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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 2, 2015

OCTOBER SUNRISE/SUNSET: 2 7:21 • 7:15 3 7:21 • 7:14 4 7:22 • 7:13 5 7:22 • 7:12 6 7:23 • 7:11 7 7:23 • 7:10 8 7:24 • 7:09

Post Offices Ready For October's Breast Cancer Awareness Month

Post Offices nationwide will be supporting Breast Cancer Awareness month in October through the sales of Breast Cancer Research First-Class Semipostal stamps.

"This year, the Sanibel and Captiva Post Offices want to be the biggest contributors for breast cancer research in the Southwest area by selling the most Breast Cancer Research First-Class Semipostal stamps," said Postmaster for Sanibel and Captiva Mary C. Uhlhorn. The stamps are available for purchase at the Sanibel Post Office, 650 Tarpon Bay Road and the Captiva Post Office at 14812 Captiva Drive.

"Customers can also purchase the stamps with order forms being delivered in the mail, by dropping a note in their mailbox for their carrier, or by sending a fax with their name and address to Stamps by fax at 472-6738," said Uhlhorn. "Orders placed through the mail and fax will be

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Children's Center To Host A Smokin' Good Fundraiser

Children's games and a cookie ice cream bar will be some of the highlights of the inaugural pig roast fundraiser, Pigs In Paradise, to be held on Sunday, October 18 from 4 to 8 p.m. at The Community House, 2173 Periwinkle Way on Sanibel. This event is open to the community and will benefit the Children's Education Center of the Islands (CECI) 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 pre-school recommends that people buy tickets in advance so they can get an accurate head count.

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Kayla Cavanagh is looking forward to playing lots of supervised games at the Pigs In Paradise fundraiser. She is also telling the Cookie Monster what type of cookies she would like on the cookie ice cream bar for dessert after her roasted pork sandwich.



Wild Puppets! returns to "Ding" Days for the third year

Henson Puppets And Wildlife Presentations To Highlight 'Ding' Family Fun Day

Sunday Family Fun Day kicks off the 26th annual "Ding" Darling Days at JN "Ding" Darling National Wildlife Refuge on October 18. The refuge and "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) have planned a free day

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Kanzius Cancer Technology Takes New Turn

by Jim George

Islander John Kanzius developed a cancer treatment technology that consisted of targeting cancer cells with nanoparticles and then subjecting them to radio frequency which heated the nanoparticles and destroyed the cancer cells, leaving the surrounding healthy cells intact. That technology has been moving toward human trials for the past 10 years.

Kanzius died in 2009, but his idea lived on.

It was announced in the past month by lead researcher, Dr. Stephen Curley at the Baylor College of Medicine in Houston, Texas that human trials would begin at the National Cancer Institute's G. Pascale Foundation in Naples, Italy in the summer of 2016. Curley has overseen clinical trials in Italy on previous projects, in part because the country's regulatory process isn't as long as the United States' process.

Curley said in a new announcement, however, that the trials will not include the use of nanoparticles as originally planned. Instead, the Kanzius radio frequency generator device will be used in combination with traditional chemotherapy



Dr. Stephen Curley

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Landmark

Judge Williams' House, 1929



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 on the left is Judge Williams' house, located on the bay, down from Fisherman's Lodge. The house was originally built in 1929. Then it had the garage and the servants' quarters on the road. The picture on the right shows a garage addition. The house was first remodeled by Gladys Plume (assistant librarian in the 1960's) and later by her daughter, Betty Riggs. In this remodel, the garage was ground level and servants' quarters above. 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

Captiva Community Panel Meeting

On Tuesday, October 13, the Captiva Community Panel meeting will be convened at 9 a.m. at South Seas Island Resort's Cone Room. The agenda will include:

- 9 a.m. – Introductions and roll call; approval of September 8 minutes
- 9 a.m. – CEPD update by Kathy Rooker
- 9:05 a.m. – Captiva Fire District update by Chief Rich Dickerson
- 9:10 a.m. – LCSO update by Sgt. Mike Sawicki
- 9:15 a.m. – Hurricane Preparedness & Response Committee update
- 9:20 a.m. – Review of county staff comments on Captiva Plan update by Max Forgey
- 9:50 a.m. – Change of November 10 meeting time **
- 10 a.m. – Updates on priority committees by chairs, as needed
- 10:10 a.m. – Committee reports (as necessary):
 - Fund-raising by Jack Cunningham (2 minutes)
 - Financial update by Ken Gooderham (1 minute)
 - Planning by Max Forgey (2 minutes)
 - Nominating by Jerry McClure
- 10:20 a.m. – Other business and public comment
- Confirm date for next meetings (November 10 and December 8)
- 10:25 a.m. – Adjourn

The Captiva Community Panel provides a public forum whereby Captiva property owners can present projects requiring variances and get feedback from and answer questions of the panel members and other Captiva neighbors attending the public meeting. The panel has no decision-making authority on variance requests but does advise Lee County

as to the point of view of the panel and the point of view expressed by other interested Captivans attending the public meeting at which the variance request was presented."

The next Captiva Community Panel meeting has tentatively been scheduled for November 10 in the Cone Room at South Seas Island Resort.*

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Organizers, sponsors and supporters of the 4th annual Pink Out Sanibel & Captiva gathered last week at Sanibel Fire Station #1 to promote this year's event, which will be held on Sunday, October 25. The Mobile Mammogram motorcoach will be onsite from 10 a.m. to 5 p.m., with a Pink Out Party held from 1 to 3 p.m. photo by Jeff Lysiak

Pink Out Sanibel & Captiva Returns October 25

by Jeff Lysiak

The 4th annual Let's Pink Out Sanibel & Captiva Islands will return on Sunday, October 25 when the Radiology Regional Center's Mobile Mammogram motorcoach visits the Sanibel Fire & Rescue District Station #1, located at 2351 Palm Ridge Road on Sanibel.

This event was founded in 2012 after Sanibel Fire Chief Danny Duncan asked a question during The Bailey-Matthews National Shell Museum's annual Celebrity Island Dinner fundraiser, "How can we

get the Mobile Mammo motorcoach to Fire Station #1?" Mary Bondurant, a Sanibel resident, realtor and breast cancer survivor, responded that she would call and see if she could get something set up for the month of October.

Following three successful Pink Out campaigns, Bondurant is even more excited about the prospects for this year's event.

"Cancer touches and claims so many lives and we all know someone whose life has been forever changed by this relentless disease... I know mine has," said Bondurant. "Early detection is the key. A mammogram saved my life, and if I can help somebody else out by doing this event, that's the greatest reward I could wish for. The good news is that this is a fight that we absolutely can do something about."

From 10 a.m. to 5 p.m. on October 25, the state-of-the-art mobile medical vehicle – staffed by members of the Radiology Regional Center – will be offering on-site digital mammogram screenings. While most medical insurance

companies will cover the expense of the examination, the fee for women who are uninsured is \$150.

"Our goal is to raise monies and provide a fund for FISH of SanCap to use all year for all people to help with related cancer needs in our community," said Bondurant. "Whether it's a mammogram, transportation, personal or financial assistance or general help, Pinking Out Sanibel & Captiva Islands, along with FISH, we can make a difference!"

Also, from 1 to 3 p.m., a Pink Out Party will be held inside Sanibel Fire Station #1. Event sponsors and local businesses will be showcased during the event. Cip's Place will be serving food and refreshments, while additional specials and services will be a part of the festivities. The party is free for all to attend.

Sponsorships for individuals in need of mammograms are available for \$150 (the cost for an uninsured examination), and \$50 Hug sponsorships are also requested. Businesses are asked to donate a raffle item or showcase their business with a table during the Pink Out Party

on October 25; cost is a \$150 donation. To become a sponsor, email pinkout@thebrg.net, mail your check to Pink Out FISH, PO Box 504, Sanibel, FL 33957 or visit www.pinkoutsanibel.com for more details.

During the event, donations for FISH of SanCap – both monetary and canned goods for the food bank – will be accepted. A fundraising raffle will also take place.

Currently, Bank of the Islands is selling event T-shirts at each of its local branches: 1699 Periwinkle Way on Sanibel and 14812 Captiva Drive SW on Captiva.

According to the Radiology Regional Center, one-third of breast cancer deaths each year could be prevented through early detection. Approximately one out of every eight women develops breast cancer during the course of her lifetime, and breast cancer ranks second as the cause of cancer deaths in American women, claiming more than 40,000 lives annually.

The three keys to early detection, recommended by the American Cancer Society, include:

- Practice regular breast self exams (women 20 years and older)
 - Clinical evaluation of the breast by a physician:
 - Every three years (women 20 to 40 years old)
 - Every year (women 40 years and older)
 - Annual mammogram beginning at age 40, unless clinically indicated sooner
- "I've walked this journey, and early detection is the key," added Bondurant. "A mammogram saved my life, and if I can help somebody else out by doing this, that's the greatest reward I could wish for."

To make an appointment for a mammogram during Pink Out Sanibel & Captiva, call 936-2316. For additional information, visit www.pinkoutsanibel.com or Pink Out Sanibel's Facebook page.*

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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 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 Vino'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 will be demonstrated on 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 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 For All Ages



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 a 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 spaetzle. 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. Sample the Bee Sting cakes for an additional \$3.

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

Wear your lederhosen, dirndl or German-style T-shirt, and dancing shoes and sing the German toast every 20 minutes:

German Lyrics to Ein Prosit

Ein Prosit, ein Prosit

Der Gemütlichkeit

Ein Prosit, ein Prosit



Waving of the flags



There will be plenty of dancing

Der Gemütlichkeit.
OANS! ZWOA! DREI! G'SUFFA
English Lyrics to Ein Prosit "A Toast"

A toast, a toast
To cheer and good times
A toast, a toast
To cheer and good times.
One! Two! Three! Drink Up!

Life Line Screening

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



Life Line screening

invasive and 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 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.lifeline-screening.com/community-partners.

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Island Seniors At The Center 4 Life

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

Trash & Treasures Sale 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 pre-mium, scissors, papers, magazines and substrates (substrates can be watercolor

paper, canvas, canvas board or mat board). Members are \$15, non-members are \$20. Call the center to sign up.

NSU Museum of Art in Ft. Lauderdale – Tuesday, October 20. Cost is \$37 for members and \$42 for non-members. Includes round trip transportation, admission to the NSU Museum of Art, including a 90-minute guided tour. NSU Museum of Art provides exceptional access to the highest level of artistic expression. Founded in 1958, the museum is a premier destination for exhibitions and programs encompassing all facets of civilization's visual history. The special exhibits will be: Pablo Picasso: Painted Ceramics and Works on Paper, 1931-71; War Horses: Helhesten and The Danish Avant-Garde during World War II; and The Indestructible Lee Miller. There will be time to explore the museum and dine on our own. Departure from Center 4 Life at 8 a.m. and will return at approximately 6 p.m. Registration deadline is Friday, October 16. Paid registration reserves your seat.

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

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

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

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

From page 1

Cancer Technology

to treat patients with pancreatic cancer. Curley said their research has found that the Kanzius RF generator improves the ability to deliver the chemotherapy. Using nanoparticles would make the approval process much longer because nanoparticles are treated as a drug by the Food and Drug Administration and would require an additional FDA submittal. Curley added that they will use low doses of chemotherapy with the treatment to minimize side effects. In earlier studies with animals the use of nanoparticles dramatically reduced and often eliminated side effects caused by the harsh drugs used in chemotherapy. Nanoparticles research will continue on the use of nanoparticles in the treatment, Curley said.

Curley's research was recently supported with a three-year, \$9 million grant from NeoTherma Oncology, a Kansas-based company created in April to bring the Kanzius device to the global market. NeoTherma now owns the rights to the device's patents, which were completed by the late John Kanzius and later owned by AkesoGenX, a Colorado-based company. Curley said the RF device is currently being built by RBC Corporation of Kansas City, which has been supporting the development of commercial medical devices since 1994 and has the ability to obtain FDA approval. The new devices are sized to accommodate human subjects. RBC currently has four such devices under construction.

"NeoTherma Oncology is a startup designed to support development and testing of the Kanzius technology," Dr. Curley said. "A big investment group formed it and is funding the push into human clinical trials."

Dr. Curley serves as NeoTherma's chief scientific consultant.

When and if human trials in Italy are successful, Lee Memorial Hospital is one of five designated sites in the United States to conduct human trials here.*

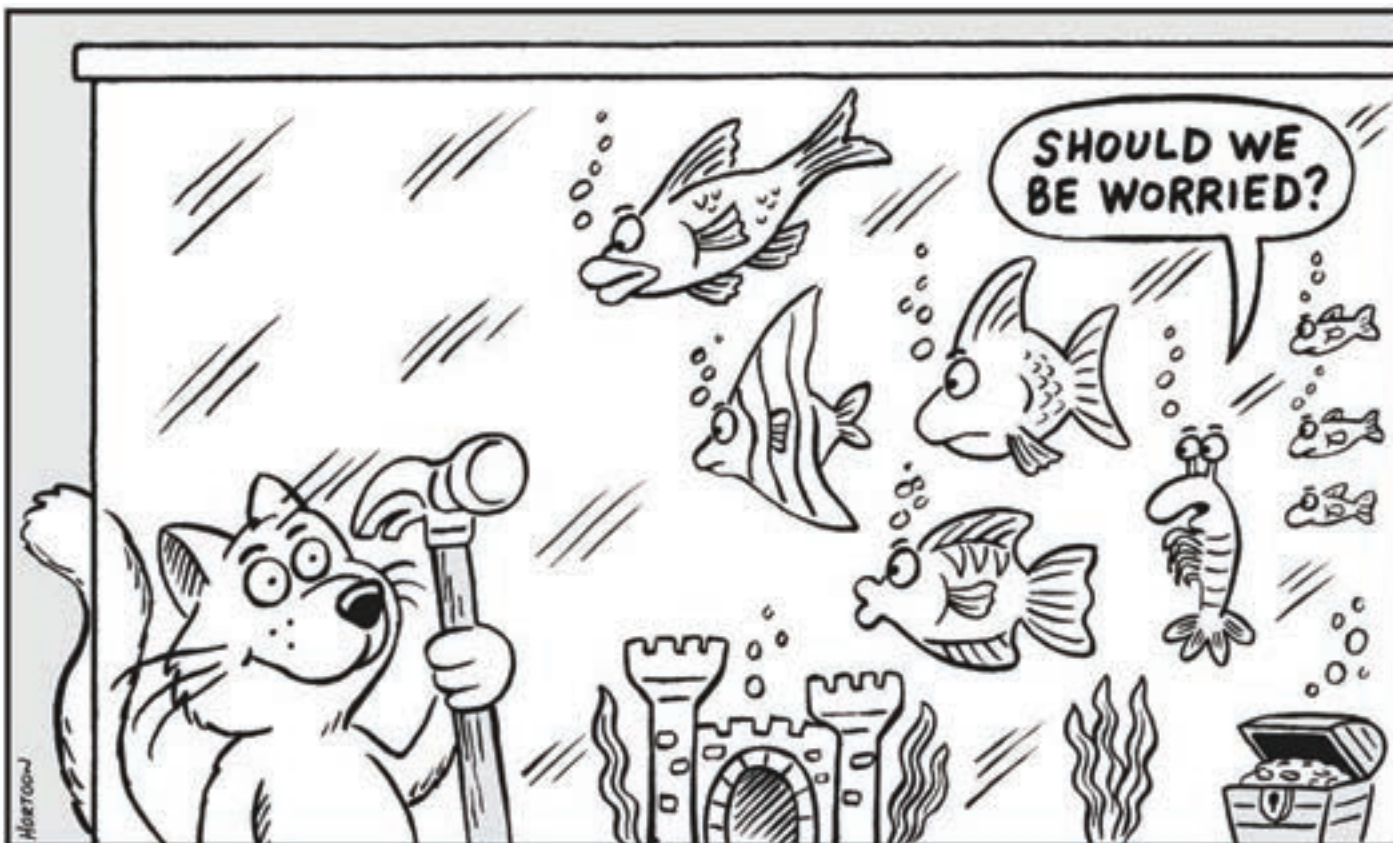
From page 1

Pigs In Paradise

Kiwanis is the Title Sponsor for this event, as well as Platinum sponsors Bay Medical Solutions and Golden Fig Homes. Other area businesses are invited to sponsor the event. 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 pre-school'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 you child, buy event tickets, become a sponsor or donate items to the silent auction, call Ms. Cindy at 472-4538.*

HORTOONS



Sanibel Public Library Donates Books



Board Members present the library's donation to Golisano Children's Hospital

Local children read "for others" in the Sanibel Public Library's annual Summer Reading Program. Children received books based on the points they earned from completing challenges and reading books. The great thing about the program is that participants earned not only books for their personal collection, but also books for to the Golisano Children's Hospital of Southwest Florida.

For the summer reading program, Youth Librarian Barbara Dunkle helped children set reading goals. Whether the kids reach the goals or not books are earned to build their home library. The Sanibel Public Library Foundation matches each book earned so the child also earns a book for Golisano Children's Hospital of Southwest Florida. There were 94 preschoolers through fifth graders who participated, and 30 readers in middle and high school. This summer, they earned 1,248 books for the Children's Hospital in the Reading For Others program. In the five years the library has been running the program, they have earned more than 4,000 children's books.

The library presented the reader's awards and earned books to the Golisano Hospital in a ceremony on September 22. Sanibel Public Library board members Tom Krekel, Linda Uhler and Gib Warren presented the donation with Library Foundation Board President Ken Nirenberg.

Dunkle introduced a special guest, Dr. Stephen Brown, who spoke to the summer readers at the library. Brown said he's been involved with supporting a children's hospital in southwest Florida since he heard a speaker at a Kiwanis meeting more than 20 years ago. At first chair of the ambassadors to the Children's Hospital, he currently serves as a liaison to the Children's Hospital as a member of the board of directors for Lee Memorial Health System. Brown said the young patients in the hospital appreciate the books very much.



Participants in Sanibel Public Library's Summer Reading Program with their awards and donated books

Shane Rafferty and Garrett Gablehouse of the Golisano Children's Hospital accepted the book donation from the library. Rafferty and Gablehouse are child life specialists who work with the medical staff and families to provide education, play time and other support to patients.

The library hosts weekly programs for kids of all ages. The full youth program schedule is online at www.sanlib.org.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the summer reading program. The Joan Hunt Cory children's fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

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

Motor Club Hosting Cruise-In At Periwinkle Place



Residents and visitors share their enthusiasm for classic cars at the Cruise-In

San Cap Motor Club is holding its second Cruise-In of the season this Saturday, October 3 from 9 to 11 a.m. at Periwinkle Place Shopping Center. The morning is entitled Cars & Coffee.

All are welcome, with or without a car. Participants can park in the front of the shopping center in an informal gathering to share their enthusiasm of all modes of transportation. The event is casual with no pre-registration necessary.



According to the originators of the club, Scot Congress and Mike Stone, "If you haven't had a chance to attend a Cruise-In, you should plan to come to this one. Each month, new enthusiasts spend a relaxing Saturday morning with locals. The first event was held in last September. Many individuals have joined since the inception and the club now has more than 50 members."

For more information on joining the San Cap Motor Club, contact Mike Stone 322-0044 or mike@sancapstone.com, or Scot Congress 472-4177 or scot@scongress.com. The club also has a website, www.sancapmotorclub.com, and a Facebook page at SanCap Motor Club.

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Highlights Of Shell Museum’s Celebrity Island Dinner



Chris Davison, right, offers a tip to Dan Schuyler during Monday’s Celebrity Island Dinner, a fundraiser for The Bailey-Matthews National Shell Museum. Also pictured are Maurice LoMonaco, left, and Karen Bell.



Debi Almeida sings a song



Mark Blust and Melanie Moraga



Clockwise from top, celebrity waiters Trent Peake, Debi Almeida, Holli Martin and Shelby Peters
photos by Jeff Lysiak



Eric Pfeifer and Mary Bondurant



Holli Martin and “Rookie” Bradley



Shelby Peters, left, leads a conga line through Traders during her performance



Kimberly Nealon and Dr. Jose Leal



Mary Bondurant leads a group in singing *Shell-abration!* During Celebrity Island Dinner



“Joe Cocker” and “Bob Dylan” lead a performance of *Like A Rolling Stone*



Steve Greenstein, Dan Schuyler and Maurice LoMonaco



Shelby Peters with Jason and Barbara Maughan



“Donald and Melania Trump” (Terry Igo and Nicole McHale) make a grand entrance



Paul Gulbrandsen and Holli Martin perform *Islands In The Stream*



The “Republican Candidates” dance during Monday’s fundraiser



Debi Almeida, Shelby Peters and Terry Igo perform *With A Little Help From My Friends*

Sunday Seminar Series Ending Soon

A three-part series on the theology of CS Lewis will close out the 2015 Summer Sunday Seminar Series at the Sanibel Congregational United Church of Christ. The class will be held on October 11, 18 and 25 at 9 a.m. in the congregation's Heron Hall.

The class will be taught by Senior Pastor The Rev. Dr. John H. Danner. Danner will explore a variety of theological issues that were dealt with in the famous apologist's writings, including Mere Christianity. Utilizing clips from the video series *The Question of God*, Danner will lead the class in examining Lewis' perspective on the nature of Christ, the role of God in creation and the challenges of a trinitarian theology.

The classes are free and open to the public. For more information, call 472-0497 or visit www.sanibelucc.org. The church is at 2050 Periwinkle Way.✱

Coner Creates Sanibel-Inspired Music Video

Country-Americana artist Scott Coner has released *Sanibel*, a music video honoring Sanibel Island from his acoustic video series called *In The Studio with Scott Coner*. The song was inspired by his family's visits to Sanibel.

An up-tempo country ballad, *Sanibel* was released on Facebook and YouTube. Other song videos will follow in the coming weeks and months. Coner, who has worked with artists such as Tanya Tucker and T. Graham Brown, said he used an "organic approach" to present his songs in their most basic form.

"I wrote my song *Sanibel* sitting at my kitchen table one night alone with a cup of coffee," said Coner, who worked with Brown on the previous studio version. "My family has been to the island many times together, and I suppose I was just thinking about the beach that evening. Oddly enough, I wrote the bridge to the song at an old movie house while watching *The Ghost and Mr. Chicken*."

The artist describes *Sanibel* as a romantic beach song with a "really cool rhythm groove." Scott, his wife Cyndi and their two daughters have enjoyed walking the Gulf Coast beaches and exploring the famous Australian pines.

"My oldest daughter Emily was still in diapers when I took her for a walk down the beach at Sanibel," Coner added. "I saw some pines down the beach about half a mile away. I thought they would be great taking pictures of my beautiful baby daughter. So, I walked the beach holding her little hand, constantly looking down to be certain she wouldn't hurt her little feet on a sharp shell or jellyfish, etc. We arrived at the fallen pines, and I climbed over them with her. I looked around stunned trying to figure out exactly what



Scott Coner photo by Cyndi Coner

was out of place. I realized I had accidentally walked into a nude bathing area."

To download the *Sanibel* music video, visit the artist's website at his Facebook page at www.Facebook.com/ScottConerMusic, YouTube at <https://youtu.be/VNKBtxHbYMI> or his website at www.ScottConer.com.✱

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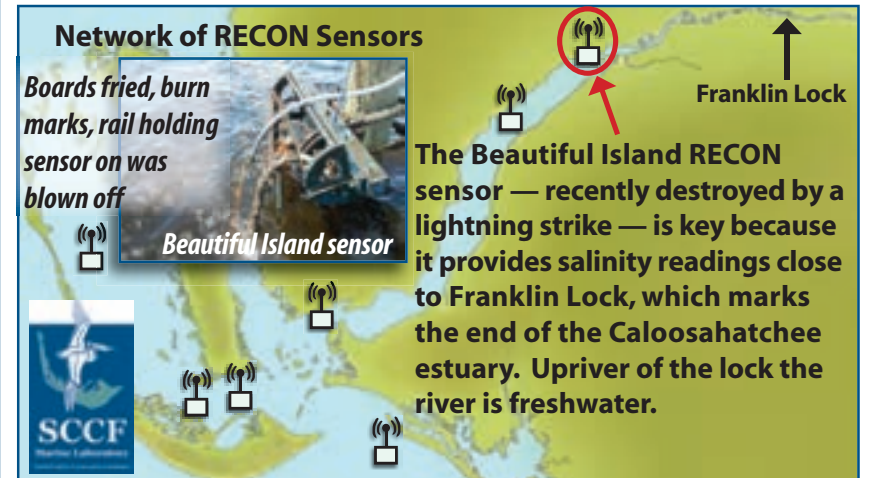
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Thank You For Funding RECON Sensor!



A direct lightning strike destroyed the RECON sensor at Beautiful Island and the severity of the strike caused irreversible destruction. RECON — the River Estuary and Coastal Observing Network — is the essential technology our 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.

SCCF sent out an emailed alert and, within days, full funding for a replacement sensor — \$42,620 — was received. SCCF wishes to thank all who supported this emergency response!

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Commission Considers Architectural Design Standards

by Jeff Lysiak

During Tuesday’s planning commission agenda, the primary discussion centered on establishing Architectural Design Standards for Sanibel’s Resort Housing District as well as multi-family and commercial properties.

Since current legislation regarding architectural and site planning guidelines on the island applies only to the Town Center and Town Center Limited Commercial District, planning department director Jim Jordan told the commissioners that the first step towards new legislation would be to inventory and identify Sanibel’s current architectural styles.

In his PowerPoint presentation, Jordan noted that Sanibel’s “Island Style” included:

- Buildings that are rural in character, smaller in stature, understated in design, and incorporate sustainable design elements
- Porches, pronounced overhangs, sloped roofs, operable windows, light colors

“Four sub-styles currently exist on the island – Old Florida, Island Eclectic, Island Contemporary and Caribbean,” Jordan explained during his presentation.

A proposed draft ordinance of Sanibel’s Architectural Design Standards would apply only to resort housing, hotels/motels, resort housing structures, structures containing timeshare units, multi-family housing and dwellings, structures within a multifamily development commercial buildings and buildings and structures located in the Commercial District. These standards would not apply to single-family, duplex or triplex residential structures nor buildings and structures intended for institutional use.

Jordan noted that the planning department’s recommended Architectural Design Standards would require buildings to be designed “to appear as a group that vary in volume and size.” Additional standards would include:

- Buildings shall not appear monolithic.

- Buildings shall provide visual interest through architectural features, massing, fenestration and secondary space (such as decks, porches and breezeways).
- Facades will be presented at a human scale.
- Building design should not permit noise, light and other impacts to adjacent residential uses.
- Buildings will utilize roof forms to shield roof-top mechanical equipment from off-site visibility.

Planning commission chair Dr. Phillip Marks, who cited a need to add architectural standards on Sanibel, recalled a 2008 trolley tour reviewing island building styles as “eye opening.” He noted that in the years leading up to the city’s incorporation, a building “frenzy” left the island peppered with several “boxy, non-attractive structures” which were created to maximize floor space.

“During that period, I sort of feel like we lost our sense of place,” Marks said, noting that the 2008 tour gave him an opportunity to “see, feel and appreciate the different styles of architecture on the island.”

“Our desire is not to have a cookie-cutter style of architecture,” said Jordan, who added that the proposed legislation would allow his department to review architectural standards with applicants during their pre-permitting meetings. “This (ordinance) would give us a set of tools to evaluate structures.”

While commissioner Holly Smith suggested adding “institutional uses” to the proposed ordinance, fellow commissioner Chuck Ketteman offered that if such standards were in place a few years ago, the Sanibel Recreation Center “would look extremely different.”

“The number one objective what we’re trying to do is not wanting to have institutional-looking buildings on the island,” added commissioner Chris Heidrick. “We’re just taking the existing standard, which has worked well for us, and we’re applying them to different districts.”

Following some additional discussion, Jordan told the commissioners that he would bring back the proposed draft ordinance and resolution for Architectural Design Standards on Sanibel at the next meeting, scheduled for Tuesday, October 13, beginning at 9 a.m.✪

Council Approves Fiscal Year 2016 Budget

by Jeff Lysiak

Last Wednesday evening, city council members unanimously approved a pair of resolutions to establish Sanibel’s fiscal year 2016 budget, adopting an operating millage rate of 1.9139 mills and total budget of \$56,039,603.

During the brief public hearing, Finance Director Sylvia Edwards offered a PowerPoint presentation detailing highlights of the city’s FY2016 budget. She noted that over the past nine years, Sanibel’s operating millage rate has declined steadily, from 2.500 in 2007 to the most recent rate of 1.9995, which officially ended on September 30.

While the city’s total budget increased 8.95 percent over last year’s adopted budget (\$51,434,984), it decreased 2.87 percent from the FY2015 amended budget (\$57,695,375).

The council, with Vice Mayor Mick

Denham excused, voted 4 to 0 to approve the FY2016 budget, which also includes debt millage service rates of:

- 0.2026 for Sewer Voted Debt
- 0.0761 for Land Acquisition Voted Debt
- 0.1179 for Recreation Center Voted Debt

Also notable in the FY2016 budget were Sanibel property values, which climbed 4.89 percent over last year, currently sitting at \$4,511,881,958.

“Our peak property value was at \$5.2 billion (in 2007) and the millage rate was higher then at 2.5 mills,” noted Mayor

Kevin Ruane. “Our property values now are \$600 to \$700 million lower than the peak, but the millage rate is down ... The most astonishing thing is the amount of debt we’ve retired and the things we’ve done.”✪

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CARD OF THANKS

A fellow race director once told me that the reason he began producing triathlons is because almost everyone is a winner. That was never more true than the weekend of Sept. 12-13 with the Galloway Captiva Triathlon. Between the two races we had nearly 1,000 athletes from all over Florida and from 22 states and the District of Columbia. Each one had a different goal. Some were brave just to start; some just wanted to finish; others to improve their personal best; still others to place in their age group; and others still to compete in the elite amateur and finally to place in the top three.

Despite the rainy weekend, humidity and a rough Gulf of Mexico, the kids' race on Saturday and the sprint on Sunday went off gloriously. The athletes certainly won and so did spectators, but the big winner were Lee County's hungry kids served by Community Cooperative Ministries Inc.'s (CCMI) Healthy School Pantry and Backpack program. Among other things, this program sends backpacks home with kids on weekends so they have food to eat when school isn't in session to provide them with breakfast and lunch. The \$30,000 donation from this year's Galloway Captiva Tri will fund nearly six months of that program.

All this was made possible by the registration fees, our fantastic volunteers (including those from VOICE and our terrific sponsors:

- Lee County Sports Development, our sprint event sponsor

- Attorney Jason Gunter, the children's event sponsor
- South Seas Island Resort, the official resort
- Geared Up Multisport Specialists, the official coach
- Lee Memorial Health System, swim caps sponsor
- Jason's Deli, our food sponsor
- LCEC
- Tween Waters Inn
- Johnson Custom Painting
- Billy's Bike Rentals (also offering good deals on race rentals)
- Suncoast Beverages (beer provider)
- Key Lime Bistro
- Trek Bicycle Store (also offering good deals on race rentals)

- The News-Press
- Doc Ford's Rum Bar & Grille
- Jensens Twin Palms and Jensens On The Gulf
- Captiva Cruises
- R.S. Walsh Landscaping
- Sanibel Grill
- PSAV
- Best Boat Club
- And, of course, the Galloway Family of Dealerships, our title sponsor again this year.

We were kept safe by the Lee County Sheriff's Department, the Captiva Fire District, Lee County EMS, the City of Sanibel and the lifeguards from Lee County Parks and Recreation, as well as boats from the City of Fort Myers,

the City of Cape Coral, Florida Fish and Wildlife Conservation Commission and the U.S. Coast Guard.

In particular, we want to thank the residents of Captiva who are so generous about our closing their road for two hours during the race; the Captiva and Sanibel athletes who participated this year; the Sanibel volunteers and the Captiva sponsors. It takes a community to run (yes, pun intended) a great triathlon, and we saw that community spirit again this year.

Kate Gooderham, race director
Angie Ferguson, race director
Ken Gooderham, race organizer
*Galloway Captiva Tri and Southwest Florida Events**

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Phone #: 239-472-HOME



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BAT YAM-TEMPLE OF THE ISLANDS:

The Reform Congregation of Bat Yam
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9 and 11 a.m. Bible classes. Childcare avail-
able at all services.

continued on page 14

Happy Birthday



Landon Cole

Happy 1st birthday, Landon Cole!
With all our love, Grandma and
Grandpa Zocki.✱

ABWA Meeting Date Change

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 20 beginning at 5:30 p.m. at Sundial Beach Resort & Spa.

Registration will begin at 5:30 p.m. at the Sundial Beach Resort & Spa, 1451 Middle Gulf Drive. The meeting and dinner will begin at 6 p.m. Reservations should be made no later than October 15. The cost for the dinner meeting is \$25, payable by check, cash or credit card.

ABWA meetings are held the second Tuesday of each month. Members can now use the new online reservation system at www.abwachelseareervations.com. Guests are welcome to attend.

If you are interested in attending, contact membership chair Gail Estka at 395-9011 or sandytoez59@gmail.com.✱

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October 5 to 26
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Instructor: Francesco Gillia
Mondays, 9:30 a.m. to noon for four weeks
October 5 to 26
Members \$115 | Non-members \$144

Life Drawing, Non-instructed Open Studio

Coordinator: Carol Rosenberg
Fridays, 9:30 a.m. to noon for three weeks
October 16 to 30
Members \$48 | Non-members \$60

PAINTING

Paint with Friends, Open Studio

Wednesdays, 1 to 4 p.m.
October 7 to May 11, \$5 per week
Adventures in Watercolors & Mixed Media
Instructor: Carolyn Councill
Tuesdays, 9:30 a.m. to 3:30 p.m. for three weeks
October 20 to November 3
Members: \$100 | Non-members \$125

FINE CRAFTS

Glass Fusing

Instructor: Petra Kaiser
Wednesdays, 9:30 a.m. to 12:30 p.m.
for four weeks

October 21 to November 11
Members \$99 | Non-members \$124

DANCE

Adult Tap

Instructor: Bobby Logue
Tuesdays, Noon to 1:30 p.m. for four weeks
October 6 to 27 (no class October 20)
Members \$50 | Non-members \$63

Intermediate Tap

Instructor: Bobby Logue
Fridays, 9 to 10:30 a.m. for four weeks
October 9 to 30
Members \$67 | Non-members \$84

MUSIC

Voice Lessons, Private

Instructor: Lynn Martindale
Saturdays, 1/2-hour lesson to be scheduled
October 3 to December 19 (no lessons November 7 and 28)
Members \$40/lesson | Non-members \$50/lesson

BIG ARTS Community Band Rehearsals

Conductor: Mike Lamade
Mondays, 6:30 to 8:30 p.m.
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Conductor: Steve Cramer
Tuesday, 6:30 to 8:30 p.m.
October 20 to December 1
Members \$70 | Non-members \$88

Call 395-0900 or stop by the BIG ARTS Center, located at 900 Dunlop Road on Sanibel, to enroll. For complete course descriptions and the full season's workshops and seminars schedule, visit www.bigarts.org/workshops or email info@bigarts.org to request our Workshops & Seminars Guide.✱

Luncheon And Fashion Show To Benefit Christian Preschool

Sanibel Christian Preschool invites you to a luncheon and kid's fashion show to benefit its scholarship fund. The show will be held on Saturday, October 10 from 1 to 3 p.m. at Cip's Place, 2055 Periwinkle Way. Some of the students will model fashions from Sanibel's children's clothing store Ickle Pickle.

Attendees will receive a flyer for 10 percent off any purchase at Ickle Pickle. There will also be raffle tickets available for purchase that day for a week of meals from a variety of local Sanibel restaurants. Tickets for the luncheon and fashion show are \$30 each, and are available at the Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way, or by calling Tony Clark at 454-6600.

Sanibel Christian Preschool, as a ministry of Sanibel Congregational United Church of Christ, believes financial circumstances should never be an obstacle to a quality education.

Approximately 40 percent of parents of currently registered students receive financial assistance from the school so that all students can be enriched by their participation.

For more information about the preschool or to apply for their 2-, 3- or 4-year-old classes, call 472-0497 or go to sanibelucc.org.



Sisters Teeghan and Keeva are two of our student "models" for Ickle Pickle fashions for the Luncheon and Kid's Fashion Show to benefit Sanibel Christian Preschool at Cip's Place on October 10

Youngsters Learn Alphabet



Chloe Selby, Harrison Jones, Kahanu Otalvaro, Kekoa Otalvaro, Emma Noggle and Jony Chavez-Santana

Summit Christian Preschool students worked on letter recognition by coloring, cutting and gluing their pictures to big letters during literacy time. The preschool is located at Sanibel Community Church, 1740 Periwinkle Way.

Enrollment opportunities are still available for children who turned 4 by September 1. Call 482-7007 and ask for Kathy Stanley for more information on how to register for Summit Christian Preschool.

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Songwriters Perform On Sanibel



Songwriters Stephen Plein, Chloe Friedman, Michael King, Raquel Tingley and Chris Choto

Local songwriters captivated the audience again at The Community House at the recent Songs On Sanibel gathering. The originality of the songs and the musical ability of the individuals had the crowd sharing in personal stories of fun, triumphs and love.

Stay tuned for another Songs On Sanibel in October with new songwriters. The Community House thanks its series sponsor Tween Waters Inn.✧



An in-the-round format made for a great audience experience

From page 12

Churches/Temples

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:
2050 Periwinkle Way 472-0497
The Reverend Dr. John H. Danner, Sr.
Pastor. The Reverend Deborah Kunkel,
Associate Pastor. 7:45 a.m. Chapel Service,

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ST. ISABEL CATHOLIC CHURCH:
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9:30 a.m., Daily Mass Wed. Thurs. Fri. 8:30
a.m. Communion Service Mon. and Tues.
8:30 a.m. Holy Days call.
ST. MICHAEL & ALL ANGELS

EPISCOPAL CHURCH:

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

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 mem-
ber's home on the third Sunday of each
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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, along with photos of patients admitted to the facility.



Baby great horned owl
photos courtesy of CROW

57 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 will be held on Friday, October 9 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 or visit www.crowclinic.org.

Wines In The Wild

On Saturday, November 14, the Sanibel-Captive Conservation Foundation will be hosting their 8th annual Wines in the Wild fundraiser from 6 to 8 p.m. Attendees will be able to sample various wines under the stars

in the "wilds" of SCCF's Nature Center and boardwalks. This year's theme will be In Our Good Nature, carrying on the tradition of pairing good wines with good causes.

Reservations are being accepted by SCCF at 472-2329. The cost is \$75 per person in advance, or \$85 at the door.

Refuge Welcomes New Interns

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) continues its support of the refuge and DDWS internship programs this fall with the hiring of two new interns, who will work for both the refuge and its friends group. Carrie Alexander and Anna Grubb clocked in for service earlier this month.

Alexander, a geology and environmental science student from Hanover College in Indiana, graduated in May 2015. Over the summer, she worked as a camp counselor, teaching outdoor skills and living in a cabin with 20 13-year-old girls. "Everyone who I have met through the refuge has been extremely warm and welcoming," Alexander said. "They all seem like great people to work with. And the island is beautiful!"

Grubb hails from Duxbury, Massachusetts. She last worked at the Insect Agroecology Laboratory at the University of Vermont and at a local store in Burlington, Vermont. A graduate from the University of Vermont in May 2015, she has a bachelor's



Anna Grubb and Carrie Alexander

continued on page 21

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CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at rainbolt@crowclinic.org 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, October 2 and Monday, October 5, 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, October 6, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Birds of Prey, presented by CROW staff.

Raptors are predators whose specialized beaks and talons make them some of the most effective hunters, and Florida is home to both native and migratory species. Join CROW's staff to learn more about these majestic birds and how their injuries or illnesses are treated at the hospital.

Wednesday, October 7, 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 8, 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 9, 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 our 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, October 9, 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. No photography is permitted on hospital grounds.✪

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Best Redfish Action Of The Year



by Capt. Matt Mitchell

Redfish action lit up this week with some of the best action of the year going on right now until the end of October.. All throughout the sound,

flocks of feeding birds marked many locations to catch Spanish mackerel, ladyfish, trout and jacks. The next few weeks are also a great time to do battle with that last tarpon until spring. Slightly cooler mornings and not quite so hot afternoons have made for much more comfortable days to be out on the water.

Big daytime high water was the perfect setting to target redfish around mangrove islands and also on the open flats. Cut bait fishing with mullet and

ladyfish chunks proved the most effective method for me this week. Working some favorite mangrove keys in the middle sound, I would often have to fish the whole island to locate these fish. Often they would be both against the shoreline and out in the sand holes, moving a few hundred yards or to the other side of the island from where I had found them the day before. Once you hooked a redfish, often a dozen or more others would follow it to the boat. Having the other angler quickly reel it and cast towards the hooked fish would result in a double hook-up. Most of these reds are over the 27-inch max, so handle them gently and as little as possible before releasing them.

Schools of rampaging redfish could also be located all over the sound, although finding a school can be hit-and-miss when conditions are just not right. If you're willing to put in your time both riding while looking and sitting and watching, getting on one of these herds of redfish is an incredible thing. Long casting chunks of cut bait work well for this, along with basically anything you can get out to the feeding fish. Channel edges and big open flats are both good places to start your hunt. Chumming



Dave Dutro from Estero with a over-sized redfish caught while fishing with Capt. Matt Mitchell this week

these fast-moving schools of redfish – once located – will often keep them in casting range longer and give you more shots at them.

While running around the sound this week looking for redfish schools and fishing the open water catching mackerel and ladyfish, I saw lots of tarpon. The same holds true out along the beaches, with tarpon being relatively easy to locate during calm conditions. With little to no angler pressure on these fish this time of year and the fact that they are gorging on big schools of

fry bait, this can often be some of the best tarpon fishing action of the year. Everyone gets so excited to fish for these tarpon in the spring when they first arrive in our waters, but in many years past, the fall bite can be the better action.

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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CROW Case Of The Week:

Gopher Tortoise

by Patricia Molloy



Originating in North America, the gopher tortoise (*Gopherus polyphemus*) is a gentle terrestrial whose ancestors have inhabited this planet for 60 million years. Long-

lived creatures, they average 50 years in the wild. The majority of wild gopher tortoises lives in Florida – approximately 800,000 – but their population is in a steep decline due to overdevelopment.

What makes these creatures so fascinating is their burrows. An adult gopher tortoise will dig and use a number of burrows in its home territory – each burrow averages six feet deep and 15 feet long – in which it sleeps and raises its young. The structures are critical to the survival of these cold-blooded reptiles; the constant temperature and humidity of the underground lairs provide an environment that is neither too cold or hot, nor arid or humid. They also provide a safe haven from most predators and wildfires.

The role of these burrows is not only significant to the tortoises that build and inhabit them, but also to a wide range of other wild animals including lizards, opossums, frogs, snakes, rabbits and burrowing owls. These roommates, which nei-

ther help nor harm their hosts, are called commensals. Many commensals are so dependent on the burrows that they will disappear if its host abandons its home. Thus, these special turtles have earned the nickname “keystone species.”

On September 19, a local couple delivered an injured gopher tortoise to CROW. “He has an old depression fracture in his carapace,” explained Dr. Molly. “He was found in somebody’s yard and the people were theorizing that somebody hit him with a hammer. Now, they’re just guessing, but it is a very odd single depression fracture right in the middle. It’s completely healed over and isn’t affecting his mobility at all. But the main reason the people brought him in is that he did have some nasal discharge, too.” The tortoise was admitted as patient #15-2779 and antibiotics were administered to treat its runny nose.

Upon presentation, Dr. Molly discovered another issue with the patient: it was likely blind in its right eye. “It’s really hard to visualize the retina; it’s scarred. But his left eye is totally visual.” Dr. Heather Barron, hospital director, conducted a thorough follow-up ocular exam.

It only took three days on medication for the tortoise’s runny nose to clear up. Since it arrived with a good body condition, Dr. Heather concluded that neither its visual impairment nor its carapace fracture affected its ability to survive. With so many animals likely depending on the tortoise’s return to its burrow, Dr. Heather discharged the patient from the hospital and it was released where it was found.



The tortoise was found with an odd, single depression fracture in its carapace, or upper shell. Dr. Heather Barron exams the patient’s visually impaired right eye.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients

seven days a week from 8 a.m. to 5 p.m. Mail donations to PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.*



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Shell Of The Week

Atlantic Mud Piddock



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

The Atlantic mud piddock, *Barnea truncata* (Say, 1822) is a bivalve that bores into hard clay and soft rock. It will settle as a larva onto the host rock, and will grow as it bores into the rock; the resulting borehole is conical (with the narrow end toward the rock surface), and the piddock ends up trapped inside the rock for life. The Atlantic mud piddock is a close relative of the angel wing. Despite its very broad geographical distribution in the Atlantic Ocean (from Canada to Florida, Gulf of Mexico, to Brazil and West Africa), the species is known to occur in very restricted areas in Southwest Florida. The Canadian population of the Atlantic mud piddock is restricted to living in red mudstone in the Minas Basin, in Nova Scotia. That population is separated from the nearest one, in Maine, by a distance of 220 miles. A decline in the population size of the species in Canada (caused by destruction of its red



The Atlantic mud piddock, *Barnea truncata* mudstone habitat) has prompted the Committee on the Status of Endangered Wildlife in Canada to consider the species as threatened in that country. Learn more about the species at <http://shellmuseum.org/shells/southwest-florida-shells/barnea-truncata>.

Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): See the beach in a whole new way; 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

photos by José H. Leal

cost is \$10 for adults and \$7 for children. Parking at the Island Inn is free for beach walk participants. Space is limited; book online at shellmuseum.org/events or call 395-2233 to make a reservation. All beach walk participants receive half-off Shell 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. (Additional talks on rainy days).

Monday at 1:30 p.m.: Carolyn's Collection – A fun and entertaining

look at gem-quality shells. (Please 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 live mollusk tank.

Thursday at 1:30 p.m.: Cool Shells – See some great shell treasures not regularly 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.
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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From page 15

Interns

degree in environmental studies with a concentration in ecology and conservation, and minors in zoology and dance.

"I'm really looking forward to helping to manage the Instagram account for the wildlife society as well as the family programs," Grubb said.

The two interns will be assisting DDWS and refuge staff with upcoming "Ding" Darling Days, October 18 to 24, and DDWS' outreach and fundraising missions into May 2016.

DDWS supports refuge internship programs by paying living stipends for numerous interns each year to supplement staff cutbacks due to federal budget constraints.

"We seriously could not operate without the help from the society's intern support," said Toni Westland, refuge supervisory ranger. "Our staff has been cut nearly in half since 2011. If not for our intern program, we would be faced with closing the refuge a couple of days each week."

Anyone interested in learning more about the refuge internship program and overall support needs, contact Birgie Miller at 292-0566 or director@dingdarlingsociety.org.

Read us online at
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SCCF Nesting Statistics

The number of sea turtle nests that have hatched on the beaches totals 368 (65 on the East End, 233 on the West End and 70 on Captiva). Already this year, 25,460 hatchlings have emerged from Sanibel and Captiva.

There are now only 31 nests on the beach (two on the East End, three on Captiva, and 26 on the West End).

SCCF sea turtle nesting statistics as of September 18 (no change from last week):

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.



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Plant Smart

Lady Palm



The palm spreads via rhizomes and forms dense clumps

by Gerri Reaves

Versatile lady palm (*Rhapis excelsa*) is a densely clumping species native to southeast China.

Other common names for this dwarf palm include lady finger palm, broadleaf lady palm and bamboo palm.



Non-native lady palm grows well in shade

photos by Gerri Reaves

It spreads via rhizomes, stem-like roots, sometimes reaching a width equal to its height, which is as much as 12 feet. The dense canes make this slow-growing palm useful as a hedge or screen.

For a different look, the foliage can be trimmed away to display the attractive canes, which are about an inch wide, resemble bamboo, and are wrapped with brown fiber. The peeled stems have been used to make walking sticks.

Because it will grow well in shade, is cold-hardy and somewhat salt-tolerant, it will do well in spots where other palms might not.

Plants grown in shade tend to have the deepest green foliage. Yellowing can result from too much sun.

It is also popular as a patio or indoor pot plant.

The fan-shaped leaves of about a foot across are divided into five to 10 ribbed strap-like segments that have squarish tips with saw-toothed edges. The Greek word rhaps, which means needle, refers to the needle-like edges.

The inconspicuous white or yellowish flowers have a pleasing fragrance and the dark fleshy fruits are inedible. Male and female flowers are produced on different plants.

Obtain new plants from the suckers or by dividing the clumps.

Sources: *A Handbook of Landscape Palms* by Jan Allyn; *Florida, 500 Plants of South Florida* by Julia F. Morton; *My Eden* by Frederic B. Stresau; botanical-journeys-plant-guides.com; edis.ifas.ufl.edu; florida-palm-trees.com; floridata.com; palmpedia.net; and south-florida-plant-guide.com.

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From page 1

'Ding' Family Fun Day

packed with activities for all ages from 10:45 a.m. to 4 p.m.

Following the 10:45 a.m. flag-raising ceremony presented by Boy Scout Troop 18, the refuge will present a native butterfly program in the Visitor & Education Center auditorium, followed by a free reusable goodie bag giveaway, while supplies last.

Starting at noon, IBEX Puppetry – the creative brainchild of Muppet creator Jim Henson's daughter Heather – will offer an entertaining and educational presentation starring the troupe's life-sized endangered wildlife puppets, including a brand new puppet created especially for the event. Lively presentations will follow throughout the day, and IBEX will set up an Endangered Species Garden for ongoing hands-on activities.

Other Sunday highlights include live wildlife presentations, narrated Tarpon Bay Explorers (TBE) tram tours of Wildlife Drive, archery skills clinics (for ages 10 and older), a butterfly house, face-painting, a touch tank at Tarpon Bay Explorers (TBE), recycled nature crafts, and free hot dogs.

"We estimate the value of this free event to be up to \$75 per family of four," said "Ding" Days Committee Co-chair, Ranger Toni Westland. "But the value of family- and nature-bonding? Priceless."

Continuous free shuttle service will

run from the refuge's tram parking lot on Sanibel-Captiva Road and from TBE's parking lot (look for signs).

The entire day's schedule follows. For more information on other events during the upcoming "Ding" Darling Days week, October 18 to 24, visit www.dingdarling-days.com or call 472-1100 ext. 221.

(EC= "Ding" Darling Education Center)

(TBE= Tarpon Bay Explorers)

Sunday, October 18 – Free Family Fun Day

10:45 a.m. – Flag-raising ceremony, EC entrance

11 a.m. – All A-Flutter About Native Butterflies program with Gary and Alice Lavimoniere, followed by free reusable good bags giveaway while supplies last, EC auditorium

All Day – 10 percent off all butterfly and bees gifts in the Refuge Nature Store

Noon – Wild Puppets! presentation by Heather Henson's IBEX Puppetry, EC parking lot

1 p.m. Live Florida Animals program with Ranger Becky and CROW, EC parking lot

2 p.m. – Snakes Alive! program with Calusa Herpetological Society, EC parking lot

3 p.m. – Live Florida animals program with Ranger Becky and CROW, EC parking lot

Free and continuous activities and features throughout the day include life-sized Wild Puppets!, drum circles and puppet crafts garden presented by Heather Henson's IBEX Puppetry; naturalist-

narrated 60-minute tram tours (check in at tram booth upon arrival), archery demonstrations and clinics, adjacent to overflow parking lot; face painting, EC; hot dogs; photo booth by Santiva Chronicle, EC; parking at Special Events Parking site (look for signs) with shuttle service; Butterfly House; 97.7 Latino Hits van; touch tank presentations at TBE; hands-on nature crafts; environmental displays and informational booths with giveaways; plus a special 2015 Federal Duck Stamp Art Exhibit, EC auditorium.

The following sponsors make "Ding" Darling Days possible: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: Wayne and Linda Boyd, George & Wendy's Seafood Grille; Great Blue Heron Sponsors: 97.7 Latino & Juan Radio, Arthur Printing, Bailey's General Store, Mike and Terry Baldwin, Bank of the Islands, *Island Sun*, Jensen's on the Gulf and Marina & Cottages, Jerry's Foods, Mitchell's Sand Castles & Forty/Fifteen Resorts, Ocean's Reach Condominiums, Sanibel Captiva Community Bank, Sanibel Moorings, Spotlight Graphics, Sanibel-Captiva Beach Resorts, Jim and Patty Sprinkle; Reddish Egret Sponsors: Sarah Ashton and Jim Metzler, Big Red Q Quickprint, Casa Ybel Resort, Sally & Rich Ennis, Florida Weekly, Glen & Phyllis Gresham, Gulf Breeze Cottages, Painting with a Twist, Ed & Lynn Riddlehoover, Sanibel-Captiva Kiwanis Club, Stewart and Sons Insurance, Inc., West Wind Inn; Snowy Egret Sponsors: Barefoot Charley's Painting Co., John Brennan, Butterfly

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To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 292-0566, 472-1100 ext. 4 or dingdarlingsociety@gmail.com. ☆

From page 1

Breast Cancer Awareness Stamp

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At the premiere for *Happy Trails* are, from left, Annie Williams with Sharon, Benjamin and Jerry Miller

Trailways Camp Film Debuts

by Jeff Lysiak

Last Thursday evening, Sanibel Community Church hosted a screening of the documentary film *Happy Trails*, profiling the creation of and success of Trailways Camp founded by island residents Sharon and Jerry Miller.

More than 40 people attended the film premiere, including the Millers, their son Benjamin, staff and volunteers from the camp, and filmmaker Rusty Farst.

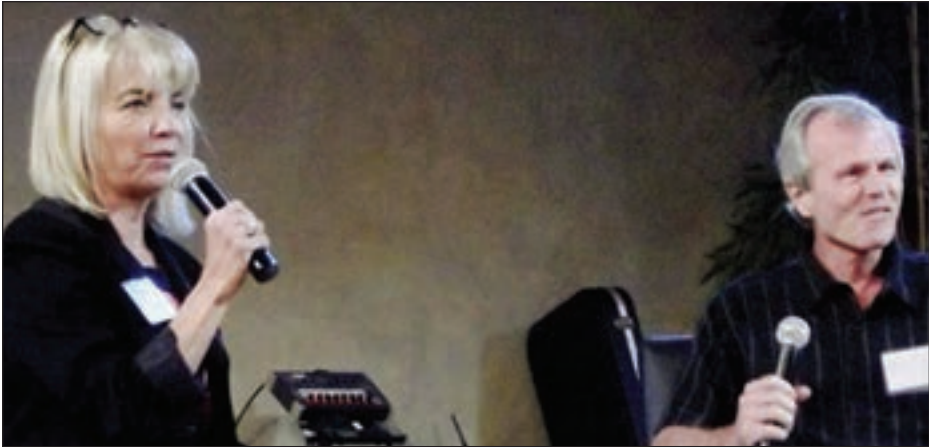
"The movie tells our story, which is such a personal story to me and my fam-

ily," said Sharon Miller. "When I first saw it, it made me truly realize how blessed we have been. From our volunteers to so many gracious people who have donated their time to us. It definitely fills you with faith when you see our campers and how much they enjoy the camp."

The 20-minute film includes some background on the Miller family, their personal tale of how they came to create the Robert V. and Benjamin G. Miller Fund, and what challenges they faced when they came up with the idea for Trailways Camp.

Open to adults with special needs in Southwest Florida, Trailways Camp removes barriers and social isolation by giving participants a chance to experience quality social recreational experiences

photos by Jeff Lysiak



Sarah Owen, president and CEO of the Southwest Florida Community Foundation, moderated a Q&A with filmmaker Rusty Farst



Jan Rimmel and Teresa Riska-Hall of The Community House

– including fishing, swimming, hiking, talent shows, field trips, canoeing, arts and crafts, dances and campfire sing-alongs –

continued on page 35



Brad Livermon, left, missions pastor at Sanibel Community Church, with wife Courtney and son Malachi and Jerry Miller of Trailways Camp

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blend until smooth and creamy. Serve
immediately.
Pour any leftovers into an ice cube
tray and freeze for later use.✱



Florida Avocado Smoothie

Benefit Concert

Keys for the Heart, a concert to benefit Gift of Life Florida, a 501(c)3 organization that provides life-saving open heart surgeries for children, will be held on Saturday, October 17 from 6 to 9 p.m. at St. John the Evangelist Church, 625 111th Avenue, Naples. The evening concert, made possible in part with the support of Northern Trust, will feature performances by renowned Italian pianist Francesco Attesti, The Naples Philharmonic Youth Orchestra conducted by Yaniv Segal, and soprano Nathalia Avila.
Attesti will perform WA Mozart: *Piano Concerto K 449 in E flat major*, followed by Allegro Vivace, *Andantino*, and Allegro *ma non troppo*. Attesti is considered one of the finest interpreters of the Romantic and early 20th Century Repertoire. The epitome of his collaborative work was his performance with the Czech Chamber Philharmonic

Orchestra of Prague, performing the European premier of *Chiaï in Mano* by the Pulitzer Prize winning composer Yehudi Wyner. Attesti performs regularly in international concert halls like Philharmonia Hall of Saint Petersburg, Tchaikovsky Conservatory of Moscow, Mozarteum of Salzburg, Philharmonie Essen, International Piano Festival of Warsaw, Sarajevo Winter Festival, and the Conservatory "G. Verdi" in Milan.
Avila has gained recognition for her "sumptuous tone" and creating a "vivid portrait" of the roles she portrays on the operatic stage. She made her debut as Santus in 2013 in *Cavalleria Rusticana* with the Miami Lyric Opera, followed by a concert appearance in *Viva Verdi!* with Orchestra Miami. Avila was featured as the soprano soloist in Mandel's *Messiah* with the Royal Danish Academy of Music Choir and Orchestra and in numerous concerts with the Miami Symphony Orchestra, Orchestra Miami, Symphony

continued on page 34

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Oct 16 What to Look for When Comparing Assisted Living Options



FREE

The move to assisted living is hard enough, but not knowing what to look for can be overwhelming. Join McKenzie Millis, Shell Point's assisted living expert, to learn the differences in assisted living facilities, licensures, and tips for how to begin the search, along with a worksheet to use when comparing options. **Call (239) 454-2077 for information and to reserve your place.**



Oct 12 to Nov 9 The Great War-1914 to 1918: Five-Part Series

from 1:15pm to 2:45pm. Join resident Seth Mendell as he travels back 100 years to observe how the first World War tore apart the nations of Europe. This series of five lectures unravels the events leading to the declarations of war in Europe,

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Oct 12 **World War I:
Prologue and Outbreak**

Oct 19 **Opening Phases:
Strategies and Battles**

Oct 26 **Middle Phases:
Battles, and Events**

Nov 2 **U.S. Entry:
The Russian Revolution**

Nov 9 **Collapse of
Central Powers**

**Please note: If you are unable to attend a class that includes a fee, kindly give 24 hours notice to receive a refund.*

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Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

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Poet's Corner



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

selected by Tanya Hochschild

Vacation Memory

by Tanya Hochschild

Hawaiian surfers, borne on jaw-dropping waves,

shadows of gods glide on waterglitter,
others on swells far out,
ankles collared to their boards,
wait for the current to carve the face,
shoot the curl...

are not the ones I want to remember:

Rio, 10-year-old grand-daughter,
balanced on her new board,
slender legs, steely resolve,
her face misted in spray,
rides baby waves back to the beach,
nothing but joy in her eyes.

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

Insurance Tip

Are You Covered For That Status Update Or Tweet?



by Angela
Larson Roehl

Adding the Personal Injury Endorsement to your homeowner policy can protect if you or a member of your household is accused of a slanderous action.

Most standard homeowner policies will not cover for personal injury issues which can include a tweet or status about another person, false arrest, invasion or violation of privacy and slander & defamation.

Another plus is that the Personal Injury Endorsement will also pay for legal costs to defend you in the event you are sued for any of the reason listed above.

Now having this endorsement does not give you the OK to say, post or tweet unpleasanties about others; and there may be some exclusions to the coverage.

This valuable endorsement is very inexpensive to have added to your policy. Contact your insurance agent for additional details.

Angela Larson Roehl is a local Sanibel-Captiva insurance agent with

over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.✧

Sanibel 8-Ball Pool League

8-Ball Starts Play

The Sanibel 8-Ball Pool League will start its 24-week season on Monday, October 12. This year the League will have four teams playing on the two tables at American Legion Post 123. Now in its ninth year, the League has had more than 100 shooters compete in League matches.

Play starts at 5 p.m. with five players from each team playing four-game matches. The season ends on Monday, March 14. On the following Monday night a blind draw tournament for League players will again be run at the Legion. This event is followed by an annual Awards Banquet, also held at the Legion.

League teams this year are: Sanibel Café – Captain Richard McCurry; Fresh Legion Crew – Captain Gator Gates; Bunt's Ball Busters – Captain Bob Buntrock; and Sandycappers – Captain Kevin Pottorf.

Last year's champions, Bunt's Ball Busters, is back to defend its title. Sandycappers, second place finisher last season looks to the revised five man team requirement as its chance to dethrone the champs. Sanibel Café has recruited heavily over the summer and is poised to make a run at the top spot. Fresh Legion Crew has high hopes for a turn around from last years disastrous last place finish.

continued on page 31

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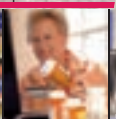
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Education Center At 'Ding' Darling Refurbished



From left, Tord and Tirin Skansen and Fredrik and Petter Owren from Norway chat with Supervisory Refuge Ranger Toni Westland inside the newly-refurbished Visitor & Education Center at the JN "Ding" Darling National Wildlife Refuge

photo by Jeff Lysiak

by Jeff Lysiak

Last week, the newly-refurbished Visitor & Education Center at the JN "Ding" Darling National Wildlife Refuge on Sanibel debuted, featuring new amenities, state-of-the-art technology and features that will engage visitors through interactive displays.

According to Supervisory Refuge Ranger Toni Westland, the year-long project – started last summer – was financed with money raised during the Woodring Homestead fundraising campaign.

"We wanted to add something dramatic so when people walk in here, they're going to say 'Wow!'" said Westland, noting the newly-installed giant panoramic photograph of birds frolicking in refuge waters at low tide, taken by renown wildlife photographers Dick Fortune and Sara Lopez. "We want them to be captivated and inspired by nature when they come here and devoted to it after they leave."

Stepping inside the Visitor & Education Center, guests are greeted by refuge staffers and volunteers at a brand new information desk, created with the assistance of ranger Jeff Combs. The desk, built using recycled materials, features sea shells embedded within the granite countertop.

Highlights of the refurbishment project include:

- Three information panels, featuring wildlife photographs and messages about conservation, which can be rotated or changed periodically
- A new 65-inch LED flatscreen TV monitor promoting season programs hosted at the refuge
- Three computer touchscreen stations – featuring eBird, eConnect and eDonate – which visitors may use to access information about refuge wildlife (including birds, reptiles, fish and other animals) and make donations to the "Ding" Darling Wildlife Society

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• A flatscreen TV broadcasting a live feed from a camera mounted at the observation tower along Wildlife Drive. The high-definition camera – featuring zoom and pan capabilities – is powered through solar panels installed at the top of the tower.

• A new Read & Request brochure rack

Birgie Miller, executive director of the "Ding" Darling Wildlife Society, explained that she is very happy with the now-completed renovations.

"It's always nice to see a design become a reality," said Miller, who noted that refuge attendance grew from 806,000 in 2013-14 to more than 880,000 in 2014-15. "Especially the reaction of the volunteers and the public... everybody really likes it."

Westland added that the next project she would like to tackle at the Visitor & Education Center would be the section devoted to the refuge's namesake, Jay Norwood "Ding" Darling, whose desk and

continued on page 31

New Fitness Class Schedule At Sanibel Recreation Center

Join your friends and neighbors at the Sanibel Recreation Center for a new lineup of fitness classes starting Monday, October 5. Classes offered for all ages and fitness levels. Detailed class descriptions are available at the Rec Center front desk or online at www.mysanibel.com.

Weekly Fitness Class Schedule (effective Monday, October 5)

Mondays

7 a.m. 50/50 Cardio-Sculpt
8:30 a.m. Cycle Zone
9 a.m. Shallow Water Aerobics
10 a.m. Zumba
10:30 a.m. Deep Water Aerobics
Noon Basic Yoga
5:30 p.m. Mat Pilates

Tuesdays

7 a.m. Boot Camp
8 a.m. Slow Flow Yoga
8:30 a.m. Cycle Zone
9 a.m. Deep Water Aerobics
10 a.m. Power Sculpting
10:30 a.m. Water Pilates
Noon Zumba Basic
5:30 p.m. Cycle Zone

Wednesdays

7 a.m. 50/50 Cardio-Sculpt
8:30 a.m. Cycle Zone
9 a.m. Shallow Water Aerobics
10 a.m. Zumba
10:30 a.m. Deep Water Aerobics
Noon Vinyasa Flow Yoga
5:30 p.m. Restorative Yoga

Thursdays

7 a.m. Cycle Zone
8 a.m. Slow Flow Yoga
8:30 a.m. Cycle Zone
9 a.m. Aqua Jogging
10 a.m. Power Sculpting
10:30 a.m. Water Pilates
Noon Zumba Basic
5:30 p.m. Mat Pilates

Fridays

7 a.m. Low-Interval Training
8:30 a.m. Cycle Zone
9 a.m. Shallow Water Aerobics
10 a.m. Dance Aerobics
10:30 a.m. Deep Water Aerobics
Noon Basic Yoga

Saturdays

8:30 a.m. Cycle Zone
9 a.m. Deep Water Aerobics
10 a.m. Power Sculpting
11:30 a.m. Power Yoga

Sundays

12:30 p.m. Vinyasa Flow Yoga

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.✽

From page 1

'Ding' Darling Education Center

art studio are recreated in a small section of the building.

"I'd like to add a few elements that might make it more fun for visitors, especially the children," said Westland. "Right now, it's pretty stagnate. I'd like people to be able to learn more about the man who helped found this refuge. Perhaps feature some more of his artwork or have some hands-on activities... so many ideas are going through my head right now."✽

From page 28

8-Ball Starts

Spectators are welcome at all the matches or if you want to get in on the action call League Organizer Bob Buntrock at 887-2704 or e-mail him at bobbuntrock@comcast.net. He'll steer you to the team most in need of your cue prowess.✽



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Nanette Scoville, CROW development director, with Diane Knight, president of Sanibel Home Furnishings

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Sanibel Home Furnishings has signed on to become the sponsor of the helicopter ball drop at the CROW Golf Classic, to be held on Saturday, October 10 at The Sanctuary Golf Club on Sanibel.✱



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What Does My Air Conditioning Service Agreement Cover?



by Bryan Hayes
The answer to this question is met with another question. What type of program do you have? There are many different types offered on the market today. There are pros and cons

to each program. I will cover two of the more common programs offered and my thoughts on each.

- Semi-annual preventative maintenance program – This program includes two A/C checks per year. The program by nature goes through the system to make sure everything is clean and operating properly. The scope of this program is to identify any minor problems prior

to them becoming major problems. The pros of this program are you have a professional looking at your system twice a year. The program by nature will give you a true picture of what type of condition your system is in. It is much like preventative maintenance you do with your vehicle. There are also discounts offered when enrolled in this program on any additional work that may be required. It is also the least expensive program available. The cons: it is not going to cover repairs as they arise.

- Air conditioning maintenance and repair program – This type of program includes the items stated above but also has some repairs built into the price of the program. This may sound like a good thing at first, but there are some inherent problems with this type of program. Let's start with the pros. As stated, it will cover some repairs. You may stop me there and

say but wait, the name implies that it is an A/C repair and service type program... how come all repairs are not covered? The fact of the matter is there is a very long list of things that are not covered. To name a few: electrical lines, refrigerant lines and plumbing lines are not covered. It also excludes repairs due to corrosion, abuse and water issues. It also does not cover humidistat, thermostats, electrical service equipment, circuit breakers or panels. The big con for this program is it usually is three to four times the price of a maintenance only program. The pro side is that some items will be covered.

As you can see, there is a bit of a difference in the two programs. I believe that the best choice is the semi-annual program. But that's just me. I guess that's why they make vanilla and chocolate.

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.✱

Eden Energy Medicine Recharge Your Batteries With 'Joy Juice'



by Karen L. Semmelman, Certified EEM, JD, AAML (03-12)
Today's focus is on activating our Radiant Circuits, which Donna Eden refers to as our "Joy Juice" of life. Isn't it wonderful

to have tools to shift our energies, our moods and heal with our own intuition and hands? It is continually amazing to me that I have all these tools at my fingertips and just need to sort through my "tool chest" to determine which ones will be most effective! Remembering that Radiant Circuits are one of the nine energy systems used in Eden's Energy Medicine, we know that when accessing these circuits, the energy has its

own innate intelligence and is capable of moving wherever it is needed in the body... it is truly a powerful system to access.

As you hold the following two points, think about fresh energy coursing through your body and perhaps add a positive affirmation (i.e. "I center myself in love" or "I step forward with confidence and joy" or whatever you need in life) as you hold them for several minutes until you take a deep breath and feel refreshed. Hold them as long as feels good or several times a day to "tie into" your own Joy Juice to recharge your energy and your life.

On both hands, make a three-finger notch by placing your thumb, index finger and middle finger together (these creates a neutral energy charge). Place the left three-finger notch on the end of the spleen meridian (on the side of the body about four inches below the armpit) and the right-handed three-finger notch in the middle of the chest, between the breasts (this is on the central meridian).

Spleen – which metabolizes everything we take in, whether food, emotion or even air – is not only one of the 14 interconnected meridians of our body but is also a radiant circuit. Likewise, central

meridian is a radiant circuit. These are the two circuits being activated by holding the points. Now you know why, so let's learn the benefits received in addition to activating radiant energy.

Directly under the point in mid-chest over the heart chakra, the heart organ, the lungs, the thymus gland and neuro-lymphatic points are being accessed. The immune system is boosted, the nervous system calmed, stress reduced and the feel good hormone of oxytocin is being enhanced. Try it and teach it to a friend who may be in the doldrums.

Have fun with your energy! Next week's topic is Shift Habit Fields To Release Trauma & Find Safety.

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.✱

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Superior Interiors

The Right Light



by Marcia Feeney

It's more than an overhead light fixture. Or a table lamp set next to your favorite chair. A well-lit room includes four major types of lighting – ambient, task, accent and mood – all which create a

dramatic effect in your room.

Ambient or general lighting is indirect, and literally bounces off the walls and ceiling to provide comfortable background illumination. It's important that it be distributed evenly in your rooms, so that no areas are overly bright or hidden in the shadows. Recessed and track lighting are considered two of the best general sources of light.

Task lighting does exactly as its name infers – it provides necessary light for specific duties such as reading, writing or cooking. Again, it's important that task lighting be shadow free. Because of its "localized" nature, two great examples are reading lamps and under-counter

lighting.

Accent lighting is purely decorative, and includes everything from up-lights and torchieres to sconces and spotlights. If you want to accent a work of art, or draw attention to an architectural element in your home, then accent lighting would be your best choice.

Mood lighting generally comes from flexible light sources. For example, if you want to change the mood in your dining room, simply add a dimmer switch to your chandelier and you've instantly change your room's ambiance.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.✽

From page 5

Community House October Potluck

The next potluck will be held on Wednesday October 28, beginning at 6 p.m.

Artisan chocolatier Tracy Peck creates incredible flavor pairings at her Naples-based business. "Artisan" means that the product is hand made in small batches rather than machine mass produced. An artisan is one that has creatively conceived, designed and exe-

cuted the making of a product, which, in this case, are delectable chocolate barks, truffles and other specialty confections created by Once Upon A Bean.

Peck will bring taste samples of three levels of chocolate: white, milk and dark, while guiding attendees through her tasting map. Learn about cacao and how it is sourced from different cacao growing regions.

There is a \$5 fee for SCA members. Guests are \$10. Reservations are required and seating will be limited, so reserve early. Bring your favorite appetizer, salad, entrée or dessert (enough to serve six). It is BYOB, with water and coffee provided. Socialize with islanders, meet new friends and learn about the Kitchen Guild. Information about the upcoming Community House renovation and the planned commercial kitchen will be shared. Call 472-2155 for reservations and membership information.

Tables Available For Arts And Crafts Fair



Community House Fall Arts and Crafts Fair

The Community House is offering table space for rent to any local island 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."

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.✽

from page 26

Benefit Concert

of the Americas and the Florida Chamber Orchestra.

The Naples Philharmonic Youth Orchestra is Artis-Naples' orchestra training ensemble for motivated young musicians. The NPYO provides opportunities for middle and high school students in Lee and Collier counties to perform a wide range of music, including classical, pop and film score selections. This intensive program places accomplished young musicians in rehearsal and performance settings with the Naples Philharmonic. The NPYO also performs Side-by-Side concerts with the Naples Philharmonic under the baton of features guest conductors and Yaniv Segal, assistant conductor of the Naples Philharmonic. Auditions are held in the fall and spring. Once selected, student musicians rehearse on Sundays from September through May and are coached by Naples Philharmonic musicians.

Tickets are \$75 each and can be purchased by calling Sonny Grech at 239-450-5184 or online at www.keysfortheheart.org.✽

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A CPA spends years preparing for moments just like these.

From page 24

Trailways Camp

in a safe environment while giving respite to their families and caregivers.

The documentary also includes footage of Riverside Retreat Center in Labelle, which hosts Trailways Camp every spring and fall, focusing on the enjoyment each camper experiences during the four-day getaway. Highlights include the campers' talent show, awards ceremony and I Am Special party – held at The Community House on Sanibel – in honor of the Miller's late son Robert's birthday.

Sarah Owen, president and CEO of the Southwest Florida Community Foundation, moderated a Q&A with Farst, who noted that the idea of making a film about Trailways Camp was brought to him by Sharon Miller, an island neighbor of his.

"Sharon and I talked about the project about two years ago," said Farst. "She wanted to wait until I got well after going through my cancer treatments."

According to Farst, filming at Trailways Camp over a two-day period provided most of the footage which went into *Happy Trails*, which he also edited down into nine-minute and three-minute versions.

"It really is a great camp," he added. "Being there brought me back to the camp experience when I was a young boy."

The Millers, who also partnered with Goodwill Industries of Southwest Florida, established the fund – which bears the

names of their sons – at the Southwest Florida Community Foundation in 2011. With the help of the foundation, they created an advisory group which led to the creation of the Trailways Camps. Donations can be mailed to: Robert V. & Benjamin G. Miller Fund, c/o Southwest Florida Community Foundation, 8771 College Parkway, Bldg. 2, Suite 201, Fort Myers, FL 33919.

For additional information about Trailways Camp, visit www.trailway-scamps.org or call 579-0587.

"As a filmmaker, I'm very proud and honored to be a part of this project," added Farst. "Trailways Camp has made a positive difference in our community, and the film shows some of the great work that everybody there is doing."

The Southwest Florida Community Foundation is a foundation built on community leadership, with an inspired history of fostering regional change for the common good in Lee, Collier, Charlotte, Hendry and Glades counties. With assets of more than \$80 million, the community foundation has provided more than \$61.2 million in grants and scholarships to the communities it serves. Last year, it granted more than \$2.9 million to nonprofit organizations supporting education, animal welfare, arts, healthcare and human services. It also granted \$782,000 in nonprofit grants including more than \$551,000 in regional community impact grants and additional \$450,000 in scholarship grants.

For more information about the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacomunity.com.✱

Academy Of Lifelong Learning Launches World War I Series

The Academy of Lifelong Learning at Shell Point Retirement Community welcomes Seth Mendell, Shell Point resident and historical enthusiast, as he travels back 100 years to observe how the first World War tore apart the nations of Europe. This series of five historical lectures will be held at Shell Point on Mondays from 1:15 to 2:45 p.m.

Beginning on October 12, Mendell unravels the events leading to the declarations of war by various European nations, then traces the major battles and catastrophic happenings between 1914 and 1918:

- October 12 – World War I: Prologue and Outbreak
- October 19 – The Opening Phases: Strategies and Battles
- October 26 – Middle Phases: Battles and Events
- November 2 – U.S. Entry: The Russian Revolution
- November 9 – Collapse of Central Powers

Separate tickets are required for each session, and cost \$10 each. To purchase tickets for these presentations, call 489-8472 or visit www.shellpoint.org/events.✱



Five-part Academy Series about World War I begins on October 12



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School Smart



by Shelley M. Greggs, NCSPP

Dear Readers,

September is National Suicide Prevention Month. It is so important to highlight this problem and inform and educate people

about the nature of it and how to prevent and help those in crisis. Today, as we conclude this awareness month, I am passing along some very important information on suicide and adolescents as well as the number of the new national Crisis Text Line.

Suicide is the third leading cause of death among youth between 10 and 19 years of age. However, suicide is preventable. Youth who are contemplating suicide frequently give warning signs of their distress. Parents, teachers and friends are in a key position to pick up on these signs and get help. Most important is to never take these warning signs lightly or promise to keep them secret. When all adults and students in the school community are committed to making suicide prevention a priority – and are empowered to take the correct actions – we can help youth before they engage in behavior with irreversible consequences.

Suicide Risk Factors

Certain characteristics are associated with increased suicide risk. These include:

- Mental illness including depression, conduct disorders and substance abuse.
- Family stress/dysfunction.
- Environmental risks, including presence of a firearm in the home.
- Situational crises (i.e., traumatic death of a loved one, physical or sexual abuse, family violence, etc.).

Suicide Warning Signs

Many suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These include:

- Suicidal threats in the form of direct and indirect statements.
- Suicide notes and plans.
- Prior suicidal behavior.
- Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions).
- Preoccupation with death.
- Changes in behavior, appearance, thoughts and/or feelings.

What To Do

Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- Remain calm.
- Ask the youth directly if he or she is thinking about suicide.
- Focus on your concern for their well-being and avoid being accusatory.
- Listen.

• Reassure them that there is help and they will not feel like this forever.

- Do not judge.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm.

Getting Help

Peers should not agree to keep the suicidal thoughts a secret and instead should tell an adult, such as a parent, teacher, or school psychologist. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to the designated school mental health professional or administrator.

Also, it is important to be aware of a new, free and confidential Crisis Text Line available for everyone. Statistics show that only 5 percent of teens are willing to call a crisis line, but they are far more willing to text anonymously with a crisis counselor.

Crisis Text Line serves young people in any type of crisis, providing them access to free, 24/7, emotional support and information they need via the medium they already use and trust: text. Young adults simply text 741-741 from anywhere at any time, a trained specialist responds quickly, then provides effective and secure counseling and referrals to the individual in need.

Text "Listen" to 741-741 for help.

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

Three Championships In Three Years Could Result In A Big League Job

by Ed Frank



Three championships in his first three years as manager, including the first Florida State League Championship for the Fort Myers Miracle baseball team – that's the sparkling resume of Doug Mientkiewicz.

But don't be surprised if the fiery and passionate Mientkiewicz is not a member of the Minnesota Twins organization next year. In fact, there's a good chance that he will be managing a Major League team in 2016.

With no managing experience and only a hitting coach for a rookie-level team in the Los Angeles Dodgers system, Mientkiewicz was hired by Twins General Manager Terry Ryan in 2013 to manage the Miracle, an Advanced A Minor League team.

That first year, he won a division title in the season's first half. The second year, he guided the club to its only Florida State League championship.

And this season, his Double A Chattanooga Lookouts won the Southern League championship. It's doubtful any other manager, Minor League or Major League, can match that three-season record. At Chattanooga, he managed three top Twins prospects – Byron Buxton, Miquel Sano and Max Kepler – that have moved up to the Twins roster.

The Twins know full well of the outspoken Mientkiewicz's desire to manage a Big League team. In fact, he was one of the finalists for the Twins job last year before Ryan named Hall of Famer Paul Molitor to the job.

Molitor is certain to be considered American League Manager of the Year for the intelligence and leadership he has brought to the Twins who are battling for a playoff berth in the last week of the season. So the Twins' job is no longer an option for Mientkiewicz.

It's likely, however, that five or six Major League manager's job will be open at the end of the season. And you can bet the house that Mientkiewicz will be in the mix for one of them.

Mientkiewicz made no secret that he was deeply disappointed that he was passed over for the Twins job last year.

"I was ticked. I felt like the timing was right for me and the organization and for the players we're going with here the next couple of years," he told a Minneapolis reporter during spring training this year.

"If I get players to progress, that speaks for itself and someone, somewhere, will have the faith in me and give me the reins of a Major League club," he added.

We asked Ryan this week what the future holds for Mientkiewicz in the Twins organization.

"Doug has done a tremendous job the last three years in our minor league system.

continued on page 38



Doug Mientkiewicz

photo courtesy Twins Media Guide

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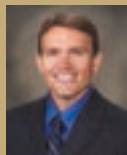
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Michael B. Hill
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Will Power

Two Hats



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

When my children were young, I used to read Dr. Seuss books to them. One of their favorites was *The Cat in the Hat Comes Back*. You may remember the plot where the devious cat causes pink spots all over the house while mother is gone. When the kids get scared that the mess can't be cleaned up, the cat reveals one cat after another inside ever-decreasing sized hats one on top of the other, kind of like a Russian Matryoshka doll. All of the little cats cause an even bigger mess before eventually cleaning up before mother returns.

Wearing more than one hat can become a problem in an estate plan as well. An example of this is when someone is both a trustee for their deceased loved one's trust and is also a beneficiary of that same trust. Let me give you an example:

Suppose that father's trust is held for the benefit of Stephanie, his second wife. Stephanie is to get income for the rest of her life, and if the income is insufficient for her needs, the trustee can invade the principal of the trust for her health, maintenance, and support. Upon Stephanie's death, then the trust terminates back to father's children, Alex and Andy. Stephanie is not Alex and Andy's mother. Stephanie is also the trustee of the trust.

Here Stephanie is wearing "two hats." As trustee of the trust, she has a responsibility not only to her own needs – to provide herself income and possibly invade the principal of the trust for her own benefit – but she is also supposed to be watching out for the needs of the remaindermen beneficiaries, Alex and Andy. It would appear that Stephanie has a conflict of interest, which is quite common in these scenarios.

A trustee would have to balance the investments for both income (which benefits Stephanie) and growth (which benefit Alex and Andy). As a beneficiary, Stephanie would want to weigh the investment portfolio to maximize the income earned so that she has more money to spend every month. But when a trustee invests for income, that is usually at the expense of growth. Alex and Andy want the trustee to invest for growth, since they want the trust to increase in value during Stephanie's lifetime, if not only to keep pace with inflation.

Keep in mind that every dollar that Stephanie spends – especially principal dollars of the trust – is one less dollar that Alex and Andy will one day receive as inheritance. Even if Stephanie has a loving relationship with her step-children, legally she and they have adverse legal interests. What they will want from the trust is in direct conflict.

Stephanie, therefore, is vulnerable. If she acts too much in her own favor, the Alex

and Andy could sue her for breach of her fiduciary duties. What if Stephanie has a true medical emergency and invades the principal of the trust for many thousands of dollars? The trust seems to indicate that this is okay, but would your opinion change if Stephanie had millions of her own outside of the trust?

This is where good drafting comes into play. The trust could read, for example, that when making principal distributions the trustee should consider the other income and resources available to the beneficiary. It may also read that the trustee is to favor the income beneficiary's needs over those of the remaindermen, or vice versa. It's not a bad idea for the grantor of the trust to direct his attorney to write an "intent" clause:

"It is my intent that the trustee first consider the needs of my wife should she survive me, over the needs of my children, even to the extent of the exhaustion of the trust funds. In making these decisions, however, my trustee shall consider the outside income and resources available to her," for example.

Yet another good idea is to name an independent party as a co-trustee to weigh in on investment and distribution decisions. This may serve Stephanie well, by taking some of the responsibility off of her shoulders.

There are many ways to "skin the cat" in this type of situation. A "standard" trust that does not delve into the grantor's priorities and intent could actually cause more problems than it solves.

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Doctor and Dietitian

Women, Weight And Hormones



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

Hormones can make weight loss extra difficult for women. Two of the culprits that cause an increase in fat production and storage are insulin and estradiol.

Insulin is made by the pancreas in response to sugar in the blood. Blood sugar levels are generally elevated when a person eats a significant amount of sugar, breads, pastas, grains and other starchy foods. Insulin is consequently secreted to remove these large amounts of sugar from the blood. If the pancreas must continually secrete insulin to bring the blood sugar down, the body will begin to become insulin-resistant and may eventually become diabetic.

The diet to lower insulin levels involves eating fewer simple carbohydrates and more fresh proteins and vegetables. Keep in mind that eating too much of any food can raise insulin levels.

Insulin is key in weight loss, as it helps the body store fat. To decrease body fat percentage, one must keep insulin levels down. It is that simple.

Estradiol – For many women, the problem may not just be related to insulin, but also estradiol, one of the main female estrogens. The woman with high estradiol levels often has menstrual cramps, water retention, irregular menses, fibrocystic breast disease, menstrual headaches, migraine headaches, chronic pain, poor musculoskeletal healing and weight problems. High estradiol levels also place the woman at higher risk for various cancers.

Estradiol is lowered by a low fat, high vegetation diet. This is the classic vegetar-

ian diet. Remember, too many simple carbohydrates may contribute to elevated insulin levels, so choose lots of fresh vegetables. Leaner sources of protein are incorporated into this diet including fish, chicken, turkey, and tofu.

Food choices play a huge role in a woman's health. Tune up your health with right food choices and hormone testing.

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.✱✱

dearPharmacist

Histamine, Autoimmunity And Your Genes



by Suzy Cohen, RPh

Dear Readers: Histamine can cause allergies, and it is found in hundreds of foods that you consume daily, but an allergy is different than what I want to share with you today. An allergy causes an almost

immediate reaction to the food you just ate, whereas an "intolerance" is a reaction that occurs later. Why later? Because the blood levels of histamine need to spike for the reaction to take place, you are reacting to histamine, not the food itself. See the difference?

High blood histamine levels will cause chronic health conditions, which could be life-long. In contrast, a true food "allergy" results in symptoms within a few minutes like lip swelling, itchiness, sneezing, hives, diarrhea and possibly anaphylaxis.

A problem with histamine break-down can cause many disorders that you would never connect to histamine (since you associate histamine with sneezing and runny nose). You could have a problem with your genes for example, and this would cause histamine levels to rise. You may be taking a medication that increases

histamine levels. I have a longer version of this article (over 3,000 words long) which I can email to you if you sign up at my website – suzycohen.com

If your physician doesn't tease out the problem of high histamine, you may suffer with migraines, clusters, Hashimoto's, anxiety, asthma, irritable bowel syndrome, dermatographia, vertigo, abnormal menstrual cycles and much more.

Histamine isn't a bad guy, it's needed to create stomach acid and to perfect your gut motility so that you can get food through you properly. DAO or "diamine oxidase" is an enzyme that is outside the cell (termed "extracellular") and it breaks down histamine. Supplements are sold at health food stores nationwide, and you should ask your physician about them.

They are not right for everyone, however, if you have a histamine intolerance, they may improve symptoms dramatically. I leave this to be decided by you and your physician. Avoiding histamine-rich foods can impact your situation as well, especially if you avoid fermented foods and left-overs.

The following foods are high in histamine (or provoke excessive release from your mast cells). Either way it's not good so reduce histamine by avoiding:

- Farmed seafood, including shellfish
- Smoked meats
- Bologna
- Eggs
- Fermented dairy products like butter-milk, yogurt, cheese and kefir
- Citrus fruits
- Dried fruits: Apricots, cherries, cranberries, prunes, currants, raisins and dates
- Tomatoes and tomato sauce
- Spinach (it's high in oxalates anyway, so keep this to a minimum)
- Vinegar-containing foods like salad dressing, pickles, relish, etc.
- Sulfites

Vegans eat a lot of fermented foods, like tofu and tempeh. These can raise histamine levels and cause anxiety and skin problems. Reducing histamine can help.

Finally, people with hypothyroidism, or Hashimoto's thyroiditis or any other auto-immune disorder such as Multiple Sclerosis may have been misinformed about a "healthy" diet. Fermented foods may not be wise for you after all, these foods are super high in histamine and this can increase your symptoms. Symptoms should resolve within a month, and if not, you can take DAO supplements. There are many brands; just buy what you like.

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.✱✱

From page 36

Big League Job

All decisions in our organization will be decided once we conclude the season," he said.

Mientkiewicz, who played first-base for the Twins for parts of 12 seasons, certainly appreciates the managing opportunities given to him by the Twins.

Chances are, however, he will be wearing another uniform next year.

Volunteers Needed for Women's Major Golf Tournament

Volunteers are needed for the CME Group Tour Championship to be held November 17 to 22 at the Tiburon Golf Club in Naples.

The prestigious tournament brings the winners of the season's LPGA events to Naples for the final competition of the year. Volunteers are needed for leaderboards, scoreboards, scoring controls, pro-am tournament, carts and merchandise.

Additional information is available by calling 239-593-3900.✱

Registration Open For Surf & Turf

The 3rd annual Surf & Turf Experience fundraiser to benefit Disabled Veterans Insurance Careers (DVIC) has opened registration for festivities taking place at South Seas Island Resort on Captiva Island on Saturday, October 17. The evening will feature a dinner, auction and awards ceremony for \$150 per person or \$1,500 for a table.

Presented by BB&T-Oswald Trippe and Company, all proceeds will support the mission of DVIC to educate, train and create meaningful employment opportunities within the insurance industry for disabled veterans.

Flag level sponsors include ASI, TriCircle Pavers, Bell Tower Shops and Huff Insurance Agency. Field Grade sponsors include Sam Galloway Ford, Progressive Builders, Tower Hill Insurance and Scanlon Auto Group – Lexus and Acura.

To register for the Surf & Turf night dinner and auction, contact Stacey Mercado at 433-7189 or SMercado@BBandT.com.✱

Yoga On The Beach Moves To Twice A Month

Join local instructor Becky Lang for Yoga on the Beach on the first and third Saturdays of the month starting in October from 8:30 to 9:30 a.m. Upcoming class dates are October 3 and 17 as well as November 7 and 21. The class is held on Fort Myers Beach just north of the pier in front of the Edison Beach Hotel. There isn't a more perfect place to practice yoga – under the sun, in the sand with the sounds of the gulf waters nearby.

This will be a Level 1 flow, suitable for most people. No pre-registration is required; just get to the beach a little before 8:30 a.m. with a yoga mat, sunscreen and water. Hourly parking is available nearby in the Times Square area.

The suggested donation is \$10 per class. For more information, contact Becky Lang at 791-6538 or beckylang@comcast.net or visit www.beckylang.com.✱

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Got A Problem? Dr. Connie Is In



by Constance
Clancy

Our society puts such pressure on women to find their life partner in their 20's mainly because of the urge to settle down and have a family. The good news is that women are now in the work force and establishing careers at this time, or they are still in school for higher education. Many women in their 20's do not want to get married until they are established in their own careers and they are wise to do this because they can still have healthy pregnancies now into their 40's. Know that it's your belief system that will lead you to the right life partner. Open your heart and know that you are never too old.

I have known people who met their partner in their 80's. Never say never or you are using your inner critic and limiting self beliefs to negate any possibility of someone coming in.

I was one of those who did not get married for the first time until age 53, and I have no regrets at all. I was in rela-

tionships, however, they were not right for me and somehow I had that inner knowing. I did seek therapy to understand why I was selecting men who were not in my highest good then I understood ways to break the cycle. Once I was able to let go of the "need" to find the right man, things seemed to flow better in terms of meeting men, dating and someone coming into my life who felt right.

One aspect of the aging process is to do the kinds of things you love and chances are you will attract someone whom you have similar interests with. Whether its sports, art, music, literature or fundraising events, you have a great chance of meeting someone that you are compatible with. Even online dating services have been successful for many and they will match your profile with someone whom you will be somewhat compatible with.

I cannot emphasize enough to live your life to its fullest. Take group travel trips or classes aboard a cruise line. Instead of waiting for Mr. Right to come along, do all the things you love and surrender finding that potential mate. There is a lot to be said about when you least expect it. So go ahead and have fun because at any age, if you really want someone and release the need, someone will show up who is right for you.

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.✧

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

My adult daughter has recently asked me for a loan of several thousands of dollars, because she says she needs a surgical procedure. On further questioning, I find she wants to have a breast enlargement procedure. She is convinced that her whole life will change, she will be so much happier and it is the most important thing on her mind right now.

She has saved about half the amount and now wants a loan to get it done sooner rather than later. What do you think about my daughter's request?

Alicia

Dear Alicia,

Society puts great strain on females and the young are very vulnerable to its messages. At this point in history, "boobs" are "in." Young girls and women are constantly under pressure to have what is "in" in what the society defines as female beauty.

The present clothing emphasizes the breasts and there is no doubt that with a large endowment the clothes look better. However, many females with natural endowment want a reduction as they are fed up with shoulder sores.

The health risks involved should be researched and a good experienced surgeon is a must, should your daughter decide to go forward.

Lizzie

Dear Alicia,

Right or wrong, society does define what is considered attractive in both males and females. Not meeting standards can be bothersome for some and downright shattering for others. For those that want to alter, enhance or reduce body characteristics, plastic surgery is a choice. Responsible physicians interview and counsel potential patients regarding expectations about surgery and reasons for seeking surgery. So, I do not think exploring surgical solutions to body image problems is in any way misguided. It is important to make informed choices about any medical procedures.

As far as assisting your daughter with paying for her surgery, that is between you and your daughter.

Pryce

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

Assisted Living Seminar At Shell Point

Shell Point Retirement Community encourages senior adults and their family members to better understand the many types of assisted living facilities and what to look for when choosing a community. Learn more during a free seminar held on Friday, October 16 at 10 a.m. at The Springs at Shell Point.

During this informative presentation, Shell Point's assisted living expert, McKenzie Millis, will simplify the search for assisted living by breaking down the many levels of assisted living care, types of facilities, and various licensures. Each presentation attendee will receive a comparative worksheet to use when exploring future assisted living options.

"Not knowing what to look for when choosing an assisted living community can be overwhelming. This search usually takes place during a medical crisis or other need-driven circumstance, which adds stress to a generally complicated process," said Millis. "The goal for this presentation is to simplify this search and help attendees plan ahead for their future care."

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

The Springs at Shell Point is located off of Summerlin Road and McGregor Boulevard, two miles before the Sanibel Causeway, at 13901 Shell Point Plaza in Fort Myers. The Springs offers affordable, month-to-month assisted living care on a private-pay basis, and provides access to Shell Point's resort-style amenities and healthcare services.

Call 454-2077 to reserve your place at this free educational presentation. Also, for more information about The Springs at Shell Point or to request an assisted living brochure, visit www.shellpoint.org/assistedliving.✧



The Springs at Shell Point offers affordable, month-to-month assisted living on a private-pay basis, with access to Shell Point's resort-style amenities and healthcare services

photo courtesy of Shell Point Retirement Community

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My Stars ★★★★★

FOR WEEK OF OCTOBER 5, 2015

ARIES (March 21 to April 19) A workplace change doesn't seem to have turned out quite as you'd hoped. Never mind: Just treat yourself to a healthy dollop of that Aries self-confidence, and you'll soon view things differently.

TAURUS (April 20 to May 20) Some of the support you might have hoped for in a difficult situation might not be there. But you have the strength to rely on your own capabilities if you must. Good luck.

GEMINI (May 21 to June 20) A disagreement with a longtime friend can be painful, but it also can be a learning lesson. Insist on a full and complete airing of views. You'll both come away the better for it.

CANCER (June 21 to July 22) A stalled relationship can be restarted with some give and take on both sides. And while it could take more time than you expect, don't rush it. Be patient, and let it happen naturally.

LEO (July 23 to August 22) An opportunity to move a long-stalled project from concept to construction might be opening up for the Big Cat. Meanwhile, be prepared to spend more time dealing with family matters.

VIRGO (August 23 to September 22) Use your Virgo organizational skills to line up support to help you deal with a sticky workplace problem. A personal matter also might be helped with friendly intervention.

LIBRA (September 23 to October 22) Trying to resolve a workplace problem with a longtime associate can be difficult. Consider bringing in an impartial third party to help you both reach a mutually acceptable solution.

SCORPIO (October 23 to November 21) This is a good time to assess your current career situation. Consider whether you have a chance to move up where you are now, or if you should look elsewhere.

SAGITTARIUS (November 22 to December 21) With education being a dominant part of this week's aspect, one of the things you might want to think about is taking courses to enhance your career opportunities.

CAPRICORN (December 22 to January 19) You might have a problem trying to stay focused on a matter you'd rather not deal with. But the sooner you do, the sooner it will be resolved and out of the way.

AQUARIUS (January 20 to February 18) An unforeseen complication creates a difficult problem. But things get resolved once you use your ability to turn negative situations into positive experiences.

PISCES (February 19 to March 20) The Pisces penchant for doing the right thing at the right time helps you deal with a particularly troublesome situation. Consider your best option, and act accordingly.

BORN THIS WEEK: Although you might sometimes seem rigid in your views, your love of justice makes you a trusted friend everyone can rely on.

THIS WEEK IN HISTORY

- On Oct. 5, 1892, the Dalton gang attempts to rob two banks simultaneously in Coffeyville, Kansas, but meets resistance from townspeople, who kill four of the five bandits. The gang had turned to crime when they became bored with their other career possibilities on the Western frontier.

- On Oct. 11, 1925, novelist Elmore Leonard is born in New Orleans. He

decided to write either Westerns or detective novels, whichever would generate the most income. By the time of his death in 2013, he'd penned 45 books.

- On Oct. 9, 1934, the St. Louis Cardinals defeat the Detroit Tigers in the World Series. The Cards nickname, the "Gas-house Gang," had to do with the team's close resemblance to the rowdy, dirt-streaked thugs who hung around the Gas-house District on Manhattan's East Side.

- On Oct. 10, 1957, President Dwight D. Eisenhower offers his apologies to the Ghanaian finance minister, who had been refused service at a restaurant in Delaware. It was one of the first of many such incidents in which African diplomats experienced racial segregation in the United States.

- On Oct. 6, 1961, President John F. Kennedy advises American families to build bomb shelters to protect them from atomic fallout in the event of a nuclear exchange with the Soviet Union.

- On Oct. 8, 1970, Russian writer Aleksandr Solzhenitsyn wins the Nobel Prize for literature. Arrested in 1945 for criticizing the Stalin regime, he served time in Russian prisons, forced labor camps and internal exile. His works had to be secreted out of Russia in order to be published.

- On Oct. 7, 1983, Sean Connery stars in "Never Say Never Again" as the British secret service agent James Bond, a role he last played in 1971. The film's title referenced the fact that Connery had previously said he would never play Agent 007 again.

STRANGE BUT TRUE

- It was 20th-century American journalist and cartoonist Robert Quillen who made the following sage observation: "A happy marriage is the union of two good

forgivers."

- In a recent survey of parents with adult children, 45 percent of respondents said they would rather stay in a hotel than in the home of one of their kids.

- In 2009, the government of Saudi Arabia established a special Anti-Witchcraft Unit to combat the practice of sorcery. By 2011, there were nine bureaus in cities across the country. The following year, 215 people were arrested for sorcery.

- Those who study such things say that all kangaroos are left-handed.

- When you think of hibernation, you probably picture a bear holing up in a cave for the winter, right? You might be surprised to learn that creatures don't just hibernate to get through the winter months; almost any adverse environmental condition can trigger such a response. For instance, on the island of Madagascar, the fat-tailed dwarf lemur hibernates for seven months during the dry season.

- If you're a fan of Major League Baseball, you're going to pay three times as much to attend a game in Boston as in San Diego.

- Wildlife biologists say that the milk from a mother hippopotamus is pink.

- The size of a nickel represents the halfway point between the size of an atom and the size of the earth. If an atom were the size of a nickel, a nickel would be the size of the earth.

THOUGHT FOR THE DAY

"I like the pluralism of modernity; it doesn't threaten my faith. And if one's faith is dependent on being reinforced in every aspect of other people's lives, then it is a rather insecure faith, don't you think?" -- Andrew Sullivan

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Top Ten Books

1. *My 92 Years On Sanibel* by Francis Bailey
 2. *Sanibel Flats* by Randy Wayne White
 3. *Gift From The Sea* by Anne Morrow Lindbergh
 4. *Is Everyone Hanging Out Without Me?* by Mindy Kaling
 5. *Hurricane Sisters* by Dorothea Benton Frank
 6. *The Plover* by Brian Doyle
 7. *Mudbound* by Hilary Jordan
 8. *The Secret Life of Bees* by Sue Monk Kidd
 9. *Make Me* by Lee Child
 10. *Ten Days In Paradise* by Linda Abbott
- Courtesy of Sanibel Island Bookshop.✱



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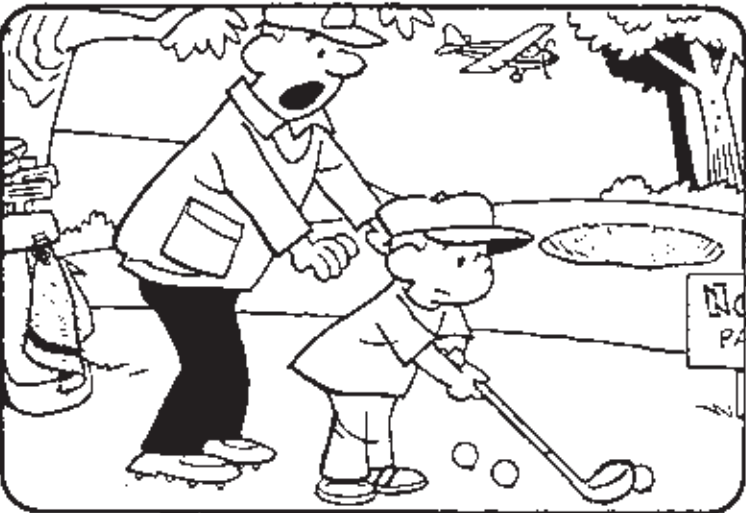
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BY
HENRY BOLTIKOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Towel is missing. 2. Pocket is missing. 3. Arm is moved. 4. Airplane is missing. 5. Sand trap is smaller. 6. Club head is different.



"Bathe it with cold compresses, take a couple of aspirins, and stay away from _____!"

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 page!

Bonus
DRAWER

Mogul
MEGATAN

Shape
CROOTUN

Drowse
RUMBLES

TODAY'S WORD

answer on page 43

	7				4			6
		2		3	7		1	
1			2			8		
3					5	1		7
	5		4				6	
		6		7				9
	9	1		4			8	
8					6	5		
	2		9					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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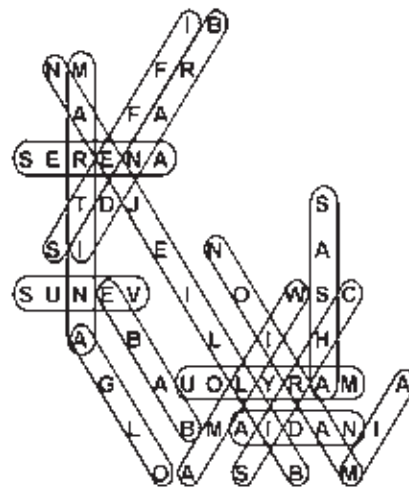
MERGE INSE TOFU OSAKA
ACERS NOON AMEN VOWEL
COMMICACTOR MARINE LAND
ALAN VERDI ARMOUR RYE
WINDVANE CAL NKSVEAR
S RS NOSES SEEA
BIB V CJO ASPS AGENT
ACET CURL YAPS INFO
MEGADEAL IRK COCACOLA
AUTO LINSEED TOM
POSTAL ABBREVIATIONS
CU COULDT NAIL
DEMOMODE NNE COALVINE
ATOP WEAR DR REEVES
BA TS RICA PROMO EWC
ITBE VODEM DYNE
CCACANF RGN COMENFAR
HA SEIMAN CA RO TYRO
ARCADECAVE ALLAMERICA
SEAFH MIFA ME N BFNDS
EDDIE ALVS PSAT BEGET

KING CROSSWORD

GFI TUFT ROUT
ALI AFRO ERGO
LIFEBOAT FELL
ELL TABLOID
COFFEE LYE
AGO TAX ECLAT
PERK RIB TIDE
SEMIS SUP FOX
NAB DIGESI
POTSDAM PAI
ADAM LIFETIME
RIPA SFAR NOR
DEEN ANTS EWE

MAGIC MAZE

FIRST-NAME RECOGNITION IN FEMALE SPORTS



SUDOKU

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

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Alva	Alva	2001	3,080	\$820,000	\$800,000	68
Cape Coral	Cape Coral	2002	3,462	\$879,000	\$800,000	39
Ridge	Bonita Springs	1998	2,706	\$814,000	\$790,000	103
Cape Coral	Cape Coral	2012	2,659	\$765,000	\$750,000	20
The Forest	Fort Myers	1984	2,922	\$568,000	\$568,000	7
The Rocks	Sanibel	1974	1,162	\$580,000	\$550,000	75
Cape Coral	Cape Coral	1984	2,078	\$574,000	\$535,000	65
Preserve At Corkscrew	Estero	2013	2,377	\$525,000	\$504,000	45
Kelly Greens	Fort Myers	1988	2,188	\$489,000	\$481,500	0
Heritage Farms	Fort Myers	1981	2,856	\$495,000	\$460,000	60

Courtesy of Royal Shell Real Estate

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*NS 7/11 NC TFN

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*NS 11/1 NC TFN

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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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The Crow's Nest Beach Bar & Grille at Tween Waters Inn on Captiva has Gatlin playing Thursday, Friday, Saturday, Tuesday and Wednesday. Crab shows are on Mondays and Thursdays.

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 Marvilla Marzan, playing R&B, jazz and pop. Woody Brubaker performs on Wednesday. Joe McCormick and Marvilla 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.**

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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

Hello, my name is Tulip. I'm a 1.5-year-old female Florida Curr. I am very eager to learn and please. I already know how to sit, so you see I'm not just another pretty face... I'm smart too. If you have an active lifestyle, we'll be a perfect match because I'm loaded with enthusiasm for life!

My adoption fee is \$10 (regularly \$75) during Animal Services' Fall In Love adoption promotion.

Hello, my name is Star. I'm a 2-month-old male domestic medium hair kitten. I've obviously cornered the market on cute, but I can also be the perfect kitten you've been looking to adopt. At just 2 months old, it's time for me to get acclimated to my forever home. I can't wait to fit right in with your family.

My adoption fee is \$10 (regularly \$75) during Animal Services' Fall In Love 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.*



Tulip ID# 635280



Star ID# 637810

PAWS Of Sanibel

Dog Found

This poor guy was found by the Sanibel Police early Sunday morning, September 27, on Hibiscus Drive, off Dixie Beach Boulevard, near Royal Poinciana Drive. If you can help find his owners, or are willing to foster him, contact Pam at PAWS, 472-4823.*



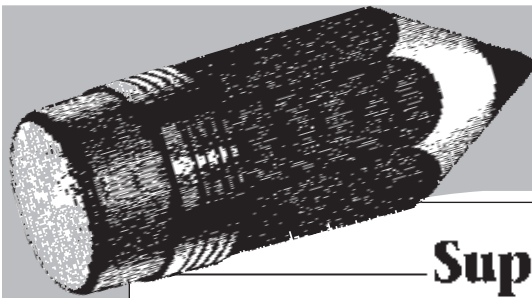
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Island Sun
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On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
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
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
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

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BEACH CHAIR PASTIME

answers on page 43

Super Crossword

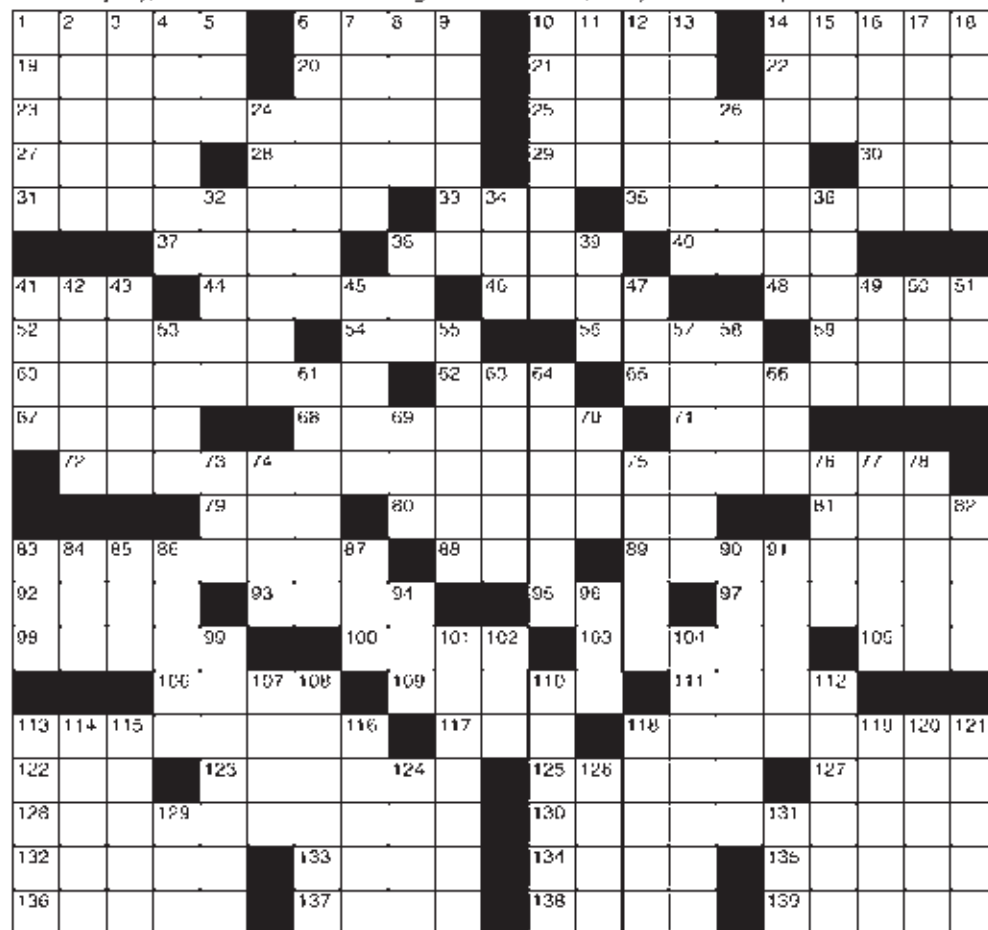
COALITION
OF STATES

ACROSS

- 1 Integrate
6 Pulitzer winner William
10 Cubes in miso soup
14 Horshu hub
19 Stellar tennis servers
20 Midday time
21 Revival snout
22 Y. at times
23 Funny film star
25 "Dolphin adventure" park in Florida
27 Author Paton
28 "Il Trovatore" composer
29 Frankfurter brand
30 Deli loaf
31 Weather station pointer
33 Prez Coolidge
35 Culligraphy mishap
37 Passé letter opener
38 Sniffers
40 "I — bad moon rising"
41 Din-din tie-on
44 Mission — (Orange County city)
46 Nile vipers
48 Go-between
52 Like the acid in vinegar
54 Cyber-address
56 Kennel barks
58 Data, briefly
60 Million-dollar contract, e.g.
62 Gail
65 Barq's maker
67 VW or BMW
68 Flax product
71 Cruise of film
72 State short forms strung together in 12 long answers in this puzzle
79 ER neighbor
80 "I — agree more"
81 Finger's end
83 Device setting for store display
88 Madrid-to-London dir.
89 Hilman's workplace
92 Above
93 Tucker (out)
95 Joanne of "Drango"
97 Keanu of "Speed"
98 Fish lures
100 Costa —
103 Teaser ad
105 Lamb cooker

DOWN

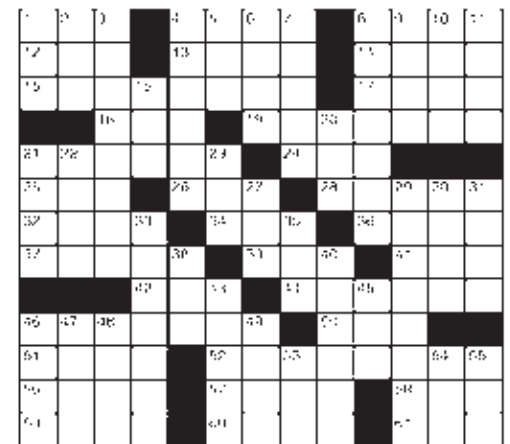
- 106 "What'll —?"
109 Piece of PC hardware
111 B.L. of force
113 Popular way to have chili
117 Film director Howard
118 Approach
122 "Bai —"
123 Marcus (luxury retailer)
125 Nile city
127 Novice
128 Ms. Pac-Man, for one
130 Like some elite U.S. athletes (or an apt. alternate title for this puzzle)
132 Bobby of the Chicago Eight
133 Re-sof. linkup
134 Chicken chow
135 Bows
136 Rocker Van Halen
137 Boggan's cry
138 Exam for H.S. juniors
139 Spawn
DOWN
1 Cockatiel kin
2 Baccharis the gut
3 Stall again
4 Crushes up
5 "Get out" PC key
6 Sweet smoke
7 Our, in Pans
8 Tasty
9 With 12-Down, Manhattan Project physicist
10 Tox-Mox treats
11 Eggs of "The Mork Squad"
12 See 9 Down
13 Partnerships
14 Across the pond
15 Seville sun
16 Mindful
17 African nation
18 Calkin-bearing tree
24 Great greed
25 A-bomb, e.g.
32 Very intense
34 "Hugo" star Butterfield
36 Penn & Teller's field linkup
38 Fish fowl connection
39 Bug planter
41 Camryn Todd, briefly
42 Glare over
43 " — glitter"
45 Chef Child
47 Air cell, e.g.
49 English rocker Brian
50 Vikings' org.
51 Burn — crisp
53 New Mex. so art colony
55 Capital of Portugal
57 Starchy food
58 Kilt sponsor
61 Refer (to)
63 Show over
64 Overtuned, with "lover"
66 Pa.
69 "Dateline —"
70 Netflix item
73 Po. Pawlenty
74 "Don't have —"
75 Rack up
76 "You can count —"
77 Unworldly
78 Bone-muscle connector
82 majesty
83 Stinko lightly
84 Zeta-theta linkup
85 Ma, in Paris
86 Of the eye
87 Teacup part
90 Military mother
91 Sierra —
94 Cup edge
98 Meas. of engine speed
99 Bus rider with no seat
101 Eye layers
102 Excitement
104 Scenting substance
107 One of the "Desperate Housewives"
108 It's a mystery
110 Use a tent
112 Main order
113 Hurry after
114 Propelled a boat
115 Battery type, briefly
116 AOL mimos
118 Paramedic propellers
119 Staring at
120 Triumph (Pans attraction)
121 Be very hot
124 Radio toggle letters
126 Bexley brews
129 Old Frazier ice
131 Abate



King Crossword

ACROSS

- 1 Toothpaste type
4 Pom-pom
8 Decisive defeat
12 Foreman opponent
13 Fizzy confiture
14 Therefore
15 Titanic aid
17 Dropped
18 Right angle
19 Type of newspaper
21 Starbucks supply
24 Caustic solution
25 In times past
26 Tariff
28 Brilliance
32 Make 21-Across, in a way
34 Cage component
36 Ocean motion
37 Big rigs
39 Dine
41 Sly critter
42 Apprehend
43 of synopsis
46 1945 conference site
50 Crony
51 Leading man?
52 Cancer lung



- 56 Phil's ex-partner
57 Burn somewhat
58 Neither mate
59 TV cook Paula
60 Picnic invaders
61 Ram's ma'am
vessel?
6 "An mal House"
7 Sum group
8 Mirror
9 Dunkable treat
10 Wrinkly fruit
11 Snatched
16 Sprite
20 "See ya"
21 Uppercase
22 Curved molding
23 Listener
27 Greek consonants
29 Ship's safety rope
30 Commotions
31 Libretto
33 Relative
35 Future blossom
38 Blue
40 Highlands musicians
43 Lightweight wood
45 Roscoe (St.)
46 Crony, in the old West
47 Garfield's pal
48 Recording
49 Carriage
53 Obese
54 Out the grass
55 Before

DOWN

- 1 "My — Sa"
2 Quarterback Manning
3 Mature organism
4 Pad
5 Venusian

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

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

Babe
Billie Jean
Brandi
Chris

Marion
Martina
Mary Lou
Mia

Nadia
Olga
Sasha
Serena

Steffi
Venus
Wilma

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