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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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Shell Museum Unveils New Exhibits

by Jeff Lysiak

Visitors to the Bailey-Matthews National Shell Museum should expect to experience a considerable “wow factor” the next time they visit the Sanibel institution, where 15 new exhibition features were recently installed on both the ground and main floors.

At the entrance to the museum’s Great Hall of Shells (main floor), a nine-panel exhibit, entitled Journey to the Center of a Shell, explains shell growth, the lifestyles of mollusks along with some amazing adaptations displayed by the animals which live inside these shells.

On the ground floor, visitors will now be greeted by a set of vibrant panels explaining the wonders of shelling on Sanibel and Captiva, and how to make the most of your shelling experience on the islands.

Last week, Dorrie Hipschman, executive director of the museum, along with assistant director Melanie Moraga and facilities manager Lorin Buckner, surveyed the progress of the installations, which were to be completed by August 27.



Dorrie Hipschman, executive director of the Bailey-Matthews National Shell Museum, checking out one of the new interactive exhibits – entitled Drillers: Predators with Terrible Table Manners – installed last week

photo by Jeff Lysiak

“This is a big project that we’ve been planning over the past two years,” explained Hipschman. “The new exhibits’ features will be highly interactive, with videos and hands-on activities that will be fun for kids and adults to explore while learning more about shells and the animals that create them.”

On the ground floor, six individual panels focus on:

- Shells of Sanibel & Captiva
- Prepare To Shell
- How To Shell
- When To Shell
- Where To Shell
- Remarkable Finds

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Goss, Maughan Fail In Primary Election Bids

by Jeff Lysiak

In Tuesday’s Lee County Primary Elections, Sanibel Island residents Chauncey Goss and Jason Maughan fell short in their bids for federal elected office.

Goss, the Sanibel City Council member who had been running against Naples businessman Francis Rooney and fellow Collier County resident Dan Bongino in the U.S. Congressional Representative District 19 race, earned 32.59 percent of the vote. Rooney won the election with 50.02 percent of the vote, while Bongino garnered 17.40 percent of ballots cast.

Maughan, one of the city’s planning commissioners, had sought election against incumbent Lizbeth Benacquisto of Fort Myers in the State Senator District 27 race. Benacquisto won the election with 68.59 percent of the vote, with Maughan earning 31.41 percent of ballots cast.

Rooney will square-off against Democrat Robert Neeld and write-in candidates David Byron and Timothy Rossano in the November 8 General Election; Benacquisto faces write-in candidate Dakota Austin Eads.*

Call To Artists For BIG ARTS Exhibit

The BIG ARTS fine arts season just launched with two exhibits: The Visual Voice – New-Press Exhibit and Doug MacGregor’s Campaign Cartoons, 1980-2106, A Hysterical and Historical Retrospective.

Submissions are open for the upcoming juried show, titled In The Night. The deadline is Thursday, September 29. Complete information and digital entry forms are required and can be found online at www.bigarts.org.

The exhibit is open to all artists. Entries can relate to anything nocturnal, whether spooky or splendid. Artwork can be in any medium, including sculpture, which reflects or evokes the nighttime.

The exhibit runs from October 26 through November 26 in BIG ARTS Phillips Gallery.

There will be four other BIG ARTS juried shows throughout the season, including Buy It Off The Wall, which will run from November 30 through December 30 in BIG ARTS Founders Gallery. This juried show is for BIG ARTS members only and is not digital submission. All works in the exhibit will be for sale, which will be just in time for the holidays. Become a member and join the exhibit.

A unique juried show in BIG ARTS Founders Gallery



West Side Market by Diane Olsson

will be The Itty Bitty Art Exhibit of miniature two-dimensional treasures of varying mediums, which runs February 8 through March 18.

The final two juried shows are After Rauschenberg in Phillips Gallery and Pressing Matters in Founders Gallery from March 22 to April 29.

After Rauschenberg is named after the famous artist Robert Rauschenberg, a former Captiva resident. Rauschenberg is known for his “combines” of the 1950s, in which he used unique items in his innovative works. He was also well known for his work in painting, photography and printmaking.



Night Diner by Peter Zell

images courtesy BIG ARTS

The final juried exhibit, Pressing Matters, is an open, juried exhibit for all forms of printmaking. Submitted work can be woodcuts, etchings, engravings, lithographs and other graphic techniques. Each entry will be an original hand-pulled piece.

For deadlines on submissions for juried shows and more information about BIG ARTS fine arts exhibits, visit www.bigarts.org, call 395-0900 or email lhuff@bigarts.org.*

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Sanibel Full Of Charm And Beauty

submitted by David Roman

Paradise is the habitat for everlasting happiness. Does such a place exist on earth in the here and now or is it just an offspring of imagination? I would answer that question with a resounding yes! It is not the product of fantasy. That place here on earth is Sanibel Island.

The mixture of sun, moon, sand and salt forms a base of inspiration for persons of all walks of life. Sanibel touches every soul and can move one to no end. Contemplation and recreation are Sanibel's favorite pastimes. The Shangri-La of poets, authors, artists and the like, it is also the ultimate "sand box" for children of all ages. The finest memories ride the waves along Sanibel's shores cradled within the confines of its shells and framed in its glorious sunrises and beautiful sunsets.

There seems to be a connection between its elements and our constitutions, a natural bond forged since the beginning of mankind, a supernatural journey illustrating our creator's handiwork. The workmanship is often highlighted by a rainbow or the most dramatic of firework displays as a storm approaches in the night. Let's not forget the silhouette of dolphins at play against the backdrop of a shining sea. His love for all of mankind is expressed within and throughout.

All the elements can be soaked-in, nourishing our bodies and soothing our thoughts. With the attention that Sanibel gives to us, one can only conclude that we are all called to our lives with special meaning, great purpose and value.

No matter the moment, peace and tranquility abounds. It is the common thread woven into every moment and every activity. Sanibel is a place where minds are cleared and senses renewed. Many an uneven complexion is brushed over with the finest in cosmetics: a good, old-fashioned tan. Along with a shoulder to rest on, its' sun and sea provide heat therapy and cool compresses for all of our aches and pains.

One can never get enough of Sanibel. There is no such thing as, "What time is it?" There is no such thing as, "Too much of a good thing is no good for you." Most idyllic, Sanibel is our "Paradise Found."**



Waves washing up along Sanibel's shoreline

photo courtesy David Roman

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Children’s Programs At The Library



Weekly storytime program at Sanibel Public Library photo courtesy Sanibel Public Library

Deanna Evans, Sanibel Public Library new youth services librarian, invites families to come in for a kid’s program, or just to say, “hello.” The library has added many new teen and children’s books to the collection in print as well as eBooks. The library offers downloadable magazines, music, comics, movies, audiobooks and TV shows for kids. To learn more about the OverDrive, Zinio and Hoopla apps, contact the library at 472-2483.

The After-School Clique meets on Tuesdays from 3 to 4 p.m. through September 20. This program presents never-knew-existed books, puzzles, games

and crafts designed for children in third through fifth grades.

Family Storytime is offered on Wednesdays at 10 a.m. and 1 p.m. This program, for ages 5 and younger, helps develop pre-reading skills through songs, rhymes, finger-plays and stories. Length is approximately 30 minutes plus activities.

continued on page 7

Historical Village Gets New Signs

New informational signs have been installed at the Sanibel Historical Village, thanks to a donation from Al and Sally Hanser on behalf of the Sanibel Captiva Trust Company.

Historical Village Manager Emilie Alfino said, “Signage is one of the most important things at a museum. Ours were in dismal condition, and we’re thrilled with the new signs. Many people visit the village at times we’re not open, so this signage is very important. The new signs will enhance visitors’ experience. We’re very grateful to the Hansers and the Sanibel Captiva Trust Company.”

The Sanibel Historical Museum and Village re-opens for season October 18. Hours are Tuesdays through Saturdays from 10 a.m. to 4 p.m. Full-guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS). There is handicap access to all buildings. Admission is \$10 for adults (18 and over). Members and children are free. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.*



Al Hanser and Emilie Alfino photo courtesy Sanibel Historical Village

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College students studying on campus photo courtesy Sanibel Community Church

College Preparatory Course

Sanibel Community Church will host a college preparatory course for high school juniors and seniors and their parents. The course, titled To Know With Certainty, is designed to address intellectual challenges to one's faith that will be encountered in the lives of youth after high school. The first half of the course runs seven weeks from the introduction on Sunday, September 18 to Sunday, November 6.

Along with the course is the College Planning Workshop by College For Less, Inc. that addresses selection, financing and succeeding at college. The workshop is open to all interested parents and high school students. The workshop will be held from 9 a.m. to 1 p.m. on Saturday, September 24 and will include lunch.

Both events are free and will be held in the SCC youth area. Register by calling the Sanibel Community Church office Monday through Thursday at 472-2684.✱

Sanibel-Captiva Art League

Art League Exhibit Continues



Jean Eaton



Carolyn Johns

Island visitors and residents are welcome to view paintings by members of the Sanibel-Captiva Art League in the annual summer art exhibit at the Sanibel Public Library, located at 770 Dunlop Road.

Many of the tropical scenes in watercolor, oil and acrylic were done during the art league's Thursday paint-outs. There are also still lifes, abstracts, florals, landscapes and wildlife in a variety of media.

The artwork extends around side walls and also hangs on the back wall of the library's expanded media center. Residents and visitors are welcome to use the library facilities including computers, Internet connection, eBook availability, periodicals, DVDs, CDs, tapes and reference material.

For library hours and upcoming events, call 472-2483 or visit www.sanlib.org. For more information on the art league, log on to www.sancapart.com or write to San-Cap Art League, P.O. Box 1192, Sanibel, FL 33957.✱

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From page 1

Shell Museum



Melanie Moraga, the shell museum's assistant director, demonstrating a hands-on feature which shows the innards of a southern quahog clam photos by Jeff Lysick

"People will be able to share their shelling photos by emailing them to us, and then we'll be posting some of those images on this display," said Moraga of the Remarkable Finds feature, which includes three video panels.

Upstairs on the main floor, the entrance to the Great Hall of Shells includes nine new panels featuring interactive displays, fun facts, hands-on activities – such as testing the strength of a shell's surface – and other informative and educational mollusk-related data.

Although the exhibits had yet to be opened before last Friday, Hipschman reported hearing quite a bit of positive feedback from museum guests.

"I spoke with a number of visitors who were walking through while we were still working on installing the new exhibits," she added. "People told me that they were thrilled and couldn't wait to come back and see them. All of us can't wait to see the reaction we get."

The new exhibits were funded through a grant from the West Coast Inland Navigation District.

Open daily from 10 a.m. to 5 p.m., the Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road on Sanibel. For more information, visit www.shellmuseum.org or call 395-2233.✪



Daniel Butler installing a video monitor in one of the new ground floor exhibits

From page 4

Children's Programs

A Middle Grades Group is held on Wednesdays from 2:45 to 3:45 p.m. through September 21. Community service hours are offered.

After-School Crew meets weekly on Thursdays at 3 p.m. through September 22. The program features activities designed for children in kindergarten through second grade. A snack is also provided.

If kids love dogs and books, they can read to Bessie, a bearded collie and a Reading Education Assistance Dog (READ). 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. Readers can sign up on-the-spot, with the program finishing by 5 p.m.

These programs run through September 22 and then resume again in mid-October. Snacks are offered for school-age children. There is no registration required and no cost to participate.

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

For more information, contact Deanna Evans at 472-2483. A complete list of youth programs is on the library's website www.sanlib.org.

The library's teen space has two MacBook laptops, which can be used for research, printing assignments or web browsing.✪

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

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Floodplain Management Committee Working Towards Goals

by Jeff Lysiak

Last week, Sanibel's Floodplain Management Planning and Mitigation Advisory Committee gathered at MacKenzie Hall to discuss updating the city's Comprehensive Floodplain Management Plan, reviewing the 2005 edition of the plan, flood protection activities and the Special Flood Hazard Area (SFHA) depicted on the current Flood Insurance Rate Map (FIRM).

The six-member committee, headed by Sanibel Police Department Lt. William Dalton, also includes building department official Harold Law, planning department director Jim Jordan, assistant city engineer Sandy Larsen, flood insurance expert and planning commissioner Chris Heidrick and realtor Eric Pfeifer.

On August 24, the committee – established by resolution passed by the Sanibel City Council on May 3 – met to continue working on organizing and preparing the city's Floodplain Management Plan. According to a staff report on the establishment of the committee, the group will:

- Assess the floodplain and related hazards
- Assess the challenges and problems faced by the City of Sanibel with respect to flooding and floodplain management
- Set goals to address floodplain management and mitigation strategies
- Review potential activities, strategies, projects and planning to address appropriate floodplain management for the City of Sanibel
- Draft an action plan to address floodplain management planning, flood hazard mitigation and related activities

"Benefits of good floodplain management include increased public safety, reduction of damage to property and public infrastructure, avoidance of economic

disruption and losses, reduction of human suffering, environmental protection, preservation of floodplains in their natural state, and reduction of flood insurance rates," the report states, in part. "The City of Sanibel has incorporated many principles and practices of good floodplain management into its land development regulations."

Members of the committee reviewed the proposed documents meticulously, making recommendations on draft language and renumbering certain sections of the management plan.

"This is a lengthy process, but we are working on it," Dalton said during last week's hour-long session.

In addition to the seven stated goals of the committee – which include continuing using the effective damage reduction and mitigation activities that minimize the flood threat through appropriate and proactive floodplain management regulations, maintaining limitations on improvements to buildings that do not conform to current flood regulations, continued implementation of stormwater management regulations, preservation of lands owned and managed for conservation purposes, maintaining the structural components of the Surface Water Management System and providing a remote monitoring component to improve its efficiency in threat warning and flood control – Larsen suggested adding language related to sea level rise.

The committee also stated one of its primary goals is to continue to provide information to the community regarding the island's flood threat, assistance in minimizing that threat, and flood insurance.

The next meeting of the Floodplain Management Planning and Mitigation Advisory Committee will take place on Wednesday, September 21 beginning at 11:30 a.m. in MacKenzie Hall, 800 Dunlop Road. Members of the public are encouraged to attend and provide input.✱



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American Legion Post 123

On Sunday, September 4, American Legion Post 123 will hold a potluck picnic celebration to support American veterans. All are invited to stop by for music and drink specials from 1 to 8 p.m. On Sunday, September 11, the legion will serve barbecued ribs and chicken all day long.

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 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.✱

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Sep 15 Gulfshore Trio

at 7:30pm. This ensemble is well-known throughout the area for presenting an appealing and diversified repertoire – from the chamber



Masterworks of Mozart to music on the lighter side. Enjoy this evening with the Gulfshore Trio, comprised of accomplished violinist Reiko Niiya; concert pianist William Dawson, soloist with the Boston Pops and various other orchestras;

and phenomenal young cellist Shea Kole. **Tickets are \$20 online at www.shellpoint.org/concerts, or call (239) 454-2067.**

**Sep 20
Boost Your Electoral
Knowledge**

at 10am. While many know that the U.S. president is actually chosen indirectly by an Electoral College, most know very little about this body. This lecture reveals the secrets of the Electoral College, including who its members are, how they are chosen, and



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of Lifelong Learning**

what they do. Explore other complicated features of the U.S. and Florida electoral systems, including primaries, conventions, and single and multi-member districts. **Tickets are \$10.* Call (239) 489-8472 to reserve your place.**

**Sep 21
The Changing Face
of Nature at 10am**



Critically acclaimed Sanibel author Charles Sobczak will provide a thoroughly entertaining, beautifully illustrated discussion on numerous birds, reptiles, and mammals that thrive throughout Southwest Florida. The author of three award-winning nature guides will describe how wildlife has found habitat in the least likely places, including accidental preserves like the Venice Audubon Rookery, Harn's Marsh, and more. **\$10 tickets are required* in advance by calling (239) 489-8472.**



**Sep 22 & 27
Ancient Persia
and Alexander,
2 Sessions**

at 4:30pm. The Persian Empire dominated the western world for 200 years before Alexander

became the king of Macedon and Greece. Learn how Alexander crossed the Hellespont and challenged the might of the unconquered Persian Empire. To this day, he is considered to be the greatest military genius and leader the world has seen. Join Professor Adrian Kerr for this two-part lecture series. **Tickets for this class are \$10 each session.* Call (239) 489-8472 to reserve your place.**

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FREE Sep 30

Trinkets & Treasures Sale from 9am to 3pm in the Grand Cypress Room in The Woodlands Commons at Shell Point. Don't miss this eclectic shopping event, featuring a collection of interesting treasures sold by Shell Point residents. From housewares to collectibles, this sale has it all! Find great deals on an incredible assortment of unique, previously used items. **Admission is free. Call (239) 454-2057 for more details.**



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

SHELL POINT
Retirement Community

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation

**Visit www.shellpoint.org/events
for full listings of this month's events!**

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

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OBITUARY



PAUL F. MCCARTHY

Paul Francis McCarthy, 63, died of natural causes on August 23, 2016 on Captiva. Paul was an acclaimed business leader, attorney, environmentalist and world traveler. He is survived by his mother, Eleanor McCarthy of Hingham, Massachusetts, siblings Michael (Maryellen) McCarthy of Hingham, Massachusetts, Maureen (Jack) Ghublikian of New Seabury, Massachusetts and

Jack (Cathy) McCarthy of Sudbury, Massachusetts as well as nine nieces and nephews and nine grand nieces and nephews. He also leaves behind his close-knit family at Captiva Cruises along with many devoted friends around the world who counted him as family.

Born and raised in Boston, Paul graduated from St. Gregory's Grammar School and the Boston Latin School,

earned an undergraduate degree from Stonehill College as well as an MBA and law degree from the University of Notre Dame, and a masters of public administration from the Kennedy School of Government at Harvard University.

Originally a corporate attorney at Sidley & Austin in Chicago, a career change into the boat and tourism business inspired the first architectural tours of Chicago from the water. Launching Chicago from the Lake, Paul embraced the boating, special events and hospitality business full-time. Winter weather led him to Florida, where he founded Captiva Cruises in 1986 to craft excursions to the nearby waterways and barrier islands. In 1991, Paul moved to Captiva full time, built McCarthy's Marina and became a leader in the community, serving on the boards of the Sanibel-Captiva Conservation Foundation, the Sanibel & Captiva Islands Chamber of Commerce, the Captiva Island Historical Society and the Captiva Civic Association.

Paul has left a rich and full legacy of stewardship and ecotourism embodied in Captiva Cruises to respect and appreciate the natural beauty of Southwest Florida. In 2013, he was honored as the Businessperson of the year by the Sanibel & Captiva Islands Chamber of Commerce. In 2014, he received the Junonia Award and the Chrysalis Award for Eco-Innovation in 2016. Both are prestigious awards

sponsored by the Lee County Visitor & Convention Bureau and the Greater Fort Myers Chamber of Commerce.

Paul had many varied interests and experiences, including six months of service in the White House as executive director of the America's Millennium initiative, culminating in the nation's New Year's Y2K Millennium celebration. He also served as executive director of Earth Day 2000 at the United Nations in New York. He recently completed a highly successful term as commodore of the Captiva Island Yacht Club, where he led many excursions, including visits to the America's Cup in San Francisco as well as Newport, Rhode Island and Havana, Cuba. Paul enjoyed skiing in Telluride and vacations on Martha's Vineyard.

Paul had a generous spirit and a zest for life. He loved to share his laughter and passion with everyone who touched his life.

A wake will be held on Friday, September 9 at the Dolan Funeral Home in East Milton, Massachusetts, followed by a funeral mass on September 10 at St. Gregory Parish Church in Dorchester, Massachusetts. A celebration of Paul's life will also be held on Captiva in early December; details will be forthcoming.

In lieu of flowers, donations may be made to the Sanibel-Captiva Conservation Foundation, the Captiva Island Historical Society, the Barbara Sumwalt Museum and the Epilepsy Foundation.*

FREE! LABOR DAY BRUNCH OF LOVE

**Sunday, September 4
9 a.m. to 1 p.m.**

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BAT YAM-TEMPLE OF THE ISLANDS

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472-2173, www.saintmichaels-sanibel.org

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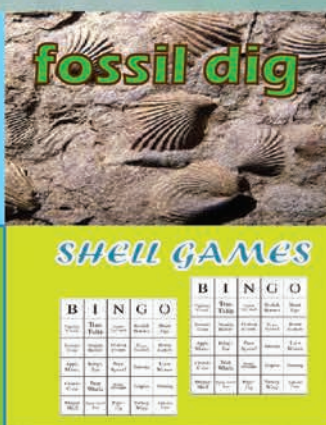
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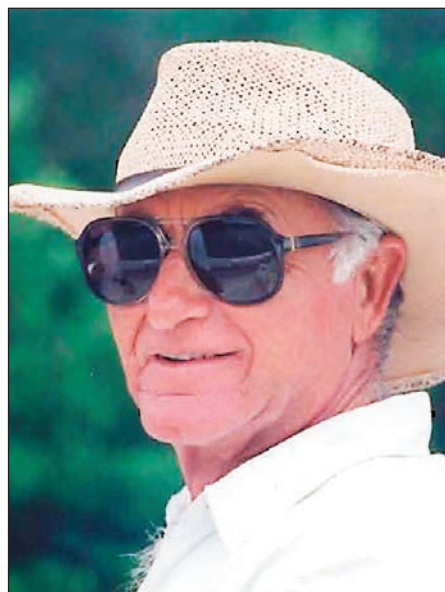
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OBITUARY



ROBERT SABATINO

Robert Sabatino of Sanibel, Florida passed away with his loving family by his side on Wednesday, August

24, 2016 following some recent health challenges. He was 80 years old.

Robert was born on December 29, 1935 in New York City, the son of proud parents Sylvia (Farber) and Leonard Sabatino. He was a veteran of the United States Coast Guard who later became a Merchant Marine Certified Captain. For many years, he was a motor vessel operator and fishing guide on Sanibel Island, Florida. This was a labor of love he continued to enjoy until an age when most people had retired. He leaves behind his loving children, Ronnie and Sherry Sabatino.

The family is currently planning a memorial service to take place on the island for a date in September. More information will be announced at a later date.

To share a story, leave a tribute or to offer condolences to the family at this difficult time, visit Robert's memorial webpage at www.fortmyersmemorial.com and sign his guestbook.

To send flowers or a memorial gift to the family, visit <http://www.fortmyersmemorial.com/obituaries/Robert-Sabatino/#!/Obituary>.

General Store Wins Prestigious Industry Award

Bailey's General Store recently captured the LocalLEE Grown Award at the prestigious Industry Appreciation Awards, hosted by the Lee County Economic Development Board's Horizon Council. The award recognizes businesses that have a history of growth and contribution to the county.

As the second-oldest business in Lee County and an integral part of Sanibel and Captiva, Bailey's was called a perfect fit for this award.

"We are ecstatic to receive this generous award from the Horizon Council and humbled by the response of our neighbors on the islands," said Bailey's General Manager Richard Johnson. "Thank you to the Lee County Economic Development Board for hosting this award, our staff for making this a great store to visit and

the people of Sanibel and Captiva for their unmitigated support."

Mayor Kevin Ruane added, "On Sanibel, shop locally is more than a slogan or catch-phrase, it is a way of life."

Frank P. Bailey founded Bailey's General Store DBA Sanibel Packing Company in 1899. During that time it provided any and all supplies to the community and homesteaders.

In 2016, Bailey's provided a number of products and services to the community, including a coffee bar, a hardware store, a deli and bakery, a produce department, an old fashioned butcher shop and seafood market with the freshest meats and fish and a grocery department.

Bailey's also offers Bailey's Marketplace at Sundial Resort, where guests can find made-to-order sandwiches as well as beach goodies and essential grocery products.

The kitchen is also shared by Sanibel Catering Company, where hosts can organize events from backyard barbeques to formal affairs.✱



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If you haven't heard, Doc Ford's Sanibel is moving its flagship location to our brand new building across the street from Bailey's Shopping Center!



*We look forward to you joining
in on the fun!*

'Ding' Days Photo Contest Deadline Nears



Reddish egret

photo by Michael Femal

The deadline for the 28th annual "Ding" Darling Days Amateur Nature Photography Contest is September 15. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days, held from October 16 to 22.

Winners will be announced and awarded prizes at Conservation Art Day during "Ding" Darling Days on Saturday, October 22. For an entry form and other contest information, visit dingdarlingsociety.org/articles/photo-contests or contact DDWS at sarah@dingdarlingsociety.org or 472-1100 ext. 233.

Entries may be delivered in person to JN "Ding" Darling National Wildlife Refuge or by mail to "Ding" Darling Wildlife Society (DDWS), One Wildlife Dr., Sanibel, FL 33957 (Attention: Sarah Lathrop).

Contest rules are as follows:

- There is a \$25 per person entry fee that provides you with a membership to the society and is used to defray the cost of the contest. One \$25 fee covers two entries per person.
 - Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).
 - Photos must be taken at JN "Ding" Darling NWR and must have been taken within two years of entry date.
 - Photos must be 8" x 10" (or full frame 8" x 12") with an 11" x 14" mat. This will facilitate display in the Visitor Center. (Please, no hangers on the backs of photographs.) Frames are not permitted. Please submit a digital copy on a CD/DVD/Flash Drive. Each photo must be at least 2MB. The two photo entries can be copied onto the same CD/DVD/Flash Drive.
 - Each person may enter up to two photos but is eligible to win only one award. One \$25 fee covers two entries per person.
 - Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.
 - Judging will be anonymous. Please do not put your name or anything that will identify you on your photograph.
 - Judging criteria:
 - 1) Technical excellence (sharpness, lighting, composition, exposure)
 - 2) Originality/creativity
 - 3) Interest
 - 4) Ability to be reproduced for publication
 - On digital photos, only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. Metallic finish will no longer be acceptable.
 - All photos will become the property of DDWS and will not be returned. There is no need to include a return envelope or postage. Photos may be used by DDWS in any way with appropriate credit.
 - First, second and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's weeklong celebration held in October. Cash prizes will be awarded: 1st Place- \$100; 2nd Place- \$50; 3rd Place- \$25.
 - The refuge and Wildlife Society cannot be held responsible for loss or damage of photos.
 - There are three judges: A refuge staff person, a professional photographer and a member of the Sanibel community.
- DDWS sponsors "Ding" Darling Days with support from Tarpon Bay Explorers, the U.S. Fish & Wildlife Service and other private and business partners. To become a friend of the refuge, visit www.dingdarlingsociety.org. Visit www.dingdarlingdays.com for more information.*

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MENU

APPETIZERS

Soup Cup 5 Bowl 7
Chef's Daily Inspiration

Mussels IL Cielo 12
Traditional Marinara Sauce, Garlic Bread (GF)

Baked Blue - Fin Crab Cake 13
Roasted Fingerling-Bacon Hash, Chive Beurre Blanc

Seared Ahi Tuna 12
Udon Noodle Salad, Pickled Ginger, Wasabi, Pineapple - Ginger Soy Reduction (GF)

Calamari Fritti 12
Sweet Chili Glaze, Petite Greens, Wakame, Cashews, Mango Coulis

Beef Carpaccio 14
Truffle Oil, Capers, Red Onion, Shaved Parmesan, Crostini (GF)

Seared Scallops 13
Corn and Tomato Relish, Lemon Grass - Ginger Vinaigrette (GF)

Fettucini with Shrimp & Bay Scallops 12
Fresh Fettucini, Rustic Tomato-Basil Garlic Sauce

Risotto MARKET
Chef's Daily Creation (GF)

SALADS

Baby Red & Green Romaine Salad 11
Caesar Dressing, Focaccia Croutons, Parmesan (GF)

Local Artisan Green Salad 11
Kiln Dried Cherries, Candied Pecans, D'Anjou Pears, Gorgonzola Cheese, Roasted Shallot Vinaigrette (GF)

Heirloom Caprese Salad 12
Fresh Mozzarella, Arugula, Balsamic Reduction (GF)

Spinach Salad 11
Mushrooms, Red Onion, Hard Cooked Egg, Grape Tomato, Warm Bacon-Sherry Vinaigrette. Focaccia Croutons (GF)

SPECIALTIES

Chef's Vegetarian Inspiration (GF) 25
Lobster Ravioli 28
Shrimp, Asparagus, Lobster Emulsion, Tomato Concasse, Spinach

Veal Scaloppini 27
Wild Mushrooms, Roasted Fingerling Potatoes, Spinach, Vegetable Medley, Marsala Demi

Veal Osso Bucco 36
Saffron Risotto, Green Beans, Baby Carrots, Red Wine Demi, Gremolata

SEA

North Sea Salmon 28
Adobo, Mango-Chili Salsa, Jasmine Rice, Bok Choy (GF)

Seared Day-Boat Scallops 34
Whipped Potato, Braised Leeks, Citrus Beurre Blanc, Tomato Concasse (GF)

Local Black Grouper & Jumbo Lump Crab 32
Asparagus Spears, Whipped Potatoes, Sweet Chili-Beurre Blanc (GF)

Sesame Crusted Ahi Tuna 30
Ginger Rice Cake, Grilled Pineapple, Asian Vegetable Slaw, Mango Coulis, Port - Plum Reduction (GF)

Seafood Cioppino 28
Gulf Shrimp, Mussels, Black Grouper, Bay Scallops, Garlic Bread (GF)

LAND

Grilled New York Strip 30
Yukon Gold Mashed Potatoes, Haricot Vert, Petite Squash, Demi Glace (GF)

Grilled Filet of Beef 32
Porcini Butter, Lyonnaise Potatoes, Asparagus, Baby Carrots (GF)

Free-Range Chicken Saltimbocca 24
Prosciutto, Fontina Cheese, Sage, White Truffle Risotto, Baby Vegetables, Red Wine - Sage Demi (GF)

Pistachio Crusted Colorado Rack of Lamb
Two Bone 24 Four Bone 46
Roasted Fingerling Potatoes, Lamb Demi, Baby Carrots, House Made Mint Jelly (GF)



IL CIELO

Scott Swamba CHEF

Chef Swamba earned his culinary arts degree from Schoolcraft College in Livonia, Michigan. Chef Swamba has been an avid culinary competitor and has accumulated over 120 American Culinary Federation medals in domestic and international competitions. Chef Swamba has served as a culinary instructor and chef at numerous private clubs and hotels including Washtenaw Community College, the Ritz Carlton and Meadowbrook Country Club and various other establishments. Chef Swamba brings with him his love and passion for food; along with his ability to teach, train and share his knowledge of the culinary arts to IL Cielo. Chef Swamba emphasizes the importance of having a clear and concise understanding of the fundamental principles of cookery. "Once you understand the correct techniques and fundamental aspects of cooking, you can then experiment with flavors, textures and plating." Chef Scott Swamba.



Melissa Akin PASTRY CHEF

Chef Melissa earned her Culinary Arts Degree from the New England Culinary Institute in Burlington, VT. Chef Melissa has worked at several Hotels, Resorts and Restaurants including the Wild Dunes, The Flying Pig and Fuze Bistro. Melissa has taught cooking classes to adults and children and has had her desserts featured on numerous television shows and magazines including Naples Illustrated, Phantom Gourmet and The Fung Brothers. Melissa brings her love of food and knowledge of pastries to IL Cielo with the desire to transform her passion for food into an unforgettable experience for the guest. To Melissa, food is not only a necessity; it's an art form.



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Plant Smart

Cuban Pink Trumpet Tree

by Gerri Reaves

Cuban pink trumpet tree (*Tabebuia pallida*) is one of several species commonly called *Tabebuias* or simply “tabs.” About a hundred species of these trees with trumpet-like flowers dot the South Florida landscape.

There has been some reclassification of tabs, so you might see this species referred to by another scientific name.

This Cuban pink trumpet is a native of the West Indies, a relative of the jacaranda tree, and a member of the bignonia family.

Mixed among its leaves appear pale pink to white flowers with yellow centers. Delicate and somewhat frilled in appearance, they are about three inches long.

Perhaps those flowers and the tree’s relatively small size account for its wide used in South Florida’s urban areas.

The dark green compound leaves are made up of whorls of three to five elliptical or oblong leaflets up to eight inches long.

Deeply fissured bark makes it a good growing platform for certain air plants.



The winged seeds in the long pods, perhaps the tree’s most interesting feature, “litter” the landscape when released

The fruit is a long slender capsule that opens to reveal many wafer-like winged seeds that easily disperse on the air. So plentiful are the seeds that at first glance, they might resemble the spilled contents of a paper shredder.

Although it grows best in full sun, it is also suitable for partial shade.

It tolerates a variety of soils and conditions and reaches a height of 30 to 40 feet. On the less rosy side, this tree is often a victim of thrips, which curl and distort the leaves.

And, although it does have ornamental value, the brittle wood is not wind or storm resistant.

When choosing trees for your landscape, consider planting native species, such as Geiger (*Cordia sebestena*), lignum vitae (*Guaiacum sanctum*), sweetbay magnolia (*Magnolia virginiana*) or sweet acacia (*Acacia farnesiana*), just to name a few.

These low-maintenance trees not only have lovely flowers but provide benefits for wildlife and have evolved to withstand Florida’s tropical-storm winds.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, gardeningsolutions.ifas.ufl.edu, hear.org, and plantbook.org.

*Plant Smart explores the diverse flora of South Florida.**



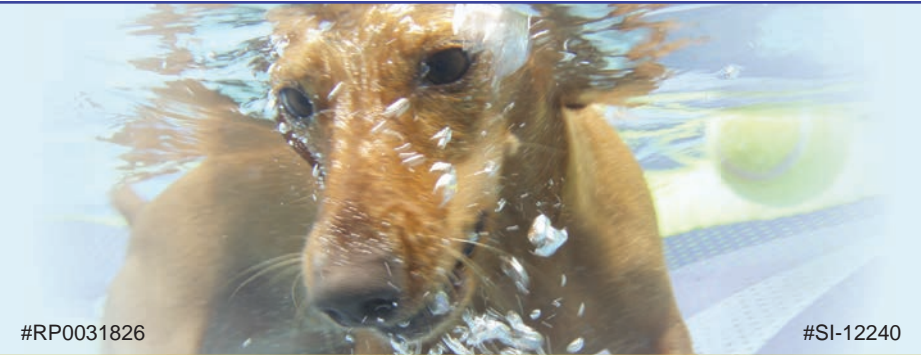
Non-native Cuban pink trumpet is a popular urban landscape tree in South Florida
photos by Gerri Reaves



Delicate very pale pink to white flowers appear amid the leaves



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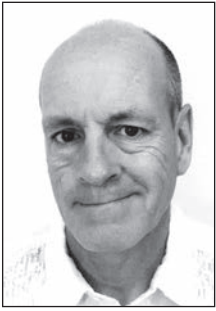
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CROW Case Of The Week:

Knight Anole



by Bob Petcher

The knight anole (*Anolis equestris*) is one of more than 5,000 species of lizard. It is more specifically related to the iguana family and is often mistakenly thought to be an iguana.

In fact, the knight anole is the largest species of anole, growing to somewhere between 13 to 20 inches in length.

Native to Cuba, the knight anole is an import to south Florida, mostly residing in Dade and Broward counties, but has made its way to the west coast of the state where the species is beginning to multiply due to reproduction. According to Sanibel-Captiva Conservation Foundation Wildlife Habitat Management Program Director Chris Lechowicz, the knight anole species was introduced to the islands after Hurricane Charley brought over debris in 2004.

One environmental drawback to the life of the knight anole is the winter temperatures of our region. Interestingly, when conditions dip close to or below freezing, the poor creature becomes semiconscious and drops from the tree canopies where they make their homes.

Diet-wise, anoles dine on insects as a juvenile and increase their consumption to fruit, geckos, spiders (even tarantulas),

other anoles and small birds and mammals when fully grown. In zoos, they are fed cockroaches.

The body of the knight anole is covered with small granular scales, while its snout is long and shaped like a wedge. One can usually distinguish between a male and a female by the male's pinkish dewlap that expands when excited or alarmed. When confronted by a foe, such as a snake, the dewlap protrudes as does his head crest and serrated upper edge of its tail. Then, he strangely shifts sideways to his rival and turns bright green.

This cold-blooded reptile has an aggressive nature and is territorially to the point that it may become hostile when approached in its domain. Other defensive mechanisms not mentioned include puffing itself up with air when threatened or in belief that it is being threatened. This behavior does lessen in captivity.

At CROW, a knight anole recently became a new addition to the invasive species exhibit in the visitor education center. The Sanibel-Captiva Conservation Foundation delivered the anole to CROW after it was discovered by a permittee with the SCCF sea turtle monitoring program. The knight anole joins two tokay geckos and a cane toad in the invasive species exhibit.

According to the University of Florida's Institute of Food and Agricultural Sciences Extension, invasive species are a serious threat in Florida.

"Due to the negative impacts invasive species (as a whole) have on a delicate ecosystem like Southwest Florida, CROW will begin to offer public presentations



The knight anole is part of CROW's invasive species exhibit

photo by Kenny Howell

about invasives this upcoming season," said CROW Education Coordinator Rachel Rainbolt. "Programs are hosted in the education center and will include a brief history of their introduction to the area, general identification to distinguish invasive species from native species and conclude with monitored encounters of live specimens."

Through December 31, CROW's Visitor Education Center is open Monday through Friday from 10 a.m. to 4 p.m. The center will be closed Monday, September 5 through Friday, September 9 for fall cleaning. It will reopen on

Monday, September 12. The wildlife hospital will remain open during this period from 8 a.m. to 5 p.m. seven days a week to treat and care for sick and injured wildlife.

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





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Snook Season Is Now Open



by Capt. Matt Mitchell

The opening day of snook season for the west coast of Florida begins Thursday, September 1. The opening few days always fall right around the Labor

Day holiday, which puts lots of pressure on this fishery for at least the first week of season. After the first week is over, things on the water will quickly get back to the normal slower pace of summer. The same way hunters eagerly await the opening day of deer or duck season, snook fishermen get that same rush going after that first keeper-sized snook of season. The one advantage fishing offers, though, is you enjoy doing battle with that legal-sized fish and then release it unharmed if you choose.

For months now we have had good numbers of snook of all sizes spread out

from the beaches all the way to the back country. New moon tides during the first few days of season will offer anglers a lots of opportunities on a variety of tides to catch snook. The tide chart for the first few days of September shows the end of either falling tide – both the one at sunset and one at sunrise – look like prime time to be in a pass, soaking or drifting a large live bait to get it done. Lots of snook will be caught the opening week, but getting one that measures in the five-inch legal slot size can prove to be tougher.

Mangrove snapper continued to be a really strong bite again this whole week. While experiencing far-from-perfect redfish tides, they were my go-to species both for clients looking for fast paced action and fillets to take home. On most of my trips when targeting these snapper, I have been running a little further than usual up to the northern end of the sound to consistently catch the larger ones. The 1/2-hour boat ride north seemed to always pay off with my anglers often getting the five fish a piece limit usually at the first stop. I really enjoy to start a trip getting dinner out of the way and taking the pressure off to go chase after a variety of other species.

Deeper mangrove creeks in the southern sound with good moving current



Paul Salassa from Pennsylvania with a slot snook caught last snook season with Capt Matt Mitchell

also held some 12-inch-plus snappers but they were just not as plentiful as they have been at the northern end of the sound. Live shiners are still the key to catching these snapper no matter where you chose to fish and having enough to be able to live chum really gets them fired up and eating. The average-sized mangrove snapper caught this week was right around 12 inches with a few in the mix pushing up to as large as 16 inches. While fishing with some long-time clients one trip this week, we only targeted

mangrove snapper and made the best of this non-stop bite by downsizing our tackle to ultra light spinning gear. These hard-fighting mangrove snapper were so sporty and just a real handful on the light gear.

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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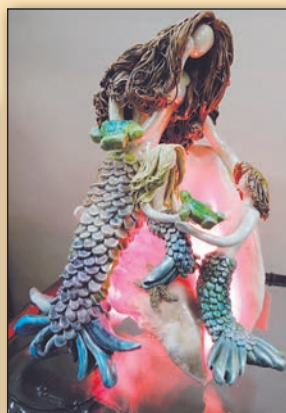
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Shorebird Talks At SCCF

The third annual World Shorebird Day is Tuesday, September 6. This holiday was created to increase public awareness about the need to protect shorebirds and their habitats across the globe. It follows a four-day global count window in which participants around the world count all the shorebirds in their area. SCCF will be counting all the shorebirds on Sanibel and Captiva during this window. SCCF's shorebird biologist will share the count totals on September 6 at the SCCF visitor center.

In celebration of this holiday, SCCF's shorebird biologist will present three talks for the public about shorebirds in relation to Sanibel and Captiva. The first talk at 10 a.m. will consist of detailed species accounts of our local nesting shorebirds (Snowy Plovers, Wilson's Plovers and Least Terns) and a summary of this years nesting statistics. The second talk at 11 a.m. will consist of the most commonly seen shorebirds on Sanibel and Captiva throughout the year, with some identification tips and migration information. The last talk at 1 p.m. will be a tutorial on how to resight banded birds and where to report the information, with some specific examples of banded individuals found on Sanibel and Captiva. Join SCCF in celebration of our shorebirds. Questions can be sent to shorebirds@sccf.org.✱



A shorebird finds lunch along the beachfront
photo courtesy SCCF



Michael Timm speaking during the 8th annual CICES Conference last month
photo courtesy Cindy Timm

Island Resident Presents Research At Conference In Columbia

Michael Timm, a Sanibel resident and master's student at the University of Miami Rosenstiel School of Marine and Atmospheric Science, presented at the 8th annual CICES (Conference of the Inter-Americas for the Control of Erosion and Sediments) in Cartagena, Colombia on August 17. The conference is held annually to discuss techniques, issues, management and technology in controlling erosion and is predominantly comprised of engineers, geologists and scientists. The conference represents a collaboration between the United States and Latin America on managing watersheds and protecting shorelines. Timm's presentation was focused on how mangroves can be used as an engineering tool in urban planning due to their ability to control erosion and protect natural and sea wall shorelines along with their capability to trap sediments at a rate that can keep up with sea level rise. Part of Timm's master's thesis is being conducted on Sanibel, where he is comparing mangrove forest structure and ecological function in urbanized systems to natural mangrove shorelines. He also presented a poster of his research project at the 4th Mangrove and Macrobenthos International Symposium in St. Augustine in July of this year. Implications of this study will aid engineers in designing shoreline structures in urbanized areas that can promote mangrove propagule settlement, thereby helping to protect shorelines from storms, erosion and sea level rise and also promoting biodiversity.✱

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Shell Found



Carole Cotton and Boo photo by Jeff Lysiak

Carole Cotton, visiting from Miami with her best friend dog named Boo, found an alphabet cone while shelling on the beach at Blind Pass on August 24. Cotton, who was staying at Mitchell's Sandcastles, found the shell rolling in the surf just below the water's surface. "This was my Boo's big moment," she said of her four-legged companion. "Thank you, *Island Sun*, for a very happy memory!"**

Shells Found



Cathy and Harold Ellis photo by A. Ziehl

Harold and Cathy Ellis, visiting from St. Peters, Missouri, found a variety of shells along the beach while staying at Hurricane House on Sanibel. The couple reported they had a great time on the island.**

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The Cabrit murex, *Vokesimurex cabritii*. Notice the longer, better-preserved spines on shell on the right, which was collected in deeper water off Sanibel photos by José H. Leal

Shell Of The Week

The Cabrit Murex



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

Last week I covered the rose murex, *Vokesimurex rubidus*. This week I am presenting

a close relative, the Cabrit murex, *Vokesimurex cabritii* (Bernardi, 1859). A larger species, Cabrit murexes can reach about 2.5–3 inches in size. It differs from its “cousin”, the rose murex, by having cream or yellowish color and shorter spire

(the part of the shell with many whorls, away from the opening, or *aperture*). As it happens with rose murexes, Cabrit 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. Check the images; the one shell on the right was dredged by a boat of Sanibel Island at a depth of 40 m (about 120 ft.) 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:

Live Tank Talks – Presented by a marine biologist throughout the day.
Arts & Crafts 1:30 to 2:30 pm.

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

Celebrity Dinner For Shell Museum Set For October 3

Local luminaries will be the stars at the upcoming Celebrity Island Dinner, the annual fundraiser for the Bailey-Matthews National Shell Museum, which will return on Monday, October 3 at Traders Gulf Coast Grill & Gifts.

These celebrities will be at the beck and call of guests, collecting tips to benefit the museum, while the real waitstaff serves a multi-course meal. There will also be entertainment – including karaoke – along with costumes and decorations to enhance the Disco Beach theme.

The \$75 admission fee includes beer and wine as well as the sit-down dinner. Seating is first-come, first-served with shared tables. To reserve a table for six, eight or 10, for an additional charge of \$100 per table, call the museum at 395-2233.

“Not only are we announcing the names of our island celebrities before this much anticipated event, but we also want to introduce them so people will learn a little more about these outstanding members of the community and why they help the shell museum,” said Dorrie Hipschman, the museum’s executive director. “We realize that it’s largely because of our celebrities and the enthusiasm they generate that this party

is so popular, and we’re very grateful to them.”

Two celebrities are Robin Cook and Joel Johnson, both representing the Sanibel Captiva Trust Company. Cook is a veteran of the dinner while this will be Johnson’s first time as an island celebrity.

Cook, known for her Captain Hook outfit worn at last year’s Celebrity Island Dinner, earned the title of Top Celebrity Server at her previous outing.

Cook, a graduate of the Florida School of Banking at the University of Florida, has lived on Sanibel for six years. The Sanibel-Captiva Chapter of the American Business Women’s Association named her its 2013 Woman of the Year in recognition of her service.

Johnson is a graduate of Florida Gulf Coast University and has been with Sanibel Captiva Trust Company for more than a year.

“We’re very excited that Robin’s returning as a celebrity server this year,” said museum assistant manager Melanie Moraga. “We’re delighted that she recruited Joel and is teaching him the secrets of her success on behalf of the shell museum.”

Those unable to attend can still tip their favorite celebrities online or by phone. To purchase tickets or to leave a tip in absentia, visit shellmuseum.org, call 395-2233 or stop by the museum, located at 3075 Sanibel Captiva Road. ✱

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Mobile Mammogram On Island



Mobile Mammo Coach

photo courtesy FISH of Sanibel

Women of all ages will have local access to mammography services on Thursday, September 8 from 11 a.m. to 3 p.m. when FISH of SanCap sponsors the Radiology Regional Center Mobile Mammogram, stationed at the Bailey's General Store parking lot. This service is made possible through a partnership with The Zonta Foundation of SWFL Sanibel-Captiva Club, and no prescription is necessary.

The Radiology Regional Center's Mobile Mammography Coach is a customized, mobile breast-imaging clinic, bringing the latest technology in digital mammography directly to you.

Through the FISH/Zonta partnership, FISH promotes the Radiology Regional Center Mobile Mammogram once quarterly, to give everyone the option to participate in this very important medical testing. Last May, a single mother with three children approached FISH for assistance, since – due to lack of insurance – she had not had a mammogram for over three years. After completing their intake interview, it was determined that FISH was able to assist her. Her mammogram results mandated additional testing, an ultrasound and a subsequent biopsy of her left breast. FISH counseled and managed her case throughout the testing procedures, and reported that she had a benign cyst. She was relieved to not have been diagnosed with breast cancer, and cannot thank FISH and Zonta enough for their help and attention to this important, potentially life-saving opportunity.

Mammograms continue to be the gold standard and the key to life-saving early detection of breast cancer. Early detection allows for a greater number of options for treatment and a better chance of survival.

Those wishing to set up an appointment or learn more about the program may call Jessi Zeigler at 472-4775. FISH may be able to provide financial assistance to those without insurance or with limited financial resources. Each case is evaluated privately, on an individual and per instance basis, through a detailed intake process by FISH; there is no guarantee of financial assistance from FISH.*



Dr. Spencer Kehoe

photo courtesy CROW

CROW Adds Veterinary Intern

The Clinic for the Rehabilitation of Wildlife (CROW) recently welcomed its new veterinary intern Dr. Spencer Kehoe, a graduate of UC Davis School of Veterinary Medicine. His internship runs from July 2016 to June 2017.

At a young age growing up in Palo Alto, California, Kehoe discovered his passion of helping injured wildlife. Through friends at veterinary school, he learned about CROW and the level of medicine practiced at the clinic and realized an internship at CROW would greatly benefit his career in wildlife medicine. Previous internships include VCA West Los Angeles Animal Hospital, San Diego Zoo Safari Park, Brookfield Zoo in Chicago and Disney's Animal Kingdom in Florida.

During his internship, Dr. Kehoe expects to gain a high level of comfort and skill in endoscopy and advanced surgery, as well as publish manuscripts to increase the knowledge-base of the wildlife medicine community. His future plans include obtaining a residency program with the American College of Zoological Medicine.*

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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.

2441 Periwinkle Way, 472-3224

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.

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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 experi-ence? 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.

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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 boast-ing “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 favor-ites 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

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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 pack-ages 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,

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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

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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

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

continued on page 39

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Island Seniors At The Center 4 Life

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

The Center 4 Life will be closed Monday, September 5 in observance of Labor Day.

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, 9, 16, 23 and 30, 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.

Miromar Design Center Tour & Lunch – Monday, September 19. Cost is \$5 for members and \$10 for non-members. Take a private tour through the Miromar Design Center of Southwest Florida and sit in on a special presentation from a design professional. The Miromar Design Center has 45 home furnishing stores all under one roof. There will be lunch on your own at The Bistro, housed inside the design center. Advance registration is required. Registration deadline is September 15.

Sarasota Ringling Art Museum & St Armand's Circle – Monday, September 26. Cost \$39 for members and \$49 for non-members.

Includes round trip transportation, admission to the Ringling Art Museum (tour includes the art museum only, shopping and lunch are on your own

at St Armand's Circle, bakery stop at Der Dutchman. Advanced registration is required. Limited spaces available on a first come, first served basis. Registration deadline is September 19.

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 and 20 (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.

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.

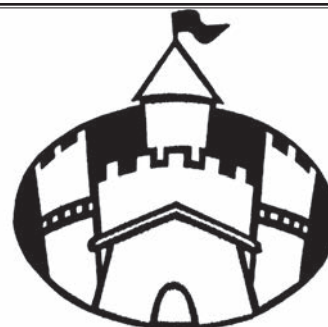
Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

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.✱



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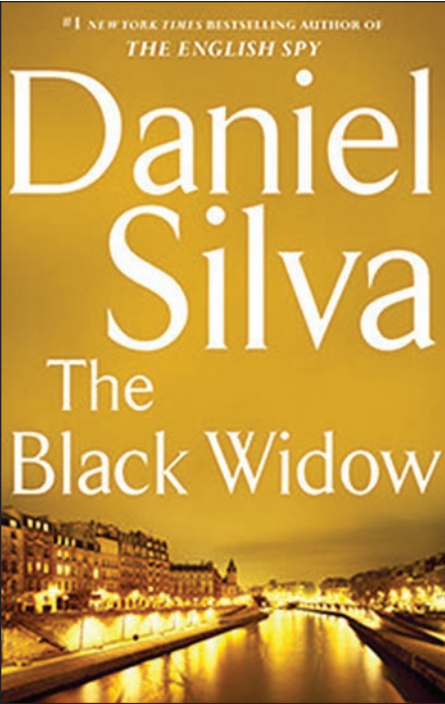
Book Review

The Black Widow



by Di Saggau
The *Black Widow* by Daniel Silva is a breathtaking tale of intrigue and suspense starring one of Silva's most popular characters, legendary spy and art restorer Gabriel Allon, who returns

to star in his 16th novel. An explosion by ISIS rocks a Jewish neighborhood in France. One of the victims, a woman, had a personal connection to Gabriel, a man poised to become the next chief of Israel's intelligence service. This pulls Gabriel back into the field for one final mission. He joins the hunt for a terrorist mastermind known only as Saladin. The woman who Gabriel knew



happened to be in possession of a very rare and famous painting valued at more than \$20 million. In the event of her death, she arranged for the painting to go to Gabriel. The French are holding it until he finishes aiding them with their investigation. Gabriel decides to insert a female recruit of his own to infiltrate Saladin's operation. The recruit, Natalie Mizrahi, is a French-born Israeli working as a doctor in Jerusalem. Gabriel trains and molds her into the lethal weapon needed for this particular operation. She takes on the identity of Leila Hadawi, the daughter of Palestinian refugees, and becomes part of the terrorist network ruled by Saladin. She poses as an ISIS recruit in waiting, a ticking time bomb, a black widow out for blood.

The plan is for Leila to get close enough to Saladin to expose him. However, things don't exactly go as planned. Saladin has managed to keep his true identity a secret. He is known by reputation and name only. Smoking him out will not be easy, especially for a young doctor working as a first-time spy. Her scenes are compelling and the scope of her mission is never lost on the reader. Silva has done a terrific job developing her character. We care about her and yet she remains somewhat of a mystery. Nonstop suspense and numerous twists keep the reader's interest. *The Black Widow* is Silva's darkest and most timely thriller to date. It is almost too real to be called fiction and will haunt readers long after they have turned the final page.*

FISH, United Way Work Together To Help Islanders

FISH OF SanCap has been a United Way partner and Sanibel-Captiva's only United Way House since 2010. The FISH/United Way partnership provides for a large coalition of organizations to combine efforts in providing services, programs, volunteers and support. "United Way is a dedicated partner that helps us provide assistance beyond what the resources of FISH can provide alone. Our partnership is a vital link between FISH and our community," said Maggi Feiner, president and CEO. "Partnering with United Way has made a difference in the lives of our island neighbors." Through their United Way partnership, FISH is able to offer services such as referrals to counseling and treatment centers, healthcare referrals, workshops, tax preparation assistance, vital health screenings and more. "As a social worker and program director with FISH, it is helpful to know that we have the support of all the United Way partners," said Jessi Zeigler, MSW. "The individuals we work with may need many resources, types of assistance and/or services that are outside the realm of what FISH alone can offer. Being able to offer credible, valuable resources through our United Way partnership makes us that much more effective. Together, we can

point our neighbors in the right direction to help them continue on their journey in a more productive and fulfilling way." "FISH is a phenomenal United Way partner, and we are so appreciative of what they do every day to help so many people who live, work and/or visit the islands," added Clifford Smith, United Way president. "Having a United Way House on Sanibel is truly an important piece to serving residents, workers and visitors alike in their time of need. Over 12,600 individuals were assisted (by using a myriad of duplicated service requests) through the Sanibel United Way House last year- a clear demonstration of the value the United Way House brings to the islands. FISH obviously plays a critical role in that, offering services ranging from the FISH food pantry to social worker case management. Through our partnership, the island community has access to resources it might not otherwise have." With the strong, caring partnership between FISH and United Way, FISH was able to assist in the completion of 59 tax returns (through the VITA program) in 2015. Many households that work on the islands (but live off island) were referred to United Way 211 for referrals. Several received additional healthcare referrals to various United Way partners. "This partnership provides such necessary support to so many in our community. We cannot thank United Way enough for their support. We at FISH are proud to be a United Way partner," Feiner added. For additional information, visit www.fishofsancap.org*

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Superior Interiors (Part Two)

Decorating Mistakes To Avoid



by Linda Coin

Continuing last week's column regarding the most common decorating mistakes you should avoid, here are a few more tips:

- Keeping Things You Don't Like – Don't feel obligated to hang onto furnishings you have inherited or

received as a gift. If they don't fit your style or are just plainly unattractive, pass them along to someone else. You aren't going to learn to like them, and they will undermine even your best decorating efforts.

- Settling For Safe – "Safe" usually results in boring. An all-beige color scheme, the six-piece matching suite of furniture, eight identical dining chairs or a house with the same window treatments throughout... there's nothing really wrong about them, just uninspired.
- Matchy, Matchy – Two matching end tables, with a pair of lamps set off by two twin throw pillows, on a sofa that has a matching love seat, chair or ottoman usually looks more like a store display rather than a well-designed

room. Mix things up a bit for a more interesting look.

- The Museum Look – Large walls typically need larger pieces of art, but a lineup of framed pieces are best suited for museums, where they are expected. Bring in a variety of decorative pieces, materials and media to provide interest on your walls. The art doesn't have to match the sofa, but should not be so jarring as to distract from the other furnishings in the room unless you are a true collector.
- Focus Of The Room – Every room needs a subtle focus. But a room layout that focuses attention to two or more elements can be disquieting. Natural views to the outside being the exception to this rule.
- Impulse Shopping – We've all done

it. That unusual lamp, the adorable rug, the dramatic wall hanging... they've all caught our eye in the store but just didn't work when placed in the home. Yet, often times, we still attempt to force them into our décor. If it doesn't look great the day you bring it home, it will never look any better.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.✱

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Sanibel Fire District Offers CPR Training At The Library

by Jeff Lysiak

Knowing in advance what to do when faced with an emergency medical situation could mean the difference between life and death. Acting quickly and calmly are equally as important as getting the training itself.

On August 19, Tim Barrett of the Sanibel Fire & Rescue District (SFRD) taught a class on cardiopulmonary resuscitation – better known as CPR – for several employees at Sanibel Public Library. Being properly trained in how to perform CPR can help save a life during a cardiac or breathing emergency. However, even after training, remembering the CPR steps and administering them correctly can be a challenge.

“If you see somebody collapse, it’s OK to assume the worst,” said Barrett, training officer for the SFRD. “If the person is unresponsive, you want to start CPR right away, because if the brain is without oxygen for only about three minutes, severe brain damage can occur.”

One of the primary missions of the SFRD is to train as many people on the



Sanibel Fire & Rescue District Training Officer Tim Barrett observes Sanibel Public Library employee Maureen Tesoro performing CPR on a training manikin last Friday morning
photos by Jeff Lysiak



Tim Barrett demonstrating where to hold your hands when administering chest compressions



Tim Barrett showing library director Margaret Mohundro how to perform CPR on a victim who has collapsed on the floor

island the process of performing CPR. Barrett said that the islands of Sanibel and Captiva have one of the highest percentages of residents, attractions, golf courses, schools and businesses trained in CPR anywhere in the United States.

For instance, every year at The Sanibel School, the entire sixth and seventh grade classes receive basic emergency medical instruction.

According to Barrett – as well as the American Red Cross – properly executive CPR includes the following steps:

Before Giving CPR

- Check the scene and the person. Make sure the scene is safe, then tap the person on the shoulder and shout, “Are you OK?” to ensure that the person needs help.
- Call 911 for assistance. If it’s evident that the person needs help, call (or ask a bystander to call) 911, Then send someone to get an Automated External Defibrillator (AED). If an AED is unavailable, or a there is no bystander to access it,

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stay with the victim, call 911 and begin administering assistance.

- Open the airway. With the person lying on his or her back, tilt the head back slightly to lift the chin.
- Check for breathing. Listen carefully, for no more than 10 seconds, for sounds of breathing (occasional gasping sounds do not equate to breathing). If there is no breathing, begin CPR.

Red Cross CPR Steps

• Push hard, push fast. Place your hands, one on top of the other, in the middle of the chest. Use your body weight to help you administer compressions that are at least two inches deep and delivered at a rate of at least 100 compressions per minute.

• Deliver rescue breaths. With the person's head tilted back slightly and the chin lifted, pinch the nose shut and place your mouth over the person's mouth to make a complete seal. Blow into the person's mouth to make the chest rise. Deliver two rescue breaths, then continue compressions. (Note: If the chest does not rise with the initial rescue breath, re-tilt the head before delivering the second breath. If the chest doesn't rise with the second breath, the person may be choking. After each subsequent set of 100 chest compressions, and before attempting breaths, look for an object and – if seen – remove it.)

• Continue CPR steps. Keep performing cycles of chest compressions and breathing until the person exhibits signs of life, such as breathing, an AED becomes available, or EMS or a trained medical responder arrives on scene.

Barrett told the class that if there is a group of people around, the best course of action involves assigning tasks to each volunteer. While one person tends to the victim – performing CPR – another person could summon help by calling 911, another person could retrieve an AED (if one is available) and another person could go outside to await emergency responders.

"After a minute or two, performing chest compressions can really tire a person out. And if they're not keeping up with the pace of compressions, once that pace slows down, it's not effective," explained Barrett. "If there are other people there, the next volunteer could take over the compressions. And so on and so on, until help arrives."

Because most victims may collapse on the ground, Barrett demonstrated how to perform CPR on a life-sized training manikin – which replicates the feel of chest compressions and breathing air into a victim – on the floor. He suggested kneeling down next to the victim, with your knees against their side, bending over at the waist. When performing chest compressions, he recommended – with your arms locked at the elbows – delivering 30 quick compressions, followed by two breaths into the victim's mouth.

However, he also noted the American Red Cross is now recommending compression-only CPR in most cases.

Another tip Barrett suggested for knowing how often chest compressions should be administered would be to mimic the rhythm of the Bee Gees disco song *Stayin' Alive*. "I've also heard that (the Queen song) *Another One Bites The Dust* works just as well, but *Stayin' Alive* sounds better to me," he joked.

The training session at the library also taught participants how to perform CPR on children. Barrett noted that CPR identical to that performed on adults may be used on youngsters above one year of age.

Barrett later demonstrated how to perform CPR on an infant along with the proper use of an AED.

The Sanibel Fire & Rescue District offers complimentary CPR/AED training at Fire Station #1 – located at 2351 Palm Ridge Road on Sanibel – from 9 to 11:30 a.m. on the second Saturday of every month. In addition, training is offered monthly at various locations around the island. Call Kathy at 472-5525 to confirm the upcoming schedule/location of classes.✱

Grant Provides Hurricane Doors

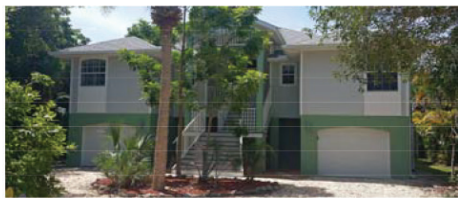
Community Housing and Resources, Inc. (CHR) is utilizing grant funding to install all new hurricane-resistant front doors and back sliding doors on four units at their Lake Palms property on Wooster Lane. This new initiative is made possible thanks to \$22,070 in funding received through a Community Development Block Grant (CDBG), a flexible program that provides communities with resources to address a wide range of unique community development needs, including decent affordable housing.

"Living coastally, our properties are obviously very vulnerable to the

elements during hurricane season," said CHR Executive Director Kelly Collini. "We are very pleased to receive this grant funding to install the hurricane-rated front and back doors on these four households. Ensuring that our residents, as well as their belongings, are safe and secure is a top priority, and grants like these are invaluable in helping us do that."

The installation of the eight new doors should be completed by this Fall.

CHR is a 501(c)(3) nonprofit organization dedicated to providing affordable housing for families and individuals working full-time on Sanibel as well as long-time retired or disabled residents of Sanibel. For more information, visit SanibelCHR.org, or call 472-1189. ✱



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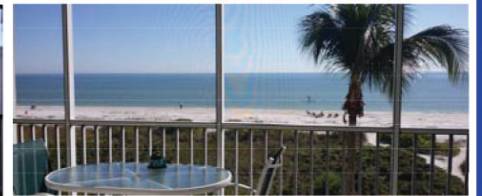
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Will Power

When Does The Statute Of Limitations Toll On Gift Tax Returns?



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

Many people are unfamiliar with the requirements to report gifts on a United States Federal Gift Tax Return Form 709. In this column, I thought that I'd shed some light on the topic, particularly with hard-to-value assets.

Federal gift taxes are part of the transfer tax system, which includes estate taxes. In 2016 each of us has both a lifetime gift tax and testamentary estate tax exemption of \$5.45 million. You can consume your exemption during your lifetime, or for whatever part of your exemption remains at the time of your death, it is applied against your estate.

Keep in mind that the transfer tax system is based on the value of assets that are gifted or otherwise conveyed from one person to another. If dad takes stocks, bonds and mutual funds worth \$100,000 and transfers them to son, then he has made a taxable transfer.

To confuse matters further, certain lifetime transfers are exempt. There are "annual exclusion" gifts wherein each calendar year we may make a transfer of up to \$14,000 of combined value to anyone we choose, and that gift is not treated as "taxable". Taxable gifts must be reported on the Form 709 and reduce our lifetime gift tax exemption.

Suppose that dad transferred \$114,000 of assets to son during 2016. The first \$14,000 of those assets may be classified as the annual exclusion gift, and therefore not count against dad's transfer tax exemptions. His accountant would file a Form 709 and report the entire gift, but only \$100,000 would reduce his exemption from the present \$5.45 million down to \$5.35 million.

Valuing stocks, bonds and mutual funds is fairly easy. Real estate is a bit trickier, in that you will need an appraisal (from a certified appraiser and not just from a realtor) to verify the value at the time of transfer. Some real estate, such as income producing commercial real estate, would require not only a real estate appraisal but a business appraisal (because of the income) to arrive at a fair market value of a transferred interest.

If proper appraisals are not obtained and attached to a Form 709, then "adequate disclosure" may not have been made, and hence the three-year

statute of limitations the IRS has to challenge a gift tax return may remain open. Generally speaking, on most gift tax returns, the IRS only has three years from the date of filing in which to question items disclosed on the return.

You wouldn't want the return to remain open for many years, ultimately being questioned upon your death on audit. Because your federal transfer tax exemptions include both lifetime and testamentary (after death) transfers, when your Federal Estate Tax Return Form 706 is filed nine months after your death, it must attach any gift tax return Form 709s that are filed during your lifetime. If the gift tax returns aren't proper in some way, then the IRS could use that as an opportunity to assess more estate tax on your death.

This is where the "adequate disclosure" rules come into play. Assume, for example, that Joe owns shares of a new biotechnology firm. It is a start-up so the value is hard to determine. It might be wildly successful and worth millions, or it could flop and become worthless.

During this period of uncertainty Joe transfers half of his shares to his son Sam. Joe paid \$250,000 for his shares that represent a 10 percent ownership interest in the company, and the company's future looks bright. But it hasn't made any money yet. Another investor just paid \$500,000 for his 10 percent interest, so it would appear that the value of Joe's shares has doubled.

When Joe reports the transfer on his Form 709, what value should he use? The fair market value may be based upon the recent sale of the other shares, but there is no verified appraisal that Joe can hang his hat on. The problem here is that without a verified business appraisal by a competent appraiser, the IRS could argue a failure to comply with the adequate disclosure rules.

If in later years the company is worth billions, the IRS may assess tax based on this hindsight, which isn't fair. But that's the risk that you take when you don't comply with the adequate disclosure rules. Just because the IRS assessed the tax doesn't mean that you'll have to pay it, but you're certainly in for a fight in the court system.

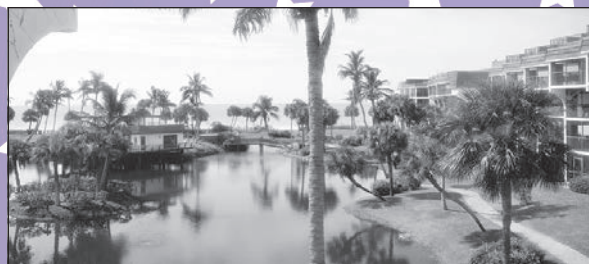
The bottom line is that when dealing with matters like these, it makes sense to have a team of qualified professionals guiding you. To fly solo and file returns based on incomplete information may invite trouble for you or your family down the road.

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Happy Labor Day!

Dunes Completes Total Renovation Of Golf Course



The collar, putting green and bunker alongside the fourth hole at The Dunes golf course, which recently finished a complete refurbishment

photos by Jeff Lysiak

Along with the news that school is back in session, shorebird nesting season has come to a close and the summer afternoon rains will soon be a thing of the past comes word that The Dunes Golf & Tennis Club has completed renovations that forced the closure of its golf course since late May.

On August 24, the first rounds of golf began being played on the completely renovated 18-hole championship course designed by 10-time PGA Tour winner Mark McCumber.

According to The Dunes General Manager Brian Kautz, renovations began on May 28. Since then, golf course staff and crews from Chris Clark Construction have diligently been repairing drainage systems throughout the course, removing the old sod, replacing the collars and greens and renovating the bunkers surrounding each hole.

"The most impressive part of the project was the amount of work and the speed the work was completed between (The Dunes Golf Club course superintendent Mitch Miller and assistant superintendent Roy Jones) and our contractor," said Kautz. "Everybody did a fantastic job."

Kautz noted that during the three-month project, severe drainage issues were uncovered at seven holes along the course. Once those issues were resolved, crews replaced all of the greens as well as the 10-foot collars surrounding the greens.

"We think that the experience that people who have played this course will be superior to anything they've experienced over the past few years," Kautz added. "I think all will be very impressed."

On August 22, two days before the first day of play, Miller surveyed the completed renovations along several holes. He explained that The Dunes hadn't undergone a complete refurbishment of all 18 holes in the past 22 years.

"This was second generation Bermuda grass, which we've been talking about replacing for a couple of years," Miller explained while driving a cart towards the scenic fourth hole. "We've replaced that with a grass called TifEagle, which has a high tolerance for drought, wear, cold and shade."

In addition, all of the sand lying within the golf course's bunkers has been removed and replaced with G-Angle sand, an industry leader known for superior compacting. Several bunkers were also reconfigured for better playability.

"I'm quite confident that you're not going to see any of the issues we've fought the



From left, Mitch Miller, Brian Kautz and Roy Jones of The Dunes



The colorful vegetation border leading to The Dunes' sixth hole

past few years," Miller added. "I think we're on the precipice of experiencing our best season yet."

The Dunes is running a welcome back special for members now through September 15, offering \$40 per person for a round of golf and the use of a cart. To reserve a tee time, call 472-2535. The Dunes Golf & Tennis Club is located at 949 Sand Castle Road on Sanibel.✪

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Rebound Season For Red Sox And Remarkable Season For Ortiz



by Ed Frank

We entered the final month of the 2016 Major League baseball season this week, and for the legions of Boston Red Sox faithful that populate our area, it has sure been a pleasant revival for their beloved team after a last-place finish in the American League Eastern Division a year ago – in fact, cellar-dwelling finishes three of the last four years. The Red Sox started the week at 72-58 (.553) just two games out of first and holding a one-game lead in the American League wildcard chase. Compare that record to 2015 when Boston was 78-84 for the season (.481).

You may recall that during spring training this year, noted baseball writer and commentator Nick Cafardo spoke to a group at The Community House on Sanibel, at which time he said that not only would the Red Sox be markedly improved this year, but predicted a second-place division finish.

He sure appears right on the mark. There are so many reasons for the major improvement of the Red Sox – hitting, pitching, fielding etc. – but none greater than the remarkable final year of future Hall of Famer David Ortiz. The 40-year-old “Big Papi” is having a season of the ages, truly an MVP season.

When he crushed his 31st home run last Sunday for the 534th in his career, he tied Jimmie Fox for 18th on the all-time homer list.

He leads the league in slugging percentage, doubles, is third in RBIs with 100, eighth in home runs and is fifth in batting with a .319 average.

“Why should he retire with a year like that?” is a question we hear repeatedly. Despite these astounding records, Ortiz hasn’t wavered in his decision to bow out at season’s end.

He began his Major League career with the Minnesota Twins (five seasons) and will conclude it in his 12th season with the Red Sox. His remarkable career records fill 14 pages in the Red Sox media guide.

It’s unlikely that Ortiz will end his career with the American League MVP Award – but there are many that believe he deserves it. Win it or not, Big Papi will long be remembered as one of the greatest to ever wear a Red Sox uniform.

As Boston slugs it out to return to post-season play, an interesting rumor has surfaced regarding an addition to the team when the rosters expand on September 1.

Last year, the Red Sox paid \$71.5 million to sign 19-year-old Cuban free-agent Yoan Moncada, an infielder. Moncada received half that amount, with Boston fined the additional \$35.7 million for exceeding the international signing pool.

This season, he has hit .299 with 14 home runs and 60 RBIs in 103 games between Double A Portland and Single A Salem. He also has stolen 44 bases.

In the past, the Red Sox have added a base-running specialist for the post-season. Some believe Moncada could fill that role this year.

Miracle Start Final Week Of Season Two Games Out

Losing two of three games last weekend to first-place Jupiter dimmed the playoff chances for the Fort Myers Miracle baseball team.

The Miracle began the week with a second-half season record of 33-30. They faced the Palm Beach Cardinals for three games on the road to begin the final week. Fort Myers ends the season at home this weekend at Hammond Stadium hosting Bradenton Thursday through Sunday.*

Grand Opening Pro-Am October 29 At The Dunes

The Dunes Golf & Tennis Club invites golf and tennis enthusiasts to celebrate the debut of The Dunes’ award-winning champion course – including newly-renovated greens and bunkers – with a day of tennis and golf festivities.

On Saturday, October 29 beginning at 11:30 a.m., The Golf Doctor, Mike Calbot, will entertain viewers for an hour with complimentary instruction and a golf show.

Immediately following The Golf Doctor at 12:30 p.m., the grand opening Pro-Am will mark the debut of the renovated course, which sits within a stunning wildlife preserve that has been sanctioned by the Audubon Society. During this event, players of all levels will be paired up with local PGA professionals for a five-person scramble. The all-day competition includes golf, prizes, a barbecue dinner and fun for the whole family.

Tennis enthusiasts may enjoy an hour of complimentary tennis complete with games and prizes starting at 11:30 a.m. Afterwards, national player development coach Nick Blackwood and his staff will take the stage with a hitting demonstration on one of the seven Har-Tru clay courts.

Throughout the day, event-goers may lounge and enjoy the cascading views of Sanibel’s natural surroundings and picturesque sunsets in The Dunes Clubhouse. Renovated in 2015, the clubhouse proudly features a wide variety of lunch and dinner dining options, as well as a full bar, with daily happy hour from 3 to 6 pm.

The Golf Doctor demonstration and tennis demonstration are both complimentary events open to the public. The Pro-Am golfing tournament is limited to 100 golfers and costs \$75 for non-Dunes Club members, \$65 for tennis and sport members, and \$55 for full-club golf members.

To RSVP for the Pro-Am, call 472-2535 or email cshaul@theinnsofsanibel.com. To RSVP for the tennis demonstration, call 472-3522 or email jean@blackwoodtennis.com. ✨

SPORTS QUIZ

1. In 2015, Alex Rodriguez became the fourth major-league player to hit a home run as a teenager and as a 40-year-old. Name two of the other three to do it.
2. Name four of the six starting pitchers that the Pittsburgh Pirates used to win the 1971 World Series.
3. How many people have coached the Notre Dame football team for at least six seasons?
4. Five centers have averaged at least 12 points, 11 rebounds and five assists per game for an NBA season. Name four of them.
5. How many NHL All-Star Games has Pittsburgh Penguins star Sidney Crosby played in?
6. Who holds the record for most stages won in cycling’s Tour de France?
7. In 2015, Lydia Ko became the youngest player (18 years, 4 months) in women’s golf to win an LPGA major. Who had been the youngest?

ANSWERS

1. Ty Cobb, Gary Sheffield and Rusty Staub. 2. Dock Ellis, Bob Johnson, Steve Blass, Luke Walker, Nelson Briles and Bob Moose. 3. Seven – Knute Rockne (13 seasons), Lou Holtz (11), Frank Leahy (11), Ara Parseghian (11), Elmer Layden (seven), Dan Devine (six) and Brian Kelly (entering his seventh season). 4. Wilt Chamberlain (11), Elmer Layden (seven), Dan Devine (six) and Brian Kelly (entering his seventh season). 5. One, in 2007. 6. Belgium’s Eddy Merckx, with 34. 7. Morgan Pressel was 18 years, 10 months old when she won a major in 2007.



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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, With all the recent excitement from the Olympics and Para Olympics, my daughter and I have been looking for more positive

graphic symbols for disabled people. There doesn't seem to be much that shows disabled people are active ones. My daughter, who is in a wheel chair, would love to find some graphics that would portray her and other disabled people as more vigorous. Do you have anything to recommend?

Mary Beth F., Fort Myers

Mary Beth,

You are correct in noticing how very few positive graphic symbols currently exist for disabled individuals. We see this especially with emojis. There are countless emojis available, but only one depicting disability. The good news is that right now, a group of advocates is looking to change that.

There is a London-based disability advocacy group called Scope that has created a series of 18 new emojis portraying people with a range of abilities. The icons include people in wheelchairs, individuals with prostheses, a guide dog, those with hearing impairment and other disabilities engaging in a variety of activities. And appropriately timed there are several of these newly designed emojis that depict athletes with various special needs as well. They were released on World Emoji Day that was July 18.

Rosemary Frazer, campaign manager

at Scope, who uses a wheelchair herself, expressed her feelings about this situation. She said, "Emojis offer a colorful array of more than 1,800 characters to help sum up how you're feeling. So it's disappointing that disabled people are represented with just one emoji – the wheelchair user sign."

"This one symbol can't represent me and the disabled people I know. To truly represent the world we live in, disabled people should be included in a way that reflects the diversity of our lives," she said. Her eloquence on this surely represents the feelings of her community and many others.

Scope hopes that their 18 new emoji designs will inspire Unicode, the organization that oversees emojis, to represent disabled people in a positive way. The icons developed by Scope are freely available to download and share at <https://community.scope.org.uk/discussion/29649/do-you-like-scopes-new-disability-emojis>

The images can be downloaded on a desktop by right clicking on them and clicking "save image as" and that will allow you to share them as an image on social media. These aren't proper emojis just yet, but you can still share the Jpegs. And, of course, Scope would like everyone to share their site and to view and use these new symbols. Take a look, they're great!

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

Email your editorial copy to:
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Local Realtor Attends Florida's 100th Annual Convention

Susan Andrews, broker-owner of SanibelSusan Realty Associates, attended the 100th annual Florida Realtors Convention & Trade Expo held at Rosen Shingle Creek resort in Orlando from August 24 to 28.

A centennial in the making, this year's Celebration 100 brought together realtors from around the state to discuss key issues that shape their profession and the state association.

Andrews participated in the Professional Standards Forum, Resort and 2nd Home Specialists Forum and attended the Realtor-Attorney Joint Committee, where suggested changes for the 2017 residential sales contract were discussed. In addition to these annual meetings, members attended more than 35 education sessions.

The general session of the 100th anniversary convention featured former *Tonight Show* host and stand-up comedian Jay Leno. Dan Thurmon was the keynote speaker at the awards luncheon and demonstrated the value of staying Off Balance On Purpose.✉



Susan Andrews

Top Ten Books

1. *Midnight in Broad Daylight* by Pamela Rotner Sakamoto
2. *Coincidence of Coconut Cake* by Amy Reich
3. *Really Important Stuff My Kids Taught Me* by Cynthia Copeland
4. *Hillbilly Elegy* by JD Vance
5. *Our Souls at Night* by Kent Haruf

6. *Britt-Marie was Here* by Fredrik Backman
 7. *Sanibel Sunset Detective* by Ron Base
 8. *Historic Sanibel & Captiva* by Jerri Magg
 9. *Brooklyn* by Colm Toibin
 10. *The Old Man and the Sea* by Ernest Hemingway
- Courtesy of MacIntosh Books and Paper.✉

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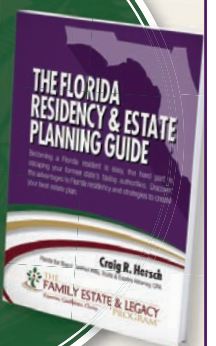
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Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA
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Winner Mary Lou Flynn; Willy Ocasio of Bank of the Islands; and Susanne Scutakes, Noah's Ark summer chairwoman photo courtesy Bank of the Islands

Donation Goes To Noah's Ark

Bank of the Islands recently made its latest non-profit donations through its We Love Our Islands program. The winner was bank customer Mary Lou Flynn. Flynn was spotted with a "We Love Our Islands" decal on her vehicle, winning her the right to select which local non-profit group would receive a charitable contribution from the bank.

Flynn chose to donate her winnings of \$1,100 to Noah's Ark at St. Michael and All Angels Church. This gift marks a total of \$69,400 that Bank of the Islands has contributed to island organizations to date through the We Love Our Islands program.

"Noah's Ark is a real island treasure," said Willy Ocasio, assistant vice president and Sanibel-Captiva office manager of Bank of the Islands. "It helps people declutter their closets and find new bargains while raising funds for St. Michael's. We are really pleased Mrs. Flynn chose Noah's Ark as the bank's most recent We Love Our Islands' beneficiary."✱

BeautifulLife: Be Yourself



by Kay Casperson

What makes you who you are? Is it the way you think or speak or how you appear to the world? Is it where you're from and who you spend your time with? Maybe it's your

experiences, your passions, your lifestyle and your philosophy that truly define who you are.

I believe that each and every individual is their own unique mixture of all the above and so much more, so when it comes to navigating the variety of experiences and opportunities that life throws our way, one-size-fits-all solutions rarely work.

Here are some of my favorite affirmations for helping you stay true to yourself on your journey to a more balanced, beautiful life.

I am honest with myself and others

Sometimes we think it's easier to fit in by pretending we're someone or something we're not; ultimately, we're sacrificing what makes us unique so that we feel accepted, which means the people we're pretending for aren't really getting to know us at all. Life is

precious, so don't waste time living a lie. Be honest, both with yourself and with others, about who you are, how you feel, and what you want from life.

I stay true to my heart

To live a balanced, beautiful life, we must constantly seek healthy change so that we can grow, even if we're scared or uncertain about what it might require for us to achieve it. Open up to positive new philosophies, people, places and activities, and you'll find what speaks to your soul. If something feels like a wrong fit, then it's probably not right for you – keep on the path of discovery, stay true to yourself and follow your heart as you explore.

I am uniquely beautiful

No single characteristic or experience can completely define who you are – unless you let it. Each person is his or her own unique combination of mind, body and soul, and they each have their own unique combination of countless life experiences – from the past, in the present and what they will each encounter in the future. You are a uniquely beautiful being on your own unique path – embrace it.

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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Eden Energy Medicine

Turn Off The Radio Receiver, Trace Central Meridian



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

Have you ever wanted to bury your head in the sand as your spouse, significant other or child is moaning non-stop that they

don't want to take out the trash or pick up their clothes or put the toothpaste away? Do you feel like you are absorbing their negativity? Or do you go to a party and start listening to everyone's stuff and feel like you will burst, wondering why you even bothered to come? Do you feel like you are easily influenced by others' views, stuffing your own?

If any of these apply, then there is benefit in working with central meridian, the meridian that is used in self-hypnosis and makes us most susceptible to influences – good or bad – from others.

But there is hope. You can shut out others and maintain your own integrity energetically. You can turn off that radio antenna to stop drawing others into you if you don't want their energies. In fact, you have already learned the technique in the Zip-up and Hook-up, both part of the 5-Minute Routine. Remember how easy they are? You were tracing your central meridian. (As a reminder, view the August 5 and 12 columns, since the basics of tracing are set forth.)

- Meridian Flow Wheel Time Of Day – Central Meridian's high tide is midnight. We always begin by tracing central and governing meridians before starting to trace the other meridians. The meridian to use when starting to trace will be the one whose high tide is at that time of day.

- Reasons To Trace Alone In Addition To Tracing All Meridians – Although it is best to trace all your meridians as one continuous flow, you may want to trace central if you need more clarity, need a boost of confidence, need to protect yourself from negative energies around you or you are feeling vulnerable to the energy of others.

- Affirmation For This Meridian Is "I Center Myself In Spirit" – Remembering that matter follows energy, stating a positive thought shifts the energy just by the intention; this is the metaphysical fabric of life. We are all part of that pure fabric of existence so reap its benefits.

- Pathway Of Meridian – The beginning point of central meridian is at the perineum, the base of the pelvic bone and the end point is in the inside of your mouth right behind your bottom lip. To trace central, place both hands on or slightly above your pelvic bone and bring them straight up the middle front of your body to the bottom lip. That's it... you just traced central. Refer to prior articles to benefit from the Zip-up or Hook-up.

- Flushing Or Tracing The Meridian Backwards – Remember that if there is too much energy in a meridian, you may want to trace it backwards and see if that makes you feel better. If it does, then trace it backwards three times, but never trace heart backwards. To flush a meridian, as if you are de-clogging a pipe, trace the meridian once backwards to loosen the sludge and then trace the meridian forward three times. Flushing

really helps reset the meridian's balance. Generally with central meridian, you will not be tracing it backwards since most of us want to keep our core strong by closing and strengthening central and governing meridians.

Now you are set. Keep this column as a reminder of how to trace central while you learn the next 13 meridians over the next several months.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I admit that I have a hard time with uncertainty and change. Could this be due to some fear?

A: Yes, this is most likely related. Fear is natural in our lives. We all

experience it and I suspect it is the cause of many problems in life. It can lead to a sense of separateness from the self. It can be paralyzing and we have to protect ourselves in worry rather than acknowledging and respecting the fear.

Mark Twain said, "My life has been filled with terrible misfortunes most of which never happened." Sometimes there's grief with fear or loss and various kinds of pains that accompany it. I ask

clients how does it feel in your body? What are the stories that it tells? Are they true or not? What emotions come with your fear?

There is a field of compassion, and we discover that it can be present with a kind of dignity for it. Not that it automatically goes away, yet if we can learn to befriend our fear it doesn't seem quite so intimidating.

If we could accept the fact that change is inevitable and discover that we can get comfortable with uncertainty, your life will unfold and you will ride the waves as opposed to feeling as though you are drowning in the fear.

If you could learn to open yourself up to mindfulness living, it can make your heart more spacious and open to the uncertainty and change life brings. It can promote acceptance and its a powerful way to make peace with fear.

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.✽

Thomas R. Louwers, M.S.T.

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Antibiotics Can Cause Health Problems



by Suzy Cohen, RPh

Dear Readers: I saw the ugly effects of long-term antibiotics up close when we treated Sam. There were bizarre symptoms that we thought were related to Lyme disease, which come

from tick bites. Lots of you are taking antibiotics now as well, and I want you to know that there's so much more harm from these drugs than we ever thought possible.

Everyone is aware of the assault that your stomach takes from antibiotics. You might think cramps and diarrhea are bad enough, but at least those are transient problems. Brand new animal research suggests these drugs trigger type 1 diabetes, especially when toddlers take them. Keep in mind that back in 2015, a Denmark study published in the *Journal of Clinical Endocrinology & Metabolism* correlated the use of antibiotics to type 2 diabetes in adults. From all of this, and other research, I think it's safe to conclude that antibiotic usage increases risk for type 1 and type 2 diabetes.

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Antibiotics are dolled out way too easily, and some of them can destroy your nerve fibers forever. If you're a mom or dad, you don't need me to tell you that some doctors are pretty quick to prescribe antibiotics for your kids who are presented with skin rashes, ear aches, sore throats or coughs. But between you and me (and about a million people reading my article today), *they are just guessing*. They don't know for sure if the bug is a virus or bacteria. The antibiotics won't work if your infection is *viral*, yet the prescription is handed out almost immediately. I think pediatricians and Lyme practitioners should rethink prescribing antibiotics in everyone who walks in the door, or at least consider shorter terms of usage.

I saw the overprescribing first-hand when my kids were young, that was

20 plus years ago. Then I saw it again with Sam when he was treated for Lyme. In the United States, statistics show that approximately half of all antibiotic prescriptions written have no therapeutic basis. I personally think this is a gross underestimate.

To hear that their use can trigger a life-long metabolic disorder that requires insulin shots is infuriating. Think of the economic impact on families and the terrible loss of quality of life. Needle sticks... dietary restrictions, doctor visits forever more. Sadly, reducing diabetic complications becomes the goal, because a cure is difficult (although possible in some cases).

Antibiotics wipe out probiotics, and when your microbiome is lacking friendly bacteria, the hateful ones take over. Then your immune system is compromised. Changes in enzyme

production and gene expression occur. This is what ultimately leads to the metabolic disaster, making you way more susceptible to diabetes and all the serious complications like heart disease, amputation, more infections and blindness.

I know some of you take them every day. I just want you to be empowered and make an informed decision with your own physician about antibiotics. Heavy usage may increase your risk of diabetes, allergies, asthma, colitis, Crohn's and heart disease.

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.

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,

During the holidays, we decided one night to go to the movies.

As we approached the two available seats, I could not help but notice the three people sitting in the seats closest to me. A severely obese father, his very fat daughter who was about 10 years old and his wife who was at least 80 pounds overweight.

Just before the movie was to

begin, the wife started to drink her colossal soda, followed by two boxes of chocolate covered raisins. Then she opened a box of cookies and shared them with her child and husband. She consumed calories during the entire movie. She was really working hard on her apparent plan to become grossly obese.

Please share with me what is happening to some of the boomer generation?

Cathryn

Dear Cathryn,

Based on the diet industry, I don't think obesity is limited to the boomer generation.

Good health habits of proper nutrition and exercise are a day-to-day life-long commitment. There are many who can make the commitment and many who cannot. My heart goes out to the overweight kids of the world, whose parents are not setting good examples or teaching good habits. Kids can be cruel to overweight peers.

Pryce

Dear Cathryn,

Many seniors also over indulge and gain weight. Some seniors have limited ability to move due to arthritis and other medical conditions. Their main source of entertainment revolves around food. Food becomes their pleasure and they want to enjoy themselves.

Children who are overweight can become obese in adulthood and face

many problems. Their insurance premiums are two to four times higher. They have higher medical bills, face job discrimination, do not become candidates for job promotion, have shorter life spans, along with the possibility of diabetes and becoming blind.

Unfortunately many people live to eat, rather than eat to live.

Lizzie

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

Triathlete Swim Program Offered

If you training for a triathlon and would like to improve your swim time, Sanibel Water Attack Team swim coach and former triathlete Curt McIntyre will be running a year-round swim program. Training will take place at the Sanibel Recreation Center and is tailored for the triathlete. The program is designed to improve your endurance, speed and stroke technique to help reach your goal of a faster swim time.

Training sessions will be offered Mondays, Wednesdays and Fridays from 7 to 8:15 a.m. Cost is \$33 for Sanibel Recreation Center members and \$44 for non-members per month.

Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available.

For more information, call 472-0345 or visit www.mysanibel.com.

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"You'll Appreciate the Difference"

From page 25

Island Fare

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.

2243 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

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



Garden Pizza

1 whole wheat pizza crust,
baked and ready to be topped
1/2 cup tomato or pizza sauce
2 tomatoes, sliced thin
1/2 cup bell peppers, diced small
1 cup mushrooms, sliced
1 cup zucchini, diced small
1 1/2 cups grated mozzarella cheese
3/4 cup fresh mozzarella cheese, hand torn
1/4 cup fresh basil leaves, hand torn
Preheat oven to 375 degrees F.

Evenly distribute the sauce over the cooked whole wheat pizza dough. Top pizza with tomatoes, peppers, mushrooms, zucchini and cheeses.

Bake for 10 to 15 minutes or until bubbly. Let cool slightly. Garnish with fresh basil.✧

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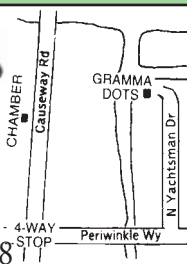
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Naples Philharmonic	597-1111
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Sanibel Music Festival	336-7999
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SW Florida Symphony	418-0996
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American Legion Post 123	472-9979
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Lions Club, Jeff MacDonald	302-521-1158
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MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
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SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
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PETS OF THE WEEK

Hello, I'm Brady. I'm a 3-year-old male black mouth cur mix with long legs that loves to jump in the air to catch bubbles. I probably have some Great Dane in my DNA somewhere. I'm also an avid gardener and like to water the plants. Come meet me and see what you've been missing in your life.

Adoption Fee: \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September Adoption Promo

Hi, I'm Savannah. I'm a 5-month-old spayed female domestic short hair who is playful, goofy, smart and sweet-natured. I absolutely love laser pointers. I have the cutest ears and am slowly growing into them. I love people and playing, but I didn't have the best start in life as a stray kitten. My foster mom rescued me during a stormy night. I am now at the shelter hoping for my forever home at long last. I am afraid to be at the shelter but would be wonderfully happy in a quiet home environment. Do you have that forever home I am looking for?

Adoption Fee: \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September Adoption Promo

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.*

Hot Dogs And Cool Cats At Animal Services

The summer months may be coming to an end, but Lee County Domestic Animal Services is still feeling the heat due to kitten season and the slower summer adoption season. The agency is appealing to the community to adopt any pet this September for just \$30 during Animal Services' Hot Dogs and Cool Cats adoption promotion. The promotion will also feature free senior pets for senior citizens and two-for-one adoption fees for all felines.

The adoption package, valued at \$500, includes:

- Spay/neuter surgery



Brady ID# 671463



Savannah ID# 665765

- Age-appropriate vaccinations
- Lee County pet license
- Microchip ID
- De-worming
- Heartworm test for dogs 6 months and over
- Feline Aids and leukemia test for cats
- Pet behavior helpline
- 10-day Pet Guarantee

Pets available for adoption may be viewed online, and adopters can submit an application online as well. The website updates hourly. Volunteers and staff will be available to help individuals and families select the pet that best suits their family.

Adoption hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday at the shelter, located at 5600 Banner Drive, Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.*

PUZZLES

Answers on page 45

Super Crossword

A RIVER RUNS THROUGH IT

- ACROSS**

1 Virginia city or river

8 Religious day of rest

15 Triangular house part

20 Country east of Turkey

21 Turkey locale

22 Iranian faith

23 Waste time on trifling things in a brave way?

25 23-season baseballer Rusty

26 Fork sticker

27 The, to Gigi

28 Storage medium that can be written to

29 PC shortcut code

30 — -Caps

31 Ship bunk

33 Bush's successor ready to hit the hay?

37 Alamo rental

38 "Alley —"

40 Manning of the NFL

41 Brazilian berry
- 42 Repair of an angel's blood vessel?

50 Snacked

51 Christens differently

52 Became solidified

53 Author Joyce Carol —

55 Zing

56 — out an existence

58 Justin Bieber fan, often

59 Paint coarsely

61 Viral Internet images, say

63 Carter's successor used a hand motion?

69 Dallas-to-Nashville dir.

70 Just right

73 Zing

74 Miner's strike

75 Deli meats turning bad?

80 Uppity type

82 Droopy

83 Agenda

84 On an ad — basis

87 This, in Acapulco

88 Retro photo tint
- 91 Rialto city

93 Like droids

95 Long-running CBS series

96 Nietzschean superman from Vegas?

100 Golden State sch.

102 Hi- — image

103 PC storage letters

104 Sci-fi beings

105 Bird crossbreed?

110 "Wrong" letter

112 Sorority

115 Relatives of sororities, for short

116 Jazz sax player Stan

118 — Offensive

119 Hammer end

120 Slow — (small primate)

121 Incense resin causes intoxication?

125 1985 Kate Nelligan drama

126 Marinara herb

127 Alfresco

128 Marsh plant

129 Lifeblood

130 Most moist
- DOWN**

1 Boats that inflate

2 Politician Hatch

3 Kind of acid

4 "Scream" actress

5 1969 Beatle bride

6 Aggressive stinger

7 Agog

8 Salt, in Sèvres

9 "— Lang Syne"

10 "Well done!"

11 Inn combo

12 "Ad — per aspera" (motto of Kansas)

13 "Shop — you drop"

14 Horse food

15 Doohickey

16 Capital of Kazakhstan

17 Animal of superstition

18 Nobelist, e.g.

19 Personifies

24 — Martin

31 Oz creator

32 Boss — ("The Dukes of Hazzard" role)
- 34 Honey liquor

35 Roker and Sharpton

36 Nose marrer

37 Lifting device

39 Vatican City sculpture

42 Thick, sweet liqueurs

43 Treasure State capital

44 Tooth cover

45 Query

46 Designer Cassini

47 Petition

48 1969 Beatle groom

49 Juveniles

54 "Aladdin" monkey

57 Historian's units

59 Party for JFK

60 Sahara viper

62 Of apes

64 Fled to hitch

65 Vincent van —

66 Uses a perch

67 Like steamy literature

68 Disunite

71 Not bright

72 Paranormal gift

76 Foreman fighter

77 Limb bone
- 78 Outing ruiner

79 Run up

81 Rialto signs

85 Bobby the Bruin

86 Is realized

88 Brawls

89 Salad endive

90 Having supporting columns

91 Prefix with dilator

92 Black, in verse

94 "Thanks — God!"

97 Suffix with north

98 — out (chill)

99 Be a ham

101 Stage skill

106 Davis of film

107 Cruel beasts

108 Suit twill

109 Actor Hawke

111 Quarterback Tim

112 Fix, as laces

113 Gives ear to

114 Kickoff

117 It's in brass

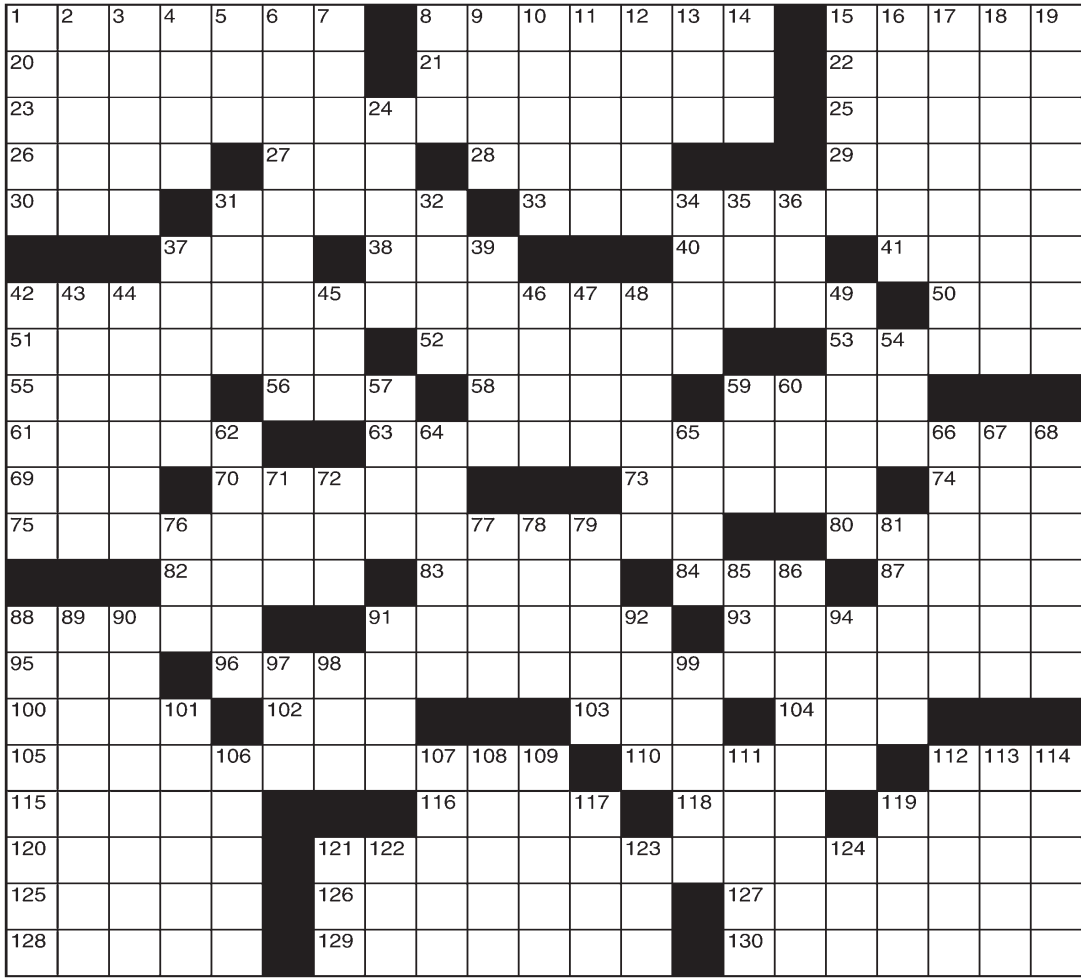
119 Previous

121 Skier Tommy

122 52-wk. units

123 — Valley, San Francisco

124 Hairy sitcom cousin



King Crossword

- ACROSS**

1 Vacationing

4 Rotating parts

8 Grouch

12 Melody

13 Garfield's pal

14 Golf target

15 Not restricted by convention

17 Facility

18 Sprite

19 Wing part

21 Strolled

24 Perched

25 Yoko of music

26 Storm center

28 Skewered entree

32 And others (Lat.)

34 Moray, e.g.

36 Vagrant

37 Aligned one self (with)

39 Cosmetics mogul Mary — Ash

41 Caviar base

42 Type measurements

44 Fifth and Main, e.g.

46 Take away (from)

50 Dict. information

51 Jai follower
- 52 Out of jeopardy

56 Uninteresting

57 Sweater material

58 Chow down

59 Partner

60 Swiss range

61 Mound stat
- 7 Big rigs

8 Fast cat

9 Bellow

10 As well

11 Existed

16 Wapiti

20 "Mighty — a Rose"

21 Troubles

22 Opposed

23 Color

27 "A mouse!"

29 Elsa's story

30 Reed instrument

31 Transvaal trekker

33 With a suspi-
- cious eye

35 Fond du —

38 "CSI" evidence

40 Sings in

60-Across?

43 Unstressed vowel

45 Ump

46 Arp's genre

47 Hebrew month

48 Lofty

49 Implement

53 Swab the deck

54 Corn spike

55 Greek H

MAGIC MAZE ● WHITE — : ANIMALS

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

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

- Ants

Cockatoo

Elephant

Fox
- Hawk

Marlin

Pelican

Perch
- Rhino

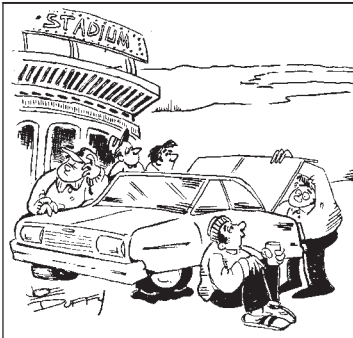
Seabass

Sheep

Squirrels
- Stork

Whale

Wolf



"Don't bother looking for the spare, I took it out to make room for the _____."
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!

Secure
ARCTINE

Mesh
GNOBLE

Archive
CREDOR

Feature
TALIED

TODAY'S WORD

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

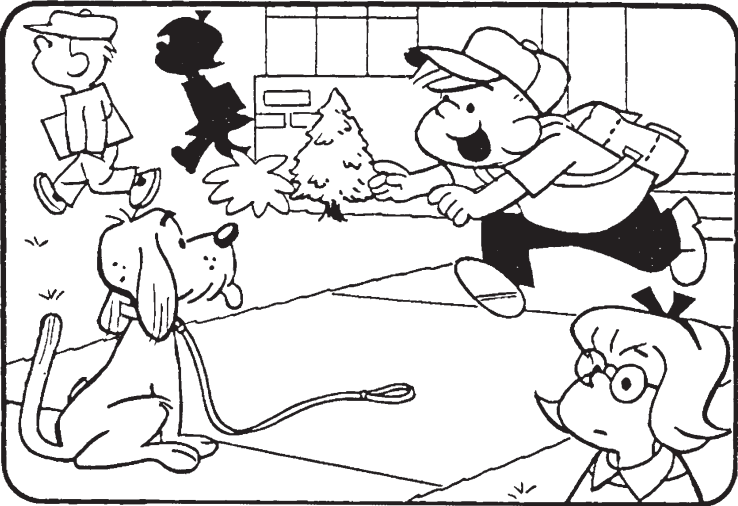
SUDOKU

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.

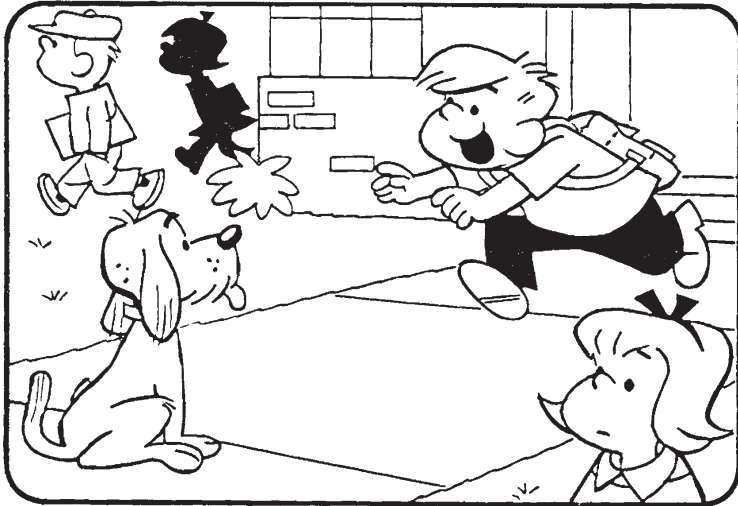
answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Dog's tail is shorter. 2. Leash is missing. 3. Tree is missing. 4. Cap is missing. 5. Backpack is smaller. 6. Glasses are missing.

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LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with The Wildfire Blues Band, playing blues and classic rock. 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 SEPTEMBER 5, 2016

ARIES (March 21 to April 19) As tensions ease on the home front, you can once more focus on changes in the workplace. Early difficulties are soon worked out. Stability returns as adjustments are made.

TAURUS (April 20 to May 20) A new romance tests the unattached Bovine's patience to the limit. But Venus still rules the Taurean heart, so expect to find yourself trying hard to make this relationship work.

GEMINI (May 21 to June 20) It's a good time to consider home-related purchases. But shop around carefully for the best price -- whether it's a new house for the family or a new hose for the garden.

CANCER (June 21 to July 22) A contentious family member seems intent on creating problems. Best advice: Avoid stepping in until you know more about the origins of this domestic disagreement.

LEO (July 23 to August 22) A recent job-related move proves far more successful than you could have imagined. Look for continued beneficial fallout. Even your critics have something nice to say.

VIRGO (August 23 to September 22) Ease up and stop driving yourself to finish that project on a deadline that is no longer realistic. Your superiors will be open to requests for an extension. Ask for it.

LIBRA (September 23 to October 22) You should soon be hearing some positive feedback on that recent

business move. An old family problem recurs, but this time you'll know how to handle it better.

SCORPIO (October 23 to November 21) Some surprising statements shed light on the problem that caused that once-warm relationship to cool off. Use this newly won knowledge to help turn things around.

SAGITTARIUS (November 22 to December 21) Your spiritual side is especially strong at this time. Let it guide you into deeper contemplation of aspects about yourself that you'd like to understand better.

CAPRICORN (December 22 to January 19) Your merrier aspect continues to dominate and to attract folks who rarely see this side of you. Some serious new romancing could develop out of all this cheeriness.

AQUARIUS (January 20 to February 18) You're always concerned about the well-being of others. It's time you put some of that concern into your own health situation, especially where it involves nutrition.

PISCES (February 19 to March 20) Just when you thought your life had finally stabilized, along comes another change that needs to be addressed. Someone you trust can help you deal with it successfully.

BORN THIS WEEK: You have a sixth sense when it comes to finding people who need help long before they think of asking for it. And you're right there to provide it.

THIS WEEK IN HISTORY

• On Sept. 9, 1776, the Continental Congress formally declares the name of the new nation to be the "United

States" of America, replacing the "United Colonies" that had been used in Thomas Jefferson's version of the Declaration of Independence.

• On Sept. 10, 1833, President Andrew Jackson announces that the government will no longer use the Second Bank of the United States, the country's national bank, and withdraws all federal funds. Jackson resented the bank's lack of funding for Western expansion.

• On Sept. 7, 1911, avant-garde French poet Guillaume Apollinaire is arrested and jailed on suspicion of stealing Leonardo da Vinci's "Mona Lisa." No evidence surfaced, and Apollinaire was released. Two years later, a former employee of the Louvre, Vincenzo Peruggia, was arrested while trying to sell the famous painting.

• On Sept. 11, 1921, Fatty Arbuckle, a silent-film era performer at the height of his fame, is arrested in San Francisco for the murder of aspiring actress Virginia Rappe. After two mistrials, the jury in Arbuckle's third trial found him not guilty and even issued him an apology.

• On Sept. 5, 1958, Boris Pasternak's romantic novel "Dr. Zhivago" is published in the United States. The book was banned in the Soviet Union, but still won the Nobel Prize for Literature in 1958 after admirers smuggled out the manuscript.

• On Sept. 6, 1972, a West German police attempt to rescue nine Israeli Olympic team members held hostage by Palestinian terrorists ends in disaster. All nine hostages were killed. Terrorists from Black September had stormed the Israeli quarters in the

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Olympic Village in Munich early the previous morning.

- On Sept. 8, 1986, Nissan's first European manufacturing plant opens in Sunderland, Britain, an area hit hard by plant closings. Some 25,000 people applied for the first 450 jobs advertised.

STRANGE BUT TRUE

- It was 19th-century French poet Charles Baudelaire who made the following sage observation: "What's irritating about love is it's a crime that requires an accomplice."
- In 2012, a Swedish man named Henrik Ismarker was fed up with people speeding down the road in his Stockholm neighborhood, so he went to the local police department and asked them to crack down on drivers going too fast. In response, a speed trap was set up, and Ismarker himself got a speeding ticket the very next day. He was embarrassed, he said, but added that he was "very satisfied with the police response."

- Thanks to extremely flexible jaws, the African egg-eating snake can swallow an egg that's much larger than the diameter of its head. It also can tell with a flick of the tongue whether an egg is fresh or not.
- Those who study such things say that if you start to lose your hearing, it's more than likely that you'll lose high notes before you lose low notes.
- According to a recent study, kids in the South have more playtime with their parents than kids in other parts of the United States. In a nationwide survey of parents with children ages 2 to 8, 76 percent of Southern parents say they play with their kids at least once a day. Compare that to the West at 46 percent, the Midwest at 40 percent and the Northeast at just 38 percent.
- I imagine that if someone screamed, "Eeek! A foggy-toddler!" you wouldn't have any idea what was going on. If you'd studied the vernacular of 18th-century England, though, you'd know to watch out for a bumblebee.

THOUGHT FOR THE DAY

"You don't know how much you don't know until your children grow up and tell you." -- S.J. Perelman

NOW HERE'S A TIP

- "To avoid a dirty-smelling hamper, place a single sheet of fabric-softener in the bottom of your laundry closet, or in the hamper itself." -- R.L. in New York
- Need to safely carry a bow while you're transporting a present? Place it inside a zip-lock sandwich bag, close partway, fill with air and seal. The bow will make it to your destination uncrushed, and you can stick it on at the last minute.
- Line junk drawers in the kitchen or bathroom with inexpensive sheets of cork board. Things don't slide around as much, and you can even use pushpins or finishing nails lightly inserted into the cork to make custom compartments in the drawers.

- If you have trouble with dry shampoo because you have dark hair, look for one that is colored. Or try using dry shampoo at night to give it time to soak up oils and wear off.
- "Write your grocery shopping list on an envelope, so you can tuck coupons inside. Then you can have it all together at the checkout. I also put a sticky note on my debit card that says 'COUPONS!' Sometimes it's the only way I remember to redeem them at checkout." -- A.A. in Florida

SCRAMBLERS

solution

1. Certain; 2. Belong; 3. Record; 4. Detail

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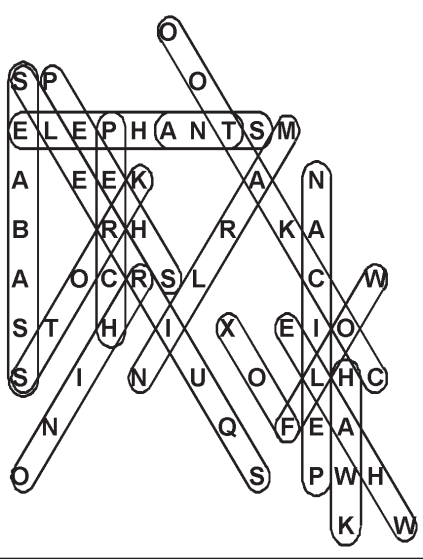
RO	AN	OKE	S	AB	BATH	G	ABLE
AR	ME	NIA	E	UR	ASIA	I	SLAM
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TINE	LES	D	VDR	M	ACRO		
SNO	BERTH	O	BAM	A	ZON	KED	
	CAR	OOP		ELI	ACAI		
CH	ERUB	ANGIO	PLASTY	A	TE		
RE	NAMES	G	ELLED		OATES		
EL	AN	EKE	TEEN	DAUB			
MEM	ES	RE	AGAN	GEST	URED		
ENE	I	DEAL		O	OMPH	ORE	
S	A	L	MISSOURING		S	NOOT	
	L	I	M	P	L	A	N
SE	P	I	A		V	E	N
C	S	I		N	E	V	A
U	C	L	A	R	E	S	
F	A	L	C	O	N	G	O
FR	A	T	S		G	E	T
L	O	R	I	S		M	Y
E	L	E	N	I		O	R
S	E	D	G	E			

KING CROSSWORD

O	F	F		C	A	M	S		C	R	A	B
A	I	R		O	D	I	E		H	O	L	E
F	R	E	E	F	O	R	M		E	A	S	E
		E	L	F		A	I	L	E	R	O	N
W	A	L	K	E	D		S	A	T			
O	N	O		E	Y	E		K	A	B	O	B
E	T	A	L		E	E	L		H	O	B	O
S	I	D	E	D		K	A	Y		R	O	E
		E	N	S		C	O	R	N	E	R	
D	E	T	R	A	C	T		D	E	F		
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D	U	L	L		W	O	O	L		E	A	T
A	L	L	Y		A	L	P	S		E	R	A

MAGIC MAZE

WHITE — : ANIMALS



SUDOKU

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

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ANNUAL RENTAL

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downstairs. Call Dan at 239-470-1342,
\$2,450 monthly.
*NS 8/12 CC TFN

ANNUAL RENTALS SANIBEL

EAST END

This 3 bedroom/2 bath UF, ground Level
home, recent paint, new carpet, all
appliances, large screen porch, double
carport, and just minutes to walk to Bay or
Gulf Beach. \$1,950/Mo.

LAKE FRONT

This UF 2/2 condo has fresh paint,
new carpet, and Huge lanai overlooking
Lake. Gated complex, with clubhouse,
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S. Ft. Myers, close to beaches. \$1,450/Mo.

IONA - CANAL HOME

This updated UF ground level 2 BR/2
BA, home offers garage, nice yard, Direct
access canal/dock, and 10 minutes To
Causeway. \$1,700/Mo.



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239-472-2311
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3 Br preferred, larger 2 br could work
also. Current resident, Oct 1 move date.
3sanstowe@gmail.com 239-338-7261
*NS 9/2 CC 9/2

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scarnatolawn@aol.com
*RS 1/25 BM TFN

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Call Sheila 239-437-9437/850-7082.
*RS 5/13 CC TFN

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Call Roger 239-707-7203.
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Volunteers provide companionship and
friendship to frail elderly individuals who
are homebound and generally living
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\$.40/mile, Paid Holiday, Vacation, & Sick
leave. Volunteers, age 55 and older, able
to volunteer at least 15 hours per week are
urged to call today.
Dr Piper Center for Social Services, Inc.,
Tel: (239) 332-5346 or (800) 332-5346
*NS 7/1 NC TFN

HELP WANTED

LOCAL BABYSITTERS NEEDED

Sitters needed to refer to guests on San/
Cap. \$12+ hr. Must have transportation.
Need to fill 10 referral positions. Contact
239-410-4421/sancapsitter@gmail.com
*NS 9/2 CC 9/23

FRONT DESK MANAGER

Sanibel Historical Village.
Hours Tuesday through Saturday,
9:30-4:30 October through April,
9:30-1:30 May through August,
September off. Duties include opening
and closing facility, greeting guests,
taking admission fees, and working with
the docent on duty to orient visitors.
The person will also assist the museum
manager with special projects as needed.
Applicant must be personable, well
organized, and completely dependable.
Compensation is \$15 per hour. Send
resume to info@sanibelmuseum.org or
mail to PO Box 413, Sanibel, FL 33957.
*NS 8/26 CC 9/2

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dependable, well-qualified individual
for an extremely busy office.
Part-time weekend position & possibly
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*NS 8/5 CC TFN

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maintain inventory of wardrobe and
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become longer term for a candidate with
the right fit and drive. Stipend is available.
Students and retirees
can contact:
info@laboratorytheaterflorida.com or
239-218-0481.
*NS 8/26 NC TFN

LOST AND FOUND

ENGAGEMENT RING LOST

Engagement ring lost at the Lighthouse
Beach by the big driftwood tree on 4/28/16
in the water. If anyone finds, please contact
the Sanibel Police or call 864-704-5135.
*NS 5/13 NC TFN

Rotary Happenings

submitted by Shirley Jewell

Joshua's story, June 1, 2008: On a warm spring day during a family gathering at home, Joshua slipped out of sight for just a few short moments. He was quickly discovered in the backyard pool, unconscious and unresponsive. Family immediately started CPR and he was life-flighted to Children's Hospital in Omaha. After three days, Joshua was taken off life support and passed away.



Joshua Collingsworth Memorial Fund (JCMF) Children's Charity website was founded by Blake and Kathy Collingsworth in memory of their 2-and-a-half-year-old son, Joshua.

Our speaker this week was Bonita Springs Rotarian Nancy Ross, representing the JCMF and Collingsworth family. She spoke about a special program designed specifically by JCMF as a teaching tool directed to both adults and children for providing information about water safety for children.

Ross gave us these grim statics: There are on average 3,536 fatal unintentional drownings annually in the U.S., about 10 deaths per day; about one in five people who die from drowning are children age 14 and younger; drowning is the leading cause of death among children ages 1 to 4 in Florida; Florida's drowning death rate among children ages 1 to 4 is the highest in the nation.

The Collingsworths wanted to get the message out regarding how to prevent tragedies such as theirs from happening in the future in other families. For adults, they created a list of water safety awareness:

Constantly watch the children who are in or near water and keep them within reach; avoid distractions such as drinking, talking on a cell phone; don't rely on flotation devices as a substitute for supervision; always have life-saving equipment readily available; assign someone to be a water watcher; make sure all gates are closed and locked when the pool is not in use; teach children water safety and to always stay away from water unless they are with



Nancy Ross
photos courtesy Sanibel-Captiva Rotary Club

an adult; stress that the last person to leave the pool area closes the gates, doors and covers the pool before leaving the area; never leave children unattended, even for a moment, around water; keep a phone near the pool when in use; call 911 in case of an emergency.

As a teaching tool for young children, Blake Collingsworth wrote a beautiful storybook, titled *Josh The Baby Otter*. The story is about an otter family and how young otters are always taught to float on their backs before being allowed to go out on their own in the water. The book is published in English and Spanish here in the states and has been translated into 50 languages digitally, available through the JCMF website. The book is also available on DVD and in coloring book form.

Sanibel-Captiva Rotarians joined Ross in bringing *Josh The Baby Otter* books over to the Children's Education Center of the Islands. Rotarians took turns reading the book, and Josh the Baby Otter mascot (Chet Sadler) made a surprise visit.

Sanibel-Captiva Rotary will be bringing this program and distributing books to all preschool classes on the island, the Gladiolus Learning & Development Center (GLAD) in Fort Myers and The Sanibel School. A copy of the book will be available at the Sanibel Public Library soon.

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



Josh the Baby Otter made a special appearance at the Children's Education Center of the Islands

HORTOONS

What No-see-ums do during the winter.

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Tarpon Bay At Captiva	Captiva	2002	4,385	\$3,585,000	\$3,299,000	615
Captiva Island Map N End	Captiva	2008	3,558	\$1,950,000	\$1,500,000	49
Mossy Glen	Fort Myers	2005	6,650	\$1,495,000	\$1,435,000	78
Sanibel Isles	Sanibel	1996	3,052	\$1,279,000	\$1,279,000	1,185
Briarcliff	Fort Myers	1981	6,977	\$1,250,000	\$1,133,500	4
The Colony	Bonita Springs	2015	3,131	\$1,075,000	\$1,025,000	469
Renaissance	Fort Myers	2016	3,375	\$1,018,345	\$948,500	47
Bonita Lakes	Bonita Springs	2015	3,769	\$749,995	\$719,000	351
The Enclave	Fort Myers	2004	4,324	\$743,900	\$630,000	34
Holiday Heights	Fort Myers Beach	1981	1,981	\$725,000	\$675,000	66

Courtesy of Royal Shell Real Estate

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