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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 9, 2015

OCTOBER SUNRISE/SUNSET: 9 7:24 • 7:08 10 7:25 • 7:07 11 7:25 • 7:05 12 7:26 • 7:04 13 7:26 • 7:03 14 7:27 • 7:02 15 7:27 • 7:01

Businesses Support Pink Out Sanibel & Captiva Islands



Supporters of the 4th annual Pink Out Sanibel & Captiva, from left, Gail Estka and Alicia Baylina gathered at Kay Caspersen's Salon & Spa at Sundial Beach Resort to promote this year's event, which will be held on October 25. Also pictured are salon employees Becky Smith, Heather Degele and Kattie Foreman.

photo by Jeff Lysiak

by Jeff Lysiak

In anticipation of the 4th annual Let's Pink Out Sanibel & Captiva Islands, several island businesses are doing their part to support the breast cancer awareness event, which will include a party and mammogram screenings.

This year's Pink Out 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.

Kay Caspersen, a longtime supporter of the annual gathering, has pledged 50 percent of the proceeds from sales throughout October of hot pink lipstick, pink luxury lip

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The cast of *Flat Stanley Jr.* during rehearsals for the musical, playing this weekend at the Herb Strauss Theater on Sanibel photo courtesy of Michelle Hamstra

Children's Musical To Debut At Strauss Theater

by Jeff Lysiak

This weekend, The Creative Theater Workshop will be making its Sanibel debut with four performances of *Flat Stanley Jr.*, a production featuring younger actors and actresses (ages 8 to 16) coming to the Herb Strauss Theater stage Friday through Sunday, October 9 to 11.

Michelle Hamstra, founder and director of the Fort Myers-based Creative Theater Workshop, said more than 25 youngsters – most of them from here on Sanibel – are involved in the production of *Flat Stanley*, which she describes as a “fun and eclectic musical” based on the popular children's book.

“The show is based on the *Flat Stanley* story, but there are some modern references in it – like *Star Wars* and *Harry Potter* – that make it good for all ages,” said Hamstra.

“The show runs for an hour and 15 minutes, so it's also suitable for younger children

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Sanibel Receives TDC Funding For Projects

by Jeff Lysiak

During Tuesday's council meeting, the City of Sanibel accepted \$1,985,880 in grants from the Lee County Tourism Development Council (TDC) for projects associated with keeping the island's beaches, fishing pier and beach facilities clean and well maintained.

In a letter from The Beaches of Fort Myers and Sanibel to City Manager Judie Zimomra dated September 30, 2015, Program Manager Nancy MacPhee offered notification of the Agreement for Tourist Development Tax Funding approved for Fiscal Year 2015-16. The four approved projects include:

- Facility/Beach Maintenance - Erosion Control – \$1,495,880
- Lighthouse Beach Park (Main Access Boardwalk Replacement) – \$250,000
- Lighthouse Fishing Pier Repairs – \$200,000
- Beach Erosion Monitoring – \$40,000

Vice Mayor Mick Denham, who led the meeting in the absence of Mayor Kevin Ruane, credited the hard work of city staff members responsible for assembling the required information in applying for the TDC funding.

“Our city staff put in a lot of work and we're getting a lot of money back as a result

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Solar Panels Await Installation At Sanibel Sea School

by Jeff Lysiak

Thanks to private donations and contributions from industry, the Sanibel Sea School is preparing to add solar energy at its east end educational campus and administration building by early 2016, Co-founder and Executive Director Dr. Bruce Neill announced last week.

“We're in the Sunshine State – why not generate our own electricity on our roof,” said Dr. Neill of the school's latest sustainability campaign. “The Sanibel Sea School, and Sanibel itself, should embrace obvious technology. I think that it sends a message to people, especially our visitors.”

According to Dr. Neill, once the school receives approval of its application by the City of Sanibel to have solar panels installed on the administration building's roof, the process of installing the equipment and conversion to solar energy should take approximately 90 days to complete. The school plans on adding solar panels to its educational facility in the near future.

In addition, the school plans on adding car charging stations in its parking lot in front of the school campus on Periwinkle Way. “These stations would be available for anybody to use, free of charge,” he added. “In keeping with the Sanibel Plan, we're trying

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Looking Back:

Afternoon Tea On Captiva, 1960s



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 an afternoon tea on Captiva Island. Pictured from left are Harold and Debbie Bixby with friends, Mary Pavere and Catherine

Whittamore, circa the 1960s. Harold Bixby, resident of St. Louis and Captiva, was an executive at Pan American World Airways, which was a key supporter of Charles Lindbergh's *Spirit of St. Louis*. Anne Lindbergh, author of *Gift of the Sea*, stayed at 'Tween Waters Inn when she visited Captiva. 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

Rotary Gift Of Life Donation

The Rotary Club of Sanibel-Captiva recently presented a \$5,000 check to Rotary International District #6960, Florida Gift of Life chairperson Steve Agius.

The Rotary Gift of Life program was designed to identify and qualify young children from impoverished areas of the world in need of heart surgery the chance to receive this surgery here in the United States giving thousands of children the Gift of Life. Each of these surgeries had cost between \$5,000 to \$10,000, even with U.S. doctors and other medical professionals donating their time and talent.

Although this program was highly successful, it was evident that the cost of these life-saving surgeries and money spent to bring these children and their families to the United States could be better used if facilities and medical training for doctors and other medical professionals were available closer to areas in need where more children could be helped through Gift of Life. Sanibel-Captiva Rotary's \$5,000 donation will now provide 11 children with medical care under the new Gift of Life program.

This \$5,000 donation will be recognized at a special fundraising Keys for the Heart benefitting Gift of Life on Saturday, October 17. The Sanibel-Captiva Rotary

would like to invite members of our community to purchase tickets to this event featuring renowned international pianist Francesco Attesti, soprano Nathalie Avila and the Naples Philharmonic Youth Orchestra, conducted by Yaniv Segal. This memorable concert will be presented at the St. John the Evangelist Church, located at 625 111th Avenue in Naples from 6 to 9 p.m. All ticket proceeds go directly to Rotary Gift of Life.

Concert tickets are \$75 including concert, valet parking and catered hors d'oeuvres. A cash bar will be available pre-concert. Tickets for the Keys for the Heart concert are available by calling Rotarian Chet Sadler at 472-0141.*

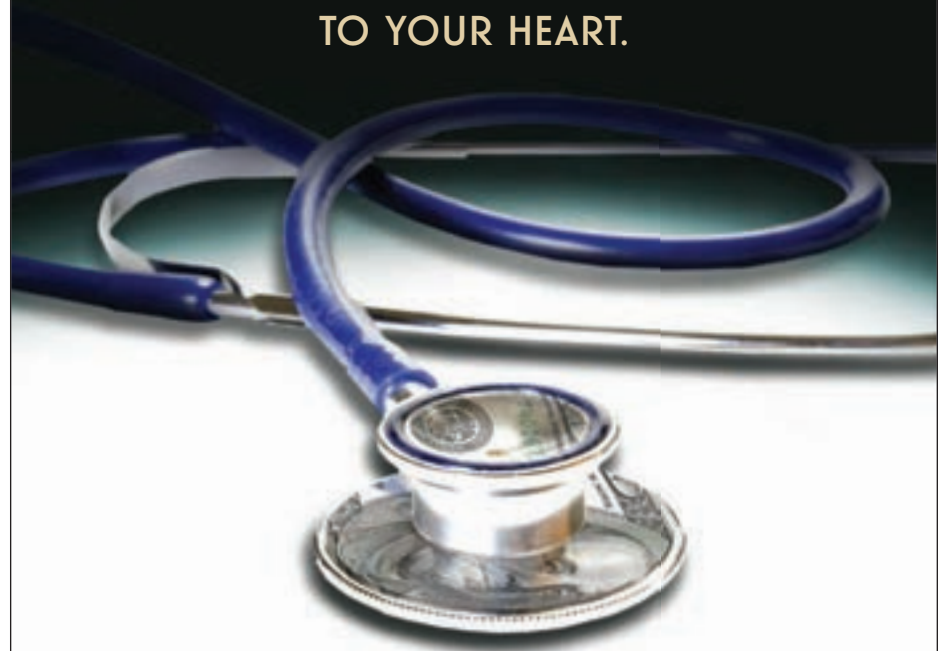


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Island Seniors At The Center 4 Life

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 9, 16, 23 and 30 12:30 to 3:30 p.m. Pappas teaches an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like

book pages or handmade papers. Collage artists: bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board). Members are \$15, non-members are \$20. Call the center to sign up.

San-Cap Art League Plein Air Painters Group – Thursday, October 22, 9 a.m. to noon. Art league members will be painting in the Center 4 Life gardens and invite you to join the group. Bring your own supplies and a bagged lunch. There will be an informal critique.

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 flex-

ibility 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.

Chair Yoga – Tuesday and Thursday at 11 a.m. (resumes October 27). Similar to Gentle Yoga but all poses are done in a chair. Kim Kouril is the instructor.

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

Sanibel Resident Honored With CWRU Award

Sanibel resident Robert Hilliard will be honored on October 9 by Case Western Reserve University in Cleveland, Ohio with its Professional Achievement Award.

Hilliard studied at the university from 1948 to 1950, earning M.A. and M.F.A. degrees in theatre arts. He subsequently

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The Community House



Front building site plan for The Community House



Back building site plan

Helping Hearts And Hands Needed

The long-anticipated renovation of The Community House is moving forward, with building and site plans being completed this month and primary construction now expected to happen in the summer of 2016. This will allow the House to host its normal schedule of activities during next season (2015-16) without disruption. The Community House will be staying right where it has stood and served the community since 1927.

The renewal project will restore the historic house known now as the North Room in a manner consistent with its designation as a historical landmark. The overall outside appearance of The Community House will be designed to be compatible with the "Old Florida" style. Inside, the House will receive a major modernization, with upgraded electrical, plumbing, fire system and audio-visual equipment, expanded and modernized kitchen and rest room facilities, and more flexible interior space, and a fresh look. All components of the house including the landscape plan must be code compliant.

"We will need many hands and hearts to assist us in this labor of love" said Teresa Riska-Hall, executive director. "My hope is that the generosity and spirit of this community and its individuals will understand the important part The Community House plays in weaving together the fabric of this community, its non-profits, service clubs and civic organizations."

German Fest

Everyone is encouraged to attend this fun night in celebration of German Fest, Sanibel-style! The 10-piece band will be performing both German and American music... think polka's and The Chicken Dance! This is meant to be a community-wide festivity featuring special German foods like beef rouladen, red cabbage and spaetzle. Adult admission is \$25; children when accompanied by an adult are \$5. Point Ybel Brewery will be on hand to showcase their specialty brew. Time To Make Wine will have a demonstration on how to make beer. Check out



There will be plenty of dancing at Songs On Sanibel

the beesting cakes for an additional \$3.

Attendance, pre-payment and registration encouraged so we have plenty of food. Call 472-2155 for more details. Can't make dinner but want to enjoy the festivities? Come by and enjoy the band for only \$10 per adult.

Songs On Sanibel

The Sanibel Community House is continuing to feature talented singers/songwriters performing their works. The series is called Songs On Sanibel, and will consist of four songwriters each month that will share their original music. The format is "in the round," where all four artists are together and each performs one song at a time after telling the story of where each song came from.

The next event will be held on Tuesday, October 27 from 7 to 9 p.m. Beverages and coffee will be available by donation; bring your own snacks. A donation at the door of \$5.00 will be appreciated by these talented individuals. The singer/songwriters for this event are: Ray Cerbone, Thomas Hoffmaster, David Hintz and our organizer Stephen Plein. Call 472-2155 for more details.

October Potluck

The next Community House potluck dinner 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 executed 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.

Family Fall Carnival

The Costumes and Candy Fall Carnival is almost here! This is the 14th year that The Community House has presented a safe and fun Halloween experience for the entire family. Join us on Saturday, October 31 from 4:30 to 7:30 p.m. There will be plenty of candy, games, prizes and crafts, a dining area serving meals at family-friendly prices and Billy's Hay Ride (courtesy of Billy's Rentals) to complete the fall experience.

The Family Fall Carnival isn't just for kids; everyone is encouraged to wear costumes. Multiple costume prizes will be awarded throughout the entire night to kids, adults and volunteers.

The admission price for the carnival is one bag of individually-wrapped Halloween candy per family. Over 40 volunteers are needed to help make the evening fantastically fun. Please consider attending as a volunteer. We guarantee you will see many trick-or-treaters and hand out plenty of candy. Call Salli Kirkland at 472-4919 or The Community House at



Dancing at the Family Fall Carnival



Hayrides are a popular fall activity

472-2155 to volunteer. Sponsors for this year's event are Sanibel-Captiva Kiwanis Club, Billy's Rentals and Billy's Bike Shop. More sponsors are needed. Please join us for a howling good time!

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

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Panel News And Upcoming Events

In a follow-up to an issue raised by LCEC CEO Dennie Hamilton during the September 8 Captiva Community Panel meeting, Hamilton sent the following letter:

"Thank you for arranging my recent presentation to the Captiva Community Panel about the construction permits associated with the rebuild of the LCEC transmission line serving the barrier islands of Lee County. I am pleased to inform you that following our appeal the City of Cape Coral has determined that the permits should be approved without conditions. LCEC will begin construction on the associated project as soon as practical. ... We look forward to continuing our mission to provide reliable electricity and quality customer service at the lowest reasonably achievable rates."

Captiva Community Panel Meets October 13

The Captiva Community Panel will hold its regular monthly meeting on Tuesday, October 13 beginning at 9 a.m. in the Cone Rooms at Chadwicks Square, South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items:

- Presentation and discussion on staff comments to the proposed Captiva Plan update language
- Discussion on changing the meeting time for the November 10 panel meeting to allow FGUA representatives to participate
- Update from priority committees update (tentative)
- A Captiva Erosion Prevention District update.
- A Captiva Fire District update.
- A Hurricane Preparedness and Response Committee update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be on November 10. Information and background documents are available online at www.captivacommunitypanel.com.

CEPD Meets October 14

The Captiva Erosion Prevention District will hold its monthly meeting on Wednesday, October 14 at 1 p.m. at Tween Waters Inn. Call the district at 472-2472 or go to <http://mycepd.com> for further information.

Galloway Captiva Tri Raises \$30,000 For Community Cooperative

In triathlons, almost everyone is a winner – and that was never more true than the weekend of September 12 to 13 with the Galloway Captiva Triathlon. The two races drew 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), our terrific sponsors and the cooperation of the Captiva community. Thanks to all!

Last Month For Sea Turtle Nesting Restrictions

Between May 1 and October 31, Captiva beaches are regularly monitored for sea turtle nesting and hatching success and for individual property owner compliance with lighting restrictions. No light source should be directly visible from the beach. Unshielded interior lighting, even from a single beachfront condominium, is enough to disrupt the normal sea-finding behavior of sea turtle hatchlings. Monitors also look for beach furniture and other impediments left on the beach overnight. Homeowners must correct the violations and citations may be issued.

Examples of 2014 lighting violations and their remedies include:

- Unshielded white lights – changing bulbs to amber LEDs, shielding the light fixture, and turning off the lights during the nesting season;
- Bright white light reflecting off exterior walls – changing bulbs to amber LEDs and adjusting the fixtures to eliminate light reflected toward the beach;

• Bright white lights on corner of roof shining on the beach – changing bulbs to amber LEDs, shielding the fixture, and directing the light away from the beach;

• White uplights illuminating palm trees and landscaping on seaward side of house – turning off lights during turtle nesting season;

• White exterior and interior lights shining seaward – changing bulbs to amber LEDs, shielding fixtures and closing the blinds;

• Bright white ground lights illuminating sign at entrance drive – changing bulbs to amber LEDs and reducing the wattage;

• Bright white stair, hall and porch lights – changing bulbs to amber LEDs and shielding the fixtures.

If there is any doubt whether a light is an issue, simply turn it off and keep it off at night between May 1 and October 31. For more information about lighting restrictions during nesting season and approved lighting fixtures, go to www.leegov.com/gov/dept/dcd/EnvSciences/SeaTurtles/Pages/Lights.aspx.

Captiva Community Panel Looking For Nominees

Interested in helping to set the island's land use and zoning direction? The Captiva Community Panel is looking for interested nominees to fill current and future openings on the panel. Meetings are usually in the morning on the second Tuesday of each month; no specific background is required, except a desire to learn about issues facing the island and a willingness to work to address them.

Interested? Email your name, contact information and a little background about you to captivacommunitypanel@gmail.com, and we'll pass your information on to the panel's nominating committee.*

Historical Village Re-Opening Soon

The Sanibel Historical Museum and Village re-opens for season October 20 with new expanded hours.

"The museum is opening two weeks earlier than last year," said Emilie Alfino, museum manager. "In addition, we'll be open one additional day each week, Tuesday through Saturday."

New volunteers are always needed at the village. Interested people are encour

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Missionary To Speak On Sawi Translation

The Sanibel community is invited to join Don Richardson at a Wycliffe Associates event on Tuesday, November 3 at the Crown Plaza Hotel in Fort Myers at 6:30 p.m. He will share how people of various backgrounds and talents are working together to accelerate Bible translation worldwide. Dinner reservations are required. Call 699-2612 for complimentary tickets to this special event.

After completing training at Wycliffe Bible Translators' Summer Institute of

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Don Richardson

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Condo Managers Hold Celebration At BIG ARTS



Dru Doyle, Ocean's Reach; Sonja Smith, CASI; Linda Naton, Somerset; Grace DeLottinville, Sandalfoot; and Julie Smith, Sanibel Siesta. Front, Jane Michaud, Sandalfoot.



John Strohm, Alliant Management; Sharon Murphy, Loggerhead Cay; and Emilie Alfino, Sanibel Historical Museum and Village



Betsy Dekker and Penny Rodriquez of Colony Inn



Monica DeBarr and Nancy Wright from Sanibel Arms

Once a year, nearly all of the island condominium managers get together to swap stories and share experiences. This year, BIG ARTS rolled out the red carpet for these managers with a luncheon in Schein Hall on September 23, hosted by the Condominium Associations of Sanibel, Inc. (CASI). The luncheon was a gift to managers from CASI and sponsors Advanced Roofing, Island Insurance, Driveway Maintenance, System Dynamics and Captiva Design & Build. The next CASI event will feature a roll-out of the long awaited professional analysis of the local accommodations market with the experts' advice on how island providers can successfully compete in the future. Lee County Visitor & Convention

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The BIG ARTS staff put on a splendid event. Lee Ellen Harder, executive director; Marta VanderStarre, marketing director; and Jenn Williams, events coordinator



The SanCap Management team includes Julie Vargas, Nick Snyder and Sherry Snyder. Steve Snyder, second from right, is the manager at Sanibel Arms West.



Steve Dameron of Diversified Concepts is completing work for Dave Wahl of Mariner's Point



Steve Brunner and Kimberly Younger from Pointe Santo



Mike McArthur and Ashley Stevenson from Island Management



Chris and LeeAnn Atwood of Signal Inn



Kari Cordisco of Sanibel Moorings with Julie Smith of Sanibel Siesta



Jack Samler of Sundial East, Nick Snyder and Julie Vargas of SanCap Management; Steve Snyder of Sanibel Arms West; Sherri Snyder of SanCap Management; and Leslie Samler, Pelican's Roost

From page 8

Condo Managers

Bureau manager Tamara Pigott will be on hand for that presentation. Also, Sanibel City Manager Judie Zimomra will talk about unlicensed property owners offering accommodations on the island, sometimes in violation of association or city covenants, and how legitimate providers can help curb this growing trend.

Finally, managers have asked to explore the recent reclassification of properties by TripAdvisor. The meeting will be hosted by CASI and is open to members and accommodations providers on Sanibel. It is scheduled for Tuesday, October 20 beginning at 9 a.m. at The Community House, 2173 Periwinkle Way.✱

Bell Collection On Display

Ringing in October, a selection of more than 80 bells is on display this month at the Sanibel Public Library. The collection is lovingly called The Bells of Aunt Mary, because the collection was inherited from an aunt. The collection is on loan from Dennis Fagan and Lucy Breitung. Included in the display are crystal, porcelain and Christmas-themed hand bells.



Hand bells from The Bells of Aunt Mary collection

The library offers display cases to showcase unique and interesting collections. Past collections have included antique Sailor's Valentines, Calusa replica masks, Statue of Liberty memorabilia and other collections. If you have a collection to share, contact the Sanibel Library.

The Sanibel Public Library is also currently displaying artwork created by Sanibel-Captiva Art League members. Located at 770 Dunlop Road, the library is open from 9 a.m. to 8 p.m. Mondays and Thursdays and 9 a.m. to 5 p.m. Tuesday, Wednesday, Friday and Saturday.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County, Florida at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit online at www.sanlib.org.✱

From page 4

CWRU Award

earned a Ph.D. degree at Columbia University while working in New York in theatre, television and as a drama critic. Later careers included service as a government official in Washington, DC, as a college dean and professor in Boston, and author of more than 35 books.

Hilliard is currently a member of the Fort Myers' Theatre Conspiracy Playwrights Group and a board member of the Laboratory Theatre of Florida, with some of his plays having been presented at both venues.✱

From page 7

Sawi Translation

Linguistics, Richardson and his late wife spent 15 years serving among the Sawi people of New Guinea. During that time, he designed an alphabet suited to their language, authored 19 primers, taught the villagers to read, and translated the New Testament into Sawi. As a result, more than half of the Sawi came to Christ, engendering a major cultural shift as the gospel replaced warfare and cannibalism with peace and goodwill.

One day paraphrasing John 1:29 to the Sawi people, Richardson said, "Behold the child of peace God gave to atone for the wrongs of the past and to reconcile us fully to him."

This was an illustration the Sawi people could truly relate to. In their culture before the gospel arrived, if a man genuinely wanted to reconcile with his enemy and secure lasting peace, he was

required to hand over his own baby son as a peace offering. The anguish the man experienced from this great sacrifice was seen as atonement for the wrongs of the past. And his enemy, by reaching out and touching the "peace child," signified his acceptance of the offering. From that point forward, neither side would even consider renewing the slightest hostility as long as the child lived.

Soon after hearing Richardson's words, hundreds of Sawi people began reaching out to "touch" Jesus through faith. Wars ended, peace blossomed and entire communities began to experience transformation and to share the good news with their neighbors.

Today, Richardson is a sought-after speaker at churches and conferences across the United States and worldwide, and is a frequent instructor on various seminary and college campuses.✱

Picture Show

The next CROW Picture Show is 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. To learn more about CROW, visit www.crowclinic.org.✱

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Vice Mayor Mick Denham, second from right, reads a proclamation recognizing October as Breast Cancer Awareness Month. Also pictured are, from left, Sandra Feather, Susan Sell, Alicia Baylina, Gail Esfka and Dr. Steve Brown. photo by Jeff Lysiak

From page 1

TDC Funding Project

of that work, nearly \$2 million,” said Denham. “I think we’re doing an outstanding job to get that amount of money.”

In other business, Holly Milbrandt, environmental biologist, presented the annual report cards for each of the island’s three golf courses, evaluating the progress made

in implementing the Sanibel Golf Course and Lake Management Recommendations.

According to Milbrandt, city staff met with representatives from each golf course, reviewed each item on the best management practices (BMPs) checklist, inspected the facilities, and evaluated implementation of their 2014-15 interim goals.

“The Sanctuary Golf Club and The Dunes Golf and Tennis Club remain in ‘full compliance’ with the city’s recommendations and continue to make

progress in implementing the BMPs,” Milbrandt’s report stated. “Although there are additional opportunities for improvements at both courses, reductions in nutrient loading to their lakes are likely if they continue with their current practices.”

The 2015 report card summary noted:

- The Dunes Golf and Tennis Club earned 60.5 out of 65 points, for a score of 93 percent. This is a 30 percent improvement since 2011, but the same score as 2014. The Dunes is in “full

compliance” with the city’s BMP recommendations.

- The Sanctuary Golf Club earned 64 out of 65 points, for a score of 98 percent. This is a 7 percent improvement since 2011, but the same score as 2014. The Sanctuary is in “full compliance” with the city’s BMP recommendations.

Milbrandt concluded her presentation, “The Sanibel Island Golf Club remains in ‘partial compliance’ with the city’s recommendations.” According to the report card:

- The Sanibel Island Golf Club earned 54 out of 65 points, for a score of 83 percent. This is a 29 percent improvement since 2013 (under new ownership); but the same score as 2014. The Sanibel Island Golf Club is “partially in compliance” with the city’s BMP recommendations.

Also, council members unanimously approved a letter from the city supporting the “Ding” Darling Wildlife Society assuming responsibility to coordinate, organize meetings, outreach and communications for the Solarize Project, an effort encouraging the group purchase of solar installations throughout Sanibel.✱



The rattlesnake was relocated to Pine Island

Rattlesnake Found On Sanibel Causeway

On October 1, a juvenile eastern diamondback rattlesnake (*Crotalus adamanteus*) was found by Lee County staff and brought to CROW from the Sanibel Causeway.

The last documented rattlesnake on Sanibel was in 1996. They are currently considered extirpated on the island, but they still occur on two other large islands in Pine Island Sound (Cayo Costa and Pine Island). Eastern diamondback rattlesnakes and eastern indigo snakes (*Drymarchon couperi*) are considered colonizing snakes. They are known for traveling across large waterways and between islands.

This snake is most likely a transient

from Pine Island or some other small island in Pine Island Sound. This snake was relocated to Pine Island, where diminishing populations still occur.✱

Weight Room Program Is Back At Rec Center

Since October 5, Weight Room 101 is back and will be offered to Sanibel Recreation Center members on the first Monday of each month at 12:30 p.m.

Weight Room 101 includes weight room orientation, specific instruction on upper and lower body exercises and cardiovascular training tips. Instruction and guidance on how to properly train your entire body safely and effectively will help participants to gain muscular strength and cardiovascular endurance.

For safety purposes, this class is limited

to 10 participants. Register in advance for individual sessions at the front desk. Closed toed footwear is required. For more information, call 472-0435.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available. Visit www.mysanibel.com.✱

Water Safety Instructor Course

An American Red Cross Water Safety Instructor Course will be held at the Sanibel Recreation Center from 7 a.m. to 5 p.m. on three consecutive Sundays: November 1, 8 and 15. The course provides instructor candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants’ progress.

Prerequisites: Must be at least 16 years old and able to swim 25 yards of freestyle, backstroke, breaststroke, elementary backstroke, sidestroke and 15 yards of butterfly.

Participants are required to register with the Red Cross at least 24 hours prior to the course start date by paying a \$100 registration fee. To do so, visit www.redcross.org, click on the “Take A Class” tab, select location by entering “33957” in the postal code window and choose “Instructor Training” as the category. Once registered through the Red Cross, participants will need register with the Sanibel Recreation Center over the phone or in person.

Cost for the course is only \$210 (after \$100 Red Cross registration fee) for members and \$275 (after \$100 Red Cross registration fee) for non-members and includes all course materials.

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



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Trash To Treasures sign at the Center 4 Life

Donations Still Needed For Trash To Treasures Sale

Dorothy Sawyer, Island Seniors sales coordinator, smiled when she said, "We are still in need of donations (clean, gently used items) for our upcoming Trash To Treasures Sale." The annual event, scheduled for Saturday, November 14 from 9 a.m. to 2 p.m., is organized by Island Seniors Inc. volunteers at the Center 4 Life, located at 2401 Library Way on Sanibel.

Island Seniors Inc. is an enrichment, social and resource organization for 50

years of age and up members who are residents or visitors to our islands.

Trish Phillips, seniors program manager, is very excited about this year's sale. "This is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support their programs like kayaking, aerobics, computers, arts and so much more," said Phillips.

"You are welcomed to stop by the Center 4 Life and browse before the sale," added Sawyer. "We have a wide variety of treasures from craft items to home décor to golf clubs to dishes – and the price is just right!"

For more information about donating items for the sale, call the Center 4 Life at 472-5743.*

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WEDDING ANNOUNCEMENT



MR. AND MRS. THOMAS WALTERS

Connie Lee and Tom Walters were united in marriage on Saturday, September 5 at their backyard garden in Fort Myers. The ceremony was officiated by Reverend Dr. Randall H. Niehoff. In attendance were many family members and loved ones. The joyous event was followed by a reception on Sanibel. On the eve of the wedding, the bride and groom hosted a wine tasting and golf outing followed by a pig roast.*

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH:
8210 Cypress Lake Drive, Fort Myers
Reverend Dr. Elias Bouboutsis. Orthros Service Sunday 9 a.m. Divine Liturgy Sunday 10 a.m. Fellowship Programs, Greek School, Sunday School, Bible Study
www.orthodox-faith.com, 481-2099

BAT YAM-TEMPLE OF THE ISLANDS:
The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Martin Pokedoff at 239-395-2544.

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

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

SANIBEL FELLOWSHIP, sbc
Join us for worship Sunday mornings 9 a.m. Bible Study and 10 a.m. Worship Service at The Community House, 2173 Periwinkle Way. 239-671-5502.

SANIBEL COMMUNITY CHURCH
1740 Periwinkle Way, Sanibel, 472-2684
Dr. Daryl Donovan, Senior Pastor
Sunday Worship Hours:
8 a.m. Traditional in historic Chapel. 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary. 10:15 a.m. Courtyard Fellowship.

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OBITUARY



MARY C. ANDERSON

Mary C. Anderson, 76, of Minnetrista, Minnesota. Mary and her husband, Dean R. Anderson, founded Zinpro Corporation in 1971 and she remained an active board member throughout her life.

Mary was preceded in death by her husband, Dean R. Anderson. She is survived by sons Michael (Debra) Anderson and Mark Anderson; granddaughters Lillian and Emma Mary Anderson; along with nieces, a nephew and many dear friends.

A Mass of Christian Burial was held on October 2, 2015 at St. John The Baptist Catholic Church. Memorials may be directed to the charity of the donor's choice. *

Helping Neighbors: FISH Food Pantry

FISH of SanCap, a social services agency established more than 30 years ago, is a full service community organization. Some may wonder what FISH stands for, and in June, FISH officially launched the unveiling of its brand identity aiming to deliver the agency's mission to build a stronger connection with the community.

At the heart of the brand is the FISH acronym spelled out to express what the agency provides. Food Programs, the 'F' of the FISH acronym, is one of the agency's focal points, and includes several food related programs such as the islands only food pantry. Other food related programs will be publicized in future stories.

Hunger is an ongoing problem, and the face of hunger in our community is changing and continues to grow. Working families and seniors have been hard hit, and our neighbors need help. FISH, in partnership with Harry Chapin Food Bank, is committed to making sure that island neighbors can get food in a dignified manner through their 'choice' food pantry, and in a way that serves as a real safety net for those who fall on difficult times. Food insecurity is caused by, and has effects on, important areas of our lives – our families, children, environment, economy, communities and health.

continued on page 24

WHO'S GOT THE HOTTEST BANDS ON CAPTIVA?

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From page 1

Children's Musical Debut

who can't sit through longer musicals. It's definitely a show the whole family will enjoy."

A non-profit program launched in 2006 by Hamstra, the Creative Theater Workshop has grown to be one of the most successful children's theater companies in Southwest Florida. Previous workshops have included mime, Fosse style dance, ballroom dance styles, stage combat, theater tech and audition techniques.

Among the previous productions of the Creative Theater Workshop are *Tom Sawyer*, *Annie*, *The Wizard of Oz*, *Godspell*, *A Chorus Line*, *Cinderella*, *Beauty and the Beast*, *School House Rock Jr.*, *Footloose* and *Bye Bye Birdie*.

"It has been an honor to watch kids experience theater for the first time or land their first professional job," said Hamstra. "From 2012 to 2014, more than 35 students from Creative Theater worked in professional theaters such as Broadway Palm and Theater Zone. My goal is not only to teach students theatrical skills, but to give them an outlet to have fun."

Flat Stanley cast members from the island include Addison Sprecher, Anna Lermer, Annabel Crater, Athena Solberg, Avery King, Ben Talmage, Caitlin McCallion, Carlee Eisenhower, Carson Liebetrau, Claire Kupsaw, Ella

Stroud, Elle Frey, Evan Solberg, Graham Kupsaw, Henry Crater, Isabella Sbarra, Jamie Vosganian, Kate Kupsaw, Maddie Negip, Mark Sheme, McKenna Sprecher, Michael Lemmon, Riley Mann, Ronan Maughan, Rowan Heathcoat, Sam Kupsaw, Sophia Mallek, Sydney DiBiase and Zoe Ramsey.

According to Hamstra, *Flat Stanley* will be the first children's production her company will stage at the Herb Strauss Theater, which she is quite excited about.

"I love the island and I love the space here," she added. "It's a very intimate theater, with the audience on all three sides of the stage. That way, each of the actors gets a chance to be in the front."

Performances of *Flat Stanley Jr.* at to the Herb Strauss Theater are Friday, October 9 at 7:30 p.m., Saturday, October 10 at 3 and 7:30 p.m. and Sunday, October 11 at 3 p.m. Tickets are priced at \$15 each (all ages) and are available at the theater's box office, 2200 Periwinkle Way.*

From page 1

Solar Panels Installation

to live in harmony with nature."

It's the goal of the Sanibel Sea School to become "at least" a zero carbon footprint facility, with a mission of helping to reduce the use of fossil fuels. Dr. Neill sees the school's conversion to solar

energy as an opportunity to educate the public – not just their students – about what can be done to help solve the global warming crisis.

Although the school will continue to use electricity provided by utility Lee County Electrical Cooperative (LCEC), it will use substantially less than it currently does.

"We're looking at a 10-year payoff until we're truly ahead of the game, because solar energy is still expensive at this point," said Dr. Neill. "But the (solar

panels) will decrease our operating costs significantly. It's what responsible stewards are supposed to be doing."

Dr. Neill added that because the solar panels are manufactured overseas, it can take several months until they can be built and shipped to the United States. However, a local patron of the Sanibel Sea School has generously provided storage for the panels already received for the project. Once the city has approved the school's application, installation can begin almost immediately.*

From page 6

Re-Opening

-aged to call 472-4648. "There are quite a variety of things for volunteers to do, so I think anyone can find a comfortable spot among our village family," Alfino said.

Hours are Tuesdays through Saturdays from 10 a.m. to 4 p.m. Full guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to all buildings. Admission is \$10 for adults (18 and over). Members and children are free. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.*



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Sunday, October 18, 4 - 8 PM
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Event proceeds will help fund scholarships and facility improvements.
 Admission includes roasted pork, sides, and non-alcoholic beverages.
 Beer and wine available for a suggested donation.
 Event Information: 239-472-4538

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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 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 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.

There will be a photography opportunity following tour with an animal ambassador.

Monday, October 12, 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 13, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Sea Turtles, presented by CROW staff.

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

Wednesday, October 14, 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 15, 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 will explain why they are admitted and how the medical staff treats this species.

continued on page 41



Show your colors!

This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

They are available at:

Bailey's General Store
Bailey's At Sundial
CVS Pharmacy
Doc Ford's
Island Pharmacy
Jerry's Foods
Suncatcher's Dream
Tuttle's Sea Horse Shop

Sanibel Scenes calendars are also available at these favorite island stores.



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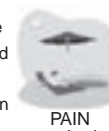
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SCCF, FGCU Study Investigates Box Turtles

submitted by Chris Lechowicz (SCCF) and Natasha Gibson (FGCU)

Florida box turtles (*Terrapene carolina bauri*) are a small – up to 7 inches – semi-aquatic turtle that are found throughout the peninsula and numerous barrier islands in Florida. These long-lived turtles are known to live over a half century (with records well over 100 years) and have relatively small home ranges on the mainland, which make them ideal for long-term research.

The main threats to box turtle populations are development, road mortality and collection for the pet trade. Florida protects all wild turtles from commercialization and regulates the possession of box turtles in the state.

The Sanibel-Captiva Conservation Foundation (SCCF) has been collecting data on box turtles from Sanibel and Captiva since 2002. They have nearly 200 box turtles marked (PIT tags and scute notching) on the islands. Several organizations on Sanibel and Captiva have assisted with this number by reporting box turtles when they are seen. Most notably, The Sanctuary Golf Club has been instrumental in getting the total number near 200.

Kyle Sweet, course superintendent at The Sanctuary Golf Club, has his grounds staff excited about assisting with the project by making sure all observed box turtles are processed as part of the project.

Recaptures of marked box turtles are infrequent, which makes it hard to get a real picture of the actual home range of insular (island) box turtles. In June 2015, Dr. Winn Everham of Florida Gulf Coast



Chris Lechowicz, left, director of SCCF's Wildlife Habitat Management program, observes a box turtle being monitored for activity in a cooperative study with Florida Gulf Coast University. At right is FGCU senior Natasha Gibson. photos by Jeff Lysick



Natasha Gibson, an environmental studies major at FGCU, uses a tracking monitor to find box turtle #188




Box turtle #188

continued on page 20




Box turtle study participants, from left, Winn Everham, a professor of marine and ecological science at FGCU; Chris Lechowicz, director of SCCF's Wildlife Habitat Management program; Kyle Sweet, course superintendent at The Sanctuary Golf Club; and Natasha Gibson, FGCU senior majoring in environmental studies



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Sanibel Island Fishing Club October Meeting

On Tuesday, October 13, the Sanibel Island Fishing Club will be holding its first meeting of the upcoming 2015-16 season. The meeting will begin at 6:30 p.m. in the north room of the The Community House, located at 2173 Periwinkle Way on Sanibel. This month's featured speaker will begin his presentation at 7 p.m. sharp. There is no admission charge for the event and the angling public is cordially invited to attend. Pizza and refreshments are available at a nominal charge.


This month's featured speaker is Captain John Houston of Native Fishing Guides, based out of Captiva Island. Capt. Houston is a fourth generation Floridian who specializes in inshore and near shore fishing. Born and raised on Dinkins Bayou, he has been on the water fishing his entire life. Houston will focus his presentation on what is biting this fall in the backwaters

of Pine Island Sound, including tips on catching redfish, snook, shark and snapper, to mention a few.

More information on Captain Houston and his charter service can be found at www.nativeguidesfishing.com or by calling him at 822-3337.

The Sanibel Island Fishing Club meets monthly through season and sponsors several group outings as well as lending support for various fishing-related charities and organizations such as START, Lee Reefs and the Sanibel Sea School. For information on joining the club, contact Rol Campbell at 472-8994 or attend our next meeting. The Sanibel Island Fishing Club has been an active social club for more than 30 years on the island. To learn more about the club, and to view their great fishing photos or to explore their fish recipe section, visit www.sanibelislandfishingclub.com.*

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Sanibel-Captiva Conservation Foundation

Wildflower and Pollinator Walk

On Tuesday, October 20, Dee Serage-Century will lead a Wildflower and Pollinator Walk on a Sanibel-Captiva Conservation Foundation (SCCF) preserve that is generally closed to the public. Participants will be looking for the native wildflower, butterfly pea, and the peaceful bumble bees that nectar on their beautiful blue flowers. Meet at the SCCF Nature Center, 3333 Sanibel-Captiva Road at 8:30 a.m. and carpool from there. Reservations are required. Call 472-2329 or email dserage@sccf.org for reservations. The walk is free to all.

Coyote and Bear Tales

Learn about two newcomer species to the islands on Wednesday, October 21 at 10 a.m. A coyote and a Florida black bear were documented on the island for the first time in the winter of 2010. Learn about the behaviors of these two new species and how to live with them. Coyotes have now moved into every county in Florida. The island's Florida black bear has been relocated to better habitat. This program is free to children and SCCF members, \$5 for adults.

Call SCCF at 472-2329 for more information on these programs unless otherwise indicated. Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.*

Read us online at
IslandSunNews.com

Fish Caught



Eli Frederick

Eli Frederick, an 8-year-old visiting from Kentucky, caught a 30-inch redfish while on a Sea Reed Charter.*

Fish Caught



Indy Pati

A great day of fishing was reported for Indy and Karen Pati this past Saturday, with a catch of two redfish, eight trout and a flounder. "The tide was coming in nicely and there was a gentle breeze, perfect for drifting over the grass flats in Pine Island Sound," said Karen Pati. "Go fish!"*

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Weather Woes



by Capt. Matt Mitchell

Weather was a major player in this week's fishing. After being rained out for a few days early in the week, a passing Atlantic hurricane brought strong northwest

winds and rough conditions, making it tough going out there for the weekend. On the few trips I did manage to get in this week, action was good both on shark fishing trips and while doing some family style fishing trips, casting jigs in and around the easy to find fish feeding frenzies all through the sound.

Casting soft plastic jigs in and around the many feeding birds in the sound has just been on fire. Small green plastic tails on a 1/4-ounce jig head caught a wide variety of fish including trout, mackerel, ladyfish, gag grouper, snapper and

jacks. When the bite is this good, jigs are just a better choice than even live bait, often getting hit multiple times during a retrieve. If you want to catch shear numbers of fish, this is it. The further north in the sound you got, the better the water clarity was and the more schools of feeding fish and birds you found. From Demere Key north to the fish camps was the most productive stretch of water for me this week.

If you want to target Spanish mackerel, areas around the passes and out within sight of the beaches have been a better choice than the sound. To locate the Spanish, watch for them jumping all the way out of the water as they gorge on the small fry bait schools. These fish can be caught by a variety of methods ranging from trolling to casting flies, and are just a sporty, high activity fun fish to catch.

Probably the most popular way to catch these Spanish mackerel is to cast through them with a small jig or spoon. A fast retrieve is key to this as these fish are crazy fast. I often tell my clients, "you cant reel it too fast" when targeting these speedsters. Flies work really well for



The shark bite is still going off both in the sound and out on the beaches

Spanish too with small Clouser minnows being just deadly. The old school way and probably simplest method to catch them is to troll spoons out along the beaches in these schools of feeding fish. Free lining live shiners on a long shank hook is another option. Long shanked hooks will save you many of the cut-offs from their razor sharp teeth and get you lots more bites than using steel leader. Whatever your skill level, these fish just cooperate.

Out on the beaches and in the sound, any place you locate birds and feeding fish, there are going to be sharks of all sizes too. While fishing in these blitz like feeding frenzies, a few times during a

trip we have a hooked trout, mackerel or ladyfish cut in two by the tax man. Have a bigger rod rigged and ready to go or, better yet, put out a live ladyfish on a circle hook and just sit it in the rod holder. Most of the time it wont take long to hook into something big.

Winds made finding and sight fishing schooling redfish on the open flats tough, if not near impossible this week. The better option was to blind fish these same flats, sand potholes and channel edges that have held redfish in the past few weeks. I chum these areas with small pieces of ladyfish or mullet while soaking cut baits, trying to bring the fish to me. If you have enough patience and put in your time, there are still lots of redfish of all sizes around.

Weather and wind conditions play such a big part of it when you're out on the water fishing. No matter how badly you want to fish one particular area to target a certain species, the wind and weather are always going to be the final deciding factor. Being flexible and changing up the day's game plan based on what the weather gives you can still result in a successful trip in the often less than perfect conditions Mother Nature throws at us.

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

Send Us Your Fish Tales

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

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

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Dave Doane

CROW Case Of The Week:

If You Care,
Leave It There

by Patricia Molloy

"For the orphans at CROW, we are their family and their only hope for the future," said Dr. Heather Barron, hospital director. "As any parent can tell you, it takes a lot of work to raise a baby." Every year, CROW raises nearly 2,000 orphaned, injured and abducted baby mammals, birds and reptiles.

When Dr. Heather took over as Hospital Director in January 2012, she introduced an educational program entitled "If you care, leave it there!" in an effort to prevent perfectly healthy babies from being scooped-up and rushed to the clinic. "Many people just don't understand. They are trying to do the right thing and they inadvertently abduct a young animal and take it away from its parents," she explained. Instead of picking up a seemingly abandoned wild creature, she urged audience members to pick up the phone and call CROW.

The key to raising any child is good nutrition, optimal healthcare and mental stimulation. With regard to the young patients at CROW, Dr. Heather explained that the clinic utilizes enrichment tools such as toys, not only to ensure their happiness, but to help them build skills that are necessary for survival in the wild.

For example, the pool at the otter complex has a slide and several beach balls that the energetic youngsters toss between one another while jumping in and out of the water. These playful antics stimulate coordination and agility. If a little duckling finds itself alone in the clinic's baby room, a feather duster may be placed in its



After being bottle fed a warm milk-substitute, this baby Eastern gray squirrel curls up in a warm towel and falls fast asleep

enclosure as a substitute mother; cuddling with the cleaning tool makes it feel more safe and secure.

In addition to implementing educational programs aimed at the general public, Dr. Heather has been building CROW's national profile. She has achieved this through participation in international conferences, by taking part in experimental drug trials and by maintain-

ing close contact with federal, state and local agencies that are involved in veterinary medicine, natural resources and/or wildlife conservation. CROW's hospital has been lauded for its work in conservation medicine, which recognizes that the disease trends documented in wildlife medicine are great indicators of the health of the environment. Certain diseases can affect humans, potentially on a global scale, and conservation medicine is a great means by which to identify what may be around the corner for our health.

"Regardless of how you feel about cute, fuzzy animals, remember that these animals can play an important part in all of our environments. They can be an early warning system for diseases that can affect you, your children and your pets."

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

Volunteers Needed
For CROW's Taste
Of The Islands

CROW (Clinic for the Rehabilitation of Wildlife) on Sanibel will be holding its 34th annual Taste of the Islands festival on Sunday, November 8 at Sanibel Community Park. The event runs from 12 to 5 p.m. and is expected to bring in more than 4,000 attendees. This is CROW's largest fundraiser of the year, and they are in need of volunteers to help make the event a success. If you can help, please fill out a volunteer form available at www.crowclinic.org and email to JoEllen Urasky at volunteers@crowclinic.org by Friday, October 23.



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The radio transmitter is attached to the rear shell of the box turtle



From page 15

Study Investigates Box Turtles

University (FGCU) approached Chris Lechowicz of SCCF about partnering to obtain home range data on Sanibel. Now, SCCF, FGCU and The Sanctuary Golf Club are working together to find out more about insular box turtle home ranges. Natasha Gibson, a senior at FGCU, is currently tracking box turtles at The Sanctuary Golf Club with radio telemetry as part of this project. A small, 2 gram, transmitter is attached to the rear of the box turtle carapace before it is released. Then, Gibson visits the golf course three to four times a week with her antenna and receiver to home in on the turtle's location. After enough points (capture locations) are recorded, she can plot out a minimum convex polygon, by connecting all the outside points, to show the minimum home range of the turtle. Home range can vary with sex and age so radios are deployed on adult males, females and juveniles. The radios have a non-reusable battery, so they are removed from the turtle near the end of the battery's life.

One of the main purposes of this project is to compare home range of mainland box turtles to that of island box turtles. Future box turtle telemetry projects on Sanibel will include comparisons between golf course and beach dune turtles.✱

Ozzie The Bald Eagle Passes Away

submitted by (CROW)
the Clinic for the
Rehabilitation of Wildlife

It is with great sadness that we announce the passing of Ozzie, the bald eagle, co-star of the Southwest Florida Eagle Cam. Ozzie passed away on September 29 at CROW due to complications from his recent injuries that included multiple severe lacerations and a broken toe in each foot.

Ozzie was brought to CROW for a second time on September 27 after he was found weak and injured in a North Fort Myers backyard. He arrived at CROW late at night in critical condition, unable to stand and fighting septicemia (a bacterial blood infection). It is highly likely these injuries were sustained from a fight with another bald eagle near the nest that was documented on the Southwest Florida Eagle Cam Facebook page. It was also reported that he had been entangled in barbwire.

A necropsy will be performed on Ozzie at the Southeastern Cooperative Wildlife Disease Study (SCWDS) at The University of Georgia and we will share those results with you when they become available.

We would like to thank everyone for their support and unwavering belief in CROW during Ozzie's rehabilitation and recent stay. Your endless words of encouragement carried the CROW staff through challenging times.✱



Ozzie

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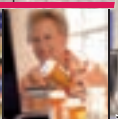
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Plant Smart

Mondo Grass

by Gerri Reaves

Mondo grass (*Ophiopogon japonicas*) is a popular low-maintenance groundcover that is a member of the lily family and a relative of the aloe plant. It is also called dwarf lilyturf and monkey grass.

This evergreen perennial grows into a thick carpet of dark-green, fine-textured arching leaves that create a pleasing effect as they move with the breezes.

Ophiopogon is Greek for snake's beard and refers to the soft linear leaves that collectively resemble a long beard – or even hair or sea-grass.

Japonicas refers to the plant's place of origin, the shady forests and woodlands of Japan and Korea.

It spreads by stolons, or running horizontal stems, and effectively suppresses weeds.

The leaves are only about one-eighth of an inch wide and up to a foot tall.

The inconspicuous flowers and fruit are somewhat hidden in the foliage. Stems of white or bluish flowers develop into blue-black berries.

This groundcover needs good drainage and will grow in sandy soil and in either shade or sun. Plants grown in shade tend to develop a deeper green color.

It's typically used as a border, a filler around taller plants or under trees as well as an erosion controller. It is not suited to an area with regular foot traffic.

If you want it to stay within a border, it will need to be contained. Also, once it's in your yard, it's difficult to get rid of.

Propagate it by division of the clumps.

Cultivars in various heights and colors are available.

Sources: *Florida, My Eden* by Frederic B. Stresau; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; floridata.com; hort.ifas.ufl.edu; south-florida-plant-guide.com; southernliving.com.

Plant Smart explores the diverse flora of South Florida.✱



Mondo grass is a non-native, low-maintenance groundcover and a member of the lily family
photo by Gerri Reaves

American Legion Post 123

On Sunday, October 11, American Legion Post 123 will serve BBQ ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14. The following weekend, on Saturday and Sunday, October 17 and 18, the Ladies Auxiliary will host Oktoberfest. Lots of tasty, authentic German specialties will be served.

The 8-Ball Pool League begins play on Monday, October 12 at 5 p.m. Come and watch some great action.

Tuesday's special is soft shell or deep fried tacos all day. Hump Day specials are served all day on Wednesdays.

On Fridays, a six-ounce ribeye steak sandwich is available all day. There are daily specials as well as the popular half-pound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

If you have a flag that needs to be retired, drop it off at your convenience.

Hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

American Legion Post 123 is located at Mile Marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.✱

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Shell Of The Week

Pitted Murex



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

The pit-
ted murex,
*Favartia cel-
lulosa* (Conrad,
1846), is one of
the less-known

murex drills in Southwest Florida. Its shell may be pure white or whitish with brown undertones. The pitted murex derives its name from its shell sculpture. The shell surface is sculpted with apparent small pits, which closer inspection reveals to consist of a lace-like, interwoven pattern. One of the features of the shell in this species is the presence of varices, the wing-like expansions that repeat themselves at regular intervals. A pitted murex also has an upturned anterior (siphonal) canal, and sometimes remnants of early anterior canals stay as permanent features of the shell. Learn more about the pitted murex at <http://shellmuseum.org/shells/southwest-florida-shells/favartia-cellulosa>.

Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): Join our Marine Biologist for a beach walk near Island Inn on Sanibel Island. Walks depart daily from the Island Inn lobby at 9 a.m.



The pitted murex, *Favartia cellulosa* (Conrad, 1846).

photos by José H. Leal

The cost is \$10 for adults and \$7 for children. Parking at the Island Inn is free for beach walk participants. Space is limited; book online at shellmuseum.org/events or call 395-2233 to make a reservation. All beach walk participants receive half-off museum admission. (Current Island

Inn guests please book through the Inn).

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

Monday at 1:30 p.m.: Carolyn's Collection – A fun and entertaining look at gem-quality shells. (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 Museum live mollusk tank.

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

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

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

Sunday at 1:30 p.m.: Shell BINGO
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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Sanibel Public Library 2015-16 Author Series



Heather Graham



Alice Sebold

photo by Becky Sapp

The Sanibel Public Library is thrilled to announce its 2015-16 Author Series lineup. The library, partnering with the Sanibel Public Library Foundation, Inc., is celebrating eight years of success in bringing high caliber, best-selling authors to the library. Past guests of the series include Joyce Carol Oates, Sue Monk Kidd, Jodi Picoult, Clive Cussler, Lee Child, Dennis Lehane, Peter Bergen and Erik Larson.

This season's Author Series begins with Heather Graham, writer of historical romance, suspense and time-travel fiction. Graham will speak at the Sanibel Public Library at 7 p.m. on Wednesday, December 9. Online ticket requests begin at 9 a.m. on Monday, November 9 at www.sanlib.org.

The Sanibel Public Library has incorporated a few changes in the ticketing procedure to meet high demand and to ensure as many as possible have the opportunity to meet the authors and attend an Author Series event.

Requests for Author Series tickets may

be made beginning on the dates listed below (one month prior to each Author Evening). Names of those requesting tickets will be placed in a lottery and selected at random, and then be notified by email.

Tickets are available at no charge to Sanibel Public Library cardholders; one card per person; two tickets per card. Library patrons may receive a maximum of two tickets per person. Tickets must be requested online at www.sanlib.org.

If you are unable to access the online form or if you would like assistance using the online form, the library will have personnel and a computer set aside for your use.

Online requests begins at 9 a.m. on the dates listed below, and continues for 24 hours. Requests made before or after that time will not be honored.

Patrons need to have a current library card before requesting tickets. Library cards are available to Sanibel and Lee County residents at no charge. Visitor cards may be obtained for a \$10 annual fee.

New York Times and *USA Today* best-selling author Heather Graham majored in theater arts at the University of South Florida. Her first book, *When Next We Love*, was published in 1982 and since then she has written more than 100 novels and novellas including romantic suspense, historical romance, vampire fiction, time travel, occult and Christmas holiday fare. Graham has been published in approximately 20 languages, and was honored with awards from Waldenbooks, B. Dalton, Georgia Romance Writers, Affaire de Cœur, Romantic Times and more. She has had books selected for the Doubleday Book Club and the Literary Guild, has been in *The Nation*, *Redbook*, *People* and *USA Today*.

The next speaker in the series is memoirist and novelist Alice Sebold, who is the author of *Lucky*, *The Lovely Bones* and *The Almost Moon*. *The Lovely Bones* was an international best-seller, with translations in more than 45 languages and U.S. sales of more than five million copies. Three months after the publication of *The Lovely Bones*, her 1999 memoir *Lucky*, an account of Sebold's rape at the age of 18 and the trial that followed, also rose to number one on *The New York Times* bestseller list. Seybold will be speaking at the Sanibel Public Library on Wednesday, January 27. Ticket requests will be accepted online for 24 hours, starting at 9 a.m. on Monday, December 28.

Frances Mayes will speak at the

Library on Tuesday, February 23 and Wednesday, February 24. Ticket requests for both Frances Mayes evenings will begin at 9 a.m. on Monday, January 25, and run for 24 hours. Library patrons should request either the Tuesday or Wednesday Mayes event. Only one entry per library card will be accepted. Mayes has created several hugely popular memoirs, her most recent memoir being *Under Magnolia*. Her bestseller *Under The Tuscan Sun* remained on *The New York Times* bestseller list for two and a half years. She has published two photo-texts, *In Tuscany* and *Bringing Tuscany Home: Sensuous Style from the Heart of Italy*. The film *Under The Tuscan Sun* starring Diane Lane, was released in the fall of 2003. Mayes has also written numerous books of poetry, including *Sunday In Another Country*, *After Such Pleasures*, *The Arts of Fire*, *Hours* and *The Book of Summer*.

On Tuesday, April 12, crime, mystery and suspense writer Lawrence Block will speak at the library. Ticket requests begin online 9 a.m. on March 14. Lawrence Block's prolific career has produced more than one hundred books, including four bestselling series, as well as dozens of short stories, articles and a book for writers. His *A Walk Among The Tombstones* was made into a 2014 film starring Liam Neeson.

Major funding for the Author Series is provided by the Sanibel Public Library Foundation, Inc. and its generous donors. For more information about the foundation or to make a donation, call 472-2483 or visit online at www.sanlib.org.

From page 12

Food Pantry

Not having enough to eat and not having good quality, nutritious food can have short- and long-term effects on mental and physical health.

Every day, FISH works to fight hunger in our community through their Food Pantry program. The FISH Food Pantry is the only resource of its kind on Sanibel and Captiva Islands; the next closest food pantry is at least a 20 mile trip into Fort Myers. For those that are struggling to afford food for themselves or their family, FISH is there to assist. The FISH Food Pantry might very well be what keeps our neighbors going until a change in their lives can be seen on the horizon. Until that time comes, maximizing the effectiveness of FISH is the greatest chance at

hand to reduce the impact of food insecurity and disassemble the cycle of hunger afflicting so many in our community. Here's how FISH has helped a working family of four:

"When my family faced enormous medical bills that sent us into thousands of dollars of debt, even in spite of my husband's full-time job and health care coverage, it felt like we were drowning. Sometimes, after paying our mortgage, monthly utility bills, transportation and child care expenses, we would have \$250 or less left in the bank; far from enough to feed a family of four for the month. When we discovered the FISH Food Pantry and began going for groceries there each month, it was very humbling, but so relieving. The food pantry is the reason we're getting by. The meats, dairy products, and fresh produce we get each month keep my family happy and healthy. Now that I have found a second job, we're slowly getting back on our feet. With our monthly relief from the food pantry, our family has been able to weather this difficult period together."

FISH relies on community support to fund programs and accepts unopened, unexpired food items which are available to families who live, work or visit here. One hundred percent of all contributions are used by FISH to support its mission. FISH of SanCap is a United Way house and an equal opportunity provider.

For additional information, visit www.fishofsancap.org.

Road Intersection Improvements Project

The City of Sanibel's Periwinkle Way/Casa Ybel Road Intersection Improvement Project began Tuesday, October 6 and is expected to continue for approximately 30 days. The project is being done to improve the operation and safety of the intersection.

Every effort will be made to minimize any inconvenience to the public. The work will be done during normal daytime hours. Access to residences and businesses will be maintained at all times. The public is reminded to use caution when traveling through a construction zone.

Contact the Department of Public Works at 472-6397 if you have any questions.

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3. *Lighthouse Point* by Lisa Poston Murphy
4. *Cuba Straits* by Randy Wayne White
5. *The Plover* by Brian Doyle
6. *After You* by Jojo Moyes
7. *Ten Days in Paradise* by Linda Abbott
8. *Murder House* by James Patterson & David Ellis
9. *Citizens of London* by Lynne Olson
10. *Three Sunrises* by Kristen Hartman

Courtesy of Sanibel Island Bookshop.✧

Volunteers Needed

Captiva Cruises is seeking volunteers to serve as docents during its Dolphin & Wildlife Adventure Cruises within Pine Island Sound.. Although it is not required, it is preferred that docents be year-round residents of Southwest Florida and have educational experience. They must be comfortable talking to groups in formal and informal settings. These are 90-minute cruises, which are a collaboration between Captiva Cruises and Sanibel-Captiva Conservation Foundation.

For more information on becoming a Captiva Cruises/SCCF docent, contact Richard Finkel with Captiva Cruises at RichardFinkel@captivacruises.com.

For more information about any of Captiva Cruises tours and programs, call 472-5300.✧

BEST TAKE-OUT ON THE ISLANDS

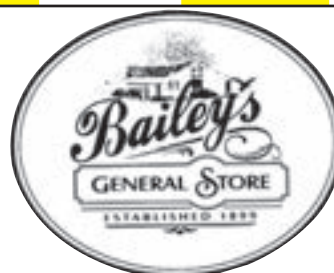
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Doctor and Dietitian

Healthy Eating With A Mexican Twist



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

I always try to create healthy meals. For a friend's house for a potluck dinner, I decided to take a Mexican-style casserole with my own added flair. This is what I did:

1. I cooked a pound of grass-fed ground beef.
2. I used my own spices, herbs and seasonings to the meat to make it taste fresh, without MSG or artificial flavors. Keeping fresh herbs and spices on hand really makes a difference in taste. There is no comparison to fresh compared to packaged products. In other words, don't use premixed taco seasonings with MSG, but come up with your own blend of sea-

sonings that taste great and are void of chemicals.

3. I added refried beans on top in order to add flavor, as well as some added fiber and reduction in fat.

4. I made my own fresh salsa from fresh ingredients that I had on hand. If you have never made fresh salsa, you are in for a treat. Fresh tomatoes, onion, cilantro, lime juice, jalapeno and salt... delicious! Adding some fruit such as mango, pineapple or peach to your salsa gives it that sweet-savory-salty combination that is out of this world. This can be added on top of a main course, like fish or chicken as well.

5. I made corn bread from scratch using a healthier corn meal compared to using a boxed corn bread mix. The meat,

beans, and salsa can go on top or on the side. Another option would be making fresh tortillas, or even brushing with oil and then baking for homemade chips, then adding the ingredients on top.

This dish was just delicious as well as healthy, satisfying and reasonably priced. Happy cooking!

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@car-ingmedical.com.✱

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Frank Albano, center, of Bennett's Fresh Roast shows of the Pink Out donut created especially for this year's breast cancer awareness event. Also pictured are event supporters Gail Estka and Alicia Baylina.

From page 1
Pink Out

shine as well as pink apparel and hats from her Affirmation clothing line. Customers may purchase these items at any of the Kay Casperson Salon & Spa locations – at the Sundial Beach Resort on Sanibel, in Chadwick's Square at South Seas Island Resort on Captiva, in The Promenade at Bonita Bay in Bonita Springs and at the Buena Vista Palace Hotel in Orlando.

During the Pink Out party, held from 1 to 3 p.m. inside Sanibel Fire Station #1, Casperson's staff will be offering pink

hair extensions and makeup applications in pink to attendees.

Also throughout the month of October, Bennett's Fresh Roast will be selling a specially-created Pink Out donut – which resembles a ribbon, topped with pink icing and multi-colored sprinkles – with \$1 from each donut sold (priced at \$2.25 each) going to the Pink Out Sanibel & Captiva Islands campaign.

Bennett's Fresh Roast, located at 1020 Periwinkle Way, also has a Pink Out Day planned during the month; the exact date has not yet been determined.

In addition, Bank of the Islands is selling event T-shirts at each of its local



Bennett's Pink Out donut

branches: 1699 Periwinkle Way on Sanibel and 14812 Captiva Drive SW on Captiva. Proceeds will benefit Pink Out Sanibel & Captiva Islands.

The local breast cancer awareness 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 mobile medical vehicle – staffed by members of the Radiology Regional Center – will be offering on site digital mammogram screenings.

"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," added 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!"

During the Pink Out Party, event sponsors and local businesses will be showcased. 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 your 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, P.O. 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 their food bank – will be accepted. A fundraising raffle will also take place.

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.
- 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.✧

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

Mornings With Melissa

by Bob Maxeiner

My daughter's day begins
not with cockcrow, not with sunrise,
but urgently with coffee,
strong and black, no cream,

When last she came to stay
in my monastic cell, we lost
our mornings to her quest,
her forage for caffeine.

And now she comes again –
I am dotingly prepared
with French roast, dark,
and a five-cup coffee maker –

She unpacks her travel bag –
a toothbrush, cover-up and sandals,
and French roast, dark,
and a five-cup coffee maker.

Bob Maxeiner, whose writing spans over two decades on Sanibel with novels, multiple short stories, plays and poetry, has appeared regularly in the Writer's Read programs at BIG ARTS.✧



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San-Cap Rotary's Dictionary Day Thrills Third Graders

by Jeff Lysiak

Last Friday morning, seven members of the Sanibel-Captiva Rotary Club visited The Sanibel School and distributed free dictionaries to each of the school's third grade students, part of the club's annual tradition of promoting literacy in local schools.

San-Cap Rotary Club members Lee Almas, Chris DeCosta, Ralph Korn, Holli Martin, Cindy DeCosta, Janet Strickland and John Carney arrived at the third grade classroom – shared for the occasion by teachers Robin Lear and Debora Baker – shortly after 10 a.m. on October 3, bringing with them several cases of softcover dictionaries to be distributed to each of the pupils.

"We're here to give you a gift from Rotary clubs all over Lee County," said Almas, who noted that approximately 75 dictionaries were handed out at the school last week. "Around the county, we will hand out over 10,000 dictionaries... that's almost three times as many people who live here on Sanibel."

Upon receiving the books, each student was asked to write their name inside.

"If you've ever travelled anywhere, there's a great section in here that shows all 50 states, the continents and the coun-



Both of The Sanibel School's third grade classes received a free dictionary from the Sanibel-Captiva Rotary Club on October 2, part of Rotary's annual traditional Dictionary Day at the school
photos by Jeff Lysiak



Olympia DeCosta received a dictionary from her mom, Rotarian Cindy DeCosta



Third grader Johnnie Clark writes his name in his new dictionary



Rotarians Ralph Korn, Chris DeCosta and Holli Martin hand out dictionaries
tries around the world," Strickland told the youngsters.

Following their presentation, Principal Barbara Von Harten, school staff, teachers and students gave the San-Cap Rotarians a warm round of applause.

More than 10,000 dictionaries are handed out by Lee County Rotarians each year on Dictionary Day, which became a tradition of the San-Cap Rotary Club in 1999.✱



San-Cap Rotary Club members, from left, John Carney, Lee Almas, Chris DeCosta, Ralph Korn, Holli Martin and Janet Strickland

Will Power

So, Where Are You From?



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

So where are you from? And if you own a residence in Florida and haven't declared Florida residency yet, why haven't you yet?! In case you haven't heard, living here can substantially decrease your tax bill. In contrast with forty-four (44) other states, Florida doesn't impose a state income tax.

In 2015, 15 states (CT, DE, DC, HI, IL, ME, MD, MA, MN, NJ, NY OR, RI, VT and WA) impose an estate tax, while seven states (IA, KY, MD, NE, NJ, PA and TN) levy an inheritance tax. Two states even tax gifts (CT and MN), and four states sock it to generation skipping transfers (HI, NY, MA and VT)!

By making your Florida residence your legal homestead, not only can you shed many of the taxes discussed above, you may also enjoy a property tax break due to the Save Our Homes property assessment cap that serves to limit each county's tax appraiser's ability to increase the assessed value of your homestead for property tax purposes.

Especially if you own a residence both here and somewhere else – and your current state imposes income, estate, inheritance or gift taxes, why would you remain a legal resident of that other state? The answer isn't necessarily that you don't spend enough time here in Florida. In fact, Florida really doesn't care how long you stay here, so long as you take the necessary actions to establish residency which typically includes registering as a voter, obtaining a drivers license, declaring Florida homestead and disassociating yourself from the residency of your former state.

And that's where most of the issues arise. It's really not so much whether you can establish Florida residency under Florida law – that's the easy part – it's really all about whether you can successfully disassociate yourself under the statutory provisions of the state from which you formerly legally resided.

One important note of which everyone should be aware – if you have "source income" that is earned in another state, then that income will likely continue to be taxed in that state regardless of your residence. A classic example of source income is that earned in your employment or business activity in that state. Another example would be rental income from real estate located in that state.

In contrast, you may save considerable tax sums from interest, dividend, capital

gains, IRA, 401(k) and similar accounts should you successfully break from your former state of residence. Breaking from that state doesn't necessarily mean that you should sell your residence there. You just need to be aware of the rules that each state has created to determine who they consider a resident for tax purposes.

New York, New Jersey and Pennsylvania are examples of states that consider an individual a resident if that person spends more than 183 days in the state. They may also consider where your spouse and minor children spend a considerable amount of time when deciding whether you fit under their taxing umbrella. Minnesota recently considered some of the most draconian residency laws that beg to be challenged in court. I've written about those in a past column.

By and large, the individual states don't want to lose tax revenue – especially to their residents who own homes in tax-friendly Florida, and are looking for any and all means available to retain their citizens as state taxpayers.

I'm often asked how the states determine how many days you're actually there. With today's technology, there's a number of means available. If a former resident has filed his last state income tax return, and the state decides to audit whether he has established residency elsewhere, it may decide to subpoena credit card, cell phone records or even flight receipts.

To remove yourself as a taxpayer from a northern state, you may want to consider a two step process. The first step is to take the necessary actions to become a resident of Florida, with the second step including taking steps to abandon your former legal residence. When becoming a Florida resident, in addition to declaring homestead, obtaining a voters registration and drivers license, one should consider changing your address for passports, Medicare, Social Security and tax returns, as well as keeping a log of your travel.

When abandoning the old state residence, so long as you don't have any "source income" in that state, filing a final state income tax return appropriately marked "FINAL" at the top of the return would be appropriate. If there is such a thing as a homestead declaration in your other state, you should renounce that declaration (which is also a Florida requirement). You would want to change your primary physician to Florida and change your legal documents, among other things.

If you decide to join those of us who agree that Florida is a great state to reside, you will have plenty of company. Florida recently overtook New York as the third largest state by population, behind only California and Texas. We welcome nearly 1,000 new residents every day.

So I ask again – if you own a residence here but are legally domiciled in a state that imposes its own income tax, estate tax, inheritance tax and/or gift tax in addition to what you pay the federal government, why aren't you already one of us?

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Residency And Estate Planning Workshop

Attorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A., will host a Residency and Estate Planning Workshop on Monday, November 2 at 2 p.m. at Temple Beth El, located at 16225 Winkler Road in Fort Myers. Hersch and Hill will discuss considerations and advantages for declaring residency in Florida and related tax law

matters.

Hersch and Hill encourage Florida residents to have their estate planning documents reviewed following recent law changes that could potentially impact estate plans. In addition to the workshop, Hersch and Hill will also offer attendees the opportunity to arrive a half-hour early with a copy of their current estate planning documents in order to receive a confidential, complimentary review and written analysis following the presentation. All attendees will receive a complimentary Florida Estate Guide and DVD.

For more information, or to register for the upcoming workshop, call 425-9379.✱

Breast Cancer Awareness Ornament

She Sells Sea Shells, proud supporter of National Breast Cancer Awareness Month and a donor to Mammograms for Women in Need, has created a hand-made, one-of-a-kind pink ribbon sand dollar ornament to support the cause.

During the month of October, for every pink ribbon ornament purchase of \$5, She Sells Sea Shells will donate the \$5 purchase and match it with another \$5. Additionally, on all \$60 or more store purchases of regular merchandise, She Sells Sea Shells will gift the buyer a pink ribbon sand dollar ornament and donate \$5 more for the cause.

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Early detection is key to surviving breast cancer.

She Sells Sea Shells is an award-winning, family owned and operated business since 1976 on Sanibel Island.✱



Pink ribbon sand dollar ornament

Pigs In Paradise Fundraiser

Great food, better company, children's games and a delicious cookie ice cream bar will be some of the highlights of the inaugural pig roast, 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.

During the fundraiser, a silent auction with wonderful baskets will be up for bidding. 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, side dishes, beverages and a cookie sundae bar. Beer and wine will also be available for a suggested donation.

Tickets are \$30 in advance, \$35 at the door and \$10 for children ages 13 to 18. Kids 12 and under are free. The preschool strongly recommends that people buy tickets in advance so they can get an accurate head count.

Kiwanis is the Title Sponsor for this event, as well as Platinum sponsors Jeff and Veronica Powers 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 preschool's scholarship program as well as capital improvements.

The preschool, which opened in 1974, serves families who live or work on Sanibel and Captiva. It is open to children ages 18 months to 5 years. To register your child, buy event tickets, become a sponsor or donate items to the silent auction, call Ms. Cindy at 472-4538.✱



This priceless, hand-painted coconut by Laura Ball will be available for auction in the silent auction at Pigs In Paradise. The best part is, you can really mail it... just ask Laura!

No Post-Season For Twins And Red Sox, But Spring Training Is Only Four Months Away

by Ed Frank



For the myriad of Boston Red Sox and Minnesota Twins fans locally, you can take heart in knowing your teams will report back here for spring training in a little more than four months despite the fact that neither made it to post-season play in 2015.

Yes, the regular 2015 season is history, and for the third time in the last four years, the Red Sox finished last in the American League's Eastern Division, with a World Series title sandwiched in the middle.

But for the Twins, the surprise team of the 2015 season, they battled for a playoff berth into the final weekend of the season and finished with their first winning record since 2010.

Rookie manager Paul Molitor is certain to be considered for Manager of the Year honors for guiding a team that universally had been pegged for last place in the AL Central at season's start, yet finished second with an 83-79 record.

Before we close the books on 2015, let's review what we might expect when the Twins and Red Sox return here in February based on the positives and negatives of the just-completed season.

Twins – You can be certain that come next season this team no longer will be considered a cellar dweller with the remarkable improvement this year.

Minnesota had a starting lineup with an average age of just over 25 with prized rookies Miquel Sano and Byron Buxton. Also of note is the late-season call-up of German-born Max Kepler, who attended high school at Fort Myers South, and was the Twins Minor League Player of the Year after an All-Star year at Double A Chattanooga.

Eddie Rosario, who played as recent as last year for the Fort Myers Miracle, established himself as a fixture in left field, hitting .267 in 122 games.

And don't forget about Ervin Santana, whom the Twins signed in the off-season for \$54 million over four years, was suspended half of the season after testing positive for performance enhancing drugs. He came back in July and recorded a 7-5 record during the second half of the season.

continued on page 32



Golf-Course View Home
On cul-de-sac in Sanctuary, great room design, 3 spacious bedrooms plus den, 3 full & 2 half baths, pool. \$1.35M



Sanibel Arms West
Gulf-front walk-out with open kitchen, washer/dryer, earning \$70K+ in rental income with low 10.5% fee. \$899K with bookings



Sanibel Surfside
2nd floor east-end beach-front 2-bedroom rental condo with this fabulous gulf view. \$874K completely turnkey



Resort Condo
Sundial East top-floor corner remodeled 2 bedroom with den, courtyard to gulf view, & future rental bookings. \$799K



Canal-View Lot
Over 1/2 acre on sea-walled Shell Harbor Limpet Drive cul-de-sac, community beach access has parking. \$749K



Sand Pointe
Gulf-view 2nd floor 2 bedroom, handy to elevator, income this year ~\$40K. Bookings to be honored. \$749K furnished



Little Lake Murex
Near-beach pool home with great room, high ceilings, looks length of lake, preserved land across street. \$749K



Compass Point
1,500-sq.ft. great-room design 2 bedroom, bright white remodeled kitchen, covered parking, & income. \$699K



Sundial West
Gulf-view 2nd floor 2 bedroom in Bldg B away from resort hustle-bustle, steps to sand, grossing ~\$43K/yr. \$579K



Mariner Pointe
Bay-view 2nd floor 2 bedroom with open entry deck that views this pool, steps to boat docks, bbqs, & more. \$499K



Ground-Level Condo
Views of both bay & canal from glassed lanai at Mariner Pointe #811. Updated kitchen too. \$499K furnished



Sanibel Moorings
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Mariner Pointe
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From page 31

No Post-Season For Twins And Red Sox

It was a good year for the Twins, but general manager Terry Ryan said early in the season, a good year is only when the team reaches post-season play. That goal was barely missed in 2015, but lookout for next year.

Red Sox – With a 78-84 season record, it was a far cry from expected success, particularly after the team spent more than \$200 million in the off-season to bring in seven new players highlighted by All-Stars Pablo Sandoval and Hanley Ramirez. Both were busts.

As a result, GM Ben Cherington was ousted and veteran baseball executive Dave Dombrowski was hired as president of baseball operations.

There are positive signs as young players Jackie Bradley, Jr., Mookie Betts and Xander Bogaerts had solid years. And ageless David Ortiz, at 39, drove in 108 runs while slugging 37 home runs.

Dombrowski announced at the end of the season that manager John Farrell will return in 2016 if hopefully he recovers from Stage 1 lymphoma. While receiving chemotherapy, bench coach Torey Lovullo became interim manager and lead the team to a respectable 28-19 record.

Lovullo signed a new two-year contract to remain with the Red Sox.

Dombrowski is certain to make changes to the Red Sox roster in the off-season and the team’s improved late season play offers strong hope for the future.✱

SPORTS QUIZ

1. How many players have hit at least 200 career home runs for the Houston Astros?
2. What year was the only time the Milwaukee Brewers reached the World Series?
3. Who is the all-time sack leader for the Green Bay Packers?
4. Adreian Payne set a Michigan State record in 2014 for most points in an NCAA Tournament game (41). Who had held the mark?
5. The New York Rangers set a record in 2015 for most consecutive NHL playoff games decided by one goal. How many games was it?
6. Between 1984 and 1988, a Team Penske driver won four of five Indy 500s. Who was the only non-Penske driver to win during that time?
7. When was the last year that Rafael Nadal won the men’s singles title at Wimbledon?

ANSWERS

1. Four -- Jeff Bagwell (449 home runs), Lance Berkman (326), Craig Biggio (291) and Jim Wynn (223). 2. It was 1982. 3. Kabeeb Gbaja-Biamila, with 74 1/2 sacks (2000-08). 4. Greg Kelsner, who tallied 34 points in a tournament game in 1979. 5. Fifteen games. 6. Bobby Rahal, of Transports, in 1986. 7. It was 2010.

Sanibel 8-Ball Pool League

League Schedule 2015-16

Week	Date	Table A	Table B
1	10/12	1-2	3-4
2	10/19	3-1	4-2
3	10/26	2-3	1-4
4	11/02	3-4	2-1
5	11/9	4-2	1-3
6	11/16	1-4	3-2
7	11/23	2-1	4-3
8	11/30	1-3	2-4
9	12/7	3-2	4-1
10	12/14	4-3	1-2
11	12/21	2-4	3-1
12	12/28	4-1	2-3
13	1/4	1-2	3-4
14	1/11	3-1	4-2
15	1/18	2-3	1-4
16	1/25	3-4	2-1
17	2/1	4-2	1-3
18	2/8	1-4	3-2
19	2/15	2-1	4-3
20	2/22	1-3	2-4
21	2/29	3-2	4-1
22	3/7	4-3	1-2
23	3/14	2-4	3-1
24	3/21	4-1	2-3
25	3/28	Blind Draw Singles Tournament	
25	4/7	Awards Banquet/Money Payout	
26	4/8 (Tuesday)	Challenge Match vs. North Fort Myers	
Team 1	Sanibel Café – Captain Richard McCurry		
Team 2	Fresh Legion Crew – Captain Gator Gates		
Team 3	Sandycappers – Captain Kevin Pottorf		
Team 4	Bunt's Ball Busters – Captain Bob Buntrock		

Matches start at 5 p.m. First number team sets lineup first.✧

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dearRPharmacist

Hidden Toxin Can Cause Hypothyroidism



by Suzy Cohen, RPh

Dear Readers:

I'm adamant that food toxins not be discussed during dinner, but since none of us are eating right now, I'll tell you about perchlorates. You can eat foods contaminated with

that. This pervasive toxin attacks thyroid function. Thyroid hormone gives you energy, improves mood, regulates heart rhythm, stimulates hair growth and helps you burn fat.

When you drink or eat contaminated foods with perchlorates, they compete with iodine preventing uptake, and this reduces thyroid function. We know for a fact perchlorates inhibit the "sodium-iodide symporter" and perchlorates are sometimes injected intravenously into people in order to test them for Hashimoto's thyroiditis.

Whether you eat it, drink it or get exposed during a test, perchlorates can lead to hypothyroidism. That is associated weight gain, fatigue and infertility.

The National Institute of Health

describes perchlorate as a natural and man-made colorless, odorless chemical commonly used to make pool chlorination chemicals and chlorine-derived cleaners, rocket flares, fireworks, military munitions, blasting agents, matches, car air bag inflators, batteries, fertilizers, chewing tobacco, aluminum refining, and more. Yep, pretty much everywhere!

As a result, perchlorate has contaminated our groundwater supply. People living on the east coast, California, Texas or the southwest have the highest environmental exposures and their foods grown there are most contaminated. Water, eggs, milk and fruits and vegetables (lettuce, asparagus, kale, spinach) have high amounts.

Leafy greens, rich in natural folate, have a lot of perchlorates present if they are grown in perchlorated-contaminated water. Choosing "organic" won't matter with perchlorates, however, there are other benefits.

Perchlorate has a fast turnover in the body which prompts the Perchlorate Information Bureau to reports that low levels of this chemical in drinking water and food supplies is not dangerous to human health. Even the FDA says it's no biggie: FDA is not recommending that consumers of any age alter their diet or eating habits due to perchlorate.

I disagree. The first study of its kind recently evaluated perchlorate exposure in pregnant women to see what happened to brain development in offspring.

continued on page 39

Superior Interiors

The Powder Room

by Jeanie Tinch



Called all kinds of names – hall bathroom, powder room, guest bath, half bath, the little's girl's or little boy's room – it's probably the smallest room in your home. And, all too

often, it's the most blandly decorated room in our home. And worse still, it's probably the room most often frequented by your guests.

So, why not let your imagination and creativity flow into overtime? Make a bold statement in the room. Work on creating a focal point. It's not uncommon for these small rooms to have no window... and let's face it, there's not much beautiful about a toilet and vanity.

Here are a few ideas you might want to incorporate, when considering giving this room a complete makeover:

1. Start with the vanity. Replacing a plain laminate top with a beautiful granite surface might be just ticket. Or, how about considering some of the handsome furniture pieces that are not only graciously designed but fully functional as well. They are totally designed to give a small powder room a fabulous focal point.

2. Dramatic wallpaper could certainly reduce the boxy feeling these small rooms are typically known for. Think about selecting something exciting and spectacular. Today's faux finish wallcoverings come complete with embedded jewels and crystals. Just think of the drama you can create.

3. Your flooring. How about replacing that vinyl with a new laminate or tile floor? Even a multi-patterned area rug might add just the right touch to this often used space.

So, how about it? Get up right now and go and look in your powder room. Could it use a little makeover – or a large re-do? If so, give us a call and let us help you create a room that your guests will be unable to stop raving about!

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coinedecden.com.✱



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School Smart



by Shelley M. Greggs, NCSP

Dear Readers: Parenting is hard work. We face so many issues and sometimes we feel isolated with our worries. Being able to talk with other parents about serious

issues is important and also provides a sense of validity and support. I encourage you to find another parent with whom you feel comfortable and discuss your concerns.

Here is some information about parental concerns on a national level. The information is from a recent poll that identifies the most frequently cited problems that parents are concerned with right now:

Childhood obesity, bullying and drug abuse remained the top three concerns for the second year in a row, according to the survey of 1,982 adults age 18 and over conducted in May. Internet safety rose to become the fourth most commonly identified major problem in the 2015 C.S. Mott Children's Hospital national poll on children's health, up from eighth the year before, with 51 percent of adults this year citing it as a top concern.

As more kids use mobile phones and surf the web at increasingly younger ages, sexting and Internet safety are becoming

bigger childhood health concerns, edging out longtime worries like smoking and teen pregnancy. In fact, sexting was cited by 45 percent of adults and advanced to number six on the list of most pressing problems this year, from 13th place in 2014.

Poll director Dr. Matthew Davis of the University of Michigan in Ann Arbor said, "The public is well aware of the potential risks to children and teens of Internet activities and sexting, such as cyberbullying and predatory behavior. Children's use of the Internet continues to grow, so it makes sense that growing use, without much evidence of greater safety, would lead to higher levels of public concern."

Smoking and tobacco use, usually rated near the top of the list, dropped from fourth to seventh place, which may reflect a declining number of children who have this habit, the researchers note. And school violence ranked number eight, followed by teen pregnancy and stress.

Some common issues such as asthma or diabetes did not make the list of top concerns because doctors and parents have a good idea how to address these conditions. By contrast, the uncertainty of clearly documented best practices for obesity and Internet safety continue to cause worry for parents, educators and health providers.

The message from experts on how to deal with these problems seems to be the same: parents must work continually to nurture open communication with children and teens and monitor not just their comings and goings but also their activities online.

"Parents must take on a greater 'hands on' approach to parenting, knowing what their child is texting, emailing, snap chatting, facebooking and blogging and with whom they are communicating in these social media streams. While the new technologies may seem alien, the parenting strategies to deal with children's online lives should be familiar," noted Lisa Jones of the Crimes Against Children Research center at the University of New Hampshire.

"Striking the right balance with controlling technology use and access for children, or monitoring their behavior is something I think we are still figuring out and will probably be an ongoing process for parents, just like deciding how much to control what children choose to wear,

who they can hang out with, and where they can go on their own," Jones, who wasn't involved in the poll, said by email.

"The key recommendation for parents is to keep communication open," she added. "Make sure your children feel comfortable coming to talk to you when problems come up."

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.*



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Shell Point Breaks Ground On New Clubhouse

Shell Point Retirement Community has broken ground on a two-story, 35,000-square-foot clubhouse that will house Shell Point Golf Club, as well as two restaurants, fitness and aerobics center, salon and spa services, and additional resort-style amenities. Club memberships will be offered on a limited basis to the local Fort Myers community, who will share the facility with Shell Point residents.

Located at Shell Point's 18-hole championship course, The Shell Point Clubhouse will center around a fully equipped pro shop, climate-controlled cart barn, and locker rooms with lounge area.

"The \$14 million clubhouse is designed to provide a comfortable place to gather and relax, with formal and casual dining options, professional salon and spa services, and spacious meeting spaces available for booking, among other luxury amenities," said Scott Moore, vice president of operations at Shell Point.

Shell Point Club members will have access to a fully equipped exercise room and popular fitness and aerobics classes. Plans also include expanded tennis facilities in the nearby Woodlands neighborhood on the Shell Point campus.

Site work is underway with vertical construction expected to commence this month, according to Wright Construction Group, the construction management firm hired to oversee the building of the clubhouse.

Early estimates indicate that The Shell Point Clubhouse will be ready for use in fall 2016.

"Wright Construction is thrilled to continue our 28-year relationship with Shell Point by managing the construction of the much anticipated clubhouse," said Scott Loiacano, project manager.

Shell Point Golf Club's 18-hole, par-71 championship golf course offers a grass driving range and practice green, lessons coordinated by PGA golf pro Gary Keating, plus a fully stocked pro shop. The semi-private course is located near the entrance to Shell Point Retirement Community at 17401 On Par Boulevard in Fort Myers, two miles before the Sanibel Causeway. For more information, visit www.shellpointgolf.com.



Members of the Shell Point management team, together with Wright Construction Group, RDG Planning & Design, and Johnson Engineering, participate in a symbolic groundbreaking ceremony for The Shell Point Clubhouse on September 15. From left is Steve Morrison, Johnson Engineering; Dave Heuring, RDG Planning & Design; Bob Southern, Shell Point director of project development; Gary Keating, Shell Point Golf Club manager; Dawn Boren, Shell Point director of resident life; Peter Dys, president of Shell Point; Scott Moore, Shell Point director of operations; Al Slickers, Shell Point director of hospitality services; Fred Edman, president of Wright Construction Group; Mark Valin, vice president of Wright Construction Group; and Scott Loiacano, project manager for Wright Construction Group.

photo by Garth Francis/Shell Point Retirement Community



Site work commences this month on The Shell Point Clubhouse, adjacent to the Shell Point Golf Course. The \$14 million facility will include a golf pro shop and other luxury lifestyle amenities. It is scheduled to open in fall 2016.

photo by Shell Point Retirement Community

Shell Point Fall Festival Open House



Shell Point residents and staff members will be on hand to answer questions about Shell Point Retirement Community at the October 22 Fall Festival Open House

photos courtesy of Shell Point Retirement Community

Southwest Florida audiences are invited to Shell Point Retirement Community's Fall Festival Open House on Thursday, October 22 from 11 a.m. to 3 p.m. The open house will offer visitors the chance to tour the community in a relaxed atmosphere, with complimentary refreshments and entertainment. This event is free and open to the public.

The Fall Festival Open House will offer retirement seminars, decorated model homes available for viewing, lifestyle and healthcare displays, free food, entertainment, and more. Visitors will receive a printed schedule of events and a map upon arrival, so they can plan the activities they want to participate in throughout the day. Buses and golf carts will provide transportation to all events and locations throughout the community, including Shell Point's newest neighborhood, The Estuary, adjacent to the championship 18-hole Shell Point Golf Course.

Retirement counselors will present educational seminars that summarize Shell Point's Lifestyle with Lifecare approach to retirement, and will answer specific questions about the continuing care retirement community.

continued on page 41

Is Your Estate Plan Updated According to Florida Law

We'll answer this question and many others related to updating your wills and trusts to Florida Law at two upcoming seminars. **Plus, receive a FREE estate planning guide and DVD.**

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Bank of the Islands' Darrin Grotian, CECI Director Cindy De Costa, CECI Board Member Vanessa Flynt and her daughter, Ally

Bank Named Gold Sponsor

Bank of the Islands has become a Gold Sponsor for Pigs In Paradise, the October 18 fundraiser benefiting Children's Education Center of the Islands (CECI). The event is designed as a family-friendly celebration and will start at 4 p.m. at The Community House, 2173 Periwinkle Way on Sanibel.

"We are happy to bring this new element of support for the Children's Center," said Bank of the Islands Sanibel-Captiva office manager Willy Ocasio. "CECI has provided scholarships to children of working parents. Events like Pigs In Paradise give

continued on page 41

RS Walsh Named Silver Sponsor



From left, Brian Lea, R.S. Walsh Garden Center manager; Nancy Bender, race committee co-chair; Justin Walsh, R.S. Walsh operations manager; Leigh Gevelinger, R.S. Walsh head of design; and Pete Bender, race committee member

R.S. Walsh Landscaping is a family-run business naturally filled with outdoor enthusiasts who heartily support the 7th annual 10K Race 4 FISH. The Saturday, October 17 race attracts runners of all ages from near and far to Sanibel Island. It is a day dedicated to running and proceeds to FISH of SanCap.

"We like to be involved in our island community," said Justin Walsh, operations manager at R.S. Walsh Landscaping. "We all seem to enjoy the outdoor competitive events a lot, too."

It has been 30 years since FISH began providing much-needed social services to the communities of Sanibel and Captiva Islands. It has touched thousands of lives throughout that time with its Helping Hands programs, food pantry and volunteers who give thousands of hours annually to serving clients.

"R.S. Walsh supports our community in so many ways," said Ed Riddlehoover, race committee co-chairman. "We are delighted to have them be a part of the race, an event that brings runners from near and far to our island for a worthy cause."

continued on page 41



CYCLIST'S RIGHTS (AND LEFTS)



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

All cyclists must ride on the multi-use path:



TRUE



FALSE

Safety first:

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

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

Road riding:

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

Section 21760 Three Feet for Safety Act

Sources:

*Florida Bicycle Association
www.floridabicycle.org*

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

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*The Sanibel Bicycle Club,
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Eden Energy Medicine

Shift Habit Fields To Release Trauma, Find Safety



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

We have learned many tools that shift energy to impact the physical body, but not as many to shift emotions. Today, learn tools to assist

in reshaping habit fields that are deeply imbedded in the subconscious and not easily accessed by the forebrain.

According to Bruce Lipton, MD, 90 percent of our habits are in the subconscious brain. From birth to age 7, we are essentially in a download mode, taking in all that surrounds us, thus creating huge habits that influence our psyche for the rest of our life. So, the question becomes, how do we access this subconscious brain? There are numerous tools and theories, but today we will work with the main neurovascular points on our forehead and our heart chakra.

Recently, Donna Eden's newsletter referenced a technique for addressing trauma embedded deeply in the brain, by psychologist Peter Levine, PHD, which

technique Donna's has used for years. When one is traumatized, there is no sense of safety and no amount of rational discussion helps until the person gains a sense of safety. Under stress, the blood leaves the forebrain, to enable the person to move into survival mode of fight, flight or freeze. Sometimes, just a reminder of the trauma sends the body into stress and this continual loop/habit field occurs. The objective is to use tools to feel safe, thus enabling release of guilt and shame surrounding the trauma, bringing blood into the forebrain and begin shifting the energy.

The technique is easy. Place one palm on the forehead with the little fingers resting directly above the eyebrows and the palm of the hand above one eye and the fingers above the other eye. Place the other hand directly over the heart chakra, in the middle of the chest between the breasts. An energetic connection is being made between the forebrain and the heart. Sink into the trauma as you hold until the impact has diminished. Continue later that day or for as many days as you need to shift the emotional charge to neutral.

It works because the nervous system is calmed, the emotions influenced by the points on the forehead and the heart chakra (which heart has its own innate intelligence) and activation of radiant energy. Try rating the trauma before beginning on a scale of 1 to 10 and then rate as you hold the points. Stop the process when you have gotten the number to 1 or 0.

Have fun with your energy! Next week's topic is Alleviate Fear By Holding The Head.

If you have a question, email Karen Semmelman at SemmaEnergyCenter@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.✱

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,

Our daughter is more than we can handle and we don't know what to do next. Growing up, she was the wild one. Alcohol, drugs, abortions... the whole thing, and time in jail didn't help. She was unable to live alone and we thought we could help if she lived with us. Wrong.

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.✱

We are much older now with long-term health problems. She makes our lives miserable. We have asked her to leave, but she never does. Her alcohol and drug problem are getting worse and we never know what the next day will bring. Would you please help us?

Sally

Dear Sally,

Your situation seems to be a growing family problem. It is a difficult situation that requires the guidance of multiple professions. If you feel unsafe, call 9-1-1 about protective services.

You and your husband need to call an attorney who is familiar with family problems such as yours and get all of the advice you can get.

Pryce

Dear Sally,

Parents always think they know what is best for their children, but frequently we are ill-equipped and must call the professionals for help.

Yours seems like a long standing problem situation that will only get worse until help of the right kind is enforced. Your own health and well being should be your focus and let others handle your daughter.

Lizzie

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



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- HOW?** Register at www.HealthyLee.com and on Oct. 1, start logging your miles on the Challenge Portal, powered by Fit Nation

The Million Mile Movement is part of Healthy Lee's mission to empower and inspire the people of Lee County to make healthy lifestyle choices through education and action.

For more information, visit www.HealthyLee.com



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Rotary Happenings

submitted by Shirley Jewell

We are extremely lucky to have numerous opportunities on Sanibel and Captiva to learn about the environment that surrounds us. Sanibel-Captiva Conservation Foundation (SCCF) spearheads a number of research projects that provide information and research findings not only for island residents but to numerous scientific agencies across the globe. We recently asked SCCF visiting research scientist and Rotarian Dr. EJ Neafsey, a research scientist on the faculty of the University of Virginia's Department of Environmental Sciences, concentrating in Southwest Florida on the inventory and health assessment of local mangrove ecosystems, to speak to us about island mangroves.

There are three types of mangroves on our islands: red, black and white. The red mangroves are closest to the shoreline, black centrally located behind and elevated slightly, and the white farthest away from the shoreline. Neafsey is looking at each individual mangrove species to quantify the health of the species and the contribution it is making to our environment. Believe it or not, that contribution is immense; mangroves protect us from storm surge, floods, and provide screening from wind and waves. They are central to stabilizing our shorelines. Mangroves provide protected



EJ Neafsey

nursery locations for many fish species, crustaceans and shellfish. They provide food for our local marine species and nesting/rookery areas for our island bird population.

The studies include observations about the stresses on our mangrove species. Neafsey stated that there is good news on that front; three-quarters of our island mangroves are intact. Stress does come from storm surge and travels inward through the old mosquito drenches/canals doing harm. Refuse gets caught in the mangroves along the canals. Vegetation growth and impoundment from constructed blockades form

a barrier disallowing water flow and nutrients to reach some of the inland mangrove areas. Neafsey's example of this was Wildlife Drive at "Ding" Darling. The right side of Wildlife Drive is healthy because of great tidal flow but the left side is less vibrant because of a road deficient of nutrients.

Salinity, water temperature, tidal fluctuation and soil also affect mangroves. High rain events and submerging for a length of time is definitely harmful to the mangroves.

Neafsey's research extends beyond Sanibel and Captiva to Estero, Fort Myers, Fort Myers Beach, Naples and Marco Island. There was a question regarding the coloration of the water close to the mangroves and he told us that if the mangroves are healthy, the surrounding water will be clear; unhealthy mangroves present that sulfur smell and brownish color.

Although just slightly mentioned at the meeting, many of us islanders remember the mangrove restoration

project a few years ago in Clam Bayou. The project description: "return Clam Bayou to a healthy estuarine system that supports productive marine fisheries and wildlife habitat by restoring an historic tidal connection between Clam Bayou and Pine Island Sound. The project will prevent the repeated artificial impoundment of freshwater, which has caused the die-off of 116 acres of mangrove forest, fish kills and the death of all oyster bars in Clam Bayou. The anticipated result of the project is the complete restoration of the mangrove forest, oyster bars, tidal mudflats, grass beds and fisheries in the bayou. An important component of a community driven project is a volunteer mangrove planting effort and an environmental education outreach program." The good news here is that project proved to be an absolute success.

*The Sanibel-Captiva Rotary meets at 7 a.m., Friday mornings at the Sanibel Community House, Periwinkle Way. Guests are always welcomed.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you give me some tips on becoming a better listener?

A: "When you talk, you are only repeating what you already know. But if you listen, you may learn something new." – The Dalai Lama

It seems that in our culture it's easier to talk than to listen. When we are supposedly listening to another person, we may already be thinking about what we are going to say to them, or how to respond. That is not listening. Listening involves total focus and concentration on what the other person is saying. A good way to know that you were a good listener is to repeat back what the person was saying, something like, "What I heard you say is...." It's a technique known as reflective listening.

We all want to be listened to and respected. We don't appreciate it when someone does not listen to us, so we want to be respectful by listening well and acknowledging we heard them. While some people are not clear communicators, it is up to you to ask them to please repeat if you didn't quite grasp what they were saying. People will appreciate that and even though your mind may have been wondering, it will be more appreciated that you asked them to please repeat what they previously said.

Listening is not necessarily an easy task. It's important to know when to respond, how to respond, or just simply listen and non-verbally respond through nodding and body language. Try not to interrupt if at all possible. If the person

goes on and on, you might say, "Excuse me, I don't mean to interrupt, however, I do have to go now."

*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.**

From page 34

Hidden Toxin

Scientists included 487 expectant mothers – all hypothyroid – and measured their perchlorate levels during the first trimester.

The women tested positive for perchlorates, and were all iodine deficient. No surprise there, remember, iodine is bullied off the receptor sites in the presence of perchlorate. Iodine deficiency can lead to hypothyroidism.

Researchers followed the women who had the highest perchlorate levels during pregnancy through birth and until their children were 3 years old. The toddlers all had diminished cognitive development and were in the lowest 10th percentile of IQ. I wonder how many of these moms had experienced a miscarriage during their life, as hypothyroidism is a common (but sadly missed) cause of miscarriage.

What's so interesting is that thyroid medications were employed, and in fact, use of thyroid medications by moms with the highest perchlorate exposure did not even help offset the lower IQ in their children. The medicine didn't even matter. If you are concerned, iodine and selenium supplementation may help.

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

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My Stars ★★★★★

FOR WEEK OF OCTOBER 12, 2015

ARIES (March 21 to April 19) Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this week-end.

TAURUS (April 20 to May 20) Yet again, you show your skill at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.

GEMINI (May 21 to June 20) A potential change might appear to be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.

CANCER (June 21 to July 22) Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas you can smooth over. Also, try to be flexible about travel plans.

LEO (July 23 to August 22) You love being on center stage, and while you absolutely purr at the sound of all that praise, be careful not to take on too many commitments at the expense of time spent with loved ones.

VIRGO (August 23 to September 22) You might feel that you need to get involved in a matter concerning a friend or relative. But while the issues appear to be cut and dried, they might not be. Get more facts before you act.

LIBRA (September 23 to October 22) A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining in with naysayers unless they can show a real basis for their position.

SCORPIO (October 23 to November

21) While potential career changes warrant your interest, don't ignore current job responsibilities. A personal relationship also can benefit from more of your attention.

SAGITTARIUS (November 22 to December 21) Don't guess at what the facts might be if you hope to make the best decision possible. The wise course is to ask direct questions and act on the answers you get.

CAPRICORN (December 22 to January 19) Your efforts involving that pesky problem should soon show positive signs of being resolved. This would allow you to shift some of your focus in another direction.

AQUARIUS (January 20 to February 18) While you enjoy well-deserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect more support from a once-strong critic.

PISCES (February 19 to March 20) You might still have explaining to do about your decision, but support grows as you continue to make your case. You also might want to start making plans for the upcoming holidays.

BORN THIS WEEK: You insist on making decisions based on facts, not on popular opinions. Have you considered a career in science?

THIS WEEK IN HISTORY

- On Oct. 16, 1793, nine months after the execution of her husband, King Louis XVI of France, Marie-Antoinette follows him to the guillotine. At a time of economic turmoil in France, she lived extravagantly and allegedly responded to news that the French peasantry had no bread to eat by callously replying, "Let them eat cake."

- On Oct. 18, 1867, the U.S. formally takes possession of Alaska after buying the territory from Russia for \$7.2 million,

or less than 2 cents an acre. The American public ridiculed the purchase, believing the land to be barren and worthless.

- On Oct. 17, 1931, gangster Al Capone is sentenced to 11 years in prison, signaling the downfall of one of the most notorious criminals of the 1920s and '30s. FBI agent Eliot Ness and his men routinely broke up Capone's bootlegging businesses, but it was tax-evasion charges that finally stuck.

- On Oct. 12, 1940, cowboy-movie star Tom Mix is killed when he loses control of his speeding Cord Phaeton convertible and rolls into a dry wash in Arizona. Mix was hit in the back of the head by a heavy aluminum suitcase, killing him almost instantly.

- On Oct. 13, 1957, American movie audiences are treated to the science-fiction thriller "The Amazing Colossal Man." Other films of the Cold War nuclear-weapon culture included "Them!" (1954) and "The Beast from 20,000 Fathoms" (1953).

- On Oct. 14, 1962, the Cuban Missile Crisis begins, bringing the United States and the Soviet Union to the brink of nuclear conflict. High-altitude photographs offered evidence of Soviet-made medium-range missiles in Cuba, just 90 miles from the U.S.

- On Oct. 15, 1989, Canadian ice hockey great Wayne Gretzky breaks Gordie Howe's National Hockey League career scoring record of 1,850 points. Gretzky dominated professional hockey during the 1980s, setting numerous records.

STRANGE BUT TRUE

- It was 19th-century French poet and philosopher Henri-Frederic Amiel who made the following sage observation: "Truth is violated by falsehood, but it is outraged by silence."

- You might be surprised to learn that

the game of Chinese checkers isn't actually Chinese in origin; it was invented in Germany.

- If you consider all the militaries throughout the world during World War II, 7 out of every 8 deaths were German or Russian combatants.

- In most countries of Western Europe during medieval times, 90 percent of the population shared about a dozen first names.

- A 19th-century Columbus, Ohio, man named Jonathan Jackson was exceedingly fond of cats. He was such a feline devotee, in fact, that upon his death in 1880, his will dictated that his estate was to be used to construct a home for cats, complete with dormitories, an infirmary, a rectory, rat holes, roofs for climbing and areas for "conversation." There was even an auditorium where the residents would listen to accordion music every day.

- During the final 6 miles of a pilgrimage to Lhasa, Tibet, a devout Buddhist will kiss the ground approximately 30,000 times.

- Those who study such things say that a properly prepared mummy will be wrapped in about 490 feet of linen.

- You may know that Philo Farnsworth invented the television, but you may not realize that his success didn't bring him much happiness. Later in life he suffered from depression, developed a drinking problem (and accompanying ulcers) and had a nervous breakdown.

THOUGHT FOR THE DAY

"I'm not an old, experienced hand at politics. But I am now seasoned enough to have learned that the hardest thing about any political campaign is how to win without proving that you are unworthy of winning."
-- Adlai Stevenson

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From page 12

Churches/Temples

9 and 11 a.m. Bible classes. Childcare available at all services.

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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, 10 a.m. Full Service with Sunday school and nursery care provided. Elevator access.

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UNITARIAN UNIVERSALISTS OF THE ISLANDS:

Meets on the first Sunday of each month from December through April at the Sanibel Congregational Church, 2050 Periwinkle Way at 5 p.m. A pot luck is held at a member's home on the third Sunday of each month. For more information call 433-4901 or email ryi39@aol.com.✱

From page 14

CROW Events

Friday, October 16, 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.✱

From page 36

Fall Festival

"Shell Point offers many lifestyle amenities, along with phenomenal healthcare. The open house is an excellent way for senior adults to visit the community and learn about these opportunities," said Ronette Icsso, Director of Sales and Marketing. "It's all about choices to create a personalized retirement for each individual."

Pre-register online for this free Fall Festival Open House at www.shellpoint.org/openhouse, and receive a special gift at the event. For more information, call 466-1131.✱

From page 37

Gold Sponsor

them the means to do that. Being a Gold Sponsor this year is a great way to show how much we appreciate being your island bank.✱

The mission of the Children's Education Center of the Islands is to create – through their developmentally appropriate curriculum – a nurturing, exciting learning environment that creates happy, curious, confident children. To learn more about the Children's Education Center of the Islands, visit www.cecikids.org.✱

From page 37

Silver Sponsors

The 7th annual 10K Race 4 FISH is set for 7:30 a.m. on Saturday, October 17, starting and finishing at The Community House, 2173 Periwinkle Way on Sanibel. Runners receive awards, a medallion, T-shirt and a back-pack style goodie bag. Refreshments are available, too. There will be a race day expo featuring organizations with services for the running community.

Registration is still open. Visit www.fishofsancap.org or www.ftmyerstrack-club.com.✱

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BY
HENRY BOLTINGOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Container is missing. 2. Hair is smaller. 3. Belt is missing. 4. Sign is missing. 5. Cupcake is missing. 6. Cash register is smaller. 7. Boy's hair is smaller.

SCRAMBLERS

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

Chide
REBATE

Doodle
CRAWLS

Stupid
ANNIE

Saved
SPREAD

TODAY'S WORD

answer on page 43

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

SUPER CROSSWORD

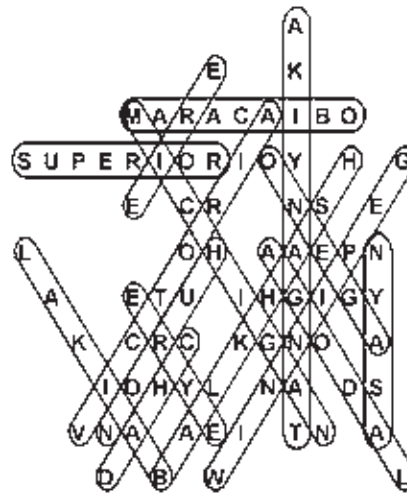
REFSAIL SPATUBS OSCAR
ADEPTLY HEBRAIC PLANE
DUDEOFED NBUGH PARKA
OCEAN CANOE UTOPIAS
NEER SIX STRAPLESS BRO
FATLIP SEZME SAN
ATRIFLE TSPAT PRE
GOESFORBLOKE RATSANE
OMAHA LOG STIC SCAT
DEF BIGOT LOO TODEATH
FELLOWCLOSEBEHIND
FIFELL AUD TERMS CKE
KARL DARNGOOD TIMER
EMMANUEL GENSPICING
TOR PRESTO SELECTS
SHAMACHO EASE S
FORTILLACHAP WIS IACK
MMENSE ABASE LORRE
IBONH ANVIFGH IYOUHGUY
CRUSE TACKLER OUTMODE
ERES SHOULD A WRESTED

KING CROSSWORD

OPS CAB SLOSH
PEA APE PARKA
TRY VERDIGRIS
ITS EXERT
CHOW ETA LUBE
AMS GRISLY
AISLE AGATE
GRISTS MPH
EACH LOO TREY
BUGLE EMU
AMBERGRIS CAM
GAUGE ENS AIM
OXBOW SEE PLY

MAGIC MAZE

LAKE — :LARGE LAKES



SUDOKU

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

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SCRAMBLERS

solution

1. Berate; 2. Scrawl;
3. Inane; 4. Spared

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Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Hickory	Bonita Springs	2014	2,846	\$2,495,000	\$2,100,000	508
Avieto	Bonita Springs	2006	3,525	\$999,000	\$1,000,000	19
Northridge	Bonita Springs	2006	3,333	\$965,000	\$930,000	147
Sanctuary	Bonita Springs	2003	2,784	\$938,000	\$885,000	35
Cape Harbour	Cape Coral	1999	3,005	\$799,900	\$781,000	109
Belle Meade	Fort Myers	2015	3,130	\$779,520	\$762,000	205
Cape Coral	Cape Coral	1988	2,385	\$747,000	\$699,000	239
Dunes	Sanibel	1977	2,475	\$675,000	\$650,000	129
Pienza	Bonita Springs	2004	2,544	\$649,900	\$625,000	2
Cape Coral	Cape Coral	2013	2,529	\$629,721	\$620,000	64

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*NS 10/9 CC 10/16

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The Crow's Nest Beach Bar & Grille at Tween Waters Inn on Captiva has live music with Stolen Fruit on Friday and Saturday. Gattlin plays on 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@islandnews.com or 395-2299.

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

Pets Of The Week



Grant ID# 636972



Citrus ID# 630993

Hello, my name is Grant. I'm a 2-year-old male Pit Bull Terrier. I'm a really handsome guy with gorgeous eyes, a beautiful coat and a sparkling personality. I'm really just a big puppy and I actually don't realize my size, so I may jump in your lap and give you kisses. If you're looking for a rugged, handsome, fun and lovable guy, I'm your boy!

My adoption fee is \$30 (regularly \$75) during Animal Services' "Dogtober" adoption promotion.

Hello, my name is Citrus. I'm a 3-month-old female domestic short hair. When I arrived at the shelter as a baby, they sent me to a nice foster home so I could learn potty training, socialization and everything you need to know to be a feline family member. I passed with flying colors and I'm ready to be a part of your family.

My adoption fee is \$10 (regularly \$75) during Animal Services' "Dogtober" 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.**

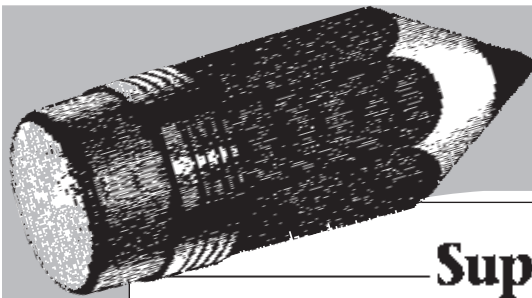
Island Sun

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Sanibel & Captiva Islands

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On Call Captiva Deputy	477-1000
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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
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Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
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BEACH CHAIR PASTIME

answers on page 43

Super Crossword

CHANGING
INTO A MAN

ACROSS

- 1 Old RCA classical music label
8 Jacuzzis, e.g.
15 With 87-Down, Academy Award hopefuls
20 In a skillful manner
21 Of Israel's language
22 / / / for one
23 Man living in Scotland's capital?
25 Tundra coat
26 Deep blue
27 River craft
28 Shangri-las
30 — do-well (dia type)
31 Half of twelve
33 Man with no fastening band?
36 Fistfight reminder
39 "I'm leavin' ya, that's whol"
40 — Francisco
41 Slightly
44 "934"
"Saturday Night Live" spinoff film
48 Start to mature?
50 Attacks a man?

- 52 Rotten-killing poison, old-style
57 Missouri River city
58 Lake details for carrying out an operation
60 "Got lost!"
61 Rock music's — Leppard
62 Arche
63 Bunker type
65 John, to Ian
68 Excessively
69 Man at one's heels?
73 1964 Beatles song
75 Dreaded IRS probe: Abbr.
76 Situations
77 Barely get, with "out"
80 Actor: Madden
81 Much better than so-so
84 Stopwatch, e.g.
85 "Webster" star: Lewis
89 Man doing some film editing?
92 Blue Jays, on scoreboards
93 Very fast, in scores
95 Chooses
96 "Na Na" procedure

- 99 Very manly
101 Artists' props
103 Man who owns a Mexican restaurant?
108 Oz. and lb.
109 Add (unit)
113 Huge
114 Treat like dirt
116 Actor Peter
117 Steak type
118 "Ms. Oakley, go after that man!"
123 Small vessel for oil or wine
124 Pung on footballer
125 Render obsolete
126 "— a thought..."
127 Ought to have, informally
128 Forced away (from)

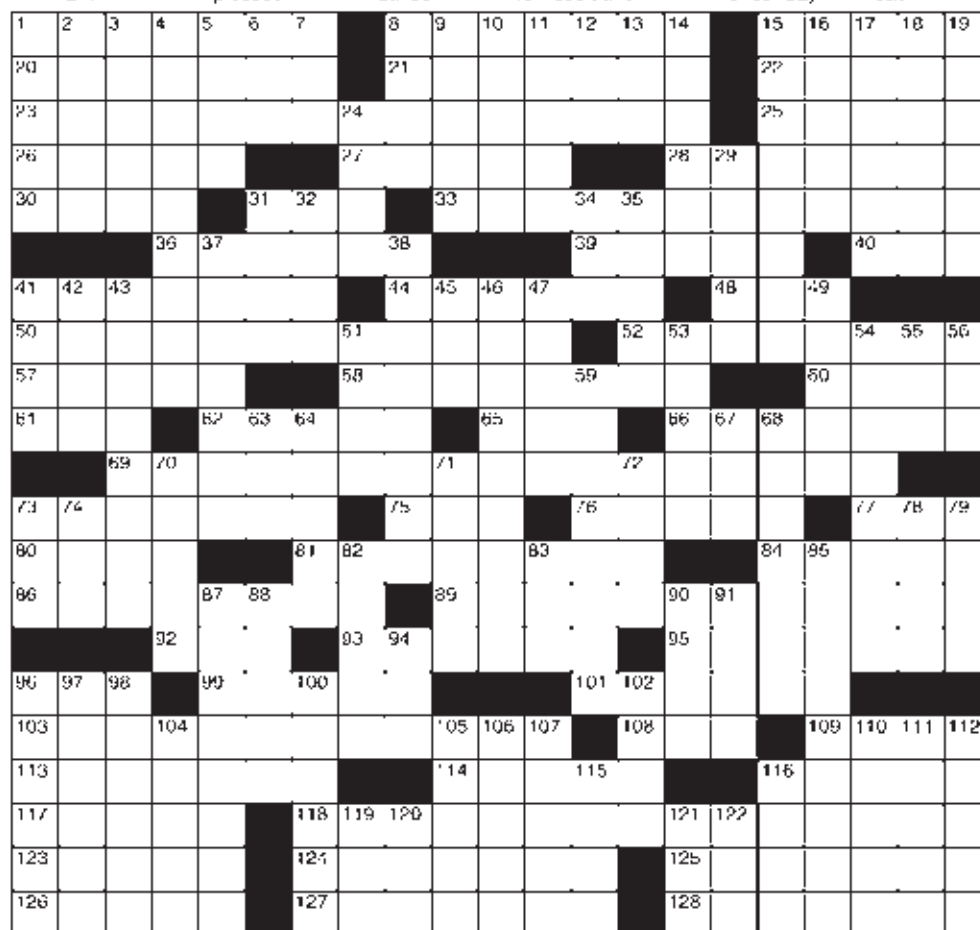
DOWN

- 1 Heavy noble gas
2 Bring forth
3 Pfeiffer of "Cybill"
4 Use a harpoon
5 Berkshire school
6 Old police London

- 7 Soap compound
8 Emmy winner
LaBecuf
9 Actors Sean and Kai
10 Head of a monastery
11 More faithful
12 Old Egypt
Syr. alliance
13 Large
14 "Peanuts" cartoonist
Charles
15 Foes
16 Smacks
17 West Indies natives
18 City: ESE of Istanbul
19 Nationality
24 Cato's 611
29 Lead on
31 WWII battle city in France
32 Robert who played A.J. Soprano
34 Blind — bat
35 — dish
37 Friendly
38 Oversize-load escort vehicle
41 Leon: Uns —
"in Ruins"
42 Heavy book
43 Assert anew

- 45 Dress lively, with "out"
46 Hangouts on the slopes
47 Cuban lulls
49 Ruddy who played a Clumpett
51 Really run
53 One — (short drama)
54 Bookish
55 "King"
Coco
56 Ending of ordinariness
59 In direct confrontation
63 Feeling sick
64 "Fiddler on the Roof" wife
67 Resistance unit
68 Purify as liquor
70 D'Amico's sound-alike
71 Leg exercise
72 Nap: locales
73 Clanton of Tombstone
74 Gp. of relatives
78 Daily Planet's Clark
79 Physicist's work units
82 Aristotle's A
83 Prov. with Thunder Bay

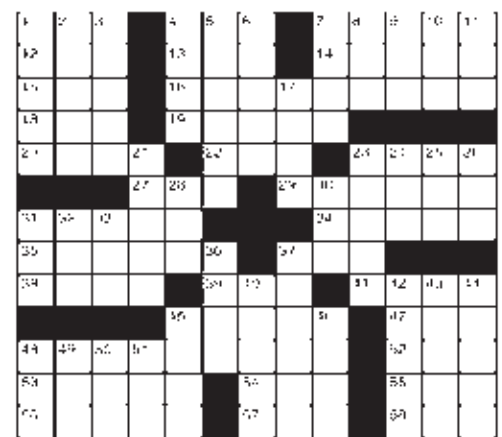
- 85 Wintertime tempests
87 See 15-Across
88 Europe-Asia border range
90 "Hey you"
91 Alternative to Levi's
94 Giant bird of myth
96 Sew
97 Man, in Spain
98 Brand of hot dogs
100 Choppers on shoes
102 Throw — blanket on
104 Cliffhanging poem
105 17-syllable
106 Clear as —
107 Summoned in an airport
110 Lingo
111 Unrefined
112 Nervous, with "up"
115 Friends in syringes
116 Guitar relative
119 "Uh-uh"
120 First Sgt., e.g.
121 "That hurts!"
122 Father or Lady
load on



King Crossword

ACROSS

- 1 Chances for short
4 Tax
7 Walk through mud, maybe
12 Shell game need
13 Goni
14 Anarak
15 Attempt
16 Greenish blue deposit or capsize
18 "— Impossible"
19 Put forth
20 Hats
22 Schedule
23 Oil job
27 Mornings (abbr.)
29 Inspiring horror
31 Supermarket section
34 Playing marble
35 Hoppers for mills
37 Speedometer stat.
38 Apiece
39 Old card game
41 Deuce tupper
45 Girl's alarm clock
47 Ostrich's kin



- 48 Pottery
52 Rotating part
53 Measure
54 Type units
55 Intention
56 U-shaped river bend
57 Witness
58 Thickness

DOWN

- 1 Re 26-Down
2 — Amboy, N.J.
3 Permission
4 Groat
5 Pinnacles
6 Jaunty
7 Skewer

- 8 Traded pack
9 Hockey legend
10 Jackie moguls
11 Ows
17 Schlep
21 "America's Most Wanted" host
23 Frivolous
24 "Born in the —"
25 Luncheonette food for short
26 Pupil's place
28 Girl field athlete
30 Knock
31 Census
32 Playwright
33 [Uncorrected]
36 Punch
37 Linda's city
40 Fairy tale baddies
42 Summarize
43 Cyber-message
44 Delicious
45 Concoct
46 Being (Lat.)
48 Way back when
49 Limit, for short
50 Mac
51 Counterpart

MAGIC MAZE • LAKE — LARGE LAKES

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

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

Baikal
Balkhash
Chad
Erie

Eyre
Huron
Ladoga
Maracaibo

Michigan
Nyasa
Onega
Superior

Tanganyika
Victoria
Winnipeg

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