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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 26, 2016

AUGUST SUNRISE/SUNSET: 26 7:06 • 7:55 27 7:06 • 7:54 28 7:06 • 7:53 29 7:07 • 7:52 30 7:07 • 7:51 31 7:08 • 7:50 01 7:08 • 7:49

Community House Construction Moving Towards Completion



Construction crews raise another truss to the top of The Community House, where it was added to the building's center section.

photos by Jeff Lysiak

by Jeff Lysiak

Since the official groundbreaking ceremony was held back in May, things have been rather busy at The Community House. Not for any of the usual functions, classes or events held at the popular Sanibel gathering spot, mind you, but for the massive \$3 million six-month reconstruction, restoration, renovation and expansion project.



View through the chain link fence surrounding The Community House

sion project.

Last week, Sanibel Community Association Executive Director Teresa Riska-Hall visited the site to check on the progress of the ongoing construction.

"It looks good... I'm really excited," said Hall, strolling through the center of what will become the facility's expanded lobby area. "We had been about 30 days behind schedule with additional work in the auditorium, but we've been able to catch up. We had originally wanted to be finished by mid-November, but now our plan looks like we'll be done with construction before the end of November."

Tom Sharbaugh, SCA board president, explained that the current construction at the facility is more extensive than the original building nearly 90 years earlier. The renovation, which has been funded through private donations, is a "top-to-bottom

continued on page 26

'Ding' Days To Feature Free International Birders Film Festival

In addition to honoring Jay Norwood "Ding" Darling's 140th birthday and National Wildlife Refuge Week, this year's "Ding" Darling Days, slated for October 16 to 22, celebrates the centennial of the convention between the United States and Great Britain (representing Canada) for the protection of migratory birds. Also called the Migratory Bird Treaty, it was signed on August 16, 1916.

Part of the all things birds celebration, the 27th annual "Ding" Days at JN "Ding" Darling National Wildlife Refuge will feature a free, daylong International Birders Film Festival on Thursday, October 20, in the "Ding" Darling Visitor & Education Center Auditorium. All films are from the BBC series *Earth Flight*.

The film festival kicks off at 9:15 a.m. with *Birds of North America*. Four films follow: *Birds of South America* at 10:30 a.m., *Birds of Asia & Australia* at 11:45 a.m., *Birds of Africa* at 1 p.m., and *Birds of Europe* at 2:15 p.m.

International Birders Film Festival is part of the weeklong "Ding" Darling Days activities that begin on free Family Fun Day on Sunday, October 16, and culminate on free Conservation Art Day on Saturday, October 22.

Free programs throughout the week will address bird topics such as the refuge's reddish egret study and the history of the "feather wars" plume trade. The refuge and Tarpon Bay Explorers, the refuge's recreation concession, will be conducting birding tours and other free and discounted excursions weeklong.

The U.S. Fish & Wildlife Service, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers co-sponsor "Ding" Darling Days with generous support from the local community and businesses.

Visit www.dingdarlingdays.com for the entire calendar of events or to sign up for e-mail update bulletins.✱



"Ding" Days 2016 celebrates all things birds

photo courtesy Liz Noffsinger

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Sanibel Public Library Weekly Children's Programs



Weekly storytime programs at the Sanibel Public Library
photos courtesy Sanibel Public Library



FIRST LEGO League meets at the Sanibel Public Library

Sanibel Public Library new Youth Services Librarian Deanna Evans invites families to come in for a kid's program, or just come in to say, "hi." There are hundreds of new books for children and teens at the library, including the Sunshine State Young Readers Award winners.

Family Storytime is offered at Sanibel Public Library on Wednesdays at both 10 a.m. and 1 p.m. This all-ages program helps develop pre-reading skills through songs, rhymes, finger-plays and stories. Length is approximately 30 minutes plus activities to follow.

After-school Crew K-2 meets Thursdays at 3 p.m., beginning on August 25. The program will have activities designed for children in kindergarten through second grade, and a snack will also be provided.

The After-school Clique – third through fifth grades – will meet on Tuesdays from 3 to 4 p.m., beginning on August 30. This program, like Thursday's, includes never-knew-existed books, puzzles, games and crafts designed specifically for children in third through fifth grades.

If kids love dogs and books, they might enjoy reading to Bessie, a bearded collie and a Reading Education Assistance Dog. The READ program encourages children's love of books by providing a non-judgmental listener and furry friend. Bessie will be at the library on rain-free Thursdays at 4 p.m., starting August 25. Readers can sign up on the spot, with the program finishing by 5 p.m.

A Middle Grades Group will be held at the library on Wednesdays from 2:45 to 3:45 p.m., starting August 31. Snack provided. As always, volunteers are welcome.

continued on page 6



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Captiva Community Panel News

Galloway Captiva Tri
The Galloway Captiva Tri weekend is September 10 and 11, with the kids event on Saturday and the adult event on Sunday. That also means the roads on Captiva will be closed to traffic from approximately 6:45 to 8:45 a.m. on Sunday. Once again, the family-friendly race will benefit Community Cooperative's Healthy School Pantry program, providing emergency food to more than 2,000 local children each school year. Details are online atcaptivatri.org.

Captiva Community Panel To Meet September 13
The Captiva Community Panel will hold its regular monthly meeting on Tuesday, September 13, beginning at 9 a.m. in the Cone Rooms (room subject to change) in Chadwick's Square at South Seas Island Resort. This meeting is open to all interested islanders and the public. Among the agenda items:
• Discussion of recent meetings on sewers and wastewater treatment/management.
• Update on priority committees including Captiva Drive bike/pedestrian improvements and tax revenue studies.
• Update on a possible sea level rise meeting in January.
• A Captiva Erosion Prevention District and a Captiva Fire District update.

• Other business as necessary.
Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be October 11. Information and background documents are available online atcaptivacommunitypanel.com.

CEPD Budget Hearings September 8 And 22
The Captiva Erosion Prevention District will hold its first budget hearing on Thursday, September 8, beginning at 5:01 p.m. in the Wakefield Room at Tween Waters Inn. The final budget hearing will be Thursday, September 22 at 5:01 p.m., preceded by the regular board meeting at 3 p.m., also at Tween Waters Inn. Call the district at 472-2472 or go to http://mycepd.com for further information.

County Creates Water Quality Website
As media continue to cover water-related issues, Lee County has created a new website designed as a clearing house to get information on all things water quality. It also is designed to provide context for the executive order related to blue-green algae. The address is: www.leegov.com/naturalresources/WaterQuality/WaterQualityStatus. The website contains references to:
• Florida Department of Health's Florida Healthy Beaches Program www.floridahealth.gov/environmental-health/beach-water-quality/county-detail.html where you can view the latest results of water samples taken at Blind Pass/Turner Beach, Bowman's Beach and Lighthouse Beach, to name a few.

• Mote Marine Lab's Beach Conditions Reporting System // visitbeaches.org/ where you can view beach conditions up and down the Florida Gulf Coast, including Captiva, Bowman's Beach and Lighthouse Beach.
• Florida Department of Environmental Protection's South Florida Algal Bloom Monitoring and Response News //depnewsroom.wordpress.com/south-florida-algal-bloom-monitoring-and-response/ where you can receive the latest news on the latest actions being taken and water sample results from all the impacted Florida counties and other critical locations.

Looking For Blind Pass Information?
Lee County has established a web page to pass along information regarding the Blind Pass Inlet Management Study; it has a link at the bottom to the meeting PowerPoint – https://www.leegov.com/naturalresources/blind-pass-2016-inlet-management-plan-study.✽

American Legion Post 123
On Sunday, August 28, American Legion Post 123 will serve barbecued chicken and ribs from 1 to 8 p.m.
On Monday nights, there are 9-ball and 3-ball tournaments at 6 p.m. Players are welcome. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday.

On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.
The Ladies Auxiliary has cookbooks available for a donation of \$15.
If you have a flag that needs to be retired, drop it off at American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.
For more information, call 472-9979.✽

Top Ten Books On The Island
1. *Hillbilly Elegy* by JD Vance
2. *My Beautiful Broken Shell* by Carol Hamblin Adams
3. *Sanibel & Captiva Islands Postcard History* by Deb Gleason and Charles LeBuff
4. *Kitchens of the Great Midwest* by J. Ryan Stradal
5. *A Gift From the Sea* by Anne Morrow Lindbergh
6. *Miss Peregrine's Home for Peculiar Children* by Ransom Riggs
7. *Guilty* by David Baldacci
8. *The Little Paris Bookshop* by Nina George
9. *A Man Called Ove* by Fredrik Backman
10. *Mr. Penumbra's 24 Hour Bookstore* by Robin Sloan
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It's time to give Lizbeth Benacquisto her PINK SLIP.

NOTICE OF TERMINATION

Employee's Full Name:

Lizbeth Benacquisto

REASON(S) FOR TERMINATION:

Incompetence

After six years in office, our water-quality problem is worse than ever and at crisis stage.

Inappropriate Relationship

Too cozy with Big Sugar. Pockets \$90,000 in 2014-15 from interests responsible for polluting our waterways when she's supposed to be working for us.

Incapable of Following Instructions

Despite repeated warnings, refuses to recognize the conflict between her choice of political partners and her job responsibilities.

RECOMMENDATION:

Terminate Lizbeth Benacquisto!
Vote Jason Maughan on August 30!

Island Seniors At The Center 4 Life

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

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

Page Turners with Ann Rodman – If you are not on the Page Turners list, and wish to be, email annrodman@aol.com or contact the center.

The featured book for Wednesday, September 14 is *Brooklyn* by Colm Toibin. Bring your lunch and watch the movie at 12:30 p.m. At 2:30 p.m., there will be a discussion on the book and the movie.

Friday Collage Classes with Bea Pappas – September 2 and 9, 12:30 to 3:30 p.m.

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

Eight-Day Tour to Memphis, The Blues Trail and the Mighty Mississippi – October 9 to 16. Cost for members is \$1,149 per person, double occupancy; \$1,549 single. Cost for non-members is \$1,199 per person, double occupancy; \$1,599 single.

Trip includes round trip transportation, accommodations for seven nights including three in Memphis, Graceland tour, Tupelo and Elvis home, 14 meals, guided Memphis Tour, Beale Street and Mississippi River cruise. Registration deadline is August 26.

Games

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

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

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

Hand & Foot – Thursday at 12:30 p.m.

Tuesday Kayaking – September 6 (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

Members cost is \$4 per class, visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

The fitness class schedule on Tuesday, August 30 is cancelled due to the Primary Election. Fitness classes will resume on Wednesday, August 31.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Class begins

with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

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

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

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

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

Chair Yoga – Tuesday and Thursday at 11 a.m. 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.✱

Church Offering Two Seminars

Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way, will offer two upcoming seminars, one on teenagers and one on a civil rights activist, through video presentations and discussions.

On Sunday, August 28, a TED Talk, *The Mysterious Workings of the Adolescent Brain*, by cognitive neuroscientist Sarah-Jayne Blakemore, will be the starting point for the

session. Pastor Deb Kunkel will present an introduction on how typical teenage behavior is quite often based on the physical changes and development taking place in a teenager's brain.

On Sunday, September 4, the topic is Will D. Campbell, known to his friends as God's Will. Campbell was the only white person included in the founding of the Southern Christian Leadership Conference. Campbell became a friend and confidant of Civil Rights Movement leaders Dr. Martin Luther King Jr., Andrew Young, John Lewis and others, and was himself a leader in the movement. But Campbell

also reached out to minister those who supported segregation. He visited MLK's assassin, James Earl Ray, in prison and ministered to members of the KKK. The Center for Public Television's video *God's Will* provides an introduction into the life of the man Robert McFadden called a knot of contradictions.

The Summer Sunday Seminar Series continues through October. The sessions begin at 9 a.m. in Heron Hall, on the church's lower level. They are free and open to the public.

For more information call 472-0497 or visit sanibelucc.org.✱

From page 3

Sanibel Library

The Sanibel Public Library Summer Reading Program's deadline to turn in sheets to earn books for themselves and the Children's Hospital is August 31.

The Sanibel Library is again sponsoring a FIRST LEGO League robotics team! The returning team of coaches and mentors are seeking enthusiastic, creative and collaborative kids who are in fourth to eighth grades. Call the library to find out how to register for LEGO League.

If you have any questions about the youth programs, contact Deanna Evans at the library at 472-2483. A complete list of youth programs is on the Library's website.

The library's teen space has two MacBook laptops, which can be used for research, printing assignments or web browsing. The library has recently added many new teen and children's books to the collection in print as well as eBooks.

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



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Rotary Happenings

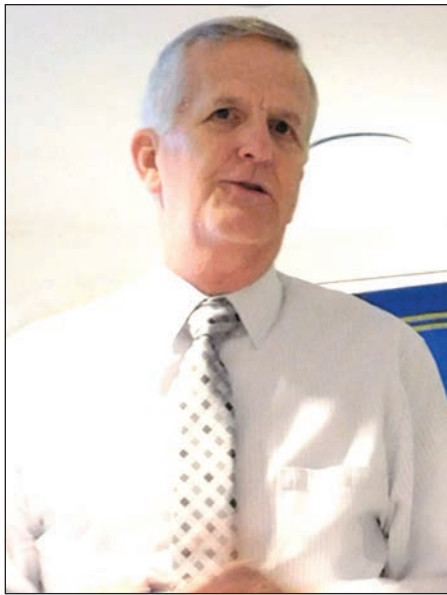
submitted by Shirley Jewell

Sanibel-Captiva Rotary will resume holding their 7 a.m. Friday morning meetings at The Dunes Golf & Tennis Club starting August 26. The club wants to give a big shout-out and thank you to the Bailey-Matthews National Shell Museum for hosting our club for the summer while The Dunes was undergoing some construction.

This summer, club attendance has been pretty strong and our Friday meeting speaker series continues to entice members to get up early for brain stimulation.

The club welcomed Florida Department of Transportation (FDOT), District 1 Secretary Billy Hattaway, PE to the podium last Friday morning. Hattaway is quite an impressive public servant and received the 2014 Government Official of the Year in Florida. He has spent over two decades of his life working for the state and, although he left public service twice during his career in transportation planning, he was drawn back twice to FDOT trying to work on transportation issues. In 2011, the state received a federal grant from Smart Growth America (SGA) and funded some of the state's cost for bringing together a panel of development and planning transportation professionals along with representatives of the National Highway Traffic Safety Administration (NHTSA). A 2011 report issued by Transportation for America, a program of SGA, found that Florida's streets were among the most dangerous in the nation for pedestrians. In response, FDOT launched a broad effort to proactively address the safety needs of all users of the transportation system. Out of this week-long meeting came the need to put together two important initiatives for the Florida's Complete Streets Initiative and the Bicycle/Pedestrian Safety Initiative. Hattaway came back to the FDOT in 2011 as District 1 secretary directly involved in the management of both of these initiatives.

According to the FDOT website, "Under Hattaway's leadership, FDOT and a coalition of partners from around the state are using a multidisciplinary approach to improve walking and bicycling safety that includes changing how streets are designed and built in Florida, updating policy and process, providing public education and outreach, and partnering with law enforcement. As a component of this broad effort, in September of 2014, the department adopted a Complete Streets Policy to ensure that Florida's transportation network supports safe and convenient travel for all transportation system users. The policy states that: "...the Department will routinely plan, design, construct, reconstruct and operate a context



Billy Hattaway

sensitive system of 'Complete Streets.'"

Hattaway noted that before World War II, most cities and towns were designed around the availability of rail service, had mixed uses and were traditionally walkable. With the popularity and use of trucks and automobiles, our transportation landscape changed dramatically. Urban sprawl began, and housing and industrial development went out to the suburbs. People had to drive everywhere to get basic needs. Highways and major roads were the connecting elements. Although some of these developments stood side by side, they were not interconnected.

Traffic had to go out of individual land developments and out to the roadways before entering another development. Highways and major roadways saw more traffic and strain on transportation arteries.

Florida's Complete Streets Initiative and the Bicycle/Pedestrian Safety Initiative are focused on how to design and fix problem areas with future development protocols, roadways, pedestrian walkways and bicycle usage designs in bringing about a new type of development and transportation scheme. Both initiatives are looking at how to manage connecting developments together with road passage access between developments to alleviate traffic on major roads, encouraging centralized self-contained larger developments with live, work and play components. Roadway corrective designs are also on the drawing board, encouraging small intersection business development with the return of on-street parking, which

notably slows down through-traffic, and redesigning infrequently used four-lane roads, returning tree-lined center lanes and providing pedestrian and bike safe pathways connecting both sides of the roads for small business development in these areas. There is a culture change on the horizon demanding walkable cities, towns and development.

Roadway usage and signage have been changing and many of us are unaware of those changes. Bicycle/Pedestrian Safety Initiative is developing a campaign to get that information out to the public, especially regarding bikers riding on the roadways.

Florida is now involved in revamping roadways and building roundabouts in some high traffic areas – one being suggested for Sanibel. That in itself is a topic that has many facets, including feasibility and safety.

*The Sanibel-Captiva Rotary meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club on Sand Castle Road. Guests are welcome.**

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Toastmasters Club Seeking New Members



From left, Stephen Schonberg, San-Cap Toastmasters area director; Sarah Lathrop, secretary; Kasey Albright; Fiona Kelly, first-timer; Brendan Albright, president; Bobby Howell, first-timer; and Laura Richardson, treasurer
photos courtesy San-Cap Toastmasters

by Jeff Lysiak

Earlier this year, the newest chapter of Toastmasters International – Sanibel & Captiva Toastmasters – was officially launched. The local chapter, which holds bi-monthly meetings on the second and fourth Monday of every month, is actively seeking new members of all ages to join the group.

Toastmasters, an international organization helping leaders accomplish goals and communicate more effectively, encourages individuals to become leaders through giving regular speeches, getting feedback, leading a team and guiding others.

At each meeting, members will volunteer to give a speech on a particular topic. The other members will have the opportunity to critique the speaker through positive feedback, strengthening them for their next attempts. Giving speeches in a supportive and uplifting social setting gives individuals confidence to tell their story in a trusting and non-judgmental environment.

“When presented with the opportunity to lead our new chapter, I gladly accepted as I know this will be a great way for members of our island communities to grow stronger both individually and together,” said Brendan Albright, president of the San-Cap Toastmasters. “Knowing that public speaking is the number one fear of Americans, I figured whatever we can do to enhance our skills and overcome our fears will be advantageous in every aspect, especially in business.”

The San-Cap Toastmasters is a nonprofit educational organization established on July 8, 2016. The local chapter works to follow the motto of Toastmasters International and be a place “where leaders are made.” The overall goal is to help those in our local community become more confident speakers, communicators and leaders.

Although the group’s current membership on the islands is small, its members



From left, Shelby Peters, Mary Bondurant, Jodie Suskind, Laura Richardson, Vicki Lantz, Carrie Alexander, Sarah Lathrop and Taryn Manning

are very passionate about the organization’s mission.

“I joined Toastmasters to further develop both my personal and professional speaking and leadership skills,” said Mary Bondurant, an island realtor and vice president of membership for the San-Cap Toastmasters, who noted that the benefits of the club include, “getting to know others in the community and the online resources and educational materials that are available to us.”

Shelby Peters, the group’s vice president of public relations, explained that the organization’s local chapter was launched in part to expand upon what the Young Professionals Association of Sanibel and Captiva is doing.

“Brendan and Kasey (Albright) started asking local professionals, to gauge their interest in starting a local Toastmasters chapter, and it took off from there,” said Peters. “People who might be interested in joining should come to a meeting and see what it’s about. It’s kind of lighthearted and fun – everybody is very encouraging and you’re going to leave a better, stronger person.”

Upcoming meetings of the San-Cap Toastmasters, held from 5:30 to 7 p.m., include:

- Monday, September 12 at BIG ARTS (in the Phillips Gallery), 900 Dunlop Road
- Monday, September 26 at CROW, 3883 Sanibel-Captiva Road
- Monday, October 10 at CROW
- Monday, October 24 at CROW

Beginning on Monday, November 14, the San-Cap Toastmasters will return back to its “home” meeting space, located at 2353 Periwinkle Way, Unit 201 on Sanibel (in the building behind Winds Clothing on the second floor, inside the Sanibel-Captiva Association of Realtors office).

Membership dues (for six months) are \$80 for new members and \$60 for returning members; new interns may join for \$65, while renewing interns are \$45.

According to Peters, first-time attendees will be given the opportunity to speak in front of the group, however, participation is not a requirement. Meetings are guided by the Toastmaster General, short speeches are offered by members, and a word of the day will be shared by the organization’s grammarian.

“I joined because I wanted to better my business and myself personally,” Peters said. “It’s definitely going to help me communicate my ideas better and keep growing as an individual. It’s also a great opportunity to network with other island professionals.”

For more information, visit SanCapToastmasters.com.✪

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OBITUARY



BETTY R. GRANT

Betty R. Grant of Sanibel, Florida passed away on Friday, August 19, 2016 in Fort Myers, Florida. Betty was born on September 11, 1923 in Alabama, New York. She graduated at the age of 14 from the Genesee County High School. She graduated from the University of Rochester School of Nursing as an RR in May of 1944. Betty enlisted in the United States Army as a 2nd Lt. RN in May of 1945, and served as an emergency room nurse for the 9th Station Hospital in Okinawa, Japan. While stationed there, she met her future husband Richard S.

Grant. They were married in Fairfield, Iowa on January 10, 1947 and moved to Mission, Kansas. After moving to Toledo, Ohio in 1956, she became an active volunteer with the Maumee Valley Hospital while raising three children before moving to Sanibel Island, Florida in 1982.

She is survived by her husband of 69 years, Richard S. Grant; her three children, Sherrie (Dave) LeMoine of Rio Verde, Arizona; Stuart (Pat) Grant of Silver Lake, Ohio; and Steven (Sandy) Grant of Alpharetta, Georgia. Grandmother of Doug (Mara) LeMoine, Brian (Heather) LeMoine, JR (Emily) Grant, Megan (Ric) Chura, Jen (Rodney) Grant and Kristen (John) Swartz. Great grandmother of Ella, Connor, Patrick, Olivia, Max, Emma and Steven.

Betty was a member of the Glendale Presbyterian Church in Toledo, Ohio and the Sanibel Congregational Church of Christ. She was also a member and supporter of The University of Rochester Alumni Association, The Smithsonian Historical Society and The Iowa State University Parents of the Year Society.

A memorial service with visiting will be held on Thursday August 25, 2016 starting at 9:30 a.m. at Harvey-Engelhardt Funeral Home, 1600 Colonial Boulevard in Fort Myers, Florida. Interment will be at a later date in Arlington National Cemetery. In lieu of flowers, the family suggests contributions be made to the University of Rochester School of Nursing, Betty Pixley Grant Scholarship Fund, 300 East River Rd., P.O. Box 278996, Rochester, New York 14627-8996. Visit www.harvey-engelhardt.com to leave a condolence.✽

OBITUARY



RAYMOND PAVELKA
APRIL 7, 1949-AUGUST 16, 2016

Raymond Pavelka was born in Cleveland, Ohio, the son of Stan and Agnes Pavelka. He graduated in 1971 with an engineering degree from

Cornell University, where he captained the wrestling and lightweight football teams.

He arrived on Sanibel/Captiva in the fall of 1972 and spent the rest of his life in love with the islands. Ray held senior management positions with The Mariner Group and later as the owner/operator of Mariner Properties Development and Little Pine Island Mitigation Bank. He enjoyed longtime involvement with Sanibel CHR, Harry Chapin Food Bank and Sanibel Community Church and would welcome donations to these organizations in lieu of flowers.

Ray is survived by his sister Alice Pego, daughters Betsy Hanks and Amy Pavelka, his wife Maryelle Sanford Pavelka and her daughters Valerie Davis and Caline McDermott, plus eight beautiful grandchildren. Ray was preceded in death by both parents and by his wife, Deborah White Pavelka. Ray lived a life full of joy, deeply loved Jesus and is ready to spend his eternity in the presence of his savior.

A memorial service will be held on Friday evening, September 16 at the Sanibel Community Church.✽

Free Labor Day Weekend Breakfast

Sanibel Community Church would like to honor and bless all those who labor with a free Labor Day weekend breakfast on Sunday morning, September 4. Breakfast will be served in the Fellowship Hall through the lunch hour, beginning at 9 a.m. and concluding at 1 p.m. All are welcome.

The breakfast is free but a love offering will be received, and all donations will go to support Florida Baptist Children's Homes.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). For more information, visit www.sanibelchurch.com or call 472-2684. The church will have regular service times of 8, 9 and 11 a.m. Labor Day Sunday.✽

Continental Women's Club

Steven Norris with Prison Ministries will be the featured speaker at the luncheon meeting of the Continental Women's Club of Greater Fort Myers at Colonial Country Club on Thursday, September 1 at 11:30 a.m.

Norris is a retired Navy Submarine veteran. He is passionately involved in Prison Ministries and will explain the important, strictly volunteer program that is brought to the incarcerated.

The club's monthly meetings are held on the first Thursday of the month. Cost for the luncheon is \$19. Call 672-8683 before 8 p.m. on Sunday, August 28 to make a reservation for luncheon.

Colonial Country Club is located at 9181 Independence Way in Fort Myers.

For more information on club membership, call 561-8973.✽

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Sanibel-Captiva Art League

San-Cap Art League Summer Exhibit

Paintings by members of San-Cap Art League will be on view at the Sanibel Public Library through September during regular library hours. The variety of permanent collections and changing displays hold special appeal to those with a variety of interests and offer cultural and educational enrichment.

Art league members' paintings show popular island scenes with attention-getting tropical colors.



Neil Glaser



Judy Clark

The paintings also involve a variety of subjects painted locally and elsewhere in watercolor, oil, acrylic and digital imagery. The artists' individual styles and interpretations have developed over many years of observation and study. Some of the newer artists are just beginning to find time to paint and others have a strong academic or commercial background in art. One of the features of the art league is willingness to promote the enthusiasm and interest of all artists.

For more information about membership and upcoming events, write to San-Cap Art League, P.O. Box 1192, Sanibel, FL 33957 or visit www.sancapart.com.✪



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Ms. Deanna, the children's librarian at the Sanibel Public Library, reads with enthusiasm to keep her audience entertained photos courtesy CECI



Ms. Nancy, teacher, sits and listens to stories with Jack Kemper and Parker Stewart



Students at the Children's Education Center welcome Ms. Deanna with warm hugs



Pierce Padgett and Valentina Bell listen intently

Children's Education Center Hosts New Sanibel Librarian

The Children's Education Center of the Islands (CECI) welcomed the new librarian, Ms. Deanna, from the Sanibel Public Library. Ms. Deanna demonstrated her enthusiasm and love of reading by sharing several books with the students, including an unanimous favorite, a Piggie and Gerald book, which left the youngsters laughing. She also gave each child a bookmark to mark pages they read at home.

The Children's Education Center of the Islands is a nonprofit preschool offering full-time and part-time classes for children ages 18 months to 5 years old. For more information, call 472-4538 or visit childrenseducationcenter.com.✱



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Calusa Week At Sea School



Calusa Week campers compete in a tool building game at the Bailey Tract
photo courtesy Sanibel Sea School

submitted by Leah Biery

Calusa Week campers at Sanibel Sea School celebrated Southwest Florida’s earliest known inhabitants – the proud and fierce Calusa Indians. Participants divided into tribes and discovered what it must have been like to live among these legendary people.

Campers traded beads and shells, built tools and shelters from natural materials, and learned how to weave plates using palm fronds. The Calusa were known to be outstanding water-people, so time was spent catching fish in seine nets, snorkeling and building a canoe.

The week ended with a surf paddling competition, complete with ceremonial face paint and tribal chants.

“Calusa Week is always a favorite among campers,” said camp coordinator Nicole Finnicum, “and this year was no different.”

For more information, visit sanibelseaschool.org.

Teen Challenge At Community Church

On Sunday, September 4, Sanibel Community Church will host local ministry Teen Challenge at all three Sunday morning services. Teen Challenge is a global ministry that is on the front lines of battling alcohol and drug addictions. It has become a solution to the addiction crisis and is known throughout the world for providing successful drug and alcohol recovery programs.

The local Fort Myers chapter will be sharing testimonies, presenting the ministry and leading worship at 8, 9 and 11 a.m. The team will provide music and drama to enrich each service. Following the service, there will be a free Labor Day brunch in the Fellowship Hall. Any donations will be given to the Florida Baptist Children’s Homes for their work with foster care and adoptions.

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A Tale Of Two Vines

by Gerri Reaves

A glance at these two photos taken along a local nature trail are likely to evoke the word “take-over.” These two natural scenes exist only yards apart, and in both, the slash pines and saw palmetto are draped in a dominant vine, one native and one invasive.

Do you know which scene is likely to be a better food source for birds and other wildlife, and which spells eventual disaster for native vegetation?

The photo of four large pine trees shows how even a native vine, in this case, muscadine grape (*Vitis rotundifolia*), might seem to be out-of-control. But remember, this isn’t a yard, but a natural area.

Besides, as the colder weather comes on, this grapevine sheds its leaves, thus opening up the canopy somewhat and allowing the pines and other plants more sunlight.

The small shiny blue-black fruits feed a host of birds, among them blue jays, bluebirds, brown thrashers, cardinals, catbirds, cedar waxwings, chickadees, downy woodpeckers, finches, flycatchers, mockingbirds, nuthatches, robins, rose-breasted grosbeaks, sparrows, tree swallows, thrashers, titmice, vireos, warblers, wood thrushes and woodpeckers.

Muscadine grape is also the larval host plant for nessler sphinx and mournful sphinx moths.

Other species like them too, including people, who use them to make jellies, jams, juices and wines.

Of course, a homeowner would likely prevent the woody vine from climbing to a tree canopy and duplicating this natural scene, but there’s something beautiful in seeing the vine run riot in the wild.

The prognosis for the habitat in the other photo is more perilous. Those heart-shaped leaves voraciously traveling horizontally and vertically belong to the category-1 invasive species, air potato (*Dioscorea bulbifera*).

The Florida Exotic Pest Plant Council designated it so because it is one of the



The native muscadine grape climbing these pine trees produce fruit sought after by many species of birds and other wildlife
photos by Gerri Reaves



Air potato, a category-1 invasive vine with heart-shaped leaves, smothers native trees and understory plants. Its removal is difficult, but the release of a leaf beetle offers promising biological control.

most ecologically damaging species in Florida.

This native of tropical Asia and sub-Saharan Africa was introduced to the state more than a century ago and promptly began smothering the landscape.

So destructive is it and so effective in taking over that the University of Florida Institute of Food and Agricultural Sciences (IFAS) recommends that air potato “be removed from public and private properties to help protect the state’s natural areas.”

It’s hard to misidentify because of the pretty pleated leaves and the light brown smooth potatoes – or tubers – it produces.

And, by the way, don’t even think about eating them, for they are toxic.

It’s also very difficult to eradicate, even on a small scale. Left to itself, as seen here, it engulfs an area with stems of more than 70 feet long, out-competing native trees and understory plants.

Instead of providing food for other creatures, it steals nutrients from native plant species as it progresses toward the creation of a mono-culture.

Underneath the thick coating of air potato, plants such as muscadine grape and Virginia creeper are struggling to hold their own – not to mention the saw palmettos, pines and other species.

Air potato is almost impossible to get rid of. Chemical applications and even physical removal prove to be either ineffective or too labor-intensive or expensive.

More promising is a new type of biological warfare, the leaf beetle (*Lilioceris cheni*), which resembles a ladybug. The Eurasian insect feeds exclusively on air potato leaves and is not believed to be a threat to Florida’s environment.

If your yard, neighborhood or subdivision is harboring air-potato and you’d like to join the eradication effort, contact the following website for information and an application for beetle release: <http://bcrl.ifas.ufl.edu/airpotatobiologicalcontrol.shtml>

Sources: edis.ifas.ufl.edu, fleppc.org and freshfromflorida.com.
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CROW Case Of The Week:

E8 Released



by Bob Petcher

One of the famous camera cam American bald eagles is back in the wild. Again.

E8, the offspring of celebrated parents Ozzie and Harriet, was released back to

its home area at Dick Pritchett Realty at 6601 Bayshore Road in North Fort Myers last Thursday, August 18, after spending more than three months at CROW rehabilitating from injuries. The realty site is home of the popular Southwest Florida Eagle Cam, a three-camera setup that began filming during the 2012-13 nesting season and has provided 24/7 live streaming at dickpritchettrealestate.com/eaglefee.html for millions and millions of viewers.

The eaglet arrived at CROW (for a second time this year) on May 13 with a broken femur in its right leg after being attacked by a great horned owl on May 7. After hearing about reports that E8 was lying on the ground, CROW volunteers were sent to pick up the eaglet on May 8, but it ran into the woods and hid. The following Friday, May 13, CROW volunteers successfully rescued E8 across the street from the eagle cam at Daughtrey Creek.

E8 was a patient at the clinic in February 2016 after its leg became entangled in fishing line in the nest at the Southwest Florida Eagle Cam location. The entanglement caused swelling to the affected limb.

During his most recent visit to CROW, E8 underwent surgery to repair the broken femur and spent the next month recovering until the leg pins were removed. The juvenile eagle (the sex of E8 is unknown) was transferred to CROW's outdoor flight enclosures and spent several weeks in CROW's large flight enclosure building strength in his right leg and learning how to master basic hunting skills needed to survive before he was released. Since 80 percent of a bald eagle's diet consists of fish, CROW officials say, there is much focus on catching fish during the eaglet's later rehabilitation period.

E8's rehabilitation plight was longer than expected. After arriving thin, dehydrated, very weak and in critical condition, surgery was performed on May 14 and pins were inserted to repair the fracture. E8 was then placed on strict cage rest with a guarded prognosis and was later moved to a larger enclosure to encourage movement. The eaglet received pain medication, but remained in critical and guarded condition.

On May 20, E8 received a second x-ray and its condition was upgraded to guarded based on blood work and clinical condition. However, protein levels were still reported to be dangerously low. E8 was able to stand and walk normal but still spent a majority of its time down



E8 takes flight after being released

photo by Kenny Howell

and sleeping. At that point, the eaglet moved from a predominately liquid diet to a soft solids diet. CROW officials were encouraged that E8 was willing to bear weight on its leg and use its foot and claw in a normal fashion, indicating normal nerve function.

On May 25, the patient's condition was upgraded to fair and it was seen routinely standing and using the injured leg. While still frequently requiring assistance when eating, the eaglet began consuming a diet of semi-soft fish fillets and meat.

On June 1, E8 was moved to an outside small flight enclosure to give it more space to spread its wings and take small flights to help strengthen its right leg. The focus was to relax the stressed

eaglet and encourage it to begin eating without assistance. It began perching, vocalizing and taking small flights.

On June 8 and 9, E8's pins were removed, and the eaglet was observed bearing more weight on the leg while utilizing its right talon. Also, the eaglet was stated to be more responsive and eating more frequently without assistance.

On June 13, E8 was reportedly fighting an infection in the broken bone and began receiving daily antibiotics. A culture was taken to identify the bacteria causing the infection, and its blood work came back normal. It was moved back indoors until the infection cleared.

On June 20, E8 was still fighting a serious infection in its right leg. However, continued on page 32



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Fall Fishing Is Right Around The Corner



by Capt. Matt Mitchell

Full moon tide flow made for some great fishing action this week on a variety of species. Packing the live well full of quality-size shiners and heading off to see how the day's charter plays out

led to a mixed bag of fish throughout the bay and passes. During the first part of the week, as we experienced late morning high tides, redfish were the target species. Later in the week, with lower water conditions, the action switched over to catch-and-release snook and lots of large keeper mangrove snapper. Channels running through the grass flats within close proximity to the passes helped keep the action going even during the short no tide window. The channels on the bay side of the passes held lots of trout, ladyfish, jacks and more mangrove snapper.

Most of the week was as hot, temperature wise, as we have to deal with all year. Many days, by mid-morning, there was just not a breeze at all, and the combination of high humidity and direct sun made it hard to fish anywhere for more than about a half-hour. When it gets this hot, it's time to fire up the motor and go for a ride to cool off while heading to the next spot. With Labor Day just around the corner, it's getting closer to some of our the best fishing of the year. This will happen as our days begin to get shorter, water temperature finally starts to cool off and massive amounts of bait push into the back country.

When clients ask me, "What's your favorite month to fish?" my answer has always been September. September 1 is the opening of snook season and always one of the best months of the year to get that keeper. Labor Day weekend will be a busy time on the water, although the next few weeks following are nice and quiet out on the water, and the snook get very little fishing pressure. During the first few weeks of September, I spend the majority of my time targeting the bigger snook, both in the passes and out on the beaches. Plan your snook fishing trips around the low falling tides for the most success in the passes, or the first few hours after sun-up if you plan on fishing them out on the beaches.

While many anglers spend their time in September chasing snook, redfish action will just keep getting better and better. Hungry schools of over-slot redfish are already starting to appear. This fishery will peak by the end of October. Often these huge schools of redfish are caught by anglers targeting snook in the passes. Keep your eyes open for these schools on the flats, just inside the passes. During calm conditions, these shallow water redfish schools can be seen from a long distance away as they push across a flat while showering baitfish run for their lives.

September and October will also give anglers one last shot at good numbers of tarpon. The fall bite on tarpon can be crazy action with the fish packing on the pounds before they migrate out of our area. This time of year, these tarpon, when located, have little if any angler pressure and feed better than any other time of year. Look for these tarpon out along the beaches to be mixed in with the bait fish and mackerel.



Dick Boehning with a slot-size redfish caught while fishing with Capt. Matt Mitchell this week

Fall fishing offers anglers lots of options and is now just around the corner. Even though we won't see a huge change in our weather anytime soon, it only takes a few degree drop in water temperature to fire up the fish after a long, hot summer.

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

We 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 a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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Shawn and Laura Shaffer with Lee Tauck
photos courtesy Sanibel Captiva Neighbors Club

Neighbors Club Holds Rally At Matzaluna

Over 40 members of the Sanibel Captiva Neighbors Club came out on Thursday, August 18 for the Rally at Matzaluna. The club raised \$87.50 from the raffle



Matzaluna staff Allison Alvarado, Allen Cueno and Beth Rizzo

for CROW, and Linda Gornick won a gift certificate for Matzaluna. Thanks go to Mark Blust and his terrific team at Matzaluna, Myra Roberts for donating two color art prints and Brian Boyd for donating a magic show. Next rally is slated for October. Sign up to become a member at Hollie's Boutique or SanibelNeighborsClub.com.*

Shell Found



Christopher Lombardi

Christopher Lombardi of Hillsborough, New Jersey found a horse conch on the West Gulf Drive beachfront. This is his 17th visit to Sanibel Island and his second horse conch found.*

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Shell Found



Danielle Mancinelli with a junonia

Danielle Mancinelli of North Greenbush, New York found her precious junonia on August 4 at Blind Pass. She was dressed to go to dinner at the Bubble Room and made her parents stop at Blind Pass at low tide.

"She has been shelling here since she learned to walk," said Mancinelli's mother, Christina. "We have been coming to Captiva every year since we went on our honeymoon there 28 years ago."✱

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. Programs are held at CROW's Visitor Education Center, located at 3883 Sanibel-Captiva Road.

To make reservations, contact Rachel Rainbolt at rrainbolt@crowclinic.org or 472-3644 ext. 229. Hours are Monday through Friday from 10 a.m. to 4 p.m.; closed weekends.

Friday, August 26, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come To CROW.

Whether animals are sick, injured, or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, August 29, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

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

Tuesday, August 30, 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.

Wednesday, August 31, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

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

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

Friday, September 2, 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.

Friday, September 2, 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 60 to 90 minutes in length, including a presentation and tour. This program is open to all, but it is not recommended for children under the age of 13. A photography opportunity is available following the tour with an animal ambassadors.✱



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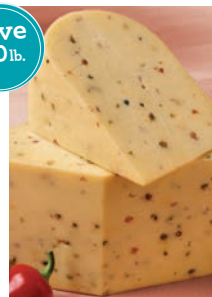
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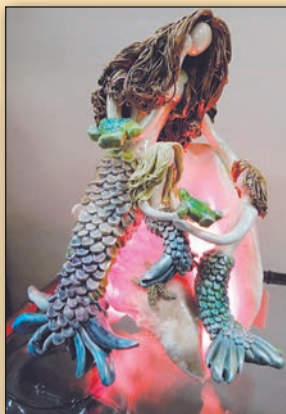
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Shell Of The Week

The Rose Murex



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

The family Muricidae of marine snails include some locally well-known and iconic

species such as the lace murex, apple murex, and Cabrit murex. A relatively uncommon member of the family, the rose murex, *Vokesimurex rubidus* (F.C. Baker, 1897) can typically be separated from its closer relatives by its coloration of pink or dark-pink spiral bands. The species is somewhat similar to cabrit murex, having comparable rows of shell spines, but is smaller, reaching less than two inches, has a relatively longer spire, and, of course, its color. As it happens with cabrit murex shells, rose murex shells found on the beach or in shell piles after storms have worn spines, but those dredged or caught in shrimp nets show long, pointy spines. Learn more about Sanibel and Captiva shells at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:

Arts & Crafts 1:30 to 2:30 p.m.



The rose murex, *Vokesimurex rubidus*. live snail photographed on drift wood, Kice Island

photos by José H. Leal and Amy Tripp

Live Tank Talks – Presented by a marine biologist

Additional daily programs begin each day at 11:30 a.m.

• Monday

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

• Tuesday

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

• Wednesday

Hands-on Science: You will learn

about the three common Southwest Florida gastropods; the Florida fighting conch, the lightning whelk and the Florida horse conch.

• Thursday

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

• Friday and Saturday

Guided Museum Tour: Your guide will give you an inside look at some of our 32 exhibits located in our Great Hall. These exhibits include Sanibel-Captiva Shells, Fossil layers, Money Cowries, Cephalopods, Calusa

Native Americans, Sailors' Valentines and World Record-Size Shells, among others.

• Sunday

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

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

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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Bank of the Islands Assistant Vice President Willy Ocasio and Lending Vice President Rob Lisenbee, center, with 10K Race 4 FISH committee members, from left, Nancy Bender, Pete Bender, Ed Ridlehoover and John Pryor

photo courtesy FISH of SanCap

Bank Returns As Sponsor Of Race

Bank of the Islands shows its support of the 8th annual 10K Race 4 FISH as a Silver Sponsor. The race, which draws hundreds of runners each year, benefits the neighbor-helping-neighbor organization FISH of SanCap.

"FISH is there day in and day out to address unmet challenges facing our neediest neighbors. That life-affirming work is often performed in a confidential and respectful way, so it can be invisible to others," said Bank of the Islands President Robbie Roepstorff. "The 10K race is a great way to shine a spotlight on the problems being tackled by FISH, and the ways in which we all can help."

Bank of the Islands has a basket for dropping off non-perishable food donations at its offices, 1699 Periwinkle Way and 14812 Captiva Drive, to help with food pantry collections.

"We genuinely thank Bank of the Islands for its wonderful contribution to FISH and its 10K race," said FISH Board Vice Chair Ed Ridlehoover, who is also co-chair of the 10K committee. ✱

Bob's Island Graphics Sponsors 10K



10K Race 4 FISH committee members, from left, Pete Bender, Ed Ridlehoover and John Pryor, far right, welcome Bob's Island Graphics owner Bob Welsh, with assistant Nancy Barnes

photo courtesy FISH of SanCap

Island Graphics has been in business on Sanibel since 1983, but in July 2015, it became Bob's Island Graphics Printing & Design when new owner Bob Welsh made it his second printing operation. Welsh has owned and operated Arthur Printing in Cape Coral for the past 20 years.

Welsh is continuing Island Graphic's Silver Sponsorship of the 8th annual 10K Race 4 FISH. "We believe in what FISH does as an organization that cares about the needs of people. It's wonderful," he said.

"The former owner (of Island Graphics) was looking to retire and I saw it as an opportunity to have a Sanibel address, so to speak," said Welsh. "We have also been blessed to have Nancy Barnes, the original Island Graphics owner, back in the shop. She understands the business and customers are always glad to see her."

Bob's Island Graphics printed the 10K Race logo and materials. Race committee co-chair Ed Ridlehoover said, "Bob did a splendid job on the printing. We certainly appreciate his continued support of the race."

The race is at 7:30 a.m. Saturday, October 15 at Sanibel Community Park. ✱

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BAILEY'S GENERAL STORE

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

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

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees.

2477 Periwinkle Way, 472-1516

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

BEACH PIEZ

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

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CIP'S PLACE

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

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

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

2055 Periwinkle Way, 472-0223

CLAM SHACK

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

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

Summer hours are Sunday through Thursday from 11:30 a.m. to 8 p.m.; Friday and Saturday from 11:30 a.m. to 9 p.m.

2407 Periwinkle Way, 472-6882



From left, July Medina, Kyle Kuhn, Juan Angeles, Amy Mancini, owner Brian Podlasek and Dayna Mazzullo of The Island Cow, now serving full liquor island cocktails

photo by Bob Petcher

ISLAND COW

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

Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m.

2163 Periwinkle Way, 472-0606

JACARANDA

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

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

Dinner reservations are suggested
1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

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

The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m.

1700 Periwinkle Way, 472-9300

LAZY FLAMINGO

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

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

1036 Periwinkle Way, 472-6939
6520 Pine Avenue, 472-5353

MATZALUNA ITALIAN KITCHEN

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

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

1200 Periwinkle Way, 472-1998

DOC FORD'S RUM BAR & GRILLE

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

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

GRAMMA DOT'S

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

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

634 North Yachtsman Drive, 472-8138

GREAT WHITE GRILL

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

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

2440 Palm Ridge Road, 472-0212

IL CIELO

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

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

1244 Periwinkle Way, 472-5555

IL TESORO

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

Il Tesoro (The Treasure) serves dinner six nights a week, excluding Monday during summer months, from 5 to 10 p.m.

751 Tarpon Bay Road, 395-4022

To advertise in the
Island Sun
Call 395-1213

OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m.

630 Tarpon Bay Road, 472-2625

PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate.

Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar.

Take out, delivery and outdoor dining available.
2496 Palm Ridge Road, 472-2534

ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu is also available. Carry out, indoor or outdoor seating.

Check out our all new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free Wi-Fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon.

Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well.

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 p.m. to midnight with happy hour from 4 to 6 p.m. and 10 p.m. to midnight.

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

The Sanibel Sprout is the island's only vegan cafe and organic juice bar. There is comfortable seating for friends to socialize and taste Chef Nikki's extended menu of plant-based gourmet cuisine. The soups – lentil, Vietnamese Pho, etc. – are popular year-round, as are vegan lasagna, Mexican taco salad, kale salad with avocado chipotle dressing and numerous desserts. The extended menu is posted on the Sprout's Facebook page.

The organic juice bar is popular with locals and visitors of all ages. Kids love the Strawberry Kiss or the Chocolate Bliss Smoothie, whereas adults favor the Coffee Sproutaccino or the green Emerald Mermaid Smoothie. Those are just a few of the juice bar favorites from an extensive menu.

The Sprout is open for breakfast, lunch and dinner from 8:30 a.m. to 7 p.m. Monday through Saturday.
2463 Periwinkle Way, 472-4499

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes.

Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m.

703 Tarpon Bay Road, 472-3128

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TRADERS GULF COAST GRILL & GIFTS

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium selling casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in this place!

The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Traders has been around long enough to have become a favored local hangout. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

Traditions on the Beach, Sanibel's first dining room, has been delighting its guests since 1895. Offering "Contemporary Cuisine, Sanibel Style," Traditions provides the highest level of service in a relaxed beachfront setting. Both the tapas menu, served in the Sunset Lounge, and the full dining room menu capture the flavors of the gulf, complemented by the unique atmosphere of the historic Island Inn.

Award winning Chef Aziz uses only the finest fresh, local ingredients to create vibrant dishes. Drink, dine and dance at Traditions on the Beach, featuring live entertainment.

Tapas and cocktails are available in the bar and lounge beginning at 4 p.m. Monday through Friday. Regular dinner menu beginning at 5 p.m. daily. Reservations are suggested.

3111 West Gulf Drive, 472-4559

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SCA Executive Director Teresa Riska-Hall chatting with Benchmark Construction supervisor Art Schuller at the job site last week

From page 1

Community House

redux” of the iconic island landmark. “It’s been remodeled a few times, added on to in the 1960s and 1970s, but this is the first time it’s had sort of a total renovation... and it really needed it,” Sharbaugh explained in a video posted on the SCA website. “The main meeting rooms won’t change in size a lot, but they’ll be redecorated completely... you won’t recognize them when you walk in the building.”

According to project managers, renovations to the nearly 90-year-old structure will include:

- Restoration of the historic North Room
- Adding a fresh, attractive exterior design befitting “Old Florida” including a new roof and porch style entryway/drop-off area
- Redesigning the building’s interior space for a more open, flexible floor plan
- Redesigning the existing kitchen and restrooms to be larger, with modern fixtures and equipment
- Adding a new conference room for smaller meetings
- Redesigning office space and storage areas for more flexibility
- Updating audio, video, Internet, electrical, plumbing and HVAC systems to efficient and effective modern standards
- Revamping the parking lot to add space and fit with new landscaping

Benchmark Construction is the general contractor for the project and architect Amy Nowacki completed the renovation designs.

So Far, So Good

During her August 17 walk-through of the busy construction site, Hall proudly pointed out a number of new amenities still in the early stages of development. They include the addition of a large storage space along the west side of the building, a new indoor space where the Sanibel Shellcrafters will meet and an expanded kitchen facility.

“This will be great for when we have two dinners going on at the same time, which we sometimes have,” said Hall, who also noted a large pass-through from the kitchen to the main room as well as a bar

area and entrance for food and beverage deliveries. “Now, we’ll have enough room for everything.”

In the auditorium, a fire suppression system has been installed. The stage will have an ADA-compliant wheelchair access along with a state-of-the-art A/V and curtain system.

The historic North Room has been restored to its original dimensions, with the small library/meeting room removed. The floor of the room could not be preserved, however, the vintage wood has been removed and placed into storage for future use.

An additional entrance along the east side of the building, which will include a covered drop-off area for visitors, leads



Work at the rear of the property includes relocating the shell shed and galley kitchen structure as well as installing a new pad for the facilities’ dumpster

into the expanded lobby. Adjacent to the lobby will be SCA staff offices, storage areas and restroom facilities.

Through the back of the still open-air space, Hall noted landscaping along the rear of the property, which workers have been able to preserve a number of trees and native vegetation. “They saved a gumbo limbo, a tabebuia and some coonties,” she said. “Everything that we wanted to save we’ve been able to save.”

Work behind the building has included relocating the shell shed and galley kitchen structure as well as installing a new pad for the facilities’ dumpster.

During the renovation, there have been a number of “surprises,” not unusual for a project of this size. In addition to requiring a new roof to be installed above the auditorium – which cost an estimated \$50,000 not previously anticipated – crews discovered a treasure trove of old library books hidden behind the wall of the main building as well as unearthing a cistern beneath the original flooring.

Although Hall isn’t accepting reservations for groups to use The Community House until after the holidays arrive, she expects the project to be fully completed before “season” begins. People and organizations interested in booking the facility should call Teresa Riska-Hall at 472-2155 or send an email to teresa@sanibelcommunityhouse.net.

Protecting A Historic Legacy
Originally built in 1927, more than 50 island organizations and over 50,000 people have used The Community House for various activities every year. Some of the more popular activities held at the structure are the annual Sanibel Shell Festival, arts and craft fairs, pancake breakfasts and spaghetti dinners, a holiday miniature golf tournament as well as fundraisers for nearly all local service organizations. In addition, the historic building has hosted weddings, celebrations of life, dances, movie screenings and more.

The idea of building such a structure was conceived by Curtis Perry, a part-time



Concept art, created by architect Amy Nowacki, depicting the North Room and entrance for the refurbished Community House
images courtesy SCA



Concept rendering of The Community House’s new eastern entrance



Teresa Riska-Hall taking pictures of the work-in-progress roof addition



The eastern entrance to The Community House



Ongoing work along the western side of the structure

Captiva resident artist. After walking the length of both islands, Perry convinced residents that a community center was needed. Going door-to-door, he not only got them to believe in the idea, he asked them to contribute money, labor and materials to make the center a reality.

Francis Bailey, Sr. donated money and materials for The Community House to be built on a parcel of land donated by Letitia Nutt. Construction began in 1927 and the facility was opened the following year.

“The citizens of Sanibel have always seen the value of The Community House,” said longtime island resident and filmmaker Rusty Farst, who earlier this year debuted a 45-minute movie, *Birthplace Of The City, Heartbeat Of Its People*. “It’s been islanders who built it, who have been stewards for it, and who will secure its future.”

Farst’s documentary (subtitled *Our Story Of The Sanibel Community Association*) includes vintage footage of events held at The Community House – from shell fairs and square dances to memorial services and fundraisers – along with a recreation of Curtis Perry’s famous walk across the islands, with John Houseman portraying the historic islander.

“The movie shows the purpose of and the value of having a house like this built here,” said Farst. “Its purpose was for the common man to have a voice and not to be governed politically. That’s why Curtis Perry wanted this built.”

And, by the end of November, The Community House will return to welcoming island residents and visitors alike back to the revered and cherished facility.✧



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Marty Stokes Band Wins Blues Challenge Award



Marty Stokes Band photos courtesy SWFL Blues Society

The Marty Stokes Band captured the band award and was presented with the people's choice award during the Road to Memphis International Blues Challenge, sponsored by the Southwest Florida Blues Society. The



Jennifer Mazziotti, saxophonist with The Marty Stokes Band

competition was held at The Rhythm House in Fort Myers. The 33rd International Blues Challenge will be held from January 31 through February 4 in downtown Memphis, Tennessee, taking place in the historic Beale Street Entertainment District. The band consists of Marty Stokes on vocals and guitars, Jennifer Mazziotti on saxophone, Daryl Best on bass and Carveth Clausen on drums. This summer, the band has been in the studio working on Marty Stokes' third CD. He has recently signed with Lake House Records. His second CD, *Leavin' Blues*, was recently released in Europe and is getting great response and an expanded audience through radio airplay. He received Album of the Week accolades on England's #1 blues podcast, and is enjoying a wide audience in both France and the Netherlands.✽✽

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Book Review

We Are Not Ourselves

by Di Saggau
The New York Times describes *We Are Not Ourselves* as "A long, gorgeous epic, full of love and caring...one of the best novels you'll read this year." Through the lives of

his characters, Matthew Thomas charts a stunning story. Eileen Tumulty, born in 1941 in Woodside, Queens, is raised playing caretaker to her drinking Irish parents and dreaming of a better life away from her turbulent upbringing. The mood in the apartment ranges from humor to heartbreak, depending on how much alcohol is consumed. Eileen wants to live elsewhere. She sets her sights on the American Dream. She falls in love with Ed Leary, a handsome young scientist. Unlike any man she grew up with, Eileen believes he'll deliver her to the cosmopolitan existence she desires. She quickly discovers Ed doesn't aspire to the same, ever bigger stakes in the American dream. Eileen wants more in life, better friends, a better house. Through the years, her determination to better their lot never wavers but just when her goal of a house in the suburbs is within reach the family is dealt a devastating blow that may rob them of any future at all. Ed's resistance to Eileen's dreams is due to the ravages of early-onset Alzheimer's. After hearing his diagnosis at age 51, Ed asks, "What are we going to do?" Eileen replies, "We are going to carry this with

dignity and grace." Unfortunately, this disease is one that doesn't just take down the sufferer; it takes down the entire family and friends. Eileen is the hero of this sweeping, multigenerational novel. She is a compelling and intelligent character who refuses to let anything take her down. The novel is not only about Alzheimer's, it's a tribute to the resilience of the human spirit and how love can overcome life's adversities. We see Eileen become bewildered as Ed begins to act more strangely. We see how it affects his work and his relationship with his son. The writing in *We Are Not Ourselves* is so extraordinary, the insightfulness about human emotion so sharp, that it's easy for the reader to become invested in Eileen's tale. I was fortunate to hear Thomas speak at a book group in Fort Myers, where one member told him he should win a Pulitzer Prize for this book. It's a gripping family saga that has received rave reviews.✽✽

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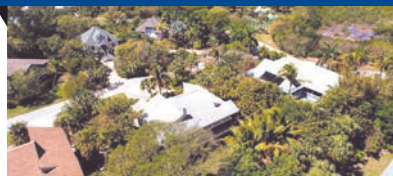
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From left, Brendan Albright, Dylan Paul, Ryan Schuetz and Preston Schuetz
photos courtesy Bailey-Matthews National Shell Museum



From left, Chris Davison, Rachel Rainbolt, Vicki Lantz, Taryn Manning, Brian Giordano, Shelby Peters, Tiffany Onischuk, Emily Frost and Kelley Riedy

Museum Hosts Young Professionals

On August 10, thirty-eight young professionals gathered at the Bailey-Matthews National Shell Museum for an August Networking Event with the Young Professionals Association of Sanibel & Captiva (YPASC).

The shell museum hosted the event, offering a 20 percent discount in their museum store, food, drinks, self-exploration of the exhibits, and a live tank talk by Education Director Dr. Lin Muilenburg, PhD. Donations were collected to benefit the museum, raising more than \$310 throughout the course of the evening.

The evening was busy and energetic, and those in attendance spent the evening in conversation,

exploring the exhibits and networking, pausing for remarks made by Laura Richardson of BIG ARTS, Paul Gulbrandsen, development associate with the shell museum, who highlighted the upcoming Celebrity Island Dinner on October 3 and the new shell ambassador program, as well as Dorrie Hipschman, executive director at the museum. "It was a very successful event," said Gulbrandsen, who has been involved with the Young Professionals Association since its inception stated. "The turnout was great and the Young Professionals, of whom I am also a member, had the chance to see the shell museum and what it is all about which is connecting people to the natural world through shells and the marvelous animals that create them."

The YPASC's next event will be hosted by Tarpon Bay Explorers on September 15 for an evening cruise. Drinks and snacks will be provided with a \$10



YPASC Member of the Month Lacy McClary of the Lacy McClary Studio

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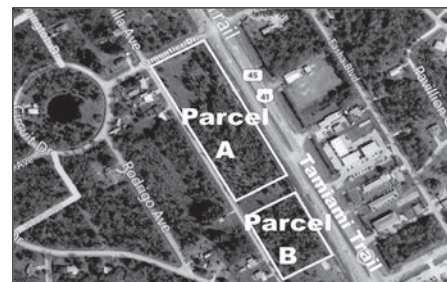
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From left, Melanie Moraga, assistant director, Bailey-Matthews National Shell Museum; Laura Richardson, development manager at BIG ARTS and YPASC founder; and Paul Gulbrandsen, development associate, Bailey-Matthews National Shell Museum

donation to benefit the "Ding" Darling Wildlife Society. Space is limited to 40 people.

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

The Young Professionals Association of Sanibel & Captiva is a new and diverse organization of talented friends and future leaders that aims to provide leadership development, networking opportunities, and philanthropic support to the islands of Sanibel and Captiva.✪

Superior Interiors (Part 1)

Most Common Decorating Mistakes To Avoid

by Barb Cacchione



Beginning Without a Plan

Before beginning a decorating project, determine your priorities, your timing, your budget and your goals. This will keep you on track throughout

your project.

Painting First – Painting is the first thing you do after your plan is in place, but paint color is the last thing you select. Painting walls prior to selecting the colors for your furnishings and flooring severely limits your color selections on everything else. For beautiful color harmony, pull your wall and ceiling paint colors from the fabric and flooring selections.

Incorrect Scale and Balance – One of the most important design principles is scale. Furniture that was appropriate in another home with eight-foot ceilings may look like toy furniture in your new home with 14-foot ceilings. Each piece of furniture should be in scale with the rest of the pieces in the room as well as the overall size and proportion of the room.

Out of Control Clutter – Whether it is collections, family pictures, throw

pillows or faux greenery, too much of anything is simply clutter. Select and display only a few important things and store the rest. Rotate items into your scheme later, if you wish. Less is definitely more.

Furniture Mistakes – Too large, too small, too delicate, too "chunky" or just the wrong look for the space. These mistakes can be very expensive and throw off your plan.

Falling for Fads – Fads are fun and fresh – and fleeting. Satisfy your whimsy with small purchases such as a wildly printed throw pillow or an eye-catching piece of wall art that can be easily and inexpensively replaced when you tire of them.

Palette – The gorgeous color matches and mixes that you've enjoyed for the last few seasons are probably on their way out. Avoid the mistake of choosing fabrics and paints that will begin to look old before their time.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coincdecden.com.✪

Course Reopens

The Dunes Golf and Tennis Club, located at 949 Sand Castle Road on Sanibel, reopened their newly renovated golf course on August 24.

Over the summer, The Dunes underwent a total renovation of all greens and bunkers.

An introductory rate of \$40 per person will be offered until Monday, September 5. Call 472-2535 to schedule a tee time.✪



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Income-Producer

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Will Power

IRS Limits Family Partnership Discounts



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

A staple of advanced estate planning techniques has been the creation of family-owned entities, usually in the form of family partnerships, LLCs or corporations. The estate planning attorney will suggest that the client place certain assets and properties (usually income-producing properties) into a closely-held entity, then gift shares or partnership interests to children and other family members.

The theory behind this technique is that by gifting a portion of a partnership, the value of that partnership interest gifted is less than the proportionate value of the underlying asset owned by

the partnership.

This is best explained by an illustration. Assume that Alfred and Alice own a commercial office building valued at \$10 million. If they transferred 10 percent of that office building to each of their two children, Betsy and Bruno, the value of each gift would be \$1 million (10 percent of \$10 million). So to transfer the 10 percent to each of their children, Alfred and Alice would have to burn \$2 million of their federal gift and estate tax exemptions.

Instead of making a direct transfer, Alfred and Alice instead first transfer the office building to a family limited partnership. Initially, each of Alfred and Alice own 50 percent of that office building. Alfred transfers a 5 percent partnership interest to Betsy and another 5 percent of the partnership interest to Bruno. Alice does the same thing, transferring 5 percent each to Betsy and Bruno.

How much in gift tax exemption have they burned? Under the present law, the 10 percent interest that has been transferred to each of Betsy and Bruno is worth something less than \$1 million. Why is that? Because an appraiser would not value the transferred partnership interest as a direct proportionate interest of the underlying office building asset that the partnership owns.

Why is that? Because no one in their right mind would purchase a 10 percent interest for a full \$1 million, especially when you are purchasing a minority interest in a partnership where you can always be outvoted by the majority partners. The partnership agreement itself probably restricts your right to transfer the interests without first offering it to the other partners. So there's another valuation discount. Moreover, there is no ready market for the partnership interest. It is not as liquid as selling stock shares on the New York Stock Exchange.

The discounts aren't complete yet. The partnership agreement could restrict the right of a partner to liquidate his interest. There's another discount. All said and done, these discounts might result in a value of the partnership interest as something less than half of the proportionate value of the underlying commercial office building. So the gift of each 10 percent interest might be valued at \$500,000 or less for the federal gift tax return, rather than \$1 million each.

The IRS has unsuccessfully fought these discounts in court cases over the years. But now it appears that many of these discounting strategies will come to an end. Treasury Regulations, which are executive office directives interpreting the IRS tax

code, have been issued and may become final sometime at the end of this year (2016) or the beginning of next (2017). These Proposed Treasury Regulations, for the most part, severely restrict a family's ability to place assets into family partnerships, LLCs, corporations or other entities and achieve these valuation discounts.

Once the Proposed Treasury Regulations become final, many of these discounting strategies will be no more. I attended a continuing education workshop today (the day that I am writing this column) where the commentators indicated that those who wish to use these strategies better implement them before these Treasury Regulations become final. Since implementing a sophisticated strategy like a family partnership takes a bit of time to consider, construct and fund, those who have been considering making gifts of family partnership interests should do so sooner rather than later.

Does this mean the end of valuation discounts as we know them? Probably. But there remain loopholes. And these regulations aren't without problems of their own that will crop up through unintended consequences.

The bottom line is that the law is about to become more restrictive and confusing than ever. If you are the owner of a large estate and you have been sitting on the fence whether to pull the trigger on some of these advanced planning strategies, time is running short.

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From page 17

CROW Case

it was moved back outside to the small flight enclosure to help reduce stress and allow the eaglet more room to move after it was seen putting more weight back on the leg.

On June 27, E8 was moved to a large outside flight enclosure. X-rays showed improvement in the infected leg, and tests were taken to see how well the antibiotics were working. Two days later, the eaglet took its first flight from the large flight enclosure and began daily conditioning to build strength and endurance to increase flight duration.

On July 1, E8's bacterial culture test results were reported to indicate the antibiotics improved the bone infection. It received an oral and safer antibiotic for two more weeks to clear the remainder of the infection. X-rays showed overall improvement and blood work remained positive.

On July 12, E8's leg infection improved to the point that antibiotics were no longer required. Its pectoral muscles were stated to have increased

in strength to aid in building endurance, agility and flight duration. Affixed carpal bumpers and tail guard were removed. The eaglet weighed in at 7.9 pounds.

On July 22, E8 began practicing hunting skills with dead prey in the large flight enclosure before live prey was introduced a couple of days later. That latter testing was deemed critical to help the eaglet thrive in the wild and increase chances for a successful return to its native area.

On July 28, E8's flying skills were said to be more coordinated with both feet being used to land. The right leg was no longer being favored.

E8 was cleared for release by CROW's veterinary staff on August 12 due to continued success in live prey testing and improvement in skills needed for catching live fish. Prior to release, CROW's veterinary staff members appeared satisfied that E8 was now in top physical condition after mastering needed hunting skills.

E8, who weighed 7.25 pounds on May 15 and 8.09 pounds on August 10, was banded prior to release.

"Since CROW does not have a permit to band, the Florida Fish and Wildlife Conservation Commission placed a band on E8's right leg at CROW the morning of his release," said Dr. Heather Barron, CROW's hospital director. "This band has a number on it and will be used to identify him if found injured or deceased."

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



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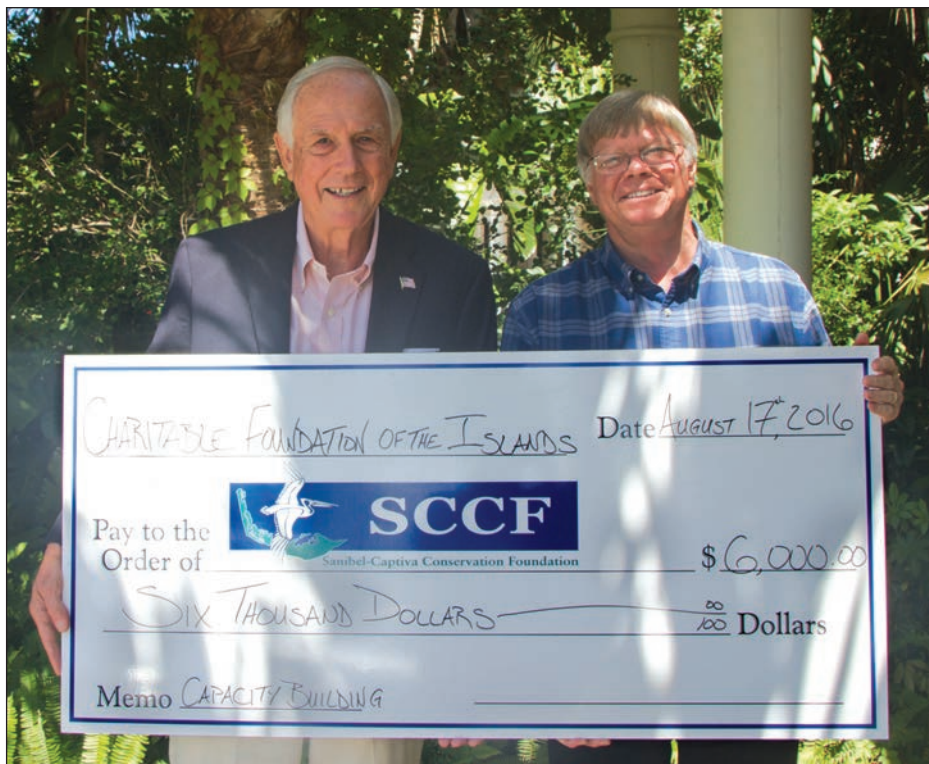


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SCCF Receives Grant From Charitable Foundation Of The Islands



Al Hanser, left, presents the grant award from Charitable Foundation of the Islands to SCCF's Erick Lindblad photo courtesy SCCF

The Charitable Foundation of the Islands recently completed its capacity building grant cycle, and chose the Sanibel-Captiva Conservation Foundation (SCCF) as an award recipient.

SCCF received a \$6,000 grant that will be used to upgrade and launch a new website, expected in early 2017.

"We are so grateful to the Charitable Foundation of the Islands for this grant," said SCCF Executive Director Erick Lindblad. "Our communication capabilities will be greatly enhanced by a new state-of-the-art web presence. This grant will be tremendously helpful as we seek matching funds to underwrite completion of the project. That would not happen without their generous support."

"As always, needs exceed resources when reviewing grant applications," said Charitable Foundation of the Islands Chairman Al Hanser. "We are very pleased we are able to jump start the philanthropy that helps our island non-profits build their capacity as strong organizations."

To learn more, visit charitablefoundationoftheislands.org or call 472-2223.*

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ISLAND SUN BUSINESS NEWSMAKERS

Top Producers

RE/MAX of the Islands recognized Chuck and Kimberley Andrews for being top marketing associates and Steve and Maxine Fisher for being top selling associates for the month of July.*



Lynda Traverso



Kit Traverso



Chuck Andrews



Kimberley Andrews



Steve Fisher



Maxine Fisher

Top Agents

The top agents for July at VIP Realty Group were: Lynda and Kit Traverso, top sales agents; Charlie Sobczak, top listing agent; and Baker-Carretta Team; top producing agents.*



Charlie Sobczak



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Arrest Of Football Players Follows Olympic Swimmer’s Stupid Antics



by Ed Frank

Just as the inspiring and exciting 2016 Olympic Games came to a close, three ugly incidents involving four Olympic swimmers and six Notre Dame football players ripped across the headlines that tarnished the Games and the storied Notre Dame football program.

But should the inexcusable acts of these athletes have a long-lasting effect on these two institutions? We hope not.

First to the Olympics. Despite the highly publicized alarms about crime, pollution, the Zika virus, unfinished venues, transportation woes and uninhabitable athletes’ housing in Rio, the 2016 Summer Olympics were a smashing success according to nearly all reports.

We marveled at the talents and skills of the 11,000 participating athletes, particularly Team USA that came home with a record 121 medals, a margin of 51 over second-place China.

For the fourth consecutive Olympics, swimmer Michael Phelps left with more medals than anyone. He won six in Rio, pushing his Olympic total to 28. Gymnast Simone Biles and swimmer Katie Ledecky each won five. All told, U.S. women took 27 golds, by far the most of any team.

The success of these Summer Games also is attributed to the beauty of Rio and the friendliness of the Brazilian people. This reporter has visited Brazil and Rio twice and can attest to the warmth and hospitality of Brazilians.

But in the closing days of the Games, the fabricated story of swimmer Ryan Lochte that he and three teammates, Gunner Bentz, Jimmy Feigen and Jack Conger, were robbed at gunpoint after a late-night party played into the fears that had plagued the

Olympics. Lochte has now lost some of his sponsors, and rightfully so.

As the Lochte episode garnered worldwide attention – an embarrassment to so many – reports followed that six Notre Dame football players had been arrested in two separate incidents after the conclusion of training camp.

Let’s give credit to Notre Dame football coach Brian Kelly, who acted swiftly by booting starting safety Max Redfield from the team and suspending cornerback Devin Butler indefinitely. Redfield had been sent home from the Fiesta Bowl last season for violating team rules.

Redfield and four other reserves were arrested near South Bend last weekend on charges of possession of marijuana and possession of a handgun without a license.

In a separate incident, Butler was charged with resisting arrest and battery of a police officer outside a South Bend bar.

In announcing the swift action against the players, Kelly said, “Their conduct fell short of what we expect from those who represent our football team and this great university.”

Good for you, Coach Kelly. Too often we have seen coaches and school officials sidestep, even ignore, the misdeeds of their players.

Time Running Out On Miracle’s Hope To Reach Playoffs

Losing two of three home games last weekend to first-place Jupiter dampened the chances for the Fort Myers Miracle baseball team to reach post-season play as the 2016 regular season winds down to the last two weeks.

The Miracle began this week with a second-half season record of 29-28, two games behind Jupiter and St. Lucie who were in a virtual first-place tie in the Florida State League South Division.

As of Tuesday, only 13 games remain, nine this month and four in September.

Fort Myers will have the opportunity to catch Jupiter again this weekend when they face the Hammerheads for three games in Jupiter. The Miracle end the regular season at home at Hammond Stadium hosting Bradenton from September 1-4.

With three first-round draft picks of the Minnesota Twins on the Miracle roster at the season’s start, it appeared the Miracle would have a competitive team. And it has been a successful season. They finished the first-half 34-35, 4-1/2 games out of first-place.

Shortstop Nick Gordon, the 2014 first-round selection, has had a solid year, batting .296 through 105 games. He’ll likely move up to Double A next season.

The other two first-rounders, pitchers Tyler Jay (2015) and Kohl Stewart (2013), had solid season starts here before being moved up to Double A Chattanooga.*

Hole-In-One



Alex Bujold recently aced the 13th hole at Sanibel Island Golf Club for his first hole-in-one
photo courtesy Sanibel Island Golf Club

SPORTS QUIZ

1. Who were the first two pitchers from the Dominican Republic to be inducted into the Baseball Hall of Fame?
2. In 2015, Mike Trout became the fastest Angels player to reach 30 home runs in a season (97 games). Who had been the fastest?
3. Earl Morrall was a quarterback in the NFL for 21 seasons (1956-76). In how many of those did he start at least 10 regular-season games?
4. Which two men’s basketball coaches share the record for most appearances in the NCAA Tournament’s Final Four?
5. Who holds the mark for most goals in an NHL season by a player 5 feet 9 inches or shorter?
6. When was the last time before 2015 that the U.S. women’s soccer team lost a match on their home soil?
7. Which horse was the last before Nyquist in 2016 to win the Kentucky Derby from the No. 13 post?

ANSWERS

1. Juan Marichal (inducted in 1983) and Pedro Martinez (2015). 2. Troy Glaus, who did it in 100 games in 2000. 3. Four seasons. 4. Duke’s Mike Krzyzewski and UCLA’s John Wooden, with 12 each. 5. The Los Angeles Kings’ Marcel Dionne had 59 goals in the 1978-79 season. 6. It was in 2004. The team then went unbeaten in 104 consecutive home games. 7. Smarty Jones, in 2004.



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School Smart



by Shelley M. Gregg, NCSP

Dear Readers, Going back to school is tough. So many schedules and time demands to cope with and that doesn't even include the dreaded

homework hassles.

Here are some apps – recommended by experts – which might help with some of the issues that families face when returning to a busy school schedule. These apps are free, easy to download and use. Most of them can be used on either an iPhone or Android. I'm sure at least one of these apps will be helpful for you and your family.

Here are some apps for organization. Good organizational skills are essential for everyone:

MyHomework

This app is a digital homework checklist and a helpful study reminder. It allows instant access to assignments and due dates for upcoming papers, tests and homework. Once you've completed a task, you can swipe right to clear it from your list. It's for free for both iPhone and Android and you can find it at myhomeworkapp.com.

Cozi Family Organizer

Cozi has a built-in calendar and to-do list, plus shopping and journal functions, to help you easily organize your family's daily assignments, practices and events. Color code each member of your family and insert their appointments, share the calendar and organize your day. Cozi also includes a chore function that allows each family member to check off tasks they've accomplished. It's free for both iPhone and Android at cozi.com.

Learning how to make and prioritize a To-Do list is a survival skill that all kids should learn. Here's a great "to-do" app:

Any.Do

This simple to-do list app makes adding and completing tasks easy and satisfying. Any.Do allows you to create as many lists as you need, prioritize your items, add notes and

set reminders. You can list your tasks as today, tomorrow, upcoming and someday and you'll never forget something again. No more mental checklists. It's free for both iPhone and Android at any.do.

When your child needs some extra academic help, here's a great app to use:

Khan Academy

Kids can sharpen their skills outside the classroom with this interactive app, which offers practice exercises, instructional videos and in-depth articles on a variety of school subjects. Great for keeping skills sharp, prepping for standardized tests, or even for parents looking to brush up on the basics. It's free for both iPhone and Android at itunes.com.

Here's another great academic app. This one is for studying a foreign language. I have used this one many times to help me refresh my foreign language skills:

Duolingo

You can learn Spanish, Danish, French or any number of languages with this super fun app. You earn points for right answers and multiple-choice challenges will test how far you've come. A counter motivates you to log in every day. It's free for both iPhone and Android at duolingo.com.

Here are two stress-busting apps for kids and their parents.

The school bus creates lots of anxiety – no one wants to miss the buss. This app can help with this:

Here Comes The Bus

This easy-to-use app tracks the location of the bus (your school needs to make it available to parents), so you can accurately plan for its time of arrival. Updates and alerts can give you a five-minute heads up, which is especially helpful on days with bad weather. The app will also send notifications regarding last-minute route changes, and can alert you when the bus arrives safely at school. It's free for both iPhone and Android at herecomesthebus.com.

Last but not least is a clever app that will ease the chore of making a healthy daily lunch:

Lala Lunchbox

This meal-planning app puts some fun into lunch prep and gets the kids involved in making smart, nutritious choices. Kids select their favorites using

monsters, colors and sounds, and their picks then translate to a grocery list for parents. Options range from fruits and veggies to proteins and snacks. And you can save the meal to your library. It's free but for iPhone users only at itunes.com.

Shelley Gregg is adjunct faculty at Florida SouthWestern State College, where she teaches

psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱

Award Of Excellence



Toni Primeaux, center, was one of the recipients of this year's Lee Memorial Health System's board of directors Commitment to Excellence Doc Coggins Award, which honors exceptional employees and is the highest formal award given to non-management staff. Also pictured is Cathy Maxwell, co-worker, and Dr. Steve Brown, board member.

photo courtesy LMHS

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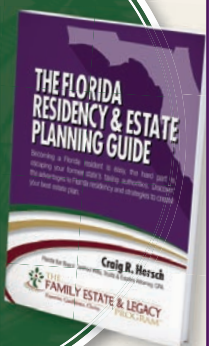
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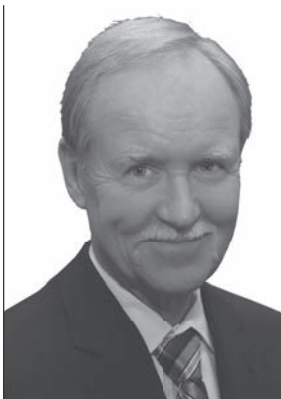
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Eden Energy Medicine

A Primer To Understand Meridian Tracing



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

Last week, I presented general information about Meridians, our energetic bloodstream. This week, you'll learn

the basic information to understand concepts associated with tracing the 14 meridians. This column acts as a reference that will be beneficial to review as you learn to trace each new meridian. I trace all of my meridians each morning in less than 1 minute. It takes about 3 months of steady practice to become proficient, but the effort is well worth it. My energy is more resilient, balanced and my perspective on life so positive, which I attribute to EEM.

Organs: Ten meridians have a defined pathway directly to the organ for which it is named. For example, heart meridian has an energetic link to the heart and thus impacts the circulatory and nervous systems. The meridians bring vitality and balance, so adjust your metabolism and determine the speed of cellular change, all of which is essential to maintain health.

Yin And Yang: Each meridian is either a Yin meridian or a Yang meridian, with opposing yet complimentary forces. This duality reflects the fundamental essence of nature, life and energy. The meridians have paired partners, one being Yin and the other being Yang. For example, the heart is a Yin meridian and its partner, the small intestine, is the Yang meridian. Together they create a powerful rhythm.

Yin tends to be the most innermost, receptive, deep, internal and solid and possesses "feminine qualities." Yin meridians are central, kidney, liver, heart, circulation-sex, spleen and lung. Yang tends to have more "masculine qualities," while being assertive, directed outward toward the world, tending to be hollow organs and are more expressive. Yang meridians are governing, bladder, gallbladder, small intestine, triple warmer, stomach and large intestine.

Low And High Tides: Each meridian has a high tide, meaning the time of day it is at its peak performance. Its energy is maximized. Twelve hours later, it will be at its low tide, meaning that is it most susceptible. For example, heart meridian high tide is 11 a.m. to 1 p.m. and its low tide is 11 p.m. to 1 a.m. Did you know that most heart attacks occur during the low tide? Additionally, each meridian has a relationship with its polar opposite in time. At heart's low tide, gallbladder meridian is at high tide.

Meridian Flow Wheel of Time:

Chinese Traditional Medicine has developed a 24-hour-cycle flow wheel in which each meridian is given its prime time. In tracing meridians, we will always begin and end with central and governing meridians, and then begin our tracing with the meridian at high tide at the time of day we begin tracing the meridians. For example, if it is 12:20 p.m., we will begin tracing with heart meridian, then follow to small intestine whose high tide is 1 to 3 p.m., then trace bladder, whose high tide is 3 to 5 p.m. and so forth until we have traced all meridians and returned again to trace heart, where we started.

Affirmation: EEM has developed affirmations for each meridian. For example the affirmation for heart meridian is, "I deeply and completely love and accept myself." Since matter follows energy, stating the affirmation literally begins to shift your view of yourself!

Beginning And Ending Points

On The Body: Each meridian has a point on the body where it begins and a point where it ends. For example, heart meridian begins under the deepest recess of your armpit and ends at the medial edge of the nail of your little finger. It is defined and easy to find.

Broad Sweep With Palms

Of Hands: Remembering that the electromagnetic pull of our hands influences our energy, by using the palm of the hand over the meridian pathway, energy will jump to meet your hands. Thus, you don't have to be perfectly precise with the exact location.

Have fun with your energy. Next week's topic is Turn off Your Radio Receiver-Trace Central Meridian.

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit 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.*

Chronic Disease Program

Lee Memorial Health System's Lee Health Solutions, in partnership with local community agencies and supported in part by a grant from the Southwest Florida Community Foundation, is offering It's All About You, a research-based, chronic disease self-management program.

Developed by Dr. Kate Lorig of

Stanford University, the program is designed for people age 18 years or older to help them learn how to better manage chronic conditions and symptoms.

The six-week workshop is held on Fridays, beginning September 9, from 10 a.m. until 12:30 p.m. The workshop is free and will be held at the Harlem Heights Community Center, 7340 Concourse Drive, in Fort Myers.

For information or to register, call 424-3122. Learn more at leememorial.org.*

dearRPharmacist

Are You Taking A Medication That Causes Anxiety?



by Suzy Cohen, RPh

Dear Readers: You wake up at 4 a.m. feeling tired, but wired and you keep twirling some person or event in your head, never going back to sleep.

Something bad is going to happen

today and you just know it.

Your chest pounds and you feel dread when you think about going to that event or speaking to a certain someone.

These are the symptoms of anxiety and some of you live with this every day, several times a day. Ruminating in a state of fear, panic or anxiety can cause other symptoms in your body that over time, wear your adrenals out and lead to severe insomnia, depression and high blood pressure. Stress can also cause ulcers.

There's a difference between an anxiety or panic attack and generalized anxiety disorder or GAD. The difference in one is finite and quick and the other is constant. GAD sufferers often expect the worse, when there's no real reason for concern or they may fret about health, money, family or work issues. When you find that these intrusive thoughts are occupying much of your day, it's time to do something about it. As a pharmacist, I bet you think that I'm going to recommend a tranquilizer, but I'm not. That is the worst, possible thing you could do and I rarely recommend drug treatment for this. In fact, I hold the opposite belief. I actually want you to consider the fact that a medication you take is causing the anxiety and changes in your mood.

For almost seven million folks with GAD, it's very possible that most of them are taking a medication that induces anxiety. Here's the list of some of the worst possible offenders, you are going to be stunned. If you take any of these, speak to your doctor because you will need to find a suitable alternative or follow very careful tapering instructions. Stopping suddenly could be a disaster. Here goes:

Tranquilizers. Shockers isn't it?! The medicine you may be taking to relax can actually lead to anxiety and panic attacks. According to a 1995 study, it was known that in almost half the patients seeking advice for anxiety, panic and phobias, the cause was either alcohol or benzodiazepine drugs like clonazepam, alprazolam, lorazepam and others. The mechanism is complicated, but it's due to a rebound arousal. Getting off these drugs is a nightmare, so I'd say don't even start.

Allergy Medicines. It's in the pseudoephedrine, which is a decongestant. This is a stimulant and can cause you to feel anxious.

Sleeping Medicine. It's hard to believe but these drugs don't put you into a restful, natural sleep. Oftentimes, they steal your REM sleep, and so, over time, you actually become sleep-deprived. Anxiety sets in.

Asthma Inhalers. The albuterol in these medications is the offender, it's great to help open up breathing passageways, but it causes a person to feel stressed and hyperactive. For a more comprehensive list of medication categories that spark anxiety, sign up for my free newsletter at suzycohen.com

*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.**

LCEC Wins Two Image Awards

Lee County Electrical Cooperative (LCEC) was recognized during the Florida Public Relations Association's Golden Image Awards banquet held in Palm Harbor on August 9.

LCEC accepted two Awards of Distinction, one for a television commercial campaign featuring more than 20 employees telling their story, and also for a 75th anniversary book highlighting the cooperative's history.

An Award of Distinction is presented to entries that meet a standard of excellence set by a panel of judges.*

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BeautifulLife:

Love Learning



by Kay Casperson

Are you learning something new every day?

Whether it's discovering facts, techniques or new ideas, I love to fill my days with learning, but living in a world where

we're always surrounded by information can be both a blessing and a curse.

Smartphones let us carry the Internet in our hands, pockets and purses at all times, which means it's easier than ever to explore, share and discuss information – and sometimes misinformation – which is why it's so important to be smart about how you're educating yourself.

But no matter how old or educated we are, we're all students in the school of life, and we're always learning lessons. Here are some helpful affirmations for staying at the top of the class.

I Surround Myself With Wisdom

Fill your environment with words, sounds and images that inspire you to learn. Immerse yourself in knowledge by going to places that nurture inquisitive minds, by seeking out people that both challenge and encourage you to learn and think for yourself, and by avoiding people, places and publications that

value gossip or drama more than facts or philosophy.

I Observe With An Open Mind

Keeping your values burning bright within you is just as vital as keeping an open mind when you observe and interact with the world around you. It can be a difficult balance to maintain, especially with the Internet and social media – where anyone can share their thoughts, feelings or snap judgments across the entire globe within seconds – but if you actively engage in learning and discovering more about the world, you're certain to become both more knowledgeable and more understanding.

I Am Constantly Learning

From the small tips and “life hacks” we pick up throughout the day, to the major experiences and life lessons we learn over time, we are always discovering new information. Sometimes we don't know what to do with it and sometimes we find out things we don't want to know, but never let uncertainty or fear stop you from exploring all of the beautiful information that life, love and learning can teach you.

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

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Weight Gain And Lifestyle Changes



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

Weight gain tends to be a problem at varying times in our lives, especially in times of change, such as during our college years, after marrying, while traveling, during retirement and around stressful and emotional periods in our lives. We believe it is possible to maintain positive lifestyle habits at most points in our lives, and to reconsider the typical excuses like "I'm too stressed" before continuing to make poor food choices.

Eating healthy is crucial, and may help you better deal with the stress of change. You can never underestimate the power of food.

Get back to basics. The first "stress foods" to kick out are processed foods and simple carbohydrates such as white

pasta, pizza, burgers, frozen meals, fast food, boxed meals and sugar-laden foods. Also, eliminate chemical-laden "energy drinks" and excessive caffeine. Unfortunately, these are typical eating habits when we feel the pressures of life and forego good judgment for a fast-paced lifestyle. Instead, eat real food. Fresh, preferably organic foods are recommended, along with filtered water and teas.

Shop the perimeter of the store, and purchase and cook whole foods. It really doesn't take that long to do, especially when you consider the benefits. You'll be amazed at how your weight will drop and your energy will increase. You might even notice the added benefit of decreased body pains.

Add exercise and strength training to this improved way of eating. Strength training can help change your physiology from fat-producing to muscle-producing. Exercise with friends for another bonus that's not only fun, but actually an additional factor in promoting health.

Get started now and get a hold of your health. Stop weight gain and the diseases that come with it in their tracks. Improving your diet will benefit you for a lifetime.

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

Got A Problem?
Dr. Connie Is In

by Constance
Clancy

Q: How do I know if I have too many stress hormones?

A: There are signs and symptoms that may indicate you have too many stress hormones.

When exposed to stress, the body tends to whisper before it yells. It may initially show up in physical form such as headache, backache, insomnia, dizziness, catching a cold, weight gain, especially in abdomen area, which could be due to cortisol. High blood sugar, GI distress, low libido, feeling anxious or depressed.

Studies have shown that people who experienced many stressors but did not view stress as harmful were no more likely to die than those who had relatively few stressful circumstances in their lives. In other words, stressed-out people who weren't worried about their stress had the lowest risk of dying than anyone in the study. It revealed

that it's not life's stressors that make us sick and miserable, however, the stories we make up about these events which translate into negative beliefs that activate chronic repetitive stress responses, shorten our life expectancy and lead us to despair.

Some integrative therapies to manage your stress include meditation, yoga, hypnosis, reiki, massage, acupuncture, homeopathy and the healing power of prayer.

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

Safety Seminars

On Tuesday, August 30, the Lee County Sheriff's Office will continue its series of free senior safety education seminars. The seminars, which will run through September 27, will take place at the UnitedHealthcare Medicare Store in the Daniels Crossing Shopping Center, located at 6900 Daniels Parkway, Suite 23-C in Fort Myers.

For additional information, call 561-9142.*

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,

We were thrilled when our daughter-in-law told us she was pregnant with her second child. The medical procedure she had to help her become pregnant worked.

However, three months later we were told the heart-breaking news that all the tests showed their child would be severely handicapped.

The doctors told her an abortion would be available to her if she decided to go that route.

It is against our religious beliefs to even consider an abortion, so now it is being left to God to give us the strength we need.

My daughter-in-law, our son, her

parents and my husband and I are all going through a terrible, worrisome time.

Do you have any suggestions to help us cope?

Sylvia

Dear Sylvia,

I am sorry to hear about your family situation. Just as our ethics, morals and beliefs guide our behavior and actions, the same ethics, morals and beliefs provide comfort and support during difficult times. I cannot even begin to understand the journey ahead for your family. My thoughts are with you all.

Pryce

Dear Sylvia,

I am so sorry about this developing problem. It is only in recent years that families know in advance about the condition of a developing child.

Handicapped children are accepted in many families with open arms and love; in others, it is extremely difficult. It is difficult for mothers, fathers, siblings and grandparents. Many marriages cannot survive and the financial costs can be enormous.

It is time for you to come to terms with your own feelings and ask yourselves if you can accept the burden and the responsibility.

Professional counseling by a licensed mental health professional may help you consider all of the available options.

Lizzie

Lizzie and Pryce's e-mail address is momandmeaging@hotmail.com.

Lizzie

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

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RAIN OR SHINE





Baked Vegetable Tortilla Towers

12 flat hard shell corn tortillas (tostada size)

1 tablespoon vegetable oil

1 red onion, thinly sliced

2 cups Florida mushrooms, thinly sliced

2 Florida carrots, sliced as thin as possible

1 medium Florida zucchini, thinly sliced

Kosher salt and fresh ground pepper to taste

1½ cups low-fat jack cheese (or your favorite), grated

1 cup home made Florida vegetable salsa (or your favorite store-bought)

¼ cup low fat sour cream

½ cup scallions, chopped
Pre-heat oven to 400 degrees. Heat oil over medium-high heat in a large sauté pan. Add onion and sauté, stirring frequently for 3 to 4 minutes. Add all other vegetables and continue cooking, stirring occasionally, until vegetables are crisp-tender, about 5 minutes. Remove from heat and season with salt and pepper.

Place four tortillas on baking sheet. Evenly distribute spoonfuls of the sautéed vegetables on each tortilla, then add a small amount of the cheese. Repeat so that you have four stacks with three tortillas each. Make sure to save some cheese for the top of the last layer.

Bake for 6 to 10 minutes until the stacks are heated thoroughly. Garnish the top of each stack with salsa, sour cream and scallions. Serve warm.✱



Baked Vegetable Tortilla Towers

photo courtesy Fresh From Florida

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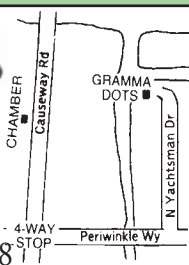
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Poison Control	1-800-282-3171
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City of Sanibel	472-4135
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Building Department	472-4555
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Library - Sanibel	472-2483
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Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
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ABWA - American Business Women's Assoc.	565-7872 or 433-7798
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Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
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Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
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PETS OF THE WEEK

Hello, our names are Cindy and Churchill. Cindy is a 9-year-old spayed female Puggle and Churchill is a 6-year-old neutered male English bulldog. Don't let our ages fool you – we are very energetic and playful. We love playing with the other dogs here at the shelter... especially one another. Maybe you could adopt us both, since we are the very best of buddies and would enjoy spending the rest of our lives together in a forever home.

Our adoption fee is \$15 (regularly \$25) during Animal Services' Olympic Pet Adoption Deals.

Hello, my name is Gabby and I'm a 4-month-old domestic short haired spayed female. But don't worry... I'm not overly talkative. I am adorable, though. I'm also pretty, bright, alert, playful, sweet and just what you're looking for in feline friend.

My adoption fee is \$30 (regularly \$75) during Animal Services' Olympic Pet Adoption Deals.

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.✱



Cindy and Churchill ID# 381895 and 668827



Gabby ID# 662304

PAWS Of Sanibel

Remy

Two-month-old Remy needs a new home. She was recently adopted to a loving family, but it turns out that two family members are allergic. She's black with green eyes, loves to be petted, sweet as can be and so cute.

To adopt Remy, call PAWS volunteer, Renae, at 671-1981.✱



Remy

Read us online at
IslandSunNews.com

PUZZLES

Answers on page 45

Super Crossword

THE FIRST REVERSED

- ACROSS**

1 Signal-enhancing audio equipment

9 Ukrainian port

15 Judge, during a case

20 Not digital, as a clock

21 Largest "little piggy"

22 As a result

23 Gave some merchandise an awful review?

25 Cultural values

26 Film's name, e.g.

27 Actress Wray

28 Winning tic-tac-toe line

29 Sans — (carefree)

30 Ancient Aegean region

31 Jazz band's job

32 Lowers a lady again while tangoing?

35 Yule libations

36 Election winners

37 Took a load off
- 38 Alarm clocks, when going off

39 Fashions articles out of yarn incessantly?

45 Osaka cash

46 Partner of parks, briefly

47 City grid: Abbr.

48 Sac fly stat

49 "Of course, amigo!"

53 Spicy Korean cabbage

55 Data about unstimulating java?

58 Antares, e.g.

61 Edible hero

64 Roo's donkey pal

65 Never took off one's teal jumper?

71 Bushes' successors

72 D major's relative key

73 Sloop feature

74 Casual pants dug out of the earth?

78 Fly in Zambia

81 Granola bits

82 Most populous Idaho county
- 83 Shar- —

85 Jr.'s junior

86 Boise-to-Las Vegas dir.

89 Magazine devoted to razor sharpeners?

94 Weather map line

98 '80s sitcom

99 Name of 13 popes

100 Broad valley

101 Thorough way to steal someone's milk shake?

105 Hostile dog

106 Clingy wrap

107 Like wet weather

108 Bruins' Bobby

109 Lass

110 Months before Octs.

111 Make amends (for)

112 What makes thin sheets stick together?

117 Calculus pioneer

118 Reciprocal

119 German

120 Lechers' looks

121 Get garbed
- 122 Devours greedily

DOWN

1 Golf number

2 Evenly matched

3 Inviting to enter with a hand motion

4 Snobby sort

5 Missouri city

6 Film critic

7 Strong java

8 Home aquarium inhabitant

9 Comply with

10 Make a hole

11 Self-love

12 Endured

13 "Ditto"

14 Fable figure

15 Saint-Saëns cello piece

16 Won back

17 Bury

18 Nissan Leaf, for one

19 Ingredients in plastics

24 Witch

30 Like pen smudges

31 Small Italian dumplings

32 Fans' shouts

33 Ordinal ending

34 Fin. neighbor
- 36 Bit of news

37 P.D. rank

40 Mumbai Mr.

41 Hoops Hall of Famer — Thomas

42 Poet's "before"

43 "Castle" ailer

44 By way of

49 Bully's retort

50 Twenty: Prefix

51 Houston baseball team, briefly

52 "— a Letter to My Love" (1981 drama)

53 Krispy — (doughnut shops)

54 Boiling

55 Slicer site

56 Store suffix with "two"

57 Extra charge

58 Replay mode

59 Bone of the lower leg

60 — -garde

62 Chinwags

63 "Smarter planet" co.

66 Pa

67 Financial paper, briefly

68 "— then ..."

69 Canon line
- 70 Novelist Theodore

75 Stud locale

76 Hue and cry

77 Middy break

79 Bandleader Puente

80 Francis Drake's title

83 Aspirin unit

84 Santa's aide

86 Launching

87 Haile — (Rastafarian savior)

88 Site of delight

89 Workers cutting timber

90 La-la lead-in

91 "My Gal —"

92 Wail loudly

93 Kind of plug

94 Haifa locale

95 Figurine, e.g.

96 Yankee rival

97 Pennant

102 Nick of films

103 Like comics

104 Knight wear

105 GoPro, e.g.

106 Manage

109 Singer Marvin

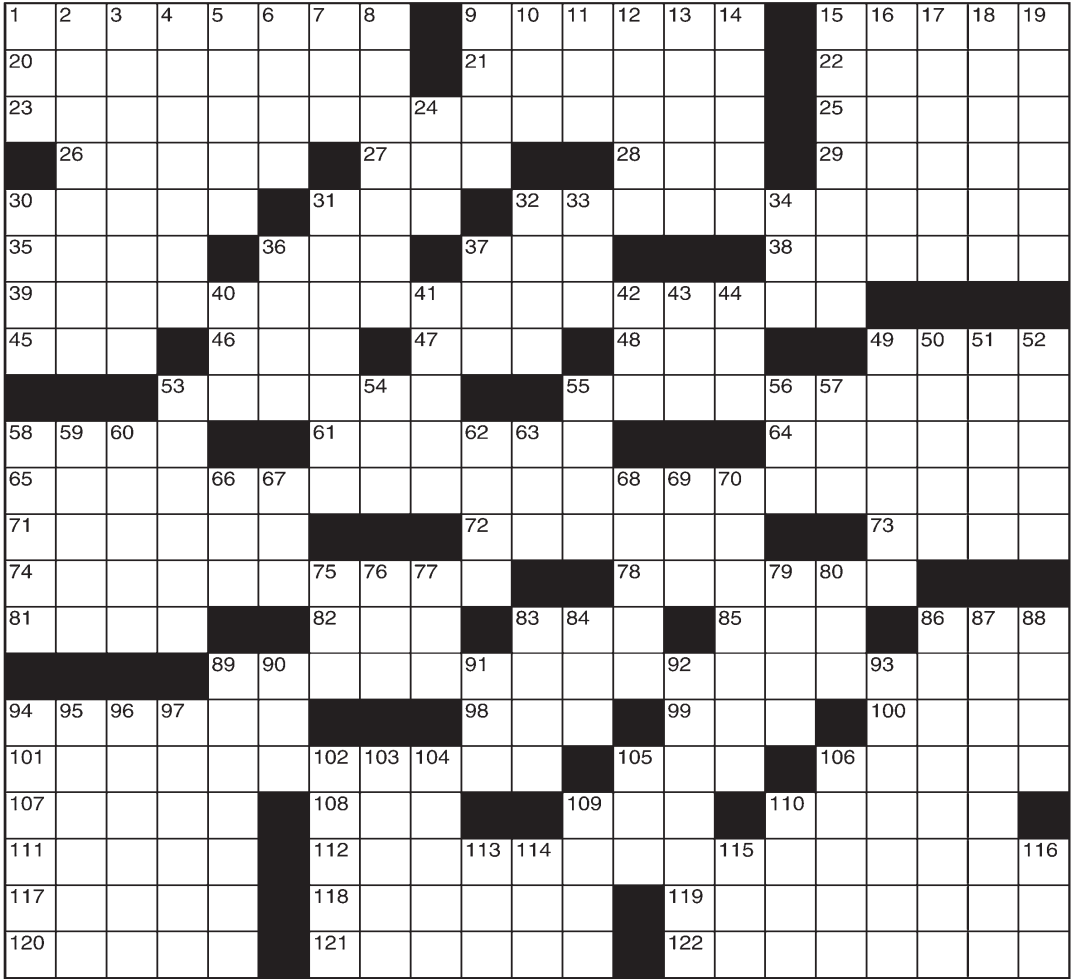
110 Comfy-cozy

113 — Jima

114 Apprehend

115 First Bible bk.

116 TV hosts



King Crossword

- ACROSS**

1 Express

4 Leprechauns' dances

8 Quest

12 Area 51 vessel

13 Arm bone

14 Sandwich treat

15 Tatter

16 "Consider it done"

18 Pat down

20 Charged bit

21 Consider

24 "Greetings, pardner"

28 Nolan Ryan specialty

32 Soft cheese

33 Brewery product

34 One's performances?

36 401(k) alternative

37 Peel

39 "Don't sweat it"

41 Trig ratio, for short

43 "Peter Pan" dog

44 Atmosphere

46 Lowly soldier

50 Super-easy decision

55 Fish eggs

56 British noble

57 Leslie Caron role

58 Pistol
- 59 Salver

60 Bit of plank ton

61 Conclusion

8 Rub elbows

9 Web address

10 Born

11 Male turkey

17 Reaction to fireworks

19 "Star Wars" initials

22 Harrow rival

23 Crenshaw, for one

25 Legal document

26 Tragic

27 Calendar period

28 DEA agent

29 Hodgepodge

30 Coop group

31 Actress
- Downey

35 Punch-bowl contents, maybe

38 With all one's heart

40 Pitch

42 Spy org.

45 Latvia's capital

47 Incite

48 Proper subject?

49 Incline

50 Profit

51 Rowing need

52 Lingerie item

53 Zero

54 Early bird?

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K R P M J H G Y D A X V S Q N
K C I S F I E D A X V T Q O M
J D I C H L S F C A Y W U R P
N L R H U L E D J H F D B Z X
V T R A C I I R Y Q O M K N I
N H C Y E P V A F S S D A A T
B A Z E Y B A L D N U K Z W S
M V I S T R D L Q O I O L N U
N E D R A G L O K M R I C U O
H F D C B A Z P X G 1 5 9 1 F

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

- 1951
Beard
Brian
Cousy
- Davies
Foust
Fulks
Groza
- Kundla
Lapchick
Macauley
Mikan
- Phillip
Pollard
Schayes



"I wouldn't say you're beefcake, honey.
I'd say your more like a _____."
answer on page 44

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!

Strong

BUSTOR

Private

METEOR

Blend

LEMING

Scout

TAPLOR

TODAY'S WORD

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

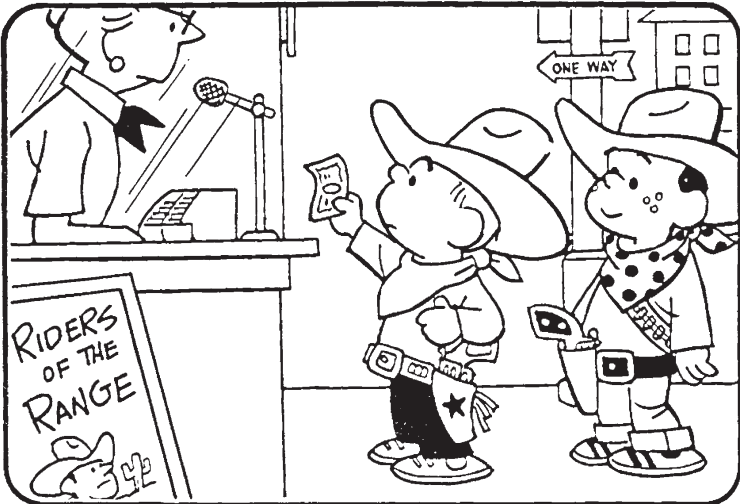
SUDOKU

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.

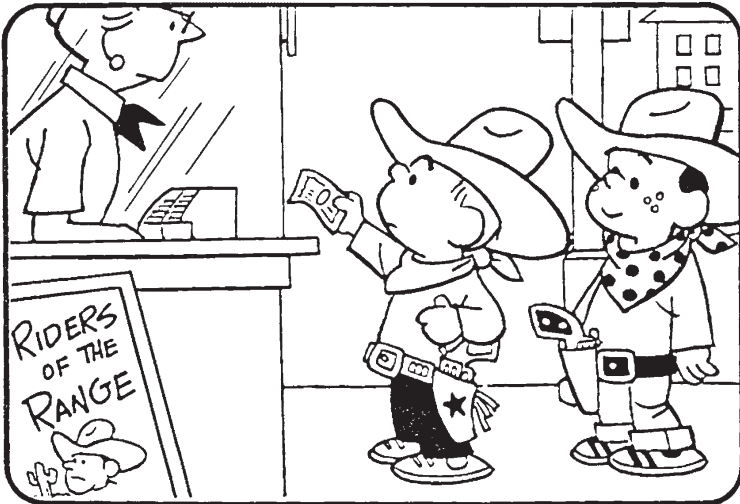
answer on page 45

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Mike is missing. 2. Poster cowboy is reversed. 3. Bill is moved. 4. Bandanna is smaller. 5. Sign is missing. 6. Bullet belt is missing.

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LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with DVS, playing classic rock and dance. Renata plays funk, jazz and contemporary on Monday. Sir Mitch plays classic rock, R&B and dance on Thursday.

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

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

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

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

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

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

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.**

My Stars ★★★★★

FOR WEEK OF AUGUST 29, 2016

ARIES (March 21 to April 19) The typically tidy Ram or Ewe might want to butt out until things are settled on the home front. But get involved and let your Ovine sense of order help restore domestic tranquility.

TAURUS (April 20 to May 20) The Bovine's flair for fine-tuning complicated fiscal dealings comes in handy when an unexpected financial problem arises. Stay with it until it's resolved to your satisfaction.

GEMINI (May 21 to June 20) Family aspects remain strong. There might be some unresolved difficulties, but continued attempts to smooth things over eventually prove to be successful. A major purchase looms.

CANCER (June 21 to July 22) A promise that was made but never kept suddenly re-emerges in your life. You now have to decide if you're still interested in what it offers or if you've moved past it.

LEO (July 23 to August 22) Romance comes to unattached Leos and Leonas who have been waiting for Cupid to target them for far too long. Domestic purr-fection is also enhanced for paired Felines.

VIRGO (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don't be ashamed to ask for help.

LIBRA (September 23 to October 22) Change makes demands that you might find unwelcome at this time. But

instead of concentrating on the short run, look toward potential benefits down the road.

SCORPIO (October 23 to November 21) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that seems to have turned from loving to lifeless.

SAGITTARIUS (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

CAPRICORN (December 22 to January 19) Most people consider you solid and steady. But you also can be quite capricious (which is a Latin word for "describing the behavior of Goats") when it suits your needs.

AQUARIUS (January 20 to February 18) People treat you as you wish to be treated. So if you want a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets.

PISCES (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

BORN THIS WEEK: You like things tidy, with no loose ends. You also enjoy research and would make an excellent investigative reporter or scientist.

THIS WEEK IN HISTORY

• On Sept. 4, 476 A.D., Romulus Augustus, the last emperor of the Western Roman Empire, is deposed

by Odoacer, a German barbarian, who proclaims himself king of Italy. Although Roman rule continued in the East, it marked the end of the original Roman Empire.

• On Aug. 29, 1533, Atahualpa, the 13th and last emperor of the Incas, dies by strangulation at the hands of Francisco Pizarro's Spanish conquistadors. The execution of the last free reigning emperor ended 300 years of Inca civilization.

• On Aug. 31, 1897, Thomas Edison receives a patent for his movie camera, the Kinetograph, which used celluloid film. In 1898, Edison sued Biograph Pictures, claiming patent infringement. However, in 1902, the U.S. Court of Appeals ruled that Edison only owned rights to the sprocket system that moved perforated film through the camera.

• On Sept. 2, 1959, Henry Ford II introduces his company's newest car, the Falcon. The compact car was an overnight success. In just one day, dealers had snapped up every one of the 97,000 cars in the first production run.

• On Aug. 30, 1967, Thurgood Marshall becomes the first black American to be confirmed as a Supreme Court justice. He would serve for 24 years before retiring for health reasons, leaving a legacy of upholding the rights of the individual.

• On Sept. 3, 1982, Apple co-founder Steve Wozniak's US Festival opens in San Bernardino, California. Entertainment included The Police, The Kinks and Fleetwood Mac, along with games for the Atari Video Computer System. The Apple Macintosh was still 18 months away.

• On Sept. 1, 1998, the Intermodal

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Surface Transportation Efficiency Act of 1991 finally goes into effect. The law required that all cars and light trucks sold in the U.S. have air bags on both sides of the front seat.

STRANGE BUT TRUE

- It's still not known who made the following sage observation: "Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this."
- You probably won't be surprised to learn that 92 percent of teens say that they use social media -- the only question there is why the other 8 percent aren't using it. It is surprising, though, that, according to a recent survey, 54 percent of teens feel their teen years would be happier if social media didn't exist.
- This contentious election season is a good time to increase your vocabulary. Between now and Nov. 8, you may find ample opportunity to use the word "calumniate," which means "to maliciously make false statements about someone."
- President Lyndon B. Johnson

- owned four beagles while he was in the White House: Edgar, Freckles, Him and Her.
- In 2011, a Denver woman named Susan Cole went to great lengths to avoid jury duty. When she arrived at the courthouse -- with curlers, mismatched shoes and deliberately botched makeup -- she handed District Judge Anne Mansfield a sob story about domestic violence, military service and post-traumatic stress disorder. She was excused from jury duty, and if she'd been smart, that would've been the end of the matter. However, a few months later, a radio talk show's featured topic was avoiding jury duty, and Cole couldn't resist telling her story in detail. Unfortunately for her, Judge Mansfield also was listening, and Cole was charged with first-degree perjury.
 - Sometimes a group of rabbits will get really excited and start to jump around wildly. When that happens, it's called a binky.

THOUGHT FOR THE DAY

"Men rarely (if ever) managed to

- dream up a god superior to themselves. Most gods have the manners and morals of a spoiled child." -- Robert A. Heinlein
- NOW HERE'S A TIP
- Hull strawberries quickly by pushing a straw through from the tip to the stem.
 - Ice cream will stay soft and scoopable if you put it in a zipper-top, freezer-safe storage bag before you tuck it away in the freezer.
 - Taco Tuesdays made easy: "Flip a muffin tin over so that the wells of the tin are poking up. Set your hard taco shells in between the wells to hold them up while you are filling them. You could even make a bunch of tacos this way and bring them to the table already made! Fun stuff." -- J.D. in Oregon
 - "To make sure you don't get any slipped stitches when you are interrupted while knitting or crocheting, just clip the work at the needle with a clothespin. It stays put, and you can pick it right back up after you are done taking a break." -- C.C. in Arkansas
 - If you love coffee, you'll extra-love

- this tip: Freeze leftover hot coffee that has been slightly cooled. Then, use the ice cubes to cool down a piping hot cup, as a base for coffee milkshakes and iced coffee drinks so they will not water down.
- "I use clothespins clipped to the top of my shower curtain to hang washcloths to dry. When they are dried out, I toss them in the laundry bin. I only do laundry one a week, and if a washcloth sits wet in the laundry bin, it starts to mildew and smell!" -- E.L. in New Hampshire

SCRAMBLERS

solution

1. Robust; 2. Remote;
3. Mingle; 4. Patrol

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Turtle Nesting Season Guidelines

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

On Sanibel, nesting and hatchling emergence typically occur between May 1 and October 31. The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's gulf beaches. This natural process has happened on Sanibel for centuries and our 11 miles of gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

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

- Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures or closing blinds and drapes.
- Remove furniture and other items from the beach and dune area when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach, including beach furniture, toys and trash, may be barriers to nesting or result in entanglement and predation of hatchlings.
- Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their way to nest or to the water.
- Pick up all trash. Sea turtles mistakenly eat debris, especially plastic, which results in death.
- Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings.

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

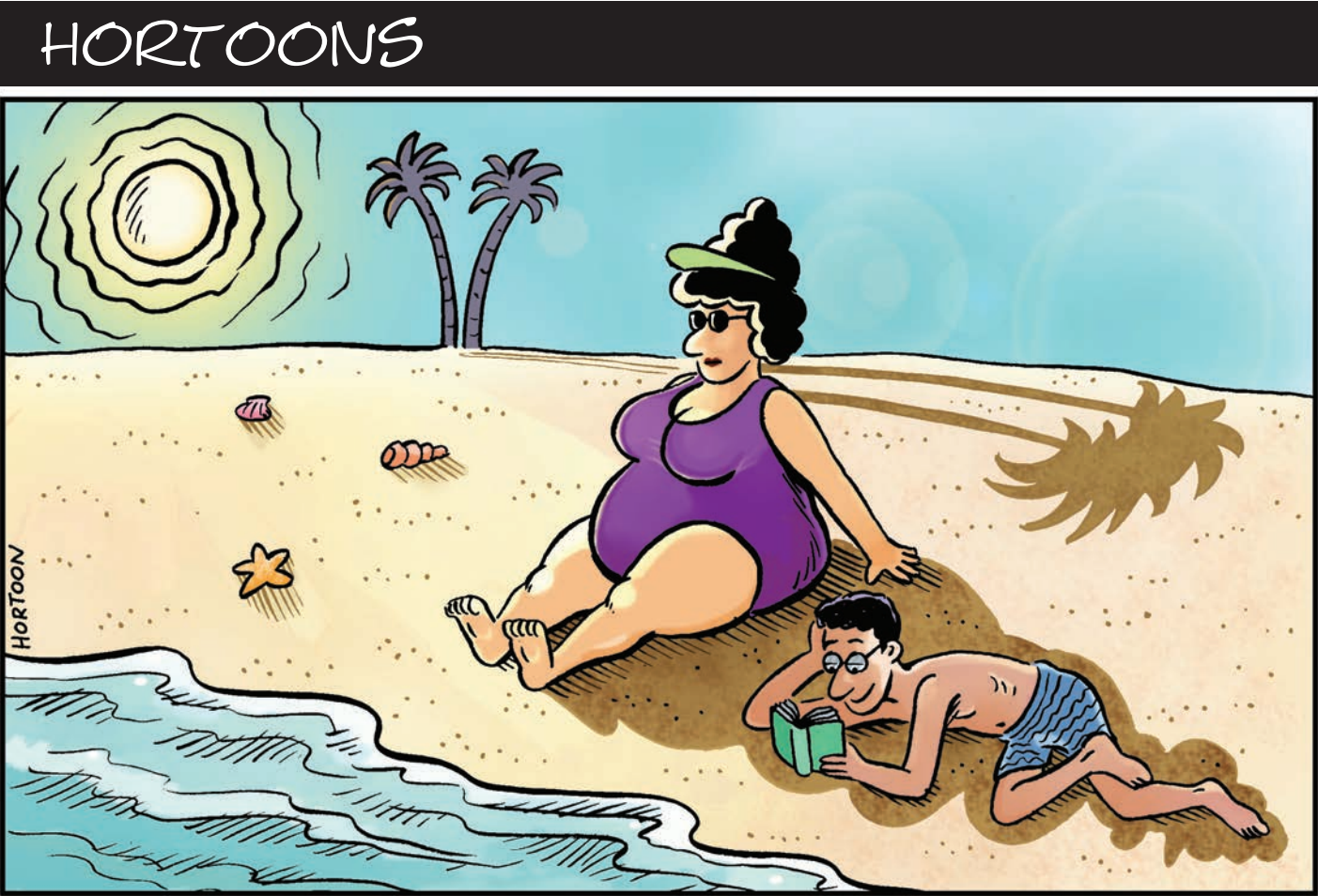


Kelly Sloan, coordinator of SCCF's Sea Turtle Conservation Program, holding a sea turtle hatchling photo by Jeff Lysiak

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

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

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



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1958	3,620	\$5,250,000	\$5,000,000	133
Not Applicable	Captiva	2000	2,606	\$1,875,000	\$1,705,000	56
Sanibel Harbours	Sanibel	1982	2,500	\$1,495,000	\$1,380,000	0
Southport On The Bay	Bonita Springs	1995	2,789	\$1,199,000	\$1,000,000	216
North Star Yacht Club	North Fort Myers	2007	4,753	\$1,199,000	\$1,150,000	113
Not Applicable	Sanibel	1979	2,238	\$979,000	\$924,000	340
Cape Coral	Cape Coral	1989	3,671	\$799,900	\$755,000	156
Cape Harbour	Cape Coral	2002	2,410	\$799,900	\$775,000	20
Cape Coral	Cape Coral	2001	3,232	\$789,000	\$750,000	75
Cielo At The Colony	Bonita Springs	2015	2,961	\$761,510	\$761,510	49



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