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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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Sea School Offering Camp For Grownups

by Jeff Lysiak

For the first time ever, the Sanibel Sea School will be offering Ocean Discoveries For Grownups, a weekly series of field-based learning opportunities for adults during the month of October.

Each Wednesday between 9 a.m. and noon, Sanibel Sea School Executive Director Dr. Bruce Neill and the school's team of marine science educators will offer fun and educational camp experiences to adults (age 18 and older).

In the past, the school has offered a variety of classes geared toward adults. However, those classes had only been held during the winter months.

"We'd been asked by parents and grandparents, who'd drop-off and pick-up their kids from our regular camps, when we were going to offer something for adults when it's not so busy," said Dr. Neill. "Finally, we've decided to try it and see what happens. October is a pretty magical time of year here on Sanibel...



Sanibel Sea School Executive Director Dr. Bruce Neill, left, will lead a four-week series of field-based learning opportunities for adults during October

photo courtesy Sanibel Sea School

it's transition season – not too hot and not too cool."

During the fall months, he explained, mullet are breeding, cow-nosed rays are active, tarpon and young fish species

aquatic areas of the island. They include:

- October 5 – Sanibel's East End Canals
- October 12 – Mangrove Islands of San Carlos Bay
- October 19 – Blind Pass
- October 26 – Sea Grass Flats of San Carlos Bay

The cost to attend is \$75 per three-hour course. As a special bonus for adults who register for all four weeks, Dr. Neill and his team will offer an exclusive additional field trip to explore San Carlos Bay "from a perspective that most of us have never fully experienced."

For instance, Dr. Neill offered that whenever he crosses the causeway, he considers the impact that structure has had on the local estuary.

"When you think about all of the mangrove islands that are out there, and then – after the creation of the causeway – the negative impact that structure has had on water flows," he said. "You're not really crossing the causeway; you're crossing San Carlos Bay. I'm also amazed how many people don't know that Ponce De Leon was mortally wounded right here at Punta Rassa. The history of our estuary is rich and incredible."

Adult campers from previous sessions
continued on page 6



Bike, hike or drive Wildlife Drive for free on September 24. Fourth graders may also pick up their free year-long pass.
photo courtesy DDWS

Free Wildlife Drive Admission On National Public Lands Day

The JN "Ding" Darling National Wildlife Refuge on Sanibel will celebrate National Public Lands Day on Saturday, September 24 with free admission to Wildlife Drive, special activities and issuance of free year-long passes to United States fourth-grade students.

Wildlife Drive opens at 7 a.m. for free touring and closes at 7 p.m. The free "Ding" Darling Visitor & Education Center opens at 9 a.m. Fourth-grade students and homeschool equivalents will be able to pick up their free Every Kid In A Park
continued on page 8

Special Film Screening On Unevolved School System



A scene from the film

photo courtesy BIG ARTS

The current educational system in the United States was developed a century ago during the rise of the industrial age and was once the envy of the world. However, the world economy and the way people communicate have profoundly evolved since then -- yet the United States' education system has not. The film *Most Likely To Succeed* is about what school could be today. *Most Likely To*
continued on page 3

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Reading Program Delivers Books For Children's Hospital



Sanibel Public Library Foundation members present donation to patients and staff at Golisano Children's Hospital of Southwest Florida photo courtesy Sanibel Public Library

Nearly 200 teens, preschoolers and elementary school-aged children registered for this year's Summer Reading Program at the Sanibel Public Library.

"Summer reading helps prevent the "summer slide" which is the loss of words,

From page 1

Special Screening

Succeed is considered the best film ever done on the topic of school education – both its past and its future.

BIG ARTS will host a film screening on Wednesday, October 5 at 7 p.m. in BIG ARTS Schein Hall, located at 900 Dunlop Road.

The film follows students, parents and teachers through a truly unorthodox U.S. school and challenges all of the viewer to reimagine possibilities for educational success in the 21st century. After seeing

this film, you may never look at school the same way again. It is both inspiring and informative.

"Education – for students of all ages – is integral to BIG ARTS mission, and we are grateful to our board member, Arlene Dillon, for bringing this important message to our community," said BIG ARTS Executive Director Lee Ellen Harder. "We are also very happy to have special guests in attendance and to welcome The Sanibel School's new principal, Chuck Vilardi."

The screening will include an audience question-and-answer session, comments and dialogue. Complimentary wine and hors d'oeuvres will be provided.

Visit www.BIGARTS.org or call 395-0900 to purchase tickets.*

American Legion Post 123

On Sunday, September 18, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m. Stop by on Sunday, October 2 for a meatloaf dinner served all day.

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.*



From left, Karlie Colwell, Emmett Williams, Deanna Evans, Garrett Gablehouse, Jan Egeland, Linda Uhler and Tom Krekel with some of the donated books

or the loss of gains the kids have made during the previous school year," said youth services librarian Deanna Evans. "Local readers as well as visiting readers from all over the world participated."

This summer's theme was On Your Mark, Get Set, READ! Participants read, tracked their time and activities, as well as attended library programs to earn books. The Sanibel Public Library Foundation matched each book earned with a book for the Golisano Children's Hospital of Southwest Florida. This summer, the readers "earned" 1,187 books to be given to pediatric patients at the hospital.

"We are so proud to be part of this and see the way the children work so hard and carry on the wonderful spirit of giving that we see so often on Sanibel," said Margaret Mohundro, executive director of the library. "During the past five years, the children have helped to contribute more than 5,000 books for the hospital library."

Sanibel Public Library Foundation volunteers presented this summer's donated books to Golisano Children's Hospital of Southwest Florida on September 9. Hospital Child Life Specialists Karlie Colwell and Garrett Gablehouse, as well as Hospital CAO Kathy Bridge-Liles and Lee Memorial Health System CEO Jim Nathan accepted the books together with young patients. Mohundro and Evans from the Sanibel Public Library worked on the program with support from library volunteers Steve Brown, Gib Warren, Tom Krekel and Jan Egeland.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the summer reading program. The Children's Fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory.*



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Highlights Of The 30th Annual Coastal Cleanup



Students from Cypress Lake Middle School, along with several teachers, took part in the 30th annual International Coastal Cleanup by picking up debris on Sanibel's Lighthouse Beach. The cleanup, coordinated locally by the Sanibel-Captiva Conservation Foundation, was held on September 17.

photos by Jeff Lysiak



Members of Cub Scout Pack 1740 from Sanibel and Captiva took part in last weekend's Coastal Cleanup along with their parents and siblings



Sanibel Sea School's Angel Seery and Brooke Linn picked up trash on the beach with Ambu Yoga instructor Yali Zaway



South Seas Island Resort employees Marvin McKenzie and Rayon Robinson



Holden Heironimus, 4, hands pieces of broken styrofoam he found on the beach to his father, Jason



Middle school students, from left, Ansley Marsha, Gianna Mammoccio, RayAnna Howard and Evan Georgatos looking for garbage in the dunes



Cypress Lake Middle School students, from left, Katie Borst, Aaliyah Amaya, Ashley Buckley and Rylee Friscoe collecting debris and logging the items on data sheets



Members of Girl Scout Troop 27 in Fort Myers picked up litter along the Sanibel Causeway



Ruth Thompson found a discarded boogie board in the sand dunes at Sunset Beach



SCCF's Dee Serage-Century assigns a cleanup location to Jason Welch

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Ilkay Turk, Grace Mann and Deirdre Sullivan placing waste in a dumpster



Staff members from South Seas Island Resort and Sanibel Sea School volunteered to help clean up Sunset Beach on Captiva



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Local Roots Farmers Market Returns To Sanibel



Jean Baer and Betsy Ventura photo by Jeff Lysiak

The weekly Sanibel Island Farmers Market will return to Sanibel City Hall on Sunday, October 2 from 8 a.m. to 1 p.m. Located at 800 Dunlop Road, the market will be closed Christmas Day but will open on Dec. 26 for a make-up market. The market will be open on Easter Sunday. “Our vendors are very excited to be returning to Sanibel to promote their locally produced products and wares to neighboring communities,” said Betsy Ventura, who, along with Jean Baer, owns Local Roots, LLC and will run the market each week. Ventura and Baer also operate the Bonita Springs, Coconut Point, Fenway South, Lakes Park and FSW Farmers Markets as well as two downtown Fort Myers markets that open every Thursday in Centennial Park and Saturday starting in November in Cornog Plaza. Baer’s son, Tyler, a graduate of the University of Florida, and Ventura’s daughter,

Sims, will be joining the duo this season to assist in managing the markets. “It is so great that our business has grown enough to bring our kids in,” Ventura said. “So many of our vendors work as a family in their small businesses, too.” She added that the goal of each of their markets is to strengthen the surrounding community by showcasing vendors who are selling produce and artisan products that are grown or produced locally. Products are packaged by owners in an environmentally friendly way, and the locations of markets are clean and safe, and reflect a community atmosphere. “Shopping at our markets will reduce the carbon footprint of consumerism,” she said. “There is always a well-balanced offering at each market that has something for everyone.” Anyone interested in becoming a vendor or providing live entertainment may visit www.BuyLocalLee.com.

First Motor Club Cruise-In Of The Season



The San Cap Motor Club will be holding its first Cruise-in of the season on Saturday, October

1 from 9 to 11 a.m. at Periwinkle Place shopping center. Look for the checkered flag. Whether you have a classic car or just love cars, Periwinkle Place is the place to be the first Saturday morning of every month October through May. No pre-registration is necessary. Just show up with your car, truck or bike. Doughnuts, coffee and other refreshments will be provided. Membership renewals are now due. They are \$50 and include a club T-shirt. Club members have been working on several new designs for the 2016-17 official shirts and they would like your vote (and your size). Official club shirts will be delivered at the November Cruise-in. A calendar of events and volunteer sign-up sheets will be distributed as well. For more information, call Scot Congress at 472-4177.

Sea School



Adult camp participants will spend time exploring local waterways by boat with Sanibel Sea School staff photos courtesy Sanibel Sea School

have praised the experience they’d enjoyed with Sanibel Sea School’s staff. “We have always been entertained. We remember Doc Bruce down on his knees on the beach, drawing a map with his Bowie knife,” said Chip Roach, who has attended classes and events with his wife, Nancy, over the past six years. “It attracted way more than the 15-person class which had begun the lesson. And we have learned more about our island home, too, intending to become better stewards.” Even Dr. Neill is excited to be offering the weekly sessions. “We want folks to get out and enjoy nature,” he added. “It’s fall – the leaves are falling, football is back and tarpon are on the move. It a beautiful time to be here on Sanibel.” For additional information about the Ocean Discoveries For Grownups camp or to register, visit www.sanibelseaschool.org or call the Sanibel Sea School at 472-8585.

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Council Establishes Goals For 2017

by Jeff Lysiak

During Tuesday’s city council session, councilors adopted their three primary goals for fiscal year 2017, focusing again on improving water quality and sustaining the strength of Sanibel’s financial stability. A third goal for next year – improving citizen service for those investing in the community, maintaining and redeveloping their properties – continues the council’s commitment to enhancing the efficiency and quality of the city’s planning and building departments.

As it has in the past, the council’s stated goals for each successive year has been led by working towards improved water quality and making prudent financial decisions on behalf of the citizenry. City Manager Judie Zimomra noted in her introduction of the proposed 2017 goals that each of the three intended to improve efficiency and “meet the best management practices of neighboring communities.”

On-island goals for improving water quality include:

- Implement the Donax Wastewater Reclamation Facility Denitrification modifications and Plant 1 upgrades to improve the quality of municipal reuse water.
- Complete design and engineering for the Jordan Marsh Water Quality Treatment Park and seek grant funding for construction.
- Implement Community Lakes Best Management Practices (BMP) Education Program.

- Launch local water quality education website with current and historical water quality data and resources for Sanibel residents, property owners and property managers.
- Continue implementation of regional fertilizer education program with Lee County and other partners.

Regionally, the council also pledged to support all legislative actions – which reduce freshwater releases from Lake Okeechobee – that impact the Caloosahatchee and estuary as well as seeking legislative funding for regional water quality/quantity priorities. Federally, the council wants to work with representatives to accelerate the design and planning for the EAA Storage & ASR/Decomp Phase 2 project, adopt WRDA 2016 and appropriate funding for the Central Everglades Planning Project (CEPP) and other critical water projects and assist in securing funding needed to expedite repairs to the Herbert Hoover Dike.

Financially, the council will continue to evaluate funding options for the Donax Wastewater Reclamation Facility (denitrification) project to determine the best economic efficiency for the city and the system’s ratepayers, perform a quarterly analysis of major fee-based revenue streams to identify potential opportunities for diversification, service enhancements or fee adjustments, including those for the recreation and building departments, development permits, fines, beach parking and public safety services.

A brief discussion of the council’s 2017 goals took place, during which Vice Mayor Mick Denham offered they were a “really good set of goals.” Mayor Kevin Ruane made a motion to adopt the goals, which Denham seconded. Council voted 5 to 0 in favor of adopting the list.✪

Beach Parking Permits Receive 10 Percent Hike

by Jeff Lysiak

Members of the Sanibel City Council voted unanimously to make a modest adjustment to both the restricted beach parking permits – “B” decals – and combination parking permits – “BC” decals – for non-residents, which will become effective on October 1.

On Tuesday, the council considered an emergency ordinance to amend the city code and increase the fees for parking decals for visitors. The restricted “B” parking decals had last been adjusted in 2009, while the combination “BC” parking decals – which also include access to the city’s boat ramp – were last adjusted in 2008.

City staff provided a series of potential fee adjustments – ranging from 10 percent up to 50 percent – to be considered by council. Mayor Kevin Ruane told his fellow councilmen that

he “felt comfortable” with approving a 10 percent hike, which was unanimously agreed upon.

Once approved, the non-resident “B” permits will jump from \$90 annually to \$99; non-resident “BC” permits will increase from \$180 annually to \$198.

Councilman Chauncey Goss offered that moving forward, the city code include an indexed cost of living adjustment, which will be updated automatically each year. Ruane made a motion to approve the ordinance with Goss’ cost of living index, which was seconded by councilman Marty Harrity before being passed, 5 to 0.

Prior to the vote, City Attorney Ken Cuyler explained that a four-fifths vote would be required to approve the emergency ordinance, since the agenda item had not been noticed per city requirements. With Sanibel on the “cusp of the next fiscal year,” both state and local laws allow a municipality to consider an ordinance and waive the motion to notice the item if it is a “fiscal emergency.”

Council voted unanimously in favor of considering the emergency ordinance.✪

From page 1

Wildlife Drive

pass. A value of \$80, the passes are good for admission to every U.S. national wildlife refuge, park, forest and other public land through August 2017.

In the Refuge Nature Store, the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) is giving away a free Kick The Bottle reusable water container with a purchase of \$5 or more, upon request. This year’s National Public Lands Day celebrates the fifth anniversary of the Kick The Bottle campaign to rid the refuge of the disposable plastic bottles that are a scourge to the environment.

Special free activities take place at the refuge from 10 a.m. to 2 p.m.:

10 a.m. Caravan Tour – The first 14 people gathered at the flagpole can ride in the lead minibus, all others will follow in cars along Wildlife Drive. The one-hour, naturalist-led tour will focus on the importance of the mangrove estuary ecosystem.

11:30 a.m. Indigo Trail Walk – Join a ranger on this one-hour hike along Indigo Trail to the Wildlife Education Boardwalk, approximately three-quarters of a mile. Meet at the flagpole.

1 p.m. Kodiak National Wildlife Refuge Talk – Meet Ranger Kari from Kodiak, Alaska for a 30-minute presentation about the public uses and wildlife of Kodiak National Wildlife Refuge. Meet in the

Visitor & Education Center.

2 p.m. Family Story & Craft – Meet in the Visitor & Education Center classroom for a fun story and take-home conservation craft (30 minutes).

National Public Lands Day is presented with support from DDWS. For more information about the event, contact Ranger Toni Westland at 472-1100 ext. 237.✪

Top Ten Books On The Island

1. *Florida’s Living Beaches* by Blair Witherington
2. *Sanibel and Captiva Islands* by Deb Gleason & Charles LeBuff
3. *Sanibel Flats* by Randy Wayne White
4. *The Dog & the Dolphin* by James Dworkin
5. *Best State Ever* by Dave Berry
6. *Fates and Furies* by Lauren Groff
7. *Seashell Artists Coloring Book* by Alisa Burke
8. *A Land Remembered* by Patrick Smith
9. *Paint by Stickers Masterpieces* by Workman Publishing
10. *The Truth According to Us* by Annie Barrows

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OBITUARY



JEANNETTE KEENE HOWLAND

Jeannette "Jan" Keene Howland passed away suddenly in Fort Myers, Florida on September 11, 2016 at the age of 95. She was preceded in death by her parents Floyd E. and Martha B. Keene of Philadelphia, Pennsylvania and former husband Daniel Howland of Columbus, Ohio. She is survived by her daughter Janie Howland of Sanibel, Florida; son Daniel Howland (Julie) of Bradenton, Florida; grandson Joe Carr (Erica) of Philadelphia, Pennsylvania; granddaughters Eva Howland of Bradenton and Emilie Eisenhart (Jonathan) of Jacksonville, Florida;

great-grandson Lukas Daniel Howland, great-granddaughter Nina Carola Blake Carr, brother John Keene (Ana Maria) of Rosemont, Pennsylvania; and many nieces and nephews.

She graduated from The Shipley School in Bryn Mawr, Pennsylvania and the University of Pennsylvania in Philadelphia. She moved to Columbus in 1950, where her husband earned his MA and PhD. Columbus is where she raised her children and enjoyed a 27-year career at the Columbus School for Girls as a French teacher, a librarian and the audio visual coordinator. She moved to Calusa Harbour in Fort Myers in 2003 where she continued to pursue her passion for books as the volunteer librarian.

She proudly lived independently right until her final days. She made beautiful needlepoint pillows and was adept with text and email, loved her iPhone and avidly searched the Internet for information. Her favorite things to watch on TV were singles tennis and Buckeye football. Those who knew her best described her as exceptionally kind, caring, gracious, dignified, inquisitive and fiercely independent, with a great sense of humor. Even in her weakest moments, she was always the pillar of her family.

The family will have a celebration of her life on Sanibel Island sometime in the next few months and a service at St. Alban's Church in Bexley, Ohio after the first of the year. No dates have been set.

In lieu of flowers, she requested donations to be made in her memory to Doctors Without Borders. Online contributions can be made at <https://donate.doctorswithoutborders.org/onetime.cfm> or call 212-763-5779.*

OBITUARY



RICHARD T. THOMPSON

Richard Theodore Thompson, 69, died Saturday, September 17, 2016. He is survived by his wife of 47 years, Judy; his son, Rick and wife Rebecca; his daughter, Kristin and husband Thad Nelson; his three grandchildren, Sean, Jessica, and Justine Thompson; his uncle, Arnold Thompson; as well as his sisters-in-law, brothers-in-law and many nieces and nephews.

Born and raised in Chicago, the son of Theodore and Shirley (Krusbe)

Thompson, Rich moved to Naperville, Illinois in 1971 with his wife Judy and newborn son Rick, where they remained until they retired to Florida in 1999. They have lived on Sanibel Island since 2000 on the property they purchased in 1986 after deciding Sanibel was where they wanted to be and began planning their dream home and retirement.

Rich was an electrical engineer who worked for most of his career at Amoco Research Center in Naperville. Always a sharp analytical thinker, Rich excelled at his work, helping with math homework and fixing antique clocks he would search out at flea markets.

Rich also loved the water. Multiple trips were spent fishing with his brothers-in-law Dennis and Pat, or diving with his brother-in-law Ray. His children, Rick and Kristin, were very lucky to travel and see much of the country with their Mom and Dad while growing up. Vacationing with family was always an important priority for Rich.

After retiring, Rich and Judy dedicated time on Sanibel to friends, family visits and CROW. Rich helped with projects at the CROW facilities as well as driving for many years to transport injured wildlife to the hospital on Sanibel Island.

Rich was smart, loving, sensitive, and dedicated. He loved, was loved and will be missed. A funeral mass will be held 11:00 AM, Saturday, September 24 at Saint Isabel's Catholic Church on Sanibel Island.*



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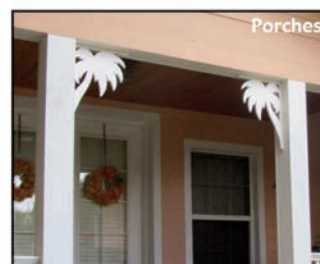
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Sanibel-Captiva Art League

Member Art Exhibit Continues

Visitors and residents are welcome to see 50 paintings by members of the Sanibel-Captiva Art League at the Sanibel Public Library, located at 770 Dunlop Road, during regular hours.

The library staff and volunteers extend invitations to island residents and visitors to look through the books, periodicals, CDs and DVDs, Internet/computers, etc. and see all the library offers in its new, enlarged facility. Inside the library's first floor entrance, there is a large display of fossil and specimen shells. Upstairs are many cases located throughout the library

that feature permanent and on-loan collections of varied interests from the past and present. Call 472-2483 or log on to www.sanlib.org for more information.

The current San-Cap Art League all-member exhibit will be on view through the month of September. It will be followed by a new exhibit of invited artists. Included are paintings of tropical scenes, local wildlife, still life and other subjects such as clouds and marine scenes in oil, acrylic, pastel, watercolor and mixed media.

Upcoming exhibits, meetings and event are listed online at www.sancapart.com. You may also write to San-Cap Art League, PO Box 1192, Sanibel, FL 33957 for more information.*



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St. Michael's Sunday School To Begin



With Rector Ellen Sloan, Sunday School children tell the story of Christmas during the church's Christmas Eve service
photos courtesy St. Michael and All Angels Church

St. Michael and All Angels Episcopal Church invites all school children in kindergarten through fifth grades to attend its Sunday Bible School, beginning on October 2. The school runs concurrent with the Sunday service, held at 9:30 a.m. through October and at 10:30 a.m., beginning on November 6. The school is 45 minutes long, after which the children return to the Sanctuary to participate in Holy Communion. The school continues each week through end of May.

The coordinator and lead teacher for the Sunday School program is Donnalee Washburn, a veteran educator of young children. Washburn, who holds a master's degree, taught elementary-age children at Canterbury School for 23 years. With nearly 30 years of experience teaching Bible classes to children, she has led the Sunday School program at St. Michael's since 2011.

Washburn incorporates hands-on arts and crafts to illuminate Bible study for children. Each week features an important story from the Bible, coinciding with the



Sunday Schoolers Mia Kjoller and Chet and Carter Sproles prepare for the first class

holy days or seasons of the church year. The first few classes – during Trinity – are devoted to Old Testament stories. The Advent lessons, in early December, relate the coming of Christ. During the Christmas Eve service, all children participate in a Christmas play with music about the birth of Jesus and the visits of the shepherds. After the New Year come the stories of Christ's miracles and the lessons that they convey. Each week, the children create cardboard sculptures or poster art, made with simple materials that illustrate the stories.

"We try to bring the stories of the Bible to life and create a cozy place for the kids to make new friends," Washburn said.

Individuals interested in teaching Sunday School classes should contact the St. Michael's rector, Dr. Ellen Sloan. Washburn provides teachers with lesson plans.

To register or inquire about the classes, call 472-2173 or visit www.saintmichaels-sanibel.org.

Churches/Temples

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BAT YAM-TEMPLE OF THE ISLANDS

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Kern Releases Fourth Sanibel Scenes Calendar



Bob Kern pictured with his 2017 Sanibel Scenes calendar

photos by Jeff Lysiak



A night blooming cereus, photographed on Bob Kern's own property, appears on the April page

by Jeff Lysiak

Bob Kern, an amateur photographer, handyman and former owner of Island Graphics, has published his fourth calendar filled with images he has taken of local wildlife on and around the island.

The 8.5-inch by 11-inch Sanibel Scenes calendar features some of Kern's personal favorite photographs, including closeup images of an alligator (May) and an orchid (September), scenic images of a flock of birds during a feeding frenzy (March), roseate spoonbills in the JN "Ding" Darling National Wildlife Refuge (June) and the fish houses south of Useppa Island (February), plus dazzling pictures showcasing the beauty of Southwest Florida.

For this year's edition, Kern drew upon his ever-growing inventory of nature photographs.

"I've got tons of photos, and I keep them divided into a number of different categories – sunsets, bird, flowers," said Kern, who produced his first calendar in 2014 at the suggestion of Sanibel Public Library Director Margaret Mohundro. "So when I'm choosing photos for the next calendar, if I want to use an image of roseate spoonbills, I've got 20 or so images to choose from."

One of the trademarks Kern is known for are his one-liners, which have frequently been used in the Sanibel & Captiva Island Chamber of Commerce's weekly email newsletter. Among his wittier remarks included in the 2017 calendar are:

- When I was a child, I thought nap time was punishment. Now, it's like a mini vacation.
- To steal ideas from one person is plagiarism. To steal from many is research.

continued on page 16



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Free ‘Ding’ Darling Passes For Fourth Graders



“Ding” Darling Refuge staff encourages kids to explore nature photo courtesy DDWS

As part of President Barack Obama’s Every Kid In A Park initiative, the JN “Ding” Darling National Wildlife Refuge on Sanibel Island is – for the second consecutive school year – issuing free annual passes to any fourth-grade student or homeschool equivalent.

The program began last school year, and “Ding” Darling staff were determined to get a pass into the hands of every fourth grade student in Lee County. They succeeded, issuing about 6,000 passes and winding up as the number one refuge in the 560-plus refuge system for volume of issues. Among the combined public lands that issued the passes (parks, refuges, recreation areas and forests), the “Ding” Darling team was a top leader.

“That is a true testament to the enthusiasm and commitment of our visitor services and education team,” said Birgie Miller, executive director of the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). “They believe so strongly in the importance of making conservation stewards out of today’s youth, they went far above and beyond in promoting the initiative.”

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This year’s passes will be issued and valid through August 2017 at any national wildlife refuge, national park or forest, and other federal land. Admission is free for every fourth grader with a pass, accompanying siblings up to age 15, and up to three accompanying adults.

Obtaining the free annual pass – a value of up to \$80 – requires fourth-grade students to print out a voucher at everykidinapark.gov. Fourth graders can complete the voucher and take it to the fee booth at the refuge’s Wildlife Drive to receive their pass. They must present a printed voucher; electronic forms will not be accepted.

“We will promote the passes to the thousands of fourth graders who visit the refuge through our school programs,” said supervisory refuge ranger Toni Westland. “We will further promote them at National Public Lands Day on Saturday, September 24, and “Ding” Darling Days’ free Family Fun Day on Sunday, October 16.”

For more information on the Every Kid In A Park pass, visit everykidinapark.gov. For questions about obtaining a pass at “Ding” Darling, call 472-1100 ext. 237.✧

Plant Smart Candlestick Plant

by Gerri Reaves

Candlestick plant (*Senna alata*) is a non-native shrub valued for attracting butterflies and bees. This fast-growing member of the bean family is a relative of the tamarind and redbud.

A multi-branching open form makes it suitable for a mass planting, since it grows five to 15 feet tall and as wide. It also works as an accent or container plant.

The showy terminal flower spikes usually bloom in summer, lasting into fall. They extend upright above the foliage like golden yellow fat candles, thus the common name.

The candelabra branching and floral “candles” inspire other names too: candle-bush, Christmas senna, popcorn senna, candelabra bush and Christmas candle.

Ringworm tree is another name, because the plant is a source of chrysophanic acid, which is used to treat some skin diseases, including ringworm.

The spikes’ many rounded and cup-like flowers open individually and are about an inch in diameter. Waxy sepals enclose unopened flowers.

The large light-green compound leaves can be as long as 30 inches. They are composed of seven to 14 pairs of opposite oblong leaflets of two to four inches long. Plant candlestick plant in full sun. It adapts to various soil conditions, is moderately drought-tolerant but not frost- or salt-tolerant.

The seed pods of six to 12 inches long turn brown and smooth when mature. This plant was previously classified as *Cassia alata*, and the terms *cassia* and *senna* are still sometimes used interchangeably.

For maximum benefit to wildlife, butterfly gardeners should consider planting native sennas (or cassias), such as Chapman’s wild sensitive plant (*Senna mexicana*) and partridge pea (*Cassia fasciculata* or *Chamaecrista fasciculata*) instead of non-natives.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, *Your Florida Guide to Shrubs* by Edward F. Gilman et al., edis.ifas.ufl.edu and floridata.com.

Plant Smart explores the diverse flora of South Florida.✧



Green immature seed pods fan out below the flower spike photo by Gerri Reaves

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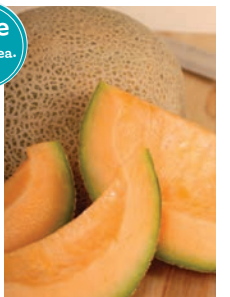
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From page 13

Kern Calendar



The final image featured in this year’s calendar is a tricolored heron

• Why is the time of day with the slowest traffic called “Rush Hour?”
• You’re never too old to learn something stupid.
Kern noted that he carries his camera along with him seven days a week. If he is driving around the island and sees something interesting or unusual, he’ll stop and take a picture or two.
“Some of the best photographs I’ve taken were shot when I didn’t plan to take any pictures,” said Kern, who recalled a recent boat excursion he and his wife were taking out to the Picnic Islands. “Lyn (Bob’s wife) pointed up and said ‘Isn’t that an eagle?’ It was an eagle, so I pulled out my camera and snapped a few pics... we

might use one of those in next year’s calendar.”
The 2017 Sanibel Scenes calendar, priced at \$13.95, is available at Bailey’s General Store, Bailey’s Marketplace at Sundial Resort, CVS Pharmacy, Doc Ford’s Sanibel Rum Bar & Grille, Island Pharmacy, Jerry’s Market, Suncatchers’ Dream and Tuttle’s Sea Horse Shop.✪

BIG ARTS Calendar Of Events For September And October

Exhibits, film screenings and receptions happening at BIG ARTS on Sanibel during the months of September and October include:
• Doug MacGregor’s Campaign Cartoons, 1980-2016 (Phillips Gallery) and The Visual Voice – News-Press (Founders Gallery) will be running through October 22. Both exhibits are free to the public.
• September 30: Fine arts reception for Doug MacGregor’s Campaign Cartoons, 1980-2016 and The Visual Voice – News-Press. The reception starts at 5:30 p.m. and is open to the public and free of charge. Complimentary wine and cheese served.
• October 5: Special Film Presentation: *Most Likely To Succeed*
Come and watch the highly-acclaimed film on education, *Most Likely To Succeed*, at BIG ARTS Schein Hall beginning at 7 p.m.
• October 17: Monday Night Film: *Grandma*
The season opener for Monday Night Film, which will be every Monday night at BIG ARTS Schein Hall starting at 7 p.m. Tickets can be purchased online at www.bigarts.org or by calling 395-0900.
• October 24: Monday Night Film: *Sunset Song*
Film showing in BIG ARTS Schein Hall starting at 7 p.m. Tickets can be purchased online at www.bigarts.org or by calling 395-0900.
• October 26: Exhibit openers for BIG ARTS juried exhibit In The Night (Phillips Gallery) and Neil Walling – Inspiration: Being Moved by God’s Creation (Founders Gallery). Both exhibits are free of charge and open to the public. Exhibits run through November 26.
• October 28: Fine arts reception for Neil Walling – Inspiration: Being Moved by God’s Creation and In The Night juried show. Reception starts at 5:30 p.m. at BIG ARTS, 900 Dunlop Road on Sanibel. Reception is open to the public and free of charge. Complimentary wine and cheese will be served.
• October 31: Monday Night Film: *Trumbo*
Film showing in BIG ARTS Schein Hall starting at 7 p.m. Tickets can be purchased online at www.bigarts.org or by calling 395-0900.
BIG ARTS is located at 900 Dunlop Road.✪



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CROW Case Of The Week:

Fishing
Line Victims

by Bob Petcher

Question: What is the most dangerous kind of debris encountered by wildlife?

Answer: Monofilament fishing line.

Fishing line that has been

discarded or left by careless fishermen can entangle, choke, snag and even kill its victims. For example, birds have been found hanging upside down in trees, exhausted after hours of struggling to free themselves from being wrapped up in lines. Some of those animals suffer agonizing deaths due to the entanglement.

Not only can the clear, strong, flexible plastic do harm to birds, manatees, sea turtles, whales, dolphins and rays (to name a few), it also non-biodegradable. Scientists estimate it can take 300 to 500 years to decompose.

Anglers have been urged to dispose of any used or loose fishing line within provided monofilament stations, often found at boat ramps, fishing piers or other park sites where fishing takes place. These recycling stations can be important to the livelihood of all creatures around the sea and even humans who swim in



A juvenile willet, patient #16-2961

photos by Kenny Howell

open waters.

Interestingly, collected monofilament line is sent to places like Berkley Recycling Center in Spirit Lake, Iowa and recycled into fishing products like tackle boxes or park benches.

It is hoped that through continued educational awareness, anglers will be reached and their behavior modified. Each fall, marine cleanups events, called Monofilament Madness, encourage volunteers to help rid discarded line and other debris from local waters via boats, kayaks, canoes, jet skis and anything else that floats. Officials have stated that previous Monofilament Madness cleanups have produced enough discarded fishing line to stretch from Fort Myers to Tallahassee.

At CROW, a juvenile willet and juvenile brown pelican arrived from Sanibel after they were spotted in the



A juvenile brown pelican, patient #16-2960

water wrapped up together by fishing line. Upon arrival, the pelican had the clear line wrapped around its left leg with a hook embedded in its left wing, where swelling occurred. The willet had fishing line attached to its right foot, connecting it to the pelican.

CROW officials point out that even though some entangled birds may not suffer serious injury or even death, damage from monofilament fishing line may prevent our winged friends from hunting, flying and/or defending themselves.

Last year, the rehabilitation hospital reported 106 patients as a result of monofilament entanglement. With boating and fishing being common hobbies on the island, CROW officials believe education about the proper disposal of monofilament line is a top priority. CROW is involved in a campaign called Clear Your Gear with other island organizations such as the City of Sanibel,

Sanibel Sea School, Monofilament Busters, SCCF, FWC and "Ding" Darling Wildlife Society.

Last week, the pelican was reportedly bright and alert and eating on its own. The left wing swelling was gone and the pelican was walking with no signs of favoring its leg.

On the same day, the willet was said to be bright and alert but was not eating on its own and needed to be force-fed. However, the shorebird was beginning to peck at food when placed in a cage. There was some displacement in the willet's right wing from additional fishing line wrapped around it. That resulted in soft tissue swelling and trauma to both wings. A body wrap was applied to involve both wings so that the patient could not further injure his limbs in the cage. The body wrap stayed on until x-rays were completed at the end of a seven-day period.

"The willet has improved since its arrival," said Dr. Krystal Woo, DVM intern. "(Last) weekend it was moved to the outside enclosure but the wing bandages are still in place until healed. The willet has started to eat on its own and is gaining weight. If its condition continues to improve, it should be released in a couple of weeks."

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

Gramma Dot's

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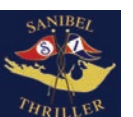
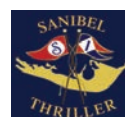


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Gotta Love September



by Capt. Matt Mitchell

As we push further through the transition month of September, fishing, as expected, is just getting better, not only with the usual species but also with the first transient species that have begun making their way south along with the bait migration. Add to that the noticeable lack of boats and angler pressure out on the water this month, and it's just the perfect time to go fishing. Even during the usually busier weekends, you will find yourself part of a very small group of anglers taking full advantage of this month's awesome fishery.

Reports of the redfish schools of September keep coming from the northern end of the sound and Matlacha Pass. One giant school numbering in the thousands was

reported in the smokehouse bay area of northern Matlacha Pass for several days midweek during the lower water just before sunset. If you plan on hunting for a school of redfish, it's just a matter of riding and looking. During calm light wind periods, I like to ride the longer bars and search the flats looking from my tower. Once located, it's often possible to fish a redfish school on a certain tide day after day.

Due to the time restraints of a four-hour half-day charter, I chose not to make the long run up north this week to chase these redfish schools. Staying close to home, we still enjoyed great redfish action in the middle to southern sound. Locating large mullet schools was the key to catching redfish both on live pinfish under a float and on chunks of fresh-cut bait. During higher water, I found redfish mixed in with mullet along mangrove islands. On open water flats while on lower water, I switched up to fishing the outer bars and drop-offs. Blind Pass, Red Light Shoal and the Gault Island flats have all been holding good numbers of redfish.

Snook fishing with live shiners continued to be another good choice for anglers this week. While catching a 20-plus snook average on most trips, getting that one slot snook



A redfish and snook doubleheader caught while fishing with Capt. Matt Mitchell this week

remained a tough task. With the water really cleaning up in the passes, the pass snook bite just quit for me this week and the better bite came while mangrove fishing. Look for mangrove islands with good tide movement or the mangrove shorelines just inside the passes with stained or dirty water. While targeting these snook most days, we ended up catching a mixed bag of redfish and mangrove snapper in these same places.

If you're looking for fast-paced fishing, it's available right out on the beaches on a crazy Spanish mackerel bite. Anywhere from right on the beach out to a few miles, keep your eyes open

for feeding birds. You will quickly find jumping mackerel along with jacks, ladyfish and who knows what else in the mix from day to day. This bite is non-stop and only requires small silver spoons either cast or trolled to bend the rods. This bite out along the beaches will only get better as the water cools and the fall bait migration kicks into high gear.

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

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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Dave Doane

Shell Love Bug Among The Celebrities At Shell Museum Benefit

What better place for a shell-encrusted automobile than at a benefit for the Bailey-Matthews National Shell Museum? After all, the 2005 Volkswagen Beetle convertible – nicknamed the Shell Love Bug – is the ultimate symbol for the love of seashells and shelling. The Beetle, itself an island celebrity, will make a special appearance outside Traders restaurant on Monday, October 3 during the museum's annual Celebrity Island Dinner. The Disco Beach-themed party begins at 5:30 p.m.

The Shell Love Bug will vie for tips right along with the human island celebrities who will serve and entertain for gratuities during the dinner. But even those who aren't able to attend the sold-out event can donate to the museum, a world-class institution right here on Sanibel. As with the other island celebrities, tipping the Shell Love Bug is easy: on the museum website – www.shellmuseum.org – visit the museum, located at 3075 Sanibel-Captiva Road or call 395-2233, or stop by Traders on the night of the dinner.

Also collecting tips at their places of business and elsewhere on behalf of the museum are island celebrities Ric Base, Mark Blust, Mary Bondurant, Robin Cook, Capt. Brian Holaway, Terry Igo, Joel Johnson, Holli Martin, Shelby Peters and Robin Roberts.

According to Pam Rambo, the artistic and creative force behind the Shell Love Bug, most of the shells used to transform the VW Beetle into a "shelldazzled" masterpiece are from the personal collection that she and her husband, Clark, have amassed and from Sanibel Shell Crafters.

"Oodles more shells were donated by other obsessed shellers," she said. "This is the biggest mobile sailor's valentine on the planet!"

Rambo, whose website is iLoveShelling.com, came up with the concept and the overall design, identified specific shell species for the background layers and featured components, and created paper patterns to guide placement of shells for the Sailor's Valentine heart and individual seashell art pieces. She also created the bumper ladybug, dashboard monarch butterfly, the Shell Love Bug front plate, and



The Volkswagen Beetle adorned with more than 19,000 shells

photo courtesy BMNSM

worm shell rearview mirror art.

Rambo credits the 65 volunteers for their talents, time and hard work in helping to collect, clean, sort and glue the shells that brought the Shell Love Bug to life. She gives special recognition to members of Sanibel Shell Crafters, who donated hours of glueing, along with the shells they provided. She pointed out that several of these talented shell enthusiasts worked closely with her to assemble the featured heart and seashell art.✱

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Fish Caught



Debi Griffith

Debi Griffith, who recently moved to Sanibel, caught a redfish using a 2/0 hook with a bait fish her husband caught in Dinkin's Bayou on 20-pound braided line with a monofilament leader (no weight), just a spinning reel. "We had gone around in the shallows outside of Blind Pass and Pine Island Sound and all I kept catching were catfish," said Griffith. "So we headed back to Dinkin's Bayou, where we live, and I threw a freshly baited line out near the mangroves and it only took about a minute for the hit. The fish put up a good fight, but I got it in close enough to see it wasn't another catfish."

The angler added that the redfish was 22 inches and "a good dinner" that night.✱

CROW Calendar Of Events

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.

Monday, September 26, 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 27, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Wednesday, September 28, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

Thursday, September 29, 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 30, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Friday, September 30, 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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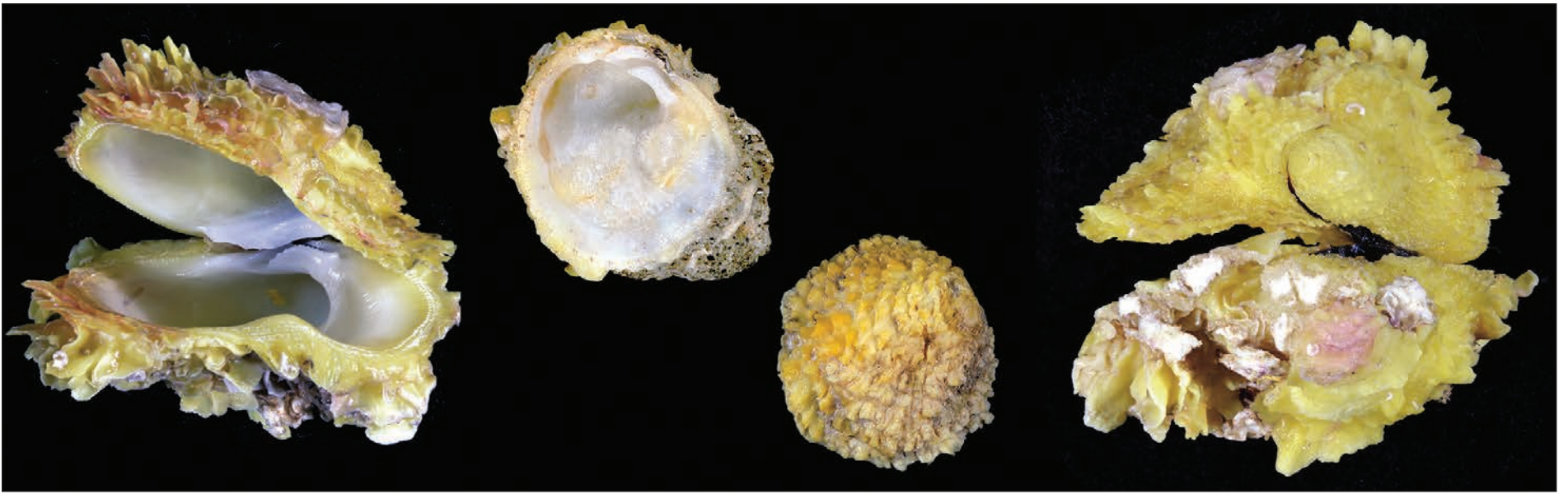
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Different views of the leafy jewel box, *Chama macerophylla*

Shell Of The Week

The Leafy Jewel Box



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

The leafy jewel box, *Chama macerophylla* Gmelin, 1791, is probably

the most commonly found jewel box (family *Chamidae*) along the beaches of Sanibel and Captiva. Unlike its close relative, the free-living (and also locally found) spiny jewel box (*Arcinella cornuta*), the leafy jewel box attaches itself to hard structures such as shells, pieces of coral rock, or man-made objects such as shipwrecks and concrete bridge pilings. The attached, or lower, shell valve is deeper than the upper valve, and the shell is ornamented by a sculpture of leaf or scale-like projections arranged concentrically. The inner margins of valves are finely serrated (or crenulated), and the color may be yellow, rose, purple, orange, white, or any combinations

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

Shell Museum Programs:

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.✱

photo by José H. Leal

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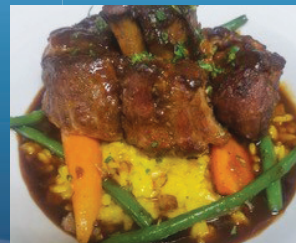


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Among the Flowers is a locally rooted, organic café located on Sanibel Island that focuses on quality of ingredients and purposeful nutrition. Sandwiches, coffee and espresso drinks, steamed special-teas and herbal teas, raw cold-pressed juices, fruit smoothies, mylkshakes and raw desserts are crafted with love and attention. 100 percent vegetarian/vegan. Come vibe with us.

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2003 Periwinkle Way, 312-4085

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, Alexander Meteo, Missy Gavin and Hugo Areyano of Lazy Flamingo
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

Read us online at
IslandSunNews.com

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
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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

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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

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.

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Sanibel Blues & Jazz Festival Coming In November

by Jeff Lysiak

The Sanibel-Captiva Optimist Club's Premier Annual Blues and Jazz Fest will make its debut on Sunday, November 6 at Bailey's Center on Sanibel from 1 to 7 p.m.

Featured entertainment will include some of the leading performers of the genre, including British guitar virtuoso and Blues Hall of Fame member Matt Schofield, local favorites The Marty Stokes Band, multi-faceted six-string icon JP Soars and contemporary jazz/rhythm and blues group The Jazz-Matics.

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

- 1:15 p.m. – The Jazz-Matics. A Southwest Florida-based band that frequently plays at the Roadhouse Café in Fort Myers, the Jazz-Matics will open the festival. Paying homage to the greatest jazz and R&B music of our generation, the group puts their own jazzy twist on the music of Stevie Wonder, Alicia Keys, Chuck Mangione, Luther Vandross, Grover Washington, Jr., Sade, The Average White Band and many more.

- 2:35 p.m. – JP Soars. Not a typical blues guitarist, Soars toured the globe playing jazz and blues and recorded several records before finding his home in the blues. In 2009, Soars' unique approach paid off as he and his trio – The Red Hots – defeated bands from around the world to win the annual International Blues Challenge in Memphis, Tennessee. Soars

also won the Albert King Award for most promising guitarist.

- 3:55 p.m. – The Marty Stokes Band. Raised on Sanibel and Captiva Islands, Stokes has been playing different variations of blues music since he was a kid. Raw and melodic, original, and reaching to the emotional core, Stokes will not disappoint a good blues audience. A group of long-time friends, the band “delivers the goods” with tasteful grooves over Stokes' originals, alongside creative arrangements of cover tunes. The group also recently won the 2016 Regional International Blues Competition of Southwest Florida, along with the People's Choice Award.

- 5:15 p.m. – Matt Schofield. Though he holds a British passport and is an inductee of the British Blues Hall of Fame, Schofield has been making his mark globally as one of the top players in the new class of six-string wunderkinds. The *Los Angeles Daily News* wrote, “In Schofield, the UK has produced the best blues guitarist from any country in decades... head and shoulders above the herd,” while *Guitar & Bass Magazine* rated him in the top 10 British blues guitarists of all time.

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

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



Jazz-Matics

photos courtesy San-Cap Optimist Club



JP Soars



The Marty Stokes Band



Matt Schofield

that will be released this fall.”

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

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

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

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

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

General entry donations are \$40 per person. A \$125 per person donor VIP package covers food, beverages, VIP area seating, VIP parking and a festival T-shirt. Tickets are limited to 700 persons and are first come, first served. They are

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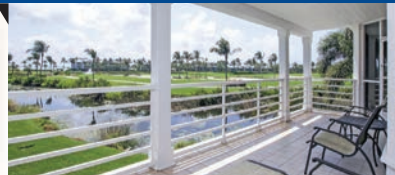
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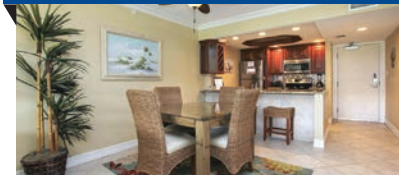
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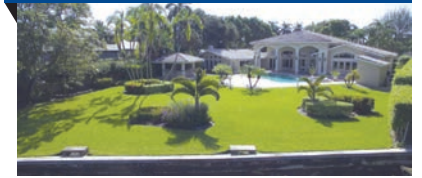
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Island Seniors At The Center 4 Life

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

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

Page Turners With Ann Rodman – If you 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 23 and 30, 12:30 to 3:30 p.m.

Pappas will teach an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers,

magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board.) Cost is \$15 for members and \$20 for non-members. Call to sign up.

CROW Education Center Walking Tour & Lunch at Sweet Melissa's – Monday, October 10. Cost is \$20 for members and \$25 for non-members.

The tour starts with a half-hour overview of the state-of-the-art education center by CROW Executive Director Linda Estep, followed by a tour of the grounds of CROW with Rachel Rainbolt, education coordinator. Rainbolt will provide an in-depth look at the inner workings of the hospital and the treatment process. Tour the grounds and meet an animal ambassador (a permanent resident at CROW which can't be released back into the wild because of an injury). Lunch is on your own at Sweet Melissa's. Advanced registration is required. Limited spaces available on a first come, first served basis. Carpooling available.

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 – October 4 and 18 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and

life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

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

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Class begins with a joke and ends with a positive thought for the day. Athletic footwear required. Silvia Villanueva is the instructor.

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

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

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

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

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all

poses are done in a chair. Kim Kouril is the instructor.

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

Mobile Mammogram Returns

The City of Sanibel Recreation Center will host the Radiology Regional Center's Mobile Mammo Coach from 9 a.m. to 1 p.m. on Tuesday, September 27. For an appointment or if you have any questions relative to the test, call the Radiology Regional Center at 936-4068.

The Mobile Mammo Coach is a state of the art breast imaging clinic, providing full field digital mammography services. Most insurances are accepted and discounted self-pay pricing available.

According to estimates from the American Cancer Society, one in eight women will be diagnosed with breast cancer. More importantly, with early detection, the survival rate for an early diagnosed breast cancer at five years is better than 97 percent. Mammography is one aspect of breast health, in addition to monthly self-exam and annual physician exam.

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

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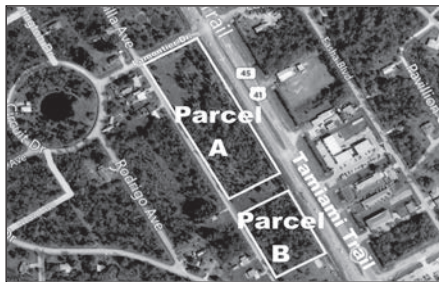
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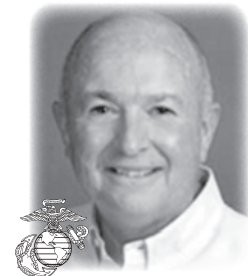


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Bank Appoints Assistant Manager

Edison National Bank/Bank of the Islands announced that Darrin Grotrian has been promoted to assistant office manager of its Sanibel and Captiva offices.

A 2009 graduate of Manchester College, Grotrian has risen in the banking industry since 2011, previously holding the titles of teller and customer service representative.

"Darrin has demonstrated strong customer service skills by building solid relationships with our island customers," said Edison National Bank/Bank of the Islands President Robbie Roepstorff. "He has shown his leadership skills by taking a supportive and flexible approach in bringing out the very best in his banker colleagues."

In November 2015, Grotrian was selected to represent Edison National Bank/Bank of the Islands at the Florida Bankers Association (FBA) Emerging Leaders Washington, DC Fly-In.

The FBA Fly-In identifies young Florida banking professionals to attend, giving them a rigorous introduction to the people and agencies in the nation's capital which have regulatory and legislative impacts on the state's banking industry. This annual FBA event provides opportunities for young banking professionals to make congressional and federal banking contacts through a series of



Darrin Grotrian

photo courtesy Bank of the Islands

educational programs and networking opportunities.

As Sanibel residents, Grotrian and his wife are engaged in community activities on both Sanibel and Captiva Islands.✪✪

'Ding' Darling Intern Promoted To Full-Time Staff

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) recently promoted intern Carrie Alexander to full-time development coordinator, a newly created position with the society.

Alexander began her stint as a shared-use intern for the JN "Ding" Darling National Wildlife Refuge and DDWS in September 2015 as a recent graduate from Hanover College in Hanover, Indiana with a degree in geology and environmental science.

"Carrie has been invaluable in helping the society with fundraising efforts, social media, and using her creativity to design logos, flyers, email news bulletins and other graphics," said Birgie Miller, DDWS executive director. "Her competence, eagerness, can-do attitude, and energy this past year proved to us that we did not want her to leave when her one-year internship was up."

Alexander will continue to represent DDWS in promoting the refuge through outreach and partnership development programs.

"I learned so much as an intern, and it was such a valuable experience," added Alexander. "I am excited to serve as an official staff member and continue to gain knowledge and enhance the work at the refuge and society as much as I can."✪✪



Carrie Alexander

photo courtesy DDWS

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Family Fun At Sanibel Library

Sanibel Public Library new Youth Services Librarian Deanna Evans invites families to come in for a kids program, or just come in to say, “hi.” The library has recently added many new teen and children’s books to the collection in print, as well as eBooks.

Did you know *Charlotte’s Web*, *Hop on Pop*, *Where the Wild Things Are* and *The Wonderful Wizard of Oz* were once banned books? On Tuesday, September 27 at 3 p.m., Miss Deanna will introduce school-age children to banned and challenged books, many of which are now considered classics. Come to Banned Book Storytime to learn about banned books in a kid-friendly environment.

The weekly children’s programs will resume in mid-October.

If kids love dogs and books, they can read to Bessie, a bearded collie and a Reading Education Assistance Dog (READ). The READ program encourages children’s love of books by providing a non-judgmental listener and furry friend. Bessie will be at the library on rain-free Thursdays in October at 4 p.m.

If you have any questions about the youth programs, contact Evans at the library at 472-2483.

The library’s teen space has two MacBook laptops, which can be used for research, printing assignments or



Bessie the READ dog with some of her fans
photo courtesy Sanibel Public Library

web browsing.

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

Her Again

by Di Saggau



In his debut biography, *Her Again*, journalist Michael Schulman traces Meryl Streep’s evolution as an actor from her childhood to her breakthrough role in *Kramer vs. Kramer* in 1979.

The book is written without the 19-time Oscar nominee’s participation, but includes the help of more than 80 of her friends, colleagues and early boyfriends. Some say the book is short on Streep and long on commentary. That is especially true in the first half of the book, but it’s still an interesting read.

As to the title, this will explain. “When they called my name,” Meryl Streep said in her 2012 Oscar speech, “I had this feeling I could hear half of America going, ‘Ohhh, no. Oh, come on, why?? Her, Again.’”

The book comes alive in its second half as Schulman approaches his fascinating final chapter about the making of *Kramer vs. Kramer*. Streep was handpicked by Dustin Hoffman to play his unstable wife. She was still recovering from the death of her lover, *Godfather* actor John Cazale, known for his role as Fredo. According to many sources, the set turned into “Streep vs. Hoffman.”

This is the first researched biography of Streep, winner of three Oscars. It explores her beginnings as a young woman and her astonishing talent. In 1975, Streep was a promising young graduate of the Yale School of Drama along with John Lithgow and Sigourney Weaver. Streep stood apart from her peers. She began her career with back-to-back roles in Broadway plays, never



Her Again

Becoming Meryl Streep

MICHAEL SCHULMAN

thinking she would be a movie star.

Schulman has created a captivating story of one of the most revered artistic careers of our time. He reveals a gifted young woman coming into her extraordinary talents at a time of immense transformation, offering a rare glimpse into the life of the actress long before she became an icon. The book features eight pages of black-and-white photos.

Streep studied voice as a child and didn’t develop an interest in theater until she was an undergraduate at Vassar. After Hollywood came calling, she had no use for fame or what went with it. “She hated parties,” writes Schulman. “The most boring thing in the world was a night at Studio 54.”

Her Again is an insightful and quietly fascinating portrait, not only of Streep, but of her entire social environment.

Available at
www.AMAZON.COM
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“Packed with facts and employing an engaging storytelling style, [*Female Pioneers of Fort Myers*] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall’s research and appreciate the accessible format, too.”
Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

Community Impact Grant Cycle Opens

The Southwest Florida Community Foundation will open its 2016-17 Community Impact Grant cycle with a call for innovative projects and programs. More than \$500,000 is available for both established and new

programs that are designed to increase the quality of life in sustainable and equitable ways for Southwest Floridians.

Based on its available Field of Interest funds, the foundation’s Community Impact Grants provide strategic funding in the following areas:

- Environment
- Health, Safety & Animals
- Education
- Arts & Community Culture
- Equity & Empowerment

A list of eligibility requirements can be found by reviewing the Grants Process for Community Impact Grants under the Grants page at www.floridacommunity.com.

For more information about the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacommunity.com.

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Grant Provides Continuing Education For CHR Employees

The Charitable Foundation of the Islands recently chose Community Housing and Resources, Inc. (CHR) as a recipient of a capacity building grant. In addition to providing valuable funding for maintenance and upkeep on CHR's properties, these funds have also afforded two CHR employees the opportunity to attend the 2016 Florida Housing Coalition Conference in Orlando.

The FHC Conference is the premier statewide affordable housing training event which attracts more than 700 affordable housing advocates, lenders, developers, administrators and policy makers.

CHR's Housing Administrator and Office Assistant, who together oversee 74 rental properties and handle all applications, rent collection, resident issues and housing policies, greatly benefitted from the educational opportunities offered at the FHC Conference and look forward to being able to better serve CHR residents as a result.

"I am currently working on implementing some very important policies and really enjoyed networking with other housing veterans and policy makers, discussing strategies and gaining insight from their personal success stories," said Nicolle Mastroianni, CHR's housing administrator. "I was particularly interested in one of the workshops on Housing for Elders and Individuals with Special Needs as it directly relates to our aging population on Sanibel. I left this conference equipped with new ideas and techniques in formulating a better system to achieve our program goals."

The conference also offered sessions on fair housing practices, funding strategies for affordable housing and housing individuals with developmental disabilities.

"Funding from CFI is so appreciated," said Kelly Collini, CHR executive director. "It allows CHR to offer professional training opportunities to help staff stay abreast of best practices and hot topics in the affordable housing industry."

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



CHR's office assistant Helen Jedel, left, and housing administrator Nicolle Mastroianni attended the 2016 Florida Housing Coalition Conference in Orlando

photo courtesy SWFL Community Foundation

Everglades Restoration Discussed At Chamber Lunch

The Sanibel & Captiva Islands Chamber of Commerce welcomed Everglades Trust Executive Director Kimberly Mitchell as guest speaker of the business luncheon September 13 at Sundial Beach Resort & Spa. Mitchell spoke about how to save the Everglades by uniting to fight a giant.

"We the people must have the same message, be on the same page, to be effective," Mitchell said. "The Now Or Neverglades Declaration is that message."

The Sanibel & Captiva Chamber hosted a Now Or Neverglades Declaration signing in August, while the City of Sanibel was among the first cities to enact an ordinance in support of saving the Everglades. Mitchell explained the problem with Lake Okeechobee discharges flowing east and west instead of south, as nature intended.

"The Everglades is in a state of collapse right now, from not enough fresh water," said Mitchell, whose father – astronaut Edgar Mitchell – was the sixth man to walk on the moon and her inspiration to fight for the Everglades.

Mitchell is a former West Palm Beach City Commissioner who served from 2002 to 2015. During her Commission tenure, she was a leading proponent of water supply management for the city and region. Mitchell's understanding of the need for Everglades restoration is rooted in her



Everglades Trust Executive Director Kimberly Mitchell speaking to Sanibel & Captiva Islands Chamber of Commerce members during the September business lunch

photo courtesy Sanibel Captiva Chamber

leadership during numerous droughts, water shortages and polluted water releases from Lake O.

Mitchell's well-rounded career also includes working as a governmental affairs professional in Tallahassee where she specialized in local and state representation, and management of local, state and national campaigns.

Adventures in Paradise sponsored the October business luncheon. Owner Evelyn Stewart gave away a cruise for 50 passengers aboard any of Adventures in Paradise vessels.

The next San-Cap Chamber business luncheon will be held on Tuesday, October 11 at the Captiva Island Yacht Club. ✨

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ISLAND SUN BUSINESS NEWSMAKERS

Agents Join Royal Shell



Liz Biswurm



Joe Mulino



Milda Pytlik



Debbie Rex



Shane Spring



Rob Ricca



Brittany Turner



Tara Walton

Top producing veteran agents Liz Biswurm, Joe Mulino, Milda Pytlik, Debbie Rex, Rob Ricca, Shane Spring, Brittany Turner, Tara Walton and Stacey Zuleta have joined Royal Shell Real Estate, Inc.

Biswurm is a specialist in the North Naples communities. She also has experience working distressed properties (foreclosures and short sales).

Mulino has held his real estate license since 2000 and has been active in New Jersey and Florida. In 2013, he obtained his Florida broker license.

Pytlik was born and raised in Lithuania. She moved to Florida in 2010 and earned her Florida real estate license. She speaks English, Lithuanian, German and Russian.

Rex is originally from Southwest Florida. She obtained her first real estate license after graduating from the University of Florida, launching her career in commercial real estate.

Ricca has been an active real estate agent in the Cape Coral/Fort Myers area for over eight years. He also held a New Jersey real estate license for 10 years.

Spring has 18 years of experience with the Sanibel/Captiva and Fort Myers markets. He is a member of the Royal Palm Coast Board of Realtors, Florida Realtors and National Association of Realtors. He is the federal political coordinator for the 19th District of Congress for the National Association of Realtors.

Turner joined the real estate business in 2014. She previously served two years as sales manager for a custom home builder.

Walton has 12 years of experience in home interior design and staging. She is a member of the National Association of Realtors, Florida Association of Realtors, Royal Palm Coast Realtor Association and Estero Newcomers Club.

Zuleta relocated from western Kansas to Fort Myers in 2005. She began her career in 2006 as a researcher for the real estate department at the Chico’s World Headquarters in Fort Myers.

The Royal Shell Group of Companies has offices serving the communities of Bonita Springs/Estero, Cape Coral, Captiva Island, Fort Myers, Naples/Marco Island, Ocala and Sanibel Island.*



Stacey Zuleta

Top Agents

The top agents at VIP Realty Group for August were: top sales agent, Debbie Ringdahl; top listing agent, Mary Lou Bailey; and top producer, Arika Bjorkedal.*



Arika Bjorkedal



Mary Lou Bailey



Debbie Ringdahl

Sanibel Captiva Trust Company

Living With Low Rates



by Timothy P. Vick, Senior Vice President and Senior Portfolio Manager

Two years ago, we stated that interest rates would stay low for an extended period, defying expectations that the world's "easy money" policies would soon lift economic growth and prompt credit costs to rise. Instead, borrowing rates have fallen worldwide. What are the implications? Low rates tend to cause short-term "gain" by re-inflating asset values, but when mismanaged, they cause long-term "pain." They are like a motor with a small gasoline leak. You can continue to run the motor as normal – until the moment the gas is gone. As such, we caution investors to remember the price paid for cheap money, and now make the case that rates need to rise.

Anyone whose balance sheet relies on "yield" and yield spreads has faced hardship watching interest rates and bond yields plummet. For example, amid the most-recent plunge in rates, lending margins for U.S. banks hit historical lows – 2.9 percent today versus 4.9 percent in 1994 – which has been a boon for borrowers.

Yet banks are not making enough profit on lending anymore to cover overhead, and thus need to resort to other means to stay profitable. We find this troublesome, since bank lending is a critical component to economic expansion. Low rates and new regulatory burdens have lessened banks' ability to inoculate the economy.

Another slow-brewing impact of low yields is that portfolio returns get squeezed. If interest rates indeed reflect the prevalent demand for money and the returns available on invested capital, then low rates are a "symptom" of sluggish economic growth and low investment returns. When a 10-year Treasury bond yields just 1.5 percent (what economists deem the "risk free rate"), it may be unrealistic to presume stock indexes can return more than 8 percent a year (five times the risk free rate).

This situation poses a special quandary for pension funds that manage \$3.2 trillion for current and upcoming retirees. The average municipal pension in the U.S. assumes a long-term portfolio return of 7.68 percent, figures based on past returns when bonds provided 7 percent yearly total returns, and stocks 9 percent. Today, 7.68 percent is nearly impossible to meet given that bond yields have plummeted below 2 percent, and returns on "alternative" assets have dropped sharply. Pension managers are slowly reducing their rate of return assumptions, but such a move forces the municipality to increase yearly

continued on page 38

Attorneys Named Best In America



David Fowler



David Platt

photos courtesy Henderson Franklin

Attorneys David Fowler and David Platt of Henderson, Franklin, Starnes & Holt, PA were recently selected for inclusion in *Best Lawyers in America* for 2017. Fowler was selected for his work in real estate law and Platt was selected for his work in trust and estate law, as well as trust and estate litigation.

Since it was first published in 1983, *Best Lawyers* has become universally regarded as the definitive guide to legal excellence. *Best Lawyers* lists are compiled based on a peer-review evaluation.

Fowler is a Florida Bar board certified real estate expert. He concentrates his practice in the areas of transactional real estate representing buyers, sellers and developers; condominium and community association law representing condominium, timeshare and homeowner associations; title insurance claims and underwriting; and construction contracts. Fowler also assists lenders with commercial and residential loan transactions, forbearance, loan restructuring and workouts.

With over 35 years of experience, Platt concentrates his practice in estate planning, estate and trust administration, commercial transactions and business entity formations. He frequently speaks and writes on estate planning and business matters for financial planners, accountants, attorneys, and the general public. Platt serves as an adjunct professor of law at the Michigan State University College of Law, and is the author of several publications.*



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Will Power

Income And Wealth Inequality



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

The income and wealth inequality political movement has been growing for quite some time, coming to a head in this year’s presidential race. Whether you agree inequality is bad or good is beside the point. The issue I would like to address here is how it affects clients. Specifically, let’s examine together how the given political climate heightens your desire for privacy, security and even social awareness and responsibility with intergenerational transfer of wealth.

Privacy

I grew up in Indianapolis, a conservative Midwestern city where it was difficult to determine whether a given individual was upper middle class or possessed vast wealth. I have since lived and practiced estate planning law here in Southwest Florida where those same Midwestern attitudes and values prevail, largely because many of our residents are originally from that area of the country. To them, privacy is everything.

My father was an accountant. A client of his, “Lou” owned bowling alleys, a largely cash business. Lou had accumulated vast wealth. His daily dress code, however, consisted of white T-shirt under bib-overalls with a huge ring of keys attached to his belt loop. At first glance, you’d think Lou was a janitor rather than the millionaire next door.

Privacy is what Lou and many like him value above all else. Because of that, revocable trust planning makes sense now than ever. Wills, as you may or may not know, become public documents upon the death of the testator. The will is available for anyone to view in a probate court. State laws vary as to the availability of the probate inventory, but it is relatively easy to skirt those rules by filing a claim against the decedent. Until it’s objected to, the claimant may have access to all sorts of private information as an “interested party.” When I inform my high net worth clients how public a process probate is, they will generally value avoiding the public eye.

Trusts, in contrast you should know, are private. The terms of the trust are not published in a public court. Qualified beneficiaries are privy to the trust inventory while others are not. Too often legal and tax professionals tout the probate avoidance or estate tax benefits of revocable trusts while failing to promote privacy, an attribute that is likely to be as highly valued by clients.

Secure Communications

In today’s day and age, using encrypted email as a part of a firm’s communication systems is also crucial. Those of us who represent high profile clients, such as officers of Fortune 500 companies, television and movie personalities and political figures understand that personal information is only a mouse click away from being broadcast to the world. Just this week, General Colin Powell’s emails criticizing Republican presidential candidate Donald Trump were hacked and made public. This was a nightmare for him. Most clients are extremely sensitive to their personal information becoming public, for good reason.

Not that every email should be encrypted, but it certainly makes sense to encrypt those emails that contain sensitive and private information.

Social Responsibility

Another opportunity the current political climate presents is to promote whatever charitable or social causes are near and dear to you inside of your estate plan. Those

who have accumulated wealth often feel a responsibility to give back to society, but don’t realize how the different vehicles provide lifetime income and tax benefits for themselves as well as testamentary tax benefits for their estates. Moreover, I like to mention an old adage about wealth creation and preservation, “wealth that is aggregated and managed ultimately grows as opposed to wealth that is segregated and distributed which will eventually dissipate.” This speaks to not only the creation of private foundations, charitable lead and remainder trusts, but also to family limited partnerships with corresponding generation skipping transfer tax trust planning. How do you suppose that the Bush family has kept their Kennebunkport residence or the Kennedy’s have retained Hyannis Port property in the family for so many generations? While you may not own such famous properties, you may own a vacation residence, a lake cottage or even use your island retreat as one that you would want multiple generations would like to retain and enjoy. When considering how to best gift or devise your vacation residence (or make transfers of closely held interests, securities or other properties through family limited partnerships), you should know that the IRS is changing the gift tax valuation rules, eliminating many discounts that have been useful for many years. You have only until year end to take advantage of today’s advantageous laws. At the first of 2017, these techniques will no longer be available. That is the subject of my next column, but if you are interested, you may go to my website for a free webinar on the subject found at www.sbshlaw.com/webinars. ©2016 Craig R. Hersch. Learn more at www.sbshlaw.com.✪

ISLAND SUN BUSINESS NEWSMAKERS



Phaidra McDermott



Dave Russ



Susan Glasser



Paul Cohen

Top Producers

The top producers at John R. Wood Real Estate for the month of August are: top closed sales agent, Phaidra McDermott; top listing agent, Dave Russ; top pending sales team, The Pro Team – Dave Russ, Susan Glasser and Paul Cohen; and sales production award winner, Valerie Tutor.✪



Valerie Tutor



Bruce Cochrane



Sarah Ashton

Top Associates

The top marketing associate at RE/MAX of the Islands for the month of August was Bruce Cochrane. The top selling associate was Sarah Ashton.✪

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Alzheimer's Fundraiser Staged At Sanibel Fish House



The inaugural Purple Mug fundraiser, held on behalf of the upcoming Walk To End Alzheimer's, was staged on September 15 at the Sanibel Fish House. From left are attendees Dr. Richard Wilson, Adrienne Gerard, Emily Reese and Joyce Mraz. Following two additional fundraisers – on September 29 at World of Beer in the Gulf Coast Town Center and on October 21 during Fort Myers Music Walk – the Walk To End Alzheimer's will take place on October 29 at Centennial Park in Fort Myers. For additional information, visit www.alz.org.

photos by Jeff Lysiak



Monica Recchilongo, left, is served by Sanibel Fish House employee Alexis Marcinkowski



Cory Johnson, left, purchasing raffle tickets from Right At Home's Joyce Mraz



Attendee Virginia Sanders, left, purchasing a purple mug from Cypress Cove's Adrienne Gerard

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Potential Cubs-Red Sox World Series Requires Bank Loan To Buy A Ticket



by Ed Frank

Can you imagine the television ratings and the frenetic excitement of baseball fans worldwide if the Chicago Cubs and the Boston Red Sox faced each other in the 2016 World Series?

“You’re a dreamer,” some will say. And they may be right. But dreams of playing in the World Series are what every baseball fan hopes and prays for their favorite team to achieve.

Let’s examine the scenario of this dream Cubs-Red Sox matchup as the 2016 regular season enters its final days:

The Cubs have been the dominant team in baseball the entire season, having clinched the National League Central Division Title more than a week ago with a whopping 17-game lead over second-place St. Louis.

Chicago began the 2016 season as the 5-2 favorite to win the World Series and maintains those 5-2 odds with the season nearing the end.

In all of baseball, there are no more passionate fans than Cubs and Red Sox fans. Remember, the Cubs have not won a World Series since 1908, and haven’t even played in a World Series since 1945.

Chicago already has started a lottery for postseason tickets, and more than one million people are expected to vie for those prized tickets. (Last year, their lottery registered 1.2 million fans.)

On the resale market, the prices already are astronomical. The ticket broker SeatGeek last week was quoting prices for the first game of the National League Division Series from \$374 to \$1,128 for a single ticket.

Should the Red Sox reach the World Series, it would truly be a remarkable turnaround for a team that finished last in the American League Eastern Division three of the last four years with a World Series championship sandwiched in the middle in 2013.

In that magical season of 2013, the Red Sox had gone from last to first to win that world title, so a last-to-first repeat in 2016 would not be unprecedented.

As this week began, the Red Sox held a four-game lead in the AL East after sweeping their arch-rival New York Yankees four straight over the weekend and defeating second-place Baltimore Monday night. Their 86-64 (.573) season record through Monday was far improved from their 2015 last-place record of 78-84 (.497). The Las Vegas odds-makers list Boston at 10-1 to win the World Series.

The frenzy for Red Sox postseason tickets is likely to be as much in demand – and as expensive – as Cubs postseason tickets.

Red Sox fans here in Southwest Florida know all about the demand for tickets as every Spring Training game year after year is a sell-out.

Sure it’s a dream of a Red Sox-Cubs World Series, but you can bet the bank that Fox TV, which televises the series, already is dreaming of the advertising dollars that would pour in if this dream comes true.

Everblades 19th Hockey Season Opens Next Month

The Florida Everblades begin their 19th season on October 14, when they host the Greenville Swamp at Germain Arena in Estero.

This highly successful hockey franchise has qualified for postseason play in the ECHL every year except one (2014) and has proven that minor league hockey is popular in this area.

The Everblades won the league’s Kelly Cup championship in 2012 and has won four division titles and three conference titles.*



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Regional Cancer Center

photo courtesy LMHS

Lee Memorial To Celebrate 100 Years With 5K Run October 1

The Southwest Florida community is invited to celebrate Lee Memorial’s 100th anniversary by taking part in the Lexington Cares 5K Run/Walk and 1-Mile Fun Walk on Saturday, October 1 at Lexington Country Club, located at 16257 Willowcrest Way in Fort Myers.

One of the culminating events of Lee Memorial’s centennial celebration, the 5K is a great way to stay in shape while helping others. Proceeds will be donated to help patients who receive care from the Regional Cancer Center’s Breast Health Center.

Registration is now open and closes September 30. Adults can register for \$30. Youth ages 12 and under are \$25. Registration for all ages on the day of the race is \$40 per person. Participants will receive a shirt, race number and complimentary breakfast.

Register at ftmyerstrackclub.com. For more information, call the Lee Memorial Health System (LMHS) Foundation at 343-6950.*

SPORTS QUIZ

1. In 2015, Los Angeles Dodgers pitcher Clayton Kershaw tied a team record with a sixth consecutive season of 200-plus strikeouts. Who else holds the mark?
2. Which of the following four left-handed pitchers appeared in the most major-league games: Tommy John, Jim Kaat, Sparky Lyle or Tug McGraw?
3. Name the school that has been ranked No. 1 in The Associated Press top-25 college football preseason poll the most times.
4. When was the last time before the 2015 NBA playoffs that the Washington Wizards swept a series?
5. When was the last time before 2016 that the St. Louis Blues made the conference finals in the NHL playoffs?
6. Who was the last rookie racer before Alexander Rossi in 2016 to win the Indianapolis 500?
7. Name the last Spanish female tennis player before Garbine Muguruza in 2016 to win the women’s singles title at the French Open.

ANSWERS

1. Sandy Koufax, 1961-66. 2. Lyle, 899 games; Kaat, 898. 3. UCLA. 4. 1982. 5. It was 2001. 6. Helio Castroneves, in 2001. 7. Arantxa Sanchez Vicario won the French Open in 1998.



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Foundation Adds Board Members



Mike Jung



Gail Markham



Dale Reiss



Jonathan Romine

The Southwest Florida Community Foundation recently added four new members to its board of trustees.

Mike Jung, Gail Markham, Dale Reiss and Jonathan Romine have each joined the nonprofit's board for a three-year term.

Jung was named president of the News-Press Media Group in August 2015. Prior to joining *The News-Press*, he held the same position with the *Idaho Statesman*, a McClatchy newspaper. Before joining the *Statesman*, Jung was the publisher at the *Santa Cruz Sentinel*. His newspaper career includes stints in the Bay Area, Akron, southern California and Florida with notable companies like Knight Ridder, McClatchy,

Gannett and Media News. He is a graduate of San Jose State University and was awarded with a McCormick Fellowship. He is immediate past board chair for United Way and previously served on the board of directors for the Boise Metro Chamber, Idaho Business for Education, Idaho Shakespeare Festival and the Idaho Food Bank.

Markham is the founding partner of Markham Norton Mosteller Wright & Company, a public accounting and consulting firm. She is a Florida Supreme Court certified family civil mediator, certified financial planner, certified fraud examiner and is certified in financial forensics. She is the founder of the Lee County PACE Center for Girls, and was named a WGPU Maker for her contributions in Southwest Florida by WGPU and PBS in 2013, the 2011 Woman of the Year and 2010 Philanthropist of the Year by *Gulfshore Life Magazine*, and she was the recipient of the Fort Myers Chamber APEX Award in 2008.

Reiss brings insights gained in her more than 40 years of experience in organizational, financial, planning and management strategies and has advised public and private companies, corporations and financial institutions in all aspects of development, investment and finance. She has experience serving on public, private and nonprofit boards and in a wide variety of industry leadership roles. Reiss serves as a director, chair of the audit committee and member of the investment committee of iStar Financial, Inc.

Romine is co-owner of EnSite, Inc., a leading Florida-based design firm specializing in planning, landscape architecture, civil engineering, urban design, sustainability and graphic design. He has served as a board member and various other capacities for The Foundation for Lee County Public Schools, the Greater Fort Myers Chamber of Commerce, Rotary Club of Fort Myers South, FutureMakers Coalition, HealthyLee Steering Committee and currently serves as president of the board of directors of the Imaginarium Science Center.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My child is in preschool. I was counting on the school to do a vision screening for her but so far nothing has occurred. Aren't all schools required to do a vision screening for their students?

Ellen C., Fort Myers

Ellen,

I am so pleased to hear that you are aware of how important a vision screening is for young children. Seeing the board is one of the most basic functions in education. Research has shown, repeatedly, that if you can't see, you're going to have an awfully hard time in school. And yet, too often, this simple issue gets overlooked.

Just this year, research showed that children with a significant vision problem during the pre-school years perform significantly worse on tests of early literacy. And that poor performance early on affects their reading scores when they reach the third grade, said Kira Baldonado, director of the National Center for Children's Vision and Eye Health. She also

said that most educators and parents know it's important to identify vision problems for children, but there just hasn't been a national consensus and unification around the approach for screening.

There are only 15 states that require vision screening for preschool-age children in the developmental time period that experts say is critical for identifying vision problems that can cause permanent blindness or vision impairments for life. "Knowing you've seen a child too late is very frustrating," said Millicent Peterseim, a pediatric ophthalmologist and the chair of the vision screening committee for the American Association of Pediatric Ophthalmology and Strabismus.

It's important to note that screening early doesn't mean states and schools should stop screening later. "We like to make sure that every child has their vision checked every year," said Peterseim. "Children's eyes change as they grow. If a student received glasses in first grade, they may have a completely different prescription in third grade."

"Schools play an important part in making sure vision screenings happen. For families that don't seek regular medical care, or are unsure of the medical system, schools can be a place they trust, where people already know their child," Baldonado said. Schools can also make sure kids are connected to care by providing information on where to receive a full eye exam or on organizations that

provide free glasses. This is a critical function for schools because some children fall through the cracks. They are picked up at the school screening but, for whatever reason, there is no follow through and some kids never get the necessary complete vision exam. So schools are instrumental in making sure screening data gets into a child's health record, and that outside partnerships with non-profits and health organizations exist.

Minimum vision screening regulations for Florida schools are as follows:

Not required for preschool, required for

kindergarten, grades 1,3 and 6, transfer students and K-5 students being considered for special education.

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

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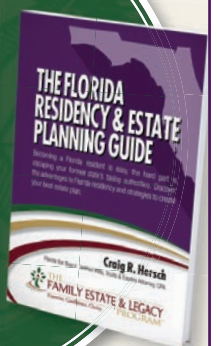
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Captiva Triathlon Raises \$35,000 To Help Fight Childhood Hunger



From left, Stefanie Edwards, Angie Ferguson and Kate Gooderham with the proceeds check photo courtesy Community Cooperative

It was more than a great weekend of swimming, biking and running, but also of competition, sportsmanship and giving back to the community. The 6th annual Galloway Captiva Triathlon for charity, held on Saturday, Sept. 10 and Sunday, Sept. 11 at the South Seas Island Resort on Captiva, brought competitors from 24 different states and several other countries. In total, more than \$35,000 was raised for Community Cooperative, whose mission is to end hunger and homelessness in Lee County.

“The success of this event is due to the outstanding coordinated efforts of the event planning team of Ken and Kate Gooderham and Angie Ferguson as well as our volunteers, sponsors and, of course, the race participants,” said Tracey Galloway, CEO of Community Cooperative. “Every year this event outpaces our

expectations, and we couldn’t be more pleased with this year’s results.”

“Having a great charity to support helps people get and stay involved -- and getting to see that support help the community really inspires us and our athletes”, said Ken Gooderham of Gooderham & Associates and Southwest Florida Events.

More than 950 adults and 225 children competed in the triathlon, with some 70 volunteers working the two-day event, handing out 100 trophies and plaques to both winners and sponsors.

Community Cooperative is an innovative nonprofit 501(c)3 organization made up of social service entrepreneurs fighting to end homelessness and hunger in our community. The agency provides more than 15,000 meals each month through its Community Café and Marketplace and Home Delivered Meals programs. Community Cooperative offers homeless and comprehensive case management services through its United Way Resource Houses, oversees an emergency mobile food pantry and supplies school pantries to more than 1,500 children and their families each school year.

For more information, call 332-7687 or visit www.communitycooperative.com.✧

BeautifulLife: Cherish Memories



by Kay Casperson

I have recently been going through old photos and albums that have been in storage bins for many years. I have a bin for myself, my husband and my daughters as well as a miscellaneous bin for other photos; business, family get togethers and more. My goal is to organize my photos based on different times of my life and create these albums to enjoy now, and of course, in the future. Down the road, these captured memories will be fun for my children and their children to look at.

Times have changed and we now have our photos on our phones, computers and in cloud or backup storage. The concept of albums has diminished, even though when you pull one out at a family affair or just while sitting with loved ones, everyone seems to enjoy them time and time again.

It is so much fun to look back at memories and to cherish that time of our life. Whether the memories bring you back to a joyful time, a challenging time or a time of change, they are all there for a reason. They were instrumental in molding and shaping your life and where

you are today.

I recently discovered that I have the opportunity to attend a high school reunion coming up which is back in my home state of Minnesota. I have not attended one for many years since I don’t live there and during my 25th reunion, I was eight months pregnant with my second daughter. I really didn’t want to be the only pregnant person there and I would have been since I had my daughter at the age of 44!

I have pulled out all of my memories from grade school, middle school and high school just to take a look at what I had stored and it was so nostalgic to think about the fun we had back then. It was also interesting to remember the challenges and instances that made me go in certain directions in life. Whether I end up attending my reunion or not, it has definitely forced me to take a look back and remember how important it is to cherish those memories.

My favorite affirmation for cherishing memories is;

“I keep memories close to my heart to remind me of the road I traveled that brought me to where I am now.”

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

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Print It



by Barb Cacchione

If you’ve been debating about whether or not to use prints or patterns in your next decorating project, fear no more.

Prints are definitely more eye-catching than solid or textured fabrics. They dramatize the look of window treatments, furniture and, yes, even area rugs. Be sure to choose one main pattern, usually large or medium in scale and make that your show-stopper design.

Then you can add additional prints and

patterns in smaller scales to your room’s overall design. Just be sure to not crowd your room with too many prints, especially if your room already holds a lot of furniture and accessories. Too many prints will make any room seem small and cluttered.

As a general rule, big, bold prints will make objects appear more dominant. Small patterns can eliminate undesirable angles and visually increase the size of a room. So, doesn’t it stand to reason that you’ll want to use the bigger, bolder patterns on furnishings that you truly want to stand out? And, by using coordinating prints of a medium or small scale design to complement your main print, you’ll easily avoid overcrowding your room.

When used properly, decorating with prints and patterns will help make your home be pattern perfect.

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

Eden Energy Medicine

Indecisive?
Trace Small
Intestine Meridian

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

Because this Yang meridian of small intestine makes all the decisions of what to ingest into our bodies or what to let go, it is a very

powerful meridian. So, if you have trouble making decisions and feel stuck, tracing small intestine will help. Other times to trace this meridian might include fever and night sweats, headaches, wrist pain, abdominal pain, beer belly, ear problems, heart disorders (its paired Yin meridian is heart), knee pain, weak legs, shoulder pain, tinnitus, trigeminal nerve problems, or feelings of hysteria.

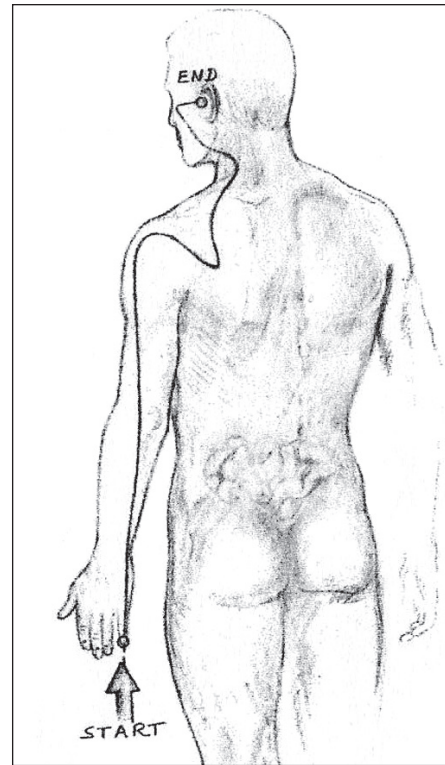
As a reminder, view the August 2 and 12 columns, since the basics of tracing are set forth.

Meridian flow wheel time of day: Small intestine meridian's high tide is 1 to 3 p.m. We always begin and end by tracing central and governing meridians before starting to trace the other meridians. If you begin tracing your meridians at 1:30 p.m., then begin with small intestine.

Reasons to trace alone in addition to tracing all meridians: Although it is best to trace all your meridians as one continuous flow, you may want to trace small intestine if you have some of the symptoms listed. Consider the question, "What stays with me or what goes out of me?" If unable to answer this question, consider small intestine work. Or if you experience abdominal cramps, irritably, nausea, weakness in the thighs or knee, this is another indication of small intestine imbalance.

Affirmation for this meridian is, "I know what I want. I am decisive and I get it!" So many decisions are required on a daily basis and often there are not internal or external resources available to assist in decision making, thus, after awhile, our inability to move forward can become a habit needing re-patterning. Remembering that matter follows energy. Stating a positive thought shifts the energy just by the intention. This is the metaphysical fabric of life. We are all part of that pure fabric of existence so reap its benefits.

Pathway of meridian: The beginning point of small intestine meridian is at the lateral side of the base of the little finger, and the end point is at the entryway into the ear (refer to image of pathway). With the palm of your hand on the outside edge of the opposite little finger, move the



Tracing small intestine meridian

image courtesy Eden Energy Medicine

palm up the outside edge of your hand (over karate chop area), continuing along the outside edge of the arm (where the two colors of your underside and upper side of your skin meet), and over the shoulder. When you reach the shoulder, place your hand flat so that your fingers are on the upper part of your back, right

under your scapula. Pull your hand over the neck to the center of the cheekbone and continue with the palm to the opening of the ear. That's it. You just traced small intestine.

Flushing or tracing the meridian backwards: Remember that if there is too much energy in a meridian, you may want to trace it backwards and see if that makes you feel better. If experiencing pain or "dis-ease" in the area of a meridian, it is likely that removing the energy from the meridian will provide relief. If it does, then trace it backwards three times, but never trace heart backwards. If it seems there is not enough energy in your meridian, then trace it forward three times. If you feel better, this is what was needed. Experience the impact of the energetic shifts. To flush a meridian, as if you are de-clogging a pipe, trace the meridian once backwards to loosen the sludge and then trace the meridian forward three times. Flushing really helps reset the meridian's balance.

You are set. Keep this column as a reminder of how to trace small intestine while you learn the next 10 meridians over the next several months.

Have fun with your energy, Next week's topic is Feeling Hopeless or Have Joint Pain? Trace Bladder 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: How can I learn to shift from always wanting more on the outside to becoming more on the inside?

A: It's OK to want "more" (it's our human nature) if you can learn to create

a balance of feeling that you can be more on the inside as you are seeking. This is a spiritual question that many are seeking an answer. It's what you are focusing on when you tend to want more on the outside.

You have probably learned that wanting more external things don't bring much other than temporary gratification. It doesn't last. When you are becoming more on the inside, your heart is open to the fullness of loving, giving and receiving, having patience, willingness to learn, cultivate the expansion of your consciousness, approach life with genuineness and sincerity. Those are to name a few.

Cherish the person you are becoming and trust the process that you will emerge from the inside out. It's not about who you think you should be to please others or get approval, it's about truly honoring the unfolding of who you truly are, your miraculous self.

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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RAIN OR SHINE



dearRPharmacist

Health Problems Clinton And Trump Might Expect



by Suzy Cohen, RPh

Dear Readers: I'm interested in politics and what our nominees are taking because it gives me a glimpse into their overall health. By looking at their medication, it's like a "crystal

ball" and I can see the future and potential diseases they might get due to the drug mugging effect. If you don't put back what medication 'steals' you could develop "diseases" that you don't really have, diseases that are just simply due to vitamin or mineral deficiencies. I have a more comprehensive version of this article at suzycohen.com. In alphabetical order:

Hillary Clinton

The Democratic nominee, Senator Clinton has recently had some coughing spells due to pneumonia. She takes Armour Thyroid, which is for hypothyroidism. The Levaquin she takes is temporary, as well as Clarinex, used for her respiratory infection. Coumadin,

used for blood thinning or A-fib is taken daily and known generically as Warfarin.

If I was having dinner with Senator Clinton, I would not let her order anything with avocados or onions because there are clinically significant interactions with her Warfarin. I wouldn't let her drink grapefruit juice because it could spike the Warfarin.

Armour Thyroid should be taken first thing in the morning, upon arising. If milk or cream (with coffee) is desired, these calcium-containing foods should be separated two hours away from her thyroid medicine. Selenium could be helpful for her, as it improves thyroid hormone activation. Plus it's a strong antioxidant, so it should reduce risk for future infections.

The Warfarin she takes is an anticoagulant sometimes used for A-fib. It's a strong drug mugger of Vitamin K (causing deficiency), however, she should not supplement with K because it inactivates her medication. As for her Levaquin (levofloxacin), she risks harmful (and possibly irreversible) tendon or nerve damage. She needs probiotics because this improves thyroid hormone by 20 percent, plus reduces risk for stomach pain, diarrhea, constipation and immune dysregulation from the antibiotic. Because she's under stress, and has low thyroid, I'd recommend Ashwagandha for her, taken at bedtime for restful sleep.

Donald Trump

The Republican nominee takes "rosuvastatin," which goes by the brand name Crestor in the United States. His physician, Dr. Bornstein, has stated that Mr. Trump takes low-dose aspirin, which is typically used for blood thinning.

Statins are very strong "drug muggers" of CoQ10, selenium and Vitamin D as well as other nutrients. Over time, the nutrient depletions could cause memory problems, leg cramps, muscle aches, weakness, erectile dysfunction, shortness of breath or heart arrhythmias. A deficiency of selenium could lead to reduced thyroid hormone. A deficiency of Vitamin D could impair immunity. I would like to see Mr. Trump manage cholesterol with fish oils and exercise, not statins.

Aspirin could mildly deplete his vitamin C, iron, folate and potassium levels, resulting in fatigue, shortness of breath, pale skin and methylation impairment.

If I was to have dinner with Mr. Trump, I would never agree to eat fast food with him, even though he loves this nutritionally naked food. In light of his diet, I would suggest Magnesium L-threonate at bedtime, perhaps 200 mg which supports a healthy mood, muscular function and restful sleep.

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

Mom And Me



my problems with, but this is very difficult and my husband is totally unable to comprehend female concerns. What would you suggest I do?

Betty Sue

Dear Betty Sue,

Use the skills you developed earlier in your life! It may be harder now, but you developed your networking skills, were successful in the past and will be successful in the future. As far as your husband not understanding your concerns... well, what can I say? That is a harder nut to crack!

Pryce

Dear Betty Sue,

Making new friends gets increasingly more difficult as we age.

Many seniors are isolated, have health problems and cannot travel around to clubs and other meeting places. Senior couples also have difficulty meeting other well functioning senior couples, but with perseverance and an element of luck, new friendships can be formed.

As far as a female confidante is concerned, a lot of senior women will not discuss any of their problems with others and only if absolutely needed will they consult a family member or a professional.

Lizzie

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

by Lizzie and Pryce

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

Dear Mom & Me,

We moved around a lot because of my husband's job. We always quickly adjusted, made new friends and then moved to the next place.

But now that we have retired, making friends is not so easy, and I miss having a female confidante.

All I want is another gal to discuss

Doctor and Dietician

Dairy Allergies? Try These Alternatives



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

Finding out that you're allergic or sensitive to dairy foods can be hard to swallow. Think about how many foods contain milk, cheese, and even butter, which are all dairy products that you may need to avoid. But there are great alternatives out there.

Milk: There are quite a few options to replace milk. You have the choice of soy, almond, cashew, hemp, rice, oat or coconut milk. Some of these have more protein than others. You want to make sure you choose one that is relatively high in protein (at least 7 grams per serving) and avoid milks that are sweetened – so definitely purchase plain or original, versus vanilla, chocolate or other flavored milks.

Cheese: Did you know there are cheese alternatives? Soy cheese and rice cheese are common, but there are other vegan cheese alternatives such as Daiya, which is dairy-free, egg-free, gluten-free, nut-free, peanut-free and soy-free. While they don't taste exactly like real cheese, they can work well for sandwiches and recipes that need melted cheese, such as dips and homemade pizzas. You can also make homemade cashew cheese for a tasty treat.

Yogurt: Substitutes are much more abundant these days. You can choose from soy, coconut, goat or rice milk yogurt. As with any yogurt, purchase plain to avoid excessive sugar. Coconut milk yogurt is absolutely fabulous if you have never tried it.

Alternatives for butter, sour cream and cream cheese are also available. These are often soy or rice based. Also try "butters" that are basically whipped olive oil spreads, which are excellent. We do not suggest margarine, though. Another idea is to spread avocado or hummus in place of butter. A dairy allergy doesn't have to restrict your food choices. You just have to find new ones.

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.✴

From page 31

Low Rates

pension contributions and/or cut operating budgets to make up funding shortfalls. Likewise, large universities that heavily depend on endowments to plug budget gaps could feel a severe pinch should portfolio returns average just 3 or 4 percent for an extended period.

Insurance companies face similar dilemmas. Their ability to pay trillions in future claims, and pay out annuitants, relies on portfolios that deliver 4 to 6 percent returns long term. But with roughly 80 percent of the life insurance industry's portfolios held in bonds and mortgages, and 60 percent of their reserves set aside to pay annuities (many which promise a minimum return), the prolonged slide in rates has punished margins. Returns on equity for the largest insurers have fallen 40 to 50 percent since rates began dropping in 2007-08.

In the past, interest rate cuts by central banks tended to encourage more capital spending, more lending, and more consumption. This post-recession cycle, however, is markedly different due to the already high debt levels that existed prior to the recession. With rates pushed artificially low for seven years, all market participants – investors, pensioners, savers, governments and financial institutions – are being starved for yield and forced to take more risks. Only rising rates can relieve these pressures. ✴



Veggie Stuffed Mushrooms

1 cup zucchini, finely diced
 1/2 cup radish, finely chopped
 1/2 cup onion, finely diced
 1/2 cup bread crumbs
 1/2 cup fresh basil leaves, chopped
 3 tablespoons Parmesan cheese
 1 egg
 1 teaspoon
 Freshly ground pepper
 24 medium-sized mushroom caps,
 rinsed and stems removed

Preheat oven to 375 degrees F.

Combine all ingredients except mushrooms; mix well. Stuff mixture into mushroom caps and place stuffed mushrooms on a large baking pan.

Bake until mushrooms soften and mixture begins to brown, approximately 15 minutes.*



Veggie Stuffed Mushrooms

photo courtesy Fresh From Florida

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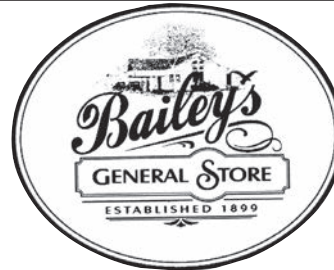
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PETS OF THE WEEK

Hello, my name is Charles. I'm a 1.5-year-old male terrier mix and am quiet, friendly, polite and only 14 pounds. I would love to be someone's lap dog because sitting in laps is my favorite thing to do!

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

Hello, my name is Roxie. I'm a 4-month-old female domestic short hair and am an affectionate, pretty kitten with a super shiny black coat and cute white mittens on all four paws. My personality is mellow, so you won't have any crazy kitten antics with me.

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

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.✧

PAWS Of Sanibel

Lost Kitten

This little kitten was found wandering around a local restaurant. She is assumed to belong to someone because, as you can see from her picture, she is quite sweet and affectionate.

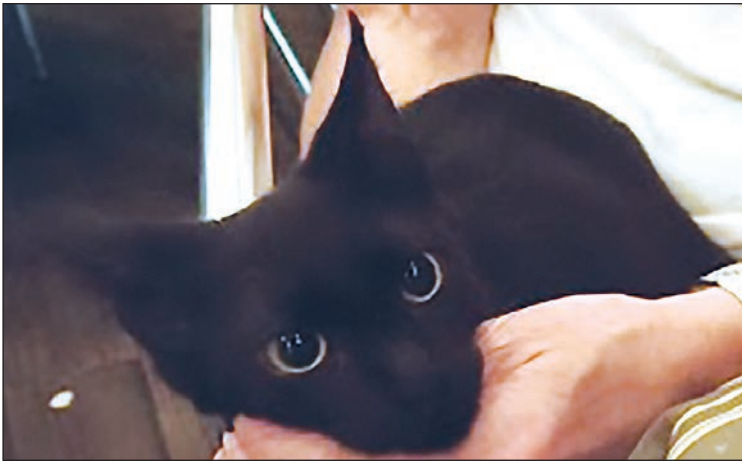
If you can help this little kitty, call Ivan at 258-9333.✧



Charles ID# 674342



Roxie ID# 674433



This lost kitten needs a home

photo courtesy PAWS of Sanibel

PUZZLES

Answers on page 45

Super Crossword

COLOSSAL COINAGE

- ACROSS**

1 Mafia VIPs

6 Chocolate substitute

11 Maintain

15 Molecule bit

19 Animated

20 North Pole explorer Robert

21 "My Friend —" (old radio show)

22 Erie or Eyre

23 It has many food aisles

25 Used a sketchpad

26 Diploma holder

27 Arise

28 — of Aquitaine

30 Flip one's lid

31 Result of an armistice

34 Rialto locale

36 Actress Birch

39 Like some double-decker buses

43 Yak's land

44 Strong rapids, say

46 Opposite of 31-Across

47 Wallach of "Lord Jim"

50 Daughter of Agamemnon

51 Flawlessly

53 Movie critic Gene

56 Sheltered, to sailors

57 Suze of CNBC

59 Posts such as "10 Signs You're a Puzzle Addict"

61 — Moines

62 A8 carmaker

63 Onto land

66 Geared up

67 Product label stamps

70 — Gras

73 Light touch

74 To be, to Zola

75 Rx safety org.

78 Straightening

80 Medicare section

82 Middling grades

83 Actions of a trained horse

84 Sell as a business

87 Ties

89 2012 Best Director — Lee

90 Old Delta alternative

92 Sheeplike disposition

94 Milo of film

97 Alma mater of Samuel Alito

98 Tip over

99 Kicked out of

102 Pale yellow

104 "Nay" sayers

105 Devotees' Web page

109 City on the Illinois River

113 Fast one

114 "Put — on it!"

115 Source of the long word made from the starts of eight Across answers in this puzzle

118 Wyatt out West

119 Soccer legend

120 Pool slime

121 Kate's TV roommate

122 Energetic

123 Cold War abbr.

124 Bozo, e.g.

125 River deposit
- DOWN**

1 Docket entry

2 Grad

3 Popeye prop

4 Charge too much for

5 Bilko's rank

6 Pro with IRS returns

7 — Lingus

8 Fall tool

9 Ex-Dodger Hersher

10 Gig billionth

11 Hold hostage

12 Dashing Flynn of film

13 Retired female prof

14 Clawed foot

15 1990s vice president

16 Fast whirling dance of Italy

17 Striped-legged beast

18 Jason's wife

24 "— culpa!"

29 Come at — (not be free)

30 Dollop

32 Lack of bravery

33 Fuel economy

35 Top spot

36 Walk on

37 Oscar winner Berry

38 S-curves

40 Kett of comic strips

41 Week-old baby, e.g.

42 Singer's syllable

45 Collection

46 More quirky

48 Bore false witness

49 Tiny, to a tot

52 Tesla Motors CEO Musk

54 New staffer

55 Tennis stat

58 Carmen with fruit hats

60 Puget Sound city, in an address

62 Pink-slipping

64 Gal in the family

65 Home for the sick

67 Threshold

68 Joking Johnson

69 Amtrak sight

70 Baby's cry

71 Comic King

72 Beat-keeping Beatle

75 One in utero

76 John of tractor fame

77 Beneficial thing

79 Portioned

81 Dye in blue jeans

82 1942 horror classic

85 John or John Quincy

86 "U R funny!"

88 Cut-covering cloth

91 Pancake alternatives

93 Take it on the — (flee)

95 Ren's cartoon pal

96 "For — a jolly good fellow"

97 At a distance

99 Fertile areas in deserts

100 Open, as a pill bottle

101 Amtrak sights

103 NYSE event

106 Apple on a desk, maybe

107 Towering

108 Accordingly

110 Small stream

111 Middle of many a sig.

112 Offshore

114 Kwik-E-Mart storekeeper

116 Swerve

117 Put in writing

| | | | | | | | | | | | | | | | | | | | | | |
|-----|-----|----|----|----|----|----|-----|-----|----|----|----|-----|-----|-----|----|-----|----|----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | |
| 19 | | | | | | 20 | | | | | | 21 | | | | | 22 | | | | |
| 23 | | | | | 24 | | | | | | | 25 | | | | | 26 | | | | |
| 27 | | | | | | | | 28 | | | | 29 | | | | | 30 | | | | |
| | | | 31 | | | 32 | 33 | | | 34 | | | | | 35 | | | | | | |
| 36 | 37 | 38 | | | | 39 | | 40 | 41 | 42 | | | | 43 | | | | | | | |
| 44 | | | | | 45 | | | | | | | | 46 | | | | | 47 | 48 | 49 | |
| 50 | | | | | | | | 51 | | | | 52 | | | 53 | 54 | 55 | | | | |
| 56 | | | | | 57 | | 58 | | | | | 59 | | 60 | | | | | | | |
| 61 | | | | 62 | | | | 63 | 64 | 65 | | | | | | 66 | | | | | |
| | | | 67 | | | | | 68 | | | | | | | 69 | | | | | | |
| 70 | 71 | 72 | | | | 73 | | | | | | | 74 | | | | | 75 | 76 | 77 | |
| 78 | | | | | 79 | | | | | | 80 | 81 | | | | | 82 | | | | |
| 83 | | | | | | | 84 | | 85 | 86 | | | | 87 | | 88 | | | | | |
| 89 | | | | | | 90 | 91 | | | 92 | | | | 93 | | | | | | | |
| | | | 94 | 95 | 96 | | | | 97 | | | | | | | 98 | | | | | |
| 99 | 100 | | | | | | | 101 | | | | | | 102 | | 103 | | | | | |
| 104 | | | | | | | 105 | | | | | 106 | 107 | 108 | | 109 | | | 110 | 111 | 112 |
| 113 | | | | | | | | | | | | | | | | | | | | | |
| 118 | | | | | | | | | | | | | | | | | | | | | |
| 122 | | | | | | | | | | | | | | | | | | | | | |

King Crossword

- ACROSS**

1 Rearward, at sea

4 Highlanders

9 AAA job

12 Scatter seeds

13 Monastery head

14 Years you've lived

15 9-Ball setting

17 Popular sandwich, for short

18 Him (Ger.)

19 They can't be compared to oranges

21 Thickly entangled, as hair

24 Aching

25 Playwright Levin

26 Steal from

28 Do, re and mi

31 Occupy completely

33 Ph. bk. data

35 Colt's mama

36 Dervish

38 Affirmative

40 Falsehood

41 Sketch

43 Rouse

45 Journalist

47 Scot's hat

48 "— and Peace"

49 Cheating, e.g.

54 Superlative ending

55 Small egg

56 Citric bever age

57 Secret agent

58 Apportioned

59 Tatter

6 Recede

7 Albright and Falana

8 Trample

9 Mealtime chat

10 Lecherous look

11 Drenches

16 Illuminated

20 Seniors' dance

21 Anger

22 Opera solo

23 Swear

27 Lad

29 A Great Lake

30 Witnessed

32 Old Italian money

34 Washington city

37 Haphazard

39 Vacillated

42 Relinquish

44 Pump up the volume

45 Has bills

46 Grate

50 Trench

51 Rowing tool

52 Harem room

53 Lower limb
- DOWN**

1 Cleopatra's snake

2 Egg — yung

3 Pair

4 Accumulate

5 Strand

| | | | | | | | | | | | | |
|----|----|----|--|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 |
| 12 | | | | | 13 | | | | | | 14 | |
| 15 | | | | 16 | | | | | | | 17 | |
| | | | | | | | | 18 | | | 19 | |
| 21 | 22 | 23 | | | | | | 24 | | | | |
| 25 | | | | | 26 | | 27 | | 28 | | 29 | 30 |
| 31 | | | | 32 | | 33 | | 34 | | 35 | | |
| 36 | | | | | | 37 | | 38 | | 39 | | 40 |
| | | | | | | | | | | | | |
| 45 | 46 | | | | | | | 42 | | 43 | | 44 |
| 48 | | | | | | | | | | | | |
| 54 | | | | | | | | | | | | |
| 57 | | | | | | | | | | | | |

MAGIC MAZE ● — WRAP

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

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

- Body

Bubble

Chicken

Food
- Gallery

Lettuce

Market

Over
- Plastic

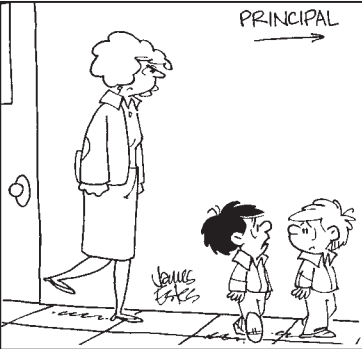
Reynolds

Sandwich

Saran
- Shrink

That's a

Word



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!

Cavort
CARPEN
Spring
PALE
Produce
EYLID
Rebound
RENTREE

TODAY'S WORD

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

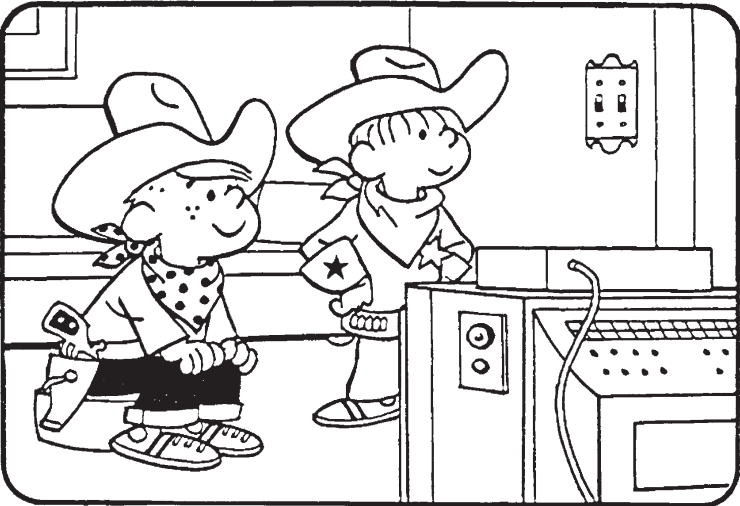
SUDOKU

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.

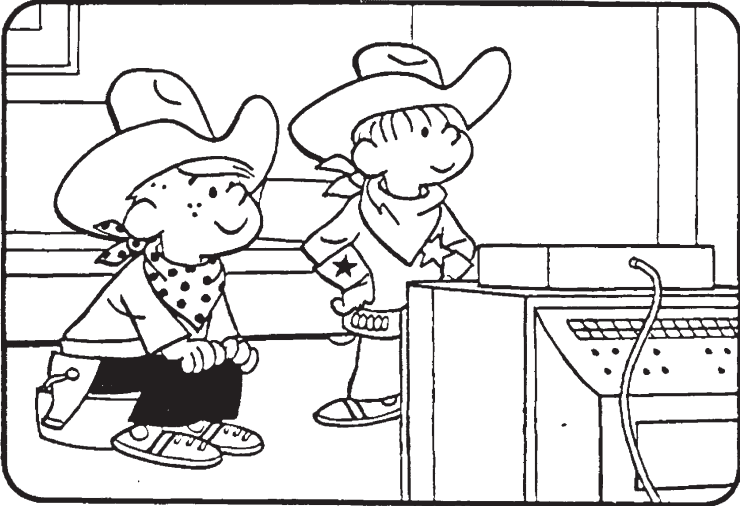
answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Gun is missing. 2. Cuffs are missing. 3. Glove is smaller. 4. Light switch is missing. 5. TV controls are missing. 6. Cable is moved.

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LIVE ON THE ISLANDS

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

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

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

Traditions on the Beach at Island Inn 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 26, 2016

ARIES (March 21 to April 19) You'll soon have a chance to take a big step up from where you are to where you want to be. Check it out first. Remember: Even the Mountain Sheep looks before it leaps.

TAURUS (April 20 to May 20) This week brings a challenge that could determine the future direction of your life. If you're ready for a change, accept it with confidence. A loved one supports your decision.

GEMINI (May 21 to June 20) A disruption creates a delay in completing your projects. Use this time to pursue a personal matter you were too busy to deal with before. You'll find it will be time well spent.

CANCER (June 21 to July 22) You still need to be on the alert for any signs of problems that could create serious misunderstandings. A more positive aspect begins to emerge toward the week's end. Be patient.

LEO (July 23 to August 22) With things slowing down a bit this week, it would be a good time for luxury-loving Leonines to go somewhere for some well-earned pampering. Things liven up around Friday.

VIRGO (August 23 to September 22) Single Virgos looking for partners are finally getting a break from Venus, who has moved in to make things happen. Attached Virgos see their relationships blossom.

LIBRA (September 23 to October 22) You've been working hard to get things done. Now take a breather and recheck your next step. You might want

to make some changes in view of the news that comes your way.

SCORPIO (October 23 to November 21) The watchword for savvy Scorpions this week is "preparation." Consider sharpening your skills to make the most of the new opportunity you're about to take on.

SAGITTARIUS (November 22 to December 21) There might still be some loose ends that need tucking up if you hope to get that important relationship repaired. A new spurt of activity starts soon.

CAPRICORN (December 22 to January 19) It's a good idea to keep the positive momentum going by finding and getting rid of anything that could cause you to stumble. Keep the path ahead clear and open.

AQUARIUS (January 20 to February 18) A period of contemplation is advised before you make your next move. Be sure that where you decide to go is the right place for you. A health matter needs attention.

PISCES (February 19 to March 20) That new energy surge that hit you last week continues to send out good vibrations. Try investing a part of it in creating something noteworthy on the job.

BORN THIS WEEK: You like to balance your personal universe, and in doing so, you help bring harmony into the lives of the rest of us.

THIS WEEK IN HISTORY

• On Oct. 2, 1836, British naturalist Charles Darwin returns to England after a five-year voyage surveying the flora, fauna and geology of the southern Atlantic and Pacific oceans. It would lead to his theory that evolution occurred by a

process he termed "natural selection."

• On Sept. 28, 1901, Ed Sullivan, who will become the host of "The Ed Sullivan Show," is born in New York City. Sullivan's popular program showcased a wide range of entertainers, including Elvis Presley and the Beatles.

• On Oct. 1, 1918, a combined Arab and British force captures Damascus from the Turks, completing the liberation of Arabia. A key commander in the Allied campaign was T.E. Lawrence, the legendary British soldier known as Lawrence of Arabia.

• On Sept. 26, 1960, for the first time, a debate between presidential candidates is shown on television. John F. Kennedy, senator from Massachusetts, and Richard M. Nixon, vice president of the United States, met in a Chicago studio. Kennedy looked tanned and healthy, while Nixon looked ghostly after his makeup ran.

• On Sept. 27, 1989, actress Zsa Zsa Gabor, on trial for slapping a police officer, storms out of the courtroom. Gabor said her treatment by the police after being pulled over in her Rolls-Royce was "like Nazi Germany."

• On Sept. 30, 1999, large doses of radiation are released into the air at Japan's Tokaimura nuclear plant. Workers had mixed 35 pounds of powdered uranium instead of five, then forgot to turn off the plant's ventilation system.

• On Sept. 29, 2005, New York Times reporter Judith Miller is released from federal detention after agreeing to testify in the investigation into the leaking of the identity of covert CIA officer Valerie Plame. Miller had been behind bars since July 6 for refusing to reveal a confidential source.

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STRANGE BUT TRUE

• It was ancient Stoic philosopher Epictetus -- who served as a slave to a freedman named Epaphroditos, who was himself a secretary to the infamous Roman emperor Nero -- who made the following observation: "Men are not disturbed by things, but the view they take of things." (In an interesting side note, upon hearing that quotation, a professor of psychology named Herb Kimmel reportedly responded: "What about things like bullets?")

• The next time you're outside enjoying a morning serenade, consider this tidbit: Most bird songs are cries of war, not courtship.

• Most people know "Mary Poppins" from the 1964 Disney film, but the character was created by author P.L. Travers and first appeared in a children's book published in 1934. Walt Disney loved the story and wanted to make it into a movie, but it took more than 20 years for him to convince Travers to approve the plan.

• Beloved American author Kurt Vonnegut studied biochemistry in college.

• You may think you know what color a polar bear's fur is, but you're probably wrong: It's not white; it's translucent. The fur appears white because it reflects visible light -- in fact, polar bears are nearly invisible in infrared photography. If you've seen a polar bear in a zoo, though, you may have noticed a greenish tinge to its fur; this color comes from algae, which tends to form when the bears are in warm and humid environments to which they're not accustomed.

• You might be surprised to learn that the first drive-in theater in the United States was opened all the way back in 1921, in downtown Comanche, Texas. Attendees parked bumper to bumper to watch screenings of silent films.

THOUGHT FOR THE DAY

A good storyteller is the conscience-keeper of a nation." -- Sampooran Singh Gulzar

NOW HERE'S A TIP

• "Use old T-shirts as rags when you polish your silver and brass. They

work really well, no scratching! I am doing this now to get everything ready for the holiday entertaining season." -- E.L. in Maine

• Before cold weather settles in, remove summer dust buildup by vacuuming walls, baseboards, ceiling ductwork and high shelves. You can extend your reach with the cardboard core of a roll of gift wrap. Just tape it to the end of your handle attachment.

• "I have a weekly meet-up group of girlfriends. We pick a project to work on each season or so. This season is organizing vacation and digital photos. We each bring a load of old photos or our computer to each others' houses in turn, and have a great time going through them, organizing and putting them in albums. It is less overwhelming to do it with friends. Plus, we have fun!" -- R.E. in New Hampshire

• Use a Bundt pan to roast a chicken. Grease insides of pan. Simply season and prepare your bird, then slip the bird upright on the center, cavity down. Then fill the pan with veggies for a complete meal. Roast and enjoy.

• Wipe down screens before replacing them with storm windows for

the winter. Also, save yourself a lot of time and aggravation by labeling each screen with the location it came from. This way, in the spring, you will have an easy time getting them back up.

• Protect your carpet, upholstery and artwork by drawing the blinds or curtains in windows that get direct sunlight. If you like to get the light and warmth in the cold months, use sheers to filter the light. Over time, even through a window, the light can fade and stain fabrics.

SCRAMBLERS

solution

1. Prance; 2. Leap;
3. Yield; 4. Return

Today's Word
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PUZZLE ANSWERS

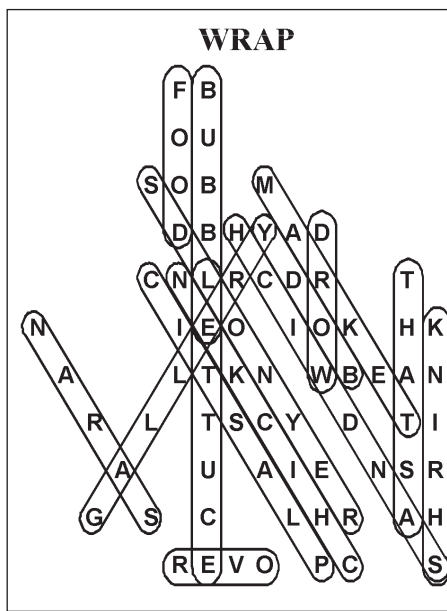
SUPER CROSSWORD

| | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | A | P | O | S | | C | A | R | O | B | | K | E | E | P | | A | T | O | M | |
| A | L | I | V | E | | P | E | A | R | Y | | I | R | M | A | | L | A | K | E | |
| S | U | P | E | R | M | A | R | K | E | T | | D | R | E | W | | G | R | A | D | |
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MAGIC MAZE



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

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*RS 8/5 CC TFN

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ANNUAL RENTALS

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Royal Shell Real Estate is seeking a dependable, well-qualified individual for an extremely busy office.
Part-time weekend position & possibly other days as needed. Email resume to:
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HELP WANTED

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BIG ARTS is looking for a Facilities Coordinator, full time, w/ benefits. Must be able to work flexible hours. Send resume to info@bigarts.org.
*NS 9/23 CC 10/14

CUSTOMER SERVICE ASSOCIATE

BIG ARTS is looking for a Customer Service Associate, full time, seasonal, Oct-Apr. Customer service and office experience required. Must be able to work flexible hours. Send resume to info@bigarts.org.
*NS 9/23 CC 10/14

HELP WANTED

All around person for small resort and marina. Basic building repair skills and knowledge of operating small boats. Please call 239-470-5389.
*NS 9/23 CC 9/30

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Part Time -TROLLEY DRIVER'S Needed
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Email sanbeautys@aol.com.
*NS 9/23 CC 9/30

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Full time Administrative Assistant needed for Island Real Estate office front desk. Duties include greeting customers and assisting Realtors. Experience with Microsoft Word and Excel required. Fax resume to 437-7514. \$15 per hour. Fun Work environment.
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*RS 1/4 CC TFN

LOAN NEEDED

LOAN NEEDED

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Please respond to
sanibelforme@hotmail.com
*NS 7/22 CC TFN

Rotary Happenings

submitted by Shirley Jewell

Did you know that in this country and many countries around the world that up until the 1950s, if you had an IQ of 50 and below, medical and educational experts believed that these individuals should be institutionalized? Parents were pressured on many levels to send their children to public institutions away from their families. They would be there for the rest of their lives. They were considered uneducable and untrainable, basically non-contributors to society.

These were the first facts presented to our club members last Friday morning by LARC Executive Director Roger Bradley. LARC was founded in 62 years ago in 1954 by a small group of parents in our community to bring together parents and guardians of mentally challenged children and adults who were interested in exploring other options for their loved ones.

Roger told his own family's personal connection with LARC. In 1955 his sister, Cathy, was on a waiting list for placement in an institution. His parents made a decision to keep her home with them. Roger's father was a physician and many of his colleagues were not supportive of that decision. His parents needed support and became active members in LARC, along with family members.

Today those dreams of the early pioneers of LARC have expanded along with like-minded organizations and have worked for realizing opportunities for the developmentally disabled and mentally challenged. In 1975, Public Law 94-142 was enacted by the U.S. Congress. This act required all public schools accepting federal funds to provide equal access to education and one free meal a day for children with physical and mental disabilities. Public schools were required to evaluate handicapped children and create an educational plan with parent input that would emulate as closely as possible the educational experience of non-disabled students. Public school education programs are in place and continue until the



Roger Bradley

children age-out of the system. LARC will then provide a plethora of programming activities to this special population: adult day activity training; supported employment; supported living; residential homes; and companion services.

Finding the right activities for LARC clients is done on an individual basis. Self-care skills and vocational training is in the forefront of developing skills at LARC. Training for job placement inside or outside the organization gives clients a chance to take pride in their work and contribute to their financial well-being. A functioning two-part woodworking shop is used to produce and assemble products for production contracts with many businesses in our community and statewide. The woodshop produces wooden survey stakes, pallets, decorative fences and more. Assembling, collating, packaging and preparing mailings are performed by LARC for business clients. Those working in these areas receive a piece rate income for work performed and generate approximately 15 to 20 percent of LARC's general operating funds annually.

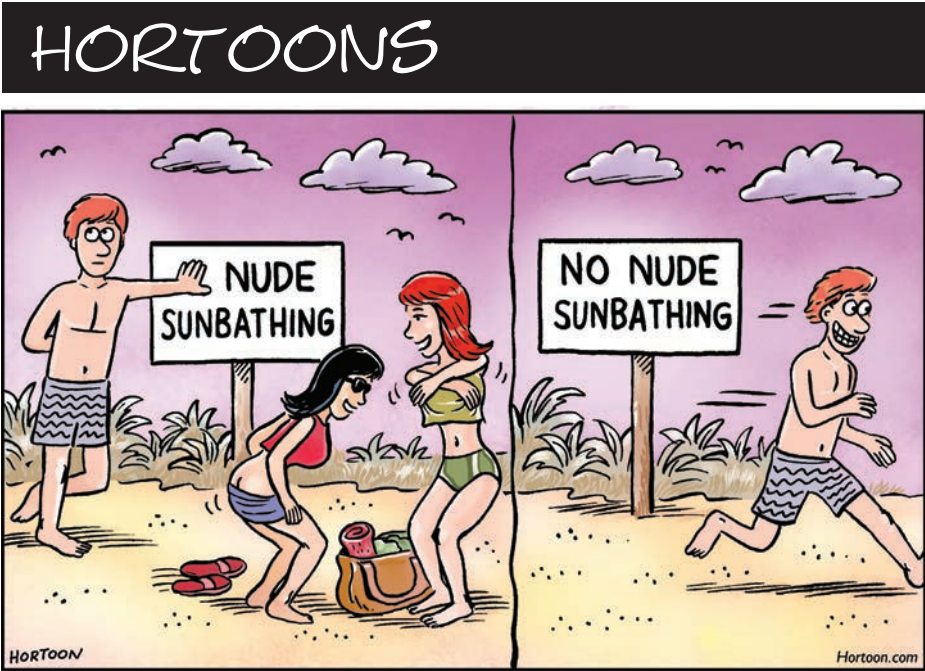
Other training programs assist participants in landing entry level employment in community businesses outside the LARC facilities.

Funding sources for LARC involve 60 percent federal and state government support, 20 percent local government, 10 percent United Way, and 10 percent from product sales, fundraisers and services provided. Labor cost at LARC is 90 percent of the overall budget with most monies going to services for individuals such as adult activities training, supported employment, supported living, residential homes and companion services. Community residential programs run 365 days a year. Ten percent is spent on administration costs.

Another aspect of LARC is the recognition of the strain on the families and guardians of LARC participants. Elderly parents are sometimes caring for their adult children well into their 90s and worry about what happens when they can no longer care for these adults with disabilities. LARC provides the opportunity for help in these areas.

For more information about LARC, visit larleccounty.org.

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 |
|--------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Gulf Heights | Fort Myers Beach | 1935 | 1,372 | \$1,799,000 | \$1,750,000 | 10 |
| Little Hickory Shores | Bonita Springs | 1996 | 3,025 | \$1,199,500 | \$1,150,000 | 141 |
| Indian Bayou Subdivision | Fort Myers Beach | 1996 | 4,395 | \$1,100,000 | \$1,050,000 | 228 |
| Ridge | Bonita Springs | 2001 | 3,640 | \$1,075,000 | \$1,100,000 | 38 |
| Town And River | Fort Myers | 2003 | 3,092 | \$925,000 | \$900,000 | 146 |
| Sanibel Estates | Sanibel | 1989 | 2,017 | \$867,000 | \$849,000 | 138 |
| Lake Murex | Sanibel | 1973 | 2,071 | \$829,000 | \$800,000 | 63 |
| Renaissance | Fort Myers | 2016 | 3,158 | \$749,990 | \$739,000 | 146 |
| Cape Harbour | Cape Coral | 1998 | 2,438 | \$749,900 | \$705,000 | 281 |
| Cape Coral | Cape Coral | 2003 | 2,752 | \$699,900 | \$675,000 | 58 |

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