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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 9, 2016

SEPTEMBER SUNRISE/SUNSET: 09 7:12 • 7:40 10 7:12 • 7:39 11 7:12 • 7:38 12 7:13 • 7:37 13 7:13 • 7:35 14 7:14 • 7:34 15 7:14 • 7:33

30th Coastal Cleanup To Be Held September 17

by Jeff Lysiak

On Saturday, September 17, the Sanibel-Captiva Conservation Foundation (SCCF) is inviting island residents and visitors of all ages to participate in an international volunteer effort to rid our coastlines and waterways of marine litter, pollution and debris.

On that day from 9 a.m. to noon, volunteers worldwide remove millions of pounds of coastal trash that can hurt local economies, injure and kill marine wildlife and choke the ocean environment. SCCF's partner in the Ocean Conservancy's 30th annual Coastal Cleanup is Keep Lee County Beautiful.

Worldwide last year, more than 560,000 volunteers picked up 16 million pounds of trash in 91 countries on 12,000 miles of coast. Cigarettes and food rappers topped the list of debris found, with plastic bottles coming in third. Annually, an average 1,500 Lee County volunteers collect 10,000 pounds of trash.

Friends, families, neighbors, co-workers and church groups are encouraged to come to the SCCF Nature Center, located at 3333 Sanibel-Captiva Road, on September 17 at 9 a.m. to check-in and pick up their Coastal Cleanup data cards and trash bags. Participants are asked to bring their own water to reduce the use of plastic water bottles. Also, please bring your own work gloves to reduce the use of the plastic gloves that will be available.

Lunch and snacks on the SCCF Nature Center's porch will be available from 10 a.m. until noon as well as a dumpster to deposit collected trash. Be sure to fill out your data card and turn it in at SCCF.

If you have any questions, want to reserve your favorite "cleanup" spot, or get your data cards ahead of time, call SCCF's Dee Serage-Century between September 12 and 16 at 472-2329.*



Students and teachers from Lexington Middle School picking up debris at Lighthouse Beach on Sanibel during last year's International Coastal Cleanup. This year's event – sponsored by the Sanibel-Captiva Conservation Foundation, Keep Lee County Beautiful and the Ocean Conservancy – will be held on September 17.

photo by Jeff Lysiak

'Ding' Days Spotlights Migratory Birds, Art And Darling's Birthday



Kids have fun making nature-themed crafts during "Ding" Darling Days

photo courtesy "Ding" Darling

This year's "Ding" Darling Days, October 16 to 22, devotes one day each to topics relevant to the JN "Ding" Darling National Wildlife Refuge on Sanibel Island. The event honors National Wildlife Refuge Week and the Migratory Bird Treaty

Centennial plus celebrates the 140th birthday of the refuge's namesake, father of the Duck Stamp, on Friday, October 21.

Family Fun Day kicks off the weeklong birding and eco-festival with all-free activities including narrated refuge tram tours, live bird presentations, kids' bird games and crafts, a touch tank, a butterfly house, Latino and bluegrass music, and archery lessons. The estimated value of all the free activities is more than \$75 for a family of four.

New this year, as a bow to migratory birds, there will be a historical reenactment about saving the birds in the Everglades by Big Cypress National Preserve staff and – concurrently for kids – storytelling with a take-home craft relating to the book *She's Wearing A Dead Bird On Her Head*.

The Duck Stamp Artist presentation headlines Saturday's Conservation Art Day on October 22, which also includes cartooning, a photography tram tour, nature painting and free art supplies. Five-time Federal Duck Stamp winner Joe Hautman will be speaking and signing his 2016-17 stamps.

Throughout the week, festivalgoers can take free biking and birding tours; receive discounted tram, kayaking and nature boat excursions; and sit in on free talks at the refuge and Tarpon Bay Explorers (TBE), the refuge's official recreation concession (www.tarponbayexplorers.com). A special exhibit of this year's Federal Duck Stamps will display in the Visitor & Education Center auditorium throughout the week and guests can participate in the Bird Dress-Up Photo Station.

Following is a schedule of highlights for the week.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) sponsors "Ding" Darling Days with support from TBE, the U.S. Fish & Wildlife Service, and other private and business partners. To become a friend of the refuge, visit dingdarlingsociety.org.

For a full "Ding" Darling Days schedule, visit www.dingdarlingdays.com or call 472-1100.

"Ding" Darling Days highlights will include:

Sunday, October 16: Family Fun Day, 10:45 a.m. to 4 p.m. (Free)

All events at "Ding" Darling Visitor & Education Center. Giveaways, live bird presentations, bird games.

Continuous throughout the day:

- Refuge Tram Tours
- Introduction to Archery Clinics

continued on page 12

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Christian Preschool Off To A Lively Start



Students created studies of a famed Pablo Picasso lithograph of a bouquet of flowers and hands photos courtesy Sanibel Christian Preschool

From 2-year-olds to pre-kindergarteners, 17 children at the Sanibel Christian Preschool are starting the school year with fun, faith and plenty of learning. The school, a ministry of Sanibel Congregational



Colored pencils were used to create this masterpiece

United Church of Christ, is led by voluntary prekindergarten education program (VPK) teacher Laura Miltner, the school's director, and preschool teachers Ana Abella and Lora Lea Plummer.

Students are already being introduced to classical music and other fine arts. Miltner said,, "Our VPK 4 students are creating Picasso masterpieces using colored pencils." Everyone enjoys chapel time with pastor Deb Kunkel and her trusty friend, Shep (a shaggy sheepdog puppet).

As a ministry of the Sanibel

Congregational United Church of Christ, the preschool shares in the congregation's practice that all people are God's loved children and welcomes children and families of all backgrounds. The school offers scholarships, enabling

Preschool Is So Much Fun

Children at Summit Christian Preschool at Sanibel Community Church are having fun this school year, where they can spin on the playground and have fun with their friends.

The children come to school four mornings per week from 8:30 a.m. to 12:30 p.m. for free, thanks to Florida's Voluntary Prekindergarten Education Program (VPK).

There are still a limited number of spots open, and children can stay as late as 2 p.m. with a small fee. There are also spots open in the 3-year-old program, which meets Monday, Tuesday and Thursday until either 12:30 or 2 p.m. Call Kathy at the main campus at 482-7007 with questions.✱



Addison Guillen, Avagrace Froelich and Taylor Peach playing on the swing photo courtesy Summit Christian Preschool



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Saturday, September 24th - 9 a.m. to 1 p.m.
Lunch will be provided.

Course: To Know With Certainty
Sundays, September 25 through November 6th
11 a.m. to noon.

All classes will be held upstairs at the
Sanibel Community Church H20 Youth Center.

Sign-up by calling the Sanibel Community Church Office
at 239-472-2684 during the week to register.

*The Course is free and open to all High School Juniors, Seniors
and their parents to equip them intellectually for the
challenges to their faith as they go onto college and careers.*



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Triathlon To Shake September Up

submitted by Ken Gooderham

There's an old joke on the islands that during September, things are so quiet someone could sleep in the streets. That might be true, but not for the second weekend of September - when the sixth annual Galloway Captiva Triathlon gets underway.

The sprint triathlon, scheduled for Saturday, September 10 through Sunday, September 11, is a family friendly fitness weekend held at South Seas Island Resort on Captiva.

The first day includes children's fun races: ages 6 to 8 and ages 9 to 10 compete in a 100-yard swim, 1.5-mile bike ride and half-mile run, while those ages 11 to 13 face a 200-yard swim, 3-mile bike ride and a 1-mile run. On Sunday, adults swim a quarter mile, bike 10 miles and run 3.1 miles. Elite amateur athletes will be sent off first in their own wave. The triathlon is sanctioned by USA Triathlon and organized by Southwest Florida Events.

As a note to Captiva residents, Captiva Drive will be closed on Sunday from 6:45 a.m. to roughly 8:45 a.m. for the bike portion of the race. Emergency vehicles will have access to the road at all times, but regular traffic will be asked to wait until the bicyclists have gone through. Lee County Sheriff's Office deputies and personnel, as well as other volunteers, will be at key spots on the

road to ensure safety for both residents and athletes, and some intersections will be barricaded to keep everyone on course.

If you are a resident of the Santiva area, expect minor traffic re-routing to accommodate closing the Blind Pass Bridge. Those heading to the Blind Pass beach parking area will be able to get through, but other traffic will be diverted onto a circular route of Pine Avenue, Coconut Drive and Mangrove Lane to head back down San-Cap Road while the bridge is closed from 6:45 to 8:45 a.m.

All homes and business in the area will be accessible, and there will be volunteers directing traffic during this time.

To watch the swimming leg of the triathlon, head to the north end of Captiva. The run will be on the golf course, also at the north end of the island.

Participants are expected to begin crossing the causeway at 4:30 a.m. or before, to start preparing for the triathlon.

A portion of the proceeds go toward supporting the Community Cooperative Ministries Inc.'s Healthy School Pantry and Backpack program, which provides emergency food for more than 2,000 local children each school year.

Sponsors include: Title sponsor, Galloway Family of Dealerships; benefiting charity, Community Cooperative's Backpack Program; adult race sponsor, Lee County Sports Development; kid's race sponsor,

Jason Gunter Attorney at Law; race portion sponsors, Geared Up Multisport Specialists, Lee Health, South Seas Island Resort, Jason's Deli, Billy's Bicycles and Trek Bicycles; general sponsors, RC Otters/Cantina Captiva, LCEC, Sanibel-Captiva Beach Resorts/Tween Waters Inn, Jensen's Twin Palms Marina, Jensen's on the Gulf, *Florida Weekly*, Doc Ford's Captiva, News-Press Media Group, Suncoast Beverage Sales and Johnson Custom Painting; product/bag sponsors, RS Walsh Landscaping, Captiva Cruises and Best Boating Club.

For information, visit captivatri.org, or on Facebook under Captiva Tri.*

Technology In The Home And Classroom

Technology has changed the way we operate in our day-to-day lives. From driving to work to cooking in the kitchen, from the way we do research to the ways we entertain ourselves, all of us are affected by technology. Children, and children in the classroom, have not been exempt from changes in technology.

Nowadays, students as young as kindergarteners or first graders receive homework assignments that must be completed online. What happens, then, if a household doesn't have one, or enough

computers, to accommodate multiple children trying to complete assignments?

To address this need, FISH of SanCap - working with many community members, including The Sanibel School, island preschools and tutors - identifies households that would benefit from the donation of a computer.

Through conversations with Maggi Feiner, president and CEO of FISH, and supporter Dave Bunch, discovered a way to "come to the technology rescue."

Through his many island connections, including the Sanibel and Captiva Islands Kiwanis Club, Bunch is able to secure used laptop and desktop computers, refurbish and clean up the hard drives, and offer them to FISH for distribution.

"Over the last few years in particular, it's been a growing need not only for our school age children but for adults continuing their education," said Feiner. "Dave is always on the lookout for computer equipment that he can refurbish and offer to these families. He is instrumental in helping us solve this very critical dilemma that aids the future success of our community."

"Computers have become a necessity in the schools today. Everyone needs the proper tools to achieve a level of success and prepare for the future," added Bunch. "Being able to provide these tools really helps connect an individual to their greatest potential, and I am happy to be a part of that."*

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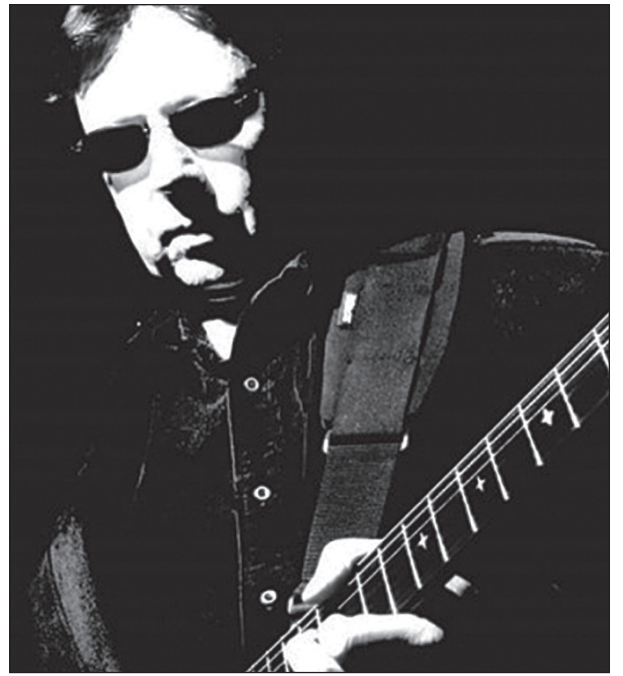
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The Marty Stokes Band

San-Cap Optimists To Debut Sanibel Blues & Jazz Festival

by Jeff Lysiak

The Sanibel-Captiva Optimist Club announced that the Premier Annual Blues and Jazz Fest will make its debut on Sunday, November 6 at Bailey's Center on Sanibel from 1 to 7 p.m. Featured entertainment will include some of the leading performers of the genre, including British guitar virtuoso and Blues Hall of Fame member Matt Schofield, local favorites The Marty Stokes Band, multi-faceted six-string icon JP Soars and contemporary jazz/rhythm and blues group The Jazz-Matics.

The idea of staging a blues/jazz event on the island was brought up by George Schnapp, owner of George & Wendy's Seafood Grille, while speaking to San-Cap Optimist Club president Stan Howard. "He told me that it would be great if we had a festival like that on Sanibel, and I thought it would also make a great fundraiser," recalled Howard.

Once his fellow Optimists heard the idea, the ball began to roll. Richard McCurry, the chair of the inaugural festival, contacted Stokes, who not only became a member of the event's planning committee but also volunteered to recruit the talented lineup of artists to perform at the gig.

Festival attendees will hear outstanding live blues and jazz music including (in order of performance):

- 1:15 p.m. – The Jazz-Matics. A Southwest Florida-based band that frequently plays at the Roadhouse Café in Fort Myers, the Jazz-Matics will open the festival. Paying homage to the greatest jazz and R&B music of our generation, the group puts their own jazzy twist on the music of Stevie Wonder, Alicia Keys, Chuck Mangione, Luther Vandross, Grover Washington, Jr., Sade, The Average White Band and many more.
- 2:35 p.m. – JP Soars. Not a typical blues guitarist, Soars toured the globe playing jazz and blues and recorded several records before finding his home in the blues. In 2009, Soars' unique approach paid off as he and his trio – The Red Hots – defeated bands from around the world to win the annual International Blues Challenge in Memphis, Tennessee. Soars also won the Albert King Award for most promising guitarist.
- 3:55 p.m. – The Marty Stokes Band. Raised on Sanibel and Captiva islands, Stokes has been playing different variations of blues music since he was a kid. Raw and melodic, original and reaching to the emotional core, Stokes will not disappoint a good blues audience. A group of long-time friends, the band "delivers the goods" with tasteful grooves over Stokes' originals, alongside creative arrangements of cover tunes. The group also recently won the 2016 Regional International Blues Competition of Southwest Florida, along with the People's Choice Award.
- 5:15 p.m. – Matt Schofield. Though he holds a British passport and is an inductee of the British Blues Hall of Fame, Schofield has been making his mark globally as one of the top players in the new class of six-string wunderkinds. The *Los Angeles Daily News* wrote, "In Schofield, the UK has produced the best blues guitarist from any country in decades... head and shoulders above the herd," while *Guitar & Bass Magazine* rated him in the top 10 British blues guitarists of all time.

A member of the San-Cap Optimist Club attended one of Schofield's concerts in Southern California this past August and is "very enthusiastic" about his appearance on Sanibel.

Other musicians on the bill are equally excited about performing in front of island audiences.

"I'm honored to be performing in this festival alongside two of the 'greats' in blues guitarists today – Matt Schofield and JP Soars," said Stokes. "I'm further honored to feature JP on my latest CD that will be released this fall."

Soars himself promised to play plenty of blues standards as well as songs from a few of his other influences.



Jazz-Matics

photos courtesy the San-Cap Optimist Club

"I love T-bone Walker, Jesse May Hemphill, Wes Montgomery, Django Reinhardt, Muddy Waters, Johnny Guitar Watson, Guitar Slim and Louis Jordan," said Soars. "But I also love Tito Puente, Miles Davis, Hank Williams, Black Sabbath and Slayer."

All performances will be played with full, professional audio, lighting and instrumental support.

According to event organizers, the Premier Annual Blues and Jazz Fest will feature a variety of fine cuisine and spirits. Barbecued ribs and other food and beverage offerings – including beer and wine – will be available for purchase.

"With the caliber of talented that will be performing, this is truly going to be one of the premiere events on the island," added Howard. "People should also get their tickets early, because we're limited on the number of tickets available... we're expecting to sell out pretty fast."

General entry donations are \$40 per person. A \$125 per person donor VIP package covers food, beverages, VIP area seating, VIP parking and a festival T-shirt. Tickets are limited to 700 persons and are first come, first served. Tickets will be available at Bailey's General Store, George and Wendy's Seafood Grille, The Sanibel Café, the Sanibel Captiva Community Bank, from members of the San-Cap Optimist Club and online at www.sanibelbluesandjazzfest.org.

On-island parking will be available, with transportation to the festival site. Attendees are encouraged to use bicycles to reach the site, with free valet bike parking provided.

The Sanibel-Captiva Optimist Club is widely known in the area for its devotion to children's needs. All proceeds benefit the Optimist Club's college scholarship program, youth programs at the JN "Ding" Darling National Wildlife Refuge, and Community Housing and Resources of Sanibel, among others.

Sponsorships for the Premier Annual Blues and Jazz Fest are also available. For additional information, contact Stan Howard at 472-0836 or Richard McCurry at 292-4631.✪

Captiva Community Panel To Meet

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

Among the agenda items:

- Update on a proposed January 13 sea level rise symposium.
- Update on priority committees, including wastewater management, bike/pedestrian enhancements and other.
- A Captiva Erosion Prevention District update.
- A Captiva Fire District update.
- A Hurricane Preparedness and Response Committee update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be October 11. Information and background documents are available online at www.captivacommunitypanel.com.✱

American Legion Post 123

On Sunday, September 11, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14. Stop by Sunday, September 18 for corned beef and cabbage is on the menu.

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.✱

Top Ten Books

1. *Unlikely Friendships: Dogs* by Jennifer S. Holland
 2. *Martin Martin* by Brian Doyle
 3. *Last Days of Night* by Graham Moore
 4. *Cuba Straits* by Randy Wayne White
 5. *Miss Peregrine's Home For Peculiar Children* by Ransom Riggs
 6. *Oh, Florida* by Craig Pittman
 7. *Britt-Marie Was Here* by Fredrik Backman
 8. *God in Ruins* by Kate Atkinson
 9. *Descent* by Tim Johnston
 10. *The Little Paris Bookshop* by Nina George
- Courtesy of MacIntosh Books and Paper.✱



Ellie Gause
Sanibel-Captiva Art League



Bonnie Begraff

Art League Works On Exhibit

Sanibel-Captiva Art League invites residents and visitors to see the members' paintings on view through September at the Sanibel Public Library on Dunlop Road during regular library hours.

Call the Library, 472-2483 or log on to www.sanlib.org for information and upcoming events. For more information about the art league's seasonal schedule such as weekly Paint-outs, Clothesline Sale, exhibits and monthly meetings, log on to www.sancapart.com or write to San-Cap Art League, PO Box 1192, Sanibel FL 33957.✱



Carole Rosenberg



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Local Zontians Recognized At International Convention



Receiving their San-Cap Club award were local Zontians, from left, Linda Robison, Nancy Dreher (standing next to Zonta International's new president Sonya Honig Schough), Karen Pati (standing next to immediate past president of Zonta International Maria José Landeira Oestergaard), Carol Gestwicki, Ellen Strobel and Virginia Jones
photos courtesy Zonta Club of Sanibel Captiva

submitted by Kathleen Skubikowski

Six women from Sanibel recently returned from the 63rd Biannual Zonta International Convention, held this year in Nice, France. They joined 2,323 Zontians from countries around the world, including other local attendees from the Naples and Punta Gorda-Port Charlotte clubs.

Attending from the Zonta Club of Sanibel-Captiva were District 11 Lt. Governor Linda Robison, club president-elect Nancy Dreher, immediate past governor of District 11 Karen Pati, club vice president Carol Gestwicki, member Ellen Strobel and immediate past president Virginia Jones.

Highlighting their attendance was accepting two awards on behalf of the San-Cap Club: recognition for its work in fundraising and membership development.

“We are one of the two highest donors in the world to the Zonta International Foundation, supporting international service projects that empower women just as we do here in Lee County,” said Jones.

The principal fund-raising event for Zonta is its annual A Peek at the Unique home tour, generously supported by island businesses and residents, to be held this coming year on March 11.

In addition, Robison accepted the recognition award for membership growth and retention on behalf of the Sanibel club.

Reflecting on the personal impact of that award, Pati observed that in Nice Zontians had a chance, “to share our challenges, successes, and next steps, as we all strive to achieve our goals. It was a life-changing experience that will empower me for the rest of my life, and I’m grateful for the support from my home club.”

The Zontians arrived early to help register other members and to assist at the opening flag ceremony. During the convention, they attended and conducted workshops, district meetings and training sessions on service and advocacy; they voted on international officers and on Zonta International’s service and advocacy goals for 2016-18, and they heard presentations from United Nations representatives on the impact of organizations



Sanibel Zontian Virginia Jones, center, with African delegates to the ZI Convention



Sanibel Zontians Ellen Strobel, Carol Gestwicki, Karen Pati and Linda Robison with Asian delegates to the ZI convention

like Zonta on UN global initiatives.




Zonta International is a global leader in advocating for women’s rights, and one of the goals articulated at the convention was to build and sustain a vibrant global membership. Sanibel Zontians found that vibrancy palpable at the convention itself.

“I am so grateful for the opportunity to attend the convention,” said Gestwicki. “The concept of a powerful voice through collaboration was made meaningful to me. The combined efforts of women worldwide yield so very much, in terms of productive accomplishment, in service and advocacy.”

“It is so exciting to stand together with so many other Zontians from around the world, to share information about what we do here on Sanibel and to hear about what other clubs do,” added Jones. “I came home from Nice with so many wonderful ideas and productive connections.”

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on service, advocacy and (through its Foundation) funds to empower women locally on the islands, in Lee County and (through Zonta International) around the world. For more information, visit www.zontasancap.com.✱

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



Sanibel Public Library's Weekly Children's Programs in September



Teagan Clark enjoys once-banned books 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.

A Middle Grade 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.✱

Democratic Club Meeting

Winning BIG in November: What You Can Do will be the topic of the Democratic Club of the Islands' (DCI) meeting on Thursday evening, September 15 at the Sanibel Public Library. The meeting starts at 7 p.m. and is free and open to the public.

National political consultant Bob Schaeffer, a 17-year Sanibel resident, will analyze key federal, state and Southwest Florida races on the November ballot, and then discuss how area residents can become involved most effectively.

Schaeffer is co-author of the Simon and Schuster book *Winning Local and State Elections*. He has consulted for many campaigns around the country and locally through his firm, Public Policy Communications. He currently serves on the boards of Fair Districts Now and the Progress Florida Education Center.

Previously, Schaeffer was editorial writer at the NBC-TV affiliate in Boston, research director of the Massachusetts Legislature's Joint Committee on Human Services and Elderly Affairs, and worked for several years as a research associate in the Education Research Center of the Massachusetts Institute of Technology (MIT), where he was both an undergraduate and graduate student.

Democrats, Independents and everyone interested in electing progressives up and down the ballot, is invited to attend. To join the Democratic Club of the Islands or renew your membership, bring your check for \$25, made payable to DCI, to the meeting.

For more information, call 313-5718 or email demclubislands@gmail.com.✱



Bob Schaeffer

photo courtesy DCI

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College Prep 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.✱

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'Ding' Darling Kids Fishing Derby



Kids learn about fishing skills and ethics and win prizes at the free derby
photo courtesy "Ding" Darling

Kids who are able to hold their own fishing pole may participate in the free 5th annual "Ding" Darling Kids Fishing Derby to be held at the Sanibel Causeway Islands Park (Island B, closest to Sanibel) on Saturday, November 26. JN "Ding" Darling National Wildlife Refuge and the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) co-sponsor the event as part of this year's Smithsonian Water/Ways exhibit at the refuge from October 28 to December 8.

Registration begins at 8:30 a.m. on the causeway. Kids ages 15 and younger start fishing at 9 a.m. and finish at 11 a.m. The awards ceremony is at 11:30.

Judges will record catches during the fishing session. Once the results are tallied, they will award winners in two age groups: ages 10 to 15 and ages 9 and younger. Based upon total inches of fish caught, prizes will go to first-, second-, and third-place winners, plus there will be awards for the largest and smallest fish hooked in both age categories.

Participants should bring fishing poles, but the refuge will provide a limited number of loaner poles for those who do not have their own equipment. Bait will be provided.

Throughout the day, volunteers and staff will teach fishing skills and safe, ethical fishing practices.

The derby is made possible also by support from The Historic Bait Box, Trophy Case of Fort Myers, Sanibel Island Fishing Club and Lee County Parks & Recreation. For more information or to volunteer for Kids Fishing Derby, contact Ranger Becky Larkins at Rebecca_Larkins@fws.gov or 472-1100 ext. 236. ✨

From page 1

'Ding' Days

- Jim Sprinkle Bird-Carving Demonstrations
- Butterfly House
- Touch Tank
- Hands-On Bird Crafts
- Hot Dogs

Monday, October 17 To Saturday, October 22

Free and discounted birding, tram, biking, hiking, kayaking and nature boat excursions. Free Bird Dress-Up Photo Station in the Visitor & Education Center, 10 percent off select bird gifts in the Refuge Nature Store.

Monday, October 17: Migratory Bird Day (Free)

Feather Wars: The Plume Trade historic presentation, Refuge Reddish Egret Study presentation.

Tuesday, October 18: Beach & Water Day (Free)

Ongoing Stand-Up Paddleboard Clinics, Birding Beach Walk at Perry Tract, Save Our Seabirds presentation.

Wednesday, October 19: Walk The Trails Day (Free)

Ongoing Animal Olympics at Bailey Tract, Bunche Beach Birding Tram, From The Nest photo presentation.

Thursday, October 20: International Birders Film Festival (Free)

Ongoing Stand-Up Paddleboard Clinics, showings of five films featuring birds from different continents.

Friday, October 21: Ding's 140th Birthday (Free)

All-Day Wildlife Drive admission for bikers and hikers only, Wildlife Drive Ranger Biking Tour, *America's Darling* film showing with birthday cake, guided Scat & Tracks Walk.

Saturday, October 25: Conservation Art Day, 9 a.m. to 5 p.m. (Free)

All events held at the "Ding" Darling Visitor & Education Center.

Admission to Wildlife Drive and plein-air artists, Art Kits to the first 200

kids, Duck Stamp Winners presentations, Make & Take Painting Workshop, Nature Photography Tram Tour, Wildlife Painting Demonstration and Ask The Artist.

Thanks To The Sponsors That Make "Ding" Darling Days possible:

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Family-Friendly Race For Health

Get ready to walk or run during the Color Splash 5K 1.0 at Wa-Ke Hatchee Community Park, located at 16760 Bass Road in Fort Myers, on Saturday, September 24.

Registration begins at 7 a.m., with the family-friendly race getting underway at 7:30 a.m. The course encompasses three laps within the park. Sign up and participation is free, but limited to the first 350 registrants.

"No matter your pace, your mind and body will thank you for going outside and getting physical," said Kevin Kirkwood, health promotion education manager. "Maintaining a healthy weight are equal parts diet and exercise. Incorporating a new, healthy lifestyle activity begins with the first step."

In addition to this Florida's Healthiest Weight activity, World Heart Day 2016 will be noted at the park. Lee County Emergency Medical Services responders and Florida Department of Health in Lee County CPR instructors will demonstrate hands-only CPR techniques. Vendors will share tips on exercise and healthy eating.

To register, visit <http://healthylee.com/florida-health-color-splash-5k>. ✨

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Meet Two More Celebrity Island Dinner Stars



Captain Brian Holaway photos courtesy Bailey-Matthews National Shell Museum



Susan and Mark Blust

The spirit of competition is alive and well as a bevy of island celebrities vie for tips and promote ticket sales now, a full two months before the October 3 Celebrity Island Dinner – all to benefit the Bailey-Matthews National Shell Museum. Tickets are selling rapidly; in fact, the shell museum encourages anyone who wants to attend to purchase them as soon as possible.

In return for tips, and all in good fun, at least nine local luminaries will be at the beck and call of guests at Traders restaurant on Sanibel that evening, while “real” waitstaff serve a delicious meal. Tipping is as easy as can be. Even people who aren’t able to attend the dinner can leave a gratuity by getting in touch with their favorite island celebrity directly or contacting the shell museum.

Tickets are \$75 and include beer and wine with the multi-course meal. Seating is first-come, first-served with shared tables. This year, for the first time, anyone who would like to reserve a table for six or eight may do so for an additional charge of \$100 per table by calling the museum (tables for 10 are already sold out).

Tickets are available at www.shellmuseum.org, 395-2233, or the museum, located at 3075 Sanibel-Captiva Road on Sanibel.

The celebrities are already embracing the disco beach theme with gusto. Between their costumes and hijinks, incredible decorations and entertainment, this fun-filled event will immerse everyone who attends in the look, sound and feel of disco.

Everyone associated with the shell museum is grateful to the island celebrities who go all out to put the fun in fundraising. As a preview of the October 3 festivities, the museum is introducing the celebrities in advance, two at a time. Robin Cook and Joel Johnson, both of Sanibel Captiva Trust Company, were profiled first. Then came Holli Martin of Heidrick & Co. Insurance and Robin Roberts of RE/MAX Realty. This week, the spotlight is on Capt. Brian Holaway and restaurateur Mark Blust. One thing they all have in common, in addition to a sense of fun and adventure, is a desire to help the shell museum.

continued on page 14



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From page 13

Island Stars

With pen in hand and tongue in cheek, Capt. Brian Holaway created the following verse to entice guests to attend the dinner – and, of course, to be big tippers:

*Capt. Brian can guide you to the out islands, in his 24-foot skiff.
The boat won't tip,
But you can...\$\$.
He can point out the shells, birds, and even talk about plankton.
Folks it's time to give up the Benjamin Franklin \$\$.
So come on and get on board with Captain Brian.
He may be in the mangroves or in the muck.
He may smell real funny.
That don't matter;
Just show the cash money.*

Capt. Holaway has worked on Captiva for 23 years and says, "I love the wildlife, plants, people and culture of the islands. I love how the beaches are always changing; no two days are the same."

He says, "What I appreciate most about the shell museum is the diversity of shells from different regions of the world. I enjoy seeing how different shells have been used in cultures worldwide from prehistoric to modern times." He adds, "Like the shell museum, I believe in educating the public about the wonders of marine mollusks."

His approach to being an island celebrity is to "just go and have fun for a good cause."

To leave a tip directly with Brian Holaway, call 989-6522 or email him at relaxandexplore@gmail.com.

Mark Blust serves the Timbers and Matzaluna Restaurants.

"It may be September," he said, with more tunes in mind, "but it's going to be hotter than a disco inferno 'cause I'm coming out to rock the boat and show the rest of these cats how to work a room."

Blust, a past board member of the shell museum, says, "It's a lively museum in terms of staff energy, and the exhibits are informative and well-displayed. The Celebrity Island Dinner is a way I can still be involved in helping the museum in its mission."

He believes the dinner is particularly important because it appeals to a variety of age groups and because it exposes new people to the museum and the services it provides.

Blust has worked on Sanibel for nearly 30 years. He opened Wil's Landing

and Matzaluna restaurants and manages The Timbers. He says, "I drive over the causeway most mornings, and it is one of the most relaxing activities one can do. I enjoy the sense of community that the people of this island foster."

To leave a tip for Mark Blust at the Prawnbroker Restaurant Group, call 395-2722 or email mblust@prawnbroker.com. I

In the coming weeks, look for profiles of other stars who will shine at the Shell Museum's Celebrity Island Dinner.*

What If You Knew Him?

submitted by Brian Bamrick

My eyes had welled up. I could barely see the road. I went looking for help. Upon leaving "Ding" Daring National Wildlife Refuge, I noticed a large rock in the middle of the bike path. As I turned to enter San-Cap Road, I saw it was a large gopher tortoise. There was a liquid near its head.

I knew I needed to report it to the park ranger. On the way, I came to CROW. I turned in their driveway – I knew they could help. After speaking with a staffer, I went back with a large tub to get the turtle. He was still there, motionless. When I got to him, I was shocked, the shell was broken in three places... he was alive. I picked him up and put him in the tub and drove back to CROW.

On my way, I could not help but wonder what type of person could be that distracted to hit this turtle as he crossed the road. He was the size of watermelon. It should have stopped a small car. I also wondered why hadn't they stopped and called for help.

I carried the tub with my injured friend into the hospital at CROW. When the young woman at the desk looked in to see him, she gasped. While she rushed him into the doctor, she asked that I fill out a report. I could hardly see the form. I was so emotional and could not hold back my tears for this island inhabitant.

I thanked her for their good work, asked what I could do... could I make a donation? She gave me the website and said I could donate on the site. I could barely speak; my eyes filled again and I left. It took a few minutes for me to compose myself so I could drive.

I called CROW the next morning to follow up. The same young woman was on duty; she told me that the doctor determined the turtle could not be saved and he was euthanized so he would not suffer. I told her that it was such a shame that this turtle could not make it across the road safely. She told me that they see lots of tragic incidents, but when the staff was working on this turtle, they all were crying. It was so sad.

At the end of our conversation, I said I wanted to do something to make people be "more aware of our fellow island inhabitants." I wanted to write to the newspaper, but it might be a waste. She said no, I should write... it's all about education.

As I recount this event again, my emotions well up in me. Spread the word – talk it up about looking out for nature on roads, beaches and on the water. Volunteer and support CROW and other organizations.

I know if someone was hit and left on the side of the road, there would be outrage. We should have the same outrage when people disregard the rights of wildlife.

My wife and I vacation on Sanibel every February. We have never been to a place that is so considerate of the wildlife and eco-system. It is a special place; the abundance and variety of species of all kinds is amazing. We visited CROW on our first vacation to the island. We learned of their good work – they are the animal kingdom's best friend. Be a best friend to CROW, send them a nice donation or ask what you can do for our wild friends that make Sanibel and Captiva such a wonderful place.

Learn more about CROW at www.crowclinic.org.*

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Organic Veggies Soon Ripe For Delivery



Eva Worden of Worden Farm photos courtesy SCCF

Worden Farm and Sanibel-Captiva Conservation Foundation (SCCF) are partnering to bring local, organic vegetables to Sanibel residents and winter visitors. Organic veggie boxes will be delivered to farm members on the island from the first week of December until the middle of April.

Eva Worden, PhD, is a co-founder, along with her husband, Chris, who also holds a PhD, of Worden Farm. Since 2003, the Wordens have been growing organic produce for Southwest Florida residents and distributing it through a community-supported agriculture farm membership program.



Eva Worden with transplants

Besides her PhD in ecosystem management from Yale University, Eva Worden holds a bachelor of science in agriculture from the University of Florida and a master of science in horticulture from the University of Maryland.

Contact Dee Century at SCCF at 472-2329 for more information on the veggie boxes or visit wordenfarm.com.✱



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Plant Smart

Cheesytoes



Native butterfly-friendly cheesytoes often volunteers in yards, undeveloped areas and on roadsides photo by Gerri Reaves

by Gerri Reaves

The amusingly named cheesytoes (*Stylosanthes hamata*) is a matting groundcover and member of the legume family. It is one of three native wildflowers called pencilflower. Its native habitat is pine rocklands and other dry areas, but it’s found mostly in undeveloped areas, dry fields and residential yards, and along roadsides.

Cheesytoes demonstrates the advantages of letting the so-called weeds (aka wildflowers) establish themselves in your yard. According to the Florida Native Plant Society blogspot and other sources, lawns populated by native weeds support a more diverse butterfly population than a butterfly garden does. Cheesytoes is both a host and nectar plant for the barred yellow butterfly (*Eurema daira*) and is a nectar source for others too. But it’s underappreciated, perhaps because of its diminutive size. The alternate compound leaves are made up of three tiny elliptical or lance-like leaflets. Pale yellow flowers bloom all year ‘round, measure less than a half-inch across, and sometimes have reddish streaks. There are five fused sepals and five petals, with the lower two fusing to form a “keel” and the larger upper one forming a standard, or banner. Like its relative, sidebeak pencilflower (*Stylosanthes biflora*), it has a distinctively shaped seed pod or “bean.” In cheesytoes’ case, the pod is only a few millimeters long with a tiny hook on the end. Other compelling reasons to welcome this species to your yard are that it makes a pest- and drought-tolerant alternative to turf grass and will self-sow and easily spread. And, you needn’t fertilizer, for like other legumes, cheesytoes has nitrogen-fixing roots that manufacture nutrients. If not mowed, it can grow up to 15 inches tall. But with regular mowing, it becomes prostrate. If it volunteers in your yard, consider letting a portion of your yard revert to being an urban meadow. Not only will you have a sun-loving, butterfly-attracting groundcover, but you’ll spend less time behind a lawn mower. This plant is used in some parts of the world as animal feed, as well as in watershed and soil conservation. Once you convert all or part of your yard to an urban meadow, remember to protect the butterflies by not using pesticides, herbicides, or fertilizers. If you continue to mow, be careful not to destroy the tiny butterfly eggs on the larval plants. Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener’s Guide to Florida’s Native Plants* by Rufino Osorio, fnpsblog.blogspot.com, levypreserve.org, and tropicalforages.info. *Plant Smart explores the diverse flora of South Florida.*✧✧

Tools To Help Electric Usage Lee County Electric Cooperative (LCEC) offers three energy tools to help residents take control of energy consumption. Interactive home, an online tool, allows you to click through a virtual residence, which points out ways to save on energy. Many of the suggestions are low-cost or at no cost to the homeowner. Calc-U-Saver analyzes energy usage

and assesses ways to save by providing tips on appliances, homes and pools/spas. This tool is available in Spanish. kiloWATCH, also online, allows you to track household energy usage and its approximate cost. To get started on this program or see other tools, visit lcec.net. Once on that website, register for Account Access, sign in and then click View Daily Energy Usage. Place your mouse over the dots on the chart to see kilowatt usage and anticipated cost for the day. You can also hover over the blue vertical bars for the temperature and see how weather affects daily usage.✧✧

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CROW Case Of The Week:

Juvenile Eastern Screech Owl



by Bob Petcher

The eastern screech owl (*Megascops asio*) can be detected mostly by its song. Its spooky trilling or whinnying songs are easily noticeable and in contrast to other owl sounds. Going

by name sake, the former sound is more of a means of communication between like species, while the whinnying is mainly used to defend territories. Males, though smaller than their female counterparts, have a deeper voice.

Its capability of being a master of disguise is the reason one can hear the eastern screech owl better than viewing it. First off, this species of owl is tiny, often related to the size of a pint glass. Secondly, they are known to be camouflage experts and blend right in with tree bark with their gray and reddish-brown color and their ability to hide in nooks and crannies of trees.

Trees are where eastern screech owls can be often found throughout the day, if you have a keen eye. The short, stocky birds have a large head for its size with almost no neck.



A juvenile eastern screech owl

photo by Kenny Howell

The eastern screech owl is located east of the Rocky Mountains, wherever trees are, and nest in either man-made boxes or in existing tree cavities. Females refuse

to build nests and use whatever debris is at the bottom of a cavity (wood-chips, twigs, left-over feathers, remaining post-nest material) while settling in to make a body-shaped depression where she lays her eggs.

In comparing the eastern from the western species, eastern screech owls give a whistled trill, while the western screech offers a series of bouncing notes that accelerate toward the end of the song.

The yellow-eyed bird like most owls – are active at night and hunt for prey, such as house sparrows, house mice, lizards and large insects or amphibians. Young eastern screech owls take a while to gain flight and hunting skills while depending on their parents for food for eight to 10 weeks after fledging.

At CROW, a juvenile eastern screech owl was brought in from Fort Myers on July 4 after it was believed to be knocked out of the sky by a hawk. While it arrived with “superficial lesions on the back of both hocks” and was moderately dehydrated, the owl’s main injury was related to its neck. It had an abnormal head tilt that was described as its “head turned completely upside down.”

The alert owl was given supportive care, physical therapy for the first two weeks and its neurological status was monitored closely. CROW medical officials stated surgery was not an option and that each day during physical therapy a warm pack was placed on its neck and the head was rotated to help build muscle strength. Unfortunately, that procedure

was unsuccessful.

The screech owl was then fitted with a neck brace and, within 48 hours, its neck was reportedly improved.

“We had read about a recent study that involved using a neck brace on owls with head tilt. Because physical therapy was unsuccessful we decided to give it a try since it was the only option left,” said CROW Wildlife Rehabilitator Breanna Frankel. “After two days with the neck brace on, the head tilt improved and the owl now only has a mild head tilt. It’s nothing that would prevent him from living a normal life in the wild. This was the first time a neck brace was used on an owl at CROW.”

During the course of the past two months, the juvenile patient was transferred to the outside enclosure. CROW’s wildlife rehabilitation team created an obstacle course for the owl to practice its flight skills. It was said to be eating well and flying great.

As of last week, the owl gained a good amount of weight, going from 90 grams when it arrived to 105 grams on September 1. It was anticipated to either have been or be released sometime this week.

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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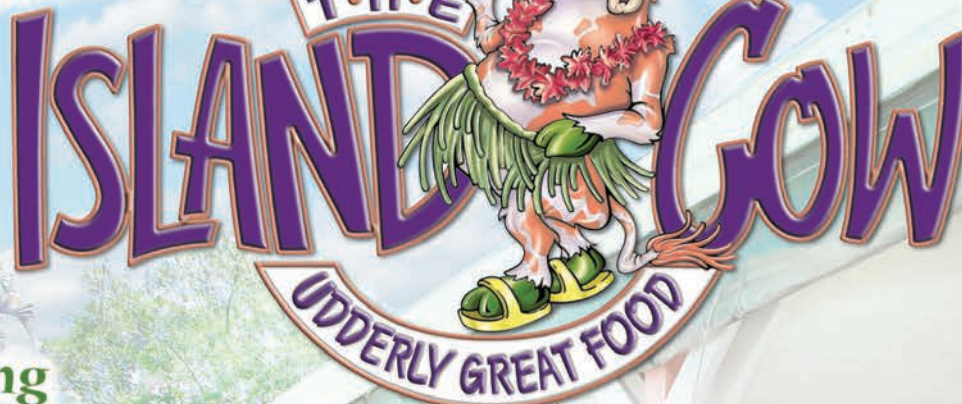
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Hermine Keeps Anglers At Home



by Capt. Matt Mitchell

Slow moving tropical storm Hermine kept anglers and boaters off the water the better part of a week as it sat stationary out in the Gulf bringing us rain, gusty winds and big high tides. This storm covered such a huge geographical area. It seemed like a never-ending rain event that basically messed up our weather for five straight days. After canceling several trips over the past week due to Hermine, it was good to finally see it move out and our weather clear up just in time for the busy holiday weekend.

Getting back out on the water fishing with clients after not been out at all for five days felt a little different and did prove a little challenging as expected. Water clarity in the open sound was sandy and silty due to being stirred up

from days of super high tides, winds and rain. During the mid-morning incoming tides, it was amazing to see how quickly the water clarity started to recover and improve.

While making my rounds the first few days back on the water, I fished my way through the southern sound going from one confidence spot to another. Although the bites were not on fire, clients caught a decent mixed bag of species including snook, trout, grouper and jacks. After not being on the water for several days, it felt good to catch fish and just be back out on a boat. As expected, it did take a little time to work out where the fish had relocated. Usually its just a matter of fishing the places I caught fish the days prior. As the pieces of the puzzle slowly fell back into place, fishing action got better and better.

The hard part of the first day back on the water was locating shiners for bait. Major weather events like this always make both the bait and fish move around. This proved true with the bait being the most challenging part of catching fishing. After moving from bait spot to bait spot for over an hour, I finally found the shiners. After catching them around the passes for the last month, they had moved from the really stirred-up water



Paul Black from Sea Isle, New Jersey with a jack crevalle caught while fishing with Capt. Matt Mitchell

around the passes over to the eastern side of the bay into the clearer water. Once I spotted a few shiners flipping on a shallow grass edge, it was amazing how quickly they responded to the chum. After stressing out about finding bait with two throws, my day got a whole lot better and I was loaded up and ready to go fish.

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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Dave Doane

Shell Of The Week

The Smooth Atlantic Tegula



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

Although the smooth Atlantic tegula, *Tegula fasciata* (Born, 1778), may be commonly found in other parts of Florida and of the western Atlantic Ocean, it is rarely found on Sanibel.

The tegula's shell may be almost an inch long, with a depressed ("flattened") spire, smooth, and about six whorls (shell "turns") in fully grown specimens. The shell base is smooth, with a deep umbilicus (the "hole" under the shell). The

color in this species is extremely variable, with many combinations of mottled stripes, spots, lines, with alternating streaks of reds, browns, cream, bluish hues and white.

The shell illustrated for this column is an immature specimen, found at Blind Pass on Sanibel. The spire is relatively taller in more mature specimens. 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 – 1:30–2:30 pm.

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

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

A young smooth Atlantic tegula, *Tegula fasciata*

photos by José H. Leal



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'Ding' Darling Wildlife Society Offering Grants For Teachers



Lehigh Middle School students working on their 2015-16 grant project, *Life in a Dystopian Society* photo courtesy DDWS

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), along with the JN “Ding” Darling National Wildlife Refuge, announced its 11th annual donation of teacher grants. Up to \$10,000 in grant awards are available to teachers in Lee, Charlotte, Collier, Glades and Hendry counties this school year for conservation education-related projects.

Teachers in the five-county area may apply for grants up to \$1,000 each to purchase teaching aids, books and classroom materials; fund new classroom science projects; take field trips; or conduct work projects in the community.

All schools are invited to submit conservation-related unit proposals by October 31. The approved proposals will be awarded in November for projects to be completed by May 2017.

“With environmental education funding being cut throughout the school district, teachers and students are grateful to receive our grants to fund special projects,” said Wendy Kindig, DDWS environmental education committee chair. “It’s an

important part of the society’s mission to educate and create future conservation stewards from our young students of today.”

In the past 10 years, the friends group has granted more than \$63,000 to local schools for environmental projects. The teacher grants are funded by DDWS monies received from the DDWS Conservation Education Endowment Fund earmarked specifically for education.

For further information and an application, visit dingdarlingsociety.org/articles/teacher-grants or contact Sarah Lathrop at 472-1100 ext. 233 or sarah@dingdarlingsociety.org.

CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at rrainbolt@crowclinic.org or 472-3644 ext. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Friday, September 9 – Visitor Education Center closed.

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

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

Tuesday, September 13, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW’s rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Wednesday, September 14, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

Thursday, September 15, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

continued on page 22

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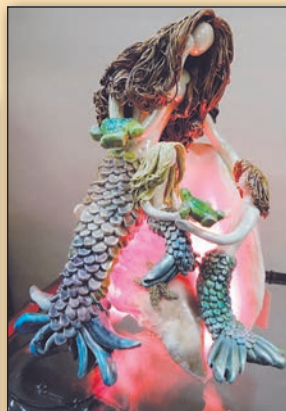
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Sea School Screens Mullet Documentary



Panelists discuss Florida’s fisheries after a screening of *Mullet: A Tale of Two Fish*
photo courtesy Sanibel Sea School

On August 25, Sanibel Sea School hosted a community screening of WGCU Public Media’s *Mullet: A Tale of Two Fish*, a documentary about the history and future of mullet fisheries in Florida. The screening was followed by a panel discussion, with participants encouraged to ask questions and participate in the conversation. Panelists included Dr. Justin Grubich, a fisheries scientist and policy adviser with PEW Charitable Trusts; Sanibel resident Oscar Gavin, who has caught mullet to feed his family for many decades; Ralph Woodring, a commercial mullet fisherman and lifetime member of Sanibel; Jonas Gutierrez, a commercial fisherman who caught mullet served at the screening; and John Talmage, economist and owner of Sweet Melissa’s Café and Island Pizza.

“Our ultimate goal in planning this event was to help the local community understand that Florida’s sustainable seafood fisheries have huge potential for growth,” said Dr. Bruce Neill, Sanibel Sea School’s executive director. “Let’s embrace delicious, sustainable species like mullet – caught right here in San Carlos Bay – instead of importing grouper and other popular seafood items from abroad. This supports our local economy and is far better for the planet.” Participants also discussed local water quality issues, the impact on fisheries and possible steps to take for improvement. Guests sampled mullet hors d’oeuvres prepared by Sweet Melissa’s Café, including crackers with mullet dip, cucumber slices topped with goat cheese and smoked mullet, and mullet fritters with a side of dill aioli. Megan Duncan, a marine educator at the Sea School, had never tasted this fish before. “It was really delicious,” she said. “I’m even bringing some leftovers home for my family to try.” For more information, visit sanibelseaschool.org.

From page 20

CROW Calendar

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a “keystone species.” CROW’s presenter explains why they are admitted and how the medical staff treats this species. **Friday, September 16, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff. After a patient stabilizes in the hospital, CROW’s rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic. **Friday, September 16, 2 to 3:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity available following the tour with an animal ambassador.

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Rec Center Archery Program Supported By Optimists



In support of the City of Sanibel's Recreation Department archery program, members of the Sanibel-Captiva Optimist Club presented a \$400 check for the purchase of new targets. According to Youth Program Director Dave DeFonzo, the activity - which recently completed its third season as part of the Summer Youth Day Camp - is offered to sixth through eighth grade students enrolled in the summer camp, after school and teen programs. Pictured from left are club members Randy Carson and Stan Howard as well as DeFonzo.



photos by Jeff Lysick

Sanibel-Captiva Optimists Thank Island Pizza

Members of the Sanibel-Captiva Optimist Club presented a \$2,000 check to Island Pizza in support of the Free Lunch Friday program at the Sanibel Recreation Center. Now an annual tradition, the Sanibel business delivers pizzas every Friday for youngsters enrolled in the Summer Day Camp program. Pictured from left is club member Randy Carson, Youth Program Director Dave DeFonzo, club president Stan Howard and Island Pizza general manager Darien Arnum.

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BAILEY'S GENERAL STORE

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

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

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

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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.

2055 Periwinkle Way, 472-0223

CLAM SHACK

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

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

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

2407 Periwinkle Way, 472-6882



From left, Liz Cooke, James Dowling and Irene Burchell of The Jacaranda
photo by Bob Petcher

DOC FORD'S RUM BAR & GRILLE

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

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

GRAMMA DOT'S

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

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

634 North Yachtsman Drive, 472-8138

GREAT WHITE GRILL

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

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

2440 Palm Ridge Road, 472-0212

IL CIELO

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

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

1244 Periwinkle Way, 472-5555

IL TESORO

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

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

751 Tarpon Bay Road, 395-4022

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

To advertise in the
Island Sun
Call 395-1213

OVER EASY CAFÉ

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

630 Tarpon Bay Road, 472-2625

PECKING ORDER

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

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

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

ROSIE'S CAFÉ & GRILL

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

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

2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

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

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

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

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

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

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

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

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

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

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

TIMBERS RESTAURANT & FISH MARKET

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

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

703 Tarpon Bay Road, 472-3128

Read us online at
IslandSunNews.com

TRADERS GULF COAST GRILL & GIFTS

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

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

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

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

3111 West Gulf Drive, 472-4559

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Island Seniors At The Center 4 Life

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

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

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

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

Friday Collage Classes with Bea Pappas – September 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 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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Lineup For Island Hopper Songwriter Fest

The 3rd annual Island Hopper Songwriter Fest along The Beaches of Fort Myers & Sanibel recently announced its lineup of talent. Performers include breakout Broadcast Music, Inc. (BMI) artists, Nashville star Maren Morris, and country/rock group Parmalee, made famous by its No. 1 smash, *Carolina*.

The festival features more than 140 free performances and six special ticketed events. Island Hopper kicks off on Captiva Island from September 23 to 25 and wraps up September 30 to October 2 on Fort Myers Beach. Historic downtown Fort Myers will once again feature midweek performances.

"This unique event allows fans to meet award-winning songwriters and hear the stories behind their favorite songs," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau (VCB). "We are lucky to have such a talented group of artists play in our piece of paradise."

Presented by BMI, the largest music rights organization in the U.S., along with partners iHeartMedia, and Cat Country 107.1, performances will take place at popular and intimate island venues.



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"You'll Appreciate the Difference"

Morris, the headliner, will perform October 2 from 5 to 7 p.m. at Pink Shell Beach Resort & Marina poolside on Fort Myers Beach. Morris has soared to the top of the Billboard Country Albums chart with her debut album, *Hero*. Her fans will hear her smash hit *My Church* as well as her newly released single *80s Mercedes*. View her video for *My Church* at www.youtube.com/watch?v=ouWQ25O-Mcg

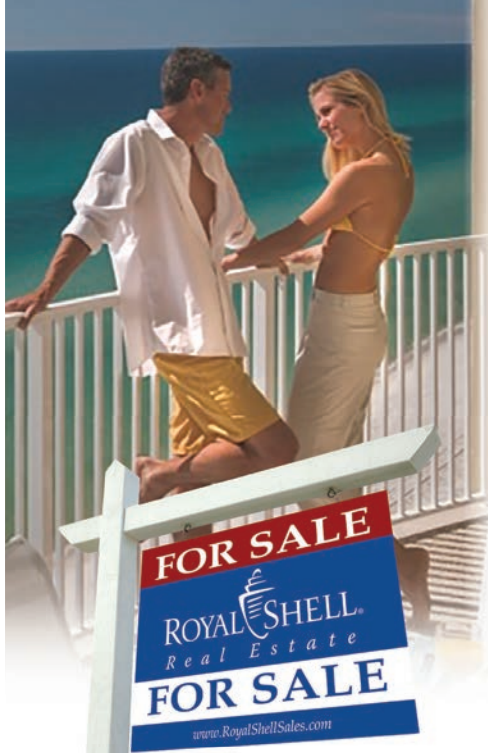
For the first time, Parmalee will perform at the Florida Repertory Theatre in downtown Fort Myers on September 28, from 8:30 to 9:30 p.m. Parmalee recently made history when its multi-week No. 1 smash hit, *Carolina*, became the longest climbing single by a duo or group in the 24-year history of the Billboard Country Airplay chart.

"BMI is honored to be a part of what is becoming an annual tradition in Southwest Florida," said Dan Spears, vice-president industry relations, BMI. "Supporting our BMI-licensed restaurants, bars, and hotels by bringing talented BMI songwriters in to perform helps increase food and beverage revenue while putting 'heads in beds.' This is just one of the ways BMI continues to work with our valued licensees while shining a spotlight on our award-winning songwriters."

Many of the more than 70 songwriters have written hits, such as chart-topping BMI songwriter Even Stevens, who wrote several No. 1s, including Eddie Rabbitt's *Suspicious* and *I Love a Rainy Night*. Frank Myers wrote *I Swear* performed by John Michael Montgomery. Phillip White wrote the hit *I'm Movin' On* performed by Rascal Flatts. A new country duo that includes Presley Tucker, the daughter of legendary country singer, Tanya Tucker, will also perform.

Check www.islandhopperfest.com for more information, to book special performance tickets and view the list of artists, schedules and venues. Most shows are free of charge. Special Island Hopper lodging packages are also available. Follow the festival hashtag #islandhopperfest on Twitter, Facebook and Instagram.*

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SANIBEL ESTATES



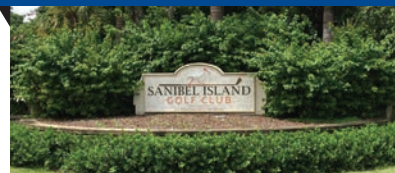
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WATERSHADOWS



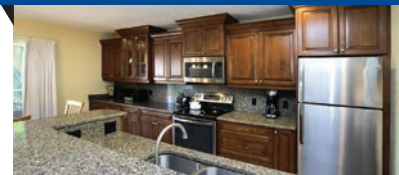
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- Brian Murty 239.565.1272

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- Steps to Beach and Captiva Village
- Spacious Extended Lanai
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- John & Denice Beggs 239.357.5500

Lions Club Adds Support As Gold Sponsor Of 10K Race



Sanibel Captiva Lions Club Vice President Toby Clark, left, board member Tom Krekel, president Debi Almeida and board member Jon Ahlin with 10K Race 4 FISH Committee members Pete Bender, Ed Riddlehoover, John Pryor and Nancy Bender
photo courtesy Sanibel-Captiva Lions Club

Sanibel Captiva Lions Club has become a gold sponsor of the 8th Annual 10K Race 4 FISH, but its members have long been volunteering on race day. Though the Lions Club has been a supporter of FISH of SanCap since it began three decades ago, this is the first year for its race gold sponsor designation.

“We couldn’t be more delighted to provide additional support for FISH,” said club president Debi Almeida. “Our members believe in the homegrown island charity that distributes food and money where needed and being a 10K race sponsor shows our support in a wonderful way.”

The Sanibel Captiva Lions Club was chartered the day after Christmas in 1967. Members continue to make a difference in the community by volunteering much of their time and supporting organizations like FISH and projects like Recycle for Sight. The club is host of the popular Arts & Crafts Fair each March and sells Christmas trees each December.

“Those two great events support worthy causes including sight-based services,

academic scholarships and local community needs,” said Almeida. “Last year, the club was able to donate a total of \$95,000 to our charities. We were very gratified with that success.”

In addition, the club’s scholarship committee administers scholarship aid annually and offers the Francis Bailey Scholarship to two well-qualified students.

“The Lion’s Club has been dedicated to helping those in need while making our community a better place to live,” said 10K Race Committee Co-Chair Nancy Bender. “We have always been grateful for their assistance with parking on race day and are thrilled to have their additional support as a gold sponsor.”

The 10K Race 4 FISH is at 7:30 a.m. Saturday, October 15 at Sanibel Community Park. Learn more by visiting events at fishofsancap.org.✪

Workshop On Basic Budgeting

FISH of SanCap, along with Cheryl McConahy, vice president and branch manager of Fifth Third Bank, is offering a complimentary workshop through their EmpowerU Program. The first in the series, Basic Budgeting, is for those who want to learn how to create a budget and/or improve their budgeting skills. The workshop will be held at the FISH Walk-In Center from 6 to 8 p.m. on Thursday, September 15.

McConahy will teach how to build a household budget using a simple worksheet to track income and expenses. According to McConahy, an ideal budget is 50 percent needs, 30 percent wants and 20 percent savings. Participants will complete the worksheet to see how balanced their budget is and then analyze it to discover changes that could be made to accommodate the needs, wants and savings goals of the household.

FISH Program Director Jessi Zeigler, Director of Operations and Grants Maggie Goldsmith and agency assistant Joi Dupler recently attended EmpowerU as part of a half-day education series offered by Fifth Third Bank and United Way of Lee, Hendry, Glades and Okeechobee.

“From the budgeting portion specifically, I learned how to take total control of my money, how and why to give every dollar a ‘job’, and how to be prepared for larger unexpected expenses by creating a savings,” said Goldsmith. “Most importantly, I learned how to break the paycheck-to-paycheck cycle by building better spending habits and prioritizing my debts in a way that will free up cash for other priorities. I am excited to share what I have learned with others in our community.”

“I learned more about boosting my credit score, especially the importance of having both revolving debt and installment debt and avoiding common missteps

continued on page 32

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Financial Firm Supports 10K Race As Silver Sponsor



From left, 10K Committee co-chairs Ed Riddlehoover and Nancy Bender; Zurbruggen Financial President Rick Zurbruggen; Monica Tison and Ashley VanGraafeiland of Zurbruggen Financial; and 10K committee members Pete Bender and John Pryor photo courtesy FISH of SanCap

Zurbruggen Financial is a Silver Sponsor of the 8th annual 10K Race 4 FISH, an annual event that supports the island non-profit organization FISH of SANCAP. "We see the value that FISH brings to Sanibel in the families it provides for, the children it feeds, the lonely it comforts, those in need who are extended a helping hand up," said Zurbruggen Financial President Rick Zurbruggen. "We are proud to partner with them in this effort."

Rick and his wife, Evette, have lived on the island since 2000 and have two sons, Derick and Kyle. The two are foster parents to two young girls, ages 8 and 7, through Florida Baptist Children's Homes. They volunteer at Sanibel Community Church, with Rick serving as treasurer on council and the missions team, while Evette serves on the youth H2O team as a youth leader and on mission trips.

"Sanibel is an unbelievable place to volunteer," the couple said. "We love the small town feel of this island and find it to be an amazing place to live, work and volunteer."

"We love doing business on this island because it's full of caring and giving people," said the Zurbruggens. "People who are making a difference in their community with their time and money, people who really do care."

The 10K Race 4 FISH is Saturday, October 15 at Sanibel Community Park. It draws hundreds of runners from near and far, some of whom participate every year. Runners receive a T-shirt featuring the Hortoon race logo, a bag full of goodies and a medallion.

"Rick and Evette at Zurbruggen Financial have been tremendous supporters of FISH," said Ed Riddlehoover, 10K race committee co-chair. "Our island is full of kind people, and the Zurbruggens are among them."*

Life Insurance

Understand What You've Got



by J. Brendan Ryan, CLU, ChFC, MSFS

This is the first of many columns that will be appearing monthly in this newspaper. These columns will discuss life insurance, income-replacement ("disability") insurance, long-term-care coverage, Social Security, retirement planning and related topics. I will not include discussion of auto, home, liability coverage or health insurance. I will leave those topics to other experts.

My columns are important because virtually everybody owns at least some life insurance, but few people truly understand what they have. They know why they have it, that is, to provide for one's family or

business after the breadwinner or executive dies and the cash flow stops. People buy insurance not because someone will die but because others will live after that death.

I have been a life insurance agent for 45 years. As such, I have dealt with those topics enumerated above for that many years. And I have been writing these columns in various newspapers for the past 25 years.

I graduated from Xavier University in Cincinnati, Ohio with majors in Latin, Greek and psychology. I then went to the University of Florida, where I earned a masters degree in psychology.

In my chosen career, I hold a masters degree in financial services as well as the professional designations Chartered Life Underwriter and Chartered Financial Consultant, all awarded by the American College in Bryn Mawr, Pennsylvania.

I invite readers to email me with questions. If you send an email, please include your phone number.

I look forward to a long and informative relationship with the readers in Southwest Florida.

J. Brendan Ryan is a Cincinnati, Ohio-based insurance agent. He can be reached at jbryanclu@aol.com.*



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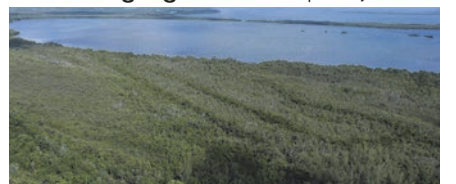
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Sea School Activates Solar Panels



From left, Dell Jones and Rudy Wodrich of Solar Utility Partners of Estero; Conrad Wodrich, a long-time Sanibel Sea School student; and Dr. Bruce Neill, the nonprofit's executive director, with the array of solar control panels on activation day

photos courtesy Sanibel Sea School

submitted by Leah Biery

Sanibel Sea School, in partnership with Dell Jones and Rudy Wodrich of Solar Utility Partners of Estero, recently completed the installation of a rooftop photovoltaic solar array at its flagship campus on Periwinkle Way. It is the first commercial installation of its kind on Sanibel, and is expected to generate over 15,000 kilowatt hours per year, with an annual energy value of roughly \$1,800. The solar array was partially funded by the Bill Healy Foundation, and Jones



Dr. Bruce Neill flips the switch to activate Sanibel Sea School's solar panels

and Wodrich worked tirelessly to secure donated and discounted materials for the project from a variety of vendors, in addition to donating their own time to coordinate and oversee the installation. The project will continue to pay for itself in energy savings over the next few years. "After that, we will be able to invest the additional savings to further our mission and give more people meaningful ocean experiences," said the organization's executive director, Dr. Bruce Neill.

The Sanibel Sea School also has plans to add an educational exhibit to teach visitors about solar power and its potential in Florida. "Climate change and ocean acidification caused by excessive greenhouse gas emissions are the largest threats to our seas, so how we choose to generate the electricity we use has a direct impact on ocean health," said Neill. "It is very important to us as an organization to operate in an ocean-friendly manner, and to inspire other businesses in our community and our state to do the same." Neill hopes that the solar panels, along with efforts to educate the public about them, will encourage others to consider how they can incorporate solar power into their own lives.

For a full list of those who supported this project, visit www.sanibelseaschool.org.

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Superior Interiors

This Is Not Your Parents' House

by Marcia Feeney



With the advent of HGTV, Pinterest and an influx of home improvement stores, it's no surprise we're living differently in our homes today compared to the

ones we grew up in. Open-concept home designs and the high price of real estate play a role in how and why we're living differently. As prices rise, there is a premium on usable living space and livability. Formal dining and living rooms that are barely used are often combined today in a great room concept. Today's home décor is more casual in style, and often involves the entire household in the decision making process. Rather than purchasing a matching couch, loveseat and chair for the living room – today's buyers are mixing styles and designs to customize their

home and make it more personal and comfortable. The demand is high for custom products that have the right configurations for maximizing the space in a room. In addition to a sectional, ottomans are a great option because they can be used for storage, extra seating, as a serving table or to extend the sofa to use as a chaise. In the kitchen/dining area, extendable tables are a popular choice to add extra seating as needed. People are requesting designs that increase the functionality of a space, enabling a room to do double or triple duty. A third bedroom might be an office, but may also include a Murphy bed that hides away behind panel doors to be used occasionally for guests as needed. These creative space solutions have become quite popular, especially in a smaller home or condo. Lighting is another feature that has increased in importance and can often be a focal point in a room. Attention is now given to several types of lighting, overhead, accent and ambient lighting to create a space that is well lit for every need. Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coincdecden.com.

Rotary Presents Check To Academy



Scot Congress presents check to Lori Riti photo courtesy Sanibel-Captiva Rotary Club

Sanibel-Captiva Rotary Club Trust Board Treasurer Scot Congress recently presented a check for \$4,389 to De LaSalle Academy of Fort Myers Principal Lori Riti. De LaSalle is a private, non-profit elementary through high school serving students with ASD, learning disabilities, processing disorders, anxiety and mild mood disorders. The academic program is highly individualized and supported by therapies, including speech and language, occupational and counseling. Scholarships to De LaSalle are available and, currently, 60 percent of the 144 students from Lee, Charlotte and Collier counties receive some form of scholarship.

The \$4,389 will be used to purchase classroom document cameras for teachers to show 3-D objects, text from a book or sheet of paper, which will engage students in the learning process. All students will benefit from this new learning tool, but most of all, visual learners. Visual teaching has been known to enhance long-term learning.

The cameras will also be used to help high school students prepare for job interviews and learn more about job skills.✧

Sushi Now Served At Captiva House

The historic and award-winning Captiva House Gulffront Seafood Restaurant announced the introduction of an exciting new dining adventure for residents of and visitors to Sanibel and Captiva Islands – Sushi at Captiva House.

Captiva House is a Lee County historic landmark and the flagship restaurant of ‘Tween Waters Inn Island Resort & Spa, itself a nationally-designated historic landmark. The new sushi menu is an extension of the all-new Captiva House menu, which features a significant emphasis on Southwest Florida seafood, flavors served amid a casual, comfortable setting complete with front-row views of spectacular Gulf of Mexico sunsets.

The new sushi menu will offer an adventurous variety – more than 30 choices in all – of sushi rolls, sashimi, specialty rolls and select sakes. Sushi at Captiva House is open Thursday through Saturday in September, and Tuesday through Saturday beginning November.

“We’re extremely excited at the opportunity to bring fresh, highest quality sushi to Captiva Island,” said Laurent Bosc, director of food and beverage for Sanibel Captiva Beach Resorts, parent company of ‘Tween Waters Inn Island Resort & Spa. “As an avid sushi lover myself, it’ll be our pleasure to delight our guests with both traditional and unique, creative sushi

presentations and a choice selection of sakes. We looking forward to wowing our guests and our local residents alike.”

Captiva House, open daily for dinner from 5.30 to 9.30 p.m., and is located at 15951 Captiva Drive at ‘Tween Waters Inn Island Resort & Spa. Reservations may be made at 472-5161 ext. 421, online at Captiva-House.com or via Open Table.✧

ISLAND SUN BUSINESS NEWSMAKERS

Top Producers



Stephanie Bissett



Wendy Humphrey

Premier Sotheby’s International Realty announced that Stephanie Bissett was named their top producer and Wendy Humphrey was selected as their top listing associate for the month of August.✧



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Removing And Replacing Successor Trustees



When you have a revocable living trust, you typically serve as your own trustee. Upon your inability to serve as your own trustee, you name a successor trustee. While many trusts contain provisions regarding how a trustee no longer serves in the event of his or her disability, I've reviewed many trusts that don't include removal or replacement of trustee provisions for reasons other than disability.

This is even more alarming when I ask my clients about the parties that they've named as successor trustees in their current trust documents. More often than not, my clients want to make

a change. Sometimes the trustee that they've named has passed away, sometimes the financial institution no longer exists having been swallowed by a larger bank. It's also common that my client no longer has a professional relationship with a financial institution named as trustee.

There's nothing wrong with amending your trust to name a new successor trustee. Consider, however, that after you've become disabled or die, you can no longer amend your trust. What happens then?

Jim had a close relationship with his financial planner, Thomas. When Thomas changed firms, Jim moved his account since he wasn't necessarily enamored with any firm so much as he appreciated Thomas' wisdom and expertise. Jim named Thomas' firm as the trustee of Jim's trust. After Jim came down with Alzheimer's disease, Thomas changed firms again. Jim could no longer serve as his own trustee, but Thomas' old firm was the named firm to step in. Since Jim was incompetent, he could not amend his trust again to remove the old firm and replace it with Thomas' new firm.

Similarly, when Jim dies his wife, Jane, would potentially have to deal with someone unfamiliar with his financial plan. That is, unless Jim includes a provision in his trust that allows Jane (or someone else) to remove and replace the corporate trustee.

Jim's revocable trust contains a provision that allows his spouse, Jane, to remove and replace any acting successor trustee. When Jim dies and his trust had the old firm still named, even though he no longer had a professional relationship with that institution, Jane could name the firm where their longstanding financial planner, Thomas worked.

The removal and replacement powers should be carefully considered, however. In blended family situations, a surviving spouse could be accused of shopping for a trustee most favorable to her situation instead of acting as an impartial fiduciary manner towards all of the trustees. In these situations, it might be best to require two individuals to remove and replace the successor trustee.

Jane is not the mother to Jim's two sons, Zachary and Ethan. Rather than giving any one person the ability to remove and replace a successor trustee, Jim's trust provides that during Jane's lifetime, either Zachary or Ethan must join Jane in any removal and replacement of a corporate trustee.

Where the surviving spouse is serving in the role as successor trustee, this issue can become even more delicate.

Jim names Jane as his successor trustee, and Jane is the primary beneficiary of Jim's trust for the remainder of Jane's life. Jim trusts Jane explicitly, and does not want to cause conflict between Jane and his sons. Jim therefore provides that Zachary and Ethan must have "cause" in order to remove Jane as a trustee. "Cause" is defined as Jane being grossly negligent in the investment and management of the trust funds, or by making improper distributions.

Sometimes you will name a trustee for a child who has problems handling money, who may be a spendthrift, or who has drug, alcohol or gambling dependency problems. Here, the choices to be made are not easy.

At Jane's death, Jim's trust divides into separate continuing trust shares for Zachary and Ethan. Since Zachary is adept at managing money, Jim names Zachary to serve as his own trustee. Ethan, however, has been in and out of drug rehabilitation centers since adolescence. To protect him from himself, Jim named a corporate trustee to serve as Ethan's trustee.

Here the issue is whether Jim should give Ethan, or some other person, the power to remove and replace the corporate trustee. Generally speaking, you never want to create a testamentary trust where the trustee cannot be removed. Financial institutions can change, merge with others, raise their fees or poorly perform with investments and administrative functions. When this is the case, you would want them removed.

But to give Ethan that power is problematic. He may shop for a trustee that will freely distribute funds to him, even though he intends to use those funds to support his drug habit. Giving that same power to Zachary poses other problems. What happens when Ethan asks Zachary to remove and replace the trustee and Zachary doesn't see the need? Might this drive a wedge into their relationship? There are no easy answers here.

Every family's situation will be different. That's why I suggest that you explore these issues thoroughly with your estate-planning attorney who can draft appropriate provisions into your legal documents.

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From page 28

Budgeting Workshop

(i.e. paying the minimum amount per month, closing accounts, etc.),” said Dupler. “Armed with this information, I think I can help several of our clients who are struggling with securing housing or reliable transportation due to their poor credit, and point them toward the right resources that will help alleviate their financial concerns. I will definitely recommend this workshop to clients and others that could benefit.”

"The Fifth Third EmpowerU is, in my opinion, an important program for

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Miki Swadner

everyone,” said Zeigler. “I say this because the EmpowerU series isn’t your ordinary budgeting/credit rebuilding/get out of debt workshop. These programs are designed to move people forward from their current financial level, wherever that may be.

“For some individuals I work with, their financial struggles developed for a myriad of reasons. EmpowerU allows my clients to start with basic budgeting and moves them forward toward paying off debt and, even possible homeownership. Fifth Third has created a wraparound program that serves people in all financial situations and moves them closer to their financial goals.

“Personally, I found it enlightening to assess my own finances. I learned that I didn’t have the best practices in place to improve my financial situation. People get accustomed to doing things the same way, and that includes managing finances. Through this program, I was given the tools and insight to realize that I needed to change the way I managed money if I wanted to change my financial situation. I would highly recommend that everyone choose to attend one or all parts of EmpowerU.

FISH will continue offering all EmpowerU segments throughout the season and into 2017. For more information or to RSVP, contact Zeigler at 472-4775.✱



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ISLAND SUN BUSINESS NEWSMAKERS

Top Producers



Linda Naton



Tracy and Connie Walters

The top associates at John Naumann & Associates for the month of August were: top listing agent, Linda Naton; top team, The Walters Group; top sales agent, Ken Colter; and top team, Harrell, Tolp & Albright. ✨



Ken Colter



Harrell, Tolp and Albright

Sponsors Announced For Cops & Joggers 5K Race

A number of local businesses and organizations have signed on to sponsor this year's Cops & Joggers 5K and Family Fun Night to be held on Saturday, October 8 from 5 to 10 p.m. The race path, which crosses the Edison Bridge, begins and ends at Centennial Park, located at 2000 West First Street in downtown Fort Myers.

Sponsors include Mission BBQ, Fort Myers Brewing Company, Florida Security & Firearms Training, Inc., JetBlue Airways, Survivor Armor, Scanlon Auto Group, Seductions, Bagel Factory, Garden Street Portables, Edison National Bank, LCEC.

For more information about sponsorships or to become a sponsor, contact Denise Egolf at degolf@fmpolice.com or 321-7723.

Benefiting fallen first responders, the 3.1-mile race begins at 7:45 p.m. with the glow of first responders' lights lining the race path. The family event will also include music, food vendors, emergency equipment displays and a children's fun area with bounce houses, a dunk tank, SWAT obstacle courses and more.

To register or more information, visit www.ftmyerstrackclub.com. The discounted, early registration fee is \$25 per adult and \$15 per youth, age 17 or younger, on or before October 6. Fees increase to \$30 per person for all participants on October 7, and \$35 per person for all participants on October 8.

Last year's 5K race hit a new record of 960 registered joggers and raised more than \$20,000 for local first responders who have been injured or killed in the line of duty.

"We've experienced consistent growth in the number of race participants in the last few years and are grateful for returning joggers who support our cause year after year," said Lt. Jeffrey Bernice of the Fort Myers Police Department. "We hope to reach our new goal of 1,000 registered joggers this year and encourage families and groups, including organizations and clubs, to join in on the fun in achieving that goal."

Only 700 goodie bags with T-shirts will be provided and distributed in conjunction with the race packet pick-up day beginning at 10 a.m. on Friday, October 7 at Run Florida, located at 13101 McGregor Boulevard in Fort Myers. Whatever is left over will be available on the day of the event. Once the first 700 race packets are distributed, there will be no additional goodie bags and T-shirts available. Shirt sizes vary and are not guaranteed.

The race committee will present the top three runners and walkers in their age group with custom-made Cops & Joggers race medals that feature the front of a police car with flashing emergency lights.

The Fort Myers Cops & Joggers 5K was established in 2008 to assist the family of Officer Andrew Widman who was shot and killed in the line of duty on July 18, 2008. Proceeds now benefit the FMPD Fallen Officers Memorial Fund and The Brotherhood Ride, nonprofit organizations that aid the families of first responders who have been injured or killed in the line of duty, including law enforcement officers, firefighters and emergency medical personnel.

For more information, contact Lt. Bernice at 321-7698 or jbernice@fmpolice.com. ✨

CFO Accepts Dual Positions

Joseph C. Meek, chief financial officer of Sanibel Captiva Holdings, Inc., has accepted two positions with the Florida Bankers Association. He will serve as a board member of the Florida Bankers Educational Foundation and as member of the trust executive committee.

The Florida Bankers Educational Foundation provides financial assistance to students interested in pursuing a career in Florida banking. Seventy-four student scholarships have been approved in the past decade. The trust executive committee is the governing body of the FBA Trust Division and helps set the educational agenda, promote the trust schools and set legislative priorities for the division.

"It's an honor to serve the industry and community through the Florida Bankers Association," said Meek.

As CFO of Sanibel Captiva Holdings – the parent company for The Sanibel Captiva Trust Company, The Naples



Joseph C. Meek
photo courtesy Sanibel Captiva Holdings Inc.
Trust Company and The Tampa Bay Trust Company – Meek is responsible for the financial, accounting, regulatory and compliance functions of the corporation. ✨

Company Names Agency Of Record

NOISE Inc. has been retained as agency of record by Point Ybel Brewing Company. The agency will provide digital, social, interactive, point of sale and other branding communications.

Point Ybel is among the first craft brewing companies in Southwest Florida, with a craft brewer and tasting room located at 16120 San Carlos Boulevard in Fort Myers. A variety of standard and seasonal labels are available, plus entertainment Tuesday (open mic), Thursday with local jazz and Fridays featuring nationally-touring acts.

"We're excited to team with NOISE to help spread the gospel of Point Ybel," said Walt Costello, president of Point Ybel Brewing Company. "NOISE has national award-winning experience with Miller Brewing Company, regional Midwest brewers and microbrews. We're looking forward to our collaboration and successes." ✨

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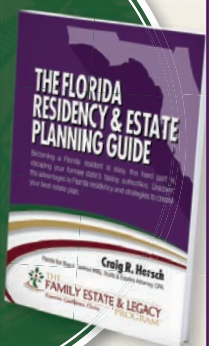
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Like Michael Jordan, Tim Tebow Seeks Major League Baseball Career



by Ed Frank

It was 22 years ago when basketball superstar Michael Jordan traded his gym shorts for a baseball uniform in an ill-fated attempt to become a Major League Baseball player. Here we go again! Last week, former University of Florida football great Tim Tebow, who led the Gators to national championships in 2006 and 2008 while winning a Heisman Trophy, showcased his baseball talents before 28 major league scouts in hopes of landing a contract. It didn't work for Jordan – he hit .202 for Double-A Birmingham in that one 1994 season before returning to the Chicago Bulls – and it's not likely to work for Tebow.

But there's nothing wrong in chasing the dream of playing Major League Baseball just as thousands of minor leaguers do every year. A day after Tebow's tryout on the University of Southern California campus, the 29-year-old former All-American quarterback did receive an offer, although it was not one that he will likely accept.

Anglers Invited To Charity Fishing Tournament

The Conservancy of Southwest Florida invites local anglers to participate in its annual RedSnook Catch and Release Charity Tournament, scheduled to take place from November 4 to 6.

The three-day fundraiser features a kick-off party, two full days of fishing and an awards reception, all while raising awareness for both clean waterways and water quality's influence on the Southwest Florida ecosystem. Proceeds go toward the conservancy's juvenile game fish studies, water quality research and game estuary protection.

On Friday, November 4, a kick-off party at the Naples Yacht Club will feature cocktails, dinner, a raffle and a live auction. It is open to the public and tickets can be purchased online. On Saturday morning, anglers will launch

from Naples, Goodland and Everglades City for two days of fishing. The weekend concludes on Sunday night with a celebratory awards ceremony for anglers and guides at Northern Trust, located at 4001 Tamiami Trail North in Naples.

"Our annual tournament not only provides the community and local anglers with a weekend of fun on the water, it also plays a great role in furthering our mission of protecting Southwest Florida's natural resources," said Rob Moher, Conservancy of Southwest Florida president and CEO. "We hope to continue making positive strides in advocating for the resources that our community holds dear, and we look forward to another great tournament that will allow our programs to keep Southwest Florida waterways clean, safe and beautiful for future generations."

For more information, or to register or sponsor a team, email NikkieD@conservancy.org, call 403-4219 or visit Conservancy.org/RedSnook.*

The Bridgeport Bluefish of the Atlantic League of Professional Baseball in Bridgeport, Connecticut announced they had formally offered Tebow a contract to play this year... although the 2016 season is winding down. Tebow last played competitive baseball in 2005 for Nease High in Ponte Vedra Beach, Florida but ended that sport to accept a football scholarship to the University of Florida, where he played four years. In 2010, he was drafted in the first round by the Denver Broncos, where he played two seasons followed by a stint with the New York Jets. He later had preseason tryouts with the New England Patriots and the Philadelphia Eagles. In his highly-publicized baseball spectacle last week, he received so-so grades from the scouts, although several said the 6-foot, 3-inch, 255-pound Tebow could be signed to the lower levels of the minors – Single-A or Double-A – as an outfielder. He ran a respectable 6.6-second dash, but his throws from the outfield and fielding were below average, according to two scouts. "I'm just looking for an opportunity," he said after the tryout. "There wasn't a season that went by (when playing football) that baseball wasn't something I thought about," he added. Tebow said he wasn't concerned about remarks from several major leaguers who doubted the seriousness of his baseball endeavor. Why should he worry? He has worked increasingly as a football broadcaster for ESPN and his financial worth is a reported \$10 million. **Miracle Miss Postseason Play** Although it was a successful season, the Fort Myers Miracle baseball team will miss postseason play for the second consecutive year. The Miracle began last weekend's final four games, 3-1/2 games behind first-place St. Lucie with a second-half season record of 34-32. The team's highly-touted shortstop, Nick Gordon, was named to the Florida State League's end of season All-Star Team. He also was selected by the parent Minnesota Twins to play in the Arizona Fall League at the conclusion of the regular season.*

SPORTS QUIZ

1. When was the last time before 2015 (Virginia) that an ACC baseball team won the College World Series?
2. In 2015, Mark Melancon set a Pittsburgh Pirates record for most consecutive saves (35). Who had held the mark?
3. Three players scored at least 25 touchdowns and kicked at least 70 field goals during their NFL career. Name two of them.
4. How many consecutive 20-win seasons did Billy Donovan have as the coach of the Florida Gators men's basketball team?
5. Who holds the NHL record for most coaching victories with one team?
6. In 2016, Martin Truex Jr. set a NASCAR Cup record for leading the most miles in a race (588). Who had held the mark?
7. Who was the last men's tennis player before Novak Djokovic in 2016 to win the first two Grand Slam events of a season?

ANSWERS

1. Wake Forest, in 1955. 2. Joel Hanrahan had 26 consecutive saves in 2011. 3. George Blanda, Gordy Soltau and Bobby Wastson. 4. Sixteen consecutive seasons. 5. Al Arbour, who notched 740 victories with the New York Islanders. 6. Jim Paschal led 502 miles in a race in 1967. 7. Jim Courier, in 1992.



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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
I am new to the area and new to my child's school. I know it's important to be involved in her school. What activities can you

suggest that will help us become more active with the school community?

Heather A., Fort Myers Beach

Heather,

Becoming involved in your child's school is very important to your child and her school. Parental involvement makes a difference and shows your child how important education is for you, her and your family. Below are some suggestions of how you can become involved at school and set high expectations for education at your home:

- Make School Important – Talk

positively about school with your child. Send your child prepared for school each day with pens, pencils, notebooks and homework completed. Make school a priority by ensuring they are at school every day and arrive on time.

- Be Seen At School – Arrange a visit to your child's classroom, have lunch with your child at school, or visit the Parent Center. Your presence matters and shows the school that you are invested in your child's education.

- Volunteer At School – Schools often send home lists of various ways that parents can volunteer. If they don't, let your child's teachers, principal or counselors know your special skills and ask what you can do to help.

- Show Your Child That You Care – Have a conversation with your child about school and homework regularly. Ask specific questions that inform you about your child's day. Know what classes your child is taking, who your child's friends are, and other essential information.

- Provide A Rich Learning Environment At Home – Make time for meaningful dinner conversations,

trips, games, reading time, family sports and daily routines. Activities like these will contribute to your child's academic achievement at school.

- Keep In Touch With The School – Get to know your child's teachers, principal, counselors and school's parent involvement coordinator. Make it a point to stay in contact with them throughout the school year.

- Attend School Meetings, Functions & Events – Make time to attend parent-teacher conferences, parent fairs, curriculum nights, award ceremonies and other school events. Your attendance and support matters to your child.

- Seek Out Information – Request a meeting with your child's teacher regarding any aspect of your child's education. If you have other questions, ask the school by calling or sending a note so they can link you with the appropriate person who can respond to your needs.

- Be An Active Part Of Decision Making Committees – Participate in parent or school leadership organizations. Ask your school about the Parent Teacher Association or Parent Teacher Organization, school council, parent advisory committee or other parent organizations and then join one.

- Be Informed And Responsive – Ask, collect, read and respond, if needed, to all information (school policies, field trip information, student handbook, etc.) that is sent from your child's school or teacher. If you need to receive information in a language other than English, call or visit the school.

- Visit Your School's Website – Access all kinds of information, including homework assignments, class schedules, lesson plans, test dates and grades on your child's school website. If you don't know your school's website, ask your child's teacher or the school. Find your school division or school using these tools:

- Drop In On After-School or Extracurricular Activities – Pick your child up from after-school activities or stop by a few minutes early to watch your child in action, if you are unavailable during the school day. It is also important to know your child's after-school teacher, instructor or coach.

- Partner With The Community – Encourage local businesses, churches, clubs or civic organizations that you are involved with to volunteer or financially support the school. Have community partners provide schools and families with information about services and resources they provide that support student learning such as mentoring, tutoring and service learning activities.

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.✱

Book Review

The Girl On The Train



by Di Saggau

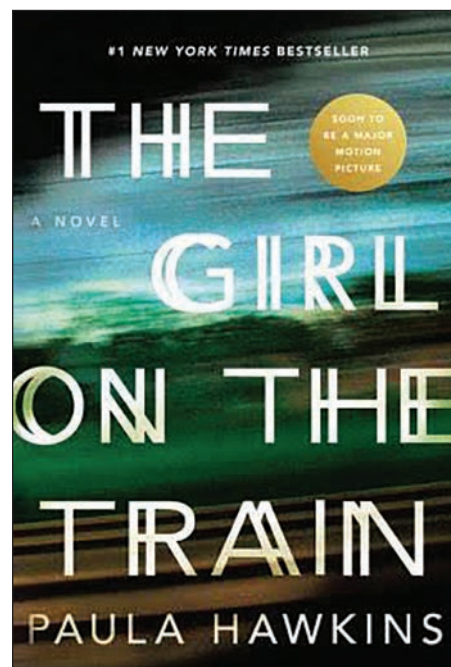
The Girl On The Train is a psychological thriller. Rachel Watson takes the same commuter train every morning and night. Every day is the same. As she rattles down the track past suburban

homes and a regular stop that allows her to watch the same couple breakfasting on their deck, she feels as if she knows them. She even gives them names, Jess and Jason. They appear to have the perfect life, like the one she recently lost.

Rachel thinks, "They are a perfect golden couple. He is dark-haired and well-built, strong, protective, kind. He has a great laugh. She is one of those tiny bird-women; a beauty, pale-skinned with blond hair cropped short." She's obsessed with the pair as she sees them through the windows of a train.

Their real names are Megan and Scott, who live a few houses away from the one Rachel used to live in before her alcoholism ruined her last relationship. She feels they reflect the way her life used to be with Tom. Then one day, she sees something shocking and everything changes. Unable to keep it to herself, Rachel goes to the police but her reliability is questioned. Soon, she is deeply involved not only in the investigation but in the lives of everyone involved. As she deals with her growing addiction to alcohol and her frequent memory lapses, Rachel wonders if she has done more harm than good.

The book is perfectly paced, from its



startling beginning to its twisty ending. The characters are fascinating. The point of view alternates between obsessed Rachel, complicated Megan and Anna, the new love of Rachel's ex Tom. We discover that Rachel turned to alcohol because she and Tom were unable to conceive a child via in vitro fertilization. It breaks her, and she goes from being a drinker to being a drunk. She calls Tom during her drunken spells which infuriates Anna. Rachel serves as the narrator for the book, albeit an unreliable one as she has a tendency to pass out drunk, forgetting what happened the day before.

What makes *Girl On The Train* such a gripping novel is Hawkins' understanding of the limits of human knowledge and the way memory and imagination can become confused. It has a Hitchcockian feel to it. A major motion picture will be released soon.

In the meantime, I advise reading the book first.✱

Available at
www.AMAZON.COM
WWW.EDITORIALRXPRESS.COM

Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development
 By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

New Ambulance For Children’s Hospital



Funding for the new Golisano Children's Hospital of Southwest Florida ambulance was provided by SWFL Children's Charities, Inc.

A new, state-of-the-art virtual intensive care unit on wheels is rolling across Southwest Florida, transporting newborns and older children to and from Golisano Children's Hospital of Southwest Florida. The ambulance, funded by SWFL Children's Charities, Inc., is slightly smaller than its predecessor, a recently retired 1999 version, and more fuel efficient. A distinct feature of the new addition to the fleet is a power-load stretcher system, which eliminates physically lifting the stretcher into the ambulance. The vehicle is also equipped with the latest neonatal equipment and technology,



Niki Shimko, transport supervisor, shows off the colorful interior of the newest addition to the ambulance fleet photos courtesy Golisano Children's Hospital

staffed by a highly trained transport team. The equipment is sized for infants and older children, including a ventilator, nasal cannulas and masks. It includes the capability of monitoring invasive blood pressure when needed during transport. "Having the proper equipment en route to Golisano Children's Hospital is critical, as seconds count in reducing injury and death to high-risk infants," said Kathy Bridge-Liles, chief administrative officer for Golisano Children's Hospital of Southwest Florida. "With our fleet of ambulances, we are able to immediately administer oxygen and medication, and take pre-emptive measures to reduce brain damage and physical and mental disabilities in high-risk infants. Put simply, the ambulances save lives." The vehicle sports a painted sky overhead, iPads, a DVD player, music, coloring books, PlayDoh and rattles. For more information, visit ChildrensHospitalGoal.org✱

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RAIN OR SHINE



VCB Recognizes E-Award Winners

To increase public awareness of extraordinary customer service provided by hospitality employees throughout Lee County, workers were recognized by receiving the Elaine McLaughlin Outstanding Hospitality Service Awards at the 16th annual ceremony at Sanibel Harbour Marriott Resort and Spa in Fort Myers on September 1.

Visitors from around the world submitted a record breaking 943 nominations, giving high praise to 494 local employees who provided outstanding customer service. Produced by the Lee County Visitor and Convention Bureau (VCB) and The News-Press Media Group, the E-Awards is a collaboration with various local businesses to encourage and award service excellence.

Nomination criteria included service satisfaction, leadership, work ethic, job knowledge and performance skills, familiarity with the destination and assistance during an emergency.

Selected for their distinctive service and dedication:

- Honor of Distinction Winner – Anna Marie Meszaros, Westin Cape Coral Resort at Marina Village
- Accommodations – Diana Duhaney, Inns of Sanibel
- Attractions – Ginny and Ken Kopperl, JN “Ding” Darling National Wildlife Refuge, Sanibel Island
- Restaurants – Patty Segura, East End Deli, Sanibel Island
- Transportation – Lazaro Gonzalez, Lee County Port Authority Police
- Other Services/Businesses – Melody Warrick-Marsh, Hyatt Regency Coconut Point Resort and Spa, Bonita Springs
- Good Samaritan – Darwin Adames, Terry Brunson, Billy Galewski, Oscar Gonzalez, Tom Grow, Andres Vila, Fort Myers Beach Fire Department
- Best Tourism Boss – Tim and Jeff Malbon, Best Western Plus Beach Resort, Fort Myers Beach

The Honor of Distinction award, given to Anna Marie Meszaros of the Westin Cape Coral Resort at Marina Village, was sponsored by Geraci Travel for best overall representative of outstanding service for the year.

Although there are many nominees who exemplify the best in customer service and let their love of the job and destination show in their work, the Honor of Distinction winners rise to a higher level.

A nominator describes Anna Marie Meszaros as “the epitome of hospitality service.”

Eden Energy Medicine

Cover Your Back:
Trace Governing
Meridian

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

Today, with this Yang Meridian, learn to cover your back. Have you ever felt someone staring at your back even though you were not facing

the direction from which the energy was emanating? If so, then you have sensed the power of other's energies targeting your being. Yang energies are generally those reaching outward and this meridian is one of the most powerful Yang influences, since it literally covers your back. Not only is it a meridian, but like central meridian, it is also a radiant circuit, so it has complex and extraordinary powers.

Because your bladder meridian (governing your nervous system) runs on either side of this meridian, when you trace it, you also help empower the nervous system. Together, central and governing meridians form an energetic core around your body offering protection from the environment and its influences. The environment means all influences that impact you: physically, emotionally, spiritually and psychically. Energies that

surround you can literally enter and exit through these special unique meridians.

As a reminder, view the August 5 and 12 columns, since the basics of tracing are set forth:

- Meridian Flow Wheel Time of Day – Governing meridian's high tide is noon. We always begin and end 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 governing if you need more assertiveness, cooperation, need confidence or just feel the need to have your "back covered." Tracing governing when doing Zip-Up, part of the 5-Minute Routine, is an added bonus to balance Yin/Yang energies.

- Affirmation For This Meridian Is "I Ground Myself In Gratitude" – But for interaction with others and life itself, we wouldn't find the joy and pleasure of living. 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 governing meridian is at the tailbone, and the end point is in the inside of your mouth right behind your upper lip. To trace governing, place one hand on or slightly above your tailbone, moving your hand as high up your spine as you can reach. With the other hand, reach over a shoulder and try to touch the hand

reaching up. If you can't make a physical connection, use your intention to view making your hands touch. With the hand that is reaching over the shoulder, pull the energy up the spine, over the center back of the head, over the top of the head down across the center of the forehead, over the nose and end at the upper lip. 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 governing 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.

Keep this column as a reminder of how to trace governing while you learn the next 12 meridians over the next several months.

Have fun with your energy! Next week's topic is Arrhythmic Heart Beat: Trace Heart Meridian.

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

From page 36

VCB Winners

As a guest service agent and supervisor with the resort for several years, the nominator states that the resort regularly receives comment cards, TripAdvisor comments and guest experience reviews recognizing Anna Marie by name for her incredible service.

"Anna Marie takes it upon herself to pick up dog treats for the resort's many four-legged friends, charms for dog collars when they are celebrating birthdays and even special gifts for regular guests who are spending their special day at the resort," the nominator stated.

Recently, one of the resort's regular guests shared a story about their 92-year-old mother who was in a local hospice. When the guests had to go out of town, Anna Marie visited their mother when she was not working. During these visits, Anna Marie maintained a journal of the conversations that took place between them. Shortly after the mother passed away, Anna Marie surprised the guests with the journal as a gift.

They were touched by the kindness bestowed upon their mother at a time when they could not be with her. While this may seem like a rare or unusual story, this is how Anna Marie lives her life, says the nominator who explained that they had only just heard about it directly from the guest many months later, as Anna Marie would not be one to share this on her own. ✧

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

My husband retired at 55 and he was in very good health. Since he had worked his 30 years and he was eligible for retirement, he decided to take it – but I thought it was entirely too early.

He has puttered around the house but hasn't really done much, and I think I deserve a halo for keeping my sanity.

He is now 85 years old and his health is beginning to fail. What lies ahead for us is not good.

Please tell others that retirement takes planning and adjustment. It isn't much fun unless you are self motivated. I think it is better to work until you drop. What do you think?

Tessy

Dear Tessy,

A few years ago, many people like your husband were eager to retire. They may have been bored with their job, tired and a little depressed, so they thought all of their problems would be over if they just left. Many found that after just three months, they were still bored, tired and a little depressed.

Retirement takes exactly what you have said, and only now many want to stay working for as long as possible. The shuffleboard mentality seems to be over. Personally, as long as my health is good, I will stay working – and I do think you do deserve a halo.

Lizzie

Dear Tessy,

Individuals can live approximately a quarter of their lives in retirement. It is critically important to begin planning for retirement when one starts working – save, develop interest, create a social network and take care of your health. Individuals I have had the pleasure of meeting who have planned all aspects of their retirement report retirement as joyous and engaging.

Pryce

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

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Soap Makers Have To Clean Up Their Act



by Suzy Cohen, RPh

Dear Readers: Soap makers now have to get their junk out because plain soap works just as well and without risk. Manufacturers were ordered by the FDA to pull out 19 different chemicals

from their body wash, hand soap, dish soap and other soaps. Hallelujah – these chemicals are pesticides, which go down the drain and into our ecosystem.

We kind of got all bug phobic when soap makers started adding antibacterials like triclosan and fluorosan into soap. Fluorosan has a fluorinated and brominated backbone, and fluorine and bromine compounds are known to interfere with thyroid hormone production. Triclosan may reduce testosterone, behave like estrogen (raising it), impact your ability to conceive and disrupts many human hormones.

Millions of you slathered on bizarre chemicals or all over the kids with the misguided notion that “antibacterial” was better. Triclosan is found in 93

percent of antibacterial soap products as well as cutting boards, dishsoap, deodorants, yoga mats and even lip stains.

The problem is that triclosan and other antiseptics and pesticides go right through your skin, and show up later in your urine and breast milk.

Soap makers have to clean up their act now and they have one year. I don't feel sorry for them. These companies spent billions of advertising dollars to brainwash you that their chemicals are necessary in order to kill germs, fend off the flu or get you really clean. Puh-lease! Like I was dirtier before you put the triclosan, hexachlorophene and methylbenzethonium chloride in there?! Does anyone feel dirtier with that stuff on them or is it just me?

I never bought it though. And I told you years ago not to buy it either. I remember spending hours one night scouring the Internet just trying to find a foaming soap that was free of potentially harmful chemicals. Soap, I just wanted soap... that's it.

What was wrong with plain soap? Nothing. I knew all along that this was just clever marketing, what is termed product diversification and the addition of these chemicals were synthetic, unproven and just put in there to make the label prettier for “show.”

The theory behind triclosan is that it's there to crack open the cell walls of bacteria, which renders them inactive. However, it doesn't work fast, it takes hours to do accomplish the killing task. Triclosan doesn't kill viral proteins either. These added ingredient(s) make for an awesome label, with the implied message that germs will be killed instantly on your hand, before they can

get inside you and make you sick or spread infection.

So the FDA is putting their foot down. Better late than never. I mean, they started their investigation in 1978! C'mon people, go a littler faster next time, would you? Can you focus on glyphosate next please? To their end, the FDA is actually planning a full-on review of hand sanitizers and and germ-killing chemicals used in hospitals.

Their final decision, made last

week isn't based on one study, there have been many. The latest comes from South Korea, where scientists tested antibacterial soap on 20 different strains of bacteria. Plain soap performed just as well.

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.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I am feeling stuck in my life, and I don't seem to know how to get unstuck. Where can I begin?

A: Have you asked yourself what stuck means to you?

The sense that you feel you are stuck to me says that you are not making choices at all or you are making choices that no longer serve you. Have you acknowledged that at any given moment, you have a choice? You can choose love or you can choose fear. You can choose to be stuck or unstuck. You are never stuck as long as you realize you do have choices. Every moment you can decide that you have a choice to what you didn't choose the moment before. I realize that you don't see an immediate solution. When you

feel powerless, you don't think anything can immediately solve the significant problem or issue and you end up doing nothing to resolve it, therefore you feel stuck. Are you waiting for someone to rescue you in order for something to change? How about you rescue yourself and choose to do one thing at a time? You can say to yourself, “right now, I choose to do something.” Make it simple to start. It may be go for a walk, play a favorite song, something uplifting that makes you feel good. The gift you give yourself is that you chose something. In this moment, it is your choice. No matter how minimal, you shifted your vibration to a higher level and this leads to your expansion. That little bit of choice uplifts you to do another something, then another, then another and, before you know it, you are feeling unstuck. Whatever darkness that was stagnating within you is now lifting. Remember, at any given moment you have a choice. Use it and expand.

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.✱

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Doctor and Dietician

Baked Spaghetti Squash With Beef And Vegetables



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

Spaghetti squash is a great alternative to regular pasta that provides more nutritional value and health benefits than regular pasta. Spaghetti squash is a good source of fiber, folic acid, potassium, vitamin A and beta carotene. Plus, it is only about 40 calories per cup.

Ingredients:

1 spaghetti squash, halved and seeded

1 pound ground beef
½ cup each diced red and green pepper (roasted is a delicious option)
½ cup diced sweet onion
¼ cup roasted Hatch chili peppers, diced
3 cloves garlic, minced
1-2 teaspoon Penzey's Northwoods Seasoning
½ cup sundried tomatoes in oil, chopped
1 cup fresh spinach, chopped
½ can organic tomato paste (optional)
1 tablespoon fresh parsley, chopped
2 tablespoon fresh basil, chopped
¼ teaspoon fresh ground pepper
½ teaspoon Kosher salt
Fresh Mozzarella Cheese slices
What to do:

1. Bake squash at 375 degrees for about 40 minutes.

Once cooled, shred pulp with fork into bowl.

Season with salt and pepper.

2. Lightly grease a 9-inch pie plate. Press squash into plate, just like a pie crust.

3. Cook ground beef in skillet until browned. Drain. Mix in peppers, onion, garlic and cook until tender.

4. Add seasonings, tomatoes and tomato paste to meat-veggie mixture and stir together. Remove from heat.

5. Stir in fresh herbs and spinach.
6. Pour meat-veggie mixture into spaghetti squash pie.
Press evenly into pie.
7. Top with fresh mozzarella slices.
8. Bake at 375 degrees for about 20-30 minutes until golden.
9. Let sit for 5-10 minutes before cutting.

10. Garnish as you wish. One version I like uses roasted asparagus and green onion – yum!

This recipe can also be made adding eggs to the spaghetti squash for a more dense pie. Or add a ricotta cheese layer, similar to lasagna.

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

Read us online at
IslandSunNews.com



Lobster Bites with Avocado-Lime Puree

2 nine-ounce spiny lobster tails,
removed from shell and cut
into 1-ounce bites

20 three-inch bamboo skewers

Canola or olive oil for cooking

Sea salt to taste

Fresh ground pepper to taste

½ avocado

2 limes, juiced

½ red bell pepper, diced fine

Preheat a medium-sized sauté pan
over medium-high heat. Skewer each
lobster bite onto the bamboo skewers
and lightly season with salt and pep-
per.

In a blender or food processor, add
avocado, lime juice and season lightly
with salt and pepper. Puree the avo-
cado mixture until smooth, adding 1

tablespoon of water at a time until the
desired thickness of avocado puree is
reached. The avocado puree should
be smooth and creamy and should be
thin enough to pour into a small bowl
or shot glasses.

Add 1 tablespoon of the cooking
oil to the hot pan. Carefully add the
skewered lobster bites to the hot pan
being careful not to over crowd the
pan. Cook lobster bites for just 30
seconds on each side. The lobster
bites will cook quickly so it is impor-
tant to keep a close eye on them.
Once the lobster bites are cooked,
remove them from pan, and let drain
on a paper towel. Repeat the cooking
process until all the lobster bites are
cooked. This cooking process can be
done ahead of time and the lobster
can be served cold if desired.

To serve, arrange the lobster bites
on a plate with a bowl of avocado
puree, or add a small amount of avo-
cado puree into the bottom of several
shot glasses and top each glass with
the cooked lobster bites. Garnish the
lobster bites with the fine diced red
pepper.

Yields four to six servings.✱



Lobster Bites with Avocado-Lime Puree

photo courtesy Fresh From Florida

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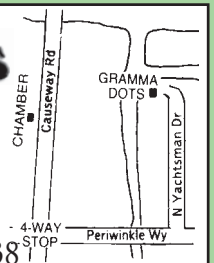
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Post Office - Captiva	472-1674
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Naples Philharmonic	597-1111
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Horticulture and Tea Society of Sanibel and Captiva	472-8334
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Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
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Zonta Club	728-1971
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JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK



Mayze ID# 671092



Raven ID# 664298

Hello, my name is Mayze. I'm a 5-year-old female hound mix who is all the great things that people look for in a dog. I'm affectionate, playful and enjoy being with other dogs and with people. I'm a very young 5-year-old but very well-behaved.

My adoption fee is \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September adoption promotion.

Hi, my name is Raven. I'm a 3-month-old neutered male domestic short hair that was found at only 1 month old with my head stuck underneath a car. I am just fine, except that I really need to find my forever home. I've spent most of my life at the shelter. Nevertheless, I have become a very playful kitten with a soft, shiny coat who loves toys and other kitties.

My adoption fee is \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September adoption promotion.

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.*

PUZZLES

Answers on page 45

TIME FOR A FRESH START
Super Crossword

- ACROSS
- 1 Keys that get "tickled"

8 Mysteries

15 Longtime Volkswagen model

20 Port near Naples

21 Allay

22 Brand of deodorant

23 SkyDome national anthem

24 Harley-Davidson product

26 TV's Sajak

27 Meditation sounds

29 With 64-Across, Japan's place

30 A teacher prepares it

31 Also called

38 Nero's 111

39 Political analyst Myers

40 Devilish look

41 Black-and-white bird

44 Optical storage format for burning data

46 Put — (pranks)

47 Ranch jaunt

49 "Socrate" composer Erik

52 Black-and-white bird

54 With 112-Down, backbeat instruments

56 Billionaire Bill

57 Marking the start of, as a 133-Across

60 Homer epic

62 Mani offerer

63 Hydroxyl-containing compound

64 See 29-Across

66 Less jagged

70 Cuts down

72 Film set at Faber College

76 Life-or-death

77 Shoe part

79 County south of Niagara

80 — Pet

82 Org. backing guns

83 Like films, restaurants and bonds

86 Key of Chopin's "Raindrop" prelude

89 Less abundant

92 Suspicious

94 Bump hard

95 Choir song

96 #1 Beatles hit of 1964

98 Unbroken

100 Whaler, e.g.

102 Non-rush-hour, say

103 Pilot

105 Some Japanese cartoons

109 Uncle, in Rio

110 Pampering treatment

114 Carport's kin

117 Meal crumb

118 Sked guess

119 Dernier — (very latest fashion)

120 Bed for eggs Benedict

125 49ers' home, for short

128 Fast Amtrak train

129 Creator of Tigger and Eeyore

130 Chemical salt in spinach and parsley

131 Epoxy, e.g.

132 How some things are chiseled

133 An apt one is spelled out by combining the first two letters of nine Across answers in this puzzle

DOWN

1 14-legged crustacean

2 Move out of

3 Kansas city

4 Stimp's pal

5 Gershwin the lyricist

6 Granted

7 "Me too"

8 Bolt down

9 Sydney's state: Abbr.

10 Patricia T. O'Conner's "Woe —"

11 Really go after

12 Showy parrot

13 Corporal on "F Troop"

14 Sch. term

15 Actress Fonda

16 Bits of work

17 Alternative to Wheat Thins

18 Compound in pottery glazes

19 Compounds paired with thymines in DNA

25 Nobody — (mine alone)

28 Sizzling bacon sound

32 Munsters' boy

33 Worship

34 Japanese mushroom

35 Author Kesey

36 Fed Eliot

37 After, to Gigi

42 Israeli desert region

43 Got silver, as hair

45 Was too long, as a sentence

47 Was given no choice

48 Suffix with direct

49 Fish-on-rice dish

50 Trembly tree

51 Mellows out

53 — fruit (tangelo kin)

55 Munched

58 Not fitting

59 Less distant

61 "The way I — ..."

65 Frazier fighter

67 Black-clad mercenary

68 Actor Flynn

69 Update the arsenal of

71 Hollywood's Meryl

73 Dogfight

74 "Mighty Bruins" sch.

75 Frauds

78 Old Yankee Combs

81 Stepping (up)

84 Analogous

85 Hollywood's Stiller

87 Middle Corleone brother

88 Meat jelly

89 Wear for mob quellers

90 Promise to marry

91 Beats into shape again

93 Part of BYO

97 Lots in life

99 Nothing at all

101 Paleolithic tool

103 Trim up, say

104 Adam and —

106 Gordon of "Oklahoma!"

107 Typo list

108 One fishing with a net

111 "— is an island ..."

112 See 54-Across

113 "Challenge accepted!"

115 "— Ask of You"

116 Composer — Carlo Menotti

121 "Bali —"

122 Mel's Diner waitress

123 Orbitz listing

124 Born, to Gigi

126 Rural denial

127 Go by jet
- | | | | | | | | | | | | | | | | | | | | | | |
|-----|----|----|----|-----|-----|----|----|----|-----|-----|----|----|----|----|-----|-----|-----|----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | |
| 20 | | | | | | | | 21 | | | | | | | | 22 | | | | | |
| 23 | | | | | | | | 24 | | | | | | | 25 | | | | | | |
| 26 | | | | | 27 | | 28 | | | | 29 | | | | 30 | | | | | | |
| 31 | | | | 32 | 33 | | | 34 | 35 | 36 | | | | 37 | | | | 38 | | | |
| 39 | | | | | | | 40 | | | | | | | 41 | | 42 | 43 | | | | |
| | | | 44 | | | | 45 | | 46 | | | | 47 | 48 | | | | | | | |
| 49 | 50 | 51 | | | | 52 | 53 | | | | 54 | 55 | | | | 56 | | | | | |
| 57 | | | | | 58 | | | | | 59 | | 60 | | | | 61 | | | | | |
| 62 | | | | 63 | | | | | 64 | 65 | | | | | | 66 | | 67 | 68 | 69 | |
| 70 | | | | 71 | | 72 | | | 73 | | | | | 74 | 75 | | | 76 | | | |
| 77 | | | | | 78 | | | | 79 | | | | | 80 | | | 81 | | 82 | | |
| | | | | | | | | | | | | | | | | | | | | | |
| | | | | 83 | | | 84 | 85 | | | | | 86 | 87 | | | | 88 | | | |
| 89 | 90 | 91 | | | | 92 | | | | | 93 | | 94 | | | | 95 | | | | |
| 96 | | | | | 97 | | | | | | 98 | 99 | | | 100 | 101 | | | | | |
| 102 | | | | | | | | | | 103 | | | | | 104 | | 105 | | 106 | 107 | 108 |
| 109 | | | | | | | | | | | | | | | | | | | | | |
| 114 | | | | 115 | 116 | | | | 117 | | | | | | | | | | | | |
| 120 | | | | | | | | | | | | | | | | | | | | | |
| 128 | | | | | | | | | | | | | | | | | | | | | |
| 131 | | | | | | | | | | | | | | | | | | | | | |
- King Crossword
- ACROSS

1 The girl

4 Possesses

7 Man of morals?

12 Crone

13 Oklahoma city

14 Give birth to, on a farm

15 Fix the outcome

16 Record-setting fast-baller

18 Craft from far off

19 Jack

20 Ricochet, in billiards

22 Bachelor's last words

23 TV clown

27 They're between mus and xis

29 Someone who carries a torch?

31 Some skirts

34 Passenger

35 Easily built home

37 Held a meeting

38 Abhor

39 Carte lead-in

41 Dreyfus defender

45 Go

47 Sharp turn

48 She played Granny

52 Clampett

53 Sapporo sash

54 Heals

54 Id counter-part

55 Negative prefix

56 Heron's cousin

57 In medias —

58 Work unit

7 Dermatologist's case

8 Listener

9 Wily

10 Eggs

11 Nerd-pack occupant

17 Acknowledge

21 Bowie's weapon

23 Shut out

24 Peculiar

25 Last letter

26 Bobby of hockey

28 Can. neighbor

30 Geological period

31 Speedometer abbr.

32 Playwright

33 Trawler need

36 Boxer Max

37 Ferocious

40 See 42-Down

42 With

40-Down, depleted atmospheric region

43 Toil

44 Gerontologist's study

45 For fear that

46 Grandson of Eve

48 Lemieux milieu

49 Carpet

50 Mess up

51 Born

DOWN

1 Bush

2 Israeli port

3 Incite

4 Williams of country

5 Handsome youth

6 Dieter's lunch
- MAGIC MAZE ● TEXT-SPEAK
- Y K I F C Z W U R B P M J H E
C 8 T Z X P U S I Q 8 N L J G
S E R A C Z U G X F V T R R P
N S L C E J G S T H E C 8 A 9
A N Y N E R Y H P 8 W 8 L V F
T R P R I T G N L U M H R T E
K K I N R I A G E C S E E W N
B Y (B E F O R E B 4) Z T T T I
X G A W U S S R R P O A A A F
M L J K L K L O O C I H L H M
G E D B O X X X S S I K A W W
- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- Any ne

Before b4

Big grin bg

Cool kl

Create cr8

Fight f8

Fine f9

Hate h8

Kiss xxx

Later l8r

Mate m8

Okay k

So sorry ss

What wt

What's up sup



"Sorry, no _____ tuxes."

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!

Toil
GUDDER _____

Chide
TEABER _____

Lost
STARAY _____

Start
BEING _____

TODAY'S WORD

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

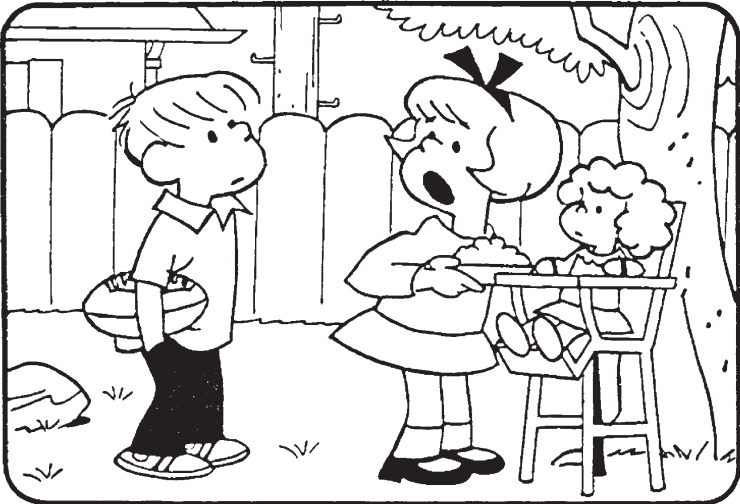
SUDOKU

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.

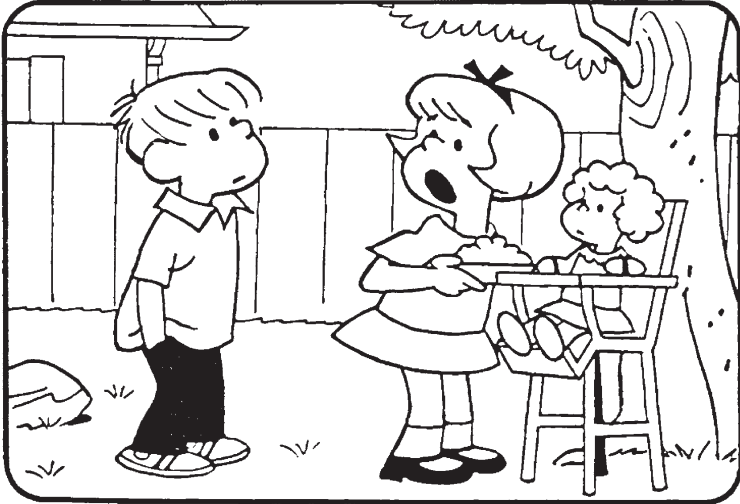
answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence is different 2. Football is missing. 3. Pole is different. 4. Sleeve is shorter. 5. Bow is smaller. 6. Doll's hair is different.

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LIVE ON THE ISLANDS

The Jacaranda will be closed September 6 to 11.

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 will be closed September 5 to 22.

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 12, 2016

ARIES (March 21 to April 19) Mars, your ruling planet, helps you deal with career challenges in a way that reflects some of your own hidden strengths. This impresses some important decision-makers.

TAURUS (April 20 to May 20) Your strong Bovine will, combined with your romantic nature (you are ruled by Venus), helps turn a romance with a potential for problems into one with more-positive possibilities.

GEMINI (May 21 to June 20) Mercury's influence creates some unsettling moments, but nothing that you can't live with. You'll soon learn more about that major change that is about to be revealed.

CANCER (June 21 to July 22) Opportunities for you are like the phases of the Moon: constantly appearing and reappearing. So, cheer up. The opportunity you think you let slip by will be replaced by another.

LEO (July 23 to August 22) An opportunity that you hoped would open up for you remains closed. Stop wasting time scratching at it. Something else you'll like will soon make itself apparent and accessible.

VIRGO (August 23 to September 22) Congratulations. You'll soon hear some positive feedback for all the hard work you recently put into a project. A Pisces could soon swim into your personal life.

LIBRA (September 23 to October 22) Someone whose friendship you felt you had to write off will try to revive

it. What you do is up to you. But don't do it without giving it considerable thought.

SCORPIO (October 23 to November 21) A job-related plan might need to be reworked to allow for changes. Lucky for you that Saturn remains a strong influence that can help you focus on getting it done right.

SAGITTARIUS (November 22 to December 21) This is a good time to move into areas of self-discovery. You might be surprised about who you really are and how you really relate to those around you.

CAPRICORN (December 22 to January 19) Expect to confront someone who will make an unwelcome request. Stand by your resolve to do the right thing no matter what "persuasion" might be offered.

AQUARIUS (January 20 to February 18) A friendly competition could become more contentious than you expected. Take time out to discuss the reasons behind this unexpected change, and act accordingly.

PISCES (February 19 to March 20) You have a wonderful mind for solving mysteries, so you should feel confident about solving the one developing very close to you. An unlikely source offers help.

BORN THIS WEEK: You're a great host or hostess. You love being with people, and you're very good about planning all sorts of social events that bring folks together.

THIS WEEK IN HISTORY

• On Sept. 18, 1793, George Washington lays the cornerstone to the United States Capitol. The

building would take nearly a century to complete, as architects came and went, the British set fire to it, and it was called into use during the Civil War.

• On Sept. 16, 1908, Buick Motor Company head William Durant spends \$2,000 to incorporate General Motors. Durant made his fortune building horse-drawn carriages, and in fact he hated cars -- he thought they were noisy, smelly and dangerous.

• On Sept. 14, 1927, dancer Isadora Duncan is strangled in France when the enormous silk scarf she is wearing gets tangled in the rear hubcaps of her open car. The scarf wound around the axle, tightening around Duncan's neck and dragging her from the car. She died instantly.

• On Sept. 17, 1965, four adventurous Englishmen arrive at the Frankfurt Motor Show in Germany after crossing the English Channel by Amphicar, an amphibious passenger car powered by a 43-horsepower Triumph Herald engine. Despite choppy waters and a flooded engine, the two vehicles made the crossing in about seven hours.

• On Sept. 15, 1978, boxer Muhammad Ali (born Cassius Marcellus Clay) defeats Leon Spinks to regain the world heavyweight boxing title. Ali had first won the title in 1964 at age 22, defeating Sonny Liston.

• On Sept. 12, 1993, the rebuilt Lacey V. Murrow Bridge over Lake Washington opens in Seattle. The old bridge was almost 2 miles long and floated on more than 20 hollow concrete pontoons. During repairs in 1990, the bridge broke apart and sank.

• On Sept. 13, 2004, TV talk-show host Oprah Winfrey gives a brand-new

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Pontiac G-6 sedan, worth \$28,500, to all 276 members of her studio audience. However, the winners were left with a large bill: up to \$6,000 in federal and state income taxes.

STRANGE BUT TRUE

- It was beloved American author Mark Twain who made the following sage observation: "A successful book is not made of what is in it, but of what is left out of it."
- If you're a cat lover who also enjoys imbibing alcohol from time to time, you might want to take note of this bit of international news: A Japanese company called B&H Lifes has come out with a new product. Nyan Nyan Nouveau is a wine made especially for the feline palate. The wine doesn't actually contain any alcohol, though; it's a mixture of catnip and the juice of cabernet grapes. (Note of interest: "Nyan" is the Japanese equivalent of "meow.")
- In American folklore, it's Johnny Appleseed who is credited with sowing apple trees across the nation. In reality,

- though, much of the credit can go to the pioneers' craving for hard cider.
- In February, a mattress company conducted a survey of 390 Americans (hardly a comprehensive sample, of course) to determine consumers' attitudes toward sleep around Valentine's Day. Interestingly, fully half of the respondents said that they'd rather have a good night's sleep than be the recipient of a romantic gesture on what is generally regarded as the most romantic day of the year. And 64 percent said they cared more about getting at least 8 hours of sleep every night than they did about finding a life partner.
 - Those who study such things say that when male and female puppies play fight, the males will sometimes let the females win in order to get to know them better.

THOUGHT FOR THE DAY

"We are social creatures to the inmost center of our being. The notion that one can begin anything at all from scratch, free from the past,

or unindebted to others, could not conceivably be more wrong." -- Karl Popper

NOW HERE'S A TIP

- "A great addition to coffee is flavored ice cream. It adds sweetness, creaminess and a hint of something surprising. Also, it cools hot brew and puts a fancy little froth on top." -- W.L. in West Virginia
- "On rainy days, I set a shallow pan of water by the entrance to the house. The kids step into the water to rinse the grass and dirt off the bottoms of their shoes before taking them off and bringing them inside." -- C.P. in Florida
- To soothe broken blisters and sterilize them at the same time, try a bit of Listerine. Its antiseptic properties work just as well outside the mouth as they do inside.
- "At the dinner table, discuss books you are reading. This will hopefully encourage kids to read, and retelling the story or recapping is great practice for comprehension. Plus, dinner table

- conversation brings families together!" -- U.F. in Illinois
- Bobby pins should be inserted into the hair ridges down, not up. They are designed to better grip the hair that way.
 - "I hot-glued magnets to the back of a small basket meant to hold pencils in a drawer. It sits on the side of my fridge and holds several bottles of water flavorings. The kids and I fill our cups with water and then flavor it to our liking. It beats having three or four different beverages cluttering up the fridge." -- L.W. in Missouri

SCRAMBLERS

solution
1. Drudge; 2. Berate;
3. Astray; 4. Begin
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KING CROSSWORD

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MAGIC MAZE

TEXT-SPEAK

SUDOKU

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

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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

Politics... wow, what a year. With Florida Primary voting over, most of our local Lee County elected officials have been determined, and with only a 28.8 percent turnout of 408,457 registered voters. It's not surprising that here in Lee County, Republican candidates swept into office, after all, they have the majority of registered voters. Still, most Republican candidates this election cycle did have opposition going into the primary and had to run some type of campaign to make an impact with potential voters.

Rotary's guest speaker on August 2 was Dennis Pearlman, a political consultant to many of the candidates that ran for office this year in Lee County. His topic focused on what consultants might do in a campaign. Pearlman summed up a political consultant's contribution to any political campaign as analyzing and giving advice on how to present the strength of a candidate to the general public. In today's campaigns, that advice is, basically, how to get the voters interested in the candidate. Concentration is on public relations, marketing, polling advice, strategy and even financial advice on where and how to spend campaign funds.

Pearlman likes to call his style of political consulting "the common sense approach." He uses the 3-T method (Time, Talent and Treasure) to focus his campaign approach to winning. He said, "it is a given in most campaigns that a candidate already has talent - some success in their life and experience that brings them into the political arena." Treasure - we all know about that - is how the candidates are financed and how much they have to spend on their campaign. Last but not least is time, probably the most important. The candidate must be known in some fashion by the voter. Some are incumbents, some have name recognition, but all must take time to connect



Dennis Pearlman

photo courtesy Sanibel-Captiva Rotary Club

with potential voters, especially first-time candidates or those that don't have large war chests. Boots on the ground can pay off. Much of political war chest dollars in our area today are spent on marketing tools such as direct mail and television ads. Political social media marketing is not yet effective. How much money can be spent on marketing? Just ask Francis Rooney. Did this help him win the election? You answer that.

Pearlman mentioned just a few successful political candidates he has worked with including Lee County Sheriff Mike Scott, Lee County Clerk of Courts Linda Doggett and County Judge Archie Hayward. This was Scott's fourth run for Lee County Sheriff, already having the advantage of being the incumbent with definite name recognition, a strong reputation and sticking with his focus on public safety. Pearlman advised Scott to continue using his previously successful campaign marketing tools. Why invent

the wheel when it worked so perfectly? Did you notice how young Scott looked on that large glossy campaign postcard you received this year? That picture was taken four years ago. He saved money, and mission accomplished.

When Doggett ran for her first clerk of courts election, she was unknown by the general public. Pearlman came up with this idea for a marketing piece that involved well known Lee County office holders standing behind Doggett on the steps of the courthouse stating, "We stand behind Linda Doggett for Lee County Clerk of Courts." Pearlman even told everyone what to wear. That image must have done the trick because Doggett ran unopposed this year for her second term as clerk of courts.

Political consultants quietly stand in the background but greatly influence the outcome of elections. I liked this quote from the American Majority website about political consultants:

"Think of them as those walkers just out of camera sight, directing the gigantic Macy's Thanksgiving Day Parade balloons around every twist and turn on 34th Street."

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

HORTOONS



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Butterknife	Sanibel	2013	2,955	\$1,295,000	\$1,189,000	48
Lakewood	Fort Myers	2007	3,607	\$1,045,000	\$995,000	23
Riverwalk	Bonita Springs	1990	3,274	\$925,000	\$875,000	115
St. Charles Harbour	Fort Myers	1993	3,492	\$859,000	\$797,000	278
Pinehurst Estates	Fort Myers	1992	4,297	\$850,000	\$820,000	150
Dunes at Sanibel Island	Sanibel	1975	1,868	\$769,000	\$706,000	136
Cape Coral	Cape Coral	1991	3,913	\$719,900	\$682,000	73
St. Moritz	Miromar Lakes	2003	2,815	\$715,000	\$672,500	183

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