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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 25, 2015

SEPTEMBER/OCTOBER SUNRISE/SUNSET: 25 7:18 • 7:23 26 7:18 • 7:22 27 7:19 • 7:21 28 7:19 • 7:19 29 7:20 • 7:18 30 7:20 • 7:17 1 7:21 • 7:16



Sanibel Mayor Kevin Ruane, right, is interviewed regarding the beach parking fee increase approved by city council on Tuesday morning photo by Jeff Lysiak

Beach Parking, Rec Center Fee Increases Approved

by Jeff Lysiak

During Tuesday's regularly scheduled city council meeting, three ordinances which proposed increases in parking fees and penalties at the city's beach parking lots as well as increasing membership fees and facility rental fees at the Sanibel Recreation Center were unanimously approved.

The ordinance which proposed increasing beach parking fees – from the current \$3 continued on page 34

'Ding' To Celebrate National Public Lands Day At The Refuge

JN "Ding" Darling National Wildlife Refuge will celebrate National Public Lands Day on Saturday, September 26 on Sanibel Island with free admission to Wildlife Drive, pictures with the Blue Goose mascot character, and issuance of free yearlong passes to U.S. fourth-grade students.

Wildlife Drive opens at 7 a.m. for free touring and closes at 7 p.m. The free "Ding" Darling Visitor & Education Center opens at 9 a.m. Fourth-grade students and homeschool equivalents are invited to check in at the front desk to print out and complete vouchers for their free Every Kid In A Park pass, good for admission to every U.S. national wildlife refuge, park, forest and other public land through August 2016.

Fourth graders can take their completed voucher to the Wildlife Drive fee booth for their pass, which also includes free admission for accompanying siblings up to age 15, and up to three accompanying adults yearlong.

From 1 to 3 p.m., the refuge's Blue Goose continued on page 9



The refuge's Blue Goose will be on hand for photos from 1 to 3 p.m.

Noah's Ark Thrift Shop To Reopen October 2

Noah's Ark, a popular island thrift shop located on the grounds of St. Michael and All Angels Episcopal Church, reopens for business for the winter season on Friday, October 2 from 9:30 a.m. until 12:30 p.m. The shop was closed for six weeks for maintenance and restocking.

The Ark offers for sale, at bargain prices, merchandise of all kinds, including women's and men's clothing, children's clothes, bedding, kitchen electronics and housewares, furniture and home furnishings, a two-manual electronic organ for the musically inclined, and a varied selection of books – in its own special book station, "Barnes and Noah."



Sheelagh Clarke, in an Ark-purchased dress, with her husband, Stockholm Prize winner Dr. Ronald Clarke, at Stockholm City Hall's Golden Hall

Coordinator for the reopening, Susie Scutakes, reported that islanders have been "very generous with their lightly-used possessions."

"We have some wonderful items ready to be taken home," she added. "This should be one of our best years ever."

The numerous nooks and crannies of Noah's Ark hold hidden gems. In June, St. Michael's parishioners and part-time Sanibel residents Dr. Ronald and Sheelagh Clarke traveled to Stockholm, Sweden, where Ron – distinguished professor at Rutgers University – received the prestigious Stockholm Prize in Criminology. The attendant ceremonies posed a costuming question for Sheelagh, but she found the perfect answer in a dress that she had purchased at the Ark. Sheelagh reports receiving numerous compliments about her attire.

In operation for more than 50 years, Noah's Ark is operated by the women of St. Michael's Church. Outreach support to those in need continues to be a priority of St. Michael's. Proceeds from Ark sales, coupled with monies from the parish's annual budget, go to more than 25 local, regional and global charities. A few of these include Habitat For Humanity, FISH of SanCap, the Harry Chapin Food Bank, Voices For Kids, El Hogar Honduras School, Human Trafficking Awareness and Interfaith Action of Southwest Florida.

During October, store hours are Tuesdays and Fridays, 9:30 a.m. to 12:30 p.m.

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Pigs In Paradise Fundraiser

The Children's Education Center of the Islands (CECI) invites community members to its inaugural Pigs in Paradise pig roast on Sunday, October 18 from 4 to 8 p.m. at The Community House, 2173 Periwinkle Way. Proceeds from the event will help

continued on page 20



The Sanibel-Captiva Kiwanis Club is the title sponsor for the Children's Education Center of the Islands' fall fundraiser, Pigs in Paradise

DISCOVER ISLAND TREASURES



Denny Wong

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Looking Back:

Mr. And Mrs. Bishop, Early 1900s



Visit the History Gallery to learn more about the unique and diverse history of Captiva. Interpretive panels and touch screen access to historic photos are featured. Step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. This week's image is Mr. and Mrs. Bishop, taken in the early 1900s. Mrs. Bishop was Captain Oliver Smith's sister.

Many photos like this (that capture the unique and diverse history of Captiva) are featured through graphic and video panels in the History Gallery, developed by the Captiva Island Historical Society. All ages are welcome to visit the History Gallery and learn about the combination of historical events and people that shaped Captiva.

photo archives of the
Captiva Island
Historical Society

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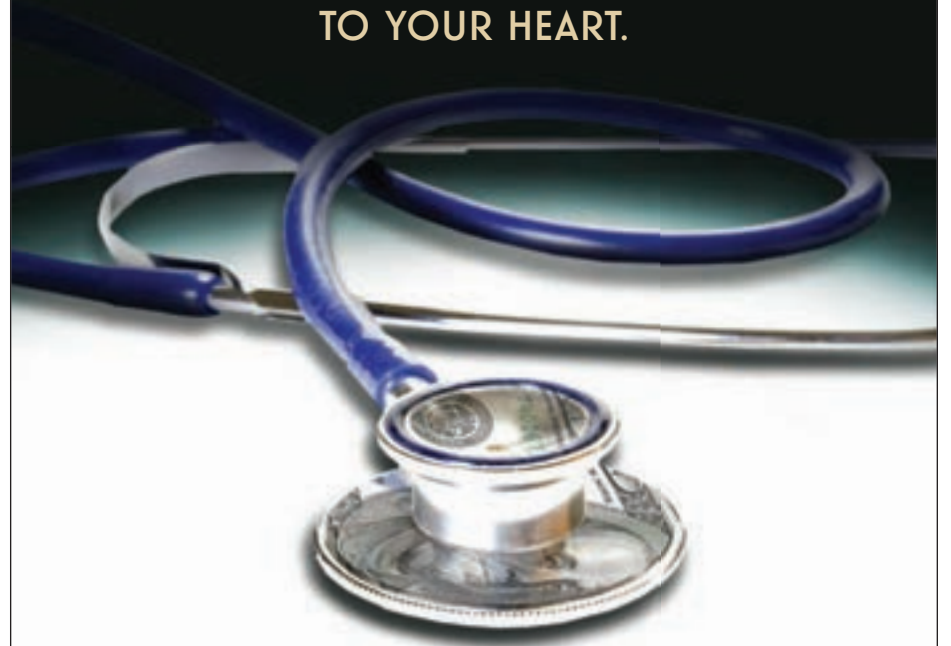
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OBITUARY



LETA JANE TEGLER

Leta Tegler passed away and entered heaven on September 15, 2015. Just as Leta would have wanted, it was a warm, sunny Florida morning with her daughter Mica right by her bedside. Leta courageously fought breast cancer four years ago, only to have it reappear in June of this year as a fast-moving form of pancreatic cancer.

Leta was born in Caddo, Oklahoma on March 27, 1944 and is preceded in

death by her parents William (Bill) and Rosa Nell Miller (Jameson) of Durant, Oklahoma and a brother Cletus Miller (Sue) of Denison, Texas. Leta graduated Durant High School in 1962. With her infant baby girl Mica in tow, Leta enrolled in Southeastern Oklahoma State University the next year. Her parents instilled in Leta and her siblings to get their education and succeed in life, and stand on their own. The daughter of hard working parents, Leta grew up to love reading, writing, acting and theater.

At Southeastern Oklahoma, Leta graduated with English and literature degrees. Leta's love of theater turned into a successful modeling and TV commercial actress hobby that would carry her throughout life. She was comfortable in either a ball gown or a pair of cowboy boots and jeans. She continued on at Southeastern Missouri State University to earn a master's degree in English. Life took her and little Mica to Tuscaloosa, Alabama, Tampa, Florida, Albuquerque, New Mexico and finally back to Durant, Oklahoma to raise her family. At this time, she met the man of her life, Gary Tegler, an aviation student also at Southeastern Oklahoma. After marrying Gary, they moved to Lamont, Iowa to work on the Tegler family dairy farm. That's when Leta also began teaching high school English and drama at Starmont and West Delaware High Schools. Leta had a love of 19th and 20th century American history. As an author of historical fiction romance for

Avon Books, her two published novels – *Wild Splendor* and *Gabrielle* – were huge successes and can still be purchased online from vintage book resellers. Life's travels then took Leta to St. Louis, Missouri, where Leta and Gary were a successful real estate agent team winning numerous sales awards. Two years ago, Leta retired and moved with daughter Mica and son in law Andy Pennington to her beloved Sanibel Island "home."

Leta is survived by her daughter Mica Pennington (Andy) of Sanibel; granddaughter Lea Jasper (Leston Farrell); great granddaughters Jo Marie and Mia of Tampa; brother Bill Miller and Charlene (Trent), of Tishomingo, Oklahoma; ex-husband and life friend Gary Tegler of St. Louis, Missouri; and numerous brother- and sister-in-laws, nieces and nephews in Oklahoma, Missouri and Iowa. And her beloved pets, Chilly Ray and Prissy.

Leta loved Sanibel and Captiva Islands; her favorite activities were to check on new sea turtle nests on the beach and to visit Jensen's Marina on Captiva to watch the manatees feed in the shallow warm waters.

Leta will be interned to rest on Saturday, November 14 with a private graveside ceremony at the famous Chapel by the Sea cemetery, a century's old cemetery for island residents along the beach on the Gulf of Mexico. Because currently it is considered "hurricane season," the protected historic church and cemetery won't reopen again

until early November after the annual hurricane threats have passed. The Reverend George Morris is to preside.

In lieu of flowers, please donate in Leta's memory to the Sanibel Sea School, a child's learning center specializing in hands-on sea life education and conservation. Visit www.sanibelseaschool.org and use the donation button on the home page, where donations can be made via credit cards or a PayPal account. In the note section, write that the donation is in memory of Leta Tegler. Or to mail a donation check with a memo stating it is in memory of Leta Tegler, write to Sanibel Sea School, P.O. Box 1229, Sanibel, FL 33957.✧

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OBITUARY



BARBARA T. WARD

Barbara T. Ward of Fort Myers, Florida went to be with her Lord on September 19, 2015. She was the only child of Catherine and Norfleet Tyer of Norfolk, Virginia, who each preceded her in death.

It was in Norfolk where she met and

married her childhood sweetheart, Wellington Ward, in 1956. Her husband knew her for 70 years, having met her when she was only 10 years old.

Their love for one another bore them two sons, Sam and Ben. The two of them, Sam wed to Janine and Ben wed to Shawn, brought to the family five grandchildren. Tara, Andrea and brother Brad were part of Sam's family and Ben had two daughters, Jordyn and Taylor. They were always fond of Barbara because to know Barbara Ward was to love Barbara Ward.

Along with the respect and love paid to her was the fact that she was well known as an educator within the Lee County School System. After spending nearly half of her time in the classroom, she became the assistant principal at Tice Elementary School for one year and spent the next 18 years as principal at Sanibel Elementary.

She retired in 1997 but not before guiding Sanibel to Blue Ribbon School status. That, of course, was a national honor meaning that the school was considered one of the best in the country. Aside from the prestige of the award given the school by this posture, there

were also other grand programs that she created and developed that kept the city of Sanibel proud.

While she was principal of The Sanibel School, Barbara was voted Sanibel's Woman of the Year. Here she was driven in a convertible along the roadway in the 4th of July Parade.

Held each year, The Sanibel Shell Fair piqued her curiosity and led her to showcase the school's children with their abilities to man the many booths needed to educate the public. Much information was released to the crowds, which was one of the highlights of the event. The school's goodwill level rose to the top of the heap.

Another tool that Barbara unleashed on her students was its own TV station. Every day, a choice of the very best of that day's happenings was announced on the screen and enjoyed by all in the school.

Another crowd pleaser was to see the principal, Barbara Ward, wearing her colorful baseball cap with its matching jacket. Each was covered with a map of the world with a destination of the day to be found and identified for a prize. Of course, Mrs. Ward would also appear on

camera wearing her outfit.

Creating great feelings were the songs that she created that were learned and sung by the children. These songs were cleverly written and had a good beat with a great rhythm. They were all songs that would identify the states by name and tune. All of the states were learned by the singing of a song. Everyone enjoyed the songs while also learning the states.

Sanibel was more than just a proud community, it was also proud of its school. It was then and it still is to this day.

Barbara Ward has remained an inspiration to everyone she has ever come in contact with and she will be dearly missed by her family and friends.

A celebration of life will be held at Covenant Presbyterian Church, 2439 McGregor Boulevard in Fort Myers at 11 a.m. on Friday, September 25. Friends will be received from 9:45 a.m. until the service begins. Pastor Jeffery Deyoe will conduct the service. In lieu of flowers, contributions may be made to Hope Hospice, 9470 HealthPark Circle, Fort Myers, FL 33908 or to Covenant Presbyterian Church, 2439 McGregor Blvd., Fort Myers, FL 33901. ✨

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 will be back in November. The center is currently accepting donations of clean, gently used items. All items are tax deductible. Bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3:30 p.m. Please, no books, clothes, shoes, computers or old TVs. If you have any questions, call 472-5743.

Page Turners with Ann Rodman – If you would like to be on the Page Turners list, email annrodman@aol.com or contact the Center 4 Life.

The featured book for Wednesday, October 14 is *The Boys In the Boat* by Daniel James Brown, #1 on *The New York Times* Best Seller List. *The Boys in the Boat* celebrates the 1936 U.S. men's Olympic eight-oar rowing team.

The featured book for Wednesday, November 11 is *The Girl on the Train* by Paula Hawkins. This is a physiological

page turner following three women who cross paths before and after a gruesome crime. It debuted at number one on *The New York Times* ebook fiction list.

Friday Collage Classes with Bea Pappas – October 2, 9, 16, 23 and 30 12:30 to 3:30 p.m. Pappas teaches an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Collage artists: bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be water-color paper, canvas, canvas board or mat board). Members are \$15, non-members are \$20. Call the center to sign up.

Games
Bridge – Monday and Wednesday at 12:30 p.m. Cost is \$2.50 for members

and \$5 for non-members. Prizes will be awarded.

Mahjongg – Thursday at 12:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Prizes are awarded.

Tuesday Kayaking – October 6 and 22 (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. Cost is \$3.75 for members and \$6.75 for non-members. Annual mem-

bership is \$20. Sanibel Recreation Center members must show their membership card to attend.

The Center 4 Life will be closed Monday, September 7 in observance of Labor Day.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will be used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

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Sanibel-Captiva Art League
Art League



Bonnie Begraff

Visitors and residents are welcome to see 50 paintings by members of the Sanibel-Captiva Art League at the Sanibel Public Library during regular hours. The library is on Dunlop Road next to city hall. the library staff and volunteers extend invitations to island residents and visitors to look through the books, periodicals, CDs and DVDs, Internet/computers and see all the library offers in it new enlarged facility.



Diane Olsson

In the library entrance, there is a large display of fossil and specimen shells. Upstairs are many cases located throughout the library that feature permanent and on-loan collections of varied interests from the past and present. Call 472-2483 or log on to www.sanlib.org for more information. The current art league all-member exhibit will be on view through September and will be followed by a new exhibit of invited artists. Included are paintings of tropical scenes, local wildlife, still life and other subjects such as clouds and marine scenes in oil, acrylic, pastel, watercolor and mixed media. Upcoming exhibits, meetings



Tom Kalina



Rita Skoczen



David King

and event are listed on the website at www.sancapart.com or write to P.O. Box 1192, Sanibel FL 33957 for Art League information. ✱



My Right
Turn Signal

My Left
Turn Signal

My Stop
Signal

Sources:
Florida Bicycle Association
www.floridabicycle.org

Safety Office
Florida Department
of Transportation
www.dot.state.fl.us/safety

Sponsored By:
The Sanibel Bicycle Club,
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CYCLIST'S RIGHTS (AND LEFTS)



Recent events have signaled a need for more awareness of bicyclist rights and rules while riding in Lee County, and on Sanibel in particular. By reiterating and educating riders and motorists alike, we hope to make cycling a safer pastime for all involved.

All cyclists must ride on the multi-use path:

☐

TRUE



FALSE

Safety first:

A cyclist's choice of whether to ride on Sanibel's shared use path or on the road is primarily about safety. It's a **SHARED USE PATH**, meaning that it is used by more than just bikes. Bicycles share the Path with pedestrians, roller bladers, parents with strollers, people walking for exercise, and pets on leashes. The Path is used by all types of bikes and riders with different skill levels...from experienced to beginners, old and young, and families with small children. For the safety of path users, more "sporting" cyclists going at faster speeds often choose the road. Cyclists choosing to ride on the road must follow the same rules, signs and signals that control motor vehicles.

S.316.183--Unlawful Speed, 316.2065(5)(a)--Bicycle regulations

Road riding:

Sanibel roads don't have paved shoulders or bike lanes; therefore, the cyclist choosing to ride on the road will be in the travel lane. In Captiva, there are paved shoulders, so while many cyclists will prefer to ride on these shoulders (they are not marked or maintained as bike lanes so their use is not required), others will use the travel lane. On all roads, motorists are required by law to give a three foot clearance to cyclists when passing, and motorists may cross the yellow median line to comply with the "three foot law".

Section 21760 Three Feet for Safety Act

The Community House

Drawing On The Right Side Of The Brain

Enhance creativity and artistic confidence through thought and perception with a six-session course on drawing. Cost is \$150 for members, \$180 for guests. Monday session dates are September 28, October 5, 12, 19 and 26 and November 2 from 10:30 a.m. to 12:30 p.m.



These basic level drawing exercises are intended for a beginner in drawing, however, the true subject is perception. Bringing the right brain hemisphere functions into focus and learning how to "see" in new ways, the student will discover how to transfer perceptual skills to thinking and problem solving.

Michelle Doss Irvine, the instructor, has her bachelor of fine arts degree in graphic design from Auburn University. She also teaches at the Alliance for the Arts and Vito's Picasso. She said, "I am really looking forward to teaching this course on Sanibel."

The course is open to intermediate and advanced artists as well. Materials needed: sketchpad, pencils and eraser. Wear comfortable clothing. Pre-payment and registration are required by calling 472-2155. You can also sign up and pay on the website at www.sanibelcommunityhouse.net. A full refund will be issued if cancelled within 72 hours of the first class. A minimum number of students is required.

Colorful Sips



Moonlight over Sanibel by Sissi Janku is the painting that Janku will be demonstrating October 7

The Community House is hosting evening art and wine parties with local artist, Sissi Janku, who will encourage the artist within to complete a masterpiece.

No experience is necessary. Party and

paint with The Community House's professional art instructor, creating your own beautiful work of art to take home.

All the materials will be provided. Bring your favorite wine and a snack for sharing with fellow artists. This is a fun and relaxed opportunity to create an original work of art, signed by you.

The next session is on October 7 from 7 to 9 p.m..

Member price is \$45, non-members are \$55.

For a detailed schedule of these and all other painting classes offered by Janku, visit www.sissijanku.com. Her work is on display at Island Style Gallery.

Call The Community House at 472-2155 for reservations.

German Fest



Hafenkapelle Harbor Band

The Community House will bring in the Hafenkapelle Harbor Band on Friday, October 9 from 5 to 9 p.m.

All are invited to attend this fun night in celebration of German Fest, Sanibel-style. The 10-piece band will be performing both German and American music – from Polkas to the Chicken Dance. There will be German food such as beef rouladen, red cabbage and spaetzel. Cost for adults is \$25, children (when accompanied by an adult) are \$5. Point Ybel Brewery will be on hand to showcase their specialty brews. Time To Make Wine will have a demonstration on how to make beer. Check out the Beesting cakes for an additional \$3.

Pre-payment and registration are encouraged by calling 472-2511.

Life Line Screening

The Community House will offer a preventive health event on Tuesday, October 20 called Life Line Screening. A leading provider of community-based preventive health screenings, will host this affordable, non-invasive and



Life Line screening

painless health screening. Five screenings will be offered that scan for potential health problems related to: blocked arteries, which is a leading cause of stroke; abdominal aortic aneurysms, which can lead to a ruptured aorta; hardening of the arteries in the legs, which is a strong predictor of heart disease; atrial fibrillation or irregular heartbeat, which is closely tied to stroke risk; and a bone density screening, for both men and women, used to assess

continued on page 16



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**Ric Base, Sanibel & Captiva Chamber
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**"Rookie" Bradley, Rookie's Lawn/
Bonnie's Gardens**

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**Holli Martin, Heidrick & Co.
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**Trent Peake, Sanibel & Captiva
Chamber of Commerce**

Shelby Peters
Hillgate Marketing

Eric Pfeifer, Pfeifer Realty

Dan Schuyler
Lily & Co Designer



Tip @ shellmuseum.org

or call (239) 395-2233, ext. 16





Pet owners gather for the annual Blessing of the Animals

St. Michael's To Host Blessing Of The Animals

Legend holds that St. Francis of Assisi, the patron saint of the environment and animals, had a special gift for communication with animals. Whether true or not, the 12th-century monk's affinity for all creatures great and small will be commemorated at St. Michael and All Angels Episcopal Church on Saturday, October 3 at 10 a.m. with its annual Blessing of the Animals.



The Reverend Dr. Ellen Sloan, Rector of St. Michael's, blesses a patient pooch

Island residents and visitors are invited to bring their pets, of any size and shape – dog, cat, bird, turtle, etc. – to the church's front porch. The morning's festivities, a get-acquainted gathering for animal lovers, will include snacks for both people and pets. The Reverend Dr. Ellen Sloan, Rector of St. Michael's, will perform the ancient traditional blessing, with the help of her beloved dog, Zack.
The church is located at 2304 Periwinkle Way. For more details, call 472 2173 or visit saintmichaels-sanibel.org.

Farmer's Market Partners With FISH

Beginning on Sunday, October 4 from 8 a.m. and 1 p.m., the Sanibel Island Farmer's Market will open for season at Sanibel City Hall, 800 Dunlop Road. The return of fruits, vegetables, breads, cheeses and other food is right around the corner. The community couldn't be happier, and FISH of SanCap is overjoyed to once again partner with the market.
Betsy Ventura and Jean Baer, co-managers of the Sanibel Island Farmer's Market, organize and staff the market throughout its season. At the suggestion of Ventura and Baer, vendors pack boxes of unsold fruits and vegetables for the FISH food pantry at the end of every market Sunday. FISH volunteers load and unload fresh fruits and vegetables, bagels and treats each Sunday afternoon at the FISH Food Pantry, located at 2430 Periwinkle Way, behind Bleu Rendez-Vous French Bistro.
"FISH and our clients greatly appreciate the generosity of the Farmer's Market. We cannot thank Betsy and Jean enough for encouraging the vendors to supply healthy choices for our clients year after year. Their continued support is an integral part of the success of our food pantry," said Maggi Feiner, FISH president and CEO. "A huge thank you also goes out to our volunteer teams, many of which include island youth earning community service hours, who organize our food pantry on Sunday afternoons. We could not provide these wonderful healthy foods to our community without your help."
For more information, visit www.fishofsancap.org.

Community Park Playground Closed September 23 To 30

The Community Park Playground, located at 2221 Periwinkle Way, will be closed for equipment and fence installation from Wednesday, September 23 through Wednesday, September 30. Community Park is scheduled to reopen for public use on Thursday, October 1, subject to weather conditions.
Call the Sanibel Recreation Center at 472-0345 with any questions.

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Pak-n-ship of Sanibel 395-1220

Macintosh Books 472-1447

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Come And Ask Questions At Carpenter's Cafe

On Wednesday evenings from 6 to 8 p.m., Dr. Daryl Donovan, Senior Pastor of Sanibel Community Church, invites folks to come for coffee and questions. During the weekly gathering at the Carpenter's Café on the campus of the church, Pastor Daryl is fielding all questions that come his way.

Come for fun, informative and stimulating conversation from 6 to 8 p.m. at the Carpenter's Café on Wednesday evenings in September. Soup, sandwiches

and specialty coffees are available beginning at 5 p.m.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). The Café is located on the north side of the campus. For more information, call 472-2684 or visit www.sanibel-church.com.✱

Prayer Seminar

The box office hit *War Room* has taught us all the value of prayer.

On Sunday, October 11 from 4 to 6 p.m., Dr. Daryl Donovan, Senior Pastor of Sanibel Community Church, will be conducting a workshop on prayer.

There will be discussion on how to pray and the role of the Holy Spirit as we

pray. The seminar will include practical, hands-on training for praying for others.

The workshop is free and open to all, but you must pre-register by Sunday, October 4. A light dinner will be served and child care will be provided.

To register or for more information, call 472-2684 or visit www.sanibel-church.com.

Sanibel Community Church is a non-denominational evangelical congregation located at 1740 Periwinkle Way (next to Jerry's Market).✱

From page 1

'Ding' Public Lands

mascot will be available in the Visitor & Education Center for pictures with guests.

In the Refuge Nature Store, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) is giving away a free Kick The Bottle reusable water container with a purchase of \$5 or more, upon request.

This year's National Public Lands Day celebrates the fourth anniversary of the Kick the Bottle initiative to rid the refuge of the disposable plastic bottles that are a scourge to the environment. National Public Lands Day is presented with support from DDWS. For more information about the event, contact Ranger Toni Westland at 472-1100 ext. 237.

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



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INSIDE CITY HALL

New Monthly Schedule Not Approved Yet

by Jeff Lysiak

A proposed revised planning commission meeting schedule introduced last month, in which commissioners would meet once rather than twice every month, was brought up for discussion at the September 12 city council meeting.

"My concern, in general, is that the time gap between when an application needs to be submitted on deadline and the hearing date is about 25 days," said Mayor Kevin Ruane. "For example, I would need an application submitted by (September) 18th to potentially be on the calendar for the 13th of October."

On August 11, the planning commission agreed to investigate meeting on a monthly basis, as had been suggested by city council liaison Chauncey Goss, in an effort to cut down on the planning department's workload and improve the overall efficiency of both the city staff and commission.

Goss had suggested that adjusting the commission's meeting schedule to once per month might be beneficial, both economically and functionally. He asked both the commission and the planning department if they thought they could effectively conduct city business on a monthly schedule.

"I think this is somewhat appealing to staff... it gives staff time to get ready," Jim Jordan, the city's planning department director, said last month. "With two meetings a month, we are always getting ready for the next meeting. As long as applicants and staff know the schedule, they all can plan accordingly and it shouldn't be an issue."

However, Ruane cautioned that adjusting the planning commission's schedule might require a thorough investigation as well as discussions with City Manager Judie Zimomra, City Attorney Ken Cuyler and city staff members, in addition to the council and planning commission. He pointed out that given the application deadline process, some applicants might have to wait up to two months for any action to be taken, which Ruane noted "seems like a huge gap of time."

"My concern is that there could be a point in time that there will be a bottleneck," added Ruane. "We (city council) have gone to one meeting (per month) and it's worked great, and I'm all for that with the efficiencies that we've established. I'm just concerned that I don't want people to think that it's going to take longer with the redevelopment we're proposing on this island."

The mayor also explained that the city manager's process of meeting with city personnel, during which identifying issues that could be "problematic" as they relate to ongoing and upcoming redevelopment of Sanibel, shouldn't be compromised

by adjusting the commission's meeting schedule.

"Certainly it isn't anyone's intent to slow the process down," said Goss. "The intent of this whole thing is to speed the process up."

During the planning commission's dis-

cussion of switching to a monthly meeting schedule, Vice Chair Chris Heidrick noted that if the new schedule doesn't work, it could always return to its former twice per month agenda.

While the city will continue to look into adjusting the commissioners' meet-

ing schedule, Ruane stated that Sanibel's redevelopment process might present some "significant challenges."

"I'm 100 percent for efficiencies," he added. "I just want to make sure we don't stifle the process."✱✱

Sanibel Traffic Management Plan In The Works

by Jeff Lysiak

Reaffirming their commitment to finding effective and practical solutions to solve Sanibel's traffic woes, members of the city council approved the appropriation of \$50,000 to be put towards developing a peak season traffic communications action plan.

"We've talked about traffic and what we can do about it," said Mayor Kevin Ruane. "Not only do we want to communicate our message, but we also want to have some real data sent here. We need to analyze that data, to determine who is coming here and where they're coming from."

Ruane has proposed a gathering of the city's primary stakeholders – including members of the Sanibel & Captiva Islands

Chamber of Commerce, Committee of the Islands, Condominium Association of Sanibel, Inc., Sanibel & Captiva Islands Association of Realtors, Lee County Visitor & Convention Bureau and others – to develop an "action plan" for finding effective solutions to calming in-season traffic congestion.

"Traffic is a multi-pronged issue," noted Ruane, who explained that creating a practical public communication effort might improve traffic alerts for visiting day-trippers. These may include:

- Suggesting what day(s) and time(s) of day might be best for visiting the island
- Estimating drive times heading on/off the island
- Beach parking capacity alerts

Earlier this year, the council hosted a pair of traffic management workshops, seeking input from the public on finding solutions to Sanibel's traffic problem. Among the topics discussed were technology (including signage, traffic alerts, Smartphone apps and commuter notifications), behavior modification, education, route alternatives (including roundabouts

and causeway one-way traffic during peak periods) and expectations.

On August 3, during the joint city council/planning commission workshop meeting, Ruane noted that the Metropolitan Planning Organization (MPO) is currently conducting a study which is looking at 18 potential locations for roundabouts in Lee County. That study is expected to be completed within the next year. According to Keith Williams, the city's public works director, the MPO is spending \$800,000 on the study, with Sanibel's Causeway Boulevard/Lindgren Boulevard and Periwinkle Way intersection under consideration. The two top-rated intersections will receive a subsidy to complete initial design plans for their roundabouts.

On Tuesday, councilman Jim Jennings also suggested that island workers consider carpooling with fellow employees, which might further lessen traffic congestion.

"Certainly, we want to make sure that we look at everything," Ruane added.✱



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Campaign To Raise Funds For Disabled Veterans Under Way

by Jeff Lysiak

A campaign to raise desperately needed funds for local disabled military veterans living in Southwest Florida was recently launched by the committee of the Disabled American Veterans (DAV) James D. Rader Chapter 108, headquartered in Cape Coral.

Between September 15 and November 15, DAV Chapter 108 members are promoting their annual holiday season fundraising effort. With a goal of raising \$25,000, the money will allow them to serve disabled military veterans and their families as well as needy families of deployed American servicemen and servicewomen throughout the busy holiday season this fall, winter and early spring.

In Lee, Charlotte and Collier counties, needed disabled American veterans and their families, and needy families of deployed American service personnel took to the DAV for emergency aid and assistance, counseling and direction to other local veterans groups for support, both immediately and over the long-term.

"DAV Chapter 108 has the experience and ability to quickly assess the applicant's immediate needs, validate the applicant's status, and provide necessary immediate funding and support, and complete coordination with other state, local and/or national groups to assure needed continuing longer-term applicant support," a campaign flyer reads, in part.

Ted Tyson, a 23-year United States Air Force veteran and resident of Sanibel, explained that during the upcoming holiday season, the need to assist elder disabled veterans – along with their families – is greater than any other time of year.

"In Southwest Florida, there are an awful lot of disabled veterans, older veterans in particular, who have never applied for assistance," said Tyson. "For many of them, the application process is a difficult maze to negotiate. The need for assistance to help them is great."



According to Tyson, there are three key dates which will occur during the fundraising campaign:

- September 18 – POW/MIA Recognition and Remembrance Day
- October 26 – Day of the Deployed
- November 11 – Veterans Day

"What (DAV Chapter 108) does is help veterans with the application process, making sure that everything is in order when they submit them," Tyson added. "They also help coordinate for assistance with local agencies, like FISH here on Sanibel."

The local DAV Chapter 108 – which was originally founded in 1941 – was dedicated in the memory of former Cape Coral resident James D. Rader, who was killed in action during his second tour of duty in Vietnam on December 6, 1967.

Checks in support of the holiday season fundraising effort, made payable to DAV Chapter 108 – 2015, should be mailed (along with a self-addressed and stamped envelope for an IRS donation letter, if requested) to:

Sanibel Captiva Community Bank, Attn: David Wright, 2475 Library Way, Sanibel, FL 33957

Meetings of the DAV James D. Rader Chapter 108 are held on the second Thursday of each month at Elks Lodge #2596, located at 4631 SE 10th Place in Cape Coral. Meetings begin at 7 p.m. For more information, contact Ted Tyson at 823-6059, Peter Palkowski at 283-5271 or Dave Jensen at 472-5800.*



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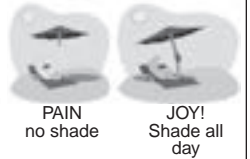
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ABWA October Meeting

Kay Casperson, nationally recognized lifestyle expert, author and owner of the Lifestyle Spa & Boutiques, will be the guest speaker for the American Business Women's Association (ABWA) Sanibel-Captiva Charter Chapter October meeting. Casperson will speak on Balancing Business & Life on Tuesday, October 13 beginning at 5:30 p.m. at Sundial Resort & Spa.

After high school, Casperson's passion for helping others and her talent for beauty and fashion led her to California, where she immersed herself in makeup artistry and learned about the beauty industry. She quickly attracted a dedicated clientele, but found herself frustrated when they asked for recommendations on what skincare to use.

There were a lot of good products on the market, but no complete collection she whole-heartedly believed in. This inspired her to begin working with chemists to research and develop her holistic collection of easy-to-use, quality skincare products.

Casperson opened the first international model and talent agency of its kind, and, in 1996, she co-authored her first book, *Beauty Inside Out: 80 Ways to be Positively Unforgettable*, which sold in bookstores across the country.

Intent on making products that were more than just skincare and unlike any on the market, Casperson created eight



Kay Casperson

core skincare steps based on her personal lifestyle philosophy of Beauty Inside Out. By the late 90s, Casperson's products were being used in spas and salons all over the world. She eventually moved to Southwest Florida and became a wife and mother of two, which forced her to put the tenets of Beauty Inside Out to the test in one of the most challenging lifestyles of all – balancing being a full-time parent and businesswoman.

Casperson continued to enhance her products and toured the nation teaching others about Beauty Inside Out. To complement the healing effects of her unique system, she created her hypoallergenic cosmetics collection, which includes mineral foundations and eye shadows and anti-aging lip colors and glosses.

Casperson opened her first boutique on Sanibel in 2008, and a year later, she opened her full-service flagship Lifestyle

Spa & Boutique on Captiva Island; three more locations soon followed. She and her products have been featured on major national shopping networks.

As part of her mission to inspire and give back to the world around her, she founded Beauty with a Purpose, a

charitable extension that supports local, national and international organizations promoting peace, hope and wellness. Her dream to help people change their lives inspired her to share Beauty Inside Out with the world.

continued on page 20

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, 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 Martin Pokedoff at 239-395-2544.

CAPTIVA CHAPEL BY THE SEA:

The Reverend George E. Morris Services every Sunday 11 a.m. through April 24, 2016. 11580 Chapin Lane on Captiva. 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST:

2950 West Gulf Dr., Sunday 10:30 a.m.; Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m.; Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 472-8684.

SANIBEL FELLOWSHIP, sbc

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SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:

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

ST. ISABEL CATHOLIC CHURCH:

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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

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. For more information call 433-4901 or email ryi39@aol.com.*



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Making New Friends At LOGOS Program

The LOGOS Family Program will be starting up again on Wednesday, October 7 at Sanibel Community Church. Each week has a fun and sometimes crazy theme. Families with children ages 3 years through 5th grade are welcome.

Crazy hair, one of the weekly themes, made fast friends of Landon Williams, Drake Stroud, Ava Selby, Anna Anderson-Kilgore and Max Doster at the LOGOS family time.

For information about registration, call 472-2684. Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).*



Mia Martinez, Sophia Sbarra, Jessica McKee and Jessica Chavez- Santana

Night Of Joy At Magic Kingdom

Students and leaders from H2O, the student youth ministry at Sanibel Community Church, attended Night of Joy at Walt Disney World's Magic Kingdom September 11 to 13.

Some of the bands performing that weekend were TobyMac, MercyMe, Jeremy Camp, Colton Dixon, Big Daddy Weave, Francesca Battistelli, Rend Collective, and I Am They, Skillet, Lecrae, For King & Country, Mandisa, Matt Maher, Jamie Grace, Seventh Time Down and Veridia.

It was a great time of worship to and a ton of rollercoaster fun. This event is held every fall at the Magic Kingdom and was sold out for both nights this year. This year was extra special as Sanibel Taxi, who transported the group to and from Orlando, showed up to pick them up and bring them back to Sanibel in a limo. For some students, that was their first time riding in a limousine.

Next month, all middle school and high school students are invited to travel to Lake Aurora once again for Camp 737, H2O's fall retreat during the weekend of October 23 to 25. Paintball wars, rope climbing courses, group games, worship and a dynamic speaker will be part of this weekend.

H2O meets on Wednesday evenings and is for middle school and high school students grades six through twelve. Sixth through eighth graders meet at 5 p.m.



In front of Magic Kingdom castle, including Colton Fanning, Pastor Kevin Schafer, Hunter Borman, Ian Vandevelde and Jacob Goodman

for concessions and games, and then transition to worship and lesson time and conclude their evening at 7 p.m. High school students meet from 6 to 8 p.m. in the youth center at Sanibel Community



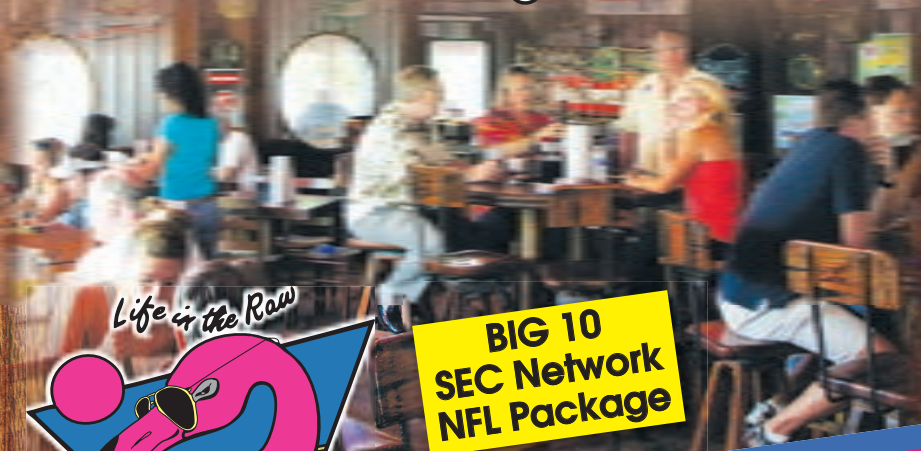
Some of the group riding back in the limousine provided by Sanibel Taxi

Church. If you know any teenagers who are looking for a place to connect and a safe place to develop their faith, encourage them to attend. Contact Pastor Kevin Schafer at 472-2684.

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

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SCCF Raises Funds To Replace Destroyed RECON Sensor



Before installation and after the lightning strike on the Beautiful Island RECON sensor

SCCF (the Sanibel-Captiva Conservation Foundation) announced the successful completion of its funding appeal to replace the RECON sensor destroyed by a catastrophic lightning strike. The \$42,620 goal was reached in five days. Approximately 80 donors made gifts ranging from \$10 to \$5,000 each.

“We are absolutely bowled over by the responses received in the last five days,” said SCCF Executive Director Erick Lindblad. “We were amazed at the speed and generosity of our members’ replies, and heartened by the many thoughtful comments about the importance of the RECON sensors to the fulfillment of SCCF’s mission.”

RECON – the River, Estuary, and Coastal Observing Network – has sensors located along the Caloosahatchee and in Pine Island Sound as far as North Captiva. This is the essential technology SCCF’s Marine Laboratory scientists use to understand the water quality surrounding Sanibel and Captiva. Transmitting hourly data – 24 hours a day, 365 days a year – RECON bolsters SCCF’s public policy outreach in countless

ways. Since its 2007 launch, RECON has become the official scientific record for local governments, water management agencies, and citizens concerned about water quality from Lake Okeechobee all the way to North Captiva and the Gulf of Mexico.



SCCF Map of RECON sensors

The direct and catastrophic lightning strike permanently disabled the RECON sensor stationed at Beautiful Island in the Caloosahatchee. Although all the sensor stations have lightning arrestors in their design, this direct strike proved impossible to repair.

The Beautiful Island sensor station is essential for monitoring the salinity levels necessary for sustaining tapegrass (*Vallisneria americana*). This submerged plant is the focus of SCCF’s efforts to restore the upper Caloosahatchee estuary, which should remain at low salinities. Historically, the water that could be used to maintain low salinities has been distributed to agricultural and urban interests leading to an almost complete ecological collapse of tapegrass during the 2000s. Other Beautiful Island sensor data are used for tracking phytoplankton blooms and low dissolved oxygen (hypoxic) events.

Tape grass habitats are critically important to many species of fish and invertebrates, as well as endangered species such as the manatee.

Following the successful fundraising effort, SCCF’s Marine Lab scientists have ordered new sensor components and are working to have the Beautiful Island sensor back online as quickly as possible.✧

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Shell Of The Week

Eastern Auger



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

The east-
ern auger,
Terebra
dislocata (Say,
1822), is the larg-
est (reaching about

2.5 inches in length) and most abundant of the four species of auger snails living on the sandy shores of Southwest Florida. Augers are found in the sand close to the water's edge, in medium-to coarse-sand habitats, where they feed on marine worms, using their teeth modified as barbs, in the fashion of cone snails, to inject venom into their prey. Learn more about the eastern auger at <http://www.shellmuseum.org/shells/southwest-florida-shells/terebra-dislocata>.

Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): Join our marine biologist for a beach walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. The cost is \$10 for adults and \$7 for children. Parking at the Island Inn is free for beach walk participants. Space is limited; book



The eastern auger, *Terebra dislocata*

photos by José H. Leal.

online at shellmuseum.org/events or call 395-2233 to make a reservation. All beach walk participants receive half-off museum admission. (Current Island Inn guests please book through the Inn).

Daily Tank Talks, 11:30 a.m. and 3:30 p.m. Gain great insights into the fascinating world of mollusks.

Monday at 1:30 p.m.: Carolyn's Collection – A fun and entertaining look at gem-quality shells. (Check shellmuseum.org to note any schedule changes)

Tuesday at 1:30 p.m.: Shell BINGO

Wednesday at 1:30 p.m.: Midday Tank Talk at the Museum live mollusk tank.

Thursday at 1:30 p.m.: Cool Shells – See some great shell treasures not on exhibit.

Friday at 1:30 p.m.: Arts & Crafts – Create marine-themed art and take it home with you.

Saturday at 1:30 p.m.: Sanibel Shells – Discover the look, feel and subtle differences of local shells.

Sunday at 1:30 p.m.: Shell BINGO

Celebrity Island Dinner Fundraiser – Monday, September 28, 5 p.m. at Traders Café. \$60 per person includes three-course gourmet dinner, beer and wine during meal and epic karaoke. Advance booking required. Book online at shellmuseum.org or by calling 395-2233 ext 16.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.✱

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Ferns and wildflowers fill space that will not need mowing

photos by Gerri Reaves

Plant Smart

Lawnmower Weariness

by Gerri Reaves

Are you spending too much time pushing your lawnmower around? Has the romance of the perfect lawn completely lost its appeal, given the labor and expense required?

Would you like to see more butterflies and birds in your yard, and do you worry that the lawn chemicals you apply harm wildlife and water quality?

Reducing the turf-grass area of your yard and going "Florida-friendly" might be for you.

Start with a plan that takes into

account the size of your yard and how you want it to function after the conversion – for example, as a playground or as an area that is left to the birds and bees.

Decide whether you want to simply reduce the square footage of grass or banish it all together.

As for the layout, one choice is rows of plantings, higher to lower in attractive color contrasts. Low-growing wildflowers might have as a backdrop taller ferns, cycads or ornamental grasses.

Plant wildflowers such as blue mistflower (*Conoclinium coelestinum*) and bright-red tropical sage (*Salvia coccinea*), or scarlet milkweed, just to name several, that have the advantage of self-seeding.

If keeping the lawn more or less like a lawn, ornamental peanut (*Arachis glabrata*) or sunshine mimosa (*Mimosa*



Ornamental peanut has become a popular local groundcover

strigillosa) might be just the groundcover. They can be walked on and even mowed, but unlike standard turf grass, they produce colorful flowers and require little maintenance.

Vines, too, can be a turf-grass alternative for a non-foot-traffic area. Native vines such as coral honeysuckle (*Lonicera sempervirens*), corky passionvine (*Passiflora suberosa*) and Virginia creeper (*Parthenocissus quinquefolia*) thrive horizontally as well as vertically.

Install plants that will remain approximately the height desired, thus eliminating much time-consuming trimming and shearing in the future.

Be sure to apply mulch plentifully to preserve ground moisture and prevent undesirable weeds from encroaching.



Sprawling vines such as coral honeysuckle can be used as groundcover



Pretty muhly grass needs no mowing

The Florida Yards and Neighborhoods Program of the Lee County Extension Service (lee.ifas.ufl.edu/FYN/FYNHome.shtml) and native-plant nurseries can provide step-by-step advice on how to limit your time behind a lawnmower and create a more wildlife-friendly yard.

No yard is maintenance-free, but deprioritizing turf grass can reward you with more time to enjoy that yard.

Plant Smart explores the diverse flora of South Florida.✽

From page 7

Community House

the risk of osteoporosis. Register for a wellness package which includes four vascular tests and osteoporosis screening from \$149 (\$139 with member discount). All five screenings take 60 to 90 minutes to complete. In order to register and to receive a \$10 discount off any package priced above \$129, call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.

Tables For Arts And Crafts Fair

The Community House is offering table space for rent to any local Sanibel crafters that might want to display and sell their crafts this fall. This year, the Fall Arts and Crafts Fair will be held on Saturday, November 7. Table rental fee is \$30. Limited table space is available and tables should be reserved prior to October 15.

This season, The Community House will be embarking on a campaign to improve the facility and its historical house. Call if you would like to get involved with the campaign.

Teresa Riska-Hall, executive director said, "It will take many hands and hearts to complete this labor of love. Please get involved."✽



Community House Fall Arts and Crafts Fair

City Of Sanibel Vegetation Committee

Guided Native Vegetation Tours

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants.

Upcoming tours will be held on:

Saturday, October 17
Wednesday, November 18
Wednesday, December 9
Wednesday, January 13
Saturday, January 23
Wednesday, February 10
Saturday, February 27
Wednesday, March 9
Saturday, March 26
Wednesday, April 13
Saturday, April 23

The guided tours begin at 10 a.m.

Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with very little maintenance, is good for the environment and will attract birds and butterflies.

Vegetation committee members will provide information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires very little maintenance, no fertilizer, and no supplemental irrigation.

Registration is not required. Attendees meet at the main entrance to city hall, 800 Dunlop Road, in front of the main staircase. For more information, call 472-3700.

The Natural Resources Department section of the city's website – www.mysanibel.com – offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700.✽



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Rain Cooled Water Turns Fishing On



by Capt. Matt Mitchell

Several days of heavy rains along with lots of the usual summertime nasty water released from Lake Okeechobee really wrecked the water clarity around the southern sound

this week. Although it's far from pretty, the brown nasty looking water has cooled off from the rain and has triggered the fish to feed. Seeing three- to four-foot fresh water gar in the middle sound really tells you how much fresh water we are experiencing.

With days getting shorter and shorter, fish are feeling that fall is on the way and now is the time to eat. Anywhere you

traveled in the sound this last few weeks, you saw birds diving on schools of fry bait. Many of these same bait schools had surface feeding fish taking advantage of an easy meal. Ladyfish, mackerel and trout made up the majority of the species gorging on bait but, now and again, you will see a full sized tarpon or a large shark crash the party.

Shark fishing during the falling tide in the middle sound was on fire this week. Deeper channels that run in from Captiva and Redfish passes east towards Pineland only got better with the dirty water from the rains. Most mornings, on the low outgoing tide, you got seven to 10 shark bites in just a few hours. These sharks are mostly blacktips, bulls and lemons, ranging anywhere in size from five to seven feet. This is easy fishing for big hard fighting fish.

To target these sharks, anchor up in these six- to 12-foot natural channels setting out heavy spinning rods rigged with large chunks of fresh cut mullet. My shark rig consists of a five-foot piece of heavy 300-pound test mono leader, a swivel and a big circle hook all attached with double barrel crimps. Cast these large baits down



Jeff Emes from Cape Coral with his first tripletail, a real monster, caught while fishing with Capt. Matt Mitchell this week

tide and simply put the rods in the holders. It's just a matter of hanging out until a rod doubles and a drag screams. These big sharks are relatively easy to locate and a blast to do battle with.

While fishing a full day trip with Jeff Emes from Cape Coral this week, we started our day out by catching these sharks in the middle sound before moving on to catch a few trout, then our plan

was to try for a tripletail. Fishing markers both in the sound and out along the beaches, I was lucky enough to spot a 20-pounder while riding up on my tower. Jeff cast a live shrimp to it and caught his first ever tripletail, which was a real bruiser, weighing in right at 20 pounds.

The variety of species that September offers anglers is an incredible thing. Being able to go out and just fish with no one particular species in mind lets you take what the day and the conditions give you. When one species does not want to cooperate, simply switch it up and try something else. Even during far from perfect tides, it's been easy to keep the rods bent as long as you are flexible. A September day can start off by just catching mackerel and ladyfish on jigs, then quickly change gears to tarpon fishing. When out on the water, keep your eyes open and take advantage of what unfolds, going with the flow.

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

Send Us Your Fish Tales

The *Island Sun* would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to press@islandsunnews.com; or call 395-1213.

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Dave Doane

CROW Case Of The Week:

Predator Attacks Pelican



by Patricia Molloy

Earlier this month, a brown pelican (*Pelecanus occidentalis*) was admitted to CROW as patient #15-2613. "When he came in, he had wounds in the perfect shape of a mouth," explained Dr. Molly. It was clear that the attack had come from a large predator, such as a shark or an alligator.

Right away, the severely dehydrated pelican was given subcutaneous (under the skin) fluids and a pain medication to make it more comfortable. Once its condition was stabilized, it was anesthetized so that radiographs could be taken. Remarkably, no broken bones were found. The large bird was then prepped for surgery so that its wounds could be thoroughly cleaned and closed with sutures. After the procedure, the pelican was placed in a quiet, semi-private room for recovery.

Continued care for the pelican includes oral antibiotics and an injectable antibacterial, both of which are common treatments to prevent infection. But it

may surprise you what topical substance is being applied to the pelican's lacerations: honey.

"Medical grade Manuka honey has antibacterial, pro-healing and antifungal properties," explained Dr. Molly. "It's usually made in Australia and New Zealand. I'm not sure if they've proven that it has more potent antibacterial properties than other types of honey, but I know that Manuka, specifically, is typically a medical honey."

While the pelican had survived the initial attack, if it had not been rescued and treated at CROW, the severely injured seabird would have undoubtedly died a slow and agonizing death.

"He's doing really well now. His weight is up. His body condition is a lot better than when he came in. And the wound itself looks amazing compared to two weeks ago," Dr. Molly beamed.

The patients at CROW do not have health insurance to cover the cost of their care. If you would like to help this brave pelican – patient #15-2613 – on its long road to recovery, go to www.crowclinic.org to make a donation.

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



The brown pelican, patient #15-2613, is recovering in a large cage lined with towels. The large bandage under its right wing covers a section of the wounds it sustained in an attack by either a shark or an alligator.



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Fish Caught



Roger and Barbara Bluine with the redfish they caught

Roger and Barbara Bluine caught a 26-inch redfish while on a Sea Reed Charter. The Bluines live on Sanibel.✪

ABWA Meeting

Registration will begin at 5:30 p.m. at the Sundial Beach Resort, 1451 Middle Gulf Drive. The meeting and dinner will begin at 6 p.m. Meetings are held the second Tuesday of each month. Members can now use the new online reservation system at www.abwachelseareservations.com. Guests are welcome. If you are interested in attending, contact Gail Estka, membership chair at 395-9011 or email her at sandy-toez59@gmail.com. Reservations should be made no later than October 8. The cost for the dinner meeting is \$25, payable by check, cash or credit card.✪

Pigs In Paradise

fund student scholarships as well as capital improvements to the facility. The family-friendly evening will feature pigs roasted in two different styles by CECI parents and staff. Admission will include roasted pork, sides, beverages and a cookie sundae bar. Beer and wine will also be available for a suggested donation. Tickets are \$30 in advance, \$35 at the door and \$10 for children ages 13 to 18. Kids 12 and under are free. The preschool recommends that people buy tickets in advance so they can get an accurate head count. Sanibel-Captiva Kiwanis Club is the title sponsor. Platinum sponsors are Bay Medical Solutions and Golden Fig Homes. Other area businesses are invited to sponsor. Currently, sponsorships are available at the silver (\$250), gold (\$500) and platinum (\$1,000) levels. Sponsorships includes tickets to the event and display in promotional materials. Money raised goes towards the preschool's scholarship program as well as capital improvements. The preschool, which opened in 1974, serves families who live or work on Sanibel and Captiva. It is open to children ages 18 months to 5 years. To register your children, buy event tickets, become a sponsor or donate items to the silent auction, call Ms. Cindy at 472-4538.✪

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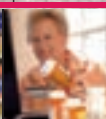
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Baby injured gopher tortoise

photos courtesy of CROW

An Inside Look At Wildlife Recovery

The CROW Picture Show presents informative anecdotes about the native and migratory wildlife species brought to the Clinic for the Rehabilitation of Wildlife (CROW), along with photos of patients admitted to the facility.

In 2014, CROW's wildlife hospital cared for 3,410 sick, injured, or orphaned animals. Of the 200 different species, 57



Baby loggerhead shrike

percent were birds, with 37 percent mammals and six percent reptiles.

CROW is not permitted to display its patients to the public, so this hour-long presentation offers the next best thing: numerous candid snapshots of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.

The next CROW Picture Show is on Friday, September 25 at 11 a.m. in CROW's Visitor Education Center at 3883 Sanibel-Captiva Road, across from The Sanibel School. Admission is \$5 for adults, \$3 for teens, free for members and children 12 or under. The entry fee

also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

For more information, call 472-3644, ext. 228. To learn more about CROW, visit www.crowclinic.org.

SCCF Sea Turtle Nesting Statistics

As of Friday, September 18, 57 nests remain on the beach (five on the east end, nine on Captiva, and 43 on the west end). Two inventories were done Saturday, which leaves one nest in zone 4, one nest in zone 5 and one nest in zone 6. If nests 113 and 115 hatch, this could be the last week for the east end.

A new study has found more than half of all sea turtles on earth have consumed plastic (<https://www.washingtonpost.com/.../more-than-half-the-worlds.../>).

Definitely not a statistic anyone likes to hear. Many of you have had firsthand accounts of plastic on the beach and many have expressed concern. There is a petition that the Ocean Conservancy is coordinating to ask industry leaders/plastic manufacturers to join their Trash Free Seas Alliance. Follow this link if you would like to learn more about and/or sign the petition: https://secure.oceanconservancy.org/site/Advocacy?cmd=display&page=UserAction&id=1056&s_src=15WPXP2XXX&s_subsrc=15ATFFCL

SCCF Sea Turtle Nesting Statistics as of September 18:

Sanibel East: 120 nests, 298 false crawls

Sanibel West: 403 nests, 795 false crawls

Captiva: 132 nests, 227 false crawls

Total: 655 nests, 1320 false crawls

Please observe Lights Out For Sea Turtles.

*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 or call SCCF at 472-2329.*



Hatchlings emerging

photo courtesy of SCCF

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Island Hopper Festival Brings Crowds To Captiva



Last Friday afternoon, Jensen's Twin Palm Resort & Marina hosted a free concert featuring participants of the 2nd annual Island Hopper Songwriter Fest. Pictured from left are Jimmy Jensen, Kim Jensen, Dave Jensen, Austin Church, Corky and Stephen Plein.

photos by Jeff Lysiak

by Jeff Lysiak

Last Friday on Captiva, the 2nd annual Island Hopper Songwriter Fest kicked-off with a free afternoon concert at Jensen's Twin Palm Resort & Marina, where more than 60 music lovers enjoyed performances from a half dozen artists featured during the four-day entertainment gala.

Artists sang songs and played guitar from a small waterside stage, with the crowd gathered around picnic tables and under chickee huts and umbrellas, enjoying food truck refreshments and applauding every performance with sincere appreciation.

"Everybody tells me that if you're gonna make it, you've got to move to Nashville," said Stephen Plein, a singer/songwriter originally from Fort Myers. "Well, it would be pretty tough to leave this little slice of paradise."



Stephen Plein



Kip Lawrence


In addition to Plein, music was provided by Kip Lawrence, Chris Choto, Austin Church, Kim Jensen (no relation to the Captiva businessowners) and a local guitarist known only as Corky.

"This is a song called *Lazy Man*... and it's about me," Lawrence told the crowd at the beginning of his three-song set. "It's called *Lazy Man* because my dad used to say I was the laziest man he knew... and it must be true, because I've got four brothers!"

Highlighting Lawrence's performance was a deeply personal song dedicated to his daughters (*All Is Right With The World*) and a satirical tune called *Don't Stay In Matlacha*, where the singer resides.

Other artists who performed on Captiva over the weekend include Kristian Bush of Sugarland, Parmalee, Brett Tyler, Ryan Robinette, Steven Whitson, Sheena Brook, Scott Reeves, Ray Cerbone, Ruthie Collins, Frank Myers, Kendell Marvel, Carlene Thissen, Tim McGeary, Brian Sutherland, Sean Wilson Biggs, Brandon James, Angie Aparo, Michael Tolcher, Will Bowen, Dylan Altman, Kristen Kelly, Bonnie Bishop, George Ducas, Paul McDonald, Even Stevens, Greg Bates, Shelley Skidmore, Kylie Sackley, Kimberly Kelly, Terry Sylvester, Aaron Barker, Wynn Varble, Steve Dorff,

continued on page 30



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Rookie Bradley with his sidekick and mascot, Bo Bear

Celebrity Server Preparing For Fundraiser

Rookie Bradley will be a celebrity server for The Bailey-Matthews National Shell Museum fundraiser at Traders Store and Cafe on Monday, September 28.

While he's a first-time "rookie" Celebrity Island Dinner server, Bradley is no rookie when it comes to landscaping services. Rookie has owned Rookie's Lawn Care and Bonnie's Blooming Gardens for over 28 years and he hopes to plant a philanthropic seed in your heart. His fun loving attitude, smile and sense of humor will be sure to charm the tips right out of your wallets.

People can go online, learn about the event, and tip Rookie Bradley in increments of \$10 by clicking the fol-

lowing link - <https://emuseum.shellmuseum.org/benefit.aspx>. For those who can't attend, tipping online is a great way to show your support for Rookie and The Bailey-Matthews National Shell Museum.*

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 rrainbolt@crowclinic.org or 472-3644 ext. 228 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, September 25, 11 a.m., adults \$7, teens \$5, 12 and under no

charge - Why Animals Come to CROW, presented by a CROW volunteer.

CROW hospital treats over 3,500 patients a year, but not all of the animals admitted need assistance. Facilities like CROW should be an animal's last resort, not their first. This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

Friday, September 25, 2 to 3:30 p.m., \$20 per person, advance registration required - Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13.

Photography is not permitted on hospital grounds. Closed-toed shoes, sunscreen and water are recommended.

Monday, September 28, 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.

Tuesday, September 29, 11 a.m., adults \$7, teens \$5, 12 and under no charge - Patient Profiles: Sea Turtles, presented by CROW staff.

CROW is the only licensed sea turtle facility from Sarasota to Miami on the southwest coast of Florida. One of CROW's team members explains why they are admitted and how the medical staff treats this species.

Wednesday, September 30, 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.

Thursday, October 1, 11 a.m., adults \$7, teens \$5, 12 and under no charge - Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from Southern Georgia to Southeast Florida. Because of its contributions to the ecosystem, it is classified as a "Keystone Species." CROW's presenter explains why they are admitted and how the medical staff treats this species.

Friday, October 2, 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.*

Top Ten Books On The Island

1. *Ten Days In Paradise* by Linda Abbott
 2. *Lighthouse Point* by Lisa Poston Murphy
 3. *Six Mornings On Sanibel* by Charles Sobczak
 4. *Sanibel Flats* by Randy Wayne White
 5. *The Eye of Heaven* by Clive Cussler & Russell Blake
 6. *A Man Called Ove* by Frederick Backman
 7. *The Accidental Book Club* by Jennifer Scott
 8. *The Lowland* by Jhumpa Lahiri
 9. *The Templar Legacy* by Steve Berry
 10. *Life At Five Knots* by Scott McPhee
- Courtesy of Sanibel Island Bookshop*

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Florida Sweet Corn, Snap Bean and Bell Pepper Sauté

4 ears fresh sweet corn, kernels cut off the cob
1 pound fresh snap beans, rinsed and stems trimmed
2 large bell peppers, sliced thin
¼ cup green onion, washed and chopped fine
1 teaspoon plus more to taste seasoning blend (Greek, Latin, Cajun)
Sea salt and fresh ground pepper to taste
½ lemon, juiced
1 teaspoon vegetable or olive oil

Preheat a large sauté pan over medium heat.
Add vegetable or olive oil to the preheated sauté pan.
Carefully add the trimmed snap beans to the sauté pan.
Cook snap beans for 2 to 4 minutes until they start to get some color.
Add the corn kernels and sliced bell pepper to the cooking snap beans.
Cook ingredients for another 2 to 4 minutes until the ingredients become crisp-tender.
Add the seasoning blend and lemon juice.
Stir ingredients to combine.
Add the green onion and taste.
Adjust seasoning with sea salt and pepper.
Remove from heat and serve warm as a side dish.*



Florida Sweet Corn, Snap Bean and Bell Pepper Sauté

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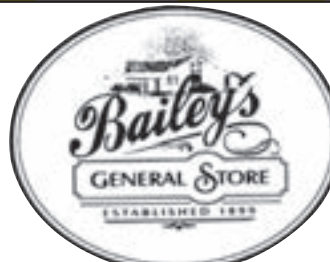


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Grandparents Day Luncheon



Ava Wodjeski had lunch with her special guests, her Daddy, Tim Wodjeski, and her little brother, Eddie



Betsy "Mas" Heizmann had lunch with her grandson, Landon Markosky



Valentina Bell had lunch with her Daddy, Rodd Bell, who had the day off work

The Children's Education Center of the Islands celebrated Grandparents Day with a luncheon, provided by the Lazy Flamingo, for grandparents and special friends of preschool students. Even if the students' grandparents could not attend, the children made a special gift for them.

The Children's Education Center of the Islands is a non-profit preschool offering full-time and part-time classes for children ages 18 months to 5 years old. The center is open from 7:30 a.m. to 5:30 p.m. and offers limited scholarships. For more information, call 472-4538.✱



Tower Gallery artist Jay Lana exhibit opens at Bank of the Islands

Bank Unveils Lana Art Exhibit

Bank of the Islands is displaying new artwork as part of its continuing series of lobby exhibits showcasing local artists. The recently-created art program is presented in association with Tower Gallery, Lee County's oldest art collective.

The sixth artist to be featured in the series is Jay Lana. His paintings will be on display in the bank's Sanibel office during banking hours through October 6.

"We are happy to bring Jay's work to the attention of our customers and island

neighbors," said Bank of the Islands Sanibel-Captiva office manager Willy Ocasio. "Sharing his unique pieces is a great way to show how much we appreciate being your island bank."

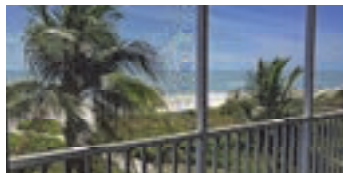
Bank of the Islands is located at 1699 Periwinkle Way (at the corner of Casa Ybel Road) on Sanibel.

Lana is a self-taught artist who works with reclaimed materials to make award-winning functional art.

Tower Gallery is an artists' cooperative consisting of 23 artists working in various media. Located at 751 Tarpon Bay Road on Sanibel, the gallery is open seven days a week from 10 a.m. to 9 p.m. For more information, call 472-4557.✱



Sanibel Moorings #822
Turnkey 2nd floor courtyard-view 2 bedroom grossing \$35K+/yr in worry-free on-site rental program. \$499K



Sanibel Surfside #123
Long-time investment rental with weekly income & this view from 2nd floor. Open white kitchen & more. \$874K



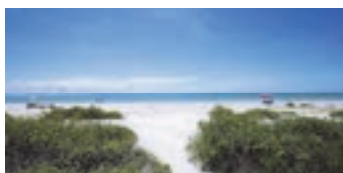
Sundial Resort #R401
Top-floor corner 2 bedrm plus den in off-site rental program. Open kitchen, washer/dryer, stainless appliances. \$799K



Sand Pointe #122
Rare West Gulf Dr weekly-rental condo. 2nd floor with gulf view, handy elevator access, new kitchen. \$749K



Compass Point #221
Charming cottage-style 2 bedrm with oak floors & plantation shutters, 1 floor up over covered parking. \$699K



Sundial Resort #B206
Updated 2nd floor 2 bedroom with gulf view. Literally steps from the sand & earning excellent income. \$579K



Mariner Pointe #811
Easy-access ground-floor canal-side 2 bedrm with remodeled kitchen, glassed lanai, & bay view too. \$499K



Mariner Pointe #842
Bay-view 2nd floor 2 bedrm. Open front deck too. Close to community pool, bbq area, boat docks, & tennis. \$499K



Mariner Pointe #332
Unique corner 2 bedrm with no upper neighbor, private deck, this canal/marina view. Income potential too. \$480K



837 Limpet Dr
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Could This Be The Year For The Chicago Cubs?



by Ed Frank

This is a trivia question that huge numbers of sports fans here in Southwest Florida and throughout the country will know the answer to immediately:

What is the longest losing drought in professional sports – a drought spanning nearly 107 years?

The answer: The last time the Chicago Cubs won a World Series was in 1908 when they defeated the Detroit Tigers in five games.

It was the same year that William Howard Taft defeated William Jennings Bryan for president; motorized transportation was relatively new as there were only 8,000 cars and 144 miles of paved roads in the country; and canned beer hadn't even been invented.

Not only has it been nearly 107 years since the Cubs won the World Series, but it has been 70 years since they've even been in one, that being 1945 when they lost to the Tigers.

There are rabid fans for every team, but perhaps none more loyal than those of the "lovable losers" Chicago Cubs.

In the modern era, the Chicago White Sox, the Chicago Bulls, the Chicago Bears and the Chicago Bulls have won world titles. But not the Cubs, although their ancient home, Wrigley Field, is the most popular tourist destination in the Windy City.

Times have changed, however, on the north side of Chicago as the Cubs are certain to reach the post-season playoffs for the first time since 2008 when they were swept three games to none by the Los Angeles Dodgers in a divisional playoff.

Through Monday of this week, the Cubs had a season record of 88-62, with a whopping nine-game lead over the World Champion San Francisco Giants for the National League second wild card slot with only 12 games remaining in the regular season. It's the third-best record in baseball.

Their torrid pace since the All-Star break has propelled the team to the playoffs going 41-22 (.650).

The road to October baseball actually began four years ago when Chicago hired Theo Epstein away from the Boston Red Sox as president of baseball operations. He revamped a downtrodden farm system with talent that has now emerged to the Major Leagues.

And perhaps his best and biggest move was grabbing Manager Joe Maddon from the Tampa Bay Rays whose unorthodox style of managing is just what was needed.

His roster is stocked with star-studded rookies that have shed the decades-old image of Cubs losing baseball.

There's third-baseman Kris Bryant, 23, who is a lock on Rookie of the Year honors. Shortstop Addison Russell, catcher-outfielder Kyle Schwarber, outfielder Jorge Soler and infielder Javier Baez are the four other rookies that have played major roles in the resurgence.

And there is more: First-baseman Anthony Rizzo should be the National League Most Valuable Player. And pitcher Jake Arrieta, going for his 20th win this week, is a strong candidate for the Cy Young Award.

Most baseball experts thought the Cubs were at least a year away from winning a post-season spot. But Maddon and his youngsters have moved that calendar forward.

Will the Cubs win the 2015 World Series? Probably not. But they have sure brought excitement to the Cubs faithful.

Remember: the two 2014 World Series teams, Kansas City and San Francisco, were both wild card teams.*

From page 1

Noah's Ark

From November to the end of May, the winter season's full operating schedule resumes, weekdays and the first Saturday of each month, 9:30 a.m. to 12:30 p.m.

Noah's Ark gratefully accepts donations, which can be left any time at the shop's loading dock. The Ark staff and St. Michael and All Angels Church extend heartfelt thanks to all donors who make the Ark's charitable mission a continuing success.

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

FISH Featured At Young Professionals Gathering



Tamara Aruj, Tamee Ferguson, Nicole Decker-McHale, James Didio, Brendan Albright, Aron Hubers, Catrina Gunther and Laura Richardson

On Thursday, September 17, the Sanibel Fish House hosted over 40 young professionals from the islands and nearby Fort Myers for a monthly Young Professionals Association of Sanibel & Captiva (YPASC) networking event.

The Sanibel Fish House provided appetizers and goodie bags for the group, while guests were able to take advantage of the regular happy hour and drink specials. In attendance were young professionals from local non-profits such as The Bailey-Matthews National Shell Museum and the Sanibel Sea School, local island businesses such as RS Walsh landscaping, resorts and inns such as Sundial Beach Resort & Spa and Beachview Cottages, realtors from John Naumann & Associates, RE/MAX, SanCap Gateway, and other island organizations and local businesses.

Those in attendance spent the evening in conversation and networking, pausing for remarks made by Laura Richardson, development coordinator at BIG ARTS as well as founder of the group, and Nicole Decker-McHale, member of FISH board of directors, who was asked to present information about the organization, its purpose, and ways to become involved.

"How refreshing to have an organization consisting of young professionals that are interested in expanding their knowledge and support of important non-profit organizations like FISH," said Decker-McHale. The YPASC is taking part in the upcoming 10K Race 4 FISH to support the organization and has numerous members registered to run.

The YPASC's next networking event will be Wednesday, October 14 from 5:30 to 7:30 p.m. at Il Cielo. Admission is free. There will be a cash bar and appetizers will be provided. All are welcome to bring their co-workers and their business cards.

If you are interested in becoming a part of the Young Professionals Association of Sanibel & Captiva or hosting an upcoming event, contact Laura Richardson at lrichardson@bigarts.org and find YPASC on Facebook at www.facebook.com/ypasc.*

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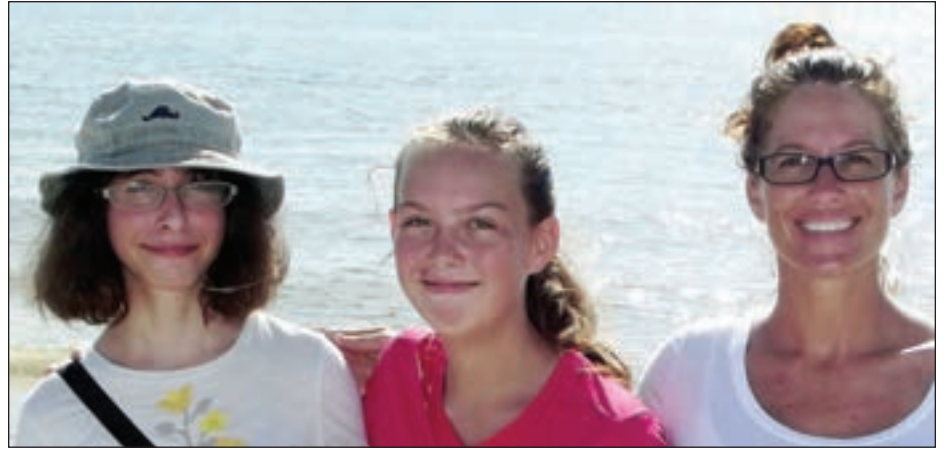
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Highlights Of The 29th International Coastal Cleanup



On September 19, students from Cypress Lake Middle School – including Abbi Acevedo, Danielle Van Pelt, Jocelyn Watkins and Emily Rockwell, along with teacher Tina Kouns – volunteered to pick up debris at Gulfside City Park on Sanibel as part of the 29th annual International Coastal Cleanup

photos by Jeff Lysiak



Lexington Middle School's Alisha Gorny, Mersadies Reid and Kimberly Boone



The Welch family – Jason, Kim, Joshua and Jada – arrived ready to clean Sanibel's coast



Cypress Lake Middle School students Francisco Ortiz and Griffin Wayne fill a bag with debris collected on the beach



Students and teachers from Lexington Middle School volunteered to pick up debris at Lighthouse Beach on Sanibel as part of the 29th annual International Coastal Cleanup



Members of the Vandeveld family – Liz, Case and Ian – and the Mahan family – Stephanie, Quinn, Colin, Connor and Allison – take part in the Coastal Cleanup every year



Kahlani Wrighton, Billie Woodley, Heidi Erfourth and Autumn Soto from Lexington Middle School in Fort Myers



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Back, from left, FISH Board Chair John Pryor, 10K Race 4 FISH Committee member Pete Bender, Committee Co-chairs Nancy Bender and Ed Ridlehoover, and Kirstan Wheeler of Dunavant Medical Group. Front, from left, Dunavant Medical Group's Marilyn Maher, Dr. Scott Dunavant, Diane St. Pierre and Caitlin Blake.

Dunavant Medical Supports FISH 10K Race

Dunavant Medical Group, Silver Sponsor of the 10K Race for FISH, led by Dr. Scott Dunavant MD, is giving away a Dri-FIT shirt to patients who register for the 7th annual 10K race. Dr. Dunavant believes the race is an important event for many reasons.

"It's important for health, FISH and to me as a healthcare provider," said Dr. Dunavant, who has race registration forms on a clipboard at his office window. "I believe everyone should walk to have a healthier lifestyle, plus the 10K is a good time for a good cause."

"We are delighted to have Dr. Dunavant and his staff as supporters of the 10K Race and FISH," said Ed Ridlehoover, 10K committee co-chair. "They are a wonderful group of professionals, who are personable and compassionate."

The newly opened clinic offers primary care for older children to adults, as well as urgent care for all ages. Care is provided for routine conditions, such as colds, fevers, flu, ear conditions or respiratory concerns. Chronic conditions, such as diabetes, arthritis or hypertension, along with annual exams, physicals or preventive medicine can also be handled by the group.

Dr. Dunavant received his medical degree from the University of Kentucky College of Medicine and has extensive experience with emergency medicine, sports medicine, professional teams and family practice. His team of healthcare professionals is led by Diane St. Pierre, ARNP, who has more than 30 years of healthcare experience.

Dunavant Medical Group is located at 695 Tarpon Bay Road, Suite 2. House calls are available for those who are non-ambulatory or otherwise unable to travel for care. Dunavant can be reached at 312-4544.

"FISH is a wonderful organization and we are very pleased to be a part of neighbors helping neighbors," said Dunavant.

The 10K Race 4 FISH is set for 7:30 a.m. Saturday, October 17 with the start/finish line at The Community House, 2173 Periwinkle Way. Runners receive awards, a medallion, T-shirt and a backpack style goody bag. Registration is open at fishofsancap.org or ftmyerstrackclub.com.✽

New Youth Self-Defense Classes At Recreation Center

New Youth Choi Kwang-Do Martial Arts and Choi Kwang-Do Self-Defense classes are being offered by Master Craig Greca at the Sanibel Recreation Center. Sessions began on September 21. Participants can learn practical self-defense, increase confidence and focus while improving fitness levels and health. Master Craig will provide students with a fun and safe environment for everyone.

Classes will be offered on Mondays and Wednesdays from 5 to 5:45 p.m. for ages 5 to 10 and from 6 to 6:45 p.m. for self-defense class (ages 14 and up). The fee is \$42 for four classes for Sanibel Recreation Center members and \$55 for non-members. For more information, call the Sanibel Recreation Center at 472-0345.

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

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Celebrating 90 Years Serving Southwest Florida

From page 23

Island Hopper Festival

Michael Tolcher, Toni Mcenery, Scott Timson and Tim McGeary.

In addition to Jensen's Twin Palm Resort & Marina, Captiva venues included The Crow's Nest at Tween Waters Inn, The Old Captiva House, Royal Shell's "Sorrento," Keylime Bistro, Cantina Captiva, RC Otter's, The Mucky Duck, Doc Ford's Captiva Rum Bar & Grille and South Seas Island Resort.

The 2015 Island Hopper Songwriter Fest, which also included performances in downtown Fort Myers throughout the week, concludes this weekend on Fort Myers Beach. For the artist lineup and venue schedule, visit www.fortmyers-sanibel.com/island-hopper/.✽



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Karen Bell 472-5187 x 270

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Judy Osterholt & Diane Stocks 472-5187 x 230/335

TIDEWATER ISLAND LAKEFRONT

NEW LISTING



- Bud Lawrence Custom design w/charm and character
- 4BR/3.5BA plus extra garage/workshop
- Positioned on two lake front lots
- Recent updates throughout
- \$729,900 (2150815)

Linda Coin 472-5187 x 245

KINGS BAY ESTATES/GATED COMMUNITY

NEW LISTING



- 3 bedroom + den and 3.5 baths
- Open floor plan with large eat-in kitchen
- Island, breakfast bar and pantry
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- \$379,000 (2150837)

Debbie Ringdahl 472-5187 x 269

LAKE MUREX -FURNISHED NEAR BEACH

NEW LISTING



- Ground level 3 bedroom/2 bath pool home
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- Beautiful landscaping, Large corner lot
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- \$669,000 (2150845)

Tina Dicharia & Glen Simmons 472-5187 x 259/332

THE DUNES AT SANIBEL

PRICE REDUCED



- Great views of golf course and lake
- Lovely, private pool area & exquisite landscaping
- Wood floors, cathedral ceiling & fireplace
- Bi-level, split plan 3 bedroom
- \$549,499 (2141283)

Dan Cohn 472-5187 x 294

ROOM FOR ALL

PRICE REDUCED



- 5BR/3.5BA home overlooking lake
- Beautiful pool & spa, gated community
- Great room, volume ceilings
- Convenient South Ft. Myers location
- \$769,900 (2141316)

Debbie Staley 472-5187 x 258

NEAR BEACH DUPLEX

PRICE REDUCED



- Large 4BR/2BA in the heart of Sanibel
- Left side is 1BR/1BA
- Right side is 3BR/2BA + den
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- Captiva home with architecturally stunning design
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- Boat dock with lift, direct access to Intracoastal
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Mary Lou Bailey 472-5187 x 246

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Charles Sobczak 472-5187 x 255

GULF FRONT COMMUNITY



- Private deeded beach access
- Two bedrooms two bath two car garage
- Large caged pebble tech pool w/heater
- Gourmet kitchen w/granite & solid wood cabinet
- \$749,900 (2150489)

Linda Gornick 472-5187 x 261

SANIBEL BAYOUS



- Near beach 3BR/2BA home
- Updated kitchen and bathrooms
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- \$599,900 (2150119)

James Anderson 472-5187 x 214

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- 2 bedroom, 2 bath condo in Cape Coral
- Gulf access, just minutes to the river
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Judy Reddington 472-5187 x 331

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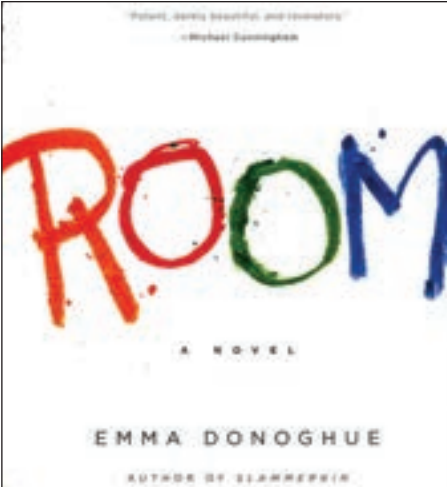




Saoirse Ronan as Eilis Lacey in *Brooklyn: The Novel*

Read The Book, Then See The Movie At Library

Do you enjoy reading the book before watching the movie, or vice versa? Sanibel Public Library welcomes readers to read the book then enjoy (or even critique) the movie.



The library's catalog is filled with many books that have recently been, or plan to be, made into films. *Brooklyn: A Novel* by Colm Tóibín won the 2009 Costa Novel Award, and was longlisted for the 2009 Man Booker Prize. In Brooklyn, Irish immigrant Eilis Lacey navigates her way through New York City in the 1950s. The initial shackles of homesickness quickly diminish as romance sweeps Eilis into the intoxicating charm of love until her new life is disrupted by her past. The film was a hit at the Sundance Film Festival, and is due in theaters in the beginning of November.

Uniting fact and fiction into an original romantic vision, David Ebershoff's *The Danish Girl* eloquently portrays the heroic story of Lili Elbe, a pioneer in transgender history. *The Danish Girl* movie stars Academy Award winner Eddie Redmayne and was directed by the Oscar-winning director of *The King's Speech* and *Les Misérables*, Tom Hooper, is due in theaters in November.

Another literary adaptation is Emma Donoghue's 2010 international best-seller *Room*, which is due in theaters on October 16. The book unfolds from the perspective of a five year-old-boy, Jack, who has spent his entire life held captive by his mother's rapist and kidnapper. *Room* won many literary awards and *The New York Times* named it as one of their six best fiction titles of 2010. Sanibel Public Library's collection includes the book, eAudiobook and audiobook on CD.

Nathaniel Philbrick's nonfiction, *In the Heart of the Sea: The Tragedy of the Whaleship Essex*, won the National Book Award for Nonfiction and the Ambassador Book Award for American Studies in 2000. In 1819, the Essex was rammed and sunk by a sperm whale in the middle of the South Pacific. The crew drifted for more than ninety days, succumbing to weather, hunger, disease and ultimately turning to drastic measures in the fight for survival. Philbrick uses many historical documents – including an account written by the ship's cabin boy – to reveal the chilling events surrounding this epic maritime disaster. Due in theaters in December, the movie is directed by Ron Howard and stars Chris Hemsworth and Tom Holland.

A failed American businessman looks to recoup his losses by traveling to Saudi Arabia and selling his idea to a wealthy monarch in *A Hologram for the King* by Dave Eggers. Due in theaters for the Thanksgiving holiday weekend, the film stars Tom Hanks, Tom Skerritt and Sarita Choudhury. The Sanibel Public Library's collection has a print copy and downloadable eBook.

M.L. Stedman's *New York Times*

bestseller *The Light Between Oceans: A Novel* is now in film production, soon to be a major motion picture from Spielberg's Dreamworks. In the book, a lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from an adrift rowboat. The library has the book in print, large type and CD audiobook.

If there is a book or film you'd like to place on hold, call the library at 472-2483 or go online with your library card at www.sanlib.org. Many of the books-to-film copies are near the circulation desk on the Readbook – Read The Book, See The Film display. If you need assistance, stop by the library's circulation or reference desk.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. To get a library card bring in a photo ID or proof of address and staff will issue the card.

For more information about the Sanibel Public Library, call 472-2483 or visit online at www.sanlib.org.

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dearRPharmacist

Holy Basil – The Elixir of Life



by Suzy Cohen, RPh

Dear Readers:

If you are like me, I have favorite teas. Tulsi tea with a little lemon and ginger is one of those great teas that help me de-stress and putting one foot in front of the other when I feel overwhelmed. Tulsi, commonly known as holy basil, is a treasured sacred medicinal plant of India. It's known to ease pain, improve breathing (like for asthma) and reduce inflammation. It is a strong antioxidant, too.

I don't know about you, but I feel like we have more stress nowadays than we did 20 years ago. The stress may be mental, emotional, behavioral or physical. The stress makes you feel like you can't cope with your situation. As a result, you may feel beat up, burned out, tense, irritated, overwhelmed, foggy in the brain or just plain mad. You may not (probably don't) sleep well either.

If I've described you, then it's safe to say you need some kind of stress soother before illness develops. Holy basil may just be what you need... but don't take my word for it, let's look at some science.

Researchers studied holy basil's effect on stress reduction in a recent randomized double-blind, placebo-controlled study of 158 highly stressed individuals. Participants had the classic symptoms like frequent headaches, exhaustion, heart palpitations, gastrointestinal problems, irritability and a habit of avoiding people; they also reported insomnia, forgetfulness and low sex drive.

Half the group received 1,200 mg holy basil (tulsi) extract, while the rest

of them received an inactive dud pill (placebo). After six weeks, and no other variables, it became clear that the tulsi group showed symptom improvement. Depending on the particular issue, participants enjoyed 33 to 90 percent improvements as compared to the placebo group.

Adaptogenic herbs give your body an adrenal vacation. Holy basil (tulsi) in particular allows you to rest in peace (and I mean that literally, not as in death)! The internal homeostasis and ensuing "peace" occurs because adaptogenic herbs interact at the level of your HPA axis which stands for hypothalamic-pituitary-adrenal axis.

The HPA is like Highway 66 in your body, it's a freeway that connects your adrenal glands to your pituitary, thyroid immune system and more. The HPA freeway signals your body so you can deal with a grizzly bear chasing you! Instead of thinking holy crap, think holy basil... but run like hell!

What about your brain? Research suggests that tulsi helps maintain catecholamines like epinephrine, norepinephrine, and dopamine. Serotonin levels may improve, too. All of these neurotransmitters are primary targets by prescription antidepressants. So if you have depression, a cup of tea (or supplementation) makes good sense.

Instead of coffee all day, try tea. Holy basil (tulsi) can work within minutes on those days when you've tried yoga, meditation and praying and you still want to smack someone. Try it; you'll see what I mean.

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.✱

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Will Power

Work For Inheritance?



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

From time to time, I glean something from Torah (Bible) study that applies to my estate planning career so I thought I'd share it with you today. As I write this, I am studying this week's parsha (portion of the Torah read in synagogue) about Moses transferring leadership of the Israelites to Joshua before crossing the River Jordan. I attribute these thoughts to Rabbi Jonathan Sacks of the United Kingdom.

You may recall God told Moses he would not cross the Jordan into the Promised Land. Before he dies, God has one last command for Moses, "And now write for yourselves this

song and teach it to the children of Israel, put it in their mouths, that this song may be a witness for Me among the children of Israel" (Duet 32:19).

Maimonides, a 12th century Torah scholar and physician determined that in this chapter, God was commanding Moses and Joshua to write out a complete Torah scroll, which is the 613th commandment in the Torah.

Why this command? Why then, at the end of Moses' life? Why make it the last of all commands? And if the reference is to the Torah as a whole, why call it a song?

The oral tradition (Talmud) hints at a set of very deep ideas. First, it is telling the Israelites, and every generation of Jews that follow, that it is not enough to say "We received the Torah from Moses or from our parents." We must instead take the Torah and renew it in every generation. The Torah is not only about the past so much as it is about the future. It speaks to us in the here and now – but not without our making the effort to write it again.

Rabbi Sacks points out that there are two Hebrew words for an inheritance: *nachalah* and *yerushah/morashah*. Each contains different ideas. *Nachalah* is related to the word *nachal*, meaning a river or a stream. As water flows downhill, so an inheritance flows down generations. It happens naturally, and needs no effort on our part to receive this inheritance.

A *yerushah/morashah* is different. Here, the word is an active verb. It means to take possession of something by a positive deed or effort. The Israelites received the Promised Land as a result of God's promise to Abraham. It was their legacy, but they nonetheless had to fight battles and win wars. Torah is a *morashah*, and not a *nachalah*. We need to write it for ourselves, not merely inherit it from our ancestors..

And why call Torah a song? Because if we are to hand on our faith and way of life to the next generation, it must sing. If you ever attend a Jewish prayer service, you will notice that the Torah is chanted in melody and not recited. Music has a close association with spirituality, and song is central to the Jewish experience.

Sacks writes about a dinner that world Jewish leaders put together several years ago to find the missing Jewish children of Poland. Many Jewish children were adopted by Poles during the war who then brought the children up as Catholics to hide them from the Nazis. Many years following the war, the Jewish leaders decided to hold a banquet and placed advertisements in the Polish press inviting whoever believed themselves to have been born a Jew to enjoy a free dinner. Hundreds came, but the evening was on the brink of disaster since none of those present could remember anything of their earliest childhood – until a man asked the person sitting next to him if he could remember the song his Jewish mother had sung to

continued on page 41

From page 1

Beach Parking

per hour up to \$4 per hour – along with amending the city's civil penalty fee – from the current \$50 up to \$75 in the event the ticket is not paid within 14 days – was approved, 4 to 0, with Vice Mayor Mick Denham excused.

Mayor Kevin Ruane explained that he received no objections to the city's proposed beach parking fee increase from either residents of Sanibel or Lee County, contrary to reports posted on several local TV news outlets.

"Unlike any other municipality in Lee County, over the last eight years, our taxes have either been lowered or stayed the same," said Ruane, who reported that Sanibel has faced record tourism and a record number of visitors crossing the causeway. And, with 18 miles of beaches and public restrooms to maintain, funds to keep the island's beaches in "pristine" condition have to come from somewhere.

"Do we have the Sanibel taxpayers pay for it, or do we raise the beach parking fee by \$1?" he added.

Sanibel's beaches have received worldwide recognition in recent years. A handout during Tuesday's council session noted awards and top rankings received by travel-based websites, online media, magazines and newspapers, including *Travel + Leisure* (which named Sanibel the Top Shelling Beaches), *Travel.com* (Best Florida Beaches For Kids), *TripAdvisor* (Top Ten U.S. Islands), *U.S. News* (#3 Best Family Vacations In The USA) and *Frommer's Travel Guide* (#1 Top 10 Places To Travel In The World).

"As fiscal stewards of this island, we don't spend money that we don't have," added councilman Marty Harry. "If we

don't have pristine beaches, then we won't have people coming here in record numbers."

During public comment on the ordinance, island resident Linda Naton voiced her support for the parking fee increase. "It's important for the residents of Sanibel to enjoy our beaches," she said. "And if people want to come here, then they'll have to pay for it."

Fellow resident Ken Burgener told the council that over the weekend, he participated in the International Coastal Cleanup on Sanibel. "I could find more trash in the back seat of my car than I found on our beaches," he added.

Also adopted was a rec center membership fee hike of 10 percent at the recreation center for individuals – which will jump from \$157.50 annually to \$173 for island residents – and for families, which will increase from \$210 to \$231. Member-guest rates will jump 20 percent, from \$7.75 daily for individuals to \$9.30, and from \$10 daily for families to \$12.

Rates for on-island employees will also increase 10 percent; city employees/retirees and corporate memberships will jump 10 percent.

Activity fees at the rec center will increase from zero up to 20 percent, depending upon the activity. Summer Camp, after school care for grades 1 to 6, Fun Days, youth basketball and group swim lessons will each increase 20 percent; martial arts/tai chi and youth archery will jump 10 percent; private swim and tennis lessons will jump five percent. No increases were proposed for lifeguarding courses, babysitter and first aid/CPR/AED training and cheerleading.

The approved ordinance also increases rental fees for Sanibel-based non-profits 20 percent.*



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Is My Canal Safe To Swim In?



by Bryan Hayes

There could be something in your canal that could hurt or kill you. Yes, there may be a shark, gator or some overly zealous manatee, but there's more of a likelihood that the threat is manmade.

There is a newer inherent problem with boats, docks and electricity. You have probably heard about this issue; if not, let's hope you don't experience it first-hand. The term is electrical shock drowning (ESD). The issue arises from electrical leakage. This is where electricity from dock power finds its way into the water that surrounds your boat. This could be a deadly situation if you are swimming in the water near your dock.

To understand how this happens, we have to remember a couple rules of electricity. The first rule is that electricity must find its way back to the source – if it doesn't, than no electricity. The second rule is that electricity will try every available path to get back to its source. And lastly is that electricity will always take the path of least resistance.

Now that we understand the rules, let's explore how we run into problems

with boats. It used to be that boats had a motor that we started with batteries. Often, we would recharge these batteries with on-board alternators when the engine is running. Or if you go way back in time, you would charge the batteries by removing them and charging them in the garage. With modern advancements, we now have shore power. Here is the scenario: We get back from a day on the water and plug our ship-to-shore power into our boat. No batteries to pull, just plug it in and all is good. Well, we hope. Not to over complicate things or get too in depth: With a boat, we deal with corrosion and abuse that our house will never see. We have both alternating current (A/C) and direct current (D/C) when we are plugged into shore power. Occasionally, this corrosive/abusive environment can create problems with the electrical system. If these two different types of power cross paths, we can have a problem.

So now that we know what it is and hopefully have a better understanding of how it happens, what can we do to insure that we are safe at our dock?

- If you suspect you may have a problem, test the water, its easy to do. Go online and search "preventing ESD."
- Swimming should not be allowed at marinas. If you must swim at your dock for maintenance, unplug your ship-to-shore power during the swim.
- All electrical feed must be through a GFCI (Ground Fault Circuit Interrupter) just like the ones in your kitchen and bath. If unsure, have them checked.

- When you have your boat serviced, ask that the electrical system be looked at for corrosion and loose connections and tested for any voltage leakage.

- Only use proper ship-to-shore cords, plugs and receptacles that were designed to work together.

- Never by pass a GFCI because of nuisance tripping. If your GFCI keeps tripping, call an electrician to find out

why; someone's life could depend on it.

Now with all of that said, the danger of electrical shock drowning is more prevalent in freshwater but can happen in saltwater also.

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

Superior Interiors

Picture Perfect



by Linda Coin

Ever have a problem hanging pictures or arranging them on your walls? Here are some tips on arranging your artwork with an aesthetic eye:

- Hang picture at eye level – In a living room, pictures should be hung so that people sitting in the room may view them while seated. A large picture behind the sofa may end up being as little as four inches from the top of the sofa and it often looks best when displayed alone because it serves as the room's focal point.

- Effective picture groupings – Smaller pictures become more effective when grouped together as opposed to being scattered all over the wall. Balance and

spacing are important when arranging artwork. Pieces should be of similar visual weight as nearby furniture. A rule of thumb is that the space between two pictures should be less than the width of a single picture.

- Hang artwork right the first time – If you're apprehensive about hammering nails into your walls, cut pieces of paper into the size of your pictures. You can even mark the placement of the hooks using this technique. Then, arrange them by taping them on the wall until you are happy with the results. Once you are satisfied, mark where the hooks will go with a pencil, going right through the paper, and proceed to hang your artwork.

The type of artwork you use will depend on your personal preferences and your budget. It can be simple prints, needlework, limited edition prints or original art. Of course, the more valuable the piece, the more important its place should be.

Linda Coin is an Interior Designer for Sanibel/Captiva Islands and can be reached at linda@coindecaden.com.✴

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Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational

perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psycho-therapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

My husband and I moved into a 55 plus community 10 years ago. Without hesitation, we signed all of the legal documents that said, "no one under the age of 18 would be living permanently in our home" – because we thought no one would.

Then our son and his wife both developed extreme health problems so we had to take their kids, ages 7, 9 and 14, on a temporary basis. That was two years ago. The kids have to play and they do make noise, and they also leave their stuff

around. The older one is now driving and he needed a car to go to school, etc. It is all a big mess and now we have been given notice from the community that the children must leave. They feel that they have been very understanding (and they have), but we make too much noise, it is against the original documents to have children under 18 permanently and their patience is exhausted.

The real estate market is so bad, the kids' parents are struggling with their problems and now we have ours. What do you suggest we do?

Todd

Dear Todd,

It seems that you are in a very difficult position with little wiggle room. If you signed a contract stipulating no minors may live permanently, you do have

an obligation to meet the terms of the contract.

As an option, is it possible for your grandchildren to live with you during the week and go home to their parents during the weekend, with private duty support?

What I am suggesting is hiring a private duty individual to care for the children while they are at their parents' home since the parents are not in a position to care for them. In this way the children are not living permanently with you, and are able to see their parents while being cared for appropriately.

In the meantime, you need to explore other options to move if this interim would not be possible.

Pryce

continued on page 41

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School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My child was put into special education classes (ESE) last spring. I was completely overwhelmed by the lingo that everyone used. I have not

been able to find a list of these words. Do you have one? Help!

Lorena B., Cape Coral

Lorena,

It is easy to become overwhelmed by the acronyms for different classifications, diagnoses, school team names and personnel, and professional organizations all housed within the fields of general and special education. Many parents and guardians who haven't been exposed to the jargon can find themselves intimidated and overcome in their interactions with schools (e.g., IEP meetings). Eventually, you will learn the terms, but here is a list educational acronyms for you to reference:

ABA – Applied Behavior Analysis
ADA – Americans with Disabilities Act
ADD – Attention Deficit Disorder
ADHD – Attention Deficit Hyperactivity Disorder
AP – Assistant Principal
APE – Adapted Physical Education
APA – American Psychological

Association
ASD – Autism Spectrum Disorder
AYP – Adequate Yearly Progress
BCBA – Board Certified Behavior Analyst
Communication Skills
BIP – Behavior Intervention Plan
CALP – Cognitive Academic Language Proficiency
CBA – Curriculum-Based Assessment
CBE – Curriculum-Based Evaluation
CBM – Curriculum-Based Measurement
CBT – Cognitive Behavioral Therapy
CD – Conduct Disorder
CFS – Child and Family Services
CPS – Child Protective Services
CST – Child Study Team
DD – Developmental Delay
DMH – Department of Mental Health
DSM – Diagnostic and Statistical Manual of Mental Disorders
EBD – Emotional Behavioral Disorder
EBI/EBP – Evidence-Based Intervention/Practice
ED – Emotionally Disturbed
ELL – English Language Learner
ESL – English as a Second Language
ESY – Extended School Year
FAPE – Free Appropriate Public Education
FARM – Free and Reduced Meals
FBA – Functional Behavioral Assessment
FERPA – Family Educational Rights and Privacy Act
FRL – Free and Reduced Lunch

GAD – Generalized Anxiety Disorder
GT/GATE/TAG – Gifted and Talented
ID – Intellectual Disability
IDEA – Individuals with Disabilities Education Act
IEP – Individualized Education Plan
IFSP – Individualized Family Service Plan
LD – Learning Disability
IQ – Intelligence Quotient
LEA – Local Education Agency
LEP – Limited English Proficiency
LGBTQ – Lesbian, Gay, Bisexual, Transgender, Queer & Questioning
LRE – Least Restrictive Environment
MDT – Multidisciplinary Team
MR – Mentally Retarded
NASP – National Association of School Psychologists
NCLB – No Child Left Behind
NCSP – Nationally Certified School Psychologist
NOS – Not Otherwise Specified
OCD – Obsessive Compulsive Disorder
ODD – Oppositional Defiant Disorder
OHI – Other Health Impairment
ORF – Oral Reading Fluency
OT/PT – Occupational Therapy/Physical Therapy
PBIS – Positive Behavioral Intervention and Support
PD – Professional Development
PDD – Pervasive Developmental Disorder
PLOP – Present Level of Performance
PPW – Pupil Personnel Worker
PRF – Passage Reading Fluency
PTSD – Post-Traumatic Stress

Disorder
RTI – Response to Intervention
SAD – Separation Anxiety Disorder
SAT – Student Assistance Team
SEA – State Education Agency
SES – Socioeconomic Status
SLD – Specific Learning Disability
SLP – Speech-Language Pathologist
SPED – Special Education
SST – Student Support Team/Student Study Team/Student Success Team
SWPBS – School Wide Positive Behavior Supports
TAT – Teacher Assistance Team
TBI – Traumatic Brain Injury
Title 1 – Federal program to fund schools with high concentrations of student poverty.
WCPM – Words Correct Per Minute
504 Plan – The modifications/accommodations needed for students with disabilities to fully participate in all school activities
** From the *Communiqué Handout*, March/April 2010, Volume 38, Number 6 and authors Rhonda N. Torki and Joseph F. Nese, PhD, from the University of Oregon.
*Shelley Gregg 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. Not all questions submitted can be addressed through this publication.***

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Exhaustion? Back Ache? Press Adrenal Points



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

Feel like crawling out of bed in the morning, taking a nap numerous times during the day or feel depleted with no energy to do anything? Welcome

to the world of adrenal exhaustion, the stress syndrome of our century as we juggle way too many tasks and responsibilities. If back ache is experienced as well, suspect the adrenals, two walnut-sized glands that sit on the top of the kidneys right behind the ribs on each of the back sides of the body. When stressed, what hormone is created? Adrenaline, by the adrenal glands. Since the kidney meridian's job, just like the kidney, is purification and if there is congestion, one will feel "off." So, if one is sluggish, the back is tight or energy is stuck below the waist, think kidney and adrenals.

So, how do we intervene to find more energy, to get our energies moving again

and feel refreshed? One way is to press or buzz your adrenal points two or three minutes per day. They are easily found by locating your navel, moving up about one inch and out on each side about one inch. Press or buzz vigorously on both sides at the same time. I have found it helpful to take my thumbs, push in on these points as I make fists and place the back of my hands against the wall. By leaning against the wall into the weight of my hands, it is possible to deeply access these points. A word of caution, however, if these points are very tender (which is highly likely), go slow at first until you build up tolerance in handling the tenderness. We can also work with the kidney, so look for future articles on this topic.

Not only have you now relieved stress, boosted your overall energy and reduced or relieved the back ache, but you have increased your mental clarity and boosted your libido. So enjoy a romantic evening... and imagine what happens if you suggest your significant other press/buzz these points, too.

Have fun with your energy! Next week's topic is Recharge Your Battery With Joy-Juice.

*If you have a question, email Karen Semmelman at SemmEnergyCenter@gmail.com. Learn more at www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.**

Doctor and Dietitian

Feeling Tired And Lacking Energy?



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

Nowadays, many people are experiencing excessive tiredness. There is no one cause of lack of energy. A combination of environmental, dietary and medical factors can be to blame. The following suggestions may be helpful:

Consider Trying A Higher Quality Multi-Vitamin – The average one-per-day vitamin will usually have no noticeable benefit. We recommend a pharmaceutical grade multivitamin with ingredient quality guaranteed by the company.

Drink Plenty Of Purified Water – To help determine the amount of water you should drink daily, divide your body weight in pounds by two. This equals the amount of water you should drink in

ounces per day. For example, generally speaking, a 150 pound man should drink 75 ounces of purified water per day.

Get Outside And Enjoy The Sunshine – Very often, nature is the best medicine. There are toxins everywhere zapping our energy, especially in metro areas. So take time to go to the beach or a preserve to reconnect with nature. Time in the sunshine each day can do a lot to brighten your spirits.

Talk To Your Doctor About Having Low Energy – You may have low hormone or vitamin levels, causing you to feel tired, weak or to have a low stress tolerance. Sometimes, just a few simple tests can help show why you have low energy and feeling so run down. Talk with a natural medicine minded doctor who understands you and wants to get to the root cause of your lack of energy.

Eat A Healthy Diet – Eat fresh, preferably organic, non-processed foods to give you the vital nutrients you need and avoid ingesting even more chemicals and toxins.

Get Enough Sleep – Turn your phones, televisions and computers off. Keep your room dark, cool and comfortable and get the rest your body craves.

*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@carimgmedical.com.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I would like to learn some techniques to be able to read a man and see the red flags before I get too involved and get hurt. Can you offer some tips?

A: When we first meet that guy that

we are attracted to and want to spend time with, even evolve into a relationship with, there are a few things you might want to know.

When you attracted to someone, you generally don't pay attention to the red flags that may be flying. It's not that you don't see them, you most likely do, you just don't want to because you are having too much fun.

One piece of advice I do give to female clients is to watch the man's behavior. (This goes for men, too). People are very good at saying one thing and behaving another. If you notice that someone is not in alignment with what they say and do, that is a red flag. One way to get good at paying attention to red flags is to be a good listener and pay attention to his body language, and his openness and authenticity. If you notice that your guy has a short fuse and seems impatient, there is a chance he could be

pre-disposed to more disruptive or even violent behavior.

A client of mine met a gentleman she didn't know well for dinner and while he was impeccably dressed and attractive, he snapped at the waiter, then proceeded to tell her he was in therapy for road rage. So pay attention and raise your awareness in the very beginning and develop a skill to differentiate a kind gentle man from one who has anger and rage. An incident like my client had was enough to show her through this man's behavior (regardless of how attractive he was) that she wanted nothing more to do with him. Some other signs to watch for is his kindness and compassion toward others. Sometimes, you can even tell if he has kind eyes.

If he displays these traits, chances are he will be that way toward you. If he lacks empathy or seems distant and aloof, you may want to make that your last date.

Notice if your guy blames others or does he take responsibility for himself and his actions?

And, of course, if he seems physically or verbally aggressive, run for the exit.

You can begin to develop this skill of watching the behavior and always tune into your inner guidance system for your inner knowing doesn't lie and you will get a hunch to see or not to see this guy again.

*Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. She can be reached at constanceclancyfisher@gmail.com.**

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FOR WEEK OF SEPTEMBER 28, 2015

ARIES (March 21 to April 19)

Although practical situations continue to dominate this week, there's time for the Lamb to indulge in the fun things in life -- like maybe taking a special someone out for a great evening.

TAURUS (April 20 to May 20) This week favors relationships. Take time to renew old ones, and make time to go where new friends can be found. On a more practical note, expect news about a business deal.

GEMINI (May 21 to June 20) You should be seeing some progress on that new workplace situation. Meanwhile, family matters might demand more attention, and you'll want to set aside time to deal with them.

CANCER (June 21 to July 22) A relationship suddenly might present some challenges you never expected. After talking things out, you might want to consider taking some time to assess what you've learned.

LEO (July 23 to August 22) A disappointing response to a request might dampen the Lion's spirits. But you might want to ask the reasons behind it. What you learn can be of great importance in a future undertaking.

VIRGO (August 23 to September 22) A once-volatile situation should be settled by now, giving you a chance to refocus on a project you've been planning for. Look for an interested party to rally to your support.

LIBRA (September 23 to October 22) A business matter that unexpectedly turns into a personal situation could create complications. Best to resolve the matter now before too much harm can be done.

SCORPIO (October 23 to November

21) Emotions can run high when they involve personal matters that no one really wants to talk about. But this could be a good time to create the means to a workable outcome.

SAGITTARIUS (November 22 to December 21) A positive response to a workplace request could lead the way to other long-sought changes. Congratulations. A personal situation also takes a welcome turn.

CAPRICORN (December 22 to January 19) Patience pays off, as that once-overwhelming work situation continues to become easier to handle on a one-by-one basis. Look for positive news from a colleague.

AQUARIUS (January 20 to February 18) It might be a good idea to take more time to reassess your next move in working out a complex situation. You could benefit from a new perspective on the matter.

PISCES (February 19 to March 20) You might want to consider making time to discuss a change of plans with everyone concerned. Be prepared to explain your actions. Also be prepared to listen to alternatives.

BORN THIS WEEK: You have a strong sense of what is right, and you try to work from that foundation. Friends see you as reliable.

THIS WEEK IN HISTORY

- On Oct. 1, 1890, an act of Congress creates Yosemite National Park in California, home of Half Dome and giant sequoia trees. The act paved the way for generations of hikers, campers and nature lovers, along with countless "Don't Feed the Bears" signs.

- On Oct. 2, 1948, the first American road race since World War II takes place in Watkins Glen, New York. The New

York Central railroad agreed to suspend train service for the afternoon so that the drivers could cross the tracks safely.

- On Sept. 30, 1955, actor James Dean is killed in California when his Porsche hits a sedan. Rumor has it that Dean's car was cursed. After the accident, the car rolled off the back of a truck and crushed the legs of a mechanic. When the parts were sold, the engine, transmission and tires were all transplanted into cars that were subsequently involved in deadly crashes.

- On Sept. 28, 1960, at Boston's Fenway Park, Red Sox star Ted Williams homers in the final at-bat of his 21-year career. After being booed by Red Sox fans early in his career, Williams swore never to tip his cap to the Boston fans. He never did.

- On Oct. 4, 1970, singer Janis Joplin dies of an accidental heroin overdose at age 27. Joplin, who had a No. 1 hit with "Piece of My Heart," was discovered in her Los Angeles hotel room after failing to show for a recording session.

- On Sept. 29, 1982, cyanide-laced Tylenol kills six people in Chicago, leading to a nationwide recall. The culprit was never caught, but the mass murder led to new tamper-proof medicine containers.

- On Oct. 3, 1990, less than one year after the destruction of the Berlin Wall, East and West Germany come together on what is known as "Unity Day." Germany had been divided since 1945.

STRANGE BUT TRUE

- It was Che Guevara -- physician, author, revolutionary, guerrilla leader and diplomat -- who made the following sage observation: "Silence is argument carried out by other means."

- If you've ever awakened from a dream feeling especially calm and con-

tent, you've experienced euneirophrenia.

- Sometime in July of 1518, a strange malady swept the town of Strasbourg, France, when hundreds of people were overcome with an irresistible compulsion to dance. Some believed that the only cure was to dance day and night until the compulsion ended, so city leaders hired musicians and set aside guild halls for dancing. According to eyewitness documents, people so enthralled expressed their misery but were unable to stop dancing. Those with weak hearts actually died while under the compulsion. As inexplicably as the malady struck, it ended in early September, after affecting about 400 residents.

- Those who study such things say that, on a per-capita basis, residents of Louisiana consume twice as much electricity as residents of Maine.

- Of all the works of art stolen in Europe, 60 percent of it ends up in London.

- The name Samantha is thought by some to be a combination of the biblical name Samuel and anthos, the Greek word for flower. During Puritanical times the name became associated with witchcraft, causing a steep decline in its usage. When the TV series "Bewitched" premiered in 1964 -- featuring a witch named Samantha -- the name began steadily gaining in popularity. By 2009, it was the ninth most popular name for girls born in the U.S.

- If you're in the state of Washington and decide to paint polka dots on an American flag, you should be aware that you're breaking the law.

THOUGHT FOR THE DAY

"Well done is better than well said." -- Benjamin Franklin

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From page 34

Inheritance?

him before going to sleep. He began to sing *Rozhinkes mit mandlen* (Raisins and almonds), an old Yiddish lullaby. Slowly, others joined in, until the whole room was a chorus. Sometimes all that is left of a Jewish identity is a song.

As you think about the inheritance you would like to leave your children, what song do you wish to leave? Will it flow down to them like a stream, guided simply by wills and trusts, or will it include active participation on the part of your descendants? You certainly "own" everything that you have worked hard to accumulate during your lifetime. How do you intend to transfer that ownership to your children in an active sense, so that they feel the same commitment and value to that which you have left them?

These are the questions that challenge every generation over the ages.

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From page 37

Mom And Me

Dear Todd,

I am very sorry that you find yourself in this dilemma.

Homeowners associations have a great deal of power and these associations are in complete control and you must obey their demands.

In the short term, I hope Pryce's suggestion might work, but I am sorry to say, you should start to look immediately for other housing options.

Lizzie

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

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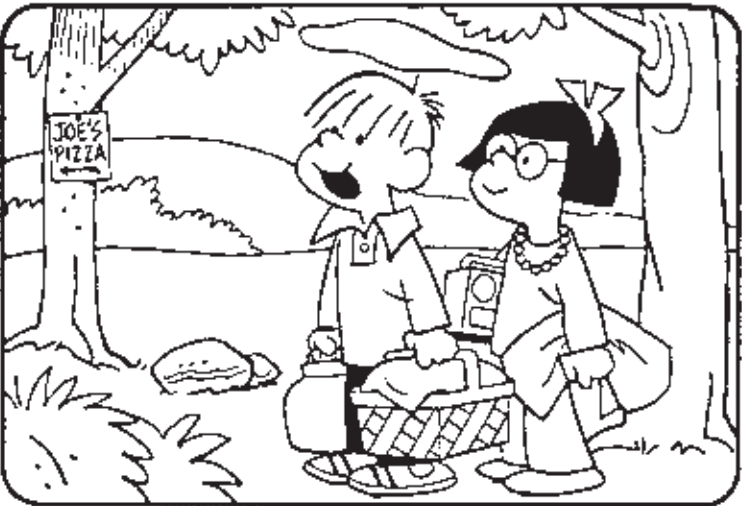
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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sign is missing. 2. Collar is different. 3. Cloud is shorter. 4. Basket weave is different. 5. Beads are missing. 6. Sleeve is shorter.



"Hi, honey—we eating out tonight? I don't smell anything"

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!

Notify

ALIGNS

Let Go

SCARDDI

Climb

CRAMBLE

Eject

CHANUL

TODAY'S WORD

answer on page 43

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

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 43

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PUZZLE ANSWERS

SUPER CROSSWORD

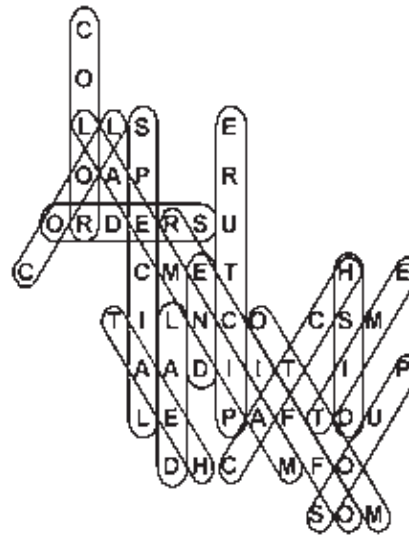
MADCAP LEFT HAPPENING
OIOOLE W I- ASIAMINOR
JORDAN RIVER SPECULATE
ONAMCANRSTIC PRE
JOHNSONSPACECENTER
NAVICADPA-A EXO
PROVENBAL DOUGLASFIR
RENE TART MESE MYRNA
SRATI IERE AIM
HOSES MCDONALDISLANDS
OPERAS COL CIRCLE
LEARNED BEHAVIOR FREES
IND TEEM VASTASE
STOGY LAMAS SITU ANDY
MCDREHAVEN OUS MRSULU
ONG EAVE SPUTNIK
JACKSON MISSISSIPPI
CRO EART-S ARUT FOE
TEACHBACK CAINEMUTINY
ENSHEATHE ACTS PRINCE
WATERS-ED USA SEED

KING CROSSWORD

PEA SHOO AGES
OWL HAWK COOP
MET AMERICANA
PROUD ATE
SOCK SPATE
BOTSWANA TROT
AVE STABS ION
BEER SVETLANA
ANNUL ETRE
MEG EXTOL
TOP BANANA AGO
EVIL ALUM URL
DANE WEBS TEA

MAGIC MAZE

OF THE DAY



SUDOKU

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

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SCRAMBLERS

solution

1. Signal; 2. Discard;
3. Clamber; 4. Launch

Today's Word
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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Renaissance	Fort Myers	2013	4,014	\$1,419,000	\$1,290,000	606
Idlewilde	Bonita Springs	2001	3,448	\$1,275,000	\$1,225,000	19
Lake Forest At Shadow Wood	Bonita Springs	2003	3,856	\$1,275,000	\$1,147,500	59
Willow Walk	Bonita Springs	2002	3,072	\$1,150,000	\$1,061,000	76
Lakewood	Fort Myers	2012	3,275	\$1,195,500	\$1,050,000	69
San Carlos On The Gulf	Fort Myers Beach	1956	3,448	\$949,000	\$1,001,000	14
Renaissance	Fort Myers	2014	3,585	\$899,900	\$899,900	322
Sanctuary	Bonita Springs	1993	2,866	\$959,000	\$880,000	30
Gulf Shores	Sanibel	1982	1,869	\$839,000	\$815,000	18
Southwind Subdivision	Sanibel	1972	1,440	\$798,000	\$745,000	51

Courtesy of Royal Shell Real Estate

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HELP WANTED

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Full time advertising sales for *Island Sun* and *The River Weekly News*, Sanibel and Fort Myers. Call Ken or Lorin at 395-1213 for interview.

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VOLUNTEERS NEEDED

The Bailey-Matthews National Shell Museum needs Education and Great Hall volunteers. No experience necessary, will train. Please contact Melanie at (239) 395-2233 ext 11.

*NS 7/11 NC TFN

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*NS 9/11 CC TFN

LEGAL NOTICE

NOTICE OF FILING PETITION FOR DIVORCE

To WEBBS C. BELVAL:

Pursuant to an *Order for Publication* signed by the Honorable Brian J. Amero on the 9th day of July 2015, you are hereby notified that a *Petition for Divorce* has been filed in the Superior Court of Henry County, Georgia, Case No. SU-CV-0821-BA, on March 13, 2015 a *Petition* which seeks to obtain a divorce from you.

You may obtain a copy of this *Petition* from the Clerk of Superior Court of Henry County, One Courthouse Square, McDonough, Georgia 30253, 770-288-8022.

After you review the *Petition*, you must file your written answer and objections to the *Petition* with the Clerk of Superior Court. You must also serve a copy of your answer upon the Petitioner, whose address is as follows: Barbara Exil, 1255 Labonte Pkwy, McDonough, GA 30253.

Your answer must be made within sixty (60) days of the *Order for Service by Publication*.

Signed this June day of 15, 2015 by Barbara A. Harrison, CLERK, Superior Court of Henry County, Georgia

*NR 9/11 CC 10/2

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LIVE ON THE ISLANDS

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The Crow's Nest Beach Bar & Grille at Tween Waters Inn on Captiva has Gattin playing Thursday, Friday, Saturday and Wednesday.

The Mucky Duck on Andy Rosse Lane, Captiva features music by Gary Earle on Thursday and Friday. Gene Federico plays on Saturday. Gary Earle plays Sunday; Mark Dupuy plays on Monday; Perry English plays on Tuesday; and Gene Federico plays on Wednesday.

Sea Breeze Café at Sundial Beach Resort & Spa has island style live entertainment on Mondays from 5:30 to 8:30 p.m.

Traditions on the Beach at Island Inn has live music Friday and Saturday with Joe McCormick and Marvella Marzan, playing R&B, jazz and pop. Woody Brubaker performs on Wednesday. Joe McCormick and Marvella Marzan play on Thursday.

The Island Cow on Periwinkle Way has live entertainment on Friday with Gene Federico. Jay Helt plays on Saturday. Dan Confrey plays on Sunday.

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@islandsunnews.com or 395-2299.*

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

Pets Of The Week

My name is Herbert and I've grown like a weed since I've arrived at the shelter. The staff and volunteers have watched me thrive on playtime and the companionship of humans and other dogs. I'm very affectionate and ready to have a real home life. My adoption fee is \$10 (regularly \$75) during Animal Services' Fall In Love adoption promotion.

They call me curly and you probably want to know why you should adopt me. Well, I'm cute, affectionate, entertaining, play well with others and love people. As a solid black cat, I'm also very fashionable and always wear my "little black dress." That's it. My adoption fee is \$10 (regularly \$75) during Animal Services' adoption promotion. Cats and kittens are also two-for-one adoption fee.

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

The shelter is open for adoptions from 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.*



Herbert ID# 630002



Curly ID# 629439

PAWS Of Sanibel

Sophie

Sophie is a 7-year-old Shitzu. Her mom is on a walker and has just gone into assisted living. Sophie needs a new forever home. She is very sweet and has more than half of her life yet to live.

She is double coated and her hair has been kept cut. She walks well on a lead and she is house trained to potty outside, however, she doesn't know what's going on in her life at the moment. She's been in a strange home for a couple of days, and keeps going to the door, thinking it's time to go home. Dogs in this situation may have accidents during the transition period and, therefore, she will need to go to someone that understands the needs and fears of dogs.

If you have room in your home and your heart for this beautiful girl, call PAWS volunteer Susan 239-281-8542.*

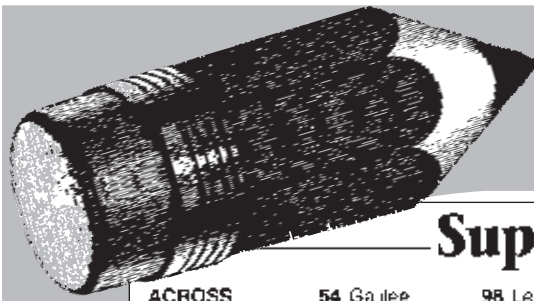


Sophie

Island Sun
NEWSPAPER
Sanibel & Captiva Islands

CALLING CARD 239-395-1213

Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	472-4258
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CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH of Sanibel - Friends in Service Here	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, 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	395-1770
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
ISLAND ATTRACTIONS	
Bailey-Matthews 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	



BEACH CHAIR PASTIME

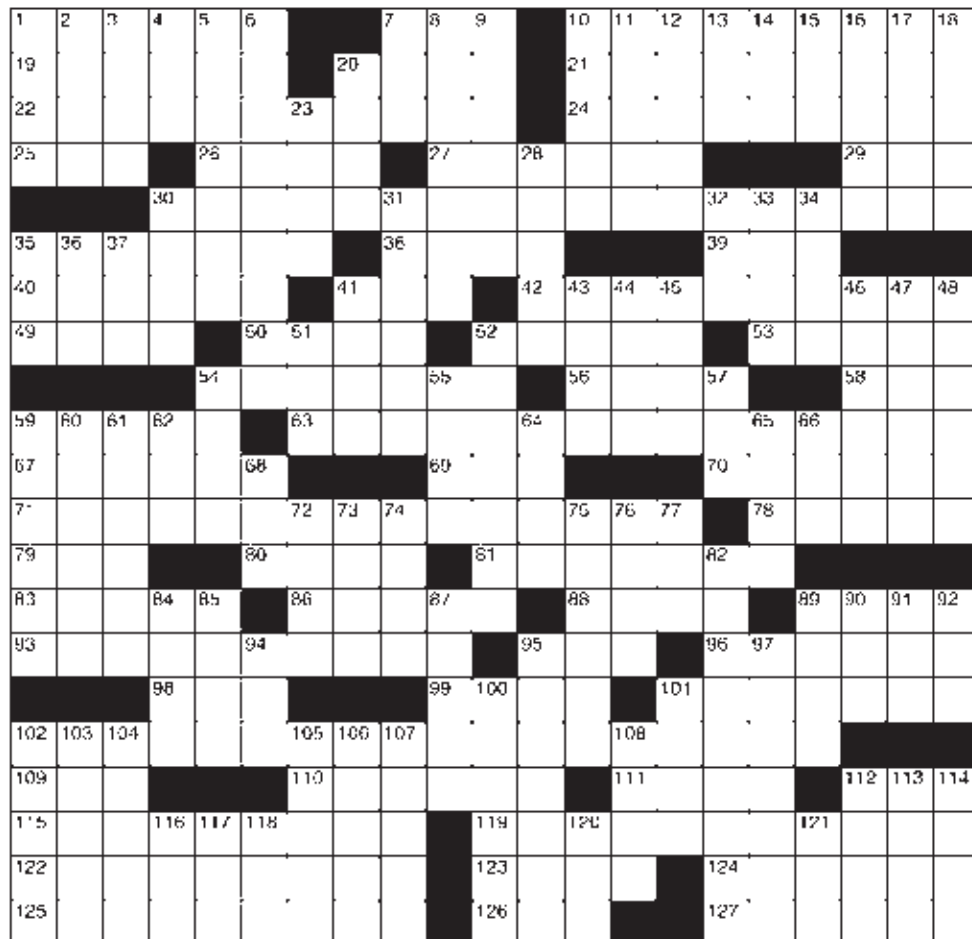
answers on page 43

Super Crossword

OPEN MIKES

ACROSS

- 1 Like zany adventures
7 Give the go-ahead to
10 Occurrence
19 Peter of films
20 Alongside of
21 The bulk of
22 Turkey is in it
22 It flows to the Dead Sea
24 Form a confluence
25 — diet (slimming)
26 Thorn — footwear
27 Countified
29 Nuptial leader?
30 Astronaut training complex
35 "Felix"
38 — lat-lat
39 Outer: Prefix
40 Shown to be a fact
41 Bank account amt.
42 Christmas tree, often
49 Haiti's Préval
50 Lemonlike
52 Reagan's attorney general
53 Loy of old Hollywood
54 Galilee native
56 French suffix with jardin
58 Darts skill
59 Nozzle connectors
63 Part of an Australian territory in the Indian Ocean
67 Puccini specialties
69 Potter or Klink: Abbr.
70 "O" shape
71 It's not an instinct
78 Unshackles
79 Gary's statuette
80 Be overrun (with)
81 lit of tennis
83 Cheap cigar
88 Bristlelike marks
88 In (as first found)
89 Actor Garcia
93 Seat of Glades County, Florida
95 Sulfur with pool or vigor
96 Helmsman under Capt. Kirk
98 Lennon's widow
99 Root part
101 First artificial satellite
102 Capital south of the Yaxoo
109 — Magnon
110 "At the — Core" (1976 sci-fi film)
111 In — (stuck)
112 Opponent
115 Extend one's arm behind one
119 1954 Bogart film with "The"
122 Cover, as a nerve fiber
123 Parts of 6/- Across
124 Male royal
125 Event marking a turning point
126 Secretive U.S. gp.
127 Sowed
DOWN
1 Spell-casting
2 Loads
3 Animated "explorer"
4 — liver oil
5 One way to serve pie
6 Tendencies
7 "The Leage" actress Tyler
8 Never-ending
9 Shove
10 " — la vista, baby!"
11 Molded jelly
12 See 68-Down
13 Lobbying gp.
14 Kiwi's kin
15 O. in soccer
16 Unsifted
17 University of Dame
18 Garson of Hollywood
20 Finishes first
23 Author Ayn
28 Garden tool
30 Hopcat's talk
31 Took to the soapbox
32 Cartoon pic
33 Midterm, e.g.
34 Too curious
35 "Tell Me More" ailer
36 Plural "is"
37 Otto
38 Bismarck
41 Bro-a- —
43 Eye, to Henri
44 Pre-bought
45 Singer
46 Italy
47 Disengaged, as an engine
48 King of ancient Egypt
51 Elbow's place
52 Dwellers on ancient Crete
54 "There — o'd saying ..."
55 Nessee's home, e.g.
57 PC under key
59 "Total patient care" practice
60 Willing to try
61 Jet boat brand
62 Guess wrong, say
64 Thomas — Carson
65 Animation
66 Airport monitor abbr.
68 With 12-Down, bit of stage scenery
72 Crème —
73 Wally's sitcom bro
74 One-handed plus-size model
75 Speedo printings
76 Soul singer
77 Fink (on)
82 Basement flooding preventers
84 Iolally get, in slang
85 Cravings
87 Build egg
89 Italian wine
90 Wimpled one
91 Levy's 551
92 Hearty laugh
94 "Yoo- —"
95 Egg capsules
97 Burst
100 Rubbish barrel
101 Regal title
102 Banana Republic rival
103 Sports venue
104 Beach side
105 O'er opposite
106 Puzler
107 Peeved
108 Souci or sent lead-in
112 Stumble upon
113 A single lime
114 Got a load of
116 Fidel's cohort
117 Thai gal
118 Common coll. degrees
120 "Give rest"
121 Telner



King Crossword

ACROSS

- 1 Pod occupant
4 "Scram!"
8 A really long time
12 Hoofbeats
13 Warmonger
14 Flew the — (left)
15 Encountered
16 All things U.S.
18 Full of self-esteem
20 Consumed
21 Punch
24 Sudden outburst
28 Its capital is Gaborone
32 Jog
33 "Hail, Caesar!"
34 Impales
36 Charged nit
37 Keg contents
38 Kuznetsova of tennis
41 Cancel
43 To be (fr.)
44 "Family Guy" daughter
46 Glorify
50 Vaudeville star
55 Past
56 Satanic
57 Astrigent
58 WWW address
59 Copenhagen native
60 Spiders' creations
61 Earl Grey, for one
10 Mary
11 Hot tub
17 "Monty Python" intro
19 Constitution letters
22 Long-running musical
23 Jack
25 Operatic solo
26 Roger Rabbit, for one
27 Sicilian spouter
28 Ali —
29 Microwave
30 Adolescent
31 Help in wrongdoing
35 Hills
38 Gang warfare
40 Superman foe Luther
42 Meadow
45 Constant y chew at
47 Lacking stock
48 Shrek is one
49 Kinks hit
50 Oansen or Koopel
51 Eggs
52 Wrestling coup
53 Kin of 37-Across
54 Gist

DOWN

- 1 " — and Circumstance"
2 Basin
3 accessory
3 Counterpoint
4 Folows secretly
5 Lunch meat
6 Have bills
7 Gumbo need
8 Take
9 long way (lost)
100 Rubbish barrel
101 Regal title
102 Banana Republic rival
103 Sports venue
104 Beach side
105 O'er opposite
106 Puzler
107 Peeved
108 Souci or sent lead-in
112 Stumble upon
113 A single lime
114 Got a load of
116 Fidel's cohort
117 Thai gal
118 Common coll. degrees
120 "Give rest"
121 Telner

MAGIC MAZE • — OF THE DAY

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

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

Catch	Dish	Motto	Soup
Color	End	Officer	Special
Cool	Heat	Orders	Time
Deal	Main meal	Picture	

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