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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 8, 2016

JULY SUNRISE/SUNSET:

8 6:42 • 8:25 9 6:42 • 8:25 10 6:43 • 8:25 11 6:43 • 8:25 12 6:44 • 8:24 13 6:44 • 8:24 14 6:45 • 8:24

## Patriotism Plentiful At Independence Day Parade



photos by Jeff Lysiak

Our Sweet Island of Liberty – Sanibel and Captiva – were decked out in red, white and blue on Monday morning for the popular Independence Day Parade, attended by thousands of patriotic revelers lining Periwinkle Way.\*

for more parade photos, see pages 34 and 35



## Optimists Stage 37th Road Rally



Members of the Sanibel-Captiva Optimist Club hosted the 37th annual Road Rally on July 4, with the vehicular scavenger hunt starting and ending in the parking lot of The Timbers Restaurant

photo by Jeff Lysiak

for more Road Rally photos, see page 8



Eight-year-old Sanibel resident Athena Solberg, center front, with other National American Beauty Pageant age-division winners  
photo courtesy The Solberg Family

## Sanibel Girl Crowned National Pageant Winner

by Jeff Lysiak

Last month, Sanibel resident Athena Solberg was crowned an age-division champion at the 2016 National American Beauty Pageant, held in Orlando. The 8-year-old islander competed against other regional pageant winners from across the United States during the four-day event.

According to Solberg's mother, Maria, Athena's scores were judged in four

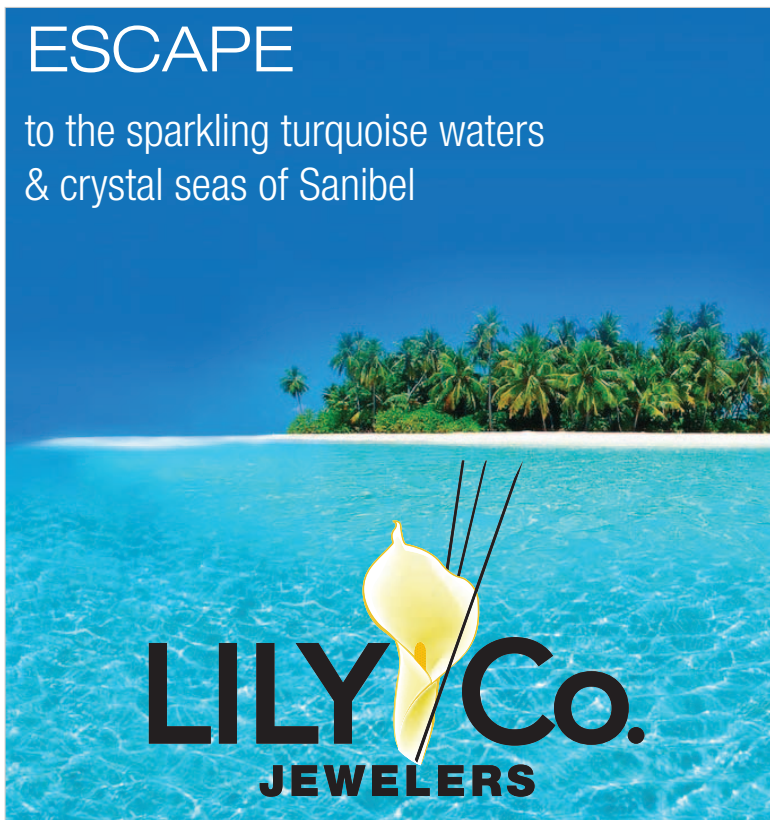
continued on page 43

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Creating art is a popular activity

Costumes were altered for the first week of camp's Friday finale of *The Wizard of Oz*

The first two weeks of the BIG ARTS Summer Arts Camp has been successful, with music and games a big part of the camps held on the Dunlop Road campus through August 5. There are still spaces available for the remaining four weeks. photos by Chris Bright

## Summer Fun At BIG ARTS Camp

The BIG ARTS Summer Arts Camp is well under way, but there still are several weeks to go, with camp running through August 5.

There are entertaining thematic weeks for grades one to five in the Summer Arts Camp, while the older students will have the chance to learn different artistic skills such as printmaking and video production through the Apprentice program for middle and high schoolers.

Middle and high schoolers also have an opportunity to earn community service hours.

Activities run from 9 a.m. to 3 p.m. daily. For the Summer Arts Camp (grades one to five), the cost is \$175 per week, and the Apprentice program is \$100 per week.

"Everything is done at an introductory age appropriate level," said BIG ARTS camp director Erin Peter. "And every instructor has good teaching experience on varying levels. Some instructors teach throughout the year here at BIG ARTS and all are certified teachers."

The Fine Arts Instruction and Apprentice program for middle and high school students, offers seven different classes. The remaining schedule includes:

- Week 4 – July 11 to 15: Printmaking
- Week 5 – July 18 to 22: Drawing
- Week 6 – July 25 to 29: Video Production
- Week 7 – August 1 to 5: Glass Fusing

For kids entering grades 1 to 5, the remaining schedule includes:

- Week 4 – July 11 to 15: Let It Snow! Frozen in July
- Week 5 – July 18 to 22: Once Upon A Time At Camp
- Week 6 – July 25 to 29: Let's Go Green!
- Week 7 – August 1 to 5: The Wonderful World of Dr. Seuss Week

"Our goal is to make it comfortable learning a new craft or expand their knowledge in the arts," Peter said. "We want them to walk away by the end of the week learning a new skill and be confident in those skills."

At the end of the week, each student's work is put on display in exhibit fashion for parents to see. The kids also put on a staged performance for their parents each Friday afternoon to show what they have learned through the week.

After the first week, campers in grades one to five performed *The Wizard of Oz* for parents and friends inside BIG ARTS Schein Hall.

"The kids did a wonderful job," said BIG ARTS executive director Lee Ellen Harder. "It's been a great start to the summer camp and the play put on by the kids at the end of the week is always a great exclamation point."

To download a registration form or learn more about the Summer Arts Camp or Apprentice Programs, go to [www.bigarts.org/summerCamp.html](http://www.bigarts.org/summerCamp.html) or call 395-0900.\*

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**OBITUARY**



**LEONARD W. CLEMENTS**

Leonard W. Clements (Len) passed away peacefully Saturday, July 2, 2016 with his family by his bedside at Hope Hospice. His death was the result of a cerebral aneurysm which occurred Sunday, June 26.

Len was born in England (Gillingham, Kent) on October 11, 1931 to Edward Albert (Sonny) and Lydia Clements. After his schooling, he joined the Merchant Navy, picking up his unique Popeye tattoo and setting him on his search for adventure and his desire to leave the grey skies of England.

His ever-present curiosity about how things work led to studying electronics and working in telecommunications in Libya, Gibraltar and Exuma Island in the Bahamas before coming to Sanibel and Captiva islands with his family in 1973. He worked in maintenance during Mariner's original development of South Seas Plantation and then began his real estate career there in timeshare sales in 1977.

In 1980, he was appointed sales manager at the resort. In 1986, he established and managed the timeshare resale programs at six Sanibel Mariner resorts. Ten years later, he became broker and sales director for 13 timeshare resorts on Marco and Sanibel islands. In 2003, he was appointed real estate broker for South Seas Sanibel and Captiva Properties.

Len loved the islands and being outdoors swimming, boating, fishing, tending his fruit trees, or just walking the beach looking for turtle tracks or enjoying sunsets. Nothing made him happier than just sitting by the pool with a cold drink talking about the beauty of life and nature and watching the birds, marsh rabbits, and the occasional bobcat that would stroll through the back yard.

He was truly creative in many aspects, including video editing and woodworking. Family and friends will always have those special treasures he left behind.

He never gave up on learning to be a better guitar player, but he did finally give up on golf. Because of his varied work background, he was a true handyman, fixing everything from leaky pipes to computers.

Len is survived by his wife, Gwenda Hiatt-Clements, Sanibel; his daughter, Tania Clements, Fort Myers; his son, Nick Clements (wife Becky and her daughter Catherine), Fort Myers; Nick and Tania's mother, Molly Clements, Sanibel; his brother, Cyril Clements, England; grandchildren, Hayley and Ian Clements and several nieces and nephews.

Len was an active, fun-loving, witty

and wise husband, father and friend who never grew old. At 85, he was much too young to leave his island paradise.

In honoring Len's wishes, there will be no memorial service. The family plans a celebration of his life in the fall. Those who wish to honor Len may make a donation in his memory to the Sanibel-Captiva Conservation Foundation P.O. Box 839, Sanibel, FL 33957.\*

**OBITUARY**



**RICHARD C. RAUSCHERT**

Passionate aviator, Dick Rauschert, flew his greatest mission to the highest heights on May 29, 2016. Born in Chicago on September 3, 1924 and educated at Norwich University in Northfield, Vermont, this World War II veteran became an accomplished pilot from having flown nearly 30 missions over the Himalaya mountains. From India to China and back, he navigated a B-24 over "The Hump" carrying gasoline to supply the troupes. At the war's end, he returned with amazing stories to recount

of the many treacherous flights through severe weather, loss of engines, co-pilots and dangerous transatlantic flights. Back home, he became a quality craftsman builder in the northern Chicagoland area, creating many beautiful homes. Dick was also an avid outdoor sportsman who enjoyed annual fishing trips to Canada particularly in remote areas where he could fly in. His fondness for nature brought him to Sanibel where he built his last family home and retired for 40 years. His passion for flying continued as he found paradise flying over the beautiful islands of southwest Florida. He was known to frequently fly over his home and tip the wings of his Mooney to wave to his family below.

He is survived by his wife, Jacquelyn A. Rauschert; three children, Robin Bernardi, Tom Rauschert, and Nancy (Joe) Kula; and three grandchildren, Richard Bernardi (Season), Dr. Joe (Katie) Kula and Hilary (Drew) Davis.

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# Fall Enrollment Is Now Open For Preschoolers At Summit Christian

Full enrollment is now open for the 2016-17 year at Summit Christian Preschool at Sanibel Community Church.

Weekly themes help keep kids stay engaged and work toward building relationships. Children learn through hands-on activities, music, sensory experiences, outdoor play and a variety of fine motor skills. Director Leslie Celestin is available for scheduled tours and to discuss classes for 3-year-olds and Voluntary Pre-Kindergarten students.

For more information, call the main campus at 482-7007 or the church office at 472-2684

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).\*



From left, Harrison Jones, Teagan Clark, Emma Noggle, Gretha Livermon, Chloe Selby, Jase Foster and Kelyse Schafer did not get lost in the dark during camping week



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# Church Preschoolers Graduate



From left, Daniel Tison, Teagan Clark, Kahanu Otalvaro, Emma Noggle, Gretchen Peelman, Jony Chavez-Santana, Kekoa Otalvaro and Harrison Jones pose after graduation with preschool director Leslie Celestin

**A** night of Voluntary Pre-Kindergarten graduation and celebration was held on May 25 for Summit Christian Preschool at Sanibel Community Church.

Eight preschoolers – Daniel Tison, Teagan Clark, Kahanu Otalvaro, Emma Noggle, Gretchen Peelman, Jony Chavez-Santana, Kekoa Otalvaro and Harrison Jones – presented a program of their progress and accomplishments for the year.

For more information, call the school at 482-7007 or the church at 472-2684.\*

## Islands' Stars Chefs Sought

**S**anibel officials are looking for five island family chefs for the 2nd annual Cooking with the Islands' Stars, slated for Saturday, January 28, 2017.

The two top prizes will be a culinary tour of the Miami area, cooking with top chefs and visiting the diverse cooking scene, accommodations included.

The five local family chefs chosen will share their stories along with a briefly demonstration on how to prepare

their signature dishes and provide their recipes.

Last year, \$162,000 was raised for the new Community House kitchen. The 2nd annual event will again benefit The Community House culinary education center.

Funds are needed for a resident chef to teach classes, assist with SCA events and train others in the proper use and enjoyment of our fine facility. Additionally, the event will be utilized to properly stock the kitchen with all the necessary utensils and equipment needed. Plus, the culinary garden will be created and nurtured. With dedicated volunteers to assist in the development of the kitchen and grounds, the funds raised will truly jump start the culinary strategy!

Want to see the winners of the People's Choice award in their segment on Real Food Real Kitchens? Go to [www.realfoodrealkitchens.com/](http://www.realfoodrealkitchens.com/) episodes and click on southern pulled pork and bbq.

For more information, call Marge Meek at 472-2466, Salli Kirkland at

209-2514 or The Community House at 472-2155. Visit [sanibelcommunityhouse.net](http://sanibelcommunityhouse.net) for an application including rules for the contest.\*

## More Street Cams

**T**he City of Sanibel activated three additional "Street Cams" last week, which are now providing residents and visitors real-time road conditions at the intersection of Periwinkle Way and Tarpon Road. The cameras provide views of Periwinkle east of Tarpon Bay Road, and Tarpon Bay Road north and south of Periwinkle Way.

The Street Cams are funded by the city's beach parking revenue. Earlier this year, the city debuted three Street-Cams – located at the intersection of Periwinkle Way and Casa Ybel Road, along with a view of the Sanibel Causeway from the city's boat ramp – in conjunction with the 2016 Traffic Communication Strategy.\*

## Shredding Drive

**T**he Sanibel Community Association will host a drive to shred unneeded documents and papers on Saturday, July 16 from 9 a.m. until noon at The Community House's north side lot, located at 2173 Periwinkle Way. Enter on the drive nearest Dunlop Road and exit at the drive nearest The Bean.

Bring bank statements, credit card receipts, old checks, income tax returns or anything that contains personal information. Secure Shredding, Inc. will destroy these papers onsite.

Remove all binder clips and larger paper clips. Regular staples and small paper clips do not have to be removed. Businesses should call ahead at 472-2155 to ensure space remains for residents' needs.

The drive is open to the public. There is a \$5 fee per box or bag. All proceeds go to The Community House operating fund. For more information, visit [sanibelcommunityhouse.net](http://sanibelcommunityhouse.net).\*

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From page 1

# Road Rally



Volunteers and members of the Sanibel-Captiva Optimists Club prepare to stage Monday's Road Rally



Last year's defending champion, Granny's Gang, hoping to repeat as 2016 winner



Chef Teh Peng of The Timbers, center, was the honorary Road Rally flagman. Also pictured are Optimist members Richard McCurry, left, and Randy Carson.



Vehicles lined up in The Timbers parking lot, awaiting their starting time



Richard McCurry with Junior Optimist Tyler Lloyd



Road Rally teams checking in at the registration desk



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**OBITUARY**



**RICHARD CROFT KENNEDY**

**R**ichard (Dick) Croft Kennedy had the courage to choose his life, and his death, in the place he loved the most – on Damariscotta Lake in Nobleboro, Maine after a week surrounded by three generations of family and dogs.

Born March 23, 1931 in Philadelphia, Pennsylvania to Harriet Walker Kennedy and Donald D. Kennedy, he now joins his identical

twin brother, Don. Married to Anne Sibley Kennedy for 59 years, together they made a mark on thousands of lives as educators and mentors, offering as much inspiration in their work as they have in comic relief.

An elementary graduate of Fessenden School, Dick also attended Phillips Exeter Academy, Pomfret School and Trinity College, where he reported to have sometimes been a better athlete than scholar. Serving in the U.S. Army in Trieste (1951 to 1953) he counts this as his “best life-long lessons learned.” Holding degrees from Columbia (graduate A.B. 1956) and Stanford (M.A. 1973), Dick taught at the Applewild School in Fitchburg, Massachusetts and was the founding Assistant Headmaster at Pingree School in South Hamilton, Massachusetts.

As an educational entrepreneur and the director of Kieve in Nobleboro, Maine (1959-1990), he gave the family’s camp in the mid 1970s to found the non-profit Kieve Affective Education, Inc, now Kieve-Wavus Education, Inc. Thousands of life-long learners continue to benefit from the initiatives he helped to create, such as The Leadership School, 9/11 Family Camp, Veterans Camp and The Kennedy Learning Center, helping Mainers and beyond craft their lives to make a better world.

Other well-placed efforts included years of service to the New England Forestry Foundation, Maine State Board of Education, Riley School,

Lincoln Academy, The Artisan School, St Timothy’s School and the Sanibel Sea School. After writing a book called Choosing the Right Camp, several articles followed in Family Life Magazine and various other newspapers, magazines and even the Today Show. In 2003, Dick was a recipient of a Jefferson Award for his work with youth. His life was lived with service and humor, wanting to give back to the state where he was raised in privilege as an accident of his birth, believing that by sharing his good fortune, indeed all boats would rise.

His greatest challenge: A nagging fear of failure that goaded him to hard work and educational entrepreneurship. In his words, “After I am gone, I hope some will say – ‘We never knew why education was his passion.’ Come to find out, he lived with a crippling fear of failure throughout his school years. Because others helped him, he was able to overcome that fear. He wanted nothing more than to be a link in that chain of helpers so that fear of failure would take fewer hostages.”

His greatest accolade: A visiting four-year old who turned to his parents on the way home and said, “Those are nice people, and Dick has very nice taste in people.”

Friends were enormously important to him. He learned from people from all over the world and from all walks of life, and got most of his pleasure from his friends. Perhaps his greatest friend

was his identical twin, Don, competitive in all things, including their love for each other.

But despite what the rest of the world may have seen, the family was the center of his life and love. In his words, “Nancy was a generous loving mate who never let a moment go by without praise and love. Nanne, Ben, and Amos were constantly on his mind and in his heart, as were Henry, B.J., Sam and Blair. One of his few disappointments was that he never saw enough of his family all together.”

Dick has been joyously remembered in thousands of emails this week, and for this his family, and future family, are eternally grateful. A service will be held lakeside at Camp Kieve to be announced later this summer, with a small private internment by the pond where he and Nancy have loved watching the seasons pass, and the dogs romp in the mud.

A gardener of the heart, Dick planted many seeds. Now go out, nurture your soil and have the courage to make them grow!

In lieu of flowers, please consider a gift to the Kennedy Family Endowment Fund at Kieve-Wavus Education, PO Box 169, Nobleboro, ME 04555.

Hall’s of Waldoboro has care of the arrangements. To extend online condolences, light a candle in Dick’s memory, or to share a story or picture, visit his Book of Memories at [www.hallfuneralhomes.com](http://www.hallfuneralhomes.com).\*

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## Island Seniors At The Center 4 Life

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

**Trash & Treasures Sale** – returning in November. If you are doing some spring cleaning before heading back up north, the center welcomes your donations of clean, gently used items. All donations are tax deductible. Bring items to the center Monday through Friday between 8 a.m. and 3:30 p.m. The following items cannot be accepted: books, clothes, shoes, computers or old TVs.

**Page Turners with Ann Rodman** – If you are not on the Page Turners list, and wish to be, email [annrodman@aol.com](mailto:annrodman@aol.com) or contact the Center 4 Life.

The featured book for Wednesday, July 13 is *Room With a View* by EM Forster. Bring your lunch and watch the movie at 12:30 p.m. At 2:30 p.m., there will be a discussion on the book and the movie.

**Table Tennis Tuesday** – July 12 and 19, 1 to 3 p.m. Cost is \$2.50 for members and \$5 for non-members. A friendly, competitive sport to help stay vital and healthy. All levels are welcome. You can play while standing or sitting in a chair. Balls and paddles are provided. Call the center for more information.

**Friday Collage Classes with Bea Pappas** – July 8 and 15, 12:30 to 3:30 p.m.

Pappas will teach an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board.) Cost is \$15 for members and \$20 for non-members. Call the center to sign up.

**Holocaust Museum & Education Center of SWF Trip** – Tuesday, July 26. Cost is \$25 for members and \$30 for non-members.

The trip includes a guided tour through the Naples Holocaust Museum & Education Center of SWF, a survivor presentation and a boxed lunch. Advanced registration is required as space is limited. Registration deadline is Thursday, July 21.

### Games

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

**Bridge** – Monday and Wednesday, register by 12 p.m. Game begins at 12:30 p.m.

**Mahjongg** – Monday and Thursday at 12:30 p.m.

**Hand & Foot** – Thursday at 12:30 p.m.

**Tuesday Kayaking** – July 19 and August 2 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited

space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

### Fitness Classes

Classes are available and all ages are welcome. Island Seniors, Inc. members pay \$4 per class or visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

**Happy Hour Fitness** – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs

and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

### Essential Total Fitness

Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

**Power Hour Fitness** – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats

are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

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

**Chair Yoga** – Tuesday and Thursday at 11 a.m. (extended through July 28). Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

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

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**BIRTH ANNOUNCEMENT**



Deena Gant with her mother MaryAnne Banta and newborn Jack

Jack Lee Gant was born on June 13 2016 to Trevor and Deena Gant. Jack weighed five pounds, 11 ounces and measured 18 inches long. ✨



## Donax Cell Tower Fully Activated

City of Sanibel Mayor Kevin Ruane was notified by AT&T engineers that the AT&T antenna located on the Donax cell tower has been fully activated as of Thursday, June 30. The mono pole installed on Donax Road at the Donax wastewater facility was activated for Verizon service on May 2, 2014.

"We would like to thank AT&T for moving the Sanibel installation up on their priority work plan," said Mayor Ruane. "Reliable wireless and cellular coverage is a priority for the citizens of our community. We are very pleased to have additional service coverage on the east end of the island by AT&T in addition to Verizon," said the mayor.

To minimize the number of cell towers on the island, the city requires multiple carriers to co-locate on a single tower. The Donax mono pole also functions as a lighted flag pole. The lights are dark and the flag lowered throughout turtle nesting season except during daylight on patriotic holidays. ✨

Read us online at [IslandSunNews.com](http://IslandSunNews.com)

## Churches/Temples

### ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend Dr. Elias Bouboutsis. Orthros Service Sunday 9 a.m. Divine Liturgy Sunday 10 a.m. Fellowship Programs, Greek School, Sunday School, Bible Study. [www.orthodox-faith.com](http://www.orthodox-faith.com), 481-2099

### BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Alan Lessack at 579-0296.

### HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11:00AM November 13, 2016 thru April 30, 2017 11580 Chapin Lane, Captiva 472-4646

### FIRST CHURCH OF CHRIST, SCIENTIST

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### SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 9 to 11 a.m. Call Pastor Mark Hutchinson 284-6709.

### SANIBEL COMMUNITY CHURCH

1740 Periwinkle Way, Sanibel, 472-2684 Dr. Daryl Donovan, Senior Pastor Sunday Worship: 8 a.m. Traditional in

historic Chapel, 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services.

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

2050 Periwinkle Way 472-0497 The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 and 10 a.m Chapel Service. Full Service with Sunday school and nursery care provided. Elevator access.

### ST. ISABEL CATHOLIC CHURCH

3559 San-Cap Road, 472-2763 Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion Service Monday and Tuesday 8:30 a.m. Holy Days call.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

5 p.m. Saturday Eucharist, 9:30 a.m. Sunday Eucharist, 9:30 a.m. Sunday School, 9 a.m. Tuesday Morning Prayer, 9 a.m. Wednesday Healing Eucharist, 6 p.m. First Wednesdays Prayer and Potluck. 472-2173, [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org)

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets on the first Sunday of each month from December through April at the Sanibel Congregational Church, 2050 Periwinkle Way at 5 p.m. A pot luck is held at a member's home on the third Sunday of each month. email [ryi39@aol.com](mailto:ryi39@aol.com) or 433-4901. ✨

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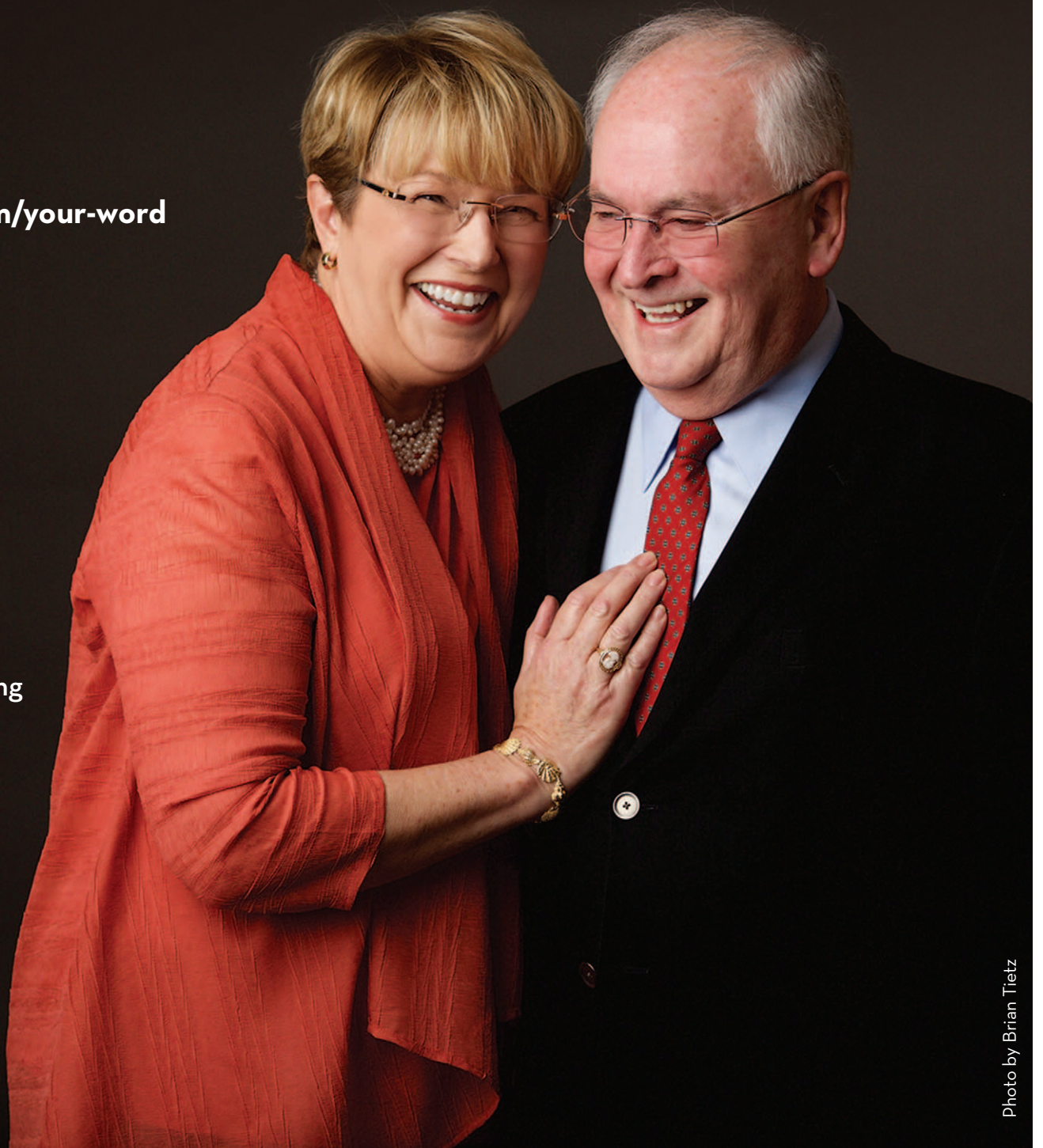


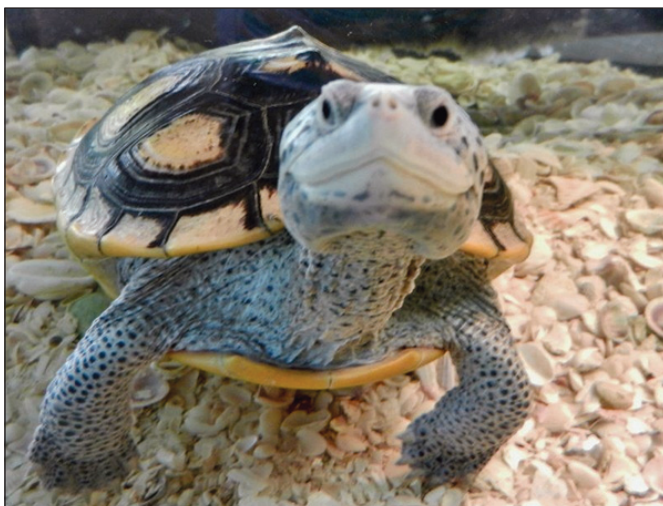
Photo by Brian Tietz

# Sanibel-Captiva Conservation Foundation

## Tank Talks

On Tuesday, July 12 at 10 a.m., come and meet the SCCF Nature Center ambassadors. Meet Indie the Indigo snake and Lucky the softshell turtle. There are also beautiful diamond back terrapins and mangrove snakes swimming in their tanks.

Take a tour with a biologist to learn about the SCCF research and projects associated with these local critters. Cost is \$5 per adult, with SCCF members and children admitted free.



Terrapin female

## Bobcat Tales



Mother and daughter bobcats

Bobcat: Master of Survival is how author Kevin Hansen describes *Lynx rufus* in his book of the same name. While other wild feline species are in trouble, bobcats seem to be flourishing through most of their North American range. No one knows how many bobcats there are on Sanibel and Captiva, but according to the book, this adaptable feline's ability to survive close to humans is one of the reasons for the bobcat's success. Rats and mice can make up to 40 percent of the bobcat's diet.

To learn more about the biology and society of this shy feline that moves so peacefully among us, attend the next Bobcat Tales program on Tuesday, July 12 at 1 p.m. in the SCCF auditorium. Cost of the program is \$5 per adult, with SCCF members and children attending for free.



Bobcat photographed after Hurricane Charley

## Turtle Tracks



Baby sea turtles hatching



Baby hatchlings emerge from their nest

On Thursday, July 14 and 28 at 10 a.m., come and learn about the lifecycles and habits of sea turtles that nest on island beaches, and what SCCF is doing to protect them. Sea turtle nesting season is May through October. The program is free to SCCF members and children, or \$5 for adults.

## Snowy Plover



Snowy plover feeding



Snowy plover chick

Watch where you walk – there are plovers on the beach and nesting has begun. SCCF has been monitoring and staking the nests of this shorebird on Sanibel beaches for 15 years. Join SCCF biologists to learn about this threatened species and what you can do to protect their small nesting populations. Cost to attend the program is \$5, with SCCF members admitted free. The next lecture will be held on Thursday, July 21 at 1 p.m.

## Nesting Statistics



Loggerhead sea turtle on the beach



Loggerhead sea turtle swimming

We are in the height of nesting season and the turtles are really nesting in great numbers. Captiva is having an amazing year, with 109 nests, which is 27 more than on this day last year. The record for Captiva is 179 nests laid in 2000. Sanibel is also having a fantastic season, and the East End nest count is currently slightly higher than it was June 24 of last year.

The second nest hatched on Captiva last Thursday. We are still waiting for our first hatch on Sanibel.

On June 21, we were lucky enough to see a daytime nester in Zone 2. She came up on the beach a little after 8 a.m. and laid her nest at Seaside Inn.

Here are the nest counts as of June 24, 2016:

Sanibel East – 82 loggerhead nests, 197 loggerhead false crawls\*

Sanibel West – 211 loggerhead nests, 421 loggerhead false crawls\*

Captiva – 109 loggerhead nests, 131 loggerhead false crawls\*

\*False crawl = a failed nesting attempt

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

The Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road. Call SCCF at 472-2329 for more information on any of the above programs. ✨

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**CROW Case Of The Week:**

# Grey Fox

by Bob Petcher



The grey fox (*Urocyon*

*cinereoargenteus*) or gray fox, if you wish, is a nocturnal animal that usually hunts alone.

Interestingly, if the omnivore were to travel with a group

of foxes, that animal pack would be called an "earth."

When it does hunt, the grey fox preys on rabbits – specifically, the eastern cottontail – small rodents and birds. It also enjoys all types of fruit, known as an important element of its diet, as well as more vegetable matter than its cousin, the red fox.

What differentiates the grey fox species from the red fox is coat color. While both have red and grey colors, the grey fox is silver-gray on its back and face, reddish on its legs and chest and white on its throat, mid-belly and the insides of its legs. The grey fox also has a long bushy tail with a black tip and black stripe along the top. There is also a thin black stripe that runs from the outside corner of each eye to the sides of its' head.

The grey fox is a monogamous animal, enjoying only one mate during its breeding cycle. The female's pregnancy

gestation period (the carrying of an embryo or fetus) lasts approximately 53 days. Grey fox litters can range from one kit to seven. Those offspring are allowed to begin their hunting life with their parents at roughly age three months. When they reach four months old, the juvenile red fox usually have its full set of permanent teeth and is able to search for food on its own. Typically, juveniles do not leave the "collective nest" until autumn, when they tend to reach sexual maturity at around 10 months of age. From that point going forward, they break away and are on their own.

The grey fox is the only carnivorous mammal of the family *Canids* that can climb trees. Strong, hooked claws enable it to climb and search for prey, sleep or to escape from predators.

Greys ranges from southern Canada throughout most of the United States and into Mexico, Central America and parts of South America.

On average, the grey fox weighs about four to five pounds and stands 12 to 15 inches tall at the shoulder.

At CROW, a juvenile grey fox was brought in after it was caught inside a raccoon trap in Lehigh Acres. The young female arrived stressed and dehydrated, but uninjured due to the design of the cage for capture only. She was noted to be quiet, alert and responsive. Her weight was recorded to be 3.13 pounds.

CROW officials decided to limit staff interaction with the patient due to her stress level. She was said to shy away or run and hide under a log each time wildlife rehabbers approached the cage



**Patient #16-1895 approaches his food after hiding underneath a log**

for feedings. She was also noted to be eating well, while enjoying a diet of mice and fish.

After receiving nearly one month of supportive care and nutritional support, the juvenile grey fox was determined to be healthy enough for release. Last Thursday, volunteers dropped off the grey fox in Labelle, and she scampered off to live freely. Visit <http://bit.ly/29iSA6E> to view a YouTube video of her release.

"This fox was very lucky. Most raccoon traps are designed to catch raccoons in a humane manner so there was no damage aside from the expected

mild dehydration and stress," said Dr. Alison Daugherty, CROW DVM intern.

"It's a nice feeling knowing when some patients arrive all they will need is supportive care until they are released in a timely manner."

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](http://www.crowclinic.org).✪



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## CROW Calendar Of Events

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

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

**Friday, July 8, 11 a.m.,** adults \$7, teens: \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

**Friday, July 8, 2 to 3:30 p.m.,** Wildlife Walk with Rehabilitators and Staff, \$20 per person, advance registration required.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Monday, July 11, 11 a.m.,** adults

\$7, teens: \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

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

**Tuesday, July 12, 11 a.m.,** adults \$7, teens: \$5, 12 and under no charge – Wildlife Rescue 101. Live animal encounter following the presentation.

**Wednesday, July 13, 11 a.m.,** adults \$7, teens: \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

**Thursday, July 14, 11 a.m.,** adults \$7, teens: \$5, 12 and under no charge – Wildlife Rescue 101.

Live animal encounter following the presentation.

**Friday, July 15, 11 a.m.,** adults \$7, teens: \$5, 12 and under no charge – Why Animals Come to CROW.

From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

**Friday, July 15, 2 to 3:30 p.m.,** Wildlife Walk with Rehabilitators and Staff, \$20 per person, advance registration required – Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.✪



# Youth Fishing Day On Tarpon Bay



Capt. Matt and his anglers all with fish on the line

Children from Pine Manor summer camp were all smiles recently as they hopped off their bus in anticipation of the JN "Ding" Darling National Wildlife Refuge's Youth Fishing Day.

Since 2003, Tarpon Bay Explorers – in collaboration with the refuge and the "Ding" Darling Wildlife Society – has hosted fishing trips to expose youngsters to environments that they may not get to experience often or at all.

"Days which we are able to provide anyone, from kids to adults, experiences which they will remember for years to come and leave with a smile on their face, are my favorite," said Adam Sauerland, assistant manager and captain. "We hope this experience bestows an appreciation for the outdoors."



Capt. Adam, refuge intern Fletcher and their fishing crew before departure

The day began with the 21 children learning the basics. Capt. Adam taught knot tying, Capt. Dan displayed proper casting technique, Capt. Andy demonstrated the art of throwing a cast net, Capt. Matt ran the PFD relay, while Capt. Brie showed off Tarpon Bay Explorers' aquarium Touch Tanks. After learning the fundamentals, the kids took to the water armed with rods, reels and captains.

continued on page 38



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# Small Baits For Big Action



by Capt. Matt Mitchell

**F**ourth of July weekend is one of my least favorite times all year to be out on the water due to the amount of boat traffic. Like most holiday weekends, it seems like the time

when people who usually never use their boats, choose to go out. After being able to enjoy our quiet waterways, having it all to ourselves for more than a month, or at least since Memorial Day, it's always a busy time but by mid-week, things will be back to normal.

With our water quality issue all over the news again, the usually busy holiday weekend might play out a little differently this year. Although the brown water in the middle to southern sound has not noticeably affected the fishing, it's certainly not pretty to look at. Once you get north of Redfish Pass, there is a huge difference in how clear the water looks. During the incoming tide, the passes are



Peter Drew with a slot sized summertime redfish

almost too clear, then during the outgoing tide, they get dirty and the fish feed better.

Snook fishing in the passes remained strong all week with the best bite coming during the outgoing tide while drifting live baits along the bottom. With so many little shiners now around, the fish seemed to be more "dialed in" on these smaller bait offerings than the usual pinfish and grunts. Fishing with these smaller shiners really increases the variety of species caught, which has included lane snapper, redfish and mangrove snapper.

Out along the beaches, tarpon continue to be extremely finicky, with very few hook-ups reported for how

many fish are around. Anglers had better luck soaking cut baits in the sound, and although this method is productive, it's not as visual as pitching live baits to the rolling fish out on the beach. Natural channels south of Cabbage Key and on the eastern side of the sound around Bird Key were good places to do some soaking to hook a tarpon. These same areas in the sound were loaded with sharks of all sizes and varieties.

Big high tides proved to be a good set-up for redfish too this week. With our water temperature so hot, cut bait and frozen jumbo shrimp fished up in the shade of mangroves were the most effective way. Mangrove islands in the northern sound where much more productive than at the southern end of the sound. Pick a mangrove shoreline and if you don't have a hook-up within about 10 minutes, keep moving. If you put your time in, there are some quality redfish to be had.

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

## Send Us Your Fish Tales

**T**he *Island Sun* would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to [press@islandsunnews.com](mailto:press@islandsunnews.com); or call 395-1213.

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Dave Doane

# Middle Schoolers Take Field Trip



Members of the Boys and Girls Club

Middle School students with the Lee County Boys & Girls Club and The Immokalee Foundation got a close up look at coastal habitats through a No Child Left on Shore Field Trip. This environmental education outreach project, a collaborative endeavor of Captiva Cruises and The Sanibel-Captiva Conservation Foundation (SCCF), strives to give Southwest Florida's younger generation the opportunity to experience the invaluable wonders of the coastal environment and learn, through first-hand observations, about the importance of the back bay estuary.

Students had the opportunity to swim in the Gulf of Mexico – a rare opportunity for some and a first experience for others. Exploring the beaches of Cayo Costa State Park and its adjacent mudflats enabled the students to observe fiddler crabs, horseshoe crabs, spider crabs and a variety of snails within the shallow sea grass beds. After the experience, Alex Martinez, a middle school student within The Immokalee Foundation's After School Program, said, "We got the chance to see aquamarine life. We saw dolphins and many types of birds. This experience felt like something that could only happen on the TV." Linda Gomez-Trejo, another student with The Immokalee Foundation, said, "The boat experience was a good experience because I have never been on an island. Also, the beach on Cayo Costa is very beautiful. On the boat trip, we saw dolphins up close. I have never seen them so close."



Immokalee Foundation middle schoolers with Captiva Cruises' educator Richard Finkel



Boys with a horseshoe crab



Girls with a spider crab

The No Child Left on Shore project addresses the need to provide the younger generation of Southwest Florida experiential knowledge of the Caloosahatchee watershed and estuarine environment. Shrinking school budgets have drastically reduced the number of environmental education field trips. Many Southwest Florida families, especially those with language, cultural, economic and physical barriers, do not have opportunities to get out on the water themselves.

For more information, call Captiva Cruises at 472-5300 or SCCF at Autism Spectrum Disorder, 472-2329.✳



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Plant Smart

# Coffee Colubrina

by Gerri Reaves

**C**offee colubrina (*Colubrina arborescens*) is a small native tree or large shrub and a member of the buckthorn family.

It is listed as endangered in the State of Florida, meaning that it is in imminent danger of extinction if it's decline continues.

Other common names include greenheart, wild coffee, soap tree and snakebark, because of its flaky bark.

Birds such as warblers, gnatcatchers, vireos and flycatchers eat the tree's small round blackish fruit, and bees are attracted to the flowers' plentiful nectar and pollen.

Its natural habitat is rockland hammocks and pine rocklands.

This fast-grower can be single- or multi-trunked, with dense foliage and a broad crown. Usually growing 10 to 25 feet high, it can be used as an accent, buffer, or small shade tree.

The shiny ovate leaves are leathery in texture and two to four inches long with prominent yellow veins.

Rust-colored velvety hairs appear on the twigs and undersides of the leaves.

Fragrant star-shaped inconspicuous greenish yellow flowers appear in the leaf axils throughout the year.

The fallen sepals leave a ring-like scar that encircles the immature fruit capsules. Upon opening, the fruit flings the three seeds, which are easily propagated.

The inner bark color ranges from pinkish to brown.

This tree is hard, pest-resistant, and practically maintenance-free. Although it can survive in nutrient-poor soil, it needs some organic content.

It is highly drought tolerant, but has only average salt tolerance and will not tolerate extended inundation with salt or brackish water.



Endangered coffee colubrina's fruit is sought after by birds, and honeybees are so attracted to the nectar and pollen that the tree is considered a honey plant

photo by Gerri Reaves

The shiny seeds have been used in jewelry-making.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, edis.ifas.ufl.edu, floridaplants.com, regionalconservation.org, and worldagroforestry.org.

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

## Genealogical Society

**R**obert N. Macomber, an award-winning writer, internationally acclaimed lecturer and an accomplished seaman, will be the featured speaker at the Lee County Genealogical Society Potluck Picnic at Cypress



Robert N. Macomber

Lake Presbyterian Church Fellowship Hall on Thursday, July 21. Doors open at 11 a.m and the picnic buffet begins at 11:30, followed by the program.

Raised in Lee County, Macomber is a Florida success story, and his work is admired around the world. He is best known for his honor series novels on the life and naval career of U.S. naval officer Peter Wake, from the Civil War in Florida to the Great White Fleet in 1908. From Key West to Pensacola, Florida to Washington, DC to French Indo-China, South America and Europe, Wake lived an interesting life as the world around him changed from day to day.

Macomber will speak about how he plans his research for his books, which will be available for sale both before and after the program.

Registration is required for attendance. Visit [www.lcgsl.org](http://www.lcgsl.org) under calendar of events to download a registration form.

Cypress Lake Presbyterian Church is located at 8260 Cypress Lake Drive in Fort Myers

For more information, call 246-5185. ✨

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The plant has several medicinal uses and the hard heavy wood has been used for a variety of purposes, from fences to marine pilings.



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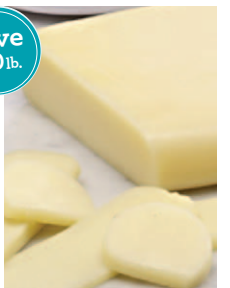
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Shell Of The Week

# Catesby Risso



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

The Catesby risso, *Schwartzziella catesbyana* (d'Orbigny, 1842), is one of the relatively common micromollusks found in Southwest Florida and other areas of the Western Atlantic. The elegant little shell measures about 4 mm (0.16 inch); the shell

of a living snail is transparent, but becomes opaque after the animal dies. Fresh dead shells are often translucent.

Micromollusk shells may be collected using a method that involves collection of shell-rich sand, which, after drying and sorting using a hand-lens or small microscope, may yield a number of different species. Try it yourself! Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

**Shell Museum Events**

Daily programs are included with paid admission: Arts & Crafts 1:30 to 2:30 p.m.

Live Tank Talks – Presented by a marine biologist  
Additional daily programs begin each day at 11:30 a.m.

Monday

Shell Games: Learn about shells while playing fun and educational games for the whole family.

Tuesday

Fossil Dig: Finding fossils can be an adventurous and exciting hobby. Each discovery is a window into the past, full of mystery and learning.

Wednesday  
Hands-on Science: You will learn about the three common Southwest Florida gastropods; the Florida fighting conch, the lightning whelk, and the Florida horse conch.

Thursday  
Cool Shells: Get an insider's look at some of our coolest shells that are not on display.

Friday & Saturday  
Guided Museum Tour: Your guide will give you an inside look at some of our 32 exhibits located in our "Great Hall." These exhibits include Sanibel-Captiva Shells, Fossil layers, Money Cowries, Cephalopods, Calusa Native Americans, Sailors' Valentines and World Record-Size Shells, among others.

Sunday

Shell Games: Learn about shells while playing fun and educational games for the whole family.

Please check our arrival board in the main lobby for updates to daily schedules.



Photos José H Leal

Catesby risso, *Schwartzziella catesbyana*

photos by José H. Leal

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

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# Photographer Gains National Recognition

Dr. Howard Sheridan, a founder of Edison National Bank and chairman of its holding company, Edison Bancshares, Inc., received recognition in *Nature's Best Photography* magazine for his photo submission



Dr. Howard Sheridan



Foxes with Ground Squirrel received honorable mention



Fisherman in the Mist

to the 2015 Yellowstone Forever photography competition.

His photograph, *Fisherman in the Mist*, is featured in the 2016 Spring/Summer edition of *Nature's Best Photography*, an award-winning magazine that showcases nature as recorded by the world's leading professional photographers, naturalists, adventurers, as well as new, emerging photographers. The 2015 Yellowstone Forever photography competition was presented by the magazine and the Yellowstone Park Foundation. The inaugural competition invited photographers to submit a portfolio of photographs, and 9,000 submitted photos. Two of Dr. Sheridan's other photos received honorable mention in

photos courtesy of Edison National Bank the contest.

This is not the first photographic award for Sheridan. His photos have been published in *National Geographic*, *Alaska*, *Island Scene*, *National Wildlife* and *Montana* magazines as well as in several children's books.

Dr. Sheridan is a founder and retired CEO of Radiology Regional Center and a co-founder and former chairman of the board of 21st Century Oncology. He currently serves as chairman of the Tulane University Medical School board of governors and is a co-founder and vice president of 21st Century CARE, a nonprofit charity that assists cancer patients and promotes cancer research and education.\*



Moose with Calf earned honorable mention

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# Refuge's Second Nature Explorers Camp A Success



On June 29, 13 participants of the Nature Explorers Day Camp – a program operated by the JN “Ding” Darling National Wildlife Refuge – visited Bunche Beach to explore marine life found along the mud flats and within shallow tidal pools

photos by Jeff Lysiak

by Jeff Lysiak

With a mission of bringing youngsters into the outdoors and inspiring them to learn more about protecting the environment and wildlife, the Nature Explorers Day Camp at the JN “Ding” Darling National Wildlife Refuge on Sanibel – for the second consecutive summer – has done exactly that.

Launched in 2015, the refuge’s first-ever day camp program – geared towards middle school students attending Title 1 schools who might not otherwise be

continued on page 30



Camper Cole Devlin found a live blue crab



Ranger Leigh Gay, left, holds a juvenile horseshoe crab for campers Jonah Cantu and Gracie Goll to observe



A live horseshoe crab and a discarded exoskeleton



Jakob Musich and Allison Degnan explore a tidal pool



Ranger Leigh Gay and campers Robbie and Sedona Stewart inspect a live shell found along the shoreline

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## Shells Found



Linda and Anna Harageones

photo by A. Ziehl

While staying at Tarpon Beach Condominiums, Pensacola residents Linda Harageones and her daughter, Anna, found a horse conch west of Tarpon Bay Road Beach near the grass line, and a lightning welk at Cayo Costa during a shelling trip.\*

## Shells Found



Sydney and Connor McGarr

While staying at Ventura Captiva, Nashville, Tennessee residents Sydney and Connor McGarr went snorkeling on Turner Beach around 4 p.m. June 27. Sydney found an alphabet cone and a shark's eye, while Connor found a fighting conch, a lettered olive and a lightning conch.\*

## Fish Caught



Luke Kalthorn and his 39-inch snook

Luke Kalthorn of Rockville, Maryland caught a 39-inch snook by sight casting on an outgoing tide as the fish made its way down the beach. Luke and his family are staying at Sanibel Surfside.\*

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## Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to [tutsie@centurylink.net](mailto:tutsie@centurylink.net). Each week, individual work will be showcased.

selected by Tanya Hochschild

### The School's Centenary Birthday

by Tanya Hochschild

Sarah Johnston soloed, during the Centenary song at the Gala lunch.

The academic staff gazed with glowing pride, hearing the harmony in her voice.

Some imagined it held the promise, gifted to the gals, of the Upper Junior School Choir.

Other staff, upright and grim, policed the hall with their eyes, while on the wall, portraits of past headmistresses stared into the middle distance.

P.T. teacher, tanned Miss Thornton-Smith appeared to be following a tennis match as she read her program.

While Matty Reid, the drama coach, smiled at her "actresses," who that evening would perform Shakespeare's "The Tempest."

As she teetered on the floorboards, on four-inch stiletto heels, Madame T's red cats-eye glasses tilted.

Matron Biggs mimed standing straight for as long as she could, then slumped. A hiccup brought her ramrod once again.

The gals enjoyed the day as they lunched on duck breast and Bavarian cream with Centenary garnish.

"Very tasty," the guest of honor (a man from a mining house) remarked to his neighbor, Ursula Crawford-Nutt.

She, the head prefect smiled and thought he is more interested in the food than the speeches.

Later, the ceremonial cutting of the cake under the shady oaks of the Pleasance, a birthday ritual, which

in its solemn adherence, deterred an approaching summer storm. As teacups met lips thunder wobbled away.

A teacher in mortar board and gown Blessed the sister schools overseas Before the start of the performance.

The players knew all words by heart Entranced the audience with magic, revenge and marriage, the final act.

All agreed it had been a splendid day, but now the girls were instructed to go quickly and quietly to bed.

In the staff room, Earl Grey revived, while Prospero, Caliban, and Ariel trooped past up to their dormitory.

The now empty assembly hall sighed, the moon lit up a janitor, head flung back, emptying a sherry glass.

*Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.\**

### Book Review

## Our Souls At Night

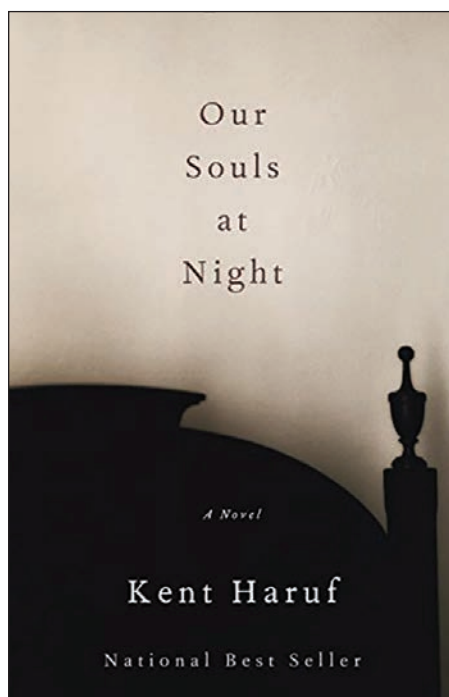
by Di Saggau



Kent Haruf's final novel, he died last November, is again set in the fictional town of Holt, Colorado. It opens with a simple sentence: "And then there was the day when Addie

Moore made a call on Louis Waters." Both lost their spouses years ago and, living in a small town, they naturally have known of each other for decades. Addie was quite fond of Louis's wife. They have long been living alone in houses now empty of family with lonely nights and no one to talk with.

Neither has reason to expect their remaining years will offer more than



what now exists. Not until Addie pays Louis a visit that one evening. She makes the surprising proposal that they start sleeping together, without sex, just to talk in the dark and provide the comfort of physical company. It's an odd premise, but it's what Addie wants and eventually Louis agrees.

Readers get to watch them night by night, pass through phases of awkwardness, intimacy and friendship. Of course the town folks gossip, Louis's daughter complains, but why should they care? They share their pasts with each other and are determined to make one last attempt at happiness even at the risk of scandalizing their adult children and town busybodies. "I made up my mind I'm not going to pay attention to what people think," Addie says. "I've done that too long, all my life, I'm not going to live that way anymore."

The chief opposition this couple faces comes less from their own physical limits than from the

interference around them. Addie's own son is motivated by fear and greed. The arrival of Addie's 6-year-old grandson, sent while his parents work out a separation, complicates things. Louis proves to be a great help to the shaken boy and watches over him, but it's not appreciated by his father.

What older folks are allowed to expect from their lives is the central theme of this book. Addie is tired of her isolated life and long nights, and she has no intention of checking out early. Watching Addie and Louis enter into a relationship is utterly charming. They aren't sure about what to expect from each other, but they possess the wisdom and kindness of living long lives. There are sweet moments of humor in the poignancy of the stories they tell each other every night. With *Our Souls at Night*, Haruf proves once again that simple elements carry depth, and readers will find much to be grateful for.\*

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Sanibel-Captiva Art League

# Summer Art Exhibit

Sanibel-Captiva Art League's annual Summer Art Show continues at Sanibel Public Library, located at 770 Dunlop Road, during regular hours. There are more than 50 large and small paintings of landscapes, still life, birds and animals, flowers, portraits and abstracts in a variety of media including watercolor, pastel, acrylic, oil and digital imagery.

The San-Cap Art League members' paintings are inspired by sparkling tropical light reflecting the blue and azure waters of the Gulf of Mexico, the vast beaches along with many large preserves of native vegetation, interior wetlands and abundant birds and wildlife. Over 50 years ago, the league began with a group artists meeting to support and encourage each other. The membership of beginning and professional artists has grown considerably over the years. Some participate only during a brief vacation.

Visitors are always welcome to the seasonal weekly outdoor paint-outs, monthly meetings and other events. The league's business meetings are brief and are followed by programs such as a demonstration presented by a guest artist who is experienced in a variety of skills, an introduction to innovative new art techniques or a presentation on one of the aspects of art history.

The San-Cap Art League's mission is to provide encouragement, education and enrichment in the visual arts at no cost to the community. ✨



Richard Faris



Sherry Collier



Celeste Borah



Tim Macko



Vreni Schea



Diane Olsson



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2003 Periwinkle Way, 312-4085

### BAILEY'S GENERAL STORE

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

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

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees.  
2477 Periwinkle Way, 472-1516

Bailey's has a second location at Sundial Beach Resort & Spa at 1451 Middle Gulf Drive.

### BEACH PIEZ

Beach Piez New York style pizza offers carry out and delivery on Sanibel and Captiva. Hours are Monday through Wednesday from 11 a.m. to 9 p.m., Thursday, Friday and Saturday from 11 a.m. to 10 p.m., and Sunday from noon to 9 p.m. With fresh ingredients, mouth-watering mozzarella, provolone cheese "secret recipe" dough, homemade pizza sauce and family recipe meatballs, Beach Piez will deliver the best pizza the island has to offer.  
2441 Periwinkle Way, 472-3224

### CIP'S PLACE

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

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

Choose between the outdoor garden patio and front porch. Indoor seating and full bar are also available. Hours are 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m.  
2055 Periwinkle Way, 472-0223

### CLAM SHACK

The Clam Shack offers New England seafood at its finest. From clam chowder to whole belly steamers to the ever-popular lobster rolls to fresh cod and had-dock to traditional lobsters, your taste buds will enjoy the delightful diversion from the conventional Florida seafood elsewhere on the island. Want the full experience? Try the Clam Bake, which will provide you with a bit of almost everything.

The Clam Shack is family owned and operated and a sister restaurant of The Clam Bake, a well-established eatery in Fort Myers.

Summer hours are Sunday through Thursday from 11:30 a.m. to 8 p.m.; Friday and Saturday from 11:30 a.m. to 9 p.m.  
2407 Periwinkle Way, 472-6882



From left, The Clam Shack servers Gretchen Bierce and Chris Martin along with co-owner Laurie Thomas and young customers Naomi and Jason Gearhart of New Hampshire

photo by Bob Petcher

### DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant famous for its great food and service. They have something for everyone from the foodie to the sports enthusiast! Plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and always fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers both lunch and dinner daily from 11 a.m. to 10 p.m.

Doc Ford's Sanibel, 975 Rabbit Road, 472-8311; Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275, Doc Ford's Fort Myers Beach, 708 Fishermans Wharf, 765-9660

### GRAMMA DOT'S

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

If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.  
634 North Yachtsman Drive, 472-8138

### GREAT WHITE GRILL

The Great White Grill is a sports bar featuring 31 beers on tap and a good wine list. It's home of The Steel Curtain Pizza. There's free pizza delivery, too. The Great White carries the MLB, NFL and NHL packages for sports enthusiasts and has arcade games for kids of all ages.

The regular menu includes hand-tossed fresh dough pizza, jumbo wings, Pittsburgh sandwiches, Philly cheesesteaks, Chicago beef sandwiches, salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.  
2440 Palm Ridge Road, 472-0212

### IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone.

Il Cielo is open Tuesday through Saturday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. Enjoy live piano music by Scott McDonald on Thursday, Friday and Saturday nights beginning at 7 p.m.  
1244 Periwinkle Way, 472-5555

### IL TESORO

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

Il Tesoro (The Treasure) serves dinner six nights a week, excluding Monday during summer months, from 5 to 10 p.m.  
751 Tarpon Bay Road, 395-4022

### ISLAND COW

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

Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 10 p.m.  
2163 Periwinkle Way, 472-0606

### JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes' reggae on the weekends.

The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour from 5 to 7 p.m.

Dinner reservations are suggested  
1223 Periwinkle Way, 472-1771

### JERRY'S RESTAURANT AND DELI

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

The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m.  
1700 Periwinkle Way, 472-9300

### LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

The Flamingo Bread and the caesar salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.  
1036 Periwinkle Way, 472-6939  
6520 Pine Avenue, 472-5353

### MATZALUNA ITALIAN KITCHEN

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

Matzaluna has craft beers on tap. On Wine Wednesdays, every bottle priced \$25 and over will be discounted by \$8 all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m.  
1200 Periwinkle Way, 472-1998

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*Island Sun*  
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The group hiked more than a quarter mile along the muddy shoreline of Bunche Beach during low tide last Wednesday afternoon

From page 24

## Explorers Camp

able to afford attending a weeklong camp – was made possible through a \$15,000 grant from an anonymous donor to the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). The donation covers the cost of lunch and transportation for day campers, scholarships, T-shirts, digital cameras and other program materials. A donation from the Gardner families helped purchase backpacks for the campers. Tarpon Bay Explorers also assists with water-related activities.

Weekly activities include nature photography, wildlife observation, saltwater fishing, kayaking, a beach walk, nature sketching, archery, biking and nature-minded craft projects.

Last Wednesday afternoon, participants in the Nature Explorers Camp visited Bunche Beach on Fort Myers Beach, taking a stroll along a seemingly barren shoreline during low tide. However, upon closer inspection, the shallow tidal pool-riddled beachfront was bursting with life.

“We’re going to be doing some seine-netting along the mud flats here on the beach,” said camp leader and refuge ranger Leigh Gay. “You’d be surprised to see how much there is to see in these tidal pools.”

Five minutes after arriving at the beach and hiking across the mud flats, several campers gathered around Gay, who had discovered a juvenile horseshoe crab travelling through the shallows.

“Be very careful,” she told the youngsters, eager to inspect the marine critter up close. “It will crawl across your hands... and it’s not going to bite.”

Soon, small groups of campers explored several points along the shoreline. Some headed towards the water to search for fish; a few more began using their seine nets to get a closer look at crabs and live shells found inside the tidal pools; while others found a place along the mangrove forest to sit, relax and enjoy the view.

Earlier in the day, campers visited Gulfside City Park on Sanibel to do a little shelling and sealife exploration. Back at the refuge, the youngsters also took part in a shellcraft activity.

Throughout the six-week camp, participants engaged in a number of environmentally-focused activities including:

- Wildlife observation and photography along Wildlife Drive
- Biking in the refuge, from the Observation Tower to the Indigo Trail
- Beach hiking and shelling at Gulfside City Park
- Tarpon Bay Explorers boat and kayak fishing
- Impoundment fishing within the refuge

“The refuge feels that our Nature Explorers Day Camp fills an urgent need in our community,” said ranger Becky Larkins, who oversees the program as Refuge Education Specialist. “Existing day camps fill quickly, so we felt we could provide an excellent alternative that gets kids out in nature. By targeting Title 1 schools, we hope to reach children who cannot otherwise afford summer camps.”

The Monday-through-Friday day camp ends on August 5.

A number of free activities at the refuge – including a Family Beach Walk (Fridays at 9 a.m.), Indigo Trail Walk (Thursday at 10 a.m.), Reading in the Refuge (Wednesdays at 10 a.m.) and Wildlife Wonders (Saturdays at 11 a.m.) – continue through the summer months. Free programs are also offered at the Visitor & Education Center, open seven days per week from 9 a.m. to 4 p.m. Wildlife Drive is closed on Fridays to vehicular traffic.

For additional information, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or call 472-1100.\*

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# Support Endangered Turtles At Park

Members of the Friends of Cayo Costa State Park (FoCC) are seeking support for the monitoring of the turtle nest program at Cayo Costa State Park for the 2016 season. Turtle nesting season in Florida runs now through October. Several seasons have produced more than 300 nests of loggerhead and green turtles on Cayo Costa Island.

The nests are monitored by state park staff and volunteers, patrolling eight miles of beach until all sea turtle nests have hatched. During beach



**Turtle nests on the beach at Cayo Costa State Park**

patrols, endangered sea turtle nests are located, identified by species, marked, numbered and their GPS coordinates recorded. The nests are then monitored and their status tracked. As part of their patrol, volunteers and staff may place protective screens around the nests after they are laid to



**A hatchling tracks across the beach**

discourage predators. A data base with all information gathered regarding the turtle nests is recorded.

With a contribution of \$25, one can participate in the Adopt A-Nest program or donate to support a new Polaris ATV for turtle nest beach patrol. As a supporter of the Adopt A-Nest program, your name will be listed as a

donor and you will be notified via email of the date the eggs were laid and its GPS location. You will also receive an email informing when your nest has hatched. Your Adopt-A-Nest funds will assist in providing needed supplies used to protect the nests as well as pay for other turtle conservation efforts at Cayo Costa State Park.

Both donation programs are available through the Friends of Cayo Costa State Park (FoCC) based on Pine Island, Florida. Friends of Cayo Costa State Park's mission is to preserve, protect and promote the unique unspoiled natural beauty and heritage of Cayo Costa State Park for present and future generations. For more information visit <http://friendsofcayocosta.org>.\*

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# Condo Association Hears Hurricane Prep



From left, Ali Pool, Roland Espinosa of Kings Crown and Betsy Dekker of Colony Inn

Ali Pool of Insurance Office of America in Fort Myers recently shared insight on how to prepare for and recover from a catastrophe at a June workshop for condominium property managers. It was hosted by Condominium Associations of Sanibel, Inc.

Pool gained experience helping clients after Hurricane Charley hit Punta Gorda/Port Charlotte just a few days after she opened an insurance office in the area. Like Sanibel, numerous properties in Punta Gorda are older. And while many were well maintained, they suffered greater damage than newer properties because they had not been upgraded. Newer roofs and impact windows can make a big difference in how a property survives a storm event of any size.

Pool recommended condo managers take two hours to prepare a very simple catastrophe blueprint. Included would be a plan to analyze insurance coverage and potential out-of-pocket expenses, establish responsibility boundaries with owners and renters, contract for emergency services and lines of credits, and coordinate probable recovery scenarios with staff and key board members.

Pool also distributed a meeting packet which included a construction contract guide, a checklist of what to do before and after a catastrophe, and NOAA's Extreme Weather Information sheet.✳



From left Linda Naton, CASI president of Somerset At The Reef, Ali Pool and Julie Smith, CASI board member of Sanibel Siesta

## American Legion Post 123

On Sunday, July 10, American Legion Post 123 will host a fundraising benefit for legion member Robby Hutto, who has worked at Post 123 and continues to donate many hours. Festivities will be held from noon to 8 p.m. Live music starts at 2 p.m., with Robby & The Absent Minded Band playing at 3 p.m. and The Troublestarters All-Stars playing at 6 p.m. There will be a 50/50 drawing, silent auction, donate-a-plate buffet and more.

On Sunday, July 17, Post 123 will

serve barbecue ribs and chicken throughout the day.

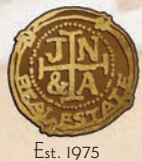
Monday nights feature 9-ball and 3-ball tournaments at 6 p.m. Players are welcome. On Tuesdays, tacos are served all day.

On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available for a donation of \$15.

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.✳



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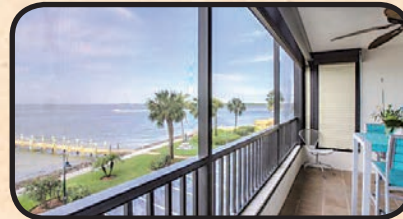


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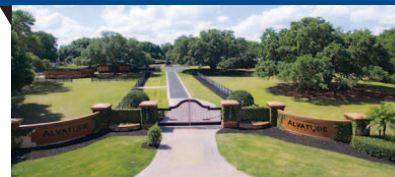
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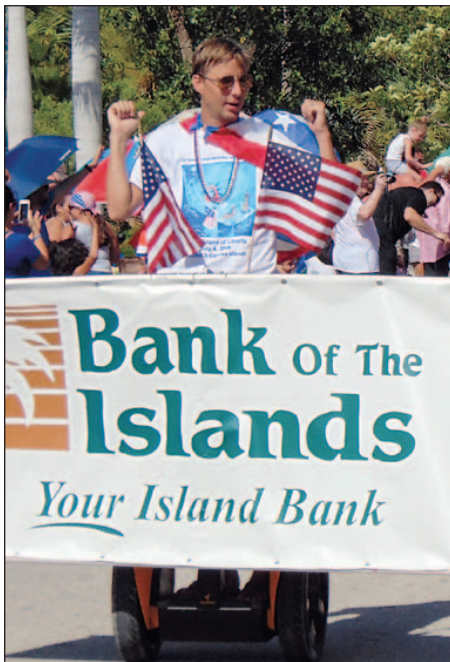
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From page 1

# Parade





# Lots Of Summer Options At The Sanibel Library

Library patron Gerry Fitzgerald loves puzzles. He spent two weeks solving a 3D model of the Taj Mahal, with more than 1,000 pieces, which he found at St. Michael's & All Angels Noah's Ark Thrift Shop. Fitzgerald donated the puzzle to the library so others can now step up to the challenge.

Interested in games and puzzles? The library offers many choices including Bananagrams, Scrabble, Yahtzee and Apples to Apples. You can also work on puzzles and play chess or other board games at the library.

The summer reading children's programs will be presented on Tuesdays at 3 p.m. On Tuesday evenings at 6 p.m., teens are invited for the VIP After Hours program. Some planned activities include viewing book trailers, swapping books, setting up books and playing dominoes. This program is for incoming sixth graders and older.

Students who need community service hours can volunteer by contacting Youth Services Librarian Deanna Evans at 472-2483.

Weekly Summertime Storytime is held Wednesdays at 10 a.m. This program encourages pre-reading skills through songs, rhymes, finger-plays and stories for those up to five years of age.



Gerry Fitzgerald with the 3D Taj Mahal puzzle

Bring a glove and join members of the Fort Myers Miracle baseball team as they demonstrate and talk baseball. You'll hear a story or two at the library at noon on Saturday, July 9.

There is no charge to participate

in these programs. See the complete schedule at [sanlib.org](http://sanlib.org).

Located at 770 Dunlop Road, the library is open from 9 a.m. to 8 p.m. Mondays and Thursdays, and 9 a.m. to 5 p.m. Tuesdays, Wednesdays, Fridays and Saturdays.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are \$10 annually. For more information, call 472-2483.\*

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## Collection Party Raises \$19,826 For PACE



Last week, proceeds from the June 15 Love That Dress Collection Party, held at SS Hookers in South Fort Myers, was presented to representatives from the PACE Center for Girls of Lee County. Pictured from left are Sandy Heinrich, Nancy Finch, Diana Willis, Heather Decker, Allyson Ross, Sandy Stilwell, Anne Wittenborn and Colleen Quenzel. photo by Jeff Lysick

## Thrift Store To Hold Anniversary Sale



Inside the Community Thrift Store in Fort Myers

Community Thrift Store, operated by Shell Point Retirement Community, invites Southwest Florida residents to celebrate its 5th anniversary during a storewide summer sale that will take place Tuesday, July 12 through Saturday, July 16 from 9 a.m. to 4 p.m. at 15501 Old McGregor Boulevard, Unit #2 in Fort Myers.

During the sale, bargain hunters will enjoy 50 percent off all items in store, including appliances, name-brand clothing and furniture. Enter the raffle for a chance to win prize giveaways, including gift certificates to Five Guys Burgers & Fries and free tickets to the upcoming Shell Point Summer Concert Series performances.

Community Thrift Store, opened in 2011, directs proceeds to serving seniors in Southwest Florida. The store offers clothing, shoes and jewelry; home décor, kitchen items and furniture as well as construction materials, appliances and fixtures. Tax-deductible receipts are available for individuals or organizations that donate items to the store. Like Community Thrift Store on Facebook to learn about upcoming "steals and deals," and catch the first glimpse of new treasures.

For more information, call 225-6529.\*

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Capt. Matt, Ranger Leigh and their newly trained anglers before heading out into Tarpon Bay



Capt. Adam and refuge intern Fletcher teaching knot-tying to campers  
From page 17

## Youth Fishing Day

Every boat landed fish, including spotted sea trout, mangrove snapper, ladyfish and jack crevalle. Hot dogs, chips and drinks were provided by George & Wendy's Seafood Grille, kids saw a manatee while looking down from Tarpon Bay Explorers' second story deck, and to top it all off, each young angler was sent home with a fishing pole and tackle.

"We didn't see anything but smiles get back on the bus, and we couldn't be happier for them," said general manager and part owner Wendy Schnapp.

Sponsors include The Bait Box, Caloosa Wholesale, Dale Shirley, "Ding" Darling Wildlife Society, George & Wendy's Seafood Grille, JN "Ding" Darling National Wildlife Refuge, Lexington Fishing Club, Sanibel Island Fishing Club, Shallow Bait and Tarpon Bay Explorers.

Call 472-8900 for more information.✱



Capt. Brie teaching youngsters about Tarpon Bay's benthic wildlife



Kids from Pine Manor had hot dogs and chips provided by George & Wendy's Seafood Grille



Children from Pine Manor with "Ding" Darling and Tarpon Bay Explorers staff

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Will Power

## Be A Partner, Not A Client



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

Which is greater – theoretical knowledge or practical experience? Which are truer, more useful, more important? Or are both necessary? Let me illustrate what I mean by example.

Four people are waiting to visit with the attorney in his waiting room. “This is my life,” client #1 states. “Just because the guy has a diploma hanging on the wall doesn’t mean that I am going to blindly follow his instructions. I’m going to do my own research. I’m not doing or signing anything until I’m convinced what he recommends is the right way to go.”

“Let’s face it,” counters client #2. “It may be my life and my assets, but right now, the guy behind that door knows more about estate planning than I do. I’m going to educate myself about my choices, but that will take time. Until I acquire that knowledge, I’m best off following the lawyer’s instructions.”

“The guy behind the door spent eight years studying to be a CPA and a lawyer,” opines client #3, “and another 17 years counseling people who are worried about protecting their estates. You think that you or I can acquire that kind of knowledge googling on the Internet? I’d just be wasting my time. I’m going to follow his instructions and leave the thinking to him. That’s his job!”

Those are three ways to look at approaching an issue that is challenging, mentally exhausting and perhaps a bit daunting. But, perhaps there is a fourth way. Client #4 speaks up.

“Client #3 is right – no matter how much I research and educate myself, the attorney will still know more than me. So I intend to listen to him, certainly now when I know next to nothing, and also later, after I’ve learned all that I can.”

Client #2 interjects, “but if you are going to follow his advice anyway, why bother to study and learn? What is the point?”

“Because, like client #1 says, “this is my life. I want and I need to understand what I am doing and why I am doing it...”

“So it’s just to make you feel better about the fact that you are following the advice of the attorney?” client #3 asks.

“It’s not just that. The attorney needs me as an active partner in my planning. He needs me to be asking the right questions, raising the right objections, even offering my own ideas; he needs me to report to him how my family will react to

the planning, or my own circumstances he may not know of, none of which I could properly do if I did not understand, as best as I could, why he is telling me what to do.”

This is an important lesson for anyone engaged in estate and wealth preservation planning. Don’t be a passive onlooker. Become an active participant in your planning. The result will be infinitely better.

©2016 Craig R. Hersch. Learn more at [www.sbslaw.com](http://www.sbslaw.com).✱

## Firm Welcomes New Creative Director

Taryn Manning has joined the Hillgate Marketing Services team. Manning will serve as creative director and account executive.

“We are delighted to have Taryn join Hillgate as our dedicated creative director and account executive. Taryn brings her creative sensibilities to Hillgate and adds to our island-focused team of experts,” said Shelby Peters, Hillgate owner. “Taryn lives and works on Sanibel, and is familiarizing herself with the island, its organizations and activities.”

“Like many Sanibel residents, I visited on vacation when I was younger,” said Manning. “My mother already lives and works here. When the opportunity to move here and be closer to family and the beach arose, I was excited to make the move. I’m thrilled to be at Hillgate and putting my creative skills to use in the community and



Taryn Manning

working with great people. I’m looking forward to learning about all what the island has to offer and meeting new people and clients.”✱



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# A Look At The Twins And Red Sox At Mid-Season: Disastrous For The Twins, Playoff Possibilities For The Red Sox



by Ed Frank

As the 2016 Major League Baseball season nears the halfway mark and the All-Star break, it's time to ponder the outlook for the Boston Red Sox and the Minnesota Twins, which we call "home town" teams through their decades-long spring training here.

Disappointing – no, downright disastrous – is the best way to describe the Twins current season. And for the Red Sox, a team atop the American League's Eastern Division just a month ago, a June swoon found them five games behind first-place Baltimore entering the July 4th weekend. For the Month of June, they were 11-17.

First to the Twins, a team a year ago that fought for postseason play until the last weekend of the season, this year has the worst record in all of baseball. When the holiday weekend began, Minnesota was 25-53 (.321), a staggering 23 games behind first-place Cleveland in the AL Central.

You don't have to be a genius to figure out the demise of the Twins. Two basic statistics tells it all. Their pitching is the worst in the American League with a 5.18 ERA (29th among all 30 Major League teams).

And their team hitting at an anemic .245 ranks 27th of 30 clubs.

Having completely dominating the Chicago White Sox a year ago, the Twins are 1-8 this year, having lost two of three to the ChiSox last week.

Twins General Manager Terry Ryan said recently that his downtrodden team would be an active team as the July 31 trading deadline approaches. We wonder if that means dumping some of his veteran players to playoff contending teams?

## Airport Traffic

During May, 606,833 passengers traveled through Southwest Florida International Airport, an increase of 0.6 percent compared to May 2015. Year-to-date, passenger traffic is up 5.4 percent from the same period last year.

The traffic leader in May was Delta Air Lines with 158,160 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (139,150), American (101,458), JetBlue (77,417) and United (46,472).

Southwest Florida International Airport had 5,707 aircraft movements (takeoffs and landings), a decrease of 6.6 percent compared to May 2015. Page Field saw 9,421 movements, an 11.5 percent increase from May 2015.

Southwest Florida International Airport served nearly 8.4 million passengers in 2015 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction.

For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flyRSW](http://www.facebook.com/flyRSW).

Names such as third baseman Trevor Plouffe, catcher Kurt Suzuki, second baseman Brian Dozier, infielder Eduardo Nunez and pitcher Ervin Santana were named in a recent article in the *Minnesota Star-Tribune* as trading bloc possibilities.

As for the Red Sox, they began the Fourth of July weekend having lost seven of their last 10 games, but were still six games above .500 at 42-36.

With half a season remaining, there is plenty of time to correct the ship and vie for postseason play. After finishing last in the AL East the past two seasons, a playoff spot in 2016 would obviously be a great improvement. Boston began July leading the American League in the wild-card chase, but three long months remain in the 2016 season.

Hitting is not Boston's problem. As of last weekend, the Red Sox had the top team batting average (.286) among all 30 teams. Shortstop Xander Bogaerts – at .342 – and future Hall of Famer David Ortiz – at .336 – were among the top 10 sluggers in the AL. Second baseman Dustin Pedroia (.304), outfielder Jackie Bradley Jr. (.294) and outfielder Mookie Betts (.287) followed.

Boston's biggest disappointment has been the performance of former All-Star pitcher David Price, whom the Red Sox acquired in the off-season, shelling out a record \$217 million over seven years.

Beginning the week, Price – having lost his last outing – had a season record of only 8-5 with a less-than-spectacular 4.74 ERA – not what you would expect from this \$217 million dollar man.

And veteran starter Clay Buchholtz was 3-9 with a high 5.91 ERA.

From this reporter's viewpoint, here's a snapshot of Boston and Minnesota at mid-season:

Twins – A season lost.

Red Sox – Still a playoff contender.\*

## SPORTS QUIZ

1. Who was the first major-league rookie to have 30 or more home runs before the All-Star break?
2. How many times during his 22-year major-league career did Barry Bonds have more walks than hits in a season?
3. Who was the last University of Pittsburgh running back before James Conner in 2014 to get first-team All-American honors?
4. Who was the last person before Golden State's Steve Kerr in 2015 to guide an All-Star team in his first NBA season of coaching?
5. Which NHL team holds the record for most victories in a season?
6. In 2016, Chase Elliott became the youngest NASCAR driver (20) to win the pole for the Daytona 500. Who had been the youngest?
7. True or false: John McEnroe won more tennis grand slam championships in doubles than he did in singles.

## ANSWERS

1. Oakland's Mark McGwire, in 1987. 2. Six times (2001, '02, '03, '04, '06 and '07).
3. Craig "Ironhead" Heyward, in 1987. 4. Indiana's Larry Bird, in 1998. 5. The Detroit Red Wings had 62 wins in the 1995-96 season. 6. Austin Dillon was 23 when he captured the pole in 2014. 7. True -- he won seven Grand Slam singles titles, nine doubles title and one mixed doubles title.



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## New Owner At Beachview Tennis Club



From left, Jerry and Sharon Miller, Toni Halski, George Kuersten, Carmine Rende, Jr., Harry Brown, Elaine Parente and Bev Webb

On June 24, after years in the making, a small group of local tennis members playing in the Monday Night Round Robin at Beachview Tennis Club decided they couldn't wait any longer to celebrate the official sale of the club to Toni Halski.

The pre-gala party, held before a planned function slated for the fall, featured champagne corks and balloons, and Halski's well-known Round Robin barbecue. Bev Webb

brought one of her homemade pies and food just kept flowing.

Before arriving at the Beachview Tennis Club in 2012, Halski was the tennis director at the Sundial Resort for 28 years. His unique, "tough love" tennis clinics are legendary among players of all abilities. As a young, 22-year-old rising star having freshly graduated from Flagler College with a business major degree, Halski coached and played numerous exhibition matches with Virginia Wade, the 1977 Wimbledon Ladies Champion from Great Britain, when she was the touring pro at South Seas Island Resort.

When Halski was asked numerous questions about becoming the new owner, his one-word response: "Finally!" ✨

## New Red, White And Blue Merchandise



The City of Sanibel is selling all new Fit 4 Life car magnets and Red, White and Blue Sanibel Recreation Department T-shirts for a limited time.

Shirts are available in adult sizes and are only \$20 while supplies last. Car magnets are only \$5. All proceeds support City of Sanibel youth recreation programming. Credit card phone orders and shipping is available.

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

For more information, call 472-0345 or visit [mysanibel.com](http://mysanibel.com). ✨



Toni Halski at the grill



Joe McEntyre rolling his lines



Toni Halski and Lisa Cochrane celebrate the special occasion



George Kuersten and Joe McEntyre

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# Fabulous Focal Points

by Marcia Feeney



Simply stated, every room in your home needs some sort of fabulous design focal point. And, if your room is lacking a focal point, then one of your first design steps should be to create one.

Often times, rooms do include some feature or furnishing that makes a natural focal point. The table or buffet in the dining room, the bed in a bedroom, the desk in a library or den is usually the most noticeable feature, and the logical candidate for being emphasized.

Huge paintings supersized graphics of all sorts and sizeable pieces of sculpture can be used as focal points themselves or add to the excitement of an emphasized area.

Conversational areas, designed with avant garde furniture and made of innovative materials, are sure to be scene-stealers. Unusual fabrics, either vividly colored or strikingly patterned, can be used for emphasis, and a dramatic area rug is one way of setting off or highlighting any specific part of a room.

Bold, bright colors, spectacular patterns, anything that's new or unique are all fun to use, but remember – emphasis in design should be just that. One center of interest is usually enough; only a very large room is improved by more. If too many areas compete for attention, none will succeed in claiming it.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coincdecden.com](mailto:marcia@coincdecden.com). ✨

## School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My son just completed his Kindergarten year and did very well academically. Socially, however, he seems

awkward, and I am concerned. His teacher said that my son has issues with personal space sometimes. Is there anything I can practice with him over the summer to help him understand this concept?

Ana B., Sanibel, Florida

Ana, Personal space refers to the physical space around our bodies that we like to keep free; we tend to only let close family, friends and pets enter our personal space. When anyone else

enters, people feel uncomfortable and possibly threatened, so we tend to move or back away to increase the distance. Personal space needs depend on the individual's own needs and cultural background. Generally speaking, most people are comfortable with a radius of 1.5 feet surrounding them but again it is dependent on personal and cultural norms.

It may be that your son does not need as much space as others to feel comfortable and has not been able to regulate his own behavior in relation to his peers. This is quite understandable for a young child but you do need to work with him on this concept so it doesn't interfere with his social growth. Below are several ways that you and he can practice this concept.

One way to help establish the distinction between personal and general space is to have your son stand with his arms extended out to his sides and turn around in a circle while you explain that this is his personal space. Tell him that it's a special space that gives people room to move around without bumping into other people's space.

To demonstrate this idea, use the bubble activity. Ask your son to pretend to blow up a large bubble and then get inside of it. The bubble represents his personal space, and he cannot touch anyone or anything while he is in his bubble, or else his bubble will burst. Have him walk around family members to practice moving around in his bubble so he gets a sense of it.

Another way to help your son understand this concept is to write a social story for him. Social stories, created by Carol Gray in 1991, were originally intended to assist children with autism and have been found to be inherently helpful to all children. Children often have trouble understanding the perspective of others, and a social story allows children to be exposed to how another friend might feel, think or react in different situations. Social stories are written in a very exact and specific format that describes a complete event or interaction so that children are introduced to who or what is involved and what may happen. There are many social stories available for free on the Internet that you could use.

With some discussion and practice, your son should be able to understand and master the concept of personal space so it does not interfere with his social behaviors.

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

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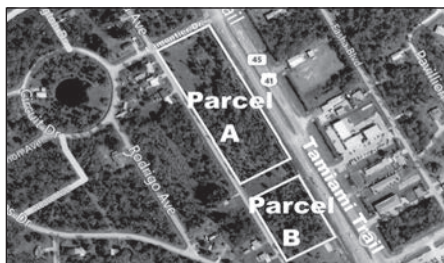
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# An Island Resident Specializing in Island Properties

From page 1

## Sanibel Girl



Athena Solberg and her brother, Evan

categories – interview, talent, fashion wear and evening gown – throughout the pageant, open to girls and women ages 4 through 65.

“The whole thing was a lot of fun,” Athena recalled last week. “There were a lot of rehearsals, but we also did a lot of fun stuff. One night we had a PJ party... we had our own ‘Little Miss Diva’ contest. We had a dance, played games like Twister and had a pizza party, too.”

The young Solberg explained that she began competing in beauty pageants about a year ago following a visit with Suzi Hosfeld, executive director of Envy Models & Talent in Fort Myers.

“I just wanted to sign up to do some modeling,” she recalled. “But then I saw

a sign about competing in the Little Miss Cape Coral Pageant.”

The first-time pageant contestant took top honors in that competition. Soon thereafter, she entered the Little Miss Alabama Beauty Pageant, and was subsequently crowned the state’s age-division winner.

“I love meeting new friends and all the other beauty queens,” Solberg noted. “I like singing, too.”

At the 2016 National American Beauty Pageant, Athena performed *My Favorite Things*, a song from the classic *The Sound of Music*, for her talent routine.

When she was crowned her age-division’s queen, the youngster was very happy to win it in front of her entire family, including mom Maria, dad Michael, older brother Evan and her grandmother.

“I was like screaming inside,” she said. “I tried to look cool... but inside, I was like, ‘Oh my gosh!’”

“Her big brother calls himself her agent,” Maria added with a laugh. “He told her he gets 25 percent of her winnings.”

In order to qualify to receive the prize money pledged to the National American Beauty Pageant winners, Solberg is required to perform a number of volunteer and community-minded projects. Thus far, she is having a hard time deciding which ones to tackle.

“I’m thinking about doing something to feed the homeless,” Athena explained. “I’d also like to help clean up our beaches, collect Christmas gifts for needy kids and work to find homes for animals at local adoption shelters.”

As for her career aspirations, Solberg’s answer was well prepared.

“I wanted to become a marine biologist,” she offered proudly. “And while I’m in college, I’m going to work as a hairstylist.” ✨

### BeautifulLife

## When Was The Last Time You Watched A Sunset?



by Kay Casperson

I don’t mean just a glance out the window while you’re making dinner or stuck in traffic – when did you last experience and truly enjoy the sun setting? Sunset is one of my favorite times of day

and, no matter where I am or who I’m with, I always feel fortunate when I have the chance to slow down and actually watch the sun sink out of the sky.

For me, experiencing the sunset is an opportunity to think and reflect on my life, my family and our future, and to witness the miraculous beauty of nature unfolding before me. Here are some affirmations I always keep in mind when I take time to enjoy sunsets:

**I choose to live my life with**

### passion

You can’t control the movement of heaven and earth, but you can control the choices you make and how you live your life. Listen to your heart and make choices that lead you to a more balanced, beautiful life; choose to surround yourself with love and support; choose to meet and exceed your goals; choose to be a force of nature – day or night, let your light shine.

### I celebrate my accomplishments and set new goals

To me, sunsets are nature’s way of saying, “It was another great day. Goodnight, see you in the morning!” Celebrate what you achieved during the day, no matter how small or seemingly insignificant, and let it inspire you to accomplish just as much, and hopefully even more, tomorrow.

### I marvel at the beauty of nature

It seems simple enough that the sun will rise and set every day, but have you ever stopped to wonder how marvelous and enormously complicated a sunset is? Life isn’t always easy, so when things get difficult, take the time to contemplate what makes nature – and your life – uniquely beautiful and truly marvelous.

*Beauty and lifestyle expert Kay Casperson lives on Sanibel with her husband, two daughters and dogs. She produces her own inspirational collections of skincare, cosmetics, wellness, apparel and accessories, and operates four Lifestyle Spa & Boutique locations in Southwest Florida and Orlando. Learn more at [kaycasperson.com](http://kaycasperson.com).* ✨

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# CHR Open House Kicks Off Summer



LEO homeowners Alex and Cassie Werner and their daughter, Liliana, with CHR Executive Director Kelly Collini

Sanibel Community Housing & Resources (CHR) recently hosted several dozen community members for an open house, kicking off the summer season. Attendees toured a three-bedroom, two-bath Florida Green and LEED-certified Limited Equity Ownership home on Centre Street. Cocktails and snacks were provided compliments of Sanibel Catering Company by Bailey's.

"A lot of people know that we provide rental housing, but we wanted people to see an example of one of our Limited Equity homes," said Kelly Collini, executive director of CHR. "This program has given local families an opportunity for homeownership in a market which they could not have afforded otherwise."



From left, Melissa Rice, Arlene Dillon and Richard Johnson

The CHR office has other open houses planned for the next several months. "We can't wait for the folks on Sanibel to come and see what their donations and supporting efforts have created over the years," said Collini. "The community truly makes a difference in the lives of many of our island neighbors and families."

CHR is already preparing for their seasonal premier fundraiser. "Mark your calendars for February 11, 2017. The Sanibel CHR Mardi Gras is going to be the most talked about fundraiser and party of the year," said Mardi Gras co-chair Arlene Dillon. "We've already proven that even a downpour of rain can't stop the fun, so trust me, you will not want to miss this event."

To volunteer for the Mardi Gras party, contact Melissa Rice at 398-0404 or Arlene Dillon at 472-4392.

The organization needs carpenters, sewers, painters, crafters, decorators, creative minds and others. Call 472-1189 or email [info@sanibelchr.org](mailto:info@sanibelchr.org) for more information.✧



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## Top Ten Books On The Island

1. *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman
2. *Historic Sanibel & Captiva Islands* by Jeri Magg
3. *A Land Remembered* by Patrick Smith
4. *A Man Called Ove* by Fredrik Backman
5. *Sanibel Flats* by Randy Wayne White
6. *Contemporary Sailors Valentines* by Pamela Boynton
7. *Sanibel & Captiva Islands* by Charles LeBuff & Deb Gleason
8. *Avenue of Mysteries* by John Irving
9. *Sanibel Captiva Handbook 2016* by Helma and John Reynolds
10. *Beach Town* by Mary Kay Andrews  
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dearRPharmacist

## Five Lessons Learned From Old People



by Suzy Cohen, RPh

**D**ear Readers: I used to work in nursing homes where mostly old people live, or those who are very sick or terminal. I had a special practitioner license and served as the

Consultant Pharmacist of Record for about 11 nursing homes across Florida. Part of my job was to write monthly medical orders to the physicians to discontinue prescribed medications and lower dosages all with one goal: Make the resident (the patient) feel their best. Some things stuck with me and now I will share:

- I learned not to assume – Some old people smiled at me, and some cried a lot. You might assume the smiley ones had less depression and pain, while the crying folks were the sad, depressed ones. Never assume. The smiley people may just be pushing harder, and those who are crying may be in horrific pain (not depressed). Crying is sometimes

the only way you can speak when your mouth can't explain how desperate you are in your body.

- I learned to send "love" in the mail – I noticed that people who had friends or family visit them during the week required less medicine (and lower doses) than those residents who spent every day alone. If you can't be physically present, then mail something. I have often been miles apart from my children and elderly parents, but to this day I still send little gifts or cards in the mail reminding them that I love them even though we are far apart.

- I learned respect and compassion – The elderly have lost control of many things including their bladder function, their ability to walk, their home, car, their vision, their children and sometimes their mind. We need to remember that every time an old person is on our way, walking to slow, taking too long... you know once upon a time they were just like you. They had it all, they were happy, on top of the world and excited about tomorrow. People used to ask for their advice, now they are invisible. I always show respect and compassion.

- I learned to say yes – Saying no to things is easy because there's always tomorrow. Is there? After working in facilities and seeing some people (even young ones who were there due to accidents) I learned that life is short, you do not have forever. Stop waiting for a better time or 20 years will fly by. Say

yes and do it. Live your life before your life is lived.

- I learned how little things make people happy – Like painting their nails in the activity room, giving them \$5 to spend, or brushing their hair or... holding their hand and telling them everything's gonna be alright (even on their deathbed as they were nearing their last breath). Show up with love in your heart and even if you're just sitting

there to keep them company, do it with full attention. Stay home if you can't come to them with a happy heart. They feel you... don't ask me how I know.

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

## Free Autism Screening For Young Children

**G**olisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities® of Southwest Florida, offers a free monthly autism spectrum disorder screening for toddlers 18 months to age 5.

The next screening on the Ronald McDonald Care Mobile will be held on Friday, July 15 from 9:30 a.m. to 2 p.m. at the Imaginarium, 2000 Cranford Avenue in Fort Myers.

It is estimated that one in every 68 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced registered nurse practitioner, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.

For more information, to donate or to volunteer, visit [www.rmhcswfl.org](http://www.rmhcswfl.org) or call Ronald McDonald House Charities of SWFL at 437-0202.✱

## FISH Helping Those With Medical Needs

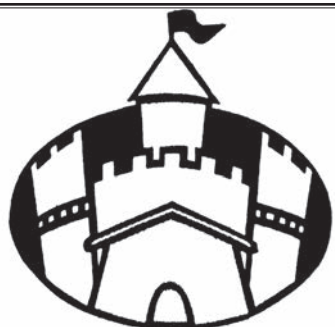
**F**ISH of SanCap, through the Saint Michael and All Angels Episcopal Church's grant, helps those facing medical and dental crisis situations. While some conditions may be predictable, others are not, meaning the grant is a difference-maker for FISH.

Some of the organization's clients need surgery, others face months of chemotherapy and radiation treatments, and they pay a price higher than the medical bills themselves. Many must temporarily leave their employment, leaving no income for everyday expenses. Insurance coverage will only go so far, and there are few resources for families that are struggling financially due to medical and dental bills. Beyond the bills, there may be

medical travel, rent, mortgage, utilities and other daily living expenses during their recovery period. With this grant, FISH can assist with these expenses.

Jim is a 63-year-old male who does not have health insurance. He has a chronic condition which causes his stomach to bloat. He has uncontrollable abdominal pain if not treated with a medically prescribed diuretic maintained by a prescription. By trade, Jim is a handyman, but unable to work because of his medical issues. Jim requested financial assistance for a doctor visit, a treatment plan and prescriptions. FISH was able to help with a reduced-cost doctor visit, medication and abdominal ultrasound. Due to the nature of his illness, FISH was able to get Jim approved for Medicaid, and he has since returned to work.

Contact Christine or Jessi at 472-4775 or visit [fishofsancap.org](http://fishofsancap.org) for more information.✱



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## Eden Energy Medicine

## Safeguarding Breast Health: Lymphatic Release



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

**I**n our culture, we are more reactive than proactive in caring for our breasts. Women are taught to check for lumps when showering or have

a mammogram or do thermography (my personal preference). For men, there is little suggested to protect their breasts, yet breast cancer is increasing for both sexes exponentially. With knowledge of our anatomy and the impact of moving energy through our systems, we can learn proactive methods to create and maintain healthy breasts. With regular self-care, you can help prevent problems before they advance.

As learned from prior articles, our body does not have a pump to move the lymph through our system, so we are reliant on motion to move the toxins from our lymph system; thus the neurolymphatic massage and

spinal flush tools. Many women don't realize that wearing tight bras or bras with plastic or wire underwire clog the lymphatic's under the breasts, creating an energetic blockage. In fact, research has shown that many women with breast cancer have worn underwire bras. A list of wireless bras may be found on Donna Eden's website, [www.Innersource.net](http://www.Innersource.net). The techniques addressed below will aide energy flowing into your breasts. This applies to both sexes.

The diagram of the lymphatic reflex points are in the prior articles. Use one or more of the following tools, found in *Energy Medicine*, pages 278 and 279.

**Tool 1** – Under the right breast are liver points and under the left breast are the stomach reflex points. They are shaped as a half moon, following the contours of the underwire of a bra. Make a fist and use your knuckles to press along these points after removing your bra or as part of the 5-Minute Routine. If sore, you know your body needs the rub. Spend 15 to 20 seconds circling. Several times a day is beneficial if you wear an underwire or tight bra.

**Tool 2** – To access the circulation-sex reflex points under both breasts, place the thumbs under the breast and lift the breast until the thumb is behind your nipples. Remember that if sore, you are assisting your body by removing the toxins from these points. Press or buzz for 15 to 20 seconds.

**Tool 3** – Along both sides of the body are two more important

neurolymphatic reflex points. Beside the breast, make a fist and use the knuckles to press from the side of your breasts down to about three inches above the waist; this moves toxins from the spleen points. At the same time on the same side, use the other hand to rub the large intestine points, running from the top of the outside edge of the leg to above the knee. Use vigorous motion to rub in circles as you move down both areas for at least 45 seconds.

You have now been very proactive

in providing healing energy and the removal of stuck toxins from your body to enhance your breast health.

Have fun with your energy! Next week's topic is Safeguarding Breast Health: De-clog Meridians.

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

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I am going to go on a trip to visit my grandparents this summer and I am afraid to fly. I don't want to miss going, but I have only flown one other time and I didn't

like it. What should I do?

**A:** You are not alone as so many people really don't like to fly, especially in these times when flying has become more difficult. Often, the fear is a feeling of not having control. You have to be the passenger trusting that the pilot is skilled and that flying is a

thousand times safer than being in a car statistically.

I would recommend that you take some relaxing music to listen to on your iPhone or iPod. You might also want to take a book or magazine to read to distract yourself from worrying and feeling anxious.

It's also important to take deep relaxing breaths to help calm your mind and relax your body.

The other possibility is to go to a hypnotist to help you through the power of suggestion to help shift your attitude and belief system. By trying some or all of these strategies, you will be less tense when you take your trip.

*Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [constanceclancyfisher@gmail.com](mailto:constanceclancyfisher@gmail.com).\**

## Doctor and Dietician

## Low Carb Vs. Low Fat



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

**F**ew things have been debated as much as the low carbohydrate versus the low fat diet... and the diet war rages on. Some believe that increased fat in the diet is a leading cause of all kinds of health problems, especially heart disease, and therefore commonly recommend a restriction in dietary fat. A number of studies challenge this approach, as results have shown greater weight loss and even improvements in blood triglycerides and HDL after participants follow a low-carbohydrate diet.

Often, participants in studies have additional support besides the diet changes, such as beginning an exercise program like walking 10 minutes a day

and working out up to 50 minutes a day. Other support includes education on behavioral skills such as realistic goal setting, food tracking, recovering from small weight gains and overeating, and sticking to the exercise plan.

We say there is no one-size-fits-all diet plan. Over the years, we have utilized five unique Diet Type plans that range from high protein and fat/low carb to balanced to vegan/vegetarian in order to help people achieve their goal weight and improved health markers.

There are some people who will function optimally on a carnivorous diet, like Ross (the Doctor). Whereas Marion (the Dietitian), feels best eating a vegetarian-based diet. We typically enjoy the same meals, though in different proportions. Let's take a dinner of fish, rice and vegetables. Ross eats fish and vegetables with only a little rice (or none), and Marion makes a plate of vegetables and rice, with a little fish. Within the same household "healthy" diets can vary greatly, but you can choose the right foods for each of you. It means choosing the foods that improve your vital health markers and give you great energy throughout the day, versus making you feel sluggish.

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

## Mom And Me



by Lizzie and Pryce

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

**Dear Mom & Me,**

I am in a canasta group with 20 other women. We meet weekly in one another's homes.

We have all retired to this historic town from all different parts of the country.

One of our member's husbands was an admiral with the U.S. Navy, and they have a dog that is very much a part of their lives. Every time we go to their home, the admiral is constantly saying, "Does the admiral's doggie

want his lunch?" or "Does the admiral's doggie want to go out for a walk?" or "I think the admiral's doggie wants to go out and play."

We are all very aware that he had a very successful career, but we are fed up with listening to him.

How do you suggest we cope with this type of behavior.

Della

**Dear Della,**

I think the admiral is having a very difficult time dealing with his loss of status. Many very successful people do and some succeed and others just cannot adjust to being an ordinary person again.

Since you only meet at his home about every five months, I would suggest that you just put up with it, for his wife's sake. And, be glad you don't have to live with him.

Lizzie

**Dear Della,**

Most of us with animals have silly ways of talking with our animals.

I am sure if anyone heard how I talk to my dog they would conclude that I am, well, abnormal. I think the man is just talking to his dog.

Who knows? Maybe referring to the dog as the "admiral's doggie" is an inside family joke.

Pryce

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



**Cucumber, Tomato and Radish Salad with Citrus Dressing**

- 2 tomatoes, seeded and chopped fine
- 2 cucumbers, peeled, seeded, and chopped fine
- 3/4 pound radishes, trimmed and chopped fine
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh lime juice
- 1 clove garlic, mashed to a paste with 1/4 teaspoon salt
- 1/4 cup virgin olive oil
- 1/3 cup cilantro finely chopped, or to taste
- 6 scallions, sliced thin

In a large bowl whisk together the juices and garlic paste, add the oil in a steady stream, and whisk the dressing until it is emulsified. Whisk in the chopped cilantro and salt and pepper to taste. Add the tomatoes, cucumbers, radishes, and the scallions, toss the salad to combine it well, and garnish the dish with the leftover cilantro sprigs.\*



Cucumber, Tomato and Radish Salad with Citrus Dressing

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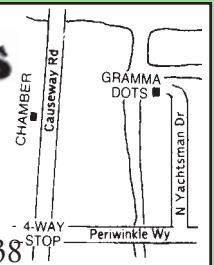


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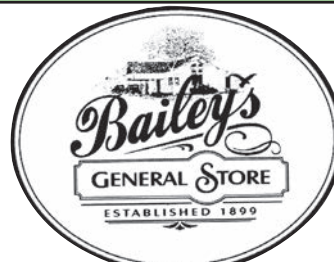
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| Kiwanis Club .....  | 677-7299                              |
| League of Women Voters .....                                    | sanibelLWV@gmail.com                  |
| Lions Club, Jeff MacDonald .....                                | 302-521-1158                          |
| Master Gardeners of the Islands .....                           | 472-6940                              |
| MOAA - Military Officers Assc. of America, Alex MacKenzie ..... | 395-9232                              |
| Newcomers .....   | 472-9332                              |
| Notre Dame Club of Southwest Florida .....                      | 768-0417                              |
| Optimist Club .....   | 472-0836                              |
| PAWS .....  | 472-4823                              |
| Rotary Club .....   | 472-7257 or 472-0141                  |
| Sanibel Bike Club .....   | sanibelbicycleclub.org                |
| Sanibel Beautification Inc. .....                               | 470-2866                              |
| Sanibel-Captiva Orchid Society .....                            | 472-6940                              |
| Sanibel-Captiva Power Squadron .....                            | www.usps.org/localusps/sancap         |
| Sanibel-Captiva Republican Caucus .....                         | 395-1202                              |
| Sanibel-Captiva Shell Club .....                                | facebook.com/sancapshellclub 267-7291 |
| Sanibel Youth Soccer .....                                      | www.sanibelsoccer.org 395-2040        |
| United Way of Lee County .....                                  | 433-2000                              |
| United Way 211 Helpline 24 hour .....                           | 211 or 433-3900                       |
| Zonta Club .....  | 728-1971                              |
| <b>ISLAND ATTRACTIONS</b>                                       |                                       |
| Bailey-Matthews National Shell Museum .....                     | 395-2233                              |
| JN "Ding" Darling National Wildlife Refuge .....                | 472-1100                              |
| Sanibel Historical Museum & Village .....                       | 472-4648                              |
| SCCF Sanibel-Captiva Conservation Foundation .....              | 472-2329                              |

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

## PETS OF THE WEEK



Baylee

Ms. Baylee ID# 665423



Savannah

Savannah ID# 664606

Hi, my name is Ms. Baylee. I am an 8-month-old female hound/pointer mix, old Florida curr. I am a fun-loving, playful girl with the most adorable ears ever. My ears may not have figured out their direction yet, but my direction is clear – to find a loving home and be the great American dog.

Adoption Fee: \$35 (regularly \$75) during Animal Services' "It's Raining Cats and Dogs" Adoption Promo

Hi, I'm Savannah. I am a 1-year-old spayed female domestic short hair. I am the purr-fect princess and would love to live in my very own castle. I am friendly, loving and cuddly.

Adoption Fee: \$10 (regularly \$50) during Animal Services' "It's Raining Cats and Dogs" Adoption Promo

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

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

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

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

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



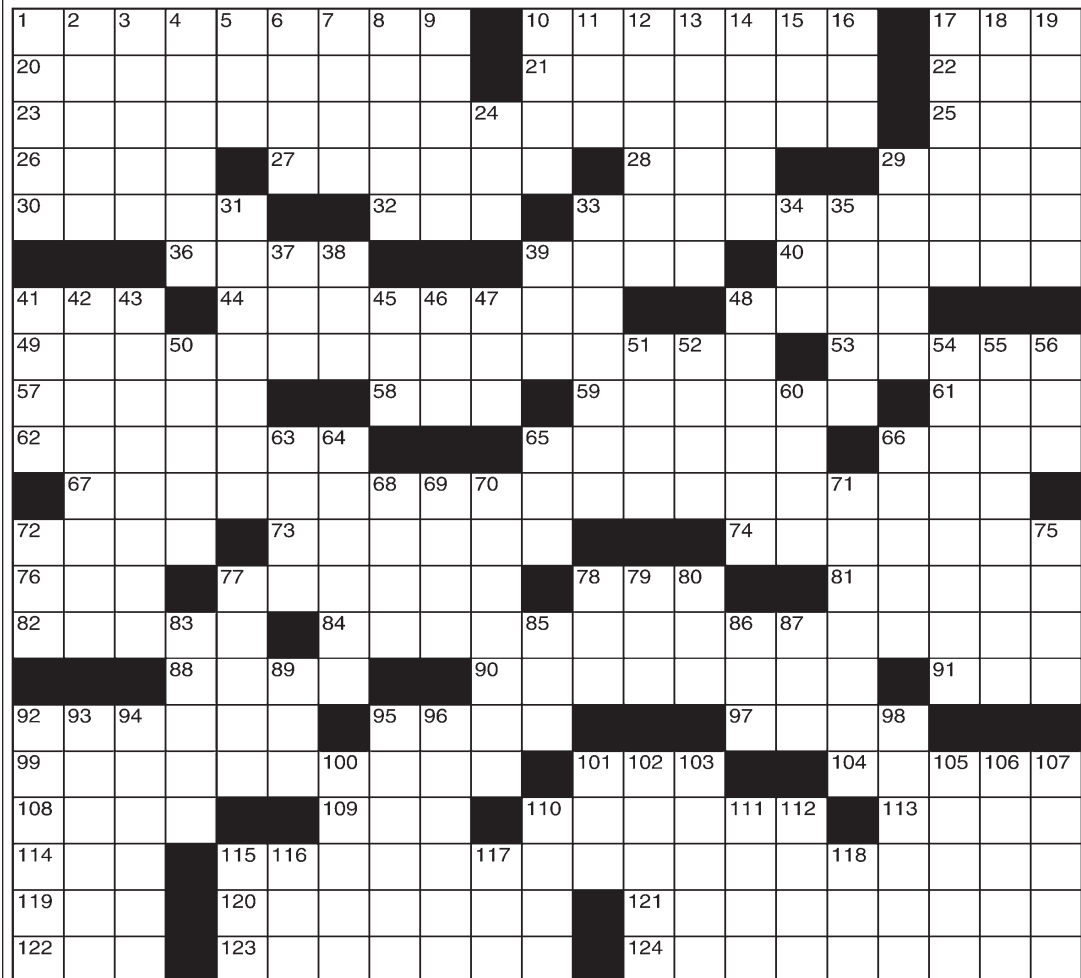
# PUZZLES

Answers on page 53

## Super Crossword

ALSO INCLUDED

- ACROSS**
- 1 Part of a car-stopping system
  - 10 Revolved
  - 17 Welcome —
  - 20 Not in good spirits
  - 21 Weaver turned into a spider
  - 22 Word on a dollar bill
  - 23 Leaving chamber groups high and dry?
  - 25 “— favor” (“Please,” to Pedro)
  - 26 Son of Odin
  - 27 Particular
  - 28 Come — stop
  - 29 Dr. T player Richard
  - 30 Grasslike swamp plant
  - 32 Former jrs.
  - 33 Black-and-white stuffed animals?
  - 36 Big public show
  - 39 Altoids piece, e.g.
  - 40 Nome site
  - 41 Whirlpool site
  - 44 Chute behind a boat
  - 48 Greek X’s
  - 49 Showed the ideal way to touch down?
  - 53 Abrade
  - 57 With 56-Down, second self
  - 58 Wiggly fish
  - 59 Tristan’s love
  - 61 Lose tautness
  - 62 Corrupted
  - 65 Cure giver
  - 66 Lhasa —
  - 67 “No roving robbers will be harmed by what I’m doing?”
  - 72 “Carpe —!”
  - 73 Enchant
  - 74 Navigator
  - 76 Boat turner
  - 77 One smoothing clothes
  - 78 Paris’ — de la Cité
  - 81 Kate Nelligan film
  - 82 Is radiant
  - 84 Official orders telling folks to jog?
  - 88 Distinctive doctrines
  - 90 Comprising
  - 91 Pindar poem
  - 92 Boulevard
  - 95 Silent sort
  - 97 Dull impact
  - 99 Noggin with a sweat absorber around it?
  - 101 Stubborn equine
  - 104 Branches
  - 108 Associate
  - 109 Six-legged marcher
  - 110 Diner
  - 113 Pertaining to flying craft
  - 114 Crumpets’ go-with
  - 115 Superior to boxer Holyfield?
  - 119 Lister’s abbr.
  - 120 Abroad, to Brits
  - 121 Eschewer of traditional art forms
  - 122 Erie-to-Norfolk dir.
  - 123 Old Spanish money
  - 124 Chances for success
  - DOWN**
  - 1 Wipes clean, in a way
  - 2 Shot — arm
  - 3 Young cod
  - 4 Rush at
  - 5 With 65-Down, Best Picture of 1959
  - 6 Actor Foxx
  - 7 R&B singer India.—
  - 8 “Superman” family
  - 9 Shortstop Rentería
  - 10 Actor — Julia
  - 11 “... boy — girl?”
  - 12 Plaid cloth
  - 13 Illustrate by gestures
  - 14 Dismissal, informally
  - 15 Doc for the neck up
  - 16 — Plaines
  - 17 Scooters’ kin
  - 18 Parka
  - 19 Nun of Ávila
  - 24 Grafton’s “— for Quarry”
  - 29 Grind teeth
  - 31 Specialists
  - 33 More gauzy
  - 34 Oom- —
  - 35 Guest of the Mad Hatter
  - 37 Mouse —
  - 38 Eye, to bards
  - 39 Farrow or Wasikowska
  - 41 Louver, e.g.
  - 42 Like a king’s home
  - 43 Atypical protagonist
  - 45 Senate vote
  - 46 Meet socially
  - 47 Rose of rock
  - 48 A-list folks
  - 50 Lees fabric
  - 51 Certain H.S. exam
  - 52 Kinks hit
  - 54 Set as a goal
  - 55 Buckled, as a seat belt
  - 56 See 57-Across
  - 60 “Darn!”
  - 63 Fancy pitcher
  - 64 Contributors
  - 65 See 5-Down
  - 66 Journalist — Rogers
  - 68 Half a “Mork & Mindy” farewell
  - 69 Federal agts.
  - 70 Furious
  - 71 Required
  - 72 Fido, for one
  - 75 Stand up
  - 77 Edition
  - 78 Neighbor of Mich.
  - 79 Big T-shirt size: Abbr.
  - 80 Zoo bird
  - 83 Full of gusts
  - 85 Common reply to “Are you?”
  - 86 Not ill-suited
  - 87 Japanese drama form
  - 89 Size below 79-Down: Abbr.
  - 92 Lessens
  - 93 Manservants
  - 94 Intertwist
  - 95 Middle, to Brits
  - 96 Most recent
  - 98 Feinsteen of the Senate
  - 100 Loathes
  - 101 Relieved sigh
  - 102 Notary’s item
  - 103 Caballero
  - 105 Combat doc
  - 106 Brittany city
  - 107 Types
  - 110 JFK data
  - 111 Totally alter
  - 112 Designer Saint Laurent
  - 115 Punch lightly
  - 116 12/31, e.g.
  - 117 Stephen of the screen
  - 118 French painter Jean



## King Crossword

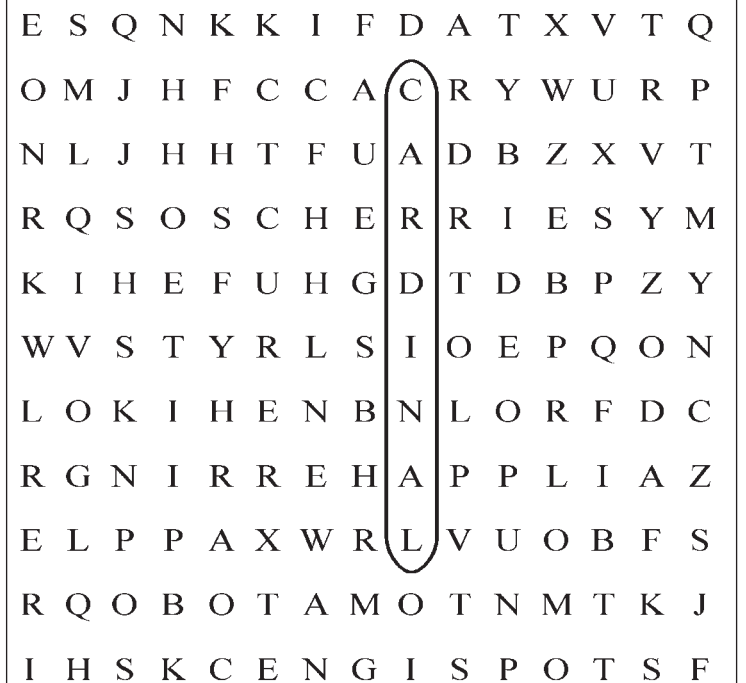
ACROSS

- 1 Pealed
- 5 Work with
- 8 “Ali --”
- 12 Gin flavoring
- 13 “Kidding!”
- 14 Hollywood clashers
- 15 Eight on a sundial
- 16 Ratatouille ingredient
- 18 Carrot cousin
- 20 Redhead’s secret?
- 21 With it
- 22 Petrol
- 23 Discard
- 26 Salad base
- 30 Gorilla
- 31 Intention
- 32 Quarrel
- 33 Coleslaw or sauerkraut output
- 36 Door holder
- 38 “-- had it!”
- 39 Droop
- 40 1,000 kilograms
- 43 Popeye’s strengthener
- 47 Floret veggie
- 49 Wolf’s look
- 50 Adam and Eve’s third son
- 51 Arctic diving bird
- 52 Leeway
- 53 Stage show
- 54 Ball prop
- 10 German city life?
- 11 One side of the Urals
- 17 Converse
- 19 Pinch
- 22 Jewel
- 23 Pouch
- 24 Bookkeeper (Abbr.)
- 25 Civil War soldier
- 26 Falsehood
- 27 Grecian vessel
- 28 Gear tooth
- 29 Ram’s mate
- 31 Time of your
- 34 “Tara Road” author Maeve
- 35 With (Fr.)
- 36 “Bali --”
- 37 Snub
- 39 Rail nail
- 40 Recipe meas.
- 41 Pitcher
- 42 Part of N.B.
- 43 Pivot
- 44 Quite eager
- 45 Stop up
- 46 Fixes a skirt
- 48 Feedbag morsel

DOWN

- 1 Answer an invite
- 2 Inter --
- 3 Type of film
- 4 Oriental companion
- 5 Loosen, in a way
- 6 First course
- 7 And so on (Abbr.)
- 8 Command
- 9 Not “fer”

## MAGIC MAZE ● THE COLOR RED



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

- A blush
- Cherries
- Necks
- Stoptlight
- Barns
- Firetruck
- Poppy
- Stop sign
- Blood
- Heart
- Roses
- Tomato
- Cardinal
- Herring
- Sore eyes



"No, Henderson, I said I want to see a \_\_\_\_\_ around here."

answer on page 52

### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Heavy  
**MAPLE**   

Absorb  
**FLUGEN**   

Graph  
**TRACH**   

Cringe  
**LICORE**   

**TODAY'S WORD**

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

### 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 53

### HOCUS-FOCUS

BY HENRY BOLTIHOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sill is missing. 2. Stripe is missing. 3. Cellar window is smaller. 4. Towel is missing. 5. Button strip is shorter. 6. Tree guard is missing.

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## LIVE ON THE ISLANDS

**The Jacaranda** has live entertainment Friday and Saturday with The Midlife Chryslers, playing classic rock and dance. Renata plays funk, jazz and contemporary music on Monday. On Tuesday and Wednesday, it's Sir Mitch, playing classic rock, R&B and dance. Thursday is Eric Malibu, playing contemporary, reggae and dance.

**The Mucky Duck** on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's Perry English.

**Sea Breeze Café at Sundial Beach Resort & Spa** has live island style entertainment on Mondays.

**Traditions on the Beach at Island Inn** has live entertainment Friday and Saturday with Dusk. Woody Brubaker plays on Thursday.

**Il Cielo** has live entertainment with Scott McDonald on Thursday, Friday and Saturday.

**The Island Cow** on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

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

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to [press@islandnews.com](mailto:press@islandnews.com) or 395-2299. ✪✪*

## My Stars ★★★★★

FOR WEEK OF JULY 11, 2016

**ARIES** (March 21 to April 19) You dislike waiting for promises to be fulfilled and for commitments to be kept, but resist your headstrong tendency to push things along. Your patience will be rewarded.

**TAURUS** (April 20 to May 20) Expect continuing opposition to your plans from die-hard detractors. However, your determination to see things through will carry the day. A Pisces has romantic ideas.

**GEMINI** (May 21 to June 20) You might be too close to a troublesome workplace situation to deal with it successfully. Step away in order to get a better perspective. A solution soon becomes obvious.

**CANCER** (June 21 to July 22) You might suspect that someone you trust has misled you on an important matter, but a more balanced view of things reveals a misunderstanding to be the culprit.

**LEO** (July 23 to August 22) The Big Cat's animal magnetism has rarely been stronger. You can either just bask in all that admiration or use it to your advantage, especially in the workplace.

**VIRGO** (August 23 to September 22) Someone who previously balked at cooperating with you on a project suddenly has a change of heart. Accept both help and advice with grace.

**LIBRA** (September 23 to October 22) Some hazy issues still need to be cleared up before you can move on with your new plans. A friend from the past reaches out to re-establish old ties.

**SCORPIO** (October 23 to November 21) Continued positive fall-out follows that risky workplace decision you made some time ago. Your payoff will soon prove to be more substantial than you expected.

**SAGITTARIUS** (November 22 to December 21) A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.

**CAPRICORN** (December 22 to January 19) It's a wonderful week for all you capricious Goats to kick up your heels with friends or family members in some well-earned fun and frivolity.

**AQUARIUS** (January 20 to February 18) Caution is advised before making a financial commitment to someone you don't really know. There are better ways to build friendships than with risky fiscal dealings.

**PISCES** (February 19 to March 20) Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.

**BORN THIS WEEK:** You have a strong sense of loyalty that shows itself best in your relationships with family and friends.

### THIS WEEK IN HISTORY

- On July 14, 1881, Sheriff Pat Garrett shoots Henry McCarty, known as Billy the Kid, to death at the Maxwell Ranch in New Mexico. Garrett had been tracking the Kid for three months after the gunslinger escaped from prison only days before his scheduled execution.

- On July 15, 1903, the newly formed Ford Motor Company takes its first order: an \$850 two-cylinder Model A automobile with a backseat. The car was delivered a week later. The Model A could accommodate two people side-by-side on a bench; it had no top, and was painted red.

- On July 12, 1933, the first three-wheeled, multi-directional Dymaxion car designed by Buckminster Fuller is manufactured in Connecticut. It had a steel chassis and a body made of ash wood, covered with an aluminum skin and topped with a painted canvas roof.

- On July 11, 1945, the Soviet Union promises to hand over power to British and U.S. forces in West Berlin. Although the division of Berlin into zones of occupation was seen as temporary, the dividing lines quickly became permanent.

- On July 13, 1955, nightclub owner Ruth Ellis is convicted of murdering her boyfriend, playboy race-car driver David Blakely. Ellis was later executed by hanging, becoming the last woman in Great Britain to be put to death.

- On July 17, 1967, Jimi Hendrix drops out as the opening act for teenybopper sensations The Monkees. The booking of psychedelic rock god with the made-for-television Monkees was the brainchild of Hendrix's manager, Mike Jeffery.

- On July 16, 1995, Amazon officially opens for business as an online bookseller. Within a month, the fledgling retailer had shipped books to all 50 states and 45 countries. Amazon eventually morphed into an e-commerce colossus, selling everything from groceries and furniture to live ladybugs.

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## STRANGE BUT TRUE

• It was noted American computer scientist Alan Kay who made the following sage observation: "A change in perspective is worth 80 IQ points."

• The pirate spider eats almost nothing besides other spiders. Researchers say this presents some problems when it comes time to mate.

• Isaac Asimov is probably best known for his classic science-fiction novels, including the Foundation Series and "I, Robot," but he was much more than a pulp writer. His works are so wide-ranging that he has entries in nine out of the 10 major categories of the Dewey Decimal system. In addition to his science-fiction works, he wrote history ("The Greeks: A Great Adventure," "The Egyptians"), literary works ("Asimov's Guide to Shakespeare," "Asimov's Guide to the Bible,"), humor ("Lecherous Limericks," "Treasury of Humor"), mystery (the Black Widowers series) and popular science ("The Intelligent Man's Guide to Science"). Asimov earned a Ph.D. from Columbia University in biochemistry, which he also taught; he published academic

works in science and mathematics. His prolific life is detailed in three works of autobiography, and he and his wife, Janet, even found time to co-author a self-help book titled "How to Enjoy Writing: A Book of Aid and Comfort."

• You might be surprised to learn that the electric fan was invented in the 19th century. Then again, at the moment that fact might not be surprising; the heat of summer can be a powerful motivator.

• Though the ukulele is commonly associated with the Hawaiian Islands, it didn't originate there. The instrument actually came from Portugal, where it was known as a machete, and was introduced to the islands around 1870 by sailors.

## THOUGHT FOR THE DAY

"As scarce as truth is, the supply has always been in excess of the demand." -- Josh Billings

## NOW HERE'S A TIP

"To get to dust bunnies under the fridge or any piece of heavy furniture,

wrap packing tape sticky-side out on a yard stick. Then, just swipe under the furniture, and out comes the dust." -- I.E. in Virginia

• Instant serving "bowls" for chips: Using your hands, lightly push the bottom of the bag into itself, creating a bottom. Use scissors to trim bag top down to access potato chips easily. Or, if you don't have scissors, simply create a cuff to make the bag shorter. This way, you can reclose the bag if there are chips left over, and chips don't spill out of the bag left on its side.

• Never add flour or cornstarch directly to a soup or broth for gravy. Dissolve in a few tablespoons in water first and add gradually. You won't get the lumps.

• Got fruit flies? Their short life cycle can make it incredibly hard to rid yourself of their presence. Here's a great trap you can DIY. Add about 1/4 cup of apple cider vinegar to a mason jar. Drop in a piece of overripe fruit. Roll up a square of paper to make a small funnel, and tape into shape. Set the funnel into the jar. The

flies go in for the fruit and vinegar, then can't get out.

• If you want to bring shake-on spices or garnishes to a picnic, use an empty Tic Tac container. This is great for, say, Parmesan cheese that goes on a pasta salad at the last minute, or grill spices that you can shake on.

• "If you have iron stains in your sink or elsewhere, fill 'er up with Coca-Cola, and let it sit for several minutes. The Coke will eat away at the stains, and will make it easier to get them off." -- A.C. in Maryland

## SCRAMBLERS

*solution*

1. Ample; 2. Engulf;  
3. Chart; 4. Recoil

*Today's Word*

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This updated 1/1 Unfurnished condo. Is ground floor with screen porch, tile Floor, and w/d inside unit. Pool and tennis and 5 minutes to Causeway. \$850/mo.



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\*NS 6/24 CC 7/8

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Lic# EC12002788. Call Roger 239-707-7203. Aqualink - Motor Controls. Office & Store Maint.  
\*RS 6/7 CC TFN

**VEHICLES FOR SALE**

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Street legal, "gas" powered. \$6,500. 239-209-6500  
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**COMMERCIAL RENTAL**

**COMMERCIAL RENTAL**



Free standing "cottage" available for rent. Located in the popular Sanibel Square on Periwinkle Way. Newly updated, approximate. 700 sq. feet of area. Please call JUDY @ 239-851-4073.  
\*RS 12/4 CC TFN

**OFFICE SPACE FOR RENT**

Great office space for rent. Great location, 700 square feet on Periwinkle. Call Joe Gil 516-972-2883 or 800-592-0009.  
\*NS 4/24 CC TFN

**2/2 LANAI POOL HOME**

Lake Murex avail 7/15/16, Owner Maintained Pool and Yard, \$2,500 Mo+ Utilities, Short Walk to Beaches. Call Steve @ Re/Max of the Islands Day #239-472-2311 Eve #239-472-0949  
\*NS 7/8 CC 7/15

**SERVICES OFFERED**

**CAREGIVER**

FL CNA, 20 years experience, Sanibel references. Med. mgt., wound care, CPR, housekeeping, meal prep., pet care, home watch, exercise monitoring, errands, etc. Call Sheila 239-437-9437/850-7082.  
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\*NS 7/1 CC 7/8

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

**HOUSE FOR RENT**

West Gulf Dr., long term, 2,000 sq.ft. 3Br,2B, loft, 2 car garage. 2 enclosed lanais off MB & LR. Private Deeded Beach. \$2,500, first, last, security. 239-910-6430 or email Luvavantis@aol.com  
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**LOST AND FOUND**

**ENGAGEMENT RING LOST**

Engagement ring lost at the Lighthouse Beach by the big driftwood tree on 4/28/16 in the water. If anyone finds, please contact the Sanibel Police or call 864-704-5135.  
\*NS 5/13 NC TFN

**VACATION RENTAL**

**LIGHTHOUSE REALTY**

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\*NS 7/8 CC 7/8

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

**ANNUAL RENTAL**

**HOUSE FOR RENT, FURNISHED**

Newly renovated 1400 sq foot home on Rabbit Road with deeded private beach access and close to school. 3BR/2B. Fully furnished and equipped, garage, screened-in lanai. Sept 1 - Aug 31. \$2,400 first, last, and security. 902-626-1782 or jdmac66@outlook.com References required.  
\*NS 7/8 CC 7/29

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**SEASONAL RENTAL**

**RE/MAX OF THE ISLANDS**

Putting owners and tenants together Call Ryan Block www.remax-oftheislands.com 239-472-2311  
\*RS 1/23 BM TFN

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\*NS 7/1 NC TFN

*Cycling Safety Notes*

- Ride to the right**
  - Warn to pass**
  - Wear a helmet**
  - Use lights at night**
  - Always be courteous**
- SANIBEL BICYCLE CLUB**

# Turtle Nesting Season Guidelines

With the official start of sea turtle nesting season now upon us, the City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation (SCCF), is asking all residents and visitors to do their part in protecting these threatened and endangered species.

On Sanibel, nesting and hatchling emergence typically occur between May 1 and October 31.

The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's gulf beaches. This natural process has happened on Sanibel for centuries and our 11 miles of gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

By following these simple guidelines, you can do your part to ensure the survival of these magnificent creatures:

- Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures or closing blinds and drapes.

- Remove furniture and other items from the beach and dune area when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach, including beach furniture, toys and trash, may be barriers to nesting or result in entanglement and predation of hatchlings.

- Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their way to nest or to the water.

- Pick up all trash. Sea turtles mistakenly eat debris, especially plastic, which results in death.

- Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings.

Gulf-front property owners should make sure that their properties are in compliance with the city's sea turtle protection ordinances and ensure that artificial lighting from the property is not illuminating the beach (Sanibel Code Section 74-181-74-183, Section 126-996-126-1002).



Kerry Salatino, volunteer with SCCF Sea Turtle Conservation Program, finding sea turtle hatchlings with program coordinator Kelly Sloan photo by Jeff Lysiak

An easy way to test if your property is in compliance is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light could potentially deter female turtles from nesting or disorient hatchlings as they emerge from the nest.

We look forward to another successful sea turtle nesting season and hope to uphold Sanibel's reputation as having one of the darkest and most "turtle friendly" beaches in the state. We ask for your continued compliance with city's sea turtle protection ordinances and remind all residents and visitors that violations of these ordinances may be subject to city, state, and/or federal fines and penalties. Violations should be reported immediately to the Sanibel Police Department at 472-3111, Sanibel Code Enforcement at 472-4136, or Natural Resources at 472-3700.

For more information regarding sea turtles on Sanibel, visit the city's website at <http://mysanibel.com/Departments/Natural-Resources/Protecting-Our-Beaches/Sea-Turtles>.✱

## HORTOONS



## Top 10 Real Estate Sales

| Development             | City             | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|-------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Venetian Gardens        | Fort Myers Beach | 2014       | 7,113          | \$2,300,000   | \$2,300,000   | 302            |
| Edgewater               | Fort Myers       | 1998       | 4,200          | \$1,995,000   | \$1,915,875   | 13             |
| Bellagio At The Colony  | Bonita Springs   | 2012       | 3,217          | \$1,449,000   | \$1,292,500   | 100            |
| Dunes At Sanibel Island | Sanibel          | 1995       | 3,553          | \$1,350,000   | \$1,300,000   | 20             |
| Dolphin Cove            | Bonita Springs   | 2001       | 3,900          | \$1,349,000   | \$1,250,000   | 378            |
| Las Palmas              | Bonita Springs   | 2000       | 3,569          | \$1,184,000   | \$1,170,000   | 54             |
| Renaissance             | Fort Myers       | 2014       | 3,525          | \$1,174,990   | \$1,064,000   | 404            |
| Las Palmas              | Bonita Springs   | 2005       | 2,675          | \$1,099,000   | \$1,050,000   | 62             |
| Avieto                  | Bonita Springs   | 2005       | 3,354          | \$1,059,000   | \$1,000,000   | 23             |
| Mossy Oak               | Fort Myers       | 2007       | 4,562          | \$949,000     | \$900,000     | 51             |

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