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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 16, 2016

SEPTEMBER SUNRISE/SUNSET: 16 7:14 • 7:32 17 7:15 • 7:31 18 7:15 • 7:30 19 7:16 • 7:29 20 7:16 • 7:28 21 7:17 • 7:26 22 7:17 • 7:25



Last week, the Sanibel Fishing Pier officially reopened to anglers and visitors following a three-month, \$154,000 rehabilitation project funded by the Lee County Tourism Development Council photos by Jeff Lysiak

Sanibel Fishing Pier Renovated

by Jeff Lysiak

After nearly three months, the City of Sanibel announced last week that the Sanibel Fishing Pier – located at Lighthouse Beach Park – has officially reopened following an extensive rehabilitation project.

Closed since June 6, the fishing pier welcomed back anglers on September 6. “The city is very pleased to open the new city fishing pier,” said Keith Williams, public works director who oversaw the project. “We hope that our residents and visitors enjoy utilizing it. We appreciate everyone’s patience with the recent closure, but feel the product was well worth the wait.”

According to Williams, the decking, handrails and wooden structural elements of the pier were in poor condition. The city was able to retain the existing concrete pilings and piling cap, but replaced all other components of the facility. They include decking,

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The fishing pier offers shaded seating, fish cleaning stations and waste receptacles for anglers

Sanibel 2017 Budget Established At \$62.4 Million

by Jeff Lysiak

During Saturday’s first budget hearing, city council unanimously approved the millage rate for fiscal year 2017 at 1.9139 mills, equivalent to FY2016’s assessed tax rate, with Sanibel’s overall budget established at \$62,468,100.

The tentative budget presentation, delivered by the city’s Finance Director Steven C. Chaipel, offered council members, department leaders and a few local residents gathered at City Hall an in-depth analysis of Sanibel’s property values, revenues and expenditures.

According to Chaipel, the city’s financial outlook for the coming year includes incremental increases to property values, stabilized revenues received from causeway tolls, a reduction of long-term liabilities (debt and pensions) as well as completed divestiture of

continued on page 33



Fred and Sylvia Pope were hoping to catch something during their first visit to the renovated pier

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Students Test Lemons From Their Tree



The delicious and not too sour lemons were sampled by some brave CECI students. Ms. Cindy led the charge followed by Kaia Keating, Valentina Bell, Emma Murray, Charlee Armstrong, Kacelyn Noorlander, Marlow Plassard and Max Cantor. photo courtesy CECI

The students at the Children's Education Center of the Islands (CECI) recently tested the first harvest of their very own Meyer lemon tree. The children helped water the tree after it was planted and were careful to keep an eye on the lemons as they grew. They were excited to be able to carefully pick them and cut them up to test how sour they were.

School director Ms. Cindy won the tree during a silent auction at one of the school's fundraisers. The tree was donated by Monreve Landscaping of Sanibel.

CECI is a non-profit preschool offering full-time and part-time classes for children ages 18 months to 5 years. VPK classes, from 9 a.m. to noon Monday through Friday, are free. Wrap-around care for VPK students is offered as well. The preschool is currently accepting applications for the 2016-17 school year. Scholarships are also available on a limited basis. For more information, call 472-4538 or visit www.childrenseducationcenter.com.✽

American Legion Post 123

On Sunday, September 18, American Legion Post 123 will serve corned beef and cabbage from 1 to 8 p.m. Stop by Sunday, September 25 for barbecue ribs and chicken 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. *What Do You Do With an Idea* by Kobi Yamada
 2. *Unlikely Friendships Dogs* by Jennifer Holland
 3. *Sanibel Flats* by Randy Wayne White
 4. *Razor Girl* by Carl Hiaassen
 5. *The Last Days of Night* by Graham Moore
 6. *Tales of the Peculiar* by Ransom Riggs
 7. *Cuba Straits* by Randy Wayne White
 8. *The Light Between Oceans* by M. L. Stedman
 9. *Before the Fall* by Noah Hawley
 10. *Miss Peregrine's Home for the Peculiar Children* by Ransom
- Courtesy of MacIntosh Books and Paper.✽

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Volunteers at a past Mardi Gras event

photo courtesy CHR

CHR Seeks Volunteers For 2017 Mardi Gras Fundraiser

Community Housing and Resources (CHR) and its Mardi Gras planning committee are seeking volunteers to help with their 2017 Mardi Gras fundraiser, scheduled for February 11 at The Dunes Golf & Tennis Club. Interested volunteers can put their talents to work on a variety of tasks, such as serving on a planning committee to help with event logistics, painting, carpentry, event décor building, day-of set up, decorating, working the event and breakdown at the event venue.

The next volunteer meeting will be held at The Dunes, 949 Sand Castle Road, on October 13 at 5:30 p.m. All are welcome. Contact info@sanibelchr.org with questions.

For more information, visit SanibelCHR.org, or call 472-1189.✪

Preschool Playtime And Share Time

Summit Christian Preschooler Gretta Livermon recently showed one of the teachers, Dianna Anderson, her bandaged knee and told her an interesting story about it during playground time at Summit Christian Preschool.

Each day, the preschoolers have an outdoor experience to help develop large muscle coordination and experience “everybody plays together” time. Three- and 4-year-olds can attend Summit Christian Preschool at Sanibel Community Church at 1740 Periwinkle Way.

For more information, contact Kathy at 482-7007.✪



Gretta Livermon shows teacher Dianna Anderson her “owie”

photo courtesy Summit Christian Preschool

Jewish New Year Begins October 2

Temple Bat Yam, Sanibel’s Reform Jewish congregation, will begin the observance of the Days of Awe, a time of personal reflection and introspection, on Sunday, October 2 at 7:30 p.m.

The High Holy Days commence with Rosh Hashanah, the Jewish New Year. According to the Hebrew lunar calendar, the new year will be 5777. The Days of Awe, a 10-day period, concludes with Yom Kippur, the Day of Atonement. The solemn nature of the High Holy Days encourages one to meditate on the meaning of the holy days, to remember the deceased and to ask for forgiveness from those one has wronged.

Rabbi Myra Soifer will conduct services, assisted by Cantorial Soloist Doug Renfroe, with piano accompaniment by Abigail Allison. Temple Bat Yam continues its

25-year relationship with the Sanibel Congregational United Church of Christ and will gather for all services in Fellowship Hall at 2050 Periwinkle Way on Sanibel.

The schedule for services is as follows:

- Sunday, October 2 at 7:30 p.m. – Erev Rosh Hashana service
- Monday, October 3 at 10 a.m. – Rosh Hashana service
- Tuesday, October 11 at 7:30 p.m. – Kol Nidre service
- Wednesday, October 12 at 10 a.m. – Yom Kippur morning service
- Wednesday, October 12 at 3 p.m. – Music and meditation with cellist Susannah Kelly
- Wednesday, October 12 at 4 p.m. – Afternoon service followed by Yizkor and Ne’ilah to conclude with break-the-fast

Members of the community, guests and visitors are welcome to join with Temple Bat Yam congregants. Tickets are not required but donations are welcome.✪

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CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at rainbolt@crowclinic.org or 472-3644 ext. 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 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 following the tour with an animal ambassador.

Monday, September 19, 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 20, 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.

Wednesday, September 21, 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

continued on page 28



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From page 1

Fishing Pier

railings, a covered area with bench seating and fish cleaning stations.

The decking and railing top caps were constructed using composite lumber, while the railings are made of aluminum.

Among the new features of the refurbished fishing pier are improved ADA accessibility, an expanded covered area, improved fish cleaning stations (with a potable water supply) along with new composite decking material that features a 50-year lifespan.

The renovation project – which cost an estimated \$154,000 – was funded by the Tourist Development Council in cooperation with the City of Sanibel and the Lee County Board of Commissioners.

“We’d like to thank the Lee County Tourism Development Council for their cooperation in funding the project,” added Williams, who noted Infinite Construction, LLC was the contractor for the project.

Last week, several anglers reported they were quite happy with the renovations.

“I think it’s really nice... I’d like to see a longer pier, but this is a big improvement,” said Fred Pope, who was waiting for the first bite of the day alongside his wife, Sylvia.

“We’ve been coming here for the past seven years,” Sylvia added. “We like Sanibel, not just for the fishing, but because the people here are so relaxed. It’s quiet, the shelling is great, plus it has terrific local restaurants and businesses.”

The 180-foot Sanibel Fishing Pier is open from sunrise to sunset. Parking is available in adjacent lots for \$4 per hour or with a valid A or B parking decal.*



An egret waiting for a handout from one of the fishermen photos by Jeff Lysiak



The boardwalk leading to the refurbished fishing pier



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All classes will be held upstairs at the Sanibel Community Church H2O Youth Center.

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

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Council Considering Stipend Options



Members of the Johnson family - Dane, Baillie and Richard - representing Bailey's General Store, were recognized during Saturday's city council meeting for winning the 2016 LocalLEE Grown Business Award. At right is Sanibel Mayor Kevin Ruane. photo by Jeff Lysiak

by Jeff Lysiak

During Saturday's regular city council meeting, councilman Marty Harrity reintroduced the stipend issue, offering some additional perspective on the long-debated subject.

The idea of compensating council members was brought up for discussion late last year by Mayor Kevin Ruane, in large part because the responsibilities of Sanibel's elected officials - including travel to attend off-island meetings and networking events - has dramatically increased over the course of time.

Ruane noted at the time that among the 430 members of the Florida League of Cities, only 11 cities - including Sanibel - do not pay their elected officials.

Currently, the city permits elected officials a stipend of \$50 per day for meals, which is regulated by Florida state law. Mileage reimbursement for fuel is regulated via an Internal Revenue Service allowance. Each council member's time, however, is uncompensated.

Earlier this summer, Harrity brought up the topic again. During the last discussion on stipends on August 2, both Ruane and councilman Jim Jennings were absent, delaying further action until the September 10 session.

"It's time to take a look at it... put it on the ballot and get a vote," Harrity told his fellow council members. "Whatever the citizens decide is what will happen."

Harrity - who also questioned whether to call the reimbursement a "stipend," a "salary" or a "director's fee" - suggested that each council member be paid \$1,500 per month (or \$18,000 annually), with the mayor receiving \$2,000 per month (or \$24,000 annually). Those figures were based in part upon the stipends being paid to other elected officials in neighboring municipalities.

For comparison's sake, Fort Myers Beach pays an annual stipend of \$16,800 to each council member while giving the mayor a stipend of \$19,200; Cape Coral council members receive a stipend of \$32,600 while the city's mayor receives \$36,600 annually; Fort Myers council members get a stipend of \$32,630 and the mayor gets \$42,419 per year.

The Village of Estero will begin paying their council members an annual stipend of \$16,946.88 and their mayor \$22,595.88 beginning in 2017.

Members of the council weighed-in with their opinions on the subject. "We're not voting up or down on this today, and I'm sort of sitting on the fence whether this is a good idea," said Vice Mayor Mick Denham. "We have to be sure that we're fully compensated for our expenses, but I'm still struggling to give my support on getting paid."

"I've voted against this before, but I'm not going to vote against it again," added councilman Chauncey Goss. "When it comes up on the ballot, I'll probably vote against it."

During public comment, resident Karen Storjohann offered that lack of proper compensation for Sanibel's elected officials might "jeopardize the pool of people who might consider running for these positions." She also noted that the monthly stipend should be "much higher," suggesting a \$50,000 annual salary for the mayor.

Fellow resident Steve Maxwell added that before any stipends are approved, the city should look into the actual expenditures for each council member over the past year.

Ruane also expressed that the amount of networking required through attending events and off-island meetings is invaluable, noting that the indirect expenses (i.e. time) spent performing the duties of his elected office is "off the charts."

"Networking is time and it's money," he said.

Following some additional discussion, council unanimously agreed to direct City Attorney Ken Cuyler to draft ballot language adding a monthly stipend for elected officials (\$1,500 per month for council members, \$2,000 per month for the mayor), installing the verbage to include compensation "for all reasonable expenses" and to investigate whether the city's charter language must be altered.

Once approved by city council, the ballot question will be scheduled for consideration by Sanibel voters at the March 2017 city general election. The City of Sanibel has twice voted on compensating elected officials, which on both occasions was defeated in a public referendum.

In other business, council unanimously approved increases for Sanibel Recreation Center membership, facility rental and user fees, an increase in the beach parking fee schedule for "B" and "BC" decals, and amended a number of building permit fees. A three percent increase for both residential and commercial sewer system rates and connection fees, plus a three percent hike for reclaimed water users, was also approved.✱

Semi-Pervious Pavers Approved For West Wind Inn

by Jeff Lysiak

Following a lengthy public hearing, members of the Sanibel Planning Commission unanimously approved the application made by the owners of West Wind Inn to install semi-pervious brick pavers and convert two tennis courts into additional off-street parking spaces on their property.

In the application, West Wind Inn sought a variance to exceed the maximum permitted impervious coverage on the property to allow for the installation of semi-pervious brick pavers over the existing shell and sand parking areas and driveways. A development permit had also been submitted to allow the conversion of two existing tennis courts into additional off-street parking spaces and to install an underground exfiltration trench design stormwater storage and drainage system.

Both applications had been submitted in the spring, with a number of issues - brought forward by members of the city's planning department staff - stalling progress on their recommendation for approval. However, according to department director Jim Jordan, those issues have been satisfactorily mitigated.

One issue brought up during the commission's previous meeting, on August 9, continued on page 33

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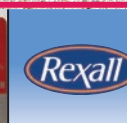
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MEMORIAL SERVICE



RAYMOND PAVELKA
APRIL 7, 1949 – AUGUST 16, 2016

A memorial service for Raymond "Ray" Pavelka will be held Friday, September 16 at 6 p.m. at Sanibel Community Church, located at 1740 Periwinkle Way (next to Jerry's Market).✱

Pastor Series At Church

Beginning on Thursday, September 22 and running eight consecutive Thursdays at noon, the ministry staff of Sanibel Community Church will be sharing their passion for ministry on Sanibel and Captiva islands.

The series entitled My View will be the opportunity for all to hear the vision each of the pastors at Sanibel Community Church has as it relates to the ministry of the church. Participants will be encouraged and inspired as they hear from Kathy Cramer, director of children's ministry; Kevin Schafer, youth pastor; Brad Livermon, missions pastor; Shelton Gwaltney, administrative pastor; Barb Nave, associate pastor-women's ministry; Russ Rainey, caring ministries pastor; Kurt Schulte, assistant pastor of outreach and events; Doug Hummer, pastor of Evangelism and

assimilation and Daryl Donovan, senior pastor.

The gathering for this series will be in the main sanctuary each Thursday at noon, near the Carpenter's Café. The café will provide a grab-and-go lunch for a suggested donation, or participants can bring a brown bag

lunch. Sessions will be about one hour. Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way. For more information call 472-2684 or visit www.sanibelchurch.com.✱

Men's Bible Study Resumes



Men's Bible study resumes September 21

photo courtesy Sanibel Community Church

After a summer break, the community Men's Bible studies at Sanibel Community Church will resume on Wednesday, September 21. The men will continue to dig into the Book of Acts, with verse by verse study, during the weekly meetings. All men of the community are welcome.

There are three opportunities to connect in a study group. For early risers, or those not yet retired, there is a 6:30 a.m. Wednesday morning group at the church fellowship hall. A second group gathers at 8 a.m. A full breakfast buffet is available at each (suggested donation). A third opportunity for men to gather is off-island at Perkins Restaurant at 11410 Summerlin Square Drive at 8:00 a.m. each Thursday. Men order from the menu and enjoy breakfast while studying the Bible. Each session is about one hour.

Sanibel Community Church is an evangelical non-denominational congregation with the church campus at 1740 Periwinkle Way on Sanibel. For more information call 472-2684 or visit www.sanibelchurch.com.✱

New Bible Study Program

Sanibel Community Church is offering a new Bible study, Hearing God, beginning Monday, September 19 at 6:30 p.m.

Hearing God is a Dallas Willard study which focuses on developing a conversational relationship with God. Being close to God means communicating with Him – telling Him what is on our hearts in prayer and hearing and understanding what He is saying to us. How do we hear His voice? How can we be sure that what we think we hear is not our own subconscious? What role does the Bible play? What if what God says to us is not clear? This study will help to answer all of these questions.

Sanibel Community Church is an evangelical non-denominational congregation located at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684, or visit www.sanibelchurch.com.✱

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The Volunteers Of FISH Of SanCap



Connie and Roger Theis
photo courtesy FISH of SanCap

Roger Theis first experienced volunteering at a young age when he helped with the sailing camp program in Maryland. "I realized I could make a difference in the lives of so many kids in the community where I lived," he said. Within a few years, he began as a sailing instructor. He has also served as an ambassador at his church where he would work with kids in the youth program, and with the Boy Scouts. He has been part of a group that beautified Lover's Key State Park, worked with the Children's Network and with Harry Chapin Food Bank. It is safe to say that Theis is hooked on volunteering.

When asked his favorite part of volunteering, Theis said, "I love knowing that whatever time I have can be used to help another."

Since moving to Southwest Florida, Theis has been involved in many nonprofit organizations. His involvement grew when, as a meat department employee of Bailey's General Store, he noticed the donation bin for FISH of SanCap. Talking with

Richard and Mead Johnson, Bailey's owners, Theis discovered the many campaigns that Bailey's ran on an annual basis to benefit FISH: the food bin, the Throw FISH a Lifeline campaign, the food preparation for Meals-by-FISH, to name a few.

Theis visited FISH and the rest is history. Theis has been a volunteer for over 15 months, helping out in the food pantry, with equipment and wherever else within the FISH organization he feels he can make a difference. When he sees a need, he fills it.

"When I realized that any amount of time, whether it be 15 minutes or two hours, can make such a huge difference, I jumped right in," said Theis. "It becomes a commitment

I look forward to each week. Being as active as possible in giving back to the community where you live or work speaks to my heart, it makes me alive. How could anyone not love this?" His wife, Connie, also active in volunteering, concurs. "He's like a volunteer machine, always making time for things that are important to him. Roger believes we are all stewards of our time, money and talents. And if he can find a place to share those things, he will. I guess he doesn't really do well with idle time. He'd rather be doing something meaningful that helps another get through life."

Theis' passion for volunteering doesn't look like it's ending any time soon. He is currently working on

getting others he works with involved in volunteering as well. Why? "So more people will know about and support these wonderful organizations that are so committed to doing good things," he said.

"It is so rewarding to know that I made a difference in someone's life," Theis said. "The little bit of time that I took to do something meant making small deposits in the lives of many others who may have had no one reach out to them that day."

FISH has many volunteer opportunities throughout the year. To learn more about volunteering, contact Lyn Kern, office and volunteer manager, or Joi Dupler, agency assistant, at 472-4775.✱

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OBITUARY

CAROLE JEAN KRUMENAUX ARGUSO

Carol Jean Krumenaux Argueso passed away on September 5, 2016 in Fort Myers, Florida at the age of 79. She was born on October 21, 1936, in East Orange, New Jersey to Franklin Cooper Krumenaux and Ethel Rose Davenport (Krumenaux). Carol attended Milford High School in New Milford, Connecticut then went on to receive a bachelor's degree in physical therapy from the University of Connecticut and a master's degree in gerontology from the College of New Rochelle.

She married Peter Gerard Argueso on July 15, 1961 at the Church of Our Lady of Sorrows in White Plains, New York.

Carol worked as a physical therapist at Burke Rehabilitation in White Plains, New York and served as a volunteer in various organizations including publicity chairperson and activities organizer in psycho-geriatric adult day care. She was also a member of the Sanibel-Captiva Sail & Power Squadron in Florida.

Carol was predeceased by her husband (in 2014), her parents and two sisters. She is survived by her sister JoAnne and five children; Michael Argueso, Susan Orr, Cheryl Chiappinelli, David Argueso and Nancy Cohen; and 11 grandchildren.

A private ceremony was held at Kensico Cemetery in Valhalla, New York September 10. In lieu of flowers, donations may be made to the charity of one's choice.✽

Church To Host Free Movie Night September 18

This Sunday, September 18 at 5 p.m., join your friends and neighbors at Sanibel Community Church for a free screening of *God's Not Dead 2*, a thought-provoking movie about belief and faith in the public forum. Free hot dogs and beverages will be served starting at 4:30 p.m.

God's Not Dead 2 takes place in a neighborhood high school. Grace Wesley (Melissa Joan Hart) teaches AP History, and one day answers a question in class about the connection between the teachings of Gandhi and Martin Luther King, Jr. and the teachings of Jesus. Grace answers, quoting Scripture. The parents of the student who asked the question complain to the school. They define themselves as "rationalists" and "free thinkers." Grace is called on the carpet, she refuses to apologize, and the whole thing ends up being battled out in a court of law under the watchful eyes of the nation.

This movie is sure to inspire, whether you are seeking answers to life's questions or have everything already figured out. *God's Not Dead 2* is a sequel to the blockbuster movie *God's Not Dead*, and introduces us to new characters, as well as revisits ones from the first film. A love offering will be received for Florida Baptists Children's Homes.

Come join us this Sunday for their regular worship services at 8, 9 and 11 a.m. Sanibel Community Church is an evangelical non-denominational congregation located at 1740 Periwinkle Way (next to Jerry's Foods). For more information, call 472-2684, or visit www.sanibelchurch.com.✽

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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Alan Lessack at 579-0296.

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UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

Seminar Series

A series, entitled God and Guns: A Theological Examination of Violence in America, will continue on Sunday, September 18 and 25 at Sanibel Congregational United Church of Christ. The programs, led by the Rev. Dr. John H. Danner, will begin at 9 a.m. in Heron Hall on the church's lower level. The seminars are free and open to the public, and each is independent of the others so people can attend any or all.

The Summer Sunday Seminar Series

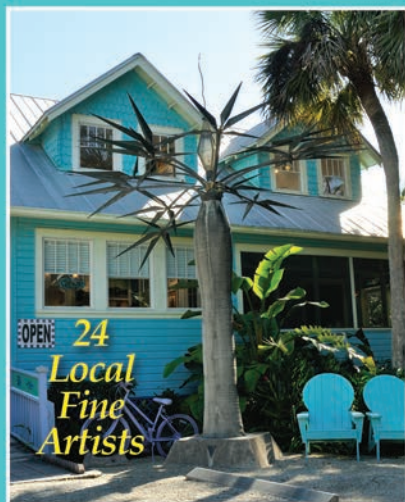
continues through October with a wide variety of thought-provoking topics. The small group discussions are accompanied by videos and are led by Pastor Danner or Associate Pastor Deb Kunkel. The seminars are offered between the 7:45 a.m. chapel service and 10 a.m. full service.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way, across from the Periwinkle Place shopping center.

For more information, call 472-0497 or visit www.sanibelucc.org. ✽

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Community Can Live Cooperatively With Alligators



One of the resident alligators who can frequently be seen inside the JN "Ding" Darling National Wildlife Refuge photo by Jeff Lysiak

by Jeff Lysiak

With more than 2,200 acres of freshwater lakes found throughout the island, the odds of spotting an alligator on Sanibel are pretty good. And with many of the island's residential neighborhoods containing lakes or wetlands, the chances of human-alligator interaction is quite likely.

On September 7, Dee Serage-Century, environmental educator with the Sanibel-Captiva Conservation Foundation (SCCF), delivered an hour-long presentation, entitled Gator Tales: A Prehistoric Presence In Our Landscape, at SCCF's Nature Center.

"A lot of people have both a fear and fascination with alligators, but there are easy ways to live with them safely," explained Serage-Century. "Always keep your eyes open and be aware of your surroundings. Most of the visitors who come here know what to do and what not to do. This is a community based upon living peacefully with wildlife."

With warmer temperatures of the summer season, alligators are very active, looking for territory, finding fellow gators to mate with and protecting their nests before and after hatchlings emerge. During cooler months, alligators are generally lethargic and do not move around much. Since alligators are cold-blooded reptiles, their metabolic rate increases and decreases as water and air temperatures fluctuate.

According to Serage-Century, if you see an alligator, the best thing to do is leave it alone.

"If you're living in freshwater areas in Florida, like we have here on Sanibel, you're going to have alligators," she said. "You'll see them swimming or basking along lakeside areas. But we're not the prey they're looking for... we're too big. But you also have to be cautious."

Things You Should Know

Please keep the following tips in mind to ensure the time you spend on Sanibel does not result in a conflict with an alligator:

- Be aware of the possibility of alligator attacks when in or near fresh or brackish bodies of water. Many attacks occur when people do not pay close enough attention to their surroundings when working or recreating near water.
- Do not work with your back to the water.
- Closely supervise children when they are playing in or around water. Never allow small children to play by themselves near water.
- Do not swim outside of posted swimming areas or in waters that might be inhabited by large alligators.
- Alligators are most active between dusk and dawn. Therefore, swim only during daylight hours.
- Leave alligators alone. State law prohibits killing, feeding, harassing or possession of alligators.
- Never feed or entice alligators – it is dangerous and illegal. When fed, alligators lose their natural fear and learn to associate people with food.
- Inform others that feeding alligators is illegal and creates problems for others who want to use the water for recreational purposes and ultimately results in the need to destroy the animal.
- Dispose of fish scraps in garbage cans at freshwater boat ramps, docks or fish camps. Do not throw them in the water. Although you are not intentionally feeding alligators when you do this, the end result can be the same.
- Do not allow pets to swim, exercise or drink in waters that may contain

continued on page 16



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Plant Smart

Whisk-Fern

by Gerri Reaves

Whisk-fern (*Psilotum nudum*) is a fascinating easy-to-overlook native species that predates the era of the dinosaurs by hundreds of millions of years. So primitive is it that it's not really a fern, but a fern ally. Reproduction by spores is one of the only characteristics it shares with ferns. It is the only plant in the *Psilotaceae*, or whisk-fern, family that is native to Florida. It grows in all regions of the state, favoring areas such as swamps and wet woods. Lacking true leaves and roots, it establishes itself and spreads via creeping underground stems. It can live as either a terrestrial plant or epiphyte (air plant). You're most likely to spot it at the base of other plants, particularly palms. Logs, crevices, the boots of the native cabbage palm, and tree forks are also common growing sites. In residential yards, it volunteers in moist well-drained spots with rich soil in partial shade – and even in plants. It usually grows under a foot tall. The aerial roots structurally resemble a slender tree that branches

three-dimensionally, splitting in two for up to six times, thus enhancing the whisk- or broom-like appearance. However, the green cylindrical ridged stems never leaf-out in the usual sense, thus the scientific name: *psilotum* means naked in Greek and *nudum* means naked in Latin. Other common names are skeleton fork fern and moa. Appendages that are scale- or thorn-like rudimentary leaves called microphylls occur in the stem angles. The three-lobed sporangia, which superficially resemble tiny berries or beads, turn yellow when mature, and then split open to release spores. The unassuming whisk-fern is not parasitic and is environmentally beneficial. Specimens growing in soil aid in preventing erosion, and epiphytic ones collect debris that transforms into soil. This fern has a variety of medicinal uses.

Sources: *The Ferns of Florida* by Gil Nelson, *Psilotum Nudum: Survivor of Eons* by Steve Farnsworth, fnps.org, reallyoldplants.wordpress.com, susanleachsnyder.com and wildsouthflorida.com. *Plant Smart explores the diverse flora of South Florida.*✱



Native whisk-fern volunteered at the base of this pot plant. Crevices and tree bases are among this ancient species' most common growing sites. photos by Gerri Reaves



The plant lacks true leaves and roots, but scale-like appendages and bead-like sporangia are visible on the stems

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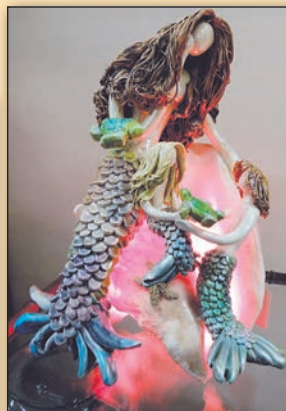
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From page 13

Alligators

alligators or in designated swimming areas with humans. Dogs are more susceptible to being attacked than humans because dogs resemble the natural prey of alligators.

- Observe and photograph alligators only from a distance.

Feeding alligators is a criminal act, punishable with up to a \$500 fine and 60 days in jail. The City of Sanibel requests that both residents and visitors do their part in protecting the island's wildlife by not feeding alligators. If you encounter a nuisance alligator or see someone feeding an alligator, call the Sanibel Police Department at 472-3111.

Living Alongside Alligators

Since the population boom in the state of Florida in the late 1960s, the number of alligator complaints called into the Florida Fish & Wildlife Conservation Commission (FWC) has increased dramatically, as has the number of alligators harvested by state-approved trappers. In 1978, approximately 2,000 nuisance alligator calls were registered, with 5,000 alligators harvested. Twenty years later, those numbers jumped to 5,000 and 15,500, respectively.

There have been 26 fatal alligator attacks in Florida since the FWC began keeping record in 1948. Of that total, 14 involved attacks in places where people were wading or swimming where they shouldn't.

Sanibel experienced two fatal attacks, one in 2001 and another in 2004.

Serage-Century pointed out that in most negative alligator encounters, the reptiles were found to have been fed by people.

"People don't realize the harm that they can do," she said, explaining that feeding an alligator may contribute to the animal looking at humans as a source for food.

"And, unfortunately, unless the police actually witness somebody feeding an alligator, they can't issue them a fine."

In 1975, Sanibel became the first municipality in the state to prohibit the feeding of alligators.



A five-foot alligator basking in the shallow waters alongside Wildlife Drive on Sanibel

photo by Jeff Lysiak

During her presentation, Serage-Century detailed a few interesting facts about alligators. During breeding season, an alligator typically lays a clutch of between 20 and 50 eggs. Using decaying vegetation to surround the nest, the heat generated during incubation determines the sex of the baby gators – warmer temperatures (90 to 93 degrees) yield males; cooler temps (82 to 86 degrees) yield females.

Once born, the hatchlings begin to make a chirping sound to alert their mother. Newborns can live off nutrients found in their egg sac for several days. Juveniles live under the protection of the female adult for up to two years.

"Alligators are the only reptiles who help raise their young," Serage-Century noted.

Upcoming wildlife presentations at the SCCF Nature Center, located at 3333 Sanibel Captiva Road, include Otter Tales (Wednesday, September 21 at 10 a.m.), Turtle Tracks (Thursday, September 22, Thursday, October 6 and Thursday, October 20, all at 10 a.m.), Owl Tales (Wednesday, October 12 at 10 a.m.) and Coyote and Bear Tales (Wednesday, October 26 at 10 a.m.). For more information, call 472-2329 or visit www.sccf.org.

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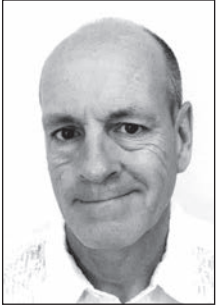
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CROW Case Of The Week:

Baby Squirrels

by Bob Petcher



The squirrel is a mammal consisting of 200 different species that reportedly can be found on every continent except for Australia. With a diet that consists mainly of nuts, but also includes

leaves, roots, seeds and small insects, these omnivores are of three main classifications: ground, tree or flying.

The eastern gray squirrel (*Sciurus carolinensis*) is a tree squirrel that is native to the eastern section of North America and has a large, bushy tail. This particular species of squirrel has the ability to descend a tree head-first. This feat is achieved by the turning of its feet so that the claws of its hind paws are backward-pointing and are able to grip the tree bark.

Interestingly, squirrels are rarely seen on Sanibel Island due to the island not having any nut-bearing trees for the animals to feed upon. Think about it. When was the last time you had to swerve or brake for a squirrel that was attempting to cross a road on this island? It's usually ibis or other birds that walk across streets.

Off-island, finding a baby squirrel may also prove to be difficult. While

mature squirrels can be seen on most any property, either provoking your dog while on a walk or nabbing seed from your bird feeder, kits are usually found by the nest until they grow all their fur and show the ability to survive on their own. The best chance for a newborn squirrel's survival is when it is cared for by its mother.

In that light, when a kit is found without a parent in sight and is unharmed, it does not necessarily mean the young animal has been abandoned or orphaned. The infant probably needs help being reunited with its mother.

CROW officials point out that education is needed to determine if a baby squirrel needs human help. Assistance may be required if it is bleeding, has an open wound or a broken bone or covered in fly eggs. If a young squirrel has a tail that is fluffed out or has a body (not including tail) that is longer than six inches, it is be a juvenile squirrel and intervention is not needed.

At CROW, there are currently 30 infant and juvenile eastern gray squirrels being cared for. In 2012, the rehabilitation clinic launched a program called If You Care Leave It There because people abducting baby animals and bringing them to CROW became such an issue and burden to the wildlife hospital.

Within the If You Care Leave It There brochure, there are telling points that everyone needs to heed.

"Humans are never a young animal's best hope for survival. They are their last hope. A young animal should only be removed from the wild after all avenues to reunite it with an adult animal are



A baby squirrel is fed through a syringe at CROW

photo by Kenny Howell

exhausted," the brochure reads. "Wildlife parents are very devoted to the care of their young and rarely abandon them. When abandonment does occur, it is usually the result of an injury or the death of the parent. Typically, it is the female mammal that raises the young and often leaves the nest in search of the next meal. In the case of birds, where both parents are generally caretakers, both are often away from the nest for the majority of the day, returning only for brief stops

to feed their hungry young."

Other brochure information instructs what one can do if juvenile animals are seen.

"If you happen to see a young, wild animal, please leave it alone unless there appears to be something wrong such as a clear injury or fallen nest," the brochure added. "If the nest has fallen out of the tree but the young inside the nest appear healthy please replace the

continued on page 22



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What A Difference A Week Made



by Capt. Matt Mitchell

Fishing action really rebounded this week after the previous weeks' storms had stirred everything up. Things are beginning to come together as the month of

September is finally starting to live up to being my favorite month of year to fish our local waters. Schools of silver-colored, big spawning redfish have started to move in from the Gulf over the last week, making brief appearances in and around all the passes.

The snook bite in and around the passes has gotten a whole lot better too. Mangrove snapper that has simply disappeared for more than a week have returned with cleaner water. Best of all, huge schools of fry-sized bait has started to show up out on the beaches, along with all the mixed bag of species that feed on it.

Jacks, mackerel and ladyfish can be found on these schools of bait already. Tarpon, bonita, kings and sharks will not be far behind.

Lighthouse Point, Redfish Pass, Captiva Pass and Boca Grande for more than the next month will give all anglers a chance to experience some wide open fishing on the huge schools of redfish that are moving in and out from the Gulf. The bite in the pass seems to happen most often on the last few hours to the end of the falling tide. If you're in one of these areas, it's always worth taking the time to make a few drifts from about 50 to 100 yards out from the shore, bouncing a live bait along the bottom.

Many of the docks in and around the passes are also worth spending some time on too. Big schools of these top-of-the-slot and oversized-breeding redfish will stack up by the hundreds. When fishing these docks, anchor up and use enough weight to keep your bait on the bottom in the fast-moving current. Heavy tackle is a must have when anchored in swift current if you want any chance at all to land one of these hard-charging redfish.

As we get closer to the end of the month and into October, it is prime time for schooling redfish to be moving around and across shallow grass flats. Look for these fish just inside or close to the passes. Fosters Point to Cabbage Key is one of my



Steve King with one of two top-of-the-slot redfish he caught while fishing with Capt. Matt Mitchell this week

favorite areas to look for these redfish to pop up by the hundreds as they do year after year. If you have ever been lucky enough to experience one of these schools of hungry redfish wear out a flat, it's something you will never forget.

The high tide redfish bite around mangrove islands and oyster bars was also a good bet this week. I spent the majority of my time during high water fishing mangrove islands on the eastern side of the sound from Chino Island north. Islands that were holding big schools of mullet not surprisingly were the ones that had the redfish. Both shiners and live pinfish caught these redfish on the higher stages of the tide. The redfish we caught while mangrove fishing seemed to increase in size this week with the average fish being

from 25 to 27 inches.

September and October could be your last chance to tangle with a tarpon until next spring. During mild fall weather, these tarpon will be out on the beaches until as late as December, gorging on the massive clouds of baitfish before they migrate out to warmer waters. With more and more bait activity starting to show up out along the beaches, all it takes is the right weather set-up, and this fall tarpon bite can be just epic.

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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MENU

APPETIZERS

Soup Cup 5 Bowl 7
Chef's Daily Inspiration

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

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

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

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

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

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

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

Risotto MARKET
Chef's Daily Creation (GF)

SALADS

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

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

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

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

SPECIALTIES

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

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

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

SEA

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

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

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

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

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

LAND

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

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

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

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

IL CIELO

Scott Swamba CHEF

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

"Once you understand the correct techniques and fundamental aspects of cooking, you can then experiment with flavors, textures and plating."

Chef Scott Swamba.



Melissa Akin PASTRY CHEF

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



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For reservations, call 239.472.5555

www.ILCieloSanibel.com OR www.OpenTable.com

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Grand Opening Celebration For New Doc Ford's On Sanibel

It was standing room only for those who arrived after 5 p.m. on September 8 for the grand opening of the new Doc Ford's Rum Bar & Grille on Island Inn Road, which has been under construction for a little over a year. Hundreds of guests stopped by to congratulate owners Marty and Brenda Harrity and Mark Marinello



At the grand opening of the new Doc Ford's Rum Bar & Grille last Thursday are restaurant owners Marty and Brenda Harrity and Mark Marinello photos by Jeff Lysick

and Brenda Harrity and Mark Marinello on the long-awaited opening of the restaurant, which has moved from its original location on Rabbit Road.

Bestselling author Randy Wayne White, whose Doc Ford character is the namesake of the restaurant, was also on hand to welcome guests. Free drinks – including the signature Mojito – and appetizers were available for all in attendance.

The new building is approximately 11,000 square feet and includes a large tropical fish tank behind the hostess station, a massive bar with ample bar stools, high top table seating and numerous flat screen TVs. Booth seating is also available. The interior is reminiscent of a fisherman's village with "reclaimed" wood fixturing and a rustic metal ceiling. The upstairs loft has a full bar, indoor seating and an outdoor patio.

Popular Doc Ford Series novels by Randy Wayne White, T-shirts, ball caps and other gift items are on sale in the front hostess area.

Doc Ford's Rum Bar & Grille on Sanibel is open for lunch and dinner seven days a week from 11 a.m. to 10 p.m., located at 2500 Island Inn Road, across from Bailey's Shopping Center. For more information, call 472-8311 or visit docfords.com.✪



Wait staff members, from left, Peter O'Brien, Casey Leader, Jerry Stanly, Becca Harris, Tommy Lawler and Krista Gordon



The entrance to the new Doc Ford's restaurant on Sanibel

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Tending bar at the upstairs loft was Brian Cunningham, who was joined by supplier Tom Bocchino at the open house



John and Jo Campbell with Kathy Kennedy and Frank Willusz



Oliver and Roberta Bewsey with Jewel and Kevin Jensen



"Next door neighbors" from Lily & Co., from left, Stephanie Mincy, Danielle Cimeo, Kimberly Salerno, Elizabeth Boone and Karen Bell

more photos page 29

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Shell Of The Week

The Cut-Ribbed Ark



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

Capable of growing beyond four inches, the cut-ribbed ark, *Anadara septicostata* (Reeve, 1844), is the largest among the seven species of shallow-water ark clams (families Arcidae and Noetiidae) found on Sanibel and Captiva.

The large, yet elegant, shell of the cut-ribbed ark has the sculpture of curved radial ribs that is typical of other members of the family. Among other features, a faint groove that splits each rib longitudinally (hence the “cut-ribbed” qualifier in the common name) separates this species from its closest ark shell relatives. The shell is white, with traces of a delicate, brown periostracum near the shell edge.

Learn more about Sanibel and Captiva shells at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:
Live Tank Talks – Presented by a marine biologist throughout the day.

Arts & Crafts – 1:30 to 2:30 pm.

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.

From poage 17

CROW Case

nest in the tree as high up as you can reach. If this is not possible, consider placing the nest in nearby bushes or even nailing it to the side of the tree in an area where



The cut-ribbed ark. Notice the longitudinally split ribs on shell

photos by José H. Leal

the young will have some shade and shelter from the elements. If the nest itself is missing or damaged, an artificial nest may be created.”

The brochure also points out: “Leaving young animals where they belong in their nests, dens and natural environments will help CROW care for the many that truly need our help.”

Dr. Heather Barron, CROW’s hospital director, offered comments and compared statistics since the program’s inception four years ago.

“We feel the If You Care Leave It There program has been very successful since it was started in 2012,” she

said. “The CROW patient demographics have gone from roughly 80 percent of the caseload being juveniles (many of which were abducted) to approximately 35 percent of the caseload being juveniles, most of whom are injured, ill or legitimately orphaned.”

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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Celebrity Island Dinner Servers

This year's Celebrity Island Dinner to benefit the Bailey-Matthews National Shell Museum is slated for Monday, October 3 at 5:30 p.m. Group tables are sold out but there are still some tickets available, with first-come, first-served seating.

Ticket sales are only part of the fund raising at this Disco Beach-themed party. The other part is tips earned by celebrity servers. This year, at least nine local celebrities will go all out on behalf of the shell museum, with costumes, entertainment and friendly coercion. They'll compete for bragging rights to see who earns the most for the museum.

Even those who don't attend the dinner can donate to island celebrities (or give an undesignated donation) at any time, either through the museum or directly to the celebrities.

Although tickets for the fundraiser have already sold out, museum supporters may leave a tip in advance. Visit www.shellmuseum.org, call 395-2233 or stop by the museum, located at 3075 Sanibel-Captiva Road on Sanibel.

This week's featured celebrities are Shelby Peters and Ric Base.

Peters, president and CEO of Hillgate



Shelby Peters

Marketing, is returning as a dinner celebrity because she is "proud to know that my participation contributed to and raised awareness for such a great cause, and also to be associated with community members who have contributed to the ongoing support and well-being of the museum."

Many of the servers have an affinity for poetry. Peters penned this verse: *See Sanibel Shelbs at the Celebrity Shindig this October, Where she'll be shining and smiling for dollars not made of sand.*

For a good cause & lots of applause,



Ric Base photos courtesy Bailey-Matthews National Shell Museum

Her tip jar is where your monies should land. Stop by Hillgate, her home away from the shore. To drop off your checks, dollars and more...

To leave a tip for Shelby Peters at Hillgate Marketing, contact her at 472-3400 or shelby@hillgate.biz.

Ric Base enjoys his role as celebrity server because it's a way of "having fun with the people in the community for a good cause. I want to help raise money to further the shell museum's goals."

As president of the Sanibel & Captiva Islands Chamber of Commerce, he

appreciates that the museum is "a unique and informational place for our guests and visitors to visit." And he enjoys the islands overall, calling them a "very special, unique community."

Leave a tip for Ric Base at the chamber, contact him at 472-1080 or ric@sanibel-captiva.org.

Volunteers Needed

Each year, thousands of people attend CROW's Taste of the Islands and it takes many volunteers to run a successful fundraiser. If you are interested in becoming a volunteer, visit the website at volunteers@crowclinic.org, complete a volunteer form and submit it by Monday, October 31. Volunteers are needed to assist in all areas including set up (tents, tables, etc.), opening (signs, supplies, etc.) and parking and shuttle assistance. A volunteer meeting will be scheduled prior to the event to discuss assignments, responsibilities and to answer any questions.

CROW's 35th Taste of the Islands will be held at Sanibel Community Park on Sunday, November 13 from 12 to 5 p.m. ✨

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BAILEY'S GENERAL STORE

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

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

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees.
2477 Periwinkle Way, 472-1516

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

BEACH PIEZ

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

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, Pamela Danner, Franck Michel and Kelly O'Connor of Jerry's Restaurant and Deli in Jerry's of Sanibel

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 100 percent gluten-free/vegan/organic cafe: an oasis of health where the emphasis is on providing incredibly tasty and creative culinary creations designed to nourish and delight all of your senses. We invite you to get comfortable at our community table, enjoy a game of chess, read some magazines or books from our browsing collection, connect to Wi-Fi and sink into island-time with some chill music! Order one of our delicious fresh salads, try our Wizard Waffles, our popular classic burger, our Mexican plates and indulge in our Indian curry, Vietnamese pho, raw vegan lasagna and more! Pair your meal with a locally crafted beer, a glass of organic wine or housemade kombucha.

Our fresh juice bar is always brimming with island smoothies, herbal elixirs and custom juices, or come and enjoy an espresso or cappuccino with one of our delectable donuts, pies, cupcakes or truffles.

The Sanibel Sprout is open for breakfast, lunch & dinner from 10 a.m. to 7 p.m., Monday through Saturday and from noon to 7 p.m. on Sunday. There will be extended hours during high season. Come visit and join The Sprout family!

2463 Periwinkle Way in Bailey's Center, 472-4499.

TIMBERS RESTAURANT & FISH MARKET

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

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

703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

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

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

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

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

3111 West Gulf Drive, 472-4559

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From left, Sanibel Public Library board members Linda Uhler, Dan Moeder, Sandy Zahorchak, Gib Warren, Tom Krekel, Linda Kramer and Melanie Congress

Warren Retires From Sanibel Public Library Board

Sanibel Public Library Board Commissioner Gib Warren was honored for his decade of service with the library at his last board meeting recently. Warren has served on the library board since 2006.

Warren and his wife, Toni, moved to Sanibel in 1998 after visiting the island for many years. Warren had a career as a mechanical engineer in the building design and construction industry.

Library executive director Margaret Mohundro said, "Gib served on the board of commissioners as the library saw many upgrades and new services, including the



Gib Warren congratulates 2014 summer reader Max Stone

photos courtesy Sanibel Public Library

development of the library author series and the children's summer reading program, Reading for Others. Gib also worked to position the library for national and statewide recognition." In 2011, Sanibel Public Library earned a five-star library designation from *Library Journal* and as a top-ranking public library in Florida. The award is granted for patron use, program participation, technology accessibility, and many more areas.

Additionally, Warren contributed his engineering and building expertise to library facilities' oversight by providing guidance on building infrastructure that included upgrades in technology, WiFi access, fire alarm and HVAC.

"Although we will miss his leadership, Gib remains an active patron and advocate for the library," Mohundro added.✱

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Island Seniors At The Center 4 Life

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

Trash & Treasures Sale – 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 would like to be on the Page Turners list, email annrodman@aol.com or contact the center. Discussions begin at 2:30 p.m.

The featured book for Wednesday, October 12 is *A Land Remembered* by Patrick D. Smith. In this bestselling novel, Smith tells the story of three generations of the MacIveys, a Florida family who battles the hardships of the frontier to rise from a dirt-poor Cracker life to the wealth and standing of real estate tycoons.

Friday Collage Classes with Bea Pappas – September 16, 23 and 30, 12:30 to 3:30 p.m.

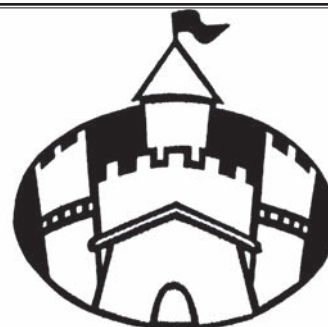
Pappas will teach an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas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

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.

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,

continued on page 36



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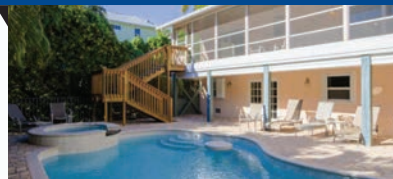
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- Vicki Panico & Fred Newman 239.980.0088

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- Burns Family Team 239.646.2984

SUNSET BEACH VILLA 2325



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- Sunsets from Your Screened Lanai
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- Steps to Beach and Captiva Village
- Spacious Extended Lanai
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- John & Denice Beggs 239.357.5500

Book Review

The Transplant Web



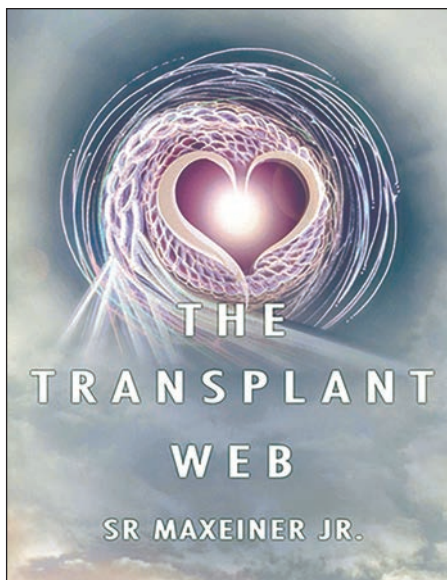
by Di Saggau

If you have ever wondered what it was like for the first surgeons to perform transplantation of vital organs from a generous donor to a desperate recipient, be sure to pick up a copy of Bob

Maxeiner's latest book, *The Transplant Web*.

Maxeiner, a long time member of a Sanibel Writers Group, allows the reader to enter the complex and deeply emotional world of transplantation. The book is mostly set in 1985, when transplant surgery was just beginning. Thanks to a drug called Cyclosporine, the floodgates opened for successful transplants in numerous hospitals similar to the fictional one talked about in the book.

We first meet Dr. Dana Garrison, chief resident for the hospital. She stands a mere five-foot, one-inch tall, but towers above others in her abilities to make the right decision for her patients. The nemesis of her existence is Dr. Sandor Oliver Brovek, professor of surgery and terror of medical students. Even after Dana performs life-saving surgery for a friend of Sandor, he questions her actions



and gives her the third degree. Dana stands firm.

The book reminds everyone about the need for donor organs and is an inspiration to become donors. When asked what he wants people to think about after reading the book, Maxeiner said, "To focus on how precious are life and health." Each chapter bears a person's name so we understand how they feel in various situations. It works well.

We meet one special nurse who fights for patients rights. There's Dr. Lancelot Rudd, a talented surgeon with a health condition he keeps secret. The characters in the book are complex, yet very real, and we learn to care about them be they donor, patient or physician. Maxeiner told me that while they are all fictional

characters, "They are all built from values and integrities, dedications, sacrifices and motives of people who are dedicated to the service of their careers," he said.

The Transplant Web takes you inside the operating room as life saving surgery is performed. You gain even more respect for the medical profession, the decisions they make and for the donors who give life to others. There is another story woven into the book that involves property the hospital needs to expand their transplant work. You will like the way it works out. Certain paragraphs deal with the year 2014 as Dana explains what has transpired since she was chief resident.

Maxeiner captures the delicate relationships that existed during a time of tragedy and how the first surgeons must have felt performing such life saving operations. It had to have been a thrilling time. The web consists of the professional staff, the patient, the donor, relatives and friends. All those lives are intertwined. The book is a gripping story of patients at the last edge of hope, and of nurses and doctors who can restore them to life, if donor organs can be found in time.

I thoroughly enjoyed reading *The Transplant Web*. It's available at island book stores and online at www.bluewaterpress.com/web.✱

From page 5

CROW Calendar

rehabilitation process. Ask the staff how they work their magic.

Thursday, September 22, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

Friday, September 23, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

Whether animals are sick, injured or

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

Friday, September 23, 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 following the tour with an animal ambassador.✱

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RICK ZURBRIGGEN
Private Wealth Manager

From page 21

Doc Ford's Grand Opening



The hostess station, which features a large fish tank, was staffed by Anahi Morales, Jamie Kemery and Yvonne Montes De Oca
photos by Jeff Lysiak



The enormous bar on the main floor features plenty of bar stools, high top tables, widescreen TVs and a metal ceiling



George Veillette, Andy Boyle and Sue Webster

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10K Race 4 FISH Committee, from left, Nancy Bender, Ed Ridlehoover, Pete Bender and John Pryor with She Sells Sea Shells owners Michael, Anne, David and Tamara Joffe

photo courtesy FISH of SanCap

Shell Shop Signs On As Silver Sponsor Of 10K Race

The Joffe family of She Sells Sea Shells believes in giving back to the community and has signed on as a silver sponsor of the 8th annual 10K Race 4 FISH. "Giving back is a core value of She Sells Sea Shells and we love the work FISH does in our community," said a family member. "We are happy to support the race again this year."

"She Sells Sea Shells is not only fun to say, but is a fun place to visit," said 10K race committee co-chair Ed Ridlehoover. "We are grateful for the support of the Joffe family and their business; both are a wonderful part of our community."

The 10K Race 4 FISH begins at 7:30 a.m. Saturday, October 15 at Sanibel Community Park. Join the Joffe family, who will be wearing 40th anniversary She Sells Sea Shells T-shirts on race day. For more information, visit fishofsancap.org.*

Superior Interiors

Do I Need A Professional Designer?



by Jeanie Tinch

So you are finally ready to start freshening up your home, but you're not sure where to start. Should you try to do the work yourself, or do you need a trained and experienced design

professional to handle the project?

Here are some decision points to think about:

- Is every minute of every day filled with work, family, social functions and volunteer obligations? Do you feel as though you just can't add one more thing to your busy life?

- Have you seen photos in magazines with the "look" you want, but don't know how to make it happen in your home? Are some of those furnishings available only "to the trade?"

- Are you and your family having trouble agreeing on what to do, so nothing ever gets done?

- Do you have "good taste" but need someone else to make it a reality and

help avoid making expensive decorating mistakes?

- When you look at fabrics, furniture and paint colors, are there so many choices that your "decorating eye" becomes confused? Do you love color, but are too timid to take the plunge?

- Does it seem as though all the retail stores offer similar things, but you want something unique and personal to your own style? Do you have a particular look in mind, but don't know how to achieve it?

- Do you need someone else to handle the ordering and installation of the decorative elements? Do you need work done but don't know any qualified workmen to do it?

- Do areas of your home fail to function for your family? Is there wasted or unused space that needs revision so that you can use it and enjoy it again?

If you answered "yes" to several of these questions, you will probably benefit from the services of a design professional to help you with your next project. Ask how they work. Consider the personality (you'll be spending a lot of time together). Make sure you're both comfortable, and that the designer is both confident and competent to develop and implement the right plan to accomplish your goals.

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

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Horizon Council Recognizes Business Excellence At Awards Ceremony



Winners of the 2016 Industry Appreciation Awards, from left, Dan Termini and JoAnn Elardo, Wicked Dolphin Distillery; Gary Trippe and David Gordley, IberiaBank; and Richard Johnson, Bailey's General Store

photos courtesy Horizon Council

To salute excellence in Lee County's business community, the Horizon Council and Lee County Economic Development hosted the 25th annual Industry Appreciation Awards on August 25 at the Hyatt Regency Coconut Point Resort & Spa in Estero.

Approximately 800 local business and community leaders attended the ceremony honoring businesses for their contributions to Lee County. Winners included Bailey's General Store, IberiaBank and Wicked Dolphin Distillery. Gary V. Trippe earned The Bruce T. Gora Legacy Award, created in honor of the late Bruce T. Gora.✱



Baillie, Calli and Richard Johnson with Robbie and Geoff Roepstorff

Bailey's Donates Grill To The Sanibel School

The Sanibel School is launching a new "Grilled Lunch Rewards Program" for students who perform to required reading standards.

Richard Johnson and Jim Glasgow of Bailey's General Store delivered a new grill to the school on September 1 as a gesture from the community to help students meet their goals. New principal Chuck Vilardi

wanted a unique way to reward students for meeting their quarterly reading "grills." By partnering with Bailey's, the principal-turned-grillmaster will be incentivizing students with grilled food options in place of regular school lunch that day.

Staff and students appreciate the gift and the opportunity to provide unique incentives for high performance.

Bailey's staff realizes the importance of quality education for youth in the area. They have the utmost confidence in "Grillmaster Vilardi" to provide leadership in education on Sanibel as well as quality grilled lunches, and entertainment for staff and students. ✱



Loggerhead Cay gulf-view top-floor 2-bedroom income producer with new kitchen. \$598,300



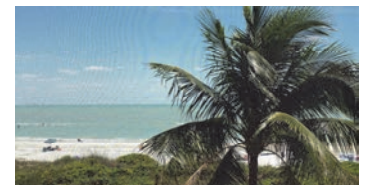
Amenities galore at residential Nutmeg Village. #303 is top-floor with gulf views from every window. \$799,000



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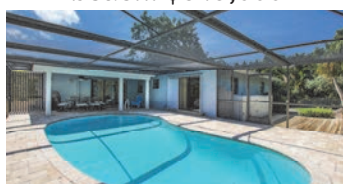
Expanded bay-view Mariner Pointe 2 bedroom, remodeled kitchen. 2nd floor with no unit above. \$449,000



Sanibel Moorings 2nd floor 2 bedroom with new balcony. In mini-resort with easy on-site rentals. \$449,000



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Will Power

Differences Between Durable Power Of Attorney And Trustee



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

Many clients become confused between the difference of the duties and responsibilities of the person you name as a Durable Power of Attorney (DPOA) and the person that you may name as the Trustee or Successor Trustee to your Revocable Living Trust. Let's review the differences here.

Often we'll receive a call from a client's adult child asking for the Durable Power of Attorney because the client is losing capacity. The child wants to help with the investments and finances and believes he needs the DPOA. When he calls, we

instruct that not only will he need the DPOA, but he needs to be installed as the trustee to his parent's revocable trust.

The person you name in your DPOA document is referred to as your Attorney-in-Fact. Your Attorney-in-Fact does not have to hold a law license to be named as such; they merely need to be named in a duly executed DPOA document. Your Attorney-in-Fact has all of the powers enumerated in the DPOA document, which vary from document to document. Some DPOAs contain broad powers to conduct almost anything that you could do yourself. These powers may include entering into contracts, enforcing legal rights and selling commercial real property that you own.

Other DPOAs are limited in scope. An example would be to name someone to write your checks and pay your bills while you are on vacation for two weeks in Europe, after which time the DPOA terminates.

Keep in mind that even a broadly drafted DPOA is only good so long as you are alive. The "durable" portion in the name of the document indicates that the powers survive your incapacity. If the document is not "durable," then upon your incapacity all of the powers in the document cease. Even with DPOA documents, upon your death the powers all cease.

The DPOA document often gives the Attorney-in-Fact the powers to transact business on accounts that you hold in your name individually (or in certain cases jointly).

So how does the trustee of the trust interact with the DPOA? When you create a revocable living trust and fund it with your assets that would normally be subject to a probate process, the trustee of the trust governs the investment and distribution of those assets. Your bank accounts, investment accounts, real estate and partnership interests transferred to your revocable trust are usually under the power of your trustee, not your DPOA. Even when you have a fully funded trust, however, there remain assets subject to the DPOA. Such assets include IRA and 401(k) accounts, annuities, life insurance policies and other assets that are not normally transferred into your trust. Here you need a DPOA in order to take care of regular business. Suppose, for example, that you become incapacitated and you have not withdrawn your required minimum distribution for the year under your IRA. Your Attorney-in-Fact under your DPOA could do that for you. Your trustee can't because your IRA is usually not owned by your trust.

Although the state laws surrounding the use of Durable Powers of Attorney have been recently modified and in many cases strengthened, it remains difficult to use a DPOA in certain instances. Many brokerage houses and banks, for example, will not honor a DPOA that is stale or not updated to current state law, or does not contain certain explicit direction regarding your accounts.

The problem with DPOA documents is that the banks and financial institutions fear liability. If someone presents a fraudulent DPOA and withdraws money from your bank account, the bank could be held liable to you. Consequently, banks and other financial institutions closely scrutinize DPOA documents, and usually won't immediately act upon them when presented.

Your Successor Trustee usually does not encounter the same problems that your Attorney-in-Fact encounters when trying to transact business for you if you are incapable. This is due to the fact that the assets you own are transferred to your Revocable Trust. The brokerage houses and banks want a Trustee to tell them what to do with the assets. The brokerage houses and banks are not as fearful of liability for the actions of the Trustee, since you transferred the assets during your lifetime when you had full capacity. The brokerage house and banks can hold a copy of your trust or affidavits of your trustee to protect them from liability.

Trusts are therefore preferable vehicles for many of your assets for purposes in the event you should become incapacitated.

Because both the DPOA and the trust are important documents, many estate plans include both documents in a trust package, along with pour-over wills, health care surrogates, living wills and other ancillary documents.

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From page 1

Sanibel Budget

trust funds to beneficiaries for Father Madden and Harriet Spoth endowments.

However, he also pointed out a number of potential long-term implications of water quality on various revenue sources, including revenues from beach parking, causeway tolls and the Lee County Tourism Development Council.

"The \$1.6 million (in toll revenues) is pretty stable right now, which comes from traffic coming across the causeway," said Chaipel. "But if those numbers go down, that revenue will go down as well."

The rolled back rate for FY2017 is 1.8230 mills. This is the adjusted rolled-back rate plus 1.04 percent, the adjustment for growth in Florida's per capita personal income.

Mayor Kevin Ruane noted that the proposed millage rate for FY2017

represents a 24 percent reduction in the past decade, down from FY2007's rate of 2,500 mills.

"We've taken on a lot of responsibilities and handled them in a prudent way," he said. "The most important thing is that we did what needed to be done during tough times in order to get where we needed to be."

Other highlights of the city's proposed budget:

- Property values were estimated at \$4.76 billion, an increase of 5.48 percent
- Beach Parking fund includes payment in lieu of taxes to the General Fund (approved by council last year).
- General Fund transfer to Recreation Fund remains at \$1.4 million, consistent with council policy
- Two voted approved debt service obligations – for Pond Apple Park and the Sanibel Recreation Center – will be paid off in FY2022 and FY2030, respectively.

Also discussed during Saturday's session

was a report that the Lee County School Board has indicated that they were not going to fund their portion of a previously approved interlocal field lighting project at the Sanibel Ball Field Complex.

Recreation Department Director Andrea Miller told the council that on August 10, city staff was notified that the Lee County School Board did not include their share (\$100,000) of the project in the fiscal year 2017 budget. However, the Lee County Board of Commissioners have confirmed that their one-third share (\$100,000) is included in their budget.

Sanibel has included the full \$305,000 cost of the project, as well as \$200,000 in other governmental revenue for the contributions from the county and school board in the fiscal year 2017 tentative budget. In addition, the city is looking into pursuing a Florida Municipal Insurance Trust Matching Safety Grant not to exceed \$5,000.

Following a brief discussion on options,

council voted unanimously to complete work on Ball Field #1 and #2 this year, at a total cost of \$205,000. Councilman Marty Harritty volunteered to speak with representatives of the school board to remind them of their obligation to fund the project.

"To me, the deal is the deal... one-third, one-third and one-third," he said.

Each member of the city council appeared pleased with the budget presentation, adding unanimous praise for the city's finance department.

"This is a sensible plan," said councilman Chauncey Goss. "I'll support this budget as it's been presented."

Ruane made a motion to approve the tentative budget, which was seconded by Vice Mayor Mick Denham and approved, 5 to 0.

The city's final budget hearing will be held on Tuesday, September 20 at 5:01 p.m. at MacKenzie Hall.*

From page 8

Semi-Pervious Pavers

requested that the property owners provide an annual report on the maintenance of the semi-pervious brick pavers to ensure that they are periodically cleaned in order to maximize the effectiveness of drainage throughout the parking areas.

Doug Babcock, vice president and COO of West Wind Inn, agreed to comply with the planning department's eight recommended conditions for approval.

Commissioner Tom Krekel did have some minor questions related to the parking coverage, vegetation plan and setback issues related to the variance request, while fellow commissioner John Talmage sought additional information about the proposed exfiltration drainage system, which will be unique to Sanibel. However, both Jordan and Babcock addressed those concerns.

Commissioners voted 5 to 0 to approve both applications, with vice chair Chris Heidrick abstaining and commissioner Jason Maughan absent and excused.

In other business, commissioners approved three additional applications presented during public hearings. They included:

- A variance to allow for the construction of an addition to an existing boat dock and the new installation of a boat lift to encroach within the 15-foot minimum setback required from the waterward extension of the side yard property lines at 6143 Castaways Lane. The variance will also allow for the dock addition and boat lift to extend into the adjacent canal way greater than the maximum allowed 20 percent of the waterway's width. The variance was approved, 6 to 0.

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- A variance to allow for an existing single-family residence, located at 4955 Joewood Drive, to be elevated above the required base flood elevation to an additional 2.1 feet, or 1 foot above the maximum permitted height limitation, so as to accommodate raising the enclosed ground floor level of the existing structure devoted to passive storage and parking for the primary purpose of reducing further flood events from reoccurring within this enclosed area below the elevated structure. The variance was approved, 5 to 0.

- A Conditional Use Permit to allow for the establishment of a new 2,000-square-foot formula retail store specializing in the sale of apparel and swimwear to be able to operate, under the name of Everything But Water, above the established total aggregate of commercial floor area established for this category of retail uses. Located in Suite 12 of Periwinkle Place Shopping Center, the owners of Everything But Water purchased the Aqua Beachwear business two years ago, and had been operating under the former name since. Commissioners approved by a 4 to 1 vote – with Holly Smith dissenting – recommending approval of the permit. Sanibel City Council will consider a resolution to approve the permit as required by city code for formula retail businesses.*

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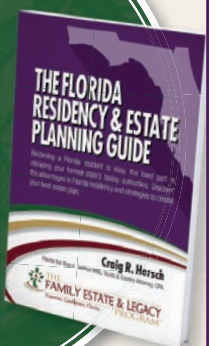
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The 2016 Disaster For The Twins Will Result In Major Rebuild Next Season



by Ed Frank

When the Minnesota Twins return here in February for spring training, you can be certain there will be vast changes in the front office operation as well as significant changes on the team roster. Anything less than a complete makeover of this franchise in light of its dismal performance in five of the last six years – particularly this year – will be disappointing, even an outrage, to the loyal Twins fan base, There were reports early this week that Minnesota had received permission from the Chicago Cubs to interview Jason McLeod, the Cubs’ senior vice president of player

development and amateur scouting. The Twins reportedly are looking to structure their operation similar to the Cubs with both a president of baseball operations and a general manager. McLeod has worked with Cubs president Theo Epstein and general manager Jed Hoyer in both Boston and Chicago, and is credited with drafting many of the stars of these two successful teams. “There’s probably not a better scouting and player development guy out there. He has all the skills to do every part of the job,” Hoyer said. The rebuilding of the Twins began in July when club president Jim Pohlad fired his long time general manager Terry Ryan. Ryan’s assistant, Rob Antony, has filled in as interim GM, but the team’s performance has continued abysmal. Minnesota began this week with a season record of 53-91 (.368), the worst record in Major League Baseball, and an embarrassing 31 games behind first place Cleveland in the American League Central Division. In fact, in every year since 2011, with the exception of last season, Minnesota has lost more than 90 games. They are likely to lose 100 or more games this year. There was the belief that the Twins, under new manager Paul Molitor, had turned the corner last season when they fought for a playoff spot until the last weekend of the season, ending with a respectable 83-79 record. But the 2016 season has been a disaster from the get-go. There are many, many reasons for their cellar-dwelling performance, although one factor stands out – the lack of effective pitching. The team pitching, with a 5.13 ERA, ranks 29th out of the 30 Major League teams. Compare that to the No. 1 team, the Cubs at 3.08. There isn’t a single Twins pitcher with a winning record this season. Batting has been respectable with a .256 team average, 14th of the 30 teams. The one bright spot has been the torrid, record-setting hitting of second-baseman Brian Dozer. He reached an impressive milestone Monday night when he hit his 40th home run of the season to become only the second Twins to reach that mark, joining Hall of Famer Harmon Killebrew. Through Monday, he was the second player in the Majors to reach 40 homers this season, trailing Baltimore’s Mark Trumbo with 41. Dozer’s season high previously was 28 homers in 2015. Five months remain before Minnesota returns here for spring training. You can be certain there will be big changes to this franchise in the interim.✴

SPORTS QUIZ

1. In 2015, Eddie Rosario set a Minnesota Twins record for most triples by a rookie (15). Who had held the mark?
2. Who was the first third baseman elected to the Baseball Hall of Fame?
3. When was the last time before 2015 that the University of Oregon football team was not ranked in The Associated Press Top 25 poll?
4. The top two players on the NBA’s career assists list are John Stockton (15,806) and Jason Kidd (12,091). Who is No. 3?
5. When Dallas’ Jamie Benn won the Art Ross Trophy (top NHL scorer) in the 2014-15 season, it was the lowest total (87 points) by a league leader in a full season since when?
6. In 2016, bowler Anthony Simonsen (19 years, 39 days) became the youngest winner of a major championship on the PBA Tour. Who had been the youngest?
7. How many times did famed horses Affirmed and Alydar race against one another?

ANSWERS

1. Tony Oliva, who hit nine triples in 1964. 2. Jimmy Collins, in 1945. 3. It was 2009. 4. Steve Nash, with 10,335 assists. 5. Chicago’s Stan Mikita tallied 87 points in the 1967-68 season. 6. Mike Aubly was 19 years, 83 days old when he won the PBA National Championship in 1979. 7. Ten times, with Affirmed winning seven of them, including all three Triple Crown races in 1978.

Basketball Classic Lineup Revealed

The 44th annual Culligan City of Palms Classic at the new Suncoast Credit Union Arena on the campus of Florida SouthWestern State College (FSW) is set for December 16 to 21. Top boys high school basketball teams from across the U.S. will descend upon Fort Myers for six days of great basketball. The elite teams that will come together for this Southwest Florida holiday tradition include: Brentwood Academy (Nashville), Division II Class AA Tennessee State Champion; Mae Jemison (Huntsville), Class 5A Alabama State Champion; Memphis East (Memphis), Class AAA Tennessee State Champion; Neumann-Goretti (Philadelphia), Class 3A Pennsylvania State Champion; Pace Academy (Atlanta), Class AA Georgia State Champion; and Montverde Academy (Montverde, Florida), Dick’s Nationals runner-up. Ten of the top 25 seniors in the nation will be participating in this year’s event, including: ESPN #1 player in the Class of 2017, DeAndre Ayton (Hillcrest Prep, Arizona); ESPN #3 player in the Class of 2017, Wendell Carter (Pace Academy, Georgia); ESPN # 4 player in the Class

of 2017, Mohamed Bamba (Westtown School, Pennsylvania); and ESPN #7 player in the Class of 2017, Kevin Knox (Tampa Catholic, Florida). Culligan returns for its fourth year as title sponsor, and Enterprise Rent-A-Car is presenting sponsor for the third year. Tickets for the tournament are now on sale. Several ticket options are available, including: 1. The six-day Preferred Ticket Package. A single-seat, six-day ticket package for \$250 plus a \$20 processing fee (third party ticket vendor fee) with seating in the first two rows directly behind the team benches and scorer’s table (west side of the arena) or the opposite second row (east side). 2. The six-day Reserved Ticket Package. A single-seat six-day ticket package for \$128 plus a \$9 processing fee (third party ticket vendor fee) for the remaining court-side seating (east and west sides of the arena). 3. VIP Parking. A six-day reserved parking pass for \$40 plus a \$3 processing fee (third party ticket vendor fee). For more information and to purchase tickets, call the box office Monday through Thursday from 10 a.m. to 5 p.m. at 800-440-7469 or 481-4849. Visit www.cityofpalmsclassic.com.✴



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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My son, who's in second grade and very shy, is going to a new school now. He has asthma and of course I'm worried that he will have

an attack and I won't be there to help him. Do you have any ideas that might help him cope with his asthma in his new school?

Lori B., Fort Myers

Lori,

You have presented an important situation. Any child with a chronic condition should have a plan to help him/her cope with their illness in the classroom. While as parents we want to protect our children and take care of them its very important for kids to learn how to speak up about their condition and advocate for themselves. I have listed five strategies listed below that are useful for children, their parents and teachers learn how to manage serious health conditions at school:

1. Teach your child about their asthma or other health condition.

One of the most important things you can do as a parent is to empower your child to talk about their illness and speak up when they are not feeling well. Children need to understand their disease and know what signs to look for so they can ask for help before their condition gets out of control.

2. Role-play with your child about ways to discuss their health issues.

Role-playing is one way to get your child comfortable talking about their illness. Role-playing will allow them to have a "script" to use when they are in an uncomfortable situation. The more they practice at home, talking about how they are feeling, the better they will be at speaking up when they have to.

3. Talk with your child's teacher and school nurse.

Talking with your child's school nurse and teacher are essential in getting everyone on board with their specific health action plan. Make sure to include your child in these conversations, the more comfortable your child is talking with their teachers and school nurse the safer they will be with health-wise at school.

4. Assure your child they will not be in trouble for interruptions.

One of the issues that children with chronic illness often have with speaking up in class is not wanting to get in trouble for disrupting class. Assure them that they will not be considered disruptive in this type of situation. It is also important to teach your child that if they are ignored that they have your permission to leave class and go to the nurse. They need to know that in those instances their health comes before classroom rules or being polite.

5. Offer a code or signal option to notify teachers about breathing issues.

If your child is really shy or embarrassed about their health it can be helpful to work out a code with the teacher that doesn't draw even more attention to your child but still allows them to get the care they need quickly. Work with all of your child's teachers to come up with a consistent method of informing them that does not embarrass your child.

Kids learn through repetition so review these ideas with them often. The more you talk about and practice these skills the more comfortable your child will be with them if an emergency situation does occur. Using these tips can help teach your child to be their own best advocate when you aren't there to advocate for them.

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.*

LCEC Rates Fifth Lowest In State

LCEC has announced that its rates are the fifth lowest among electric providers in Florida as of July 2016.

These recent industry benchmarks reflect LCEC's operating expenses per kWh (kilowatt hours) sold as being in the lowest quartile nationwide and lowest among comparable cooperatives in the state.

"We are very pleased be able to pass through operating and power cost savings to our customers," said LCEC CFO Denise Vidal. "LCEC continually strives to contain costs while providing excellent reliability and customer service in order to keep rates competitive."

This ranking is a strategic priority at LCEC. Rate levels are determined

through forecasting sales levels, or expected revenue, compared to budgeted spending needs for operations, power supply and capital investment in electric infrastructure. When revenue is expected to be more favorable compared to spending, savings are passed on to customers via reduced rates. LCEC has not raised rates in more than eight years and has reduced rates five times over the past three years.

"We stand behind our mission and are extremely proud to share this news with our customers," Vidal added.*

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BeautifulLife:

Embrace Health



by Kay Casperson

How many of you are paying attention to what your body is telling you day to day? Are you ignoring little aches and pains? Have you been pushing through headaches

or extreme fatigue? Believe it or not, our bodies will let us know when we are in need of paying more attention to something: a new ache, a new pain, a new sign that something may be wrong. I find it vital to listen to your body when you first experience discomfort, in order to figure out the cause.

When I have a headache - the first thing I reach for is more water, after all there is very good possibility that dehydration is causing my headache. Eight to 10 glasses of water a day will, for the most part, keep headaches away! Now I know that water isn't always the most exciting thing to drink. So I like to cut up a lemon and put a wedge in my water every morning. You could even fill your glass of water with just a splash of something flavored like your favorite juice or flavored water.

When I have a pain in my legs, back, neck or arms, I find that there are many ways to do different stretches that may help relieve the pain. I could be sitting or sleeping wrong, and daily stretches and even yoga positions can help to make a big difference.

Is fatigue weighing a little heavier some days more than others? If so, you may want to try to wind down earlier in the evening and read something light hearted so that you are not getting your mind worked up - but rather, winding it down. I also recommend staying off electronics in the evening, as this can help you to get a better night's sleep and feel more rested and awake for the

following day.

When you have tried natural ways to get rid of aches and pains and they keep coming back, it may be time to get them checked out with your doctor. He or she may need to explore things further and recommend a treatment plan for you. Remember, we are in charge of our own bodies and well-being, so it's imperative to take charge of our physical and mental health. So don't be afraid to explore doctors and make sure you are comfortable with your choice while getting the answers or results you needed to live a long and healthy life. Here are some of my favorite affirmations for paying attention to our bodies and making healthy choices:

I Will Embrace Health And Take Charge Of My Body - You are in control of every aspect of your health. Make sure you are making good decisions in terms of how you treat pain and discomfort. Remember to reach for natural solutions first and then choose the right physician if your body continues to send you signals that something is wrong.

I Am Happy And Enjoying All Aspects Of Life - Your mindset is a big contributor to your health! If you continue to create an environment of happiness and really truly enjoy your life, your body will feel the difference. You can make decisions to change things in your life to allow these feelings of joy and happiness shine through - make it happen!

I Will Explore New Ways Of Staying Healthy - There are so many ways to lead a healthy lifestyle, including the foods you eat, the supplements you take, the exercises you do and the things you fill your mind with. Explore different options and routines to create the perfect plan for you.

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

From page 26

Center 4 Life

shopping and lunch are on your own at St. Armand's Circle, bakery stop at Der Dutchman. 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. 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. 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.*

ISLAND SUN BUSINESS NEWSMAKERS

Top Producers



Andre Arensman



Cindy Sitton



McMurray & Nette Team

The top associates for the Sanibel-Captiva office at Royal Shell Real Estate for the month of August were: top listing agent, Andre Arensman; top sales agent, Cindy Sitton; top listing team and top sales team, McMurray & Nette.*

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Eden Energy Medicine

Irregular Heart Beat? Trace Heart Meridian



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

Do you periodically experience irregular or rapid heart-beats? If you are feeling anxious, overwhelmed, in panic, have angina,

experience pain in your armpits, gums bleeding, low or high blood pressure, pain in chest, chill easily, circulation problems, dizziness, overheat easily, heart palpitations, bleeding problems, extreme thirst, excessive bruising or swollen glands--then it is extremely likely you will benefit from tracing your heart meridian. The heart, the most yin of all organs, is the biggest generator of electricity in our body and, when it is not optimally functioning, dis-ease of various natures may occur. The list above contains some indicators. Of course, as with any condition, Eden Energy Medicine is a compliment to advice from your doctor. So, if you suspect an issue with your heart, always make sure you consult with your physician.

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

Meridian Flow Wheel Time

Heart meridian's high tide is 11 a.m. to 1 p.m. We always begin and end by tracing central and governing meridians before starting to trace the other meridians. If you begin tracing the meridians at 11:30 a.m., then you are in the high tide of heart, so this is the meridian to use to begin the tracing.

Reasons To Trace Alone

Although it is best to trace all your meridians as one continuous flow, you may want to trace heart if you are experiencing any of the symptoms noted in the opening paragraph of this column.

Affirmation for this Meridian

"I deeply and completely love and accept myself." Some believe that heart is the center of our essence, which enables connection not only to ourselves where we find center, but also to all other living things, including

humans. From a Chinese medicine standpoint, the heart is the last organ to cease functioning so we want to keep it healthy. 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

Heart meridian is associated with the heart organ. The beginning point of heart meridian is at the deepest recesses under your armpit, where it is the most protected of all meridian pathways, and the end point is at the medial edge of the base of the nail on your little finger. To trace heart, place your open palm under the opposite side of the body in the middle of your armpit. Continue moving your open palm down the inside of the arm in a direct line to the underside of the little finger where you pull the energy off. That's it. You just traced heart meridian!

Tracing Meridian Backwards

Never trace heart backwards. Whenever you feel any of the symptoms referenced in the first paragraph, use the affirmation and trace the heart meridian three times on one side and then three times on the other. Do it more, if it feels good. You can't do this too much. The action is sending direct energy right to the heart.

Bonus

If you are unexpectedly feeling irregularity, arrhythmia, palpitations or a rapid heart rate, place both your little

fingers in your mouth, with the base of the inside edge of the nail bed against the upper teeth and the base of the outside edge of the nail bed against the lower front teeth and "chomp down" on the little finger. Hold for at least 30 seconds to a minute. This action sends energy directly into the heart meridian and removes it from small intestine meridian. Try it – it truly works.

You are set. Keep this column as a reminder of how to trace heart while

you learn the next 11 meridians over the next several months!

Have fun with your energy! Next week's topic is Feeling Indecisive, Can't let go?—Trace Small Intestine 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.✧

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Why is it so difficult for one to receive?

A: Receiving is an action that allows us to fully experience gratitude. Yet so many of us have difficulty receiving.

When we practice the action of receiving, our gratitude is an experience that the giver can observe and feel energetically. What a gift!

When we receive anything, a compliment, a gift, assistance with something, whatever it may be, it is the action of being grateful and honoring what is being given to us. When we resist receiving, we are not honoring the

person who is doing the giving. When one resists receiving, perhaps he/she has not truly received throughout life making it difficult to be the receiver. What the receiver wants to begin doing is to fully vibrationally receive and show others that act of receiving. The receiver will then begin to expand with even more gratitude and graciousness. It is actually a form of emotional stinginess to not receive.

This giving/receiving is an essence of divine energy exchange. It is a beautiful opening of the self, an expansion of the heart. When the heart is open and we make more space for receiving, then the more gratitude is spread throughout.

Receiving is a form of abundance, and the more we can have this energy exchange, the more comfortable we are with a simple "thank you" in life.

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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This Is How You Feed Your Brain



by Suzy Cohen, RPh

Dear Readers:

The biggest fear that older people face is Alzheimer's disease, where memory and cognition begin to fade. I recently reviewed a client's list of medications

and he was taking two drugs to preserve brain function, Aricept and Namenda. These drugs are useful to some degree, but I feel that there are foods, spices and herbs in your own kitchen that go a long way to preserve cognitive function, stabilize mood and lower levels of anxiety.

I absolutely love spices that heal, so much so that I have a free ebook, *Spices that Heal*, which you can download at my website suzycohen.com. This ebook talks about spices that heal all kinds of conditions. Now, here is how you properly feed your brain:

Put hemp seeds in your salad. Hulled hemp seeds put healthy fats into your body, and offset the bad fats typical of an American diet. Hemp seeds have practically no THC, the psychoactive compound found in marijuana. They have a perfect 3:1 ratio of omega 6 to omega 3 fatty acids. Put a tablespoon (daily) on your salad, scrambled eggs or roasted vegetables.

Sprinkle my recipe for Brainpower Season Salt. Mix together the following 6 seasonings in equal amounts and put into an empty salt shaker. Sprinkle as desired: Rosemary, powdered gotu kola (get from an apothecary), Himalayan salt, onion powder, powdered garlic (not garlic salt) and powdered turmeric. Eat mushrooms. I'm not talking Portobellos, I'm referring to Lion's Mane which gives us the active ingredient of Hericium erinaceus. Lion's Mane is sold as a dietary supplement, and known for its potent neuroregenerative powers. I buy the real mushrooms in the fresh produce section and butter saute them

with Brussels sprouts and garlic. Lion's Mane is a neurotrophic so it's my pick for you if you have any kind of brain damage from anything (trauma, benzos, mold, etc).

Drink Juice. We all think of antioxidants as a dietary supplement, like Vitamin C, for example. Citrus juice is a great source of natural vitamin C so a few ounces of orange juice would provide natural C which helps you make dopamine, serotonin and other neurotransmitters that a healthy brain requires.

Eat Foliage. By foilage, I mean salads and greens to give you folate, the natural form of the synthetic vitamin "folic acid." Leafy greens like kale, spinach, broccoli, Swiss chard and lettuce have a lot of folate. Greens also provide powerful antioxidants so eat something green every day. I recommend you cook cruciferous vegetables in order to reduce goitrogens. Obviously, you don't cook the lettuce.

Say "Yes" when they offer black pepper. The servers will often ask if you want black pepper on your salad at restaurants. Say yes next time because piperine, the primary component of black pepper slows the break down of serotonin and raises other feel-good endorphins. Studies are ongoing for black pepper's role in Alzheimer's and Parkinson's disease.

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

Parkinson's Screening Session

Lee Memorial Health System is holding a community resource and screening session for people who have been diagnosed with Parkinson's Disease on Saturday, September 24 from 9 a.m. to 2 p.m. at the Outpatient Rehabilitation at City Center, 3114 Cleveland Avenue in Fort Myers.

Space for the screening session is limited. Call 343-4962 for a reservation with Mary Jo Haughey, speech and language pathologist, or to learn more.✱

Doctor and Dietician

Loss Of Grip Strength And The Thumb

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

When it comes to hand pain, the most common problem involves the thumb, because of its unique role in the hand's function.

Whenever a doorknob is turned, a screwdriver is used, or a golf club is held, the thumb is part of the action. With typing and texting, the thumb is the main player. The repetitive motion eventually wears out the ligaments that support the thumbs. They may start to click and feel weak, and eventually result in pain and stiffness.

Because thumbs have to work so much harder than fingers, it is usually the first to elicit pain and soreness. The instability will also affect grip strength and cause problems with movement.

The thumb ligament that joins the wrist to the base of the thumb is

called the radial collateral ligament, the same name as the ligament inside the elbow. The thumb ligament that joins the base of the thumb to the succeeding joint is the collateral ligament. These two joints of the thumb, called the carpometacarpal and metacarpophalangeal are usually the first areas where pain is experienced. If the ligaments in these joints are not strengthened, arthritis will eventually occur. The looser the joint, the greater the chance it has of becoming arthritic, as the body attempts to stabilize it by overgrowing bone.

Arthritis in the thumb is a major cause of disability in older adults. The progression of osteoarthritis can stop when the ligaments become strong and are able to stabilize the joint. For stiff and sore hands and thumbs, regenerative injection treatment (known as Prolotherapy) is a welcomed alternative to anti-inflammatory pain medication (NSAIDs), which actually accelerates arthritis.

Once the ligaments are strengthened, the pain and stiffness in the thumbs and fingers generally subside.

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.✱

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,

I have been a widow for over 40 years, a widow longer than I was married. My friends are always asking me when am I going to give up my apartment and go to a retirement living complex. I am happy living alone – I drive my own car, walk a mile each day

and play bridge at least three times a week.

I am not ready to go and live around all those old people. I know I am 92 years old because my one knee tells me so. But I am going to have that replaced in three weeks and when it heals, I will be able to walk two miles each day.

Why do others go into all of these places?

Agnes

Dear Agnes,

I wish I could meet you! You are an inspiration and younger people should listen to your philosophy of life.

Some people find aging to be a very difficult adventure and depend on others to meet their needs. I wish there were more people like you!

Lizzie

Dear Agnes,

Hats off to you! Living as you want without caving in to the pressures of society that if you are of a certain age you should do or not do certain things or live in a certain place... blah, blah, blah. Life is meant to be lived... continue living and setting a wonderful example for younger generations.

Pryce

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

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Grouper Oriental

½ cup soy sauce
 ½ teaspoon toasted sesame oil
 1 clove garlic, crushed
 1 teaspoon green onions, diced
 4 tablespoons hoisin sauce
 ¼ teaspoon fresh ginger, minced
 ½ teaspoon brown sugar
 4 six-ounce grouper fillets
 ½ teaspoon Chinese 5 Spice powder
 Kosher salt, to taste
 Fresh ground black pepper, to taste
 ½ cup corn starch or rice flour
 2 tablespoons olive oil
 2 tablespoons unsalted butter

For sauce, combine soy sauce, sesame oil, garlic, green onion, hoisin sauce, ginger and sugar in a small mixing bowl. Mix well, adding additional hoisin sauce to thicken mixture if needed. Cover and refrigerate for 1 to 2 hours to blend flavors.

To serve, heat sauce in a small saucepan and keep warm. Sprinkle fillets with seasonings and dredge in corn starch or rice flour. Heat oil and butter in a large sauté pan over medium-high heat. When butter foams, add fillets; cook 4 minutes per side or until opaque in center. Transfer fillets to serving plate and serve with sauce on the side.

Yields four servings.*



Grouper Oriental

photo courtesy Fresh From Florida

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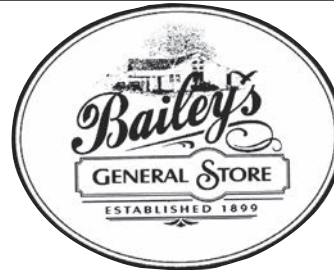
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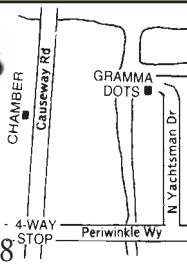


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Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

Tango is a 2-year-old male chihuahua mix who was a shy little guy when he first came to the shelter, but has slowly warmed up to people and is a regular ladies' man now. He's very affectionate and loves a good belly rub anytime. Why not let this little Tango dance into your life?

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

Rhonda is a 1-year-old deomestic short haired spayed female who is one of the many beautiful black cats still waiting for a forever home at Animal Services. There are so many reasons to select a black cat as your next companion. Black cats are sleek and sophisticated, always dressed for any occasion – whether formal or casual – and most of all, they are good luck because they will make you feel like the luckiest person in the world. Help Rhonda and her friends by adding a beautiful black cat to your family. Adopt two because they are two-for-one adoption fee.

Her 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.*



Tango ID# 671887



Rhonda ID# 668349

PAWS Of Sanibel
Buzz Needs
A Home

Buzz is a black male lab mix. He has a few grey whiskers on his nose and is approximately 5 years old. He is small for a lab, weighing in at 45 to 50 pounds.

Buzz is soooooo sweet, very affectionate and has stayed close to his foster dad these past three months. He is so smart that he gets his own leash and brings it to his foster dad to say he wants to go out for a walk.

Poor little Buzz was abandoned by his owner and his foster dad can longer care for him. Can you use a little Buzz in your life? Buzz is in desperate need of a foster home. Call Yolanda, PAWS volunteer, at 691-4488 if you can adopt or foster Buzz.*



Buzz

photo courtesy PAWS of Sanibel

PUZZLES

Answers on page 45

Super Crossword

BODY OF LITERATURE

- ACROSS
- 1 Kids' racers
- 8 "Need —?" (driver's offer)
- 13 Lamenting loudly
- 20 Very devoted fans
- 21 Ecclesiastic deputy
- 22 Tallinn locale
- 23 Start of a riddle
- 26 Bicycle pair
- 27 Diamond cry
- 28 Novi Sad native
- 29 Bowling alley lineup
- 30 Oath affirmation
- 31 Covenants
- 33 Nativity kings
- 35 Riddle, part 2
- 43 Beluga eggs
- 44 Herr's Mrs.
- 45 Burnsian negative
- 46 Magazine printer, e.g.
- 48 Sothern and Dvorak
- 50 Spirals
- 53 1970s teen idol Cassidy
- 56 "On top of that ..."
- 57 Abbot's hat
- 59 Riddle, part 3
- 62 Attach with glue
- 64 Apple's Cook
- 65 Hill staffer
- 66 Post-Q queue
- 67 Part of SFPD
- 68 Riddle, part 4
- 71 "How exciting!"
- 73 Women with young 'uns
- 76 Surrender formally
- 78 Responses of rejection
- 79 Rock Me!
- 83 Riddle, part 5
- 88 Coin-op openings
- 89 Sunscreen additive
- 90 Elbow-to-wrist links
- 91 Party givers
- 93 Coal, e.g.
- 94 Advil rival
- 96 Sportscaster Berman
- 98 — rock (Jethro Tull's genre)
- 100 Nonsense song syllable
- 101 End of the riddle
- 107 Shipped
- 108 Put — to (stop)
- 109 "— Rheingold"
- 110 Swiss — (beet type)
- 114 Pleads
- 117 Hostess — Balls
- 118 Doc's stitch
- 121 Riddle's answer
- 125 Puts holy oil on
- 126 Old Oldsmobile
- 127 Cut off
- 128 Of Switzerland's capital
- 129 Copier need
- 130 Stirred up
- 6 Baseballer Speaker
- 7 Old booming jet, briefly
- 8 Affirm frankly
- 9 Ray of "Blow"
- 10 "Ewww!"
- 11 Online help sheets
- 12 See 72-Down
- 13 Place for suite spirits?
- 14 Ending of enzyme names
- 15 Right-leaning type
- 16 1970 Kinks hit
- 17 Wise to
- 18 Three trios
- 19 Chokes
- 24 Perfectly
- 25 — la Douce (film title role)
- 31 Social protest with supplication
- 32 Depot: Abbr.
- 34 Got closer to, in a race
- 35 Disney dog
- 36 Old Aegean Sea region
- 37 Kin of .com
- 38 Wine holder
- 39 Sly laugh syllables
- 40 99-Down, for one
- 41 Calculus pioneer
- 42 Lies dormant
- 47 Tooth part
- 49 Court units
- 51 Opposite of west, to Juan
- 52 Thug's blade
- 54 Lickety-split
- 55 Major news agcy., once
- 58 Get to
- 60 Church service cries
- 61 Seeming eternities
- 63 A sixteenth of a pint
- 68 Celebrity cook Paula
- 69 Sea arm, to a Scot
- 70 Norway port
- 72 With 12-Down, only partially accurate
- 73 Sir's partner
- 74 Give the OK
- 75 Poky animal
- 77 Fast Net connection
- 79 Pippi creator Lindgren
- 80 Juba is its capital
- 81 Prenatal places
- 82 Shia's faith
- 84 Start for byte
- 85 Galleria
- 86 Found a purpose for
- 87 Madrileno's language
- 92 Lay turf on
- 95 "The end!"
- 97 Magic's gp.
- 99 Old Russian ruler Boris
- 102 Safe, to a ballplayer
- 103 Runnin' Rebels' rivals
- 104 Guarantee
- 105 Golden ager
- 106 Femme —
- 110 Sourpuss
- 111 Refine
- 112 Ovid's love
- 113 It pulls a bit
- 115 Black fly, e.g.
- 116 French town W. of Caen
- 118 "Yes, yes!" in 87-Down
- 119 Per-unit price
- 120 Gawked at
- 122 Lb. and kg.
- 123 Stiller of films
- 124 Up to, in brief

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		
57								58					59				60			
62								63					64				65			66
								67					68				69	70		71
73	74	75						76					77				78			79
83								84					85	86			87			88
89								90					91				92		93	
94								95					96				97		98	99
								101					102	103			104	105		106
								107					108						109	
110	111	112	113					114					115	116			117			118
121								122					123				124			
125													126				127			
128													129				130			

King Crossword

- ACROSS
- 1 Blonde shade
- 4 Unkempt one
- 8 Old portico
- 12 Adversary
- 13 Hemingway nickname
- 14 Freshwater fish
- 15 Every crumb
- 16 Courtroom call
- 17 Leak slowly
- 18 Couch potato's gizmo
- 21 Supporting
- 22 Feedbag morsel
- 23 Bad lighting?
- 26 Firmament
- 27 Explanation
- 30 At the home of
- 31 Feathery accessory
- 32 Oliver Twist's request
- 33 Heavy weight
- 34 Saute
- 35 River barrier
- 36 "No seats" sign
- 37 Stewie, to Lois
- 38 Reunion invitee, maybe
- 45 Teen's woe
- 46 Go fast
- 47 Corroded
- 48 Slay
- 49 Sea eagle
- 50 Not a lot
- 51 Not taken in by
- 52 Clarinet insert
- 53 Type units
- wielder of myth
- 10 Anise-flavored liqueur
- 11 First victim
- 19 "The Wizard —"
- 20 Aye undoer
- 23 Performance
- 24 Pi follower
- 25 D.C. pol
- 26 Sauce source
- 27 Carpool-lane abbr.
- 28 Raw rock
- 29 Teensy
- 31 Faux-suntan cosmetic
- 32 Options list
- 34 Monk's address
- 35 Appeared ominously
- 36 Dictator's aide
- 37 Teatime treat
- 38 Pedestal part
- 39 PC picture
- 40 Fit of peevishness
- 41 Sped
- 42 Out of harm's way
- 43 Thing
- 44 Information
- DOWN
- 1 Off
- 2 Unrivaled
- 3 Steering wheel
- 4 Exact
- 5 Tier
- 6 Oil cartel
- 7 Rocket launcher
- 8 "Ivanhoe" author
- 9 Hammer

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A G E C Z (P I S T A C H I O) X

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O A G U Y W V T N R P N L R K

C I G N N E C B L D Z X A W P

A U S R A T P O E W N P M T A

D L J I C M S C Z G E O E U P

O L I V E G N E A S D H M N A

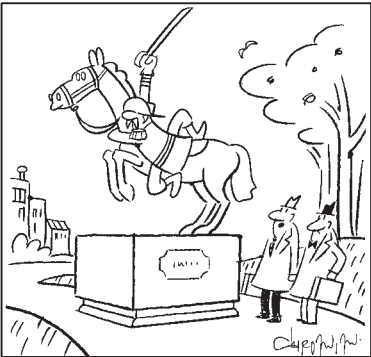
B A Y X P I E E H C Y L S L Y

W U T S U F Q T O C I R P A A

P O N Q L K J H G F D C B W C

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

- Almond Fig Mango Pistachio
- Apricot Grapes Olive Quince
- Cashew Hazelnut Papaya Walnut
- Chestnut Lychee Pecan



"He was a brilliant strategist, but not much of a _____."

answer on page 44

SCRAMBLERS

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

Caper
MERCI

Austere
CHEATS

Push
LOPPER

Spree
BEGIN

TODAY'S WORD

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

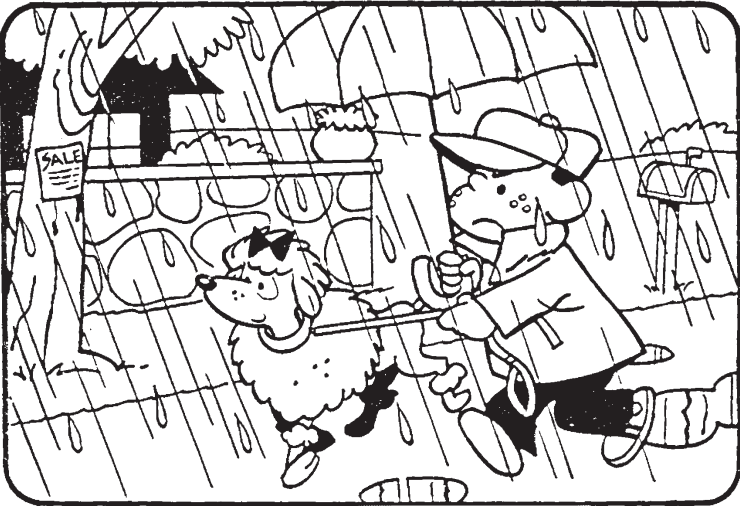
SUDOKU

To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sign is missing. 2. Bow is missing. 3. Umbrella is smaller. 4. Plant is missing. 5. Leash end is moved. 6. Mailbox is missing.

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LIVE ON THE ISLANDS

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

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

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

Traditions on the Beach at Island Inn 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 19, 2016

ARIES (March 21 to April 19) After much traveling this year, you're due for some settled time with family and friends. Use this period to check out situations that soon will require a lot of serious decision-making.

TAURUS (April 20 to May 20) Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive investments.

GEMINI (May 21 to June 20) You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need haven't yet emerged, so move cautiously.

CANCER (June 21 to July 22) Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.

LEO (July 23 to August 22) That elusive goal you'd been hoping to claim is still just out of reach. But something else has come along that could prove just as desirable, if only you would take the time to check it out.

VIRGO (August 23 to September 22) This is a good time to get away for some much-needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.

LIBRA (September 23 to October 22) Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters that could slow

things down.

SCORPIO (October 23 to November 21) Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act on it.

SAGITTARIUS (November 22 to December 21) You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

CAPRICORN (December 22 to January 19) Congratulations. This is the week you've been waiting for: After a period of sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.

AQUARIUS (January 20 to February 18) You're in an exceptionally strong position this week to make decisions on many still-unresolved matters, especially those involving close personal relationships.

PISCES (February 19 to March 20) The new moon starts this week off with some positive movement in several areas. A special person becomes a partner in at least one of the major plans you'll be working on.

BORN THIS WEEK: You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation.

THIS WEEK IN HISTORY

• On Sept. 22, 1598, famed playwright Ben Jonson is indicted for manslaughter after a duel. His ability to read and write saved him, and he claimed "benefit of clergy," which allowed him to be sentenced by the lenient ecclesiastical courts.

• On Sept. 25, 1789, the first Congress of the United States approves 12 (of an original 17) amendments to the U.S. Constitution. Only 10, known as the Bill of Rights, were initially ratified by the states.

• On Sept. 21, 1866, H.G. Wells, pioneer of science fiction, is born in Bromley, England. Wells worked as a draper's apprentice and bookkeeper before becoming a freelance writer. In 1895, he published *The Time Machine*, about a man who journeys to the future.

• On Sept. 24, 1890, faced with the eminent destruction of their church and way of life, Mormon leaders reluctantly issue the "Mormon Manifesto" in which they command all Latter-day Saints to uphold the anti-polygamy laws of the nation.

• On Sept. 23, 1933, American Standard Oil geologists land in Saudi Arabia and begin their search for oil. The next year the Arabian American Oil Company (a joint venture with the Saudi government) exported its first tanker-load of petroleum. In 1980 the Saudis won control of the company.

• On Sept. 19, 1959, in one of the Cold War's more surreal moments, Soviet leader Nikita Khrushchev enjoys lunch with Frank Sinatra and photo ops with Shirley MacLaine, and then explodes with childish anger when he learns that he cannot visit Disneyland. Authorities feared that the crowds would pose a safety hazard.

• On Sept. 20, 1973, in a highly publicized "Battle of the Sexes" tennis match, top women's player Billie Jean King, 30, beats 55-year-old Bobby Riggs, former No. 1 ranked men's player, 6-4, 6-3, 6-3. Riggs had boasted that women were inferior.

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STRANGE BUT TRUE

• It was Colombian novelist, short-story writer, screenwriter and journalist Gabriel Garcia Marquez who made the following sage observation: "Words are not created by academics in universities and suchlike; rather it is the man in the street who does so. Dictionary compilers almost always recognize them too late and embalm them in alphabetical order, in many cases when they have lost their original meaning."

• Those who study such things say that when faced with a crisis situation, the average woman tends to remain calmer than the average man.

• You might be surprised to learn that the first printing press in North America was not anywhere within the present-day boundaries of the United States. The very first one was set up in Mexico City, back in 1539.

• In the Talmud, a central text of Rabbinic Judaism, sneezing is called "pleasure sent from God."

• The largest single dormitory in the world is at the United States Naval

Academy in Annapolis, Maryland. With 4.8 miles of corridors and providing 33 acres of floor space, Bancroft Hall provides a home for the school's entire brigade of 4,000 midshipmen.

• Many people harbor a fear of snakes (which, incidentally, is known as ophidiophobia), but venomous bites and constricting squeezes aren't the only ways a snake can kill. For instance, in the 1990s a man in Iran, while trying to capture a snake, placed the butt of his shotgun against the snake's neck behind its head. In attempting to escape, the snake wrapped the length of its body around the gun, pulling the trigger in the process -- and killing its would-be captor.

• According to historians, Native Americans who lived on the Pacific coast often weaned their babies on caviar.

THOUGHT FOR THE DAY

"Distrust any enterprise that requires new clothes." -- Henry David Thoreau

NOW HERE'S A TIP

• Use this old trick to keep white canvas sneakers clean: Make a solution of water and cornstarch by mixing a heaping tablespoon in a pint of water. Spray it on the canvas and let dry. It dries on the canvas and creates a barrier so that dirt doesn't stick to the weave of the fabric. You also can use a fabric sealant spray for white and other colors.

• If you hang your pants on a hanger, you may have it all upside-down. Hang creased slacks clipped at the ankles. The weight of the waist keeps creases stiff, and wrinkles out.

• This fall and winter, if you're dealing with static, keep your cool and grab this hair helper from the laundry room: Rub a sheet of fabric softener over flyaway hairs, and watch that science-experiment hairdo disappear! The cold, dry weather coupled with indoor heating creates a perfect situation for static. The softener effectively banishes it.

• This facial mask is good enough to eat. You might have a hard time

deciding whether you want the facial or the snack: Mix together one mashed ripe banana with three tablespoons of sugar, and apply liberally to face. Leave it on for about three minutes, and rinse with warm water. Follow with your favorite moisturizer.

• If you have a sticky zipper, try running a candle along the zipper face, then zipping it up and down a few times.

SCRAMBLERS

solution

1. Crime; 2. Chaste;
3. Propel; 4. Binge

Today's Word
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PUZZLE ANSWERS

SUPER CROSSWORD

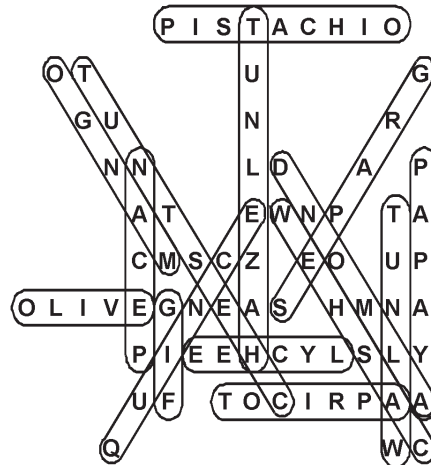
GOCARTS ALIFT WAILING
 ADORERS VICAR ESTONIA
 SINCEITTOOKQUITEALONG
 PEDALS OUT SERBLANES
 IDO PACTS MAGI
 TIMEFORTHATCHARACTER
 ROE FRAU NAE ISSUER
 ANNS GYRES SHAUN ALSO
 MITER INSHAKESPEARETO
 PASTEONTIM AIDE RST
 SAN DEVELOP OOH
 MAS CEDE NOS ANNASUI
 ALLTHOSEMUSCLES SLOTS
 ALOE ULNAS HOSTS FUEL
 MOTRIN LEN PROG TRA
 WHATCOULDBESAIDOFHIM
 SENT ANEND DAS
 CHARD BEGS SNO SUTURE
 ROMEO WASNTBUILTINADAY
 ANOINTS ALERO ISOLATE
 BERNESE TONER LIVENED

KING CROSSWORD

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 FOE PAPA CHUB
 ALL OYEZ OOZE
 REMOTECONTROL
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 DOIN ERNE FEW
 ONTO REED EMS

MAGIC MAZE

CALIFORNIAN FRUITS AND NUTS



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

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LOAN NEEDED

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ANNUAL RENTALS SANIBEL

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*RS 9/16 BM TFN

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LOST AND FOUND

ENGAGEMENT RING LOST

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

Rotary Happenings

submitted by Charles Emerson

This past Friday, one of Sanibel-Captiva Rotary's own, Ty Symroski, was the featured speaker. Symroski is known to many in the Sanibel community as a long time islander. His maternal grandparents, Ross and Daisy Mayer, came to Sanibel in 1919, loading their Model T on a train in Erie, Pennsylvania for winter visits to Sanibel. Eventually, they and brother Martin Mayer built Shore Haven and Morning Glories, Sears Kit homes that are currently located in the Sanibel Historical Village.

Symroski recalls his visits to Sanibel when growing up, visits during which he absorbed stories about the early life of his family on the island and experienced the island before bridges connected it to the mainland. He is convinced that his mother was involved, at the age of 12, in the first automobile accident on Sanibel. Once, when her parents had left for a day trip off island, she decided to get the family mail. Taking her little 7-year-old sister with her, she "borrowed" the family car and tried to drive it to the post office. She got as far as "a short narrow bridge" when a car suddenly appeared. "Mom freaked out and drove the car off the bridge," was Symroski's statement of what happened next. He said the bridge, which never has more than about six inches of water under it, can still be seen.

It is probably more accurate to say that Symroski has been an intermittent long-term Sanibel islander than one who has spent his whole adult life on the island. In 1977, he settled on Sanibel and worked in the planning department as the city implemented the Sanibel Plan. In April 1984, after finishing graduate school, he moved to Key West where he spent the next 30 years working for local and state governments to address the environmental and development issues confronting the Florida Keys.

Sanibel-Captiva and the Florida Keys have much in common but also differ



Ty Symroski
photo courtesy Sanibel-Captiva Rotary Club

in many ways. There are few people who have experienced and studied both of these island groups as much as Symroski. With this in mind, we asked him to compare and contrast these two popular vacation regions. He began by pointing out that the Florida Keys have been a stopover on Western Hemisphere trading routes for many centuries; for most of this time, Sanibel and Captiva were back waters. Both are vacation and retirement centers but the Keys also has a military naval air base as well as large scale commercial fishing enterprises. This may be part of the reason why in Key West most bars close at 4 a.m. Sanibel's "midnight" comes much earlier, traditionally about 9 p.m.

Perhaps the fact that Key West has been a literary haven with authors such as Ernest Hemmingway and Tennessee Williams also accounts for its late night hours. Judging by when Sanibel's service clubs meet, most Sanibel residents are morning people. On Sanibel, development constraints are driven by the goal to preserve the island as a sanctuary; in the Florida Keys, the maximum number of persons that can be evacuated in the event of a hurricane guides the amount of housing permits.

The Florida Keys, even more so than Sanibel or Captiva, has many endangered species, not to mention its miles of coral reefs that are slowly dying due to an adverse environment. Natural diversity is an even greater challenge in the Keys

than on Sanibel because unique subspecies have tended to develop on each of its many islands.

Sanibel-Captiva and the Florida Keys have both been severely impacted by building the dyke around Lake Okeechobee. The beaches and ecosystem of Sanibel and Captiva are degraded by discharges of massive quantities of water into the Caloosahatchee from Lake Okeechobee; the Florida Keys and Florida Bay suffer because of the fresh water that historically flowed south from Lake Okeechobee has been greatly diminished. Importantly, the water that reaches the Florida Bay percolates through many miles of the Everglades and cypress swamps and this has a major cleansing effect.

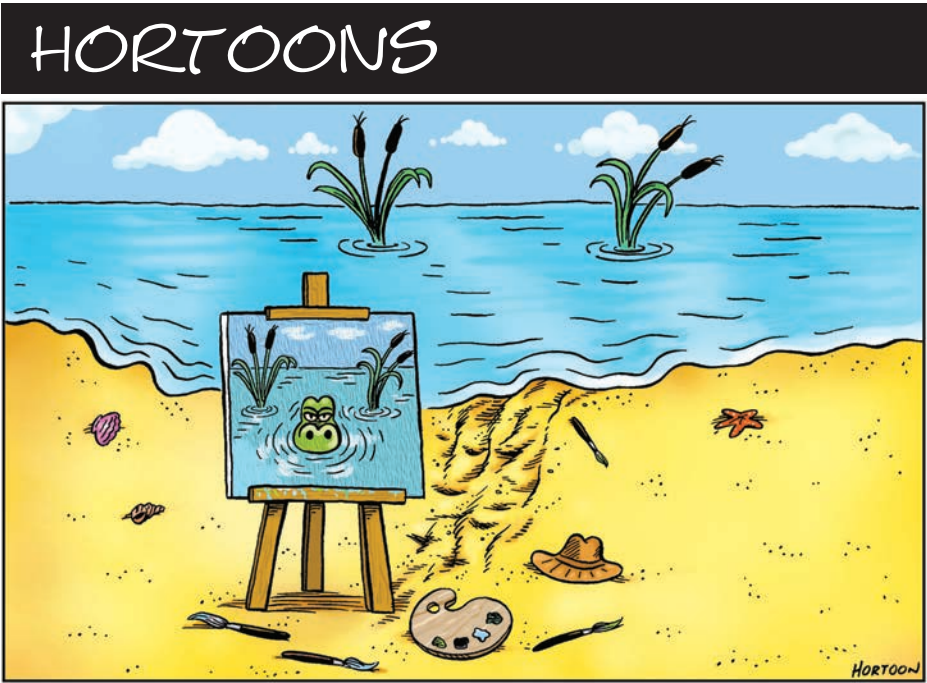
In contrast, water discharges from Lake Okeechobee into the Caloosahatchee and Saint Lucie rivers, that are heavily contaminated, retain most of their algae promoting chemicals when they arrive at the Gulf of Mexico and Atlantic Ocean. As one Rotarian noted in the question and answer session: it seems essential that the prime focus of efforts to deal with this problem should be on moving more water from Lake Okeechobee south to the Florida Bay through systems designed to remove fertilizer-type contaminants. This is the

only goal that would enhance water quality in the Florida Bay and at the same time relieve the harmful effects to Florida's west and east coasts caused by the building of canals that connect Lake Okeechobee to the Caloosahatchee and Saint Lucie river watersheds.

Early this year, the Sanibel-Captiva Rotary hosted Captains for Clean Water, where they advocated this so-called Fix-The-Flow approach to save the sport and commercial fishing industry and protect the quality of our beaches and estuaries in the hundreds of coastal miles from Lee to St. Lucie counties.

In 2013, Symroski returned to Sanibel where he settled on a large track of land his grandfather bought years ago. He works for Tarpon Bay Explorers leading kayak tours and, when off duty from this work, enjoys kayaking through the 20-plus-acre kayak swamp that occupies most of his land. Symroski joined the Sanibel-Captiva Rotary Club when he returned to the island. He noted, in closing, that he was able to accomplish much of his work in the Florida Keys with the help of Rotarians living on the islands, stretching from Key Largo to Key West.

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



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sunset Captiva	Captiva	1979	2,140	\$950,000	\$925,000	147
Tarpon Estates	Cape Coral	2006	3,381	\$799,900	\$789,000	109
Cape Coral	Cape Coral	2006	3,523	\$774,900	\$739,000	277
Cape Coral	Cape Coral	1987	1,932	\$744,900	\$620,000	86
Cape Coral	Cape Coral	2005	2,546	\$699,000	\$670,000	81
Cape Coral	Cape Coral	1992	2,482	\$649,900	\$615,000	10
River Point	Fort Myers	2007	2,810	\$575,000	\$535,000	30
Country Club	Alva	2014	2,929	\$547,717	\$332,000	521
Paradise Woods	Bonita Springs	2016	2,192	\$459,000	\$459,000	14
Cape Coral	Cape Coral	1960	1,610	\$449,000	\$420,000	290

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