask the advisors if they would like copies in advance.
8. Remember to apply for benefits at the social security office. You will need a certified copy of the death certificate, a certified copy of your marriage license, and if you have minor children living at home you may need to bring their birth certificates.
9. If you own a Florida homestead, you may qualify for a widow(er) exemption in addition to your homestead exemption. Call the property appraiser’s office or visit their website to determine continued on page 44.
New Ribbon Supports Breast Cancer Survivors

My Hope Chest, a Florida-based non-profit, is proud to introduce the Breast Reconstruction Awareness Ribbon, the first ribbon to support uninsured and underinsured breast cancer survivors.

This new ribbon speaks to the restoration, transformation, and completion from the cancer journey that many survivors seek through reconstructive surgery after mastectomy. For those who desire, breast reconstruction provides closure and a new wholeness allowing a woman to become whole again.

“Breast reconstruction has flown under the radar of the ‘pink ribbon,’” founder Alisa Savoretti said.

The Breast Reconstruction Awareness Ribbon symbolizes transformation and closure from the disease. My Hope Chest hopes this new symbol will help others recognize this need and shine the light on this epidemic for thousands who have sacrificed a piece of themselves to save their life.

Founded in 2003 by Savoretti, My Hope Chest serves pick up where other breast cancer organizations leave off providing “final step of breast cancer treatment” and helping women become whole again. Savoretti knows from first-hand experience how breast reconstruction after cancer helps restore not only the body but also transforms and heals the mind and spirit. She founded the organization after her own struggle with breast cancer.

For more information, visit www.myhopechest.org. ©

Got A Problem? Dr. Connie Is In

by Constance Clancy

Q: What is Holistic Medicine?
A: Holistic Medicine emphasizes and focuses on the needs of the whole person. Aspects of this include a person’s emotional, physical, mental and spiritual self. Holistic practitioners focus on the whole person through a thorough evaluation process and assesses his/her lifestyle such as nutritional, environmental and social well-being in an effort to establish a treatment plan for optimal balance.

Some of the specifics that Holistic Medicine includes are:
- Prevention
- Nutrition and Vitamin Therapy
- Acupuncture
- Chiropractic
- Homeopathy
- Natural Hormone Replacement Therapy
- Comprehensive Blood Chemistry Analysis

With so many individuals searching for something to help them through life’s challenges, Holistic Medicine has been on the rise in benefitting people of all ages to a healthier way of balanced living.

For more information, contact the American Holistic Medical Association (AHMA) www.holisticmedicine.org. ©

From page 43

Will Power

if you qualify and whether an additional homestead exemption is available to you.

While this list isn’t everything that you will have to do following the death of a spouse or other loved one, it’s a good start that will allow your advisors to help you accomplish all of the things that you’ll need to take care of. Your advisors will be able to help you take the next steps so that your life can return to at least some level of predictable normalcy given the situation.


From page 42

Scholarships

Robert Cacioppo, producing artistic director, and Carrie Lund Cacioppo, actress and associate producer, of Florida Repertory Theatre in Fort Myers; Andy Howl, owner of Howl Gallery in Fort Myers; Danielle Koleniak, news reporter for NBC-2 Fort Myers; Will Prather, executive producer and owner of the Broadway Palm Dinner Theatre in Fort Myers; and Eric Raddatz, founder and executive director of the Fort Myers Film Festival.

To view videos from last year’s festival, go to www.fgcupinnacle.com/videos/arts/24-hour-festival-2011. ©

For more information, visit www.theatrelab.fgcu.edu or call Barry Cavin at 590-7183. ©

From page 7

Human Trafficking

could have helped during the ordeal was a bar of soap she was given to clean up.

Had the soap been labeled with a hotline number like the one that is now on bars distributed by her organization, she might have gotten help, she said.

Flores is also founder of Traffick Free, a non-profit dedicated to combatting human trafficking, and has been a featured speaker at Zonta clubs in Michigan and on Sanibel and Captiva.

For more information about the Zonta Club of Sanibel/Captiva, visit www.zontancap.com.

For more information about the SOAP project and how to help, visit www.traf fickfree.com. ©

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Mental Health Advocate Cronkite To Headline Fort Myers Symposium

Mental health advocate Kathy Cronkite will be in Fort Myers on Friday, October 12 to discuss her own journey to wellness from depression and urge others to get help if they need it at the Second Annual Mental Health Symposium, hosted by HOPE Clubhouse of Southwest Florida.

Cronkite, daughter of legendary CBS News anchor Walter Cronkite, will headline the symposium in observance of Mental Health Awareness Week, October 7 through 13. The symposium also will include presentations by Judge Steven Leifman, chairman of the Florida Supreme Court’s Task Force on Substance Abuse and Mental Health, and Joel Corcoran, executive director of the International Center for Clubhouse Development (ICCD).

The symposium will be held at the Broadway Palm Dinner Theatre, 1380 Colonial Boulevard in Fort Myers, from 11 a.m. to 2 p.m., with registration starting at 10:30 a.m. The Broadway Palm Dinner Theatre, The News-Press Media Group, Florida Weekly, WINK Radio, Northern Trust Bank and John and Kappy King are the major sponsors at press time.

Cronkite, is the author of On The Edge Of Darkness: Conversations About Conquering Depression, a collection of interviews with celebrities who have fought depression, including CBS’ Mike Wallace, Joan Rivers, Dick Clark, Kitty Dukakis and John Kenneth Galbraith, among others. She will be available for book-signing immediately after the symposium.

“We are very honored that Kathy Cronkite, Judge Leifman and Joel Corcoran have agreed to join us for our Second Annual Symposium on Mental Health,” said symposium co-chairs Dr. Sandra Pavelka of Florida Gulf Coast University and Andrea Prather of the Broadway Palm Dinner Theatre. “They have a wealth of knowledge about the mental health field that we can all learn and benefit from.”

Cronkite is a popular writer and public speaker. As one of the millions who suffer from clinical depression, she has become a tireless champion for mental health. Her clear message is, “Depression must be accepted as the medical condition it is in order to combat the stigma attached to it and to make help available for those who suffer from it.”

Judge Leifman is a Miami-Dade County judge who served as Special Advisor on Criminal Justice and Mental Health for the Supreme Court of Florida from 2007 until 2010. In this capacity, he chaired the court’s Mental Health Subcommittee which authored a ground-breaking report entitled Transforming Florida’s Mental Health System. This report, which has received considerable state and national recognition, outlines recommendations with the goal of decreasing inappropriate and costly involvement of people with mental illnesses in the justice system.

In October, 2010, he was appointed by the Chief Justice of the Florida Supreme Court to chair the Florida Supreme Court’s Task Force on Substance Abuse and Mental Health Issues in the Court.

As executive director of the International Center for Clubhouse Development, Corcoran is responsible for all operations, programs, finances and communications of the ICCD. He has traveled throughout the world working to support the development of Clubhouse programs to be strong and enduring resource centers for people living with mental illness. HOPE Clubhouse of Southwest Florida is one of 350 clubhouses in the world overseen by Corcoran.

Tickets for the Second Annual Symposium on Mental Health cost $50 including lunch and $65 with 2.0 CEUs from Florida Gulf Coast University for mental health professionals. Tickets are available by calling HOPE Clubhouse at 267-1777 or may be purchased online at www.hopeclubhouse.org. Tables for eight may be purchased for $750 with corporate recognition.
Simple Remedies To Help Heal Sun Fungus

by Suzy Cohen, RPh

Dear Pharmacist: This summer, I’ve spent more time outside in the sun, and I’ve noticed a bunch of little white spots appearing on my chest and back. What is this, and how can I treat it? NC, Orlando

It sounds like you may have “sun fungus,” or Tinea versicolor, a fungal infection that occurs on the outer layers of the skin. It’s an external manifestation of the yeast, Malassezia globosa, which is usually found on our skin, but it grows in excess in certain conditions and may be triggered by sunny, hot humid environments (you’re from Florida). Sorry to say, it can be triggered by sunny, hot humid environments and may be especially prevalent after you’ve begun tanning.

Although topical creams and ointments are usually quite effective and safe, the fungus grows from the inside of the body out. Because of this, there are major factors in your diet and lifestyle that must be addressed to keep the skin condition from recurring.

This type of infection (and all fungus-related ones) thrive by you eating sugar, starch and yeasts-containing foods. Therefore, avoid eating anything like this, such as all sweeteners (including the artificial ones), fruits, jams, bread, alcohol as well as other foods that don’t necessarily have a high sugar content, but may make your condition worse. I’m thinking vinegar, baked goodies and nuts. Hey, for some of you, the skin condition gives you more incentive to start that new diet you’ve been itching to try. Stick to the veggies, grass-fed meats, eggs, olive, coconut or grape seed oil and whole grain pastas (if you eat grains). Don’t forget to supplement with high-quality probiotics and other anti-fungal foods and spices (garlic, turmeric, oregano and grapefruit).

You can also take a skin-soothing bath. A great combination is Epsom salts combined with some baking soda, lemon juice, a few drops of tea tree and clary sage essential oil and some dandruff shampoo. The ratios don’t matter much. Keep your skin as clean and dry as possible, and wash your clothing and linens regularly in gentle detergents. No dryer sheets. The best approach uses multiple treatments, with a strong focus on a good diet, free of refined or junk foods with probiotics, digestive enzymes and antioxidants.

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.

Annual Family Health Forum

Lee Memorial Health System’s annual Family Health Forum, a free community event focusing on health awareness, prevention and education, will take place on Saturday, September 22 from 9 a.m. to 1 p.m. at Dunbar High School, 3800 East Edison Avenue in Fort Myers.

The event is sponsored by Omega Youth and Community Development Foundation, Lee Memorial Health System, Lee County Health Department, 21st Century Oncology, Harry Chapin Food Bank, Hispanic Chamber of Commerce, Latino 97.7 and the Kleist Center.

This year, there will be an entire new area dedicated to children’s health that will focus on the Successful Three: health, education and self-esteem. There will be activities for children including a play area. Children 18 and younger will also be able to receive free immunizations (parents, please bring your child’s shot records). While the children learn, adults have the opportunity to benefit from health screenings and education, too.

The Harry Chapin Food Bank will also be distributing groceries for the first 300 households. Participants should bring reusable shopping bags or a box to carry the food.

Attendees will also be able to receive free health screenings and/or information on various health topics including:
- Prostate and colon cancer
- Breast and cervical cancer
- Diabetes
- Blood pressure
- Tobacco cessation
- Sexually Transmitted Diseases (STD) and HIV
- Sleep disorders
- Asthma
- Children’s health and information

For more information about the Family Health Forum, call 424-3806.

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 wife and I planned and researched our retirement for five years. I now realize that the planning time was the fun time, not living the lifestyle.

Six months into retirement, my wife was diagnosed with type two diabetes. Her doctor was very specific with the details and a nutritionist counseled us both.

I have spent the last year going to doctor’s offices, taking her to the hospital and trying my best to help her with her diet and exercise. She refuses to cooperate with me and all of the others trying to help her. Is this how people normally behave with this condition?

Dear Phil,

It is a mystery to me why some people refuse to help themselves when others are trying so hard to assist them.

I once talked to a heart surgeon who complained about the exact same thing. He tried so hard to help his patients, and then they refused to help themselves e.g., not following his diet or exercise program that he prescribed.

I would suggest you talk to your wife’s doctor, tell him your problem, and he/she might have some suggestions.

Phil

Dear Phil,

People react differently to new diagnoses. Bottom line for you, if your wife does not want to follow the advice of her medical team, that is her choice. I am sure she has been advised of the health consequences of non-compliance with her new diet restrictions. As much as you want for her to live successfully as many, many people do with diabetes, she needs to want it for herself.

My advice for you would be to make sure that you go to an elder care attorney for financial planning to protect the family finances should her lack of compliance cause skyrocketing health care costs.

Pryce

Lizzie and Pryce’s email address is momandmeaging@hotmail.com.
Weigh about 600 pounds. I get intuitive every time I see a Krispy Kreme.”

Permanent weight loss requires attitude. Learning to eat to live rather than live to eat. We need to train ourselves how to be more in tune to use eating to satisfy hunger rather than to satisfy Jenny Craig. In fact, an Intuitive Eating Scale has been developed to help you recognize when to eat. How you score on this scale determines how you score on the intuitive bathroom scale. Professor Steven Hawks of BYU decided to try it himself, and without restrictive or restraining dieting, he lost 50 pounds in a year.

Nothing to sneeze at. Like the column? You’ll LOVE the book the Doctor is In(sane), available at Sanibel Island Bookshop. Contact Dr. Dave or read more at www.wisequacks.org.

We can prevent most viruses by getting into the habit of washing our hands. Professor Steven Hawks around the country, the FDA has approved the use of the injectable drug Lucentis for the treatment of diabetic macular edema. Diabetic macular edema occurs when fluid accumulates on or under the macular (the center of the retina) and causes it to thicken or swell. As swelling develops, blurring occurs and vision loss may progress over time.

Until now, there has been no approved drug to treat diabetic macular edema. For the past 30 years, the condition has been treated with laser surgery with minimal reports of improvements in vision or with unapproved drugs such as Avastin or Triamcinolone.

Diagnosed more than 12 years ago with diabetic macular degeneration, Fort Myers resident Jay Goldman has experienced significant improvement in his vision since participating in the three-year clinical study for Lucentis at Retina Health Center.

“I’m an avid reader and musician,” said Goldman. “But as my symptoms progressed, I could no longer read a book, play music or work on the computer. My vision was distorted and I was experiencing pain in my eyes. Following the Lucentis injections, I’m able to see and read clearly again. The improvements are remarkable.”

The approval is based on results of two randomized, double-blind studies involving more than 750 patients. Patients in the study received a monthly injection of 0.5 mg or 0.3 mg of Lucentis or a placebo for 24 months, and were followed for 36 months. Patients who received Lucentis improved their eye chart test scores by at least 15 letters after 24 months of treatment.

In addition, 54 percent of patients receiving the lower dose, and 62 percent of those on the higher dose achieved 20/40 vision or better. Lucentis is already approved to treat age-related macular degeneration and retinal vein occlusion.

Retina Health Center and the Macular Degeneration Research Center were established in 2002 by Dr. Alexander M. Eaton, a long-time Southwest Florida resident who has been practicing ophthalmology in Lee and Collier counties for more than 17 years. Dr. Eaton has been the principal investigator for numerous studies to prevent and treat macular degeneration.

For more information on the latest studies or to make an appointment, call 337-3337 in Fort Myers or 793-5200 in Naples, or visit www.retinahealthcenter.com.

Obesity vaccine? Medical research has astonished us by revealing that infections have turned out to be the unlikely cause of several common diseases. Peptic ulcers, cervical cancer, rheumatic heart disease are just a few examples of illnesses actually caused by viruses or bacteria. In addition, bugs may well be responsible for Tourette’s syndrome, OCD (Obsessive Compulsive Disease), diabetes, multiple sclerosis, Don Cherry, heart attacks and now even obesity.

The common human adenovirus, the same bug responsible for many routine infections like the cold, is the obesity culprit. Some strains of this virus have now been confirmed to increase the amount of fat in animal fat cells. Obese folk, it turns out, have a higher incidence of the adenovirus antibodies circulating about their bloodstream than skinny folk. While not known just how much of a role/roll the virus plays in the epidemic of obesity we are currently experiencing, we do know there has been a dramatic doubling of this disease, not unlike an infectious epidemic, in the last 30 years.

Q: “So, Dr. Dave, how do we avoid this adenovirus?”
A: “We can prevent most viruses by getting into the habit of washing our hands when we’re exposed to germy environments like malls, schools or Sudbury.”

Q: “Will there be a vaccine against obesity?”
A: “Possibly. But in the meantime, exercise and eat properly.”

Q: “No vaccine yet!?! I hate dieting and frankly I find this news so depressing I’m tempted to perform a little self medicating with Peanut Butter.”
A: “But that would be emotional eating, and you absolutely must avoid that.”

Q: “Hey, I’m an emotional guy, watch me smash you across the head with this fruit rollup. I hate diets.”
A: “Well, then why not consider the no diet diet. According to the researchers in the food sciences faculty at BYU we should consider becoming ‘intuitive eaters’ instead of calorie counters and fat measurers. Eat whatever you want but only when you need to. Eat when you’re actually hungry, stop when you’re not. According to the good folks at BYU it’s not so much what you eat, but when you eat. In other words, when you need to.”

Q: “If I tried that, I would intuitively
Top 10 Real Estate Sales

<table>
<thead>
<tr>
<th>Development</th>
<th>City</th>
<th>Year Built</th>
<th>Square Footage</th>
<th>Listing Price</th>
<th>Selling Price</th>
<th>Days on Market</th>
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<tr>
<td>Shadow Wood At The Brooks</td>
<td>Bonita Springs</td>
<td>2006</td>
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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 51

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 51

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TODAY'S WORD

answer on page 51
**Pan-seared Florida Snapper with Roasted Red Pepper Chili**

- 4 six-ounce snapper fillets
- 2 teaspoons cayenne pepper
- Sea salt, to taste
- Ground black pepper, to taste
- 1 cup rice flour
- 4 tablespoons olive oil

Sprinkle fillets with seasonings then dredge in flour. Melt butter in shallow skillet over medium-high heat; add fillets and cook 3 to 5 minutes per side until golden brown and cooked through. Remove fillets from skillet and serve with Roasted Red Pepper Chili.

Yield four servings

**Roasted Red Pepper Chili**

- 1 pound red peppers, roasted, peeled, seeded and roughly chopped
- 2 tablespoons diced shallots
- 1/2 cup white wine
- Salt and pepper

In a large sauté pan, cook all the ingredients over medium heat for 20 minutes. Puree mixture in a blender until smooth. Strain for a more refined sauce. Add salt and pepper to taste.

Yields four servings

**Nutritional Value Per Serving**

- Calories 417
- Calories From Fat 127
- Total Fat 14g
- Saturated Fat 8g
- Trans Fatty Acid 0.34
- Cholesterol 93mg
- Total Carbohydrates 32g
- Protein 37g
- Omega 3 Fatty Acid 0.07g

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1. Merry; 2. Border;
3. Gossip; 4. Grain

Today’s Word:
BOOMERANG

Puzzle Answers

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

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For information about this week’s pets, call 533-7387 (LEE-PETS) or log on to Animal Services’ website at www.LeeLostPets.com.

When calling, refer to the animal’s ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff’s Office off Six Mile Cypress Parkway.

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

The adoption package is valued at $500.

Pets Of The Week

Zak ID# 529985

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Ricky ID# 535127
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- $545,000 MLS 2120885
- McMurray & Nette 239.292.7533

Tennis Villa 3121
- 1BD at South Seas Island Resort
- Completely Updated Interior
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- Resort Amenities on Spacious Grounds
- Gulf Front Lanai with Gorgeous Views
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- $899,000 MLS 2120828
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Pet Friendly For Owners
- 2 Bedrooms, 2 Bathrooms
- Fully Furnished on Beach
- Close to All Amenities
- Beautifully Updated Throughout
- $492,500 MLS 2111123
- Sally Davies 239.691.3319

Sanibel Mediterranean Beauty
- Absolutely Gorgeous 4BD/5.5BA
- Directly Across From Beach
- Salt Water Pool and Spa
- Spectacular Wide Open Water Views
- $2,095,000 MLS 2110749
- McMurray & Nette 239.281.4435

Captiva Charm – Captiva
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- Open Pool & Porches Overlooking Bay
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