VOLUME 50 NUMBER 39

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PHOTO BY SHANNEN HAYES Maddie Johnston, Rick Bartelson, A.J. Martignette, Jeff Siwicke and Marine laboratory Director Eric Milbrandt with the Sanibel Captiva Conservation Foundation are ready for the 2012 Pine Island Sound Scallop Search being conducted from 8:30 a.m. to 2 p.m. Aug. 18 in Bokeelia on Pine Island. Volunteers are needed for this no harvest event.

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Foodie'

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Rescue Me' boxes help nesting birds

This month, the Asplundh Tree Service began their contracted services to cut back the trees under the electrical

power lines on Sanibel's main arterial roadways. CROW, the Clinic for the Rehabilitation of Wildlife, is working with the City of Sanibel, LCEC and





From left) Lynn Ridlehoover, Ava Hinojosa, Ryan Keeling, Cliff Steele (holding a Rescue Me box), Michelle Arca, Rachel Rainbolt and James Evans.

PHOTO PROVIDED

Asplundh Tree Service in an effort to protect our nesting birds. This huge undertaking requires a team of volun-

teers who can help identify which trees have nests and mark those trees in

See BIRDS, page 5

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Sanibel author pens the songs of her life in new book

By SHANNEN HAYES

Santial Islander

island REPORTER

(USPS 48T-400)

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Through a more than 40-year marriage, raising three daughters, a lifelong struggle with the bathroom scale and a contentious relationship with her parents, Susan Dintino has learned to meet life's challenges with strong resilience and a sense of humor.

In her hilarious yet poignant new book "Songs of My Life...Slightly Out of Tune," Dintino shares her life stories enabling the reader to laugh at their own struggles and find hope for getting through the tough moments, while enjoying the rest.

'I was really inspired by the writing of Erma Bombeck - her humorous spin on things," Dintino said. "I began with the first chapter and felt I wanted it to be humorous, but with a take-away from each

In each of the 12 chapters, Dintino describes love,

marriage, family, aging, health scares, parenting and stay-ing relevant and excited about what life has to offer. She tells stories of surviving a journey to Walt Disney World in a RV with her husband and small children; attending a rock concert alone and Ioving it; getting past her deep-seeded

late mother; and suffering through the death of her beloved younger brother, which is the last chapter of the book entitled His Way.

That was the hardest to write," she said on writing about the passing of her brother - the only person she names in the book. "I wanted to wait and write it last because it was very emotional and very poignant."

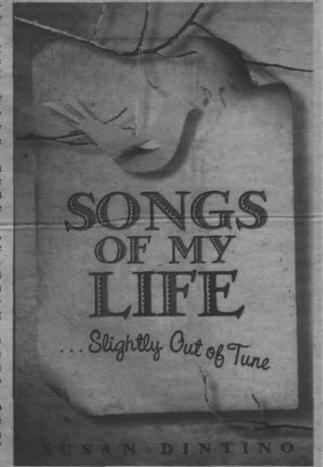
Woman in all stages of life will recognize a part of themselves in the pages of Songs of My Life, as they nod in understanding, wince, laugh and occasionally fight back tears as they find Dintino's insightful take

"I love to make people laugh and feel that this is a powerful tool to lift people's spirits regardless of the challenges in their lives," .Dintino said. "What you read, I hope, will fill you with joy and inspire moments of reflection."

In the final chapter, A Few of My Favorite Things, Dintino shares ways she has found to take a little pause from life that give her a much-needed boost. Among some of her favorite things are enjoying a steamy hot beverage; soaking in a hot tub; taking a slow, mindful stroll; dancing and practicing the meditation technique she has developed, "InPowering

"I enjoyed writing the whole thing and love all the chapters,"said Dintino. "Some of the chapters wrote themselves, like Walk on the Wildside and We are a Family on Vacation. And I wanted anybody to pick up the book and relate to it."

In addition to authoring Songs of My Life, Dintino has written the children's book "A Year of Me." She is also a motivational speaker and host of her own highly-rated weekly radio show "Susan Dintino Live.





1633 Periwinkle Way o 239,472,4100

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Susan Dintino, a Sanibel resident, writes about the joys and struggles that come in life in her new book "Songs of My Life..Slightly Out of Tune." This hilarious yet poignant book speaks to a generation of women and men over the age of 40 who are dealing with life's challenges - love, marriage, family, aging, health scares, parenting and staying relevant and excited about what life has to offer "at that age."

However, she feels more like Susan at her Sanibel home, where the book was written.

"I can feel the energy as soon as I cross the Causeway," said Dintino, who also spends time in Buffalo, N.Y. "I love the beach and everything

Songs of My Life...Slightly out of Tune is available for purchase at all major websites, such as Amazon, and is also available for Kindles and Nooks. Watch for upcoming book signings at a Sanibel bookstore.

dpapoi@breezenewspapers.com Design & Layout Susan Wilhelm swilhelm@breezenewspapers.com Classifieds and Subscriptions Shirlene Grasgreen sgrasgreen@breezehewspapers.co

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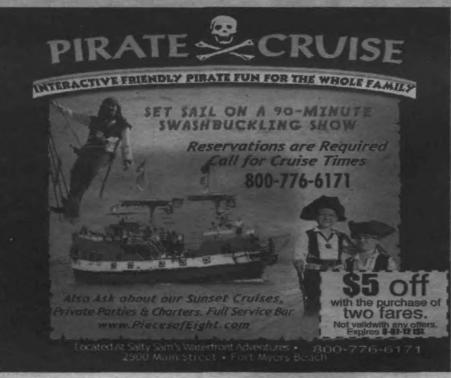
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Bag Day is Aug. 10 at Noah's Ark

Contributed to the ISLANDER

Bag Day at Noah's Ark Thrift Shop is from 9:30 a.m. to 12:30 p.m. Aug. 10. Customers may buy marked bags in the parking lot for \$3 each and then fill them with items they choose from the store. Anything that doesn't fit in a bag will be 80 percent

Bag Day marks the end of the summer season for The Ark which is then closed for cleaning and repairs. Deep price reductions are also available in the days leading up to Bag Day. The Ark will be closed for donations from Aug. 10 to Sept. 1.

Noah's Ark will reopen for the winter season Oct. 2 and be open from 9:30 a.m. to 12:30 p.m. Tuesdays and Fridays during the month of October. In November, the schedule will return to the usual times of 9:30 a.m. to 12:30 p.m. Monday through Friday and the first Saturday of each month.

Noah's Ark Thrift Shop is located at St. Michael & All Angels Episcopal Church, 2304 Periwinkle Way. For further inquiries call 472-3356.

advance to alert the tree service crews.

If an active nest is displaced or babies have fallen, the Asplundh Tree Service crew will place the nests and/or babies in "Rescue Me" boxes created by our local Boy & Girl Scouts, mark the location where the babies were found and then deliver them to CROW for short-term rehabilitative care and release back at the original

Volunteers from the community are also helping with this "Rescue Me" campaign. Experienced birders that can help identify active nests are walking the roadway and marking the trees where nests are located. Over 35 miles of tree work along the roadways is planned for this summer and the "Rescue Me" campaign is a great example of what can happen when people and organizations work together to protect our wildlife friends and neigh-

If anyone is interested in volunteering to be a part of this community effort, please call CROW at 472 3644 Ext. 227.



Local Girl Scouts preparing some "Rescue Me" boxes.

PHOTO PROVIDED

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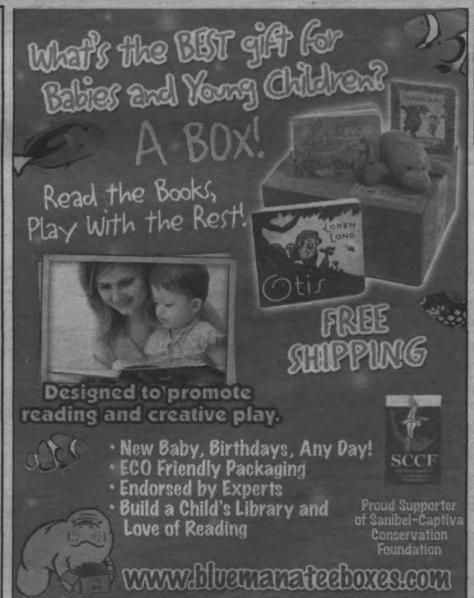
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2012 Pine Island Sound Scallop Search needs volunteers

To go:

What: 2012 Pine Island Sound
Scallop Search
When: 8:30 a.m. to 2 p.m. Aug. 18
Where: Pineland Marina, 13921
Waterfront Drive, Bokeelia
Register at: www.2012pineislandscallopsearch.eventbrite.com
Registration is required

By SHANNEN HAYES

Since enormous populations of bay scallops began disappearing in Southwest Florida waters in the mid-1960s, water quality and seagrasses have

improved in most areas to levels that may once again support these important bivalves.

For the past 3 years the Sanibel Captiva Conservation Foundation has been teaming up with University of Florida/Lee County Sea Grant Extension program to conduct annual scallop searches in the Pine Island

Sound with help from many volunteers.

'We found more scallops last year than in previous years and we expect to keep finding more and more," said Eric Milbrandt, SCCF Marine Laboratory director. "The local scallop population has been enhanced through a variety of ways monitoring juveniles is one and what we call 'spawner sanctuaries,' which are protective cages maintained by volunteers.'

In addition to poor water quality, scallops have become elusive because they typically only survive less than a year before dieing off naturally or are eaten by one of their many shell-crushing finfish predators. Even though scallops are prolific spawners - one scallop can produce up to 12 million eggs - only one in a million will reach adult-

"We are constantly trying to do more to save them and we rely a lot on our volunteers," said Milbrandt, who knows scallops are a critical part

of our ecosystem.

The 2012 Pine Island Sound Scallop Search is currently taking reservations for volunteers who want the chance to play a meaningful role in collecting important data. The search will require up

to 40 boats and 150 participants to search

selected sites in the Pine Island Sound and San Carlos Bay. Scallop searchers will meet at 8:30 a.m. Aug. 18 at the Pineland Marina; 13921 Waterfront Drive, Bokeelia, where they will receive survey equipment and instructions for the monitoring event. Lunch will provided once everyone is back to

"It should be a fun day to get out on the water," said Milbrandt.

This no harvest event is modeled after the successful Great Bay Scallop Search conducted in the Tampa Bay since 1993. To monitor the bay scallop populations statewide and maintain an abundant breeding population, the Fish and Wildlife Conservation Commission began reviewing the

status of the fishery that same year.

Volunteers with shallow draft boats are encouraged to register, as well as anyone with a kayak or canoe. Jet skis are not allowed in the search. Those with boats will be paired up with additional snorkelers and volunteers should bring a mask, snorkel and gloves and be able to snorkel 50 meters along the bottom - fins and weight belts are optional but suggested.

To register, visit www.2012pineislandsoundscallopsearch.eventbrite.com.

Dancing the Summer Away



PHOTO PROVIDED

Irish Step Dance class during summer arts camp at Big Arts, which ends July 27. Other activities included acrylic painting, ceramics, dance, photography, performing arts, music appreciation, film editing, folk art and general arts and crafts.



Report your news to THE ISLANDER: captivasanibel.com





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visited Sarasota Bay Explorers and Mote Marine Aquarium June 28

The YCC is for high school students who have an interest in conservation. The program was started with FDR's new deal under the Civilian Conservation Corps (CCC) and has since evolved into the YCC

The US Fish and Wildlife Service (USFWS) manages this program and the official concessionaire at the J.N."Ding" Darling National Wildlife Refuge, Tarpon Bay Explorers (TBE) and their sister company Sarasota Bay Explorers made this event possible and free of charge for the YCC group. This is the fifth year in a row that TBE has made this possible for the "Ding" Darling YCC group.

Although the youth are working performing trail maintenance, habitat management, etc., education days are offered so their overall education experience can be enhanced. USFWS trains the YCC in wildlife conservation and the key role of partnerships such as those of Sarasota Bay Explorers and their sister company Tarpon Bay Explorers.

Educational ranger Becky Wolff, YCC leader Jen DeLater and STAR teacher Jillian Meek from the J.N. "Ding" Darling National Wildlife refuge accompanied the YCC on this trip. Captain Marty lead the cruise on Sarasota Bay with naturalist Stephanie, where they netted marine life. During the Otter netting seahorses, file fish, brittle stars, comb jellies, garlic



sponges, brown spiny sea stars, stone crab, blue crab, pin fish, pig fish, spot fin, Atlantic spade fish and parrot fish were

Ruby

some of the marine critters the YCC got to learn about.

Mallory stated that she wants "to do this for a living. This is so cool." Mote volunteer Dave guided the group through the Mote Marine Aquarium.

According to Jackson, "The turtles were my favorite. So cool and mesmeriz-

Many of the kids did not want to leave. Jeremy asked "can we come here again this summer?"

The Youth

visits

Marine Aquarium.

Conservation

Corps (YCC)

Sarasota Bay

РНОТО

PROVIDED

Thanks to Tarpon Bay Explorers this event was available to YCC so they were able to learn what it means to be an environmental steward.

Pets of the Week

a 6-year-old labrador retriever mix, knows how to sit on command and loves to run in the play yard at the animal shelter. She also likes to play ball and fetch. Ruby would make a good watch dog because she's very alert and attentive, but mostly she would like to be your companion. Ruby is just \$10 to adopt during Animal Services Red, White or Blue adoption promotion. Her ID No: 539392

Snowey, a 2-year-old shy kitty, is very affectionate once she warms up to you. She loves to sit on the sofa with her foster mom and watch television. She gets along well with both dogs and other cats. If you would like a quiet companion, Snowey is your girl. She is just \$10 to adopt during the July adoption promotion. Her ID No: 536646

All adoptions include spay/neuter surgery, age-appropriate vaccinations,

rabies vaccination & county license if 3 months or older, flea treatment, worming, heartworm test for dogs 6 months & over, feline aids & leukemia test for cats, training DVD, 10 day health guarantee, and a bag of Science Diet pet food. The adoption package is valued at

The shelter is open for adoptions from 11:30 am to 3:30 pm Monday through Saturday. The Shelter is located at 5600 Banner Drive, Fort Myers, next to the Lee County Sheriff's Office, off Six Mile Cypress Pkwy.

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

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Center 4 Life

The Center 4 Life is located at 2410 Library Way. For more information, call 472-5743.

8 a.m. — Power Hour Fitness: Tuesday and Thursday 9 a.m. — Happy to be Fit for Life: Monday, Wednesday, Friday

This class is a combination of the Happy Hour & Essential Total Fitness held during season. It will help keep your heart, lungs and muscles strong and your brain fit with

a combination of aerobics and muscle conditioning exercises.

9:30 a.m. — Yoga: Tuesday and Thursday. Gentle Yoga is designed to stretch, tone and strengthen the body while improving flexibility, proper alignment and circulation. Class exercises make use of chairs and mats in order to meet the needs of varying experience lev-

The above classes are free for Rec Center members, or \$3.50 per class for Island Seniors, Inc. members and \$6 per class without any membership. Please bring your Rec Center membership card to the class to participate. Island Seniors, Inc. annual membership is \$20.

12:30 p.m. - Bridge For Fun: Monday and Wednesday

12:30 p.m. - Hand & Foot: Tuesday

12:30 p.m. - Mah Jongg and Mexican Train: Thursday

Trash & Treasures

Center 4 Life is accepting donations of gently used items for its November Trash and Treasures sale. Accepted items include household furniture, home decorations, glassware, dishes and utensils, cookware, luggage, collectibles, toys, fishing and boating supplies, hardware and tools, sporting goods, linens and small appliances such as blenders, mixers or coffee pots. Items that will not be accepted include clothing, shoes, computers, printers and old televisions. For questions, call 472-5753.

Tuesday Kayaking

This outing is perfect for people who love the outdoors. There is space for 16 people on the eight two-person kayaks and unlimited space for those with their own kayak. The two leaders for each outing determine the location. Leaders pay no fees and reserve the right to change the 8:30 a.m. meeting time. All participants, including those with personal kayaks, must meet at Center 4 Life unless an off-island launch is scheduled. The Center will also supply paddles and life jackets. Cost for the trip is \$5 for Island Seniors, Inc. members and \$10 for non-members per trip. Payment must be made when signing up. Tuesday Kayaking July 24.

Sanibel Island Marina

634 Yachtsman Drive, Phone: 239-472-2723

Sanibel Marina is located at 634 Yachtsman Drive on Sanibel Island between the Causeway and Lighthouse off Periwinkle Drive. Owned and operated by Myton Ireland since 1985, it is open from 7 a.m. to 7 p.m. daily. Call 239-472-2723 for times and reservations on any of the following sched-

■ Stars and Stripes-Enjoy the waters of historic Sanibel and the Pine Island Sound while on a sightseeing adventure. Travel from the Sanibel Lighthouse to the Back Bay Wildlife areas. View Dolphin and Exotic Wildlife. Departs at 11 a.m., 1 p.m., 3 p.m. and 5 p.m. Available for private bookings. Reservations required at (239) 472-2531

Sanibel Thriller- Cruise the waters of the Gulf of Mexico and Pine Island Sound circumnavigating the Worlds most prestigious Barrier Islands. During the narrated tour you will see wildlife such as Dolphins and Exotic Birdlife as well as the Historic Sanibel Lighthouse. Voted the best tour on the Islands, "A must do when visiting the Islands" Reservations are required at (239) 472-2328

Rental Boats-Fish, Picnic, or sight seeing aboard 20 foot Regal deckboats, fishing boats available. Boats include all safety equipment. Reserve a boat at (239) 472 2531.

Pro-Fishing Guides- All equipment and license provided, Backwater and Tarpon fishing avail-

able Book at (239) 472-2723.

Tarpon Bay Explorers

in the J.N. "Ding" Darling National Wildlife Refuge
Tarpon Bay Explorers is the licensed concessionaire of the J.N. "Ding"
Darling National Wildlife Refuge, providing low impact recreational and educational opportunities to the public under contract with the U.S. Fish & Wildlife

■ Standup Paddle Board Tour of Tarpon Bay: Join a Paddlefit Certified Naturalist to learn the basics of standup paddleboarding while you tour the Tarpon Bay estuary. Get a birds eye view as you stand aboard these stable boards. You'll learn all about the inhabitants of the seagrass flats including fish, oysters, manatees, dolphins and birds of prey. The tour lasts 90 minutes. Tour times are either 9 am or 1:30 pm. All skill levels welcome but participants must be at least 13 years of age and weigh at least 90

Aquarium and Touch Tank: Get to know our local marine life during an interactive touch tank presentation with a marine biologist. Discover firsthand the creatures beneath the surface, including conchs, sea urchins, seastars, horseshoe crabs and more. Presentations are daily at 11 a.m., 1:30 p.m. and 3

p.m. Kayak Trail Tour: A great introduction to Tarpon Bay and the coastal environment. Kayak with a naturalist through the mangrove forest along the Commodore Creek water trail. Learn about the rich back-bay ecosystem and the wildlife that lives there. You'll be surrounded by red mangroves, wading birds, and unsurpassed peace and quiet. All ages and skill levels welcome. Tour times are 8:30 a.m., 10 a.m., 11:30 a.m. or 1 p.m.

Sunset Rookery Paddle: As the sun goes down, paddle to the Rookery Islands and see hundreds of birds return to roost for the night. The paddle lasts

2 and a half hours.

Nature and Sealife Cruise: See wildlife up close while cruising the tranquil waters of Tarpon Bay during Nature and Sea Life Cruises. With a naturalist by your side, discover manatees and dolphins and observe amazing bird life on the rookery islands. And don't forget the popular breakfast and evening cruises, too!

Refuge Tour: Join a naturalist aboard an open-air tram for a tour of Wildlife Drive at J. D. 'Ding' Darling through the heart of the refuge. The tram departs from 1 Wildlife Drive, the main entrance to the Refuge on Sanibel-Captiva Road. The tram tour lasts 90 minutes and embarks daily except on

Tarpon Bay Explorers is located at 900 Tarpon Bay Road on Sanibel. For days, times and to make a reservation, call 472-8900.

Adventures In Paradise Cruises

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■ Backwater Fishing Cruise: All fishing equipment, bait, tackle and license will be provided. Departs at 9 a.m. daily.

■ Morning Dolphin & Wildlife Cruise: A great way to start your day! Complimentary pastries, coffee and orange juice. Departs at 10 a.m. Monday, Wednesday and Friday.

■ Sealife Encounter: See puffer fish, seahorse and starfish! Florida Gulf Coast University marine biologist on board for netting, observing, and hands on fun & education. Departs at 12:30 p.m. daily.

■ Sunset Dolphin & Wildlife Cruise: Enjoy a romantic sunset, watch dolphins, and experience the birds coming in to roost at night in remote sanctuary islands. Complimentary soft drinks and water. Departs at 5 p.m.

Complimentary trolley pick ups are available by reservation. Call Adventures in Paradise at 472-8443 to make reservations or get further information. www.AdventuresInParadise.com.

mation. www.AdventuresInParadise.com.

The Week Ahead and Beyond



Library.

Scott Humston and the Pro Kids Show Scott Humston and the Pro Kids Show will be at 3 p.m. at the Sanibel Public



Bear & Coyote Tales Captiva Conservation Foundation will host Bear and Coyote Tales at 10 a.m.



Family Beach Walk Meet at 9 a.m. at Sanibel's Gulfside City

Park for a one-hour exploration of the "Ding" Darling Refuge's Perry Tract. A shell expert from the Bailey-Matthews Shell Museum will accompany refuge staff. Parking fees will apply.



Bag Day Noah's Ark Thrift Store, located at the St. Michael and All Angels Church, will have its annual Bag Day from 9:30 a.m. to

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On Stage

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The Herb Strauss Schoolhouse Theater 2200 Periwinkle Way, Sanibel Phone: 472-6862 Web: www.BIGARTS.org

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Please call the theater for a list of upcoming shows

Cabbage Key/Useppa Island Lunch Cruise

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Captiva Cruises Dolphin & Wildlife Adventure cruise

Spotting the Atlantic Bottlenose Dolphin is always a highlight for visitors to Southwest Florida and Captiva Cruises offers the perfect family cruise that provides the opportunity to see dolphins playing and birds feeding in Plne Island Sound.

Night Sky Astronomy cruise

Captiva Cruises' naturalist identifies planets, stars and constellations, mythologies and mysteries, and features of the Milky Way Galaxy, as well as the greater universe. A truly magical way to experience the night sky on the water.

Reservations for all cruises are required.
Call Captiva Cruises at 472-5300 or go to www.CaptivaCruises.com for more information and to make reservations.

		Enter	tainment	on the Isl	lands		
	Friday -July 27	Saturday, July 28	Sunday, July 29	Monday, July 30	Tuesday, July 31	Wednesday, August 1	Thursday, August 2
Jacaranda 1223 Periwinkle Way 472-1771	ТВА	ТВА	ТВА	ТВА	ТВА	ТВА	ТВА
RC Otter's 11596 Andy Rosse Lane 395-1142	Steve McDugal, Noon-5pm Frank Thomson, 6-10pm	Royce Allgood, Noon-5pm Pat McCune, 6-10pm	Sam Felker, Noon-5pm Geo, 6-10pm	Royce Allgood, Noon-5pm and 6-10pm	Steve McDugal, Noon-5pm Pat McCune, 6-10pm	Royce Allgood, Noon-5pm Pat McCune, 6-10pm	Sam Felker, Noon-5pn Pat McCune, 6-10pm
Keylime Bistro 1509 Andy Rosse Lane 195-4000	Chris Workman, Noon-5pm Pat McCune, 6-10pm	Sam Felker, Noon-5 pm Mitch Mitchem, 6-10pm	Mark Vee, Noon-5pm David Johnson, 6-10pm	Paul Rosmus, Noon-5pm Frank Thomson, 6-10pm	Ken Kimeri, 6 to 10 p.m.	Mitch Mitchen, noon to 5 p.m.	Frank Thomson, Noon-5pm and 6-10pi
The Island Cow 2163 Periwinkle Way Nightly 6-9:30pm	Dan Confrey	Diana Lynn	Buckeye Ken				
The Mucky Duck Andy Rosse Lane 5-9pm/472-3434	Buckeye Ken	Ĝene Federico		Mark Dupuy	Rich Lancaster	Gene Fedenco	Dan Confrey
Fraders 1551 Periwinkle Way Fues. & Thurs. 8-11pm					Danny Morgan & Friends	Chris Workman	Danny Morgan & Friends
Blue Giraffe 2075 Periwinkle Way 472-2525							Gessiey Reed
Casa Ybel Resort 2255 W. Gulf Drive 472-9200	John McLane, Thistle Lodge Dining Room	Danny Morgan Coconuts Poolside Dan Tudor Thistle Lodge	Danny Morgan Coconuts Poolside				
Sweet Melissa's 1625 Periwinkle Way 472-1956	Michael David, Light acoustic jazz guitar	Michael David, Light acoustic jazz guitar				Michael David, Light acoustic jazz guitar	Michael David, Light acoustic jazz guitar
The Stone Crab 2761 W. Gulf Drive 172-0305	Slow Deal	Slow Deal				Steve Reynolds	Gene Federico
Il Celio 244 Periwinkle Way 172-5555	Dan Tudor	Gary Duke Earle			etseside		
George & Wendy's Seafood Grille 1499 Periwinkle Way 195-1263	Anthony Wayne					Bill Metts	Karaoke
Traditions On The Beach 1111 W. Gulf Drive 172-4559	Joe McCormick & Barbara Smith	Joe McCormick & Marvilla Marzan	Closed	No live music	No live music	All Star Jazz Band	Joe McCormick
Sharky's Restaurant & Billiards 1451 M. Gulf Drive 195-6014		Jay Heavilin & Friends, jazz,7-10pm			au Simologia mis		mental and o

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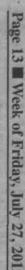
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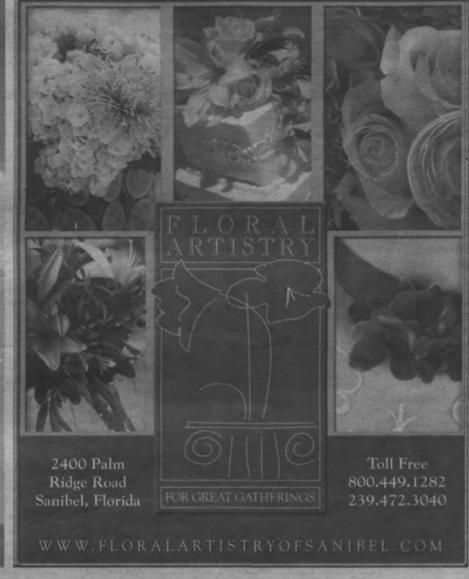
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ISLAND HOME



Experiencing life from a sea turtle's perspective

Submitted by Jenna Sullivan
At Sanibel Sea School, we love sea turtles. Although we are probably not alone in this sentiment, we feel it very strongly, especially this time of the year. We just finished our summer celebration and exploration of all things sea turtle, and it was one of our best weeks yet.

Campers spent a ton of time in the water this week, experiencing life from a sea turtle's perspective. We went on a long-distance snorkel over a sea grass bed and practiced diving down to get our faces right in the sea grass it was hard to recreate the green sea turtle's urge to take a big bite. We did a lot of seine netting and cast netting, and checked out the clumps of sargassum in the Gulf that provide shelter to hatchling turtles during the first, most vulnerable period of their lives. And of course, we played and surfed the waves every day like the turtle Crush from Finding Nemo.

Right now on Sanibel, it is sea turtle nesting season. The hatchlings have just begun to emerge – as of July 20th, fourteen nests hatched on Sanibel. Campers played games and learned about sea turtle life cycles. In particular, we investigated why a mother sea turtle lays quite so many eggs. We discussed r - versus K-selection, that biological concept whereby an animal's reproductive strategy is either to produce many offspring and hope a few will survive (r selection) or produce a few highly cared for offspring that have a high survival rate (K selection). Humans fall the K end of this continuum, whereas sea turtles fall on the r end - a mother sea turtle lays somewhere around 100 eggs in a nest, and then never sees them again. Very few survive to adulthood. To illustrate this concept, campers played a game where they were in charge of a group of water balloons that represented offspring, and they had to complete tasks without popping their balloons. It's harder to keep 20 water balloons safe

We learned about sea turtle biology and saw some specimens during a presentation by Amanda Bryant at SCCF, which was followed by an extensive Q&A session where curious campers got the expert answer to their var-

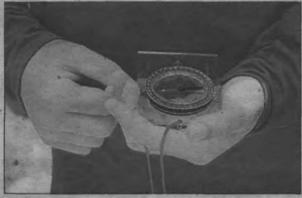


Hannah Smirch tries to keep hold of all her water balloon "offspring" in our r vs. K selection game

ious sea turtle musings. We also practiced our navigational abilities with an orienteering activity at the Bailey Tract, attempting to recreate a sea turtle's remarkable ability to return to the same area year after year to lay

At Sanibel Sea School, our philosophy is centered around the following quote by Baba Dioum: "in the end, we will conserve only what we love, we will love only what we understand, and we will understand only what we are taught." The case of the sea turtle is kind of a mixed up version of this idea: we know we love sea turtles, but we have to learn about them to understand how to best conserve their dwindling populations. If you want to learn more about sea turtle biology, their activity on Sanibel, or how you can help, ask Sanibel Sea School staff or campers from Sea Turtle Week! Or visit SCCF's webpage. When we are educated, we can all make a difference of the sea staffer on Sanibel. ference during this crucial time for sea turtles on Sanibel.

Sanibel Sea School is a non-profit organization looking to a world where all people value, understand and care for the ocean. Our mission is to improve the



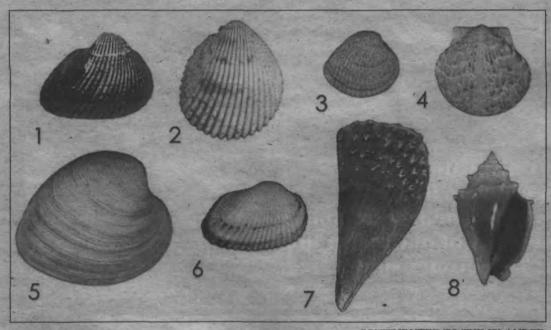
Jack Orchard uses some old school technology to find his way on the Bailey Tract.



Sam Smirch wears his game face in our all-out surfing competition.

Ocean's future one person at a time. Please enjoy our offerings and join the Ocean Tribe at www.sanibelseaschool.org or stop by our Sanibel location.

What's the most common shell on Sanibel?



CONTRIBUTED TO THE ISLANDER Which is the most abundant shell on Sanibel Island? We all know how plentiful shells are on Sanibel's beaches, but what species is most commonly found? Did you ever wonder? It is one among the eight shells in this picture? The common names of the species pictured are: (1) Ponderous ark; (2) Florida prickly cockle; (3) Cross-barred venus; (4) Calico scallop; (5) Southern quahog; (6) Transverse ark; (7) Stiff pen shell; and (8) Florida fighting conch. Which species is considered to be the most abundant on



Susan Hewitt, a volunteer at the American Museum of Natural History in New York City, recently did some scientifically controlled counts of shells on Sanibel beaches, and published her results in the latest issue of The Festivus, the magazine of the San Diego Shell Club. Both she and Dr. José H. Leal, director of The Bailey-Matthews Shell Museum, had an intuition about which shell would Shell Museum, had an Intuition about which shell would Shell Museum, had an intuition about which shell would turn up as the most populous in random samples – and they were both correct! Based on her findings, there is a "common" shell that is most often found on Sanibel beaches. In recent postings on the Museum's Facebook page, readers offered a variety of answers, but many guessed incorrectly. See if you can guess the most abundant shell on Sanibel! For the answer, visit www.shellmuseum.



August Fun Days at Sanibel **Recreation Center**

Registration for the upcoming Fun Days at the Sanibel Recreation Center is now open to children in kindergarten through 8th grade. Fun days offers a variety of athletic games, craft projects, and special entertainment. This program operates from 8 a.m. to 5:30 p.m. Aug. 6-7. Each child will need to bring a lunch, swimsuit and towel. A light snack will be provided.

Register for Aug. 6 before July 30 to receive the early bird rate of \$20 for members and \$25 for non-members; after the July 30 deadline, rates will be \$22 for members and \$27.50 for non-members. Register for Aug. 7 before July 31 and the same early bird rates apply.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 239-472-0345 or visit. Mysanibel.com.

(Source: City of Sanibel)

Scott Humston and the Pro Kids Show

Submitted by Cathy Cangelosi
Kids of all ages are invited to the Sanibel Public Library at 3 p.m. July 31 as Scott Humston and The Pro Kids Show are welcomed. Using music, magic, comedy, and audience participation Scott Humston will provide motivational character education. Children and parents will learn about the importance of honesty, respect, and responsibility in this live-action program.

The program is part of the Sanibel Public Library's

Summer Reading Program and is sponsored in part through the support of the Sanibel Public Library Foundation, Inc. and its generous donors.

For additional information on programs or to make a contribution to the Foundation, please contact us at (239) 472-2483 or online at www.sanlib.org.

Keep Sanibel beautiful... Please recycle!



Celia Hill, county extension agent IV with the Lee County Extension of University of Florida, educates children and their parents about the importance of a balanced diet during the recent FISH of Sanibel's Cooking with Kids presentation.

F.I.S.H. Cooking with Kids presentation a success

Contributed to the ISLANDER

A delicious, nutritious meal and educational experience was the evening's plan at the FISH of Sanibel's (Friends In Service Here) Cooking With Kids Presentation.

A group of 28 children and their families attended the July 16 event. This was a second free workshop held at the FISH Walk-In-Center and was open to the entire community.

Once again the event included hands-on cooking demonstration including nutrition education

Agent IV, Lee County Extension of University of Florida/IFAS. Hill used foods found in the FISH Food Pantry, and spent the evening teaching the children and their parents /guardians about the importance of a balanced diet.

She then demonstrated how to cook tasty, healthy meals for an entire family. The participants not only got to watch, but also helped prepare and, perhaps most importantly, taste their kitchen creations.

"It's truly wonderful to be able

by Celia Hill, County Extension to organize these educational events for our island families," said Bill Fellows, President of FISH. "It's truly wonderful to be able to organize these educational events for our island families," said FISH President Bill Fellows. 'We hope that this inspires and teaches our young participants to use what they've learned, and help their families prepare nutri-tious meals in the future. We are very happy with the turnout and cannot wait to organize another Cooking With Kids event in the near future.

Coyote and Bear Tales at SCCF



The Sanibel Captiva Conservation Foundation will host its Coyote and Bear Tales at 10 a.m. Aug. 1. Learn about the behaviors two newcomer species to the islands and how to live with them during the program. A coyote and Fforida black bear were first documented on the islands in the winter of 2011. Coyotes have now moved into every county in Florida and both the human and bear populations are growing in the state. The program is free to children and SCCF members, \$5 for adults. Call 472-2329 for more \$5 for adults. Call 472-2329 for more

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Property Management

Paws of the Week



Narciss

Luna and Narciss were found in an abandoned, hot car together. They have been neutered and spayed and given all of their shots. Now they are. ready for their new home. It would be great to see them get adopted together because they sleep, play and eat together in their foster home, which is too full at the moment. Luna is a female with tan coat with darker brown tips. Narciss is a male with charcoal gray and white markings. They are both approximately 1 year old. If you can help, please call Tabitha at 633-1574 or John at 633-1313.

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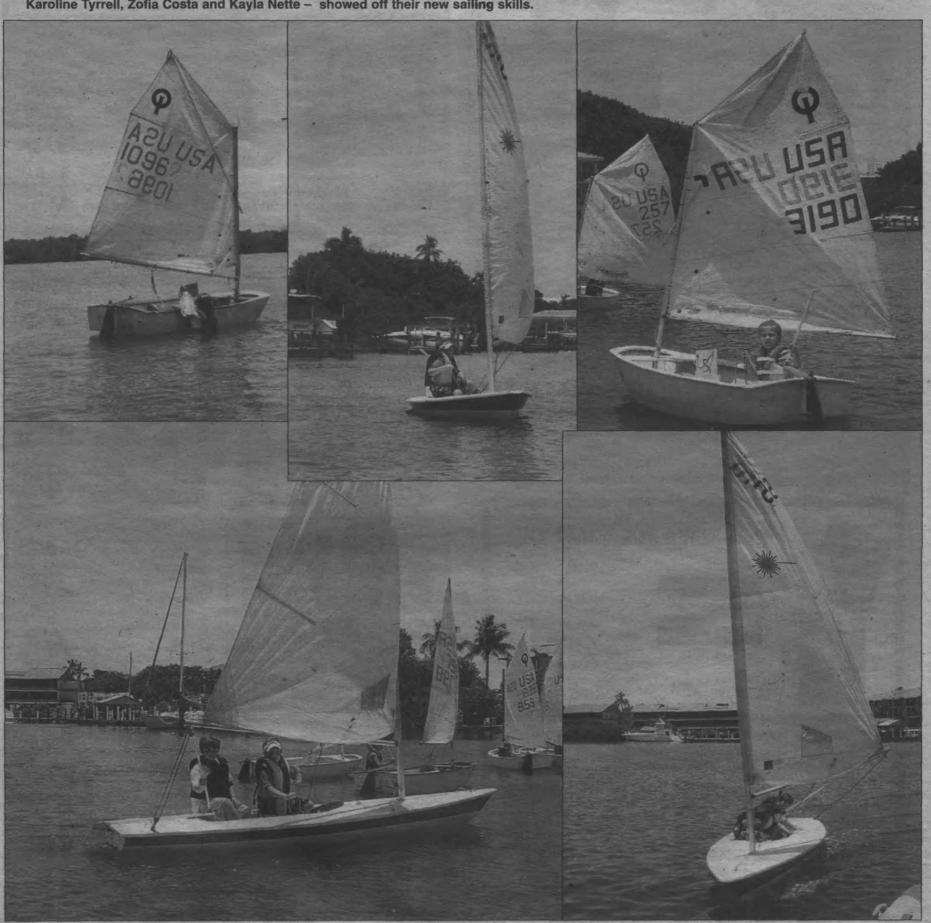




ISLAND FACES Learning how to Sail

PHOTOS BY SHANNEN HAYES

Ten novice sailors learned how to single-handedly sail a boat during the first session of Junior Sailing Camp at the Captiva Island Yacht Club. During Parents Day July 20, the children – David Tonti, Matthew Ciccone, Anna Willis, Grace Kerns, Kyle Walker, Annica Sivsov, Jack Heidrick, Karoline Tyrrell, Zofia Costa and Kayla Nette – showed off their new sailing skills.



ISLAND FACES



Page 39 Week of Friday, July 27, 2012

Sanibel-Captiva Islander



Ready to try a tri? Captiva event only 7 weeks away

Contributed to the CURRENT

When it comes to triathlons (or many sport activities), several experienced racers will tell you: "The first is the worst." Breaking old habits, adopting new training patterns and getting yourself prepared to do something outside your usual comfort zone can be a daunting challenge.

Yet more and more people each year accept that challenge and tackle their first tri - as is clear when you note that multisport events such as triathlons are one of the fastest growing athletic events around.

What makes triathlons a more approachable

■ They're achievable. Broken down into their three components, a sprint-length triathlon such as the Galloway Captiva Triathlon - which consists of a _-mile swim, a 10-mile bike and a 5K run - is some-thing with reach for all levels of fitness.

They're accessible. The proliferation of multi-sport events means there's one to fit almost every calendar and locale. The longer-distance events may take a little more work, but it's easy to find a sprint tri nearby - especially in a warm clime such as Southwest Florida.

■ They're affordable. While triathletes can (and do) spend lots to be properly equipped for their sport, all it really takes is a swimsuit and goggles, a bike and helmet, and a pair of running shoes... and the will to use them, of course.

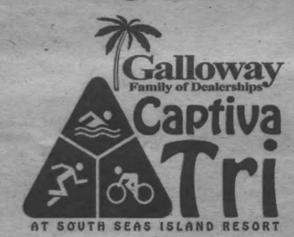
Think you want to try out a tri? A lot of firsttimers in Southwest Florida have signed on for the Galloway Captiva Tri (which will be held on Sunday, Sept. 16, on South Seas Island Resort and Captiva Island). We've asked a few of them why they decided to tackle a tri:

"I am doing the race to get in shape and lose weight. I've already lost 30 lbs. through diet and exercise and I have a lot more to go, but this triathlon is on my 'bucket list" and I'm looking forward to the

challenge." -- Lisa Diamond Stein, Fort Myers
"In 2007, I was diagnosed with sarcoma cancer in the left biceps and it eventually went to the lungs. After radiation and chemotherapy all is fine, and I then decided to get in shape losing 45 pounds with diet and the P90X exercise routine. I decided to try the Galloway Triathlon to give me a change of pace on training for fitness and achieve a personal satisfying goal of physical accomplishment." -- Greg Vogler, Sanibel and Chicago

"My son and I will be doing this race for the first time. My son is 7 and I am (not). We both love

sports but this is the first time that we can do an event together, as many marathons and triathlons do not consider children. They are the future of the sport and they need great, fun events like this to get off the couch and discover the pleasure of working with their bodies." -- Kimberly Blake-Roth, Miami Beach
When you register for the Galloway Captiva Tri, you'll also start receiving bi-weekly coaching tips



from USA Triathlon Level 2 Coach Angie Ferguson, president of Geared Up, the official coaching sponsor. Angie brings years of experience - as both a multisport coach and a seasoned triathlete (including 18 Ironmans) - to her training advice. She will also be conducting on-site clinics before the race to help both novices and seasoned athletes get their bearings.

Want to make your kids part of the fun? There's a race for them, too - the Children's Tri on Saturday, Sept. 15, with two different age groups (ages 6-9 and 10-13) on a shorter course. For both adults and kids, the course is a great combination of beauty and safety. The open-water swim will have a full complement of lifeguards and public safety officials, and the bike portion of both events takes place on roads closed to other traffic. The Gulf-front run course is just flat-out

gorgeous (along with being flat).

Both adult and children athletes can find out more details and register online through the link at the event website, www.captivatri.org. The entire family can make the Galloway Captiva Triathlon a family, the and fitness weekend at South Sacs Island Pascot. fun and fitness weekend at South Seas Island Resort.

The title sponsor is the Galloway family of dealerships, Southwest Florida' pre-eminent auto outlets who also sponsored last year's inaugural event. Event sponsor for the adult race is the Zehr Center for Orthopaedics, and Jason Gunter P.A. is sponsor for the children's event. Community Cooperative Ministries, Inc. (CCMI) is the benefitting charity for the race, as it was last year. A portion of the proceeds raised at the event will go towards supporting CCMI's School Backpack Program, providing emergency food more than 2,000 local children each

school year.

The Galloway Captiva Tri is presented by Southwest Florida Events Inc., a Florida not-forprofit corporation based in Fort Myers dedicated to combining fun, fitness and support for local charities through multisport events. For additional information, go to www.captivatri.org or find us on Facebook by searching for Captiva Tri.

Summer closes with reading party

Teen and "tweens" will celebrate the close of summer with End of Summer reading party at 2 p.m. July 27 at the Captiva Memorial Library. You've read, you've watched, now it's your time to win! Bring all your Teen Bucks and join us as we have our end of summer party with cool prizes. Captiva Memorial Library teen bucks must be earned before 8 p.m. July 25.

This event is free of charge. For information call 533-4890. Program support is provided by the Lee County Library System, the Captiva Memorial Library Board and Captiva Civic Association.

Summer reading for . grown-ups:



At the Library

Keeper of Lost Causes by Jussi Adler-Olsen "Jussi Adler-Olsen is Denmark's premier crime writer. His books routinely top the bestseller lists in northern Europe, and he's won just about every Nordic

crime-writing award, including the prestigious Glass Key Award-also won by Henning Mankell, Stieg Larsson, and Jo Nesbo. Now, Dutton is thrilled to introduce him to America. The Keeper of Lost Causes, the first installment of Adler-Olsen's Department Q series, features the deeply flawed chief detective Carl Morck, who used to be a good homicide detective-one of Copenhagen's best. Then a bullet almost took his life. Two of his colleagues weren't so lucky, and Carl, who didn't draw his weapon, blames himself. So a promotion is the last thing Carl expects. But it all becomes clear when he sees his new office in the basement. Carl's been selected to run Department Q, a new special investigations division that turns out to be a department of one. With a stack of Copenhagen's coldest cases to keep him company, Carl's been put out to pasture. So he's as surprised as anyone when a case actually captures his interest. A missing politician vanished without a trace five years earlier. The world assumes she's dead. His colleagues snicker about the time he's wasting. But Carl may have the last laugh, and redeem himself in the process. Because she isn't

A Lady Cyclist's Guide to Kashgar by Suzanne Joinson

"It is 1923. Evangeline (Eva) English and her sister Lizzie are missionaries heading for the ancient Silk Road city of Kashgar. Though Lizzie is on fire with her religious calling, Eva's motives are not quite as noble, but with her green bicycle and a commission from a publisher to write A Lady Cyclist's Guide to Kashgar, she is ready for adventure. In present day London, a young woman, Frieda, returns from a long trip abroad to find a man sleeping outside her front door. She gives him a blanket and a pillow, and in the morning finds the bedding neatly folded and an exquisite drawing of a bird with a long feathery tail, some delicate Arabic writing, and a boat made out of a flock of seagulls on

Reading party

From page 40

her wall. Tayeb, in flight from his Yemeni homeland, befriends Frieda and, when she learns she has inherited the contents of an apartment belonging to a dead woman she has never heard of, they embark on an unexpected journey together. A Lady Cyclist's Guide to Kashgar explores the fault lines that appear when traditions from different parts of an increasingly globalized world crash into one other. Beautifully written, and peopled by a cast of unforgettable characters, the novel interweaves the stories of Frieda and Eva, gradually revealing the links between them and the ways in which they each challenge and negotiate the restrictions of their societies as they make their hard-won way toward home. A Lady Cyclist's Guide to Kashgar marks the debut of a wonderfully talented new writer."

As the Crow Flies: A Walt Longmire Mystery

by Craig Johnson "Embarking on his eighth adventure, Wyoming Sheriff Walt Longmire has a more important matter on his mind than cowboys and criminals. His daughter, Cady, is getting married to the brother of his undersheriff, Victoria Moretti. Walt and old friend Henry Standing Bear are the de facto wedding planners and fear Cady's wrath when the wedding locale arrangements go up in smoke two weeks before the big event. The pair set out to find a new site for the nuptials on the Cheyenne Reservation, but their scouting expedition ends in horror as they witness a young Crow woman plummet-ing from Painted Warrior's majestic cliffs. It's not Walt's turf, but the newly appointed tribal police chief and Iraqi war veteran, the beautiful Lolo Long, shanghais him into helping with the investigation. Walt is stretched thin as he mentors Lolo, attempts to catch the bad guys, and performs the role of father of the bride. With the popularity of Craig Johnson's Walt Longmire series growing apace, fans new and old will relish As the Crow Flies, the sheriff's latest quirky and complex investiga-

Helen Keller in Love by Rosie Sultan

Keller has long been a towering figure in the pantheon of world heroines. Yet the enduring portrait of her in the popular imagination is The Miracle Worker, which ends when Helen is seven years old. Rosie Sultan's debut novel imagines a part of Keller's life she rarely spoke of or wrote about: the man she once loved. When Helen is in her thirties and Annie Sullivan is diagnosed

with tuberculosis; a young man steps in as a private secretary. Peter Fagan opens a new world to Helen, and their sensual interactions - signing and lip-reading with hands and fingers - quickly set in motion a liberating, passionate, and clandestine affair. It's not long before Helen's secret is discovered and met with stern disapproval from her family and Annie. As pressure mounts, the lovers plot to elope, and Helen is caught between the expectations of the people who love her and her most intimate desires. Richly textured and deeply sympathetic...highly inventive telling of a story Keller herself would not tell...both a captivating romance and a rare glimpse into the mind and heart of an inspirational figure."

by Kim Stanley Robinson
"The year is 2312. Scientific and technological advances have opened gateways to an extraordinary future. Earth is no longer humanity's only home; new habitats have been created throughout the solar system on moons, planets, and in between. But in this year, 2312, a sequence of events will force humanity to confront its past, its present, and its future. The first event takes place on Mercury, on the city of Terminator, itself a miracle of engineering on an unprecedented scale. It is an unexpected death, but one that might have been fore-seen. For Swan Er Hong, it is an event that will change her life. Swan was once a woman who designed worlds. Now she will be led into a plot to destroy them."

Final Sail

by Elaine Viets
"To catch a jewel smuggler on a luxury yacht, Helen needs to pose as the ship's new stewardess - but between serving drinks to the snobs, scrubbing floors, and cleaning up after seasick pas-sengers, she's starting to miss dry land almost as much as she misses Phil.

While Helen's cruising to the Bahamas, Phil's got his own job - trying to catch a sexy gold digger who may have killed her elderly husband for his fortune. Good thing he's a self-pro-claimed master of disguise, playing it cool as everything from an air-conditioning repairman to a Rastafarian. Helen's a help to Phil on his case, but when she's on her own on the high seas, Helen needs to watch her step as she searches out the smuggler - or she may end up going from undercover to over-board..." *Show MoreShow Less

* Book jacket/publisher description

PAID ADVERTISEMENT

Rubies & Peridot: gemstones for July and August

by Dan Schuyler & Karen Bell



Six times each year, this column will feature the history, mythology, and facts surrounding various birthstones. If you have a July birthday, your gem is the ruby; those born in August are gifted with the

Top-quality rubies rank among the world's rare and costly gems. Its glowing red color has been attributed to holding vast magical powers including an unquenchable fire, the prevention of evil thoughts, the ability to reconcile disputes, and the ability to bring its wearer perfect peace and

happiness.
When seeking a ruby, you should know that they can display a range dark, and the hue can be orange, purple, pink, or brown. Rubies are often slightly included and are cut in traditional shapes. Large rubies are rare, and the highest quality ruby is

not usually larger than five carats. Rubies are traditionally found in Myanmar, Madagascar, Kenya, Thailand, and Vietnam. Rubies are very wearable because they have a high hardness, or scratch resistance. To clean rubies, you can safely use liquid cleaner or detergent, but do not scrub them. When in doubt, bring your jewelry to the store for nocharge cleaning and inspection twice each year.

Along with being the birthstone for July, rubies are the birthstone for summer and Capricorn as well as being the gem that celebrates 15th and 40th wedding anniversaries.

Peridot is a yellow to yellow-green gemstone that has been mined for thousands of years. It is often the result of volcanic action with tiny

peridot crystals sometimes appearing in black volcanic sand. There are biblical references to its bright green color, and it is said to have been one of the favorite gemstones of Queen Cleopatra.

The stone is thought to bring the wearer good luck, peace, and success. The powers of good health, protection, and peaceful sleep have also been attributed to peridot. Other myths attribute the bright green gem with the ability to attract love and calm anger while also soothing nerves and dispelling negative emotions.

Peridots are found in Myanmar, Pakistan, Norway, China, Hawaii, North Carolina, and Arizona. The most important source of peridot in the world is the San Carlos Apache Indian Reservation near Globe, Arizona, where Native Americans primarily mine the stone. Interestingly, it has also been found in some meteorites, making it one of the few gems known to exist outside our solar system.



Peridot is available in small sizes because larger stones are becoming scarce. It is not a hard stone and can scratch easily. Carefully protect your peridot from scratches, sharp blows, household chemicals, and extreme temperature changes. Do not use a home ultrasonic machine for

Along with being the gemstone for August birthdays, peridot is the birthstone for Libra as well as being the gem for 16th wedding anniversary gifts.

Store hours are Monday thru Saturday 10 a.m. - 5 p.m. For more information about Lily & Co., contact Dan Schuyler (239) 472-2888 or visit http:// www.lilyjewelers.com 10 a.m. - 5 p.m. For more information about Lily & Co., call (239) 472-2888 or visit http://www.lilyjewelers.com.

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Gulf Coast Symphony 2012-13 Season overview

■ Deck the Halls! Dec. 16 - Featuring performances by Gulfshore Ballet and Symphonic Chorale of Southwest Florida

Symphonic Sensations Series

All Symphonic Sensations concerts are held at Barbara B. Mann Performing Arts Hall and begin at 7:30 p.m. Season subscription prices per person are:

\$112 rear balcony-value

\$128 front balcony-preferred

\$152 orchestra-premium

\$184 front orchestra & front mezzanine-preferred

\$260 loge box*

*Loge box seats cannot be purchased without a Musical Legacy Society membership. Membership costs \$1000 per season and benefits are listed on our website. Individual tickets go on sale November, 2012

■ Hollywood Hits!

Jan. 27, 2013 - Classics from the Silver Screen with music and songs from award-winning movies of yesterday and today. Hosted by GCS favorite Sal

■ Dancing & Romancing!

A Tribute to Fred Astaire & Ginger Rogers
Feb. 26, 2013 - This tribute to the 1930's features the music of Berlin, Porter, Kern, and Gershwin, Broadway and Hollywood combine in a night of song and dance inspired by the legendary Fred and Ginger. Performed by singer-dancers Joan Hess and Kirby Ward.

■ Andrew Lloyd Webber UnMasked
March 10, 2013 - Your favorite Andrew Lloyd Webber musicals along with
other recent Broadway smash hits make for a night of magic! Starring Doug
Labrecque & Christiane Noll

■ Broadway Showstoppers!

April 7, 2013 - Two of today's hottest Broadway stars Ryan Silverman and Melissa Errico bring show-stopping tunes from the Broadway stage to Southwest

Classical Access Series

All Classical Access concerts are held at Barbara B. Mann Performing Arts Hall and begin at 7:30 p.m.
Children under 13 are admitted FREE

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\$69 front orchestra & front mezzanine-preferred

\$150 loge box*

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■ Beethoven Symphony No. 9

Nov. 18 - With choral performance by the Fort Myers Mastersingers

■ Rachmaninoff Piano Concerto No. 2

Jan. 13, 2013 - Featuring guest pianist, rising international star, Di Wu

May 18, 2013 - Featuring a fully staged opera by Philadelphia's Center City Opera Theater

All Family Concerts are held at Barbara B. Mann Performing Arts Hall and begin at 1PM

\$10 for adults

\$7 for children's seating on stage

\$5 for children's theater seats

■ The Sounds of Halloween

Oct. 28, 2012 - Beginning at 1 p.m., children are invited to trick or treat in the Barbara B. Mann PAH lobby, participate in a costume contest and to try out some of our musicians' instruments at the Instrument Discovery Zone. The concert begins at 2PM in the theater and features classical pieces that are typically associated with Halloween.

Nature Notes

Sanibel-Captiva Conservation Foundation

3333 Sanibel-Captiva Rd. Phone: 239-472-2329

Dolphin & Wildlife Adventure Cruises: Daily, 4 to 5:30 p.m. Where: Pine Island Sound; departs

McCarthy's Marina, Captiva
In cooperation with Captiva Cruises, an excellent opportunity for the whole family to view wildlife in Pine Island Sound. Cost is \$20/adults, \$12.50/children.

Reservations required, call 472-5300.

Butterfly House: Call for schedule Learn about the life cycle of the Zebra Longwing, the state butterfly, on a self-guid-ed tour of the Butterfly House.

Human Uses of Florida Native Plants
Explore our Ethnobotany garden to learn
about Florida's native plants. Signs briefly
explain how plants have been used for centuries for food, shelter, medicine and art.

Guided Native & Tropical Garden Tour The Gardens at Sanibel Moorings Resort overflows with many unusual exotic and native tropical plants. Walking tours of

approximately two are offeredat 9 a.m.
Wednesdays.The cost is \$5 per person.
Sanibel Moorings Resort is located at 845 E Gulf Drive, Sanibel. For information and RSVP call 472-4119

Tarpon Bay Explorers 900 Tarpon Bay Road Phone: 239-472-8900

Tram Tour Protect Wildlife and Take

the Tram!: Daily except Fridays
Join a naturalist aboard an open-air tram
for a tour of Wildlife Drive at 'Ding' Darling through the heart of the refuge. Sit back and relax while learning the basics of the ecosystem and its numerous inhabitants. 90 min-

Nature & Sea Life Cruise: Call for schedule See wildlife up close while cruising the tranquil waters of Tarpon Bay. With a natu-ralist by your side, discover manates and dolphins and observe amazing bird life on the rookery islands. Includes touch tank exploration. An excellent program for all ages. And don't forget our popular Breakfast and Evening cruises, too! (Daytime, 90 minutes; Evening, 2 hours)

Guided Kayak Trail Tour:
Daily at 8:30 and 10:30 a.m. & 1 p.m.
A great introduction to Tarpon Bay! Paddle with a naturalist through the mangrove forest along the Commodore Creek Water Trail.
Learn about the rich backbay ecosystem and the creatures that live there. Includes kayak rental for the entire day. (1.5 hours with naturalist, then you can keep the kayak out on your own afterwards.)

Sunset Rookery Paddle: Call for schedule Join us as the sun goes down on a paddle to the Rookery Islands as hundreds of birds return to roost for the night. Days offered vary, please call for current schedule. (21/2 hours)

Touch Tank Exploration: Call for schedule Get to know our local marine life during an interactive touch tank presentation with a marine biologist. Discover first-hand the creatures beneath the surface, including conchs, sea urchins, seastars, horseshoe crabs and more.

Captiva Cruises 11401 Andy Rosse Lane, Captiva Phone: 239-472-5300 Web: www.captivacruises.com

Cabbage Key or Useppa Lunch & Bolphin, 10 a.m. to 3 p.m. Cruise Pine Island Sound, the prime habitat of dolphins. Visit unique island destination where lunch is available at waterfront restaurants. Adults \$35, Child \$20

Cayo Costa State Park Beach & Shelling

Half-day (9 a.m. to noon and 1 to 4 p.m.) and Full-day (10 a.m. to 4 p.m.)

Beach and Shelling cruise to premier barrier island state park. Pack a lunch, your swimming gear and adventurous spirit! Full-Day: Adults \$45, Child \$35; Half-Day: Adults \$35, Child \$20

Boca Grande on Gasparilla Island
10 a.m. - 4 p.m.
Escape to this quaint seaside village with
banyan trees, historic churches, lighthouse,
unique shops and restaurants. Adults \$45,

Dolphin & Wildlife Adventure, 4-5:30 p.m. Narrated by the Sanibel Captiva Conservation Foundation. This is an excellent cruise to view dolphins and other wildlife in their natural setting. Adults \$25,

Sunset Sightseeing
Time varies with sunset (call for schedule)
Enjoy the fresh sea air and live music while watching the sun set over the Gulf of Mexico. Adults \$25, Child \$15

Sailing Cruises Times vary (call for schedule) Two-hour cruises aboard a 40-foot Sailing

Catamaran. A spectacular Gulf of Mexico sailing adventure. Adults \$45, Child \$35 Private Cruise Expeditions Times are customized to guests needs Beach, shelling, lunch or sailing "custom tours." Boats can accommodate groups of 1-

Adventures in Paradise

6 and 7-48 passengers.

Port Sanibel Marina 14341 Port Comfort Rd., Fort Myers Phone: 239-472-8443

Backwater Fishing: Daily 9 a.m. to noon. All fishing equipment, bait, tackle and license provided.

Sealife Encounter Excursion:
Daily 12:30 to 3 p.m.

Join the marine biologist/naturalist and cruise aboard "Miss Paradise" for a hands-on learning experience for the whole family complete in the touch touch and parameters. plete with touch tanks and aquariums! See everything from seahorses to dolphins. Wear your beach shoes and bring your towels.

Shelling the Outer Islands: Tues., Wed., Thurs., Sat. 9 a.m.-3 p.m. Cruise to the Outer Islands for Shelling and lunch at Barnacle Phil's. Cruise through San Carlos Bay, by the rookery and spoil islands while enjoying dolphins, herons, egrets and osprey! Wear beach shoes and bring your towels.

Afternoon Dolphin Cruise:

Tues., Wed, Thurs., Sat. 3:30-5 p.m. Cruise through San Carlos and Pine Island Sound to see and learn about the mangrove islands and estuaries where Calusa Indians once lived. Learn the history, see the dolphins!

Sunset Dolphin Cruise: Dally

Call for departure time.

Complimentary champagne is served as you cruise out by Bird Island where all the birds come to roost for the night, along the coast of Sanibel and out by the Lighthouse. Canoe/Kayak Rentals & Eco-Tours: Rentals daily. Tours 9 to 11 a.m. Paddle through Larry's Lagoon, along Stingray Bay through the Mangrove Forest. Discover where manatee visit, dolphins feed, birds flock and engles need!

Sanibel Marina 634 N. Yachtsman Drive Phone: 239-472-2723

Dolphin and Wildlife Cruises
Tour the islands aboard "The Sanibel
Thriller." Not just a boat ride but a narrated
seagoing adventure. Call for reservations.
Also, enjoy the dolphins aboard "The Stars
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\$15 for adults, \$9.50 for children. Both vessels are available for private parties.

What's it like getting older?

ly conduct man on the street interviews assess what people are thinking about and where the world is going.

But getting people to stop and be interviewed by me is always a struggle. As an intrepid reporter I need to approach total strangers without

provoking them or their calling the police. But here in Sanibel people are friendlier and less suspicious.

Occasionally I will come across an individual who is so wary about being approached by strangers that he will simply say 'I'm not interested in anything you have to say nor do I want my privacy invaded by the likes of you. Go sell your magazines to someone else.

As a reporter I accept rejec-



responses nobly because in my heart I sense that most people are approachable and are willing to their share thoughts with me. My most recent man on the street interview was on subject "what's it like getting older." Even though a people approached

refused to either talk to me or deal with this subject I got enough insights from those willing to participate. Here are three wildly divergent view-

Your reporter: Madame, I'm conducting a survey on what it's like to get older. Can you tell me what getting older is like for you?

Person on the street: I'm not getting older, I'm getting wiser. Haven't you heard that

R: Yes, I have so you'll have to do better than that.

P: Okay, I'll open myself up to you, a total stranger. Here's what it's like getting older. I never think about it until I run into someone I haven't seen in four or five years. When I see that person I'm always shocked by how much older that person looks since the last time I saw her. That's my yardstick. That's why it's better to keep seeing friends and family very frequently. You don't notice the aging because you see them so often. The shock of aging takes place when you run into someone you haven't seen in a while.

Imagine the reaction of someone who hasn't seen me in five years and then runs into me somewhere. We look at each other and say 'my, you haven't aged at all." But we both know that's not true. We have aged and there's not a blessed thing we can do about it. Plastic surgery can do just so much. We just can't stop the clock. It's ticking like a

rime bomb and one day...
R: Let's not go there. Thank you for your time. I'll chat with that gentleman pushing the shopping cart. Sir, I'm conducting a survey on what it's like to get older. What's it

like for you?

P: Well, you certainly ask that question at the right time. I'm seventy-three years old and can still press 300 pounds in the gym. I can still do everything I've always done and in some ways better. The only concession I make to getting older is that I can't pitch for the Chicago Cubs.

R: Oh, were you a professional baseball player?

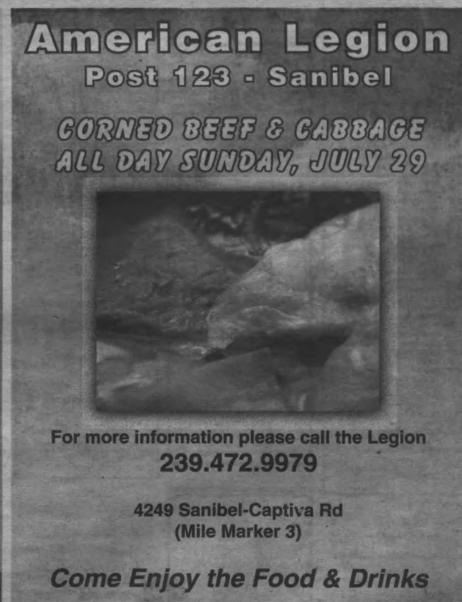
P: No, I was a plumber. But I always dreamt of pitching for the Cubs. I had no talent but a child's dream still lingers later in life. Even today I would like to get out on that mound and try to throw a fast ball right by A-Rod. But getting older to me simply means that I'll be around for the rest of eternity. At least that's how I think.
R: Thank you, sir. You're

very optimistic. Here's a teenage boy. Let's see what his view on the subject is. Young man, over here. I'm doing a survey on what it's like to get older. What's it like for you?

P: It means that my voice won't be as squeaky anymore. And that this acne will disappear. And that my friends will respect me and not think I'm a nerd. I plan to invent software programs that will revolutionize the world. I'll be going to college one day and intend to become a billionaire. Then I'll be able to choose the friends I really want.

R: So there you have it three different perspectives on what it's like to get older. As for me, when I think about getting older I do the only sane thing I can - I open a bottle of vodka, put a trace of orange juice in it for some much needed Vitamin C and drink myself into total forgetfulness. It's the coward's way out for sure but it does beat thinking about getting older.





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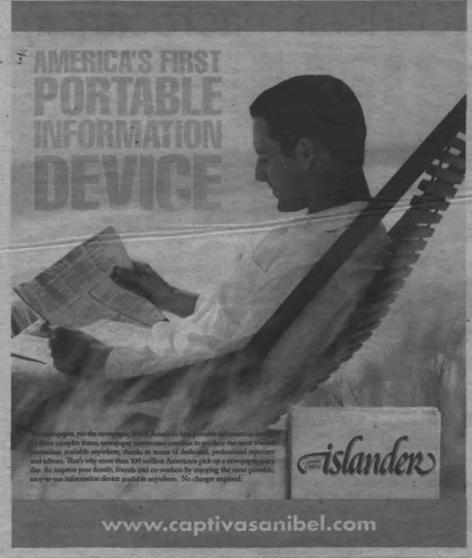
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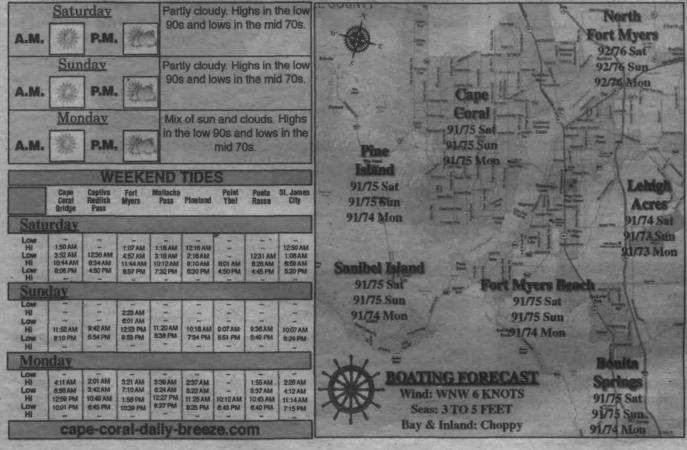
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Sanibel-Captiva Tides

captivasanibel.com captivasanibel.com



WEATHER FORECAST FOR JULY 28TH - JULY 30TH

EXTENDED FORECAST

TUESDAY: PARTLY CLOUDY. HIGHS IN THE LOW 90S AND LOWS IN THE MID 70S.

WEDNESDAY: PARTLY CLOUDY. HIGHS IN THE UPPER 80s AND LOWS IN THE MID 70s.

THURSDAY: SLIGHT CHANCE OF A THUNDERSTORM. HIGHS IN THE UPPER 80s AND LOWS IN THE MID 70s.

Forecast brought to you by the National Weather Service.

STATE FORECAST-SATURDAY CAPE CORAL 91/75 DAYTONA BEACH 92/73 FT. LAUDERDALE 89/77 FT. MYERS BEACH 91/75 GAINESVILLE 95/79 KEY WEST 85/80 KISSIMMEE 92/74 MIAMI 88/77 ORLANDO 93/74 PANAMA CITY 87/76 PENSACOLA 87/77 SARASOTA 87/76 ST. PETERSBURG 88/79 TALLAHASSEE 88/75 TAMPA 89/76 VERO BEACH 90/73



SUNRISE Sat 6:51 AM Sun 6:52 AM



SUNSET Set 8:18 PM Sun 8:17 PM

Plant Subject: Carissa (Carissa macrocarpa)

First impression: Shiny deep dark green leaves are an eye catching backdrop to the twinkling star like white flowers. Wow, what an intense fragrance of jasmine mixed with gardenia. Look out; the closely spaced leaves are hiding small spines on the branches.



Anita Force Marshall

What's Blooming in Paradise

These thick leaves ooze white milky sap when broken. Large fruit. inches) in varying shades of ripeness protected thorns. But ahhh, the fragrance the worth the sniff! Take deep

breath and partake the scent of this unique bloom at the Botanical Gardens of the Sanibel Moorings.

Upon further investigation: Carissa is considered a great addition to your coastal garden. It adds a dark green compact shape with lots of grit against strong winds and salt spray. Its dense foliage makes it a good screen, and its thorns make it a stay away barrier as well. It can be pruned to any size. Patience is the key because of its slow growth, it's a great plant to grow and shape as your garden grows with time.



PHOTOS PROVIDED

Carissa (Carissa macrocarpa)

Considered a medium sized shrub, our tallest one is about 12 feet tall. Now a day, more cultivars are available to us in dwarf sizes, horizontal ground covers, thorn less, and spiral flowers. The fragrant tiny flowers are cameo white and packed an olfactory wallop of fragrance, which intensifies at night. Take a flower and rub it on your wrists—oohh! The flowers are a super pollinator

attractor; everyone takes advantage of the nectar. Remember I mentioned large fruits? They are edible! Natal plums start out green then turn a reddish crimson hue when ripe. To me, they taste very tart and remind me of cranberries. Like most tart fruits, can be transformed into unique pies, jams, jellies, and sauces. One drawback of our star is that the tasty plum is the only plant part that is not poisonous. Like many plants of the Carissa species, the white milky sap of the leaves can make you ill. Wear gloves, wash your hands, and never ingest this ooze, it has a highly-toxic quality. You will appreciate this plants easy nature and lack of pests and disease. The mature plants occasionally will get a branch area that turns completely black and necrotic, just prune away. Made for our tropical climate, easy care, drought tolerant, and can take full sun. It is a non native species, whose hails from the South of Africa, where it is grown as an edible crop.

Pros: Bloomer & fruiter at the same time - Does well in sandy soil - Likes full sun & partial shade - Great as a stay away barrier - Easy to maintain/prune slow grower - Coastal shrub - Pollinator attractor - Salt tolerance - Adds a dark green backdrop to your garden - Save on expensive perfumes-rub all over your body - Easy care - Add a new jelly to your repertoire - Intoxicating fragrance.

Cons: Be careful with sap - Slow grower - Pollinator attractor - Non native - Spiny-ouch! - Neighbors may be stealing fruit when you're not looking.

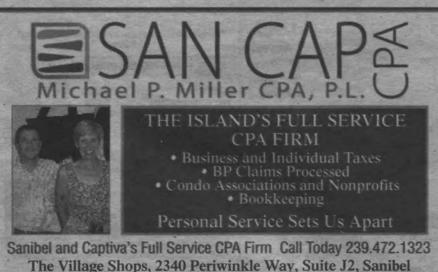
Conclusion: Blooms of cameo white starry flowers, which fill the night with a twinkling fragrance. Follow your nose to our garden in paradise.

Don't wanna miss this bloomer!





Carissa (Carissa macrocarpa)





The Florida box turtle is semi-aquatic, at home in both terrestrial and aquatic habitats. In freshwater it prefers to remain in the shallows and does not appear to



Charlie Sobczak Living Sanibel

be a good swimmer. It has a life expectancy more than 100 years, making it the longest-living organism in The Living Gulf Coast.

Easily identified by its high, arching domed carapace

with bright orange-yellow markings, the box turtle is commonly kept as a pet. Collecting this turtle for the pet industry was recently outlawed, however, and the species is now protected in Florida. Because of the box turtle's popularity, Florida has imposed a two-turtle possession limit.

The box turtle's diet consists of insects, carrion, dung, and toxic fungi. The box turtle cannot be eaten by



PHOTO PROVIDED Eastern Box Turtle.

humans or other mammals because of the build-up of toxicity in its flesh from eating poisonous mushrooms and other fungi. Because of that, the box turtle is seldom preyed upon as an adult. That may be why it is so brightly patterned, much like other toxic and poisonous species. Some juveniles and hatchlings are taken by fire ants, herons, and

In the Know Florida Box Turtle (Terrapene carolina bauri)

Other names: box turtle Status: FL=species of special concern, IUCN=LC

Length: 6.5 in. (16.5 cm)

Weight: 5 lb (2.3 kg)

Life span: to more than 100 years

Reproduces: lays up to 3 clutches of 4-6 eggs each on land

Found: All Countries, coastal, near coast, inland

Months found: JFMAMJJASOND (lower case indicates breeding season).

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