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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 30, 2016

SEPTEMBER SUNRISE/SUNSET: 30 7:20 • 7:16 1 7:21 • 7:15 2 7:21 • 7:14 3 7:22 • 7:13 4 7:22 • 7:12 5 7:23 • 7:11 6 7:23 • 7:10

Operation Open Arms Founder Honored For Outstanding Service



Captain John "GiddyUp" Bunch, right, a Southwest Florida resident and founder of Operation Open Arms, receiving the Outstanding Civilian Service Award during a September 15 ceremony held in Virginia

photos courtesy Rep. Curt Clawson

by Jeff Lysiak

The founder of Operation Open Arms, the Southwest Florida organization which provides members of the U.S. military on leave with free vacations before they return to duty, was the recipient of the prestigious Outstanding Civilian Service Award.

Captain John "GiddyUp" Bunch, a veteran of the United States Marine Corps and charter fishing captain out of Pine Island, was one of four individuals honored during the September 15 ceremony held at Joint Base Myer-Henderson Hall, Virginia.

The Outstanding Civilian Service Award is the third highest honor within the Department of the Army Civilian Awards scheme, that the United States Department of the Army can bestow upon a private citizen.

In addition to Bunch, the civilians honored that day included country musician Trace Adkins; Dr. Briana Goff, a researcher of traumatic brain injury; and Spencer Kympton, founder of the nonprofit The Mission Continues. The ceremony was officiated by Chief of Staff of the Army, Gen. Mark A. Milley.

"They love those who serve and want to make a true difference, not only for the nation, but they want to make a true difference for our soldiers, our families," Gen. Milley said.

Since it began in 2005, Operation Open Arms (OOA) has been supported by more than 150 businesses, associations and individuals in Florida. In addition to providing vacations for service members, OOA has facilitated over 100 weddings, paid for counseling services and – most recently – helped a family honor their Marine who died in a helicopter crash.

In all, Bunch has helped more than 3,400 service members with benefits valued at more than \$12 million, Milley noted.

Over the years, OOA has been supported by individuals and businesses on both

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Captain John Bunch, left, is interviewed by Kerry Sanders from NBC's Today Show

Fishing Pier Dedicated At Trailways Camp

by Jeff Lysiak

What began as a dream more than three years ago finally became reality last Wednesday morning when a new ADA-compliant walkway and fishing pier was dedicated at Trailways Camp, a recreational getaway for adults with special needs located at Riverside Camp & Retreat Center in Labelle.

According to Sharon and Jerry Miller, the Sanibel residents who established Trailways Camp in 2012, they had long wanted to construct a fishing pier at the camp. However, a steep slope leading down to the Caloosahatchee – where campers fish, canoe and hike along the river's bank – created a number of challenges to overcome.

"I think I didn't appreciate the difficulty we would have fishing there," said Jerry Miller, who pointed out that many of the campers use wheelchairs, canes or

walkers. "At first, I didn't think it was going to be that big a project... but it really was."

Despite the complications, the Millers decided to move forward with plans to construct a wooden ramp boardwalk with railing on both sides down the 100-foot grass slope. They also called upon one of their island neighbors, Dean Skaugstad, to assist them in planning and building the ADA-compliant walkway and fishing pier.

"I've built a lot of ramps before, but never up an embankment," said Skaugstad, a member of The Hammerheads on Sanibel. "That sort of complicated things by ten-fold... but I'd do it all again in a heartbeat."

Along with acquiring permits, securing funding and assembling a team of volunteers, Jerry Miller explained that designing the zig-zagging walkway down the hill presented its own set of challenges.

"In order to make the ramp safe for wheelchairs, you can only go down one inch for every foot," he said. "(Sanibel-Captiva Lions Club member) Dick Travas spent hours on the ground measuring that



Sharon Miller, left, presented Dean Skaugstad, center, with a commemorative plaque – created by Sanibel artist Luc Century – as Jerry Miller looks on

photo by Jeff Lysiak

slope, but we finally figured out how to do it. The ramp is 225-feet long and has four turnarounds."

In addition to Skaugstad and Travas, the Millers pointed out that Al Gettemy, Jim Brent, Cliff Nolan and Bev Web made the long haul from Sanibel out to

Labelle to assist in the construction of the walkway and pier.

On September 21, a crowd of more than 60 campers, staff, volunteers and supporters of Trailways Camp gathered at Riverside Camp & Retreat Center

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Noah's Ark Reopens Next Week



Ark volunteers on coffee break, from left, Gillian Bath, Carol Heath, Carmen James, Beverly Kitch and Linda Korn



Halloween party accessories and decor

photos courtesy Noah's Ark

Noah's Ark, a popular island thrift shop and charitable outreach program for St. Michael & All Angels Episcopal Church, reopens for business for the winter season on Tuesday, October 4 from 9:30 a.m. to 12:30 p.m. The shop has been closed for six weeks for maintenance and restocking.

The Ark offers for sale, at bargain prices, merchandise of all kinds, including women's and men's apparel, children's clothes, bedding, bicycles and sports equipment, kitchen goods and housewares, furniture and home furnishings, and a varied selection of books – including good vacation reading – in its own special book station, called Barnes and Noah.

The Ark's summer chair Susie Scutakes reports that the Ark's loading dock fills every day with donated goods. "We have some wonderful items ready to be taken home," she said. "Our island neighbors have been very generous with their lightly used possessions. This should be one of our best years ever."

The numerous nooks and crannies of Noah's Ark hold hidden gems. After it closed in August, the Sandpiper of Sanibel gift shop invited Ark volunteers to take a large portion of its inventory. "They gave us some fabulous decorative treasures," Scutakes added.

The apparel department now includes Halloween costumes and a new rack for winter clothing, "including some exquisite Norwegian imports," volunteer Carol Heath said. "These items are perfect for islanders traveling north for family visits."

In operation for more than 50 years, Noah's Ark is operated by the women of St. Michael's. Outreach support to those in need continues to be a priority for the church. Proceeds from Ark sales, coupled with monies from the parish's annual budget, go to more than 25 local, regional and global charities. A few of these include Habitat For Humanity, Alliance for Fair Food, FISH of SanCap, the Harry Chapin Food Bank, Guardian ad Litem Foundation, El Hogar Honduras School and Human Trafficking Awareness Partnerships of Fort Myers.

During the month of October, store hours are Tuesdays and Fridays, 9:30 a.m. to 12:30 p.m. From November to the end of May, the winter season's full operating schedule resumes, weekdays and the first Saturday of each month, from 9:30 a.m. to 12:30 p.m.

Noah's Ark accepts donations, which can be left any time at the loading dock.

The Ark volunteers and St. Michael & All Angels Church extend heartfelt thanks to all donors and customers who make the Ark's charitable mission a continuing success.

For more information, contact St. Michael & All Angels Episcopal Church, 2304 Periwinkle Way, by calling 472-2173 or visiting saintmichaels-sanibel.org.✱



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New Playground Cover Provides Shade For Youngsters

Sanibel Congregational United Church of Christ recently added a wide, bright blue sunscreen above its playground equipment to help make the air a few degrees cooler and to protect kids and adults from heat and sun damage. This is a welcome addition to the playground, which was added by the congregation in 2012 to provide a place for kids to get some exercise and have fun during Sunday School or when their parents are at the church for meetings.

As a result of having a safe and fun place for play, the congregation has been able to expand its children's and youth ministry offerings. Having a playground enabled the start of a Wednesday after-school program – Shine – and a weekday preschool – Sanibel Christian Preschool – as part of the congregation's ministry to the community.

The cover, which is suspended 20 feet above the ground, is made of UV-blocking canvas that can withstand winds of up to 90 mph. A deep layer of new mulch provides a cushiony surface under and around the sturdy and colorful playground equipment.

The 15 Sanibel Christian Preschool students who use the playground, as well as those who enjoy it on Sundays, give it rave reviews. Preschooler Kellan said, "I like the mulch because now it is bouncy." According to Madison, "The men worked very hard."

"We absolutely love our beautiful new playground cover and mulching... it all feels so new," said preschool director Laura Miltner. "It's not only fantastic for our protection from the sun, but the shade also provides a cooler atmosphere for all."

For more information about the church's faith-based programs for school-age children or the Sanibel Christian Preschool, call 472-0497 or visit www.sanibelucc.org.



Nathan, one of the Sanibel Christian Preschool students, gets a boost from teacher Ana Abella photo courtesy SCUCC

Motor Club Cruise-In This Saturday

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. Donuts, 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.

SCCF Nesting Statistics

Currently, there are 93 sea turtle nests left on Sanibel and Captiva beaches, with a few still hatching each day. This season, 23,017 hatchlings have emerged on local beaches. A total of 26,727 hatchlings emerged in 2015. It is possible to beat that number this year, since there are still almost 100 nests left on the beach (there were also two green sea turtle nests on the west end). These will be the final counts of the season unless any unmarked nests are discovered.

Nesting Activity As Of September 23

Sanibel East: 174 Loggerhead Nests, 343 Loggerhead False Crawls, 98 Hatches
Sanibel West: 460 Loggerhead Nests, 814 Loggerhead False Crawls, 219 Hatches
Captiva: 192 Loggerhead Nests, 290 Loggerhead False Crawls, 71 Hatches
Total: 826 Loggerhead Nests, 1,447 Loggerhead False Crawls, 388 Hatches

*False crawl = a failed nesting attempt

If you have questions or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.

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Celebrating Grandparents Day



Grandparents David and KiKi Platt with their granddaughter, Ava Wodjeski
photos courtesy CECI

The Children’s Education Center of the Islands (CECI) celebrated Grandparents Day with a luncheon honoring the student’s grandparents. The youngsters’ special guests toured of the classrooms, made a family tree craft and had lunch with their grandchild and their classmates.

They also received a handmade Grandparents Survival Kit, with items such as marbles to replace the ones they’ve lost, a Mounds candy bar for the mounds of love and wisdom they will pass onto their grandchildren, cotton balls for times when you can’t hear yourself think, and a Starburst candy for that extra burst of energy needed during playtime.**




Emma Murray with her mom, Melissa, and family members, Steve and Rochelle Braveman and Aunt Lynda



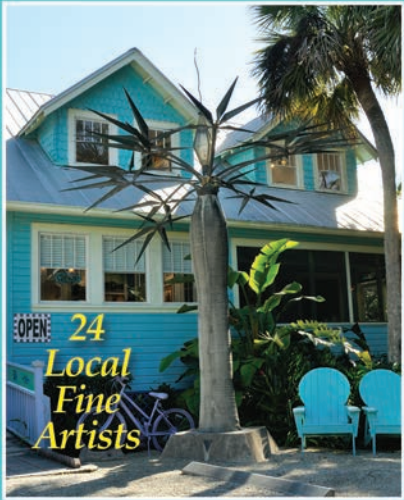
Paula MacDonald spent time with her granddaughter, Kaia Keating



Steele Floyd with his grandparents, Jancie and “Reedie Bird” Hieatzman



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Max Cantor with his grandparents, Richard and Joan Cantor

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Council Adopts \$62.4 Million Budget For 2017

by Jeff Lysiak

Last Wednesday evening, Sanibel City Council unanimously approved the fiscal year 2016-17 municipal budget, adopting a millage rate of 1.9139 and an overall budget totaling \$62,468,100. According to Finance Director Steven C. Chaipel, the previously approved tentative budget – introduced on September 10 – had not been altered from their prior meeting. During a short presentation on the 2017 budget, Chaipel pointed out that

property values on Sanibel were estimated at \$4.76 billion, an increase of 5.48 percent over the previous year. Property values on the island have risen for four consecutive years. Also noted was a 10-year trend of the operating millage rate either being lowered or remaining unchanged. In the past decade, Sanibel’s millage rate has been reduced 24 percent overall. Additional highlights of the 2017 budget:

- Government outstanding debt reduced from \$17,919,162 in 2006 to \$8,875,000 in 2015
- Sewer system outstanding debt reduced from \$51,240,287 in 2006 to \$21,017,120 in 2015
- City-wide outstanding debt (governmental/sewer/pension) reduced

from \$79,147,305 in 2006 to \$40,634,677 in 2015. Though no additional action was taken, the council briefly discussed the status of negotiations between the City of Sanibel and the Lee County School Board. Last month, the board indicated that they were not going to fund their portion of a previously approved interlocal field lighting project at the Sanibel Ball Field Complex. The project is expected to cost \$305,000. City staff was notified on August 10 that the board did not include their share (\$100,000) of the project in their 2017 budget. The Lee County Board of Commissioners confirmed that their one-third share (\$100,000) was included in their budget. During the first budget meeting, council voted unanimously to complete

work on Ball Field #1 and #2 this year, at a total cost of \$205,000. Councilman Marty Harrity volunteered to speak with representatives of the school board to remind them of their obligation to fund the project. That meeting was scheduled to take place last week. Prior to their vote to adopt the 2017 budget as presented, resident Steve Maxwell suggested to council members that an itemized list of salaries for the city’s key administration positions be included in next year’s budget package. As an example, he presented the salaries for employees from the City of Naples, offering that including such details would enhance the “visibility and understandability” of Sanibel’s expenditures. Council members voted to approve the 2017 budget, 5 to 0.*

Outdoor Seating Approved For Bakery

by Jeff Lysiak

During Tuesday’s planning commission session, commissioners approved both a variance and a development permit application that will allow Totally Baked on Sanibel – a bakery and sandwich shop to be established in the Islander Center, at 2407 Periwinkle Way – to add up to 16 outdoor seats in front of its business. According to owner Ginny Wagner, Totally Baked on Sanibel will be a carry-out business involving the on-site food preparation, processing and sale of food items including various confections, baked goods, sandwiches, salads, soups as well as non-alcoholic beverages. Wagner explained the shop will offer coffee, tea, lemonade and bottled water. After receiving approval to establish the business in late June by the commission, Wagner noted that it was at the suggestion of the city’s planning department staff that led to her applying for outdoor seating. “(The outdoor seats) will mainly be for customers like pedestrians or bicyclists,” Wagner told the commission during the September 27 public hearing. “I think it will be excellent for the community.” Commission chair Dr. Phillip Marks agreed, adding that with no indoor seats at

the business, customers would “either have to it eat in their cars or take it somewhere else.” Senior planner Roy Gibson delivered the staff report to the commission, and recommended approval of both applications subject to 23 conditions, which are standard for variance requests per Sanibel’s Land Development Code. Planning department director Jim Jordan, however, made two additional recommendations: the addition of a second bicycle rack at the site along with encouraging the owner of the Islander Center to provide improved interconnectivity with the city’s shared use path. Wagner called both of Jordan’s recommendations “excellent” prior to commissioner Chuck Ketteman’s motion to approve the applications, which were seconded by Marks and approved unanimously, 6 to 0, with vice chair Chris Heidrick absent and excused from the meeting. Construction on Totally Baked on Sanibel was scheduled to begin this week, with Wagner explaining that she hoped her business would open during the first week in November. In other business, commissioners gave their final approval for semi-pervious brick pavers and an underground exfiltration stormwater management system to be installed at West Wind Inn. Jordan told commissioners that the resolution to approve the applications – approved during the last meeting on

September 13 – had been amended. The staff report recommending their approval now includes the requirement of an annual maintenance report on the semi-pervious brick pavers and underground drainage system be submitted to the city. In addition, final approval of the property’s landscape plan – which was received by


the planning department on September 23 and still under review – was pending. Doug Babcock, chief operating officer for West Wind Inn, agreed to comply with the additional conditions. Following a brief discussion, commissioners voted to approve the resolution, 6 to 0.*

Fishing For Alligators


submitted by Dee Serage-Century, Living with Wildlife Educator, SCCF

As the Living with Wildlife educator at Sanibel-Captiva Conservation Foundation (SCCF), many stories come my way from residents that are concerned about issues in their neighborhoods that concern wildlife. Alligators are most often the topic of those stories. A most concerning recent neighborhood story included children fishing in a fresh water canal. With the recent death of the child in Orlando by alligator attack, the story concerned me even more. Can fishing in lakes and canals turn into feeding alligators? If the fishing happens over and over in the same place and if the bait used or the fish caught are thrown into the water, I believe those alligators can become “human fed” gators. Many years ago, blue crab fishing in the refuge was ended for just this reason. The chicken necks used for bait were attracting alligators. Although it is not illegal to fish in fresh water lakes and canals where our gators live, is it really worth it? Just like you should not allow your dogs to swim in fresh water, I think children fishing in fresh water is not worth the risk. Fish in salt water for their enjoyment and safety. Playing closer than 20 feet to fresh water edges is not advised. Alligators catch their natural prey by lunging onto canal edges to catch birds or, heaven forbid, small children and dogs. Fishing could encourage that natural behavior, teaching them to overcome their natural avoidance of humans. Thinking of the horror of a child being attacked by a gator on Sanibel reminds me of my friend’s death by alligator attack in 2004. A resident attending an SCCF Gator Tales program following that death “confessed” to feeding that gator. He did not understand how bad it was to feed wildlife. In the couple of years following that horrible attack, approximately 150 alligators were trapped and killed on Sanibel. A fed alligator is a dead alligator. Feeding wildlife is detrimental to human and gator health.*

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ANNIVERSARY



Dan and Pat Alton

Happy Anniversary to Pat – My loving wife and best friend. Thank you for 25 wonderful years of marriage. Love, Dan*

Pot Luck At St. Michael's

St. Michael and All Angels Episcopal Church invites all to attend its first Prayer and Pot Luck for the fall season on Wednesday, October 5 at 6 p.m.

The gathering meets first in the church's Sanctuary for a half-hour devotional service. The pot luck dinner follows at 6:30 p.m. in the parish hall. Diners share their recipes at a buffet. Bring your favorite dish and your dinnerware (if you can) or just stop by for the camaraderie and to get better acquainted with fellow islanders.

St. Michael's Prayer and Pot Luck dinners are held on the first Wednesday of every month, year-round. Created and led by parish laity, they include scriptural readings, personal reflections and hymn-singing in an informal setting.

For more information, contact Rector Ellen Sloan at 472-2173 or visit saintmichaels-sanibel.org. The church is located at 2304 Periwinkle Way.*

Women's Bible Study To Begin

The Women's Bible Study Group at the Sanibel Community Church defines transformational change as making a spiritual and personal growth plan and accomplishing it with the support, encouragement and accountability of a coaching-based group.

Join other women every Monday between October 17 and November 21, from 6:30 to 8 p.m., in the church's Conference Room, located at 1740 Periwinkle Way on Sanibel.

There is no cost to attend. Child care is not available. Call Susan Faunce at 222-9489 or the church at 472-2684 for more information.*



Ocean Discoveries for Adults

Join us for an educational, boat-based excursion every Wednesday in October.

"We have been attendees at multiple Sanibel Sea School adult education events, and have learned so much about our island home, intending to become better stewards." -Chip Roach, Sanibel Sea School Alumnus

10/5: The Canals **10/12:** Mangrove Islands of San Carlos Bay
10/19: Blind Pass **10/26:** Sea Grass Flats of San Carlos Bay

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Churches/Temples

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annunciation.fl.goarch.org, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11:00AM November 13, 2016 thru April 30, 2017 11580 Chapin Lane, Captiva 472-4646

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SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 9 to 11 a.m. Call Pastor Mark Hutchinson 284-6709.

SANIBEL COMMUNITY CHURCH

1740 Periwinkle Way, Sanibel, 472-2684
 Dr. Daryl Donovan, Senior Pastor
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historic Chapel, 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary, 10:15 a.m. Courtyard Fellowship, 9 and 11 a.m. Bible classes. Childcare available at all services.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

2050 Periwinkle Way 472-0497
 The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 a.m. Chapel Service and 10 a.m. Full Service with Sunday school and nursery care provided. Elevator access.

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3559 San-Cap Road, 472-2763
 Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion Service Monday and Tuesday 8:30 a.m. Holy Days call.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

5 p.m. Saturday Eucharist, 9:30 a.m. Sunday Eucharist, 9:30 a.m. Sunday School, 9 a.m. Tuesday Morning Prayer, 9 a.m. Wednesday Healing Eucharist, 6 p.m. First Wednesdays Prayer and Potluck. 472-2173, www.saintmichaels-sanibel.org

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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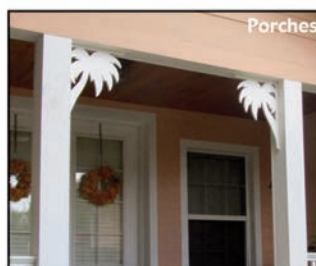
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**Oct
2016**

Mon, Wed and Fri **FREE** Model Train Attraction Reopens

from 1:30pm to 3:30pm. Visit Shell Point's popular



Gulf Coast Model Railroad attraction, which opens for the season on October 3. The 40' x 40' miniature train display features many running trains and hundreds of

recognizable geographic landmarks representing notable sites throughout Florida. Admission is free; group tours are available. **For more information, call (239) 454-2290 or visit www.shellpoint.org/trainroom.**

Oct 4 & 11 **The History of Iraq to Present Times, 2 Sessions**

from 4:30pm to 6pm.

Mesopotamia was one of the world's greatest ancient civilizations, and produced many early city states that have since become household names. This region, now modern-day Iraq, has been fought over for more than 4,000 years. During this period, great empires, such as Assyria and Babylonia, grew to dominance then collapsed, overtaken by other great empires – Iran, the Greeks, Rome, then the



FREE Oct 18 & 25 at 9:30 a.m.



Learn about Shell Point's signature Lifestyle with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. **Admission is free. Call (239) 228-4080 or 1-800-780-1131 to reserve your place.**



Ottomans. Investigate the most famous milestones in Iraq's long history with Professor Adrian Kerr; end with session two by reviewing the current turmoil that continues to engulf this country. **Tickets are \$10 each. Call (239) 489-8472 to reserve your place.***



Oct 25 **Happy Birthday, Amy Beach!**

from 10am to 11:30am.

Celebrate the 150th birthday of Amy Beach, America's first great woman composer, during this lively class, with pianist and educator Gail Smith. The Academy of Lifelong Learning at Shell Point is pleased to be one of the first to present this performer's musical journey through the life and music of Amy Marcy Cheney Beach (1867-1944). Yes, birthday cake will be served! **Tickets are \$10. Call (239) 489-8472 to reserve your place.***



Oct 29 **War of the Currents**

from 10am to 11:30am.

Professor Adrian Kerr explores the spark igniting "The War of the Currents," a series of events surrounding the introduction



of competing electric-power transmission systems in the United States in the late 1800s. The "War of the Currents" matched direct current (DC) champion Thomas Edison against the alternating current (AC) champions George Westinghouse and Nikola Tesla. The debate over electrical safety and commercial competition eventually created a media campaign. It ends with a discussion of early electric cars and recent advances in these products for the mass market. **Tickets are \$10 each. Call (239) 489-8472 to reserve your place.***



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

SHELL POINT
Retirement Community

Shell Point is a non-profit ministry of The Christian and Missionary Alliance Foundation

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

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

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Insect Week At Summit Preschool

Future scientist Addison Quillen examined a specimen of a dead millipede during Insect Week at Summit Christian Preschool at Sanibel Community Church.

Children enjoy their time outside daily, as well as experiential learning. There are still a few spots available in this year's VPK and preschool classrooms. Call Kathy at 452-7007 for more information or to arrange for a tour of the school.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market) on Sanibel.✱



Addison Quillen
photo courtesy Summit Christian Preschool

Final Sunday Seminar Classes

The final classes in the 2016 Summer Sunday Seminar Series at Sanibel Congregational United Church of Christ will be Living The Questions, Part II.

Living the Questions is a video- and internet-based curriculum for progressive Christians. A video featuring interviews with theologians will supplement discussions led by the Rev. Dr. John H. Danner. Small groups will explore topics such as: Evil, Suffering and a God of Love; The Myth of Redemptive Violence; Debunking the Rapture; and Honoring Creation.

The seminars, which start on October 2 and continue through October 30, will begin at 9 a.m. in Heron Hall, located at 2050 Periwinkle Way on Sanibel. The seminars are free and open to the public.

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

Jewish New Year Begins October 2

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

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

Rabbi Myra Soifer will conduct services, assisted by Cantorial Soloist Doug Renfro, with piano accompaniment by Abigail Allison. Temple Bat Yam continues its 25-year relationship with the Sanibel Congregational United Church of Christ and will gather for all services in Fellowship Hall at 2050 Periwinkle Way on Sanibel.

The schedule for services is as follows:

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

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

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Mangrove Cuckoo Studies Resume At 'Ding' Darling Refuge



A juvenile mangrove cuckoo

photo by Bill Fischer

The smallest-ever satellite transmitter is the new key to tracking the seasonal movements of the elusive mangrove cuckoo at the JN "Ding" Darling National Wildlife Refuge on Sanibel Island.

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) contributed \$8,000 in funding to underwrite the research, thanks to donors Judy Samelson and Bill Schwabel. A portion also came from the annual Go Wild For "Ding" fundraiser.

The Avian Research and Conservation Institute (ARCI) of Gainesville, Florida will be tracking three individual cuckoos tagged at the refuge using the same technology deployed for ARCI's ongoing reddish egret tracking study based there.

"This exciting opportunity would bring long-term, long-distance tracking technology to a bird that is too small to be tracked in virtual real time by any other method," said Dr. Kenneth D. Meyer, ARCI executive director. Meyer will be speaking at the refuge during "Ding" Darling Days on Monday, October 17 at 1 p.m. about both his reddish egret and mangrove cuckoo tracking studies.

"There is so little known about this secretive bird to help us understand management and species survival," said DDWS President Doris Hardy. "This new study will take up where a previous one using more traditional technology left off at the refuge a couple of years ago. We are pleased to have Dr. Meyer and his competent team on task."

Refuge Manager Paul Tritaik agreed. "Dr. Meyer and his team at ARCI have access to the very latest technology that will finally help us get answers to those basic nesting and migration questions that have proved as elusive as the mangrove cuckoo itself," he added.

The refuge provides housing for researchers during their refuge visits.✱



An adult mangrove cuckoo

photo by Geri Biggs



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Refuge Welcomes First Fall Interns



Monica Scroggin photos courtesy DDWS

Two interns recently arrived to help JN "Ding" Darling National Wildlife Refuge with manpower shortages this fall, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Monica Scroggin, who graduated from Florida Gulf Coast University (FGCU) in December 2015 with a bachelor's degree in environmental studies and a minor in biology, serves as a part-time visitor services intern. A South Miami native, she worked previously as an intern for an oyster monitoring research project at FGCU's Coastal Watershed Institute. She currently serves as project manager.



Sierra Hoisington

At "Ding" Darling, her duties will include collecting photographs and wildlife information for the installation of new signage at the Bailey Tract. Her love of the refuge stems from a longtime relationship since childhood with Jay Norwood "Ding" Darling's grandson, the late Kip Koss, and his wife, Andrea.

"Kip and my grandpa became really good friends when they were pilots for Pan Am," Scroggin explains. "After my grandparents passed, I looked up to the Kosses more as grandparents than family friends."

She remembers attending "Ding" Darling Days with Koss as a child. "I have always loved visiting Sanibel and 'Ding' Darling because of the way it incorporates nature into its neighborhoods," said Scroggin. "All the conserved land is so special because I know it will be there for future generations to enjoy and that means a lot."

Sierra Hoisington from Tega Cay, South Carolina, joins the staff of the "Ding" Darling Wildlife Society-Friends of the Refuge for her internship. A graduate of Clemson University with a bachelor's degree in wildlife and fisheries biology, she recently finished a position with Clemson University as a wildlife technician working on a bat research project in the Nantahala National Forest. Last summer, she served as a National Wildlife Refuge Association intern at Okefenokee National Wildlife Refuge in Georgia.

"My favorite thing about Sanibel and the refuge so far is that you can bike just about anywhere," said Hoisington. "It makes me feel good that I won't be using as much gas here and contributing CO2 pollution into our atmosphere. I'm also a big fan of wading birds, and so the fact that I get to see them all the time is just icing on the cake."

Hoisington will be helping with "Ding" Darling Days (October 16 to 22), the Smithsonian Water/Ways exhibit (October 29 to December 8). She will also be assisting with the annual lecture and film series, community outreach and social media efforts. "I'm very excited to be here and to work on a variety of different projects," she said.

DDWS provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns and resident volunteers with free housing.

"Our interns bring youthful energy, enthusiasm, and creativity to the refuge team," said supervisory refuge ranger Toni Westland. "At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations."✱

New Restaurant Coming To Sanibel Island

The husband and wife team of chef Elaine Dammeyer and general manager Christian Jago are bringing a unique dining experience to Sanibel Island where farm and sea meet at the table. In the coming months, Pasture & Pearl will open at 2340 Periwinkle Way in The Village Shops. With renovations well under way, the restaurant is expected to open near the beginning of 2017.

Jago said, "Sanibel-Captiva, on Florida's gorgeous gulf coast, is a small, luxury resort community with many fantastic restaurants. We want to emphasize our uniqueness and that we will enhance the existing great dining options."

As the name implies, "Pasture"

evokes farm fresh foods produced in harmony with nature; and "Pearl" is a gem of the sea. Sticking with their sustainable values, Dammeyer and Jago will source seafood locally and will feature pastured meats from renowned White Oak Pastures in Bluffton, Georgia. Pasture & Pearl will have a wide selection of quality wines from across Europe and the United States, affording diners a perfect pairing of locally-sourced foods and natural wines.

At Pasture & Pearl, chef Dammeyer will deliver flavor combinations at reasonable prices. Her style of cuisine is drawn from her experience living and working in New York, Washington, DC, Miami, Italy, France and the French Caribbean. The restaurant will offer many unique menu items, including:

- Baked Oysters with Spinach, Yuzu-Butter and Panko Crumbs
- Pastured Rabbit Agnolotti, Calabaza Velouté with Crispy Sage
- Lobster and Monkfish Bouillabaisse with Fennel Broth and Saffron Rouille
- White Oak Pastures 32-ounce, Dry Aged Bone-in Beef Ribeye for Two with Crème Fraîche Horseradish Sauce and Shoe String Fries
- Winter Vegetable Tagine with Preserved Lemon Couscous, Dried Apricot and Toasted Almonds

Pasture & Pearl will offer a refined and modern dining experience with white tablecloths and fine china, silver and glassware, along with stylish furniture. However, it will be a more relaxed interpretation of the "fine dining" concept.

Pasture & Pearl comes courtesy of Raffiné Hospitality, Dammeyer and Jago's luxury brand focusing on creating quality offerings within the entertainment industry, including gourmet restaurants, boutique hotels and retail shops. Although the company is based on Sanibel Island, their locations are spread throughout the United States, Europe and the Caribbean, as they constantly strive to offer the highest quality products, services and experiences to their guests on a global scale.✱



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MENU

APPETIZERS

Soup Cup 5 Bowl 7
Chef's Daily Inspiration

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

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

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

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

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

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

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

Risotto MARKET
Chef's Daily Creation (GF)

SALADS

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

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

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

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

SPECIALTIES

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

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

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

SEA

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

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

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

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

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

LAND

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

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

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

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

IL CIELO

Scott Swamba CHEF

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



Melissa Akin PASTRY CHEF

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



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Plant Smart

Red Mangrove Curiosities

by Gerri Reaves

So important is red mangrove (*Rhizophora mangle*) to South Florida's ecological health that it is protected by law.

Several curious characteristics make this iconic species easy to spot.

Distinctive prop roots protect coastal brackish areas from tidal floods, erosion and storm winds, as well as provide cover for fish nurseries.

The roots begin as dangling aerial roots (think strangler fig) but establish themselves, eventually extending and stabilizing the trees and soil. That network of curving roots inspires the name walking tree.

In the shady, shallow brackish water around the roots, detritus falls, sediment collects and young fish, shrimp and crabs find shelter and nourishment.

Another distinctive feature is the reddish brown color of the water around the roots, a product of the high level of tannin in the tree's bark.

The torpedo-shaped tapered propagules are also curious. Eight to 14 inches long, they sprout prior to falling off the tree, float smaller end down for as



These propagules fell or floated to a promising spot and established themselves

photos by Gerri Reaves

long as a year, and eventually take root in a promising spot.

This strategy has enabled the species to thrive around the globe in tropical and sub-tropical areas.

Other features are less distinctive,



Prop roots and tannin-finted water are distinctive signs of the red mangrove

such as leathery leaves of four to eight inches long and small four-petaled yellow flowers that bloom year 'round but peak in warmer months.

Protecting red mangrove has major payoffs: the protection of Florida's real estate values, commercial fishing and tourism industries, water quality, and estuarine food chain. In fact, over time, mangroves actually create new land.

A host of native wildlife finds food and nesting areas amid mangrove swamps, where trees can be as high as 40 feet. Mangroves are habitat for birds such as herons, egrets, white ibises, brown

pelicans and magnificent frigatebirds.

If you own property with red mangroves, it's best to avoid pruning them. Check with the Florida Department of Environmental Protection before altering them in any way.

Sources: National Audubon Society *Field Guide to Florida* by Peter Alden et al., *Coastal Hammock & Mangrove Guide* by Daniel Austin et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, edis.ifas.ufl.edu, and dep.state.fl.us.

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

CROW Calendar Of Events

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

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

Friday, September 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.

Monday, October 3, 11 a.m., adults \$7, teens \$5, 12 and under no charge

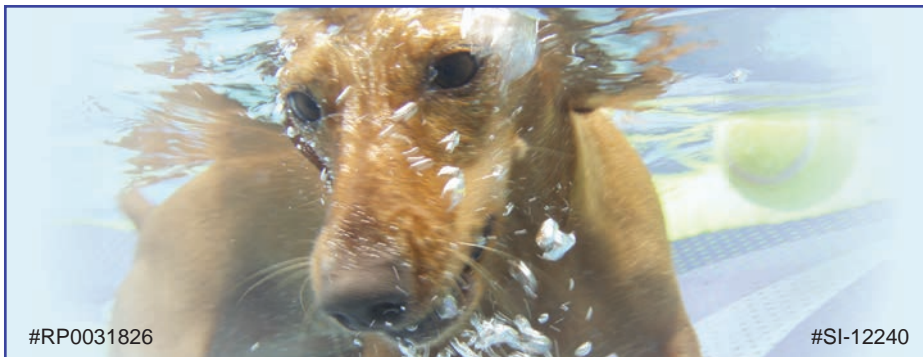
– CROW Case of the Week, presented by a CROW student.

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, October 4, 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

continued on page 19



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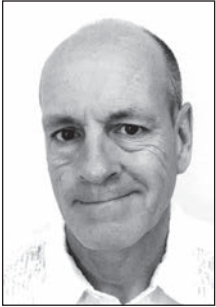
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CROW Case Of The Week:

Diamondback Terrapin



by Bob Petcher

The diamondback terrapin is sort of a hybrid in the turtle family. Terrapins are so named due to the species being native to brackish, coastal swampy waters in the eastern and

southern portions of the U.S. This type of terrapin is given its modifier due to the diamond pattern on top of its shell.

The terrapin is the most adaptable of all turtle species. While snapping turtles are more prone to inhabit ponds and streams and sea turtles are more accustomed to gulf and ocean waters, diamondback terrapins can survive in varying salinities, both fresh water and salt water habitats. In Florida, they can also live in mangrove swamps.

Diamondback terrapins have large webbed feet, muscular legs and are strong swimmers. This is said to be a necessary ability when living in an environment with daily tidal changes and strong currents. Unlike sea turtles, they do not have flippers, and terrapins live quite close to shore. They do not wander far out to sea and make long distance migrations like their cousins.

Like the snapping turtle, terrapins have strong jaws for crushing shells of prey, such as clams and snails. Interestingly, terrapins also exhibit curious behavior to score fresh water. This involves drinking the fresh water surface layer on top of salt water during rainfall and the sophisticated ability to raise their heads into the air with mouths open to catch falling rain drops.

Historically, diamondback terrapins were heavily harvested for food in colonial America. While no record is available, this harvesting method probably began with Native Americans.

In Maryland, diamondback terrapins were so plentiful in the 18th century that slaves protested the excessive use of this food source as their main protein. The Old Line State named the diamondback terrapin its official state reptile in 1994, and the terrapin name is the mascot of the University of Maryland.

At CROW, a female diamondback terrapin was brought to the rehabilitation hospital from Bokeelia on July 20 after being struck by a semi-trailer truck. After x-rays, it was discovered the patient was pregnant with three eggs. Medical staff removed the eggs from the turtle, and two of the three survived and were placed in an incubator for 60 days. The turtles hatched last week and were expected to stay at CROW until their yolk sacs were completely absorbed.

Sanibel-Captiva Conservation Foundation (SCCF) officials will be picking up the young turtles this week for the nonprofit's diamondback terrapin project, where biologists in the wildlife

habitat management program department are conducting a mark-recapture study at several locations to assess the current population status and gather measurements on Southwest Florida terrapins.

After the examination and information-gathering period, the two juveniles will then be released within the next couple of weeks near the location where their mother was found in Bokeelia. Unfortunately, their mother did not survive her accident.

"It's a rewarding feeling to know that, even though the mother did not survive her injuries, we were able to save her eggs," said CROW Education Coordinator Rachel Rainbolt. "So far, the turtles are doing great and will be returned to the wild soon."

According to SCCF, diamondback terrapins in the program will be marked for future identification (as well as to help prevent possible poaching) and to find nesting areas since there are no known sites. Sponsors for funding are being sought. If you spot a terrapin in the area, take a photo and email it to terrapi@scsf.org or call 472-3984 to inform of its whereabouts.



Patients #16-3060 and #16-3061 are the offspring of patient #16-2500, who did not survive her injuries

photo by Kenny Howell

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



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Fall Tarpon Fishing



by Capt. Matt Mitchell

For the past few weeks out along the beaches, we have massive pods of baitfish. This is only the beginning of the annual fabulous fall bait migration. Mixed in

with the bait is a mixed bag of species that is taking full advantage of an easy meal. Slick calm mornings all week made running out along the gulfside beaches a pleasure. At times we ran through miles of what seemed like never ending threadfin herring schools. In a little closer to the beaches, huge clouds of smaller white bait worked right up toward the sand. Diving birds and feeding fish breaking the surface could be spotted gorging on the baitfish buffet.

That first few hours right after sunrise has been the prime time to locate feeding tarpon out on the beaches. Find the clean clear water a

few miles to the north and to the south of the lighthouse, and look for the clouds of bait containing ladyfish and small Spanish mackerel. Once you find this set-up, shut down and watch. Soon the tarpon seem to magically raise up and appear. These fall beach tarpon can be very predictable during a consistent weather period. Get out early and cover lots of ground. The clock is ticking as this morning bite is all done by 10 a.m. most days. As quickly as they appeared, they disappear.

Fall tarpon not only see less angler pressure than at any other time of the year, but are more receptive and willing to eat a bait than they are in the spring. Pre-spawn springtime tarpon often move in huge daisy chains slowly



A fall beach tarpon comes boatside before being released

up and down the beaches. This mating behavior can drive even the most seasoned tarpon angler crazy some days. Days during the spring come to mind where we cast at hundreds of rolling tarpon and they just would not eat a bait period. During the next few months, it's redemption time for all of you die-hard tarpon anglers. Fall tarpon feed heavily, taking full advantage of the bait migration to pack on weight before our water temperature gets too cool for them and it's time to head out of town.

Getting to experience what can be

on some days hundreds or more full size tarpon roll, free jump and explode on these bait pods is what tarpon fishing is all about. Get out on the beach early and start your search. With so few boats on the water, often you get to enjoy the cooperative tarpon without another boat in sight.

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 Club To Resume Meetings

The Sanibel-Captiva Shell Club will meet on Sunday, October 16 at 2 p.m. in auditorium "A" at the Bailey-Matthews National Shell Museum.

Sailor's Valentine artist Bill Jordan will be the season's first guest speaker. Jordan's research about the history of Sailor's Valentines has been ongoing for the past six years. He has enlisted the help of researchers in Barbados and Massachusetts in order to separate fact from fiction in regard to these beautiful works of art. His program is titled The History of Sailor's Valentines.

Door prizes will be given and refreshments will be served. The meeting is open to the public.*

From page 16

CROW Calendar

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, October 5, 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, October 6, 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, October 7, 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, October 7, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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.*



The Florida flatcoil, *Polygyra Cereolus*
Shell Of The Week

photo by José H. Leal



The Florida Flatcoil

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

For the first time since I started writing this column in December 2013, I will introduce a local land snail as our "Shell of the Week". Sanibel and Captiva islands are homes to rich assemblages of pulmonate (air-breathing) gastropods (snails). One of the most ubiquitous is the southern flatcoil, *Polygyra cereolus* Mühlfeld, 1816, as species that may reach about 1/2-inch, but that locally may

be found in the 3/8-inch diameter range. As the vernacular name implies, the southern flatcoil has a flat, discoidal shell with a large number of tightly coiled whorls (pretty much like a garden hose coiled around itself). The shell opening has a characteristic tooth-like expansion. Shells of the southern flatcoil may be found along the edges of dried water puddles, where they accumulate during rainstorms. Learn more about Sanibel and Captiva mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:

Live Tank Talks – Presented by a marine biologist throughout the day.

Arts & Crafts – 1:30 to 2:30 pm.

Please check our arrival board in the main lobby for updates to daily schedules. The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.

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Mollusks On The Move Is A First For Shell Museum



Shell Point residents admire mollusks with marine biologist Rebecca Mensch during the shell museum's inaugural Mobile Mollusk Outreach program photo by Paul Gulbrandsen

The mollusks were on the move September 8 and headed to Shell Point Retirement Community from the Bailey-Matthews National Shell Museum. Two 10-gallon tanks and six five-gallon buckets of salt water and live mollusks were loaded in the back of a pick-up truck, which then traveled off-island for the museum's first-ever Mobile Mollusk Outreach program. More than 60 Shell Point residents packed the social center to take part in the presentation. Marine biologist Rebecca Mensch gave a 30-minute demonstration about live mollusks, accompanied by a PowerPoint presentation. She covered topics including how mollusks begin life, how they grow, how they get their color, how long they live, how they reproduce, and what environmental threats are most concerning. At the end of the program, audience members took advantage of the

opportunity to converse one-on-one with Mensch. Mobile Mollusk Outreach is an extension of the museum's Live Tank Talks. This program has been the most popular and most effective public programming at the museum, which is why it was time to take it on the road and expand its reach in Lee County. Three mobile live tanks and large, full-color, 80-inch x 30-inch retractable banners will soon be added to the museum's outreach program, thanks to grants by West Coast Inland Navigation District (WCIND) and Lee County Electric Cooperative (LCEC). Taking mollusks to the people of Lee County will be a giant step forward for the shell museum and its mission: to connect as many people as possible to the natural world through shells and the amazing animals that create them.✱

Flamingo Frenzy Hits The Islands



Be on the lookout for flamingos flocking in your neighborhood. Flocking insurance is available and will protect your home from these territorial birds. photo courtesy CECI

There have been several flocks of flamingos landing in people's yards around the islands of Sanibel and Captiva. While these beautiful pink flamingos may seem harmless, they are actually very territorial and capable of creating great conversation, laughter and, in some cases, good hearted revenge. Unless they are continued on page 22



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Volunteers are the backbone of BIG ARTS

photo courtesy BIG ARTS

With the 2016-17 BIG ARTS season drawing near, there is a need to fill volunteer spots. Volunteers are the heart of BIG ARTS and the "engines" of the non-profit organization's success.

There are plenty of advantages to being a BIG ARTS volunteer, not the least of which is joining a fun, creative crew and meeting great people in the community.

Call 395-0900 or email info@bigarts.org to learn how to become a volunteer. Visit www.BIGARTS.org to check out the BIG ARTS 2016-17 season and how you can help make it a success. Opportunities are available from backstage to administration to fit your schedule.✱

Shells Found



Sondra and Dave Hand

photo by A. Ziehl

Sondra and Dave Hand from Vincennes, Indiana found a lightning whelk, alphabet cone, banded tulip and a horse conch on the beachfront of Sundial Beach Resort while staying there.✱

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From page 1

Operation Open Arms



Standing with Gen. Mark A. Milley, center, were Outstanding Civilian Service Award recipients Spencer Kympton, John Bunch, Trace Adkins and Dr. Briana Goff
photos courtesy Rep. Curt Clawson

Sanibel and Captiva every time that Bunch has called upon them to help support a visiting veteran. But head and shoulders above all, “Giddyup” wished to thank the three Jensen brothers: John, Jimmy and Dave.
“The Jensens have been a bigger part of OOA than any other group,” said Bunch. “I’m not sure that you could find three other men that are great advocates for our troops

than the Jensens. Honestly, I can’t think of any time that I’ve asked for something for our troops that they haven’t been there for us. They’re just amazing.”

Bunch also offered praise for other Sanibel and Captiva businesses, including the management and staff at ‘Tween Waters Inn, The Green Flash and Sandy Stilwell, for providing gift certificates to her restaurants.

According to Gen. Milley, Bunch is so humble and so focused that he once declined an invitation of personal thanks from former President George Bush.

“Why did he turn it down? He did it to take a soldier on a free charter to go fishing,” Milley said. “He didn’t want to break his date with a soldier to have a date with the president of the United States. He made his commitment to that sergeant six months prior, and he kept his commitment.”

After receiving the award two weeks ago, Bunch – who was also interviewed for a feature segment on NBC’s *Today Show* – reiterated his gratitude for all of the support OOA has received over the years.

“Everyone associated with OOA deserves this great honor... the Jensen brothers, ‘Tween Waters Inn and the list goes on and on,” said Bunch. “Southwest Florida has the most generous and gracious people in the United States. OOA did one thing and we did it very well. We put the ‘fort’ back into Fort Myers. Those returning from combat or foreign duty service love our area. Anyone who has ever been here understands why. It is people. It is the spirit of our community.”

A 501(c)3 public charity, tax-deductible donations for Operation Open Arms may be made online at www.operationopenarms.org. Checks may be mailed to OOA, P.O. Box 101, St. James City, FL 33956.*

From page 20

Flamingo Frenzy

placed on someone else’s lawn, they will roost on your property for a long time. Removal of the flock of pink, plastic flamingos should be attempted only by trained professionals. The Children’s Education Center of the Islands (CECI) has specially trained removal technicians that you can call to remove the flock without harming them, for a small donation.

If you would like to flock a friend and support CECI, call the preschool at 472-4538 and they will send a GPS location of your friend’s address to the head flamingo.

The Children’s Education Center of the Islands is a non-profit preschool offering full-time and part-time classes for children ages 18 months to 5 years. VPK classes are offered at no charge from 9 a.m. to noon Monday through Friday. Wrap-around care for VPK students is offered as well. The preschool is currently accepting applications for the 2016-2017 school year. Scholarships are also available on a limited basis. For more information, call 472-4538 or visit www.childrenseducationcenter.com.*

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From page 1

Fishing Pier



Benjamin Miller, center, cuts the ribbon to officially open the new access ramp and fishing pier at Trailways Camp, located at the Riverside Retreat Center in Alva. Assisting Miller at the ceremony are Annie Williams, left, and camp coordinator Jesi Cason

photos by Jeff Lysiak



Marlene Jackson singing the national anthem



Maureen McMenemy and Debi Almeida

to dedicate the structure. During the ribbon-cutting ceremony, the Millers thanked all in attendance, recognizing several groups, organizations and individuals who made the walkways and fishing pier possible.

Sharon Miller offered her gratitude to Sarah Owen, president and CEO from the Southwest Florida Community Foundation, Rick Evanchyk, president and CEO from Goodwill Industries of Southwest Florida, Dave and Cheryl Cobham, Pastor Brad Livermon and the Sanibel Community Church Missions Committee, Debi Almeida, president from the Sanibel-Captiva Lions Club, the Sanibel-Captiva Conservation Foundation, Florida United Methodist Camps & Retreats, The Lucerne Foundation's Logos Fund and several anonymous donors, along with more than 50 community volunteers.

"A vision that began three years ago as a special project for a targeted population became a community project that will now enhance and add sustainability for the entire Southwest Florida community... and isn't that just special?" said Sharon Miller.

Those in attendance were very impressed with the structure, along with the effort it took to get it built. Jesi Cason, Trailways Camp coordinator, told several campers they'll be able to enjoy the pier "for many years to come."

"This pier stands as testimony of what can happen when you are dedicated to

creating something special," said Owen. "Seeing this inspires me, and I'll carry that feeling with me wherever I go."

Skaugstad, who was honored by the surprise announcement that the fishing pier was dedicated in his honor, hopes that campers will enjoy using the structure for a long time. "Being able to see the campers using this... it's like I'm being paid back 100 times what I put into this," he added.

Trailways Camp removes barriers and social isolation by giving participants a chance to experience quality social recreational experiences – including fishing, swimming, hiking, karaoke, talent shows, field trips, canoeing, arts and crafts, dances and campfire sing-alongs – in a safe environment while giving respite to their families and caregivers. More than 30,000 adults with disabilities and special needs reside in Southwest Florida.

The next Trailways Camp will be held from November 2 to 5. Applications may be completed online at <http://goodwillswfl.org/trailwayscamp>. You may also contact the Trailways Camp coordinator, Jesi Cason, at 357-3623 or jescason@goodwillswfl.org for additional information.

Financial contributions may be sent by mail to the Robert V. & Benjamin G. Miller Fund, c/o Southwest Florida Community Foundation, 8771 College Parkway, Building 2, Suite 201, Fort Myers, FL 33919.✪



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Trailways Camp staff, volunteers and community supporters gathered for a group photo prior to the fishing pier dedication



Sarah Owen, president & CEO of the Southwest Florida Community Foundation



Brad Livermon, missions pastor from Sanibel Community Church



People walking down to the fishing pier along the handicap-accessible ramp leading to the Caloosahatchee



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Island Seniors At The Center 4 Life

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

The center will be closed Monday, October 10 in observance of Columbus Day. Normal operating hours will resume Tuesday, October 11.

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 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.*

Top Ten Books On The Island

1. *Seashells: Artist's Coloring Book* by Alisa Burke
 2. *My Beautiful Broken Shell* by Carol Hamblen Adams
 3. *Historic Sanibel & Captiva Islands* by Jeri Magg
 4. *A Man Called Ove* by Frederik Backman
 5. *Living Sanibel* by Charles Sobczak
 6. *Sanibel Flats* by Randy Wayne White
 7. *Best. State. Ever.* by Dave Barry
 8. *Fates and Furies* by Lauren Goff
 9. *The Girl On The Train* by Paula Hawkins
 10. *The Sanibel Sunset Detective* by Ron Base
- Courtesy of MacIntosh Books and Paper.*



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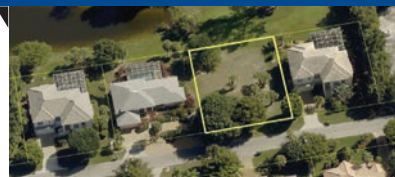
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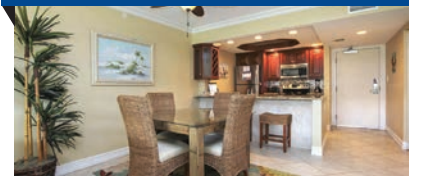
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- John & Denice Beggs 239.357.5500

NEW PRICE

Kid's Book Discussions And Teen Pizza Party At The Library

The Sanibel Public Library new Youth Services Librarian Deanna Evans invites young readers to read, then join one of the three book discussions on Saturday, October 15. The book discussions include *Waylon! One Awesome Thing* by Sarah Pennypacker for third and fourth graders. The discussion will start at 10 a.m. Fifth and sixth graders can read John David Anderson's *Ms.*

Bixby's Last Day and discuss the book at 11 a.m. Then at 1 p.m., seventh graders and older kids will discuss *Jackaby* by William Ritter.

Miss Deanna is hosting a Teen Read Week pizza party (for ages 13 to 19) at 6



Kids reading at the library photo courtesy Sanibel Public Library

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p.m. on Monday, October 10. Stop by the library to take a look at the new books that have been added to the collection at the request of local teenagers, and to learn about young adult books that will be released in the coming months. Pizza and soda will be served.

There is no registration required and no additional cost to participate in these programs.

The weekly children's library programs will resume again on October 10. A complete list of youth programs is on the library's online calendar. If you have any questions about the youth programs, contact Deanna Evans at 472-2483.

For more information, visit www.sanlib.org.✱

The Last Painting Of Sara De Vos

by Di Saggau



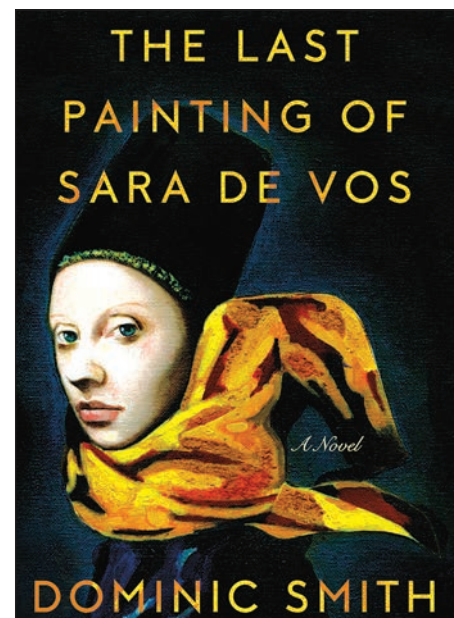
Praise is high for *The Last Painting* of Sara de Vos, written by Dominic Smith. Comments from other authors include, "It is quite simply, one of the best novels I have ever read,"

"Dominic Smith moves effortlessly between his 17th-century artist and those who fall under the spell of her work more than three hundred years later," "This is a novel of love and longing, of authenticity and ethical shadows, and, most compelling of art as alchemy, of the way that it can turn grief to profound beauty."

The book deals with a Dutch female painter in 1637 Amsterdam, Sara de Vos, who must take up her husband's debt after he abandons her. Prominent also is the modern art appraiser in the 1950s who happens to be the forger of one of Sara's paintings.

The book begins in 1957 with Marty de Groot and his wife, Rachel, hosting a \$200-a-plate dinner to benefit an orphan's aid society. Upstairs, above the festivity, a treasured painting is removed from their bedroom and a fake left in its place. The original had been in the de Groot family for 300 years.

The reader is soon whisked back to 1637 Amsterdam where we meet Sara de Vos, the first woman ever admitted into the St. Lukes Guild of master painters. She has been "suspended" for selling paintings outside the group's purview. In those days, the Guild controlled all aspects of professional artistic life, including who could sign and date paintings. Records suggest that as many as twenty-five women were members of the Guild during the 17th century, but little of their work has survived. We learn how unfair it was to be a talented female painter in a man's

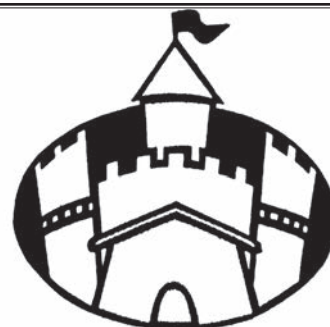


world.

Eventually we are in Sydney, 2000, where Eleanor Shipley, an internationally renowned art historian, nervously awaits the arrival of two apparently identical paintings for a show at the Art Gallery of New South Wales. One is the original Sara de Vos painting, *At the Edge of a Wood*, stolen from de Groot and the other is the forgery, painted by Shipley herself nearly 50 years earlier. Now 80 years old, it is de Groot who is bringing the forgery from New York to Sydney. He is on a quest for redemption, for himself and the painting.

The novel's themes and images reflect forward and backward in time with a plot containing many uncanny details. Previous owners of the original painting have not lived past the age of 60. A detective discovers the information de Groot needs, so he makes a forgery of himself, becoming Jake Alpert, in order to approach Shipley without letting her know who he really is.

The book begins as a mystery about a crime, but by the end the reader sees far beneath that surface as it fuses biographical details from the Dutch Golden Age. I too loved reading this book.✱



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Superior Interiors

Color Continuity Is A Must



by Linda Coin

Many decorators recommend color continuity throughout a house. However, this doesn't mean using the same color scheme in every room – how boring would that be? It

does, however, mean a smooth color transition from one room to the next.

One connecting color will serve to accomplish this. It could be a soft sage green shade – or robin's egg blue – or buttercup yellow – any color actually. The key is to use your connecting color in varying degrees of intensity from room to room. Sometimes your main color in one room would then be better used as an accent color in an adjoining room. It might be carpeting in one room, walls in another, an occasional chair in a third, an element in the drapery fabric in a fourth.

It's also extremely important to add one unexpected fun, splash color into your basic color scheme. Did you know that when we walk into any room, our eyes crave visual movement? And by adding a splash color – something unexpected into your overall color scheme – you instantly add visual

interest into your design plan.

Think about a basic color scheme of buttercup yellow, sage greens and warm winter whites. Most would find this a calming color palette, and can easily visualize carrying varying degrees of intensity of these colors from room to room. But just think about the awesome impact a splash color could add. How about introducing a warm coral shade into this color scheme. By cleverly using this color in accent or accessory pieces, and then moving these colored accents strategically around your room, you've immediately created a much more pleasing design plan, full of impact and visual interest.

And if you love to rearrange your furniture, just think of the possibilities color continuity from room to room affords. All your furniture pieces, as

well as your accessories, can be easily interchangeable color wise room to room.

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

Fun Day At Rec

Register your children now for the upcoming Fun Day at the Sanibel Recreation Center on Monday, October 3. Enrollment is available for children in kindergarten through eighth grade. The program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks will be provided.

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

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October Activities At Shell Point



Shell Point's popular model train attraction will reopen in October
photos courtesy Shell Point

Shell Point Retirement Community is offering a number of activities during the month of October. They include:

- All Aboard! Model train attraction reopens – Mondays, Wednesdays and Fridays from 1:30 to 3:30 p.m. in the Creativity Center on The Island (15000 Shell Point Boulevard, Fort Myers)

Visit Shell Point's popular Gulf Coast Model Railroad attraction, which opens for the season on Monday, October 3. There will be free tours of this 40-by-40-foot miniature train display every Monday, Wednesday and Friday afternoon from 1:30 to 3:30 p.m. Spot hundreds of recognizable geographic landmarks representing notable sites throughout Florida during the tours, conducted by Shell Point resident volunteers. Call 454-2290 for groups of 10 or more.

- The History of Iraq to Present Times
Session One: Tuesday, October 4 from 4:30 to 6 p.m. at The Woodlands
Session Two: Tuesday, October 11 from 4:30 to 6 p.m. at The Woodlands.
Mesopotamia, now modern-day Iraq, was one of the world's greatest ancient civilizations, and has been fought over for more than 4,000 years. During this period, great empires grew to dominance then collapsed, overtaken by other great empires – Iran, the Greeks, Rome, then the Ottomans. Investigate the most famous milestones in Iraq's long history with professor Adrian Kerr. End with session two by reviewing the current turmoil that continues to engulf this country. Tickets for each class are \$10 and can be purchased at 489-8472.

- Session One – Syllabus: Mesopotamia; Assyria and Babylon; The Medes and Persians; Alexander; Rome; The birth of Islam and the Arab conquest; and The Turkish and Mongol invasions.

- Session Two – Syllabus: The Ottomans; Lawrence of Arabia and the post-World War I treaty; The 1974 war and the rise of oil geo-politics; Rise of the Baath and Saddam Hussein; 1980 Iraq versus Iran War; Iraq invades Kuwait; Weapons of Mass Destruction – The West Meddles; and Fragmentation – Iraq Today.

- Happy Birthday, Amy Beach – Tuesday, October 25 from 10 to 11:30 a.m. at The Woodlands

Celebrate the 150th birthday of Amy Beach, America's first great woman composer, during this lively class with pianist and educator Gail Smith. The Academy of Lifelong Learning at Shell Point is one of the first to present this performer's musical journey through the life and music of Amy Marcy Cheney Beach (1867-1944). Birthday cake will be served. Tickets are \$10 each and can be purchased by calling 489-8472.

- Edison, Westinghouse and Tesla: War of the Currents – Saturday, October 29 from 10 to 11:30 a.m. at The Woodlands

Professor Adrian Kerr will explore the spark igniting The War of the Currents, a series of events surrounding the introduction of competing electric-power transmission systems in the United States in the late 1880s and early 1890s. Commercial competition, the debate over electrical safety, and a media campaign grew out of this debate. The program will end with a discussion of the early electric cars and recent advances in these products for the mass market. Tickets are \$10 each and can be purchased by calling 489-8472.✱

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A Dozen Island Celebrities Go All Out For Shell Museum



Mary Bondurant



Terry Igo

photos courtesy BMNSM

With their entertaining ways, outrageous hijinks, cool costumes and good-natured competition, the island celebrities appearing at the Monday, October 3 benefit for the Bailey-Matthews National Shell Museum are giving their all to earn "tips" for the museum. Even the Shell Love Bug, a shell-encrusted Volkswagen Beetle, is accepting gratuities.

Celebrity Island Dinner is sold out, but you can still leave a tip before or after the dinner at www.shellmuseum.org, by calling 395-2233 or by stopping at the museum, located at 3075 Sanibel-Captiva Road.

The following island celebrities are also collecting tips where they work: Ric Base, Mark Blust, Mary Bondurant, Robin Cook, Capt. Brian Holaway, Terry Igo, Joel Johnson, Holli Martin, Shelby Peters, Robin Roberts and new addition, Lacy McClary.

A local artist, McClary is new to the celebrity roster, and she's diving right in to the fun and festivities to help the museum.

"I want to paint the night red... to shake-shake-shake it up while you tip-tip-tip it up," she said. "Let's dance into the night and raise some money for a great cause. Help me get down and boogie and let's win this thing." Contact McClary to leave a tip at 918-740-4972 or lacy@lacymcclary.com.

Mary "Mermaid" Bondurant, a realtor with the Bondurant Realty Group, explained that she's "shell-a-brating" this year's Disco Beach-themed Celebrity Island Dinner. She'll be "Takin' care of business" as a real estate professional, and added that she "Boogie Oogie Oogies" to raise money for the museum. To tip Bondurant, call 839-3633 or email her at mary@bondurantrealtygroup.com.

While Terry Igo of the Sanibel Captiva Trust Company isn't a member of the celebrity waitstaff, he helps keeps things lively with his unique brand of entertainment during the Celebrity Island Dinner. He's been Elvis Presley in the past and last year appeared as "The Donald." What does he have planned for this year? "Well," he said, "it's rumored to be epic. Don't miss it... bid now to say you were there." To leave a tip for Igo, contact him at 472-8300 or tigo@sancaptrustco.com.✪



Lacy McClary

Thomas R. Louwers, M.S.T.

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Will Power

Promissory Notes Are Part Of Your Estate



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

Ken and Barb have a joint trust that provides for one another and upon the death of the survivor of them the trust is to be divided among their four children. One child, Amy, borrows \$300,000 from her parents to purchase a home. She signs a promissory note and a mortgage is recorded. The note is payable back to Ken and Barb. Ken and Barb don't tell their estate planning attorney about this transaction.

Many years later both Ken and Barb are deceased and their estate is being administered. The children find out about the note, as Amy was the only person who knew about it. None of the note

had been repaid.

"I have to tell all of you that we need to open a probate estate," the estate attorney tells the family.

"Why is that?" David, one of the other children, asks.

"Because the note is not owned by your parents' trust," the attorney instructs. "So it is a probate asset."

"Mom and dad told me that they were going to cancel the note when they died," Amy said.

"Well, there's nothing in their will or trust that directs the note be cancelled," the attorney says, leafing through the legal documents. "So the note is an asset of their estate to be distributed in accordance with its terms. Even so, if your parents wanted you to not repay the estate, they should have directed the note be distributed back to you rather than cancel it."

"Distribute back to me and cancelling it sounds like the same thing," Amy said.

"Not really," the attorney continued. "Under our income tax laws cancelling a note results in taxable income to the debtor. So you would have had a \$300,000 addition to your net income if they cancelled it. The better thing would be to distribute the note back to you as a part of your share, which is what I'm going to suggest that we do during the trust administration."

"Didn't you say that the note was part of mom's probate estate?" David asks.

"Yes, it is. Your mother's will is known as a 'pour over will' which means that upon the conclusion of the probate administration it will become part of the trust. One option is to divide the note into four shares and distribute one-fourth of it to each of you. Amy

would not have to repay herself but she would have to repay each of you your share, which would amount to \$75,000 plus interest each."

"Is there an alternative to that?" Amy asks.

"Yes, you could take the entire note as a part of your share. Since your parents' estate is \$2 million including the note, that means each of you is entitled to \$500,000. Amy will receive her \$300,000 note plus \$200,000 of other assets. Everyone else gets \$500,000."

"I thought that mom and dad wanted me to receive one-fourth of everything they had," Amy said.

"Well, you are receiving one-fourth of what they had at the time of their death, including the note," the attorney replied.

Often clients don't consider the outstanding notes that they have between themselves and their adult children. The issue becomes more complicated when the loan is to a child's business or from the parent's business.

When you loan money to your children, it's always a good idea to inform your estate planning attorney to ensure that your intent is properly followed through. Another issue that arises is when the note is never repaid, including interest. The IRS requires individuals to impute an interest rate if one isn't stated. The interest rates are based on a monthly table that the IRS publishes known as the Applicable Federal Rate (AFR). The AFR changes based upon whether the note is short, medium or long term.

Even if the borrower doesn't repay the note including interest, in related party transactions the lending parent is supposed to recognize the interest at the stated interest rate or lowest AFR available if no interest rate is provided.

Make sure that your estate plan considers all of the issues associated with lending money to children or other relatives. Otherwise, your children might have to sort through these problems which can cause conflict among them.

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Voter Information Available

The League of Women Voters of Sanibel reminds all that the general election is Tuesday, November 8.

Other upcoming important dates to remember are:

• Tuesday, October 11 – The deadline to register to vote

• Wednesday, November 2 at 5 p.m. – The last day to request a vote-by-mail ballot

For more information on candidates and amendments, the league has a 2016 Voters Guide at the Sanibel Public Library.

Additional media resources include bereadytovote.org, lwvsanibel.org, lee.vote, facebook.com/BeReadyToVote, youtube.com/LWVFlorida and Twitter. com/bereadytovote.✱



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Rotary Club Presents Donation

submitted by Shirley Jewell

The Rotary Club of Sanibel-Captiva Trust and Rotary Club of Estero, with matching funds by Rotary District 6960, recently presented a \$10,000 check to Gladiolus Learning & Development Center (GLAD) Executive Director Tina Parsons. This financial gift will provide classroom supplies for GLAD's Early Head Start Program, 60 percent of the annual cost of providing diapers for infants and toddlers, and a variety of educational and nutritional needs at the center.

Gladiolus Learning and Development Center, Inc. is a nationally accredited Professional Preschool Learning Environment, and has been awarded the Gold Seal of Excellence by the state of Florida and has been part of the Harlem Heights community for 40 years. The Heights neighborhood is home to 1,200 children under 18 and 36 percent of these families live below the federal poverty level. The mission of the Gladiolus Learning & Development Center is to provide educational and developmental childcare for children of low-income working families and to strive to provide for the social, emotional, economic and the developmental needs of those children and families. GLAD serves approximately 225 children of low-income working families in Southwest Florida. In order to qualify for assistance, families must be actively working. Parents are required to pay a percentage of the total childcare cost. The amount of the family's fee is determined by a sliding scale based upon their income level.

Before presenting our check to Parsons, a group of Rotarians took a tour of the learning center. We were so impressed by the warmth and loving atmosphere in each of the classrooms. The children gave us the biggest smiles and you could tell they



Sanibel-Captiva Rotary Club members presenting check at Gladiolus Learning & Development Center
photo courtesy Sanibel-Captiva Rotary Club

enjoyed being there and were thriving in this nurturing environment.

A fundraising effort is under way to raise \$4+ million to build a new GLAD Center to replace the 40-year-old existing campus. They are halfway there and, with help from many in the community, this goal could be reached shortly.*

LCEC Provides Environmental Funding Awards

LCEC will provide Environmental Funding Awards to four local organizations whose mission centers around protecting the environment and the wildlife that inhabits it.

The Clinic for the Rehabilitation of Wildlife (CROW) will receive \$4,000 for

the creation and printing of informational brochures to educate the public on issues ranging from outreach programs to wildlife trails within CROW.

The Sanibel-Captiva Conservation Foundation (SCCF) will receive \$3,000 to support the creation and printing of its 50th anniversary commemorative calendar from which proceeds will benefit SCCF in their efforts to preserve natural resources and wildlife habitat on and around the islands of Sanibel and Captiva.

The Bailey-Matthews National Shell Museum will receive \$2,500 to support

their Mobile Mollusk Education program which will educate the children of Lee County on the life of a mollusk and the importance that they serve in our ecosystem.

Cape Coral Friends of Wildlife (CCFW) will receive \$2,000 to support the annual Burrowing Owl Festival and the creation of a calendar from which all proceeds directly benefit the CCFW in their continued efforts to preserve and enhance the habitat of protected wildlife species in the area.

To apply for an LCEC environmental

award, organizations can email pr@lcec.net to receive an application. The deadline for 2017 award applications is March 15. Interested organizations must meet certain criteria to be considered for the award including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. This funding award is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.*

Where's the beach?



Sand Pointe
2nd floor 2 bedrm w/gulf view, rental income, & this beach. \$749,000



Sanibel Surfside
2nd floor 2 bedrm directly facing this beach. Rental income too. \$874,000



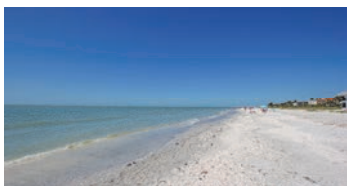
Sundial East
Remodeled gulf-view top-floor 2 bedrm plus den. This boardwalk to gulf. \$799,000



Coquina Beach
2nd floor 2 bedrm w/upper loft. Steps to this east-end beach. \$499,000



Lighthouse Point
Bayview 3 bedrm next to this beach. Gulf beach around corner. \$649,000



Nutmeg Village
Residential top-floor gulf-view 2-bedrm w/beach-side amenities. \$799,000



Loggerhead Cay
Top-floor gulf-view 2 bedroom w income & this beach. \$598,300



Cottage Colony West
Top-floor beach-front Casa Ybel Resort condo w/nightly rentals. \$624,900



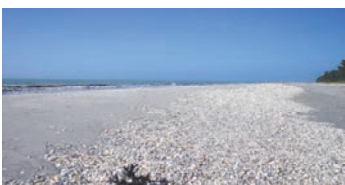
Sanibel River Estates
3-bedrm near-beach pool home w/access at end of street. \$548,000



Periwinkle Properties
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Gumbo Limbo
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Pointe Santo
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Back row, from left, 10K Race 4 FISH Committee Members Pete and Nancy Bender and Doc Ford's chef Phillip Schroeder; middle row, from left, manager Katy Forret, manager Elizabeth Filbrandt, manager Donna Butz, owner Mark Marinello, owner Marty Harrity; front row, from left, 10K committee member John Pryor, Doc Ford's owner Brenda Harrity, general manager Kim McGonnell and 10K committee member Ed Ridlehoover photo courtesy FISH

Doc Ford's Supports FISH As Sponsor; Staff Teams Up For Race

Doc Ford's Rum Bar & Grille is joining the 8th annual 10K Race 4 FISH as a Silver Sponsor. "We are proud to be a sponsor for an organization that helps not only our local families, but those visiting the islands as well," said Kim McGonnell, general manager of the restaurant. "The people of this community help us continue doing what we love. We wouldn't be who we are without that support – being a part of the 10K Race 4 FISH is the least we could do."

In addition to its sponsorship, Doc Ford's staff shows their support as a team – forming Doc Ford's Rum Runners. They have been running the 10K race for the past four years and several are expected at this year's race.

"Our staff really enjoys participating in the race each year," said McGonnell. "It helps build a team atmosphere between our employees at all three locations and gives them a chance to do something together as one team, as well as helping out a great organization on the island."

The 10K Race 4 FISH is at 7:30 a.m. Saturday, October 15 at Sanibel Community Park. Registration can be done online under events at fishofsancap.org.✱

Palmer And Fernandez, Decades Apart In Age, But So Similar



by Ed Frank

Last Sunday was one of history's saddest days in sports – first the shocking death of the beloved 24-year-old Florida Marlins star pitcher Jose Fernandez, and a few hours later, the news that the "king of golf" Arnold Palmer had died at the age of 87.

This reporter had prepared to write this week's column on the amazing sprint to postseason play by the Boston Red Sox with the baseball's season-best 11 straight wins. But those thoughts changed quickly.

By the time you read this column, millions of words will have been written and spoken about these two iconic men who, despite all the negativity often attached to some athletes, had shown the bright and positive side of professional sports.

Both Fernandez and Palmer were heroes. Palmer changed the face of golf. He introduced the game to millions just as television was coming into its own. He proved the game was not just for the wealthy country club set, but for the common men and women.

And closer to home – less than 100 miles from here – Fernandez, with that infatuating smile, was not only a loving and talented pitcher, but a hero in his own right.

Fernandez and his family made three unsuccessful attempts to flee his native Cuba, each resulting in prison stays before his fourth try in 2008 was successful despite their tiny escape boat being sprayed with bullets. Then just a teenager, he leaped into the dark waters to rescue his mother who had been swept overboard.

His death in a boating accident off Miami Beach early last Sunday brought his life to an end far too early – too early to baseball, too early to his family and too early to the tight-knit Cuban community in Miami.

Although separated in age by decades, Fernandez and Palmer shared many loving similarities. Their smiles, their friendliness, their warmth, their charisma, their ability to connect with whomever they met – that was common to them both.

Fernandez's future was ahead of him; Palmer's behind him. Born into near poverty, Palmer blazed onto the links winning seven majors, 90 tournaments worldwide and building a financial empire that included sporting equipment, cars, clothing, insurance, soft drinks, hardware products and even cigarettes in his earlier days. He designed and built dozens of golf courses worldwide. But, never, never did Arnold Palmer sway from his connection with the common man.

Baseball, golf, professional sports, this nation, lost two beloved athletes last Sunday. They left behind them positive images we should never forget.

We will close with what we intended to devote this week's column – the 2016 resurgence of the Boston Red Sox.

Six months ago at the end of spring training, the Red Sox were subject to all kinds of negative vibes. Four last-place division finishes in the last five years had soured the Red Sox Nation. And manager John Farrell reportedly was on a "short leash" if his team didn't win right away.

How times change.

As the final week of the regular season began this week, the Red Sox had secured a postseason slot and a virtual lock on the American League Eastern Division title with a 92-64 record and a 5-1/2 game lead over second-place Toronto with just six games remaining.

Now, Farrell is a strong candidate for American League Manager of the Year.✱



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School Smart



by Shelley M. Gregg, NCSP

Dear Shelley,
My son's school is suggesting that he should have a 504 plan and not an IEP. I am confused. Please tell me how these two plans are different and who should have which plan.

Carolyn C., Fort Myers

Carolyn,

You have asked an excellent question. These plans serve different purposes and have their own strengths. In a broad sense, they are both detailed plans, created by the school and parents, to outline how a student with a disability will learn. A 504 Plan and an IEP are both intended to protect a student with a disability to ensure that they are learning in the least restrictive environment.

Information from wrightslaw.com states, "A 504 Plan and an IEP have unique differences. The way in which a student qualifies for services under each plan is a major difference. It is more difficult to qualify for special education services and receive an IEP. They both require that a student have a documented disability, but there are additional requirements beyond having that disability to receive Special Education services. A student must meet criteria under one of the categories of special education. Each of those categories

has specific criteria mandated by the Department of Education. In addition to having a disability, there must be clear data to support that the disability creates an adverse impact on educational performance and that specialized instruction is essential for the child to be successful. In other words, a student can have a disability, yet not qualify for special education services or an IEP."

Qualifications for a 504 plan are different. In order to qualify for a 504 Plan, a student must have a disability that affects a major life function. That disability does not have to be one of the 14 categories outlined by the Department of Education. It can be any mental or physical disability. That disability has to impact a "major life function." Unlike an IEP, a "major life function" does not have to be educational impact.

Here are a couple of examples of how a 504 plan would work:

- A student with an Autism Spectrum Disorder who is doing well academically, but needs social skills assistance or a specific accommodations such as a visual calendar.
- A student with Attention Deficit Hyperactivity Disorder that does not need specialized instruction, but would benefit from additional time in a less distracting environment for tests and accommodations such as preferential seating or physical breaks.

Generally speaking, a 504 Plan is a better option when the student is able to function well in a regular education environment with accommodations. The 504 plan is generally less restrictive and stigmatizing than the IEP. An IEP is a better option for students with a disability

that is adversely impacting education. Students who need more than just accommodations to regular education would need an IEP. Eligibility in Special Education opens the door to a variety of related services and supports and is always based on the unique needs of the child.

Shelley Gregg is adjunct faculty at Florida SouthWestern State College,

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

Insurance Tip

Don't Let Flood Insurance Lapse



by Angela Larson Roehl

The National Flood Insurance Program has specific timelines for renewal payments to be received. There is currently a 30-day grace period for renewal premiums

to be received for a flood insurance policy without there being lapse in coverage. Should your flood policy be rated using subsidized rates, your policy would continue to qualify for the subsidized rates.

Should your renewal flood payment be received after the allowed grace period of 30 days, and before the 90 days after the policy expiration date, the policy will have a lapse in coverage. However, the National Flood Insurance Program will grant a one-time exception to allow the renewal rate to be based on the subsidized rates.

Again, this is a one-time exception; future renewals that are paid after the 30-day grace period will lose their subsidized or grandfathered rates.

Should payment not be received until after 90 days from the flood policy expiration, the risk will be ineligible for Pre-Firm subsidized or grandfathering rating.

This recent change can be a major issue for some homeowners as the premium difference in their flood policy being rated based on a flood elevation could cost hundreds, if not thousands, more than the current flood premium.

So, if your flood insurance is through the National Flood Insurance Program, and your rates are subsidized or grandfathered, you need to take additional precautions to make sure your flood insurance policy does not expire.

If your flood renewal premiums are paid by your lender, you still need to monitor to make sure your lender pays the renewal premium in the allowed timeframe to avoid the previously mentioned adverse actions from occurring.

Angela Larson Roehl is a local Sanibel-Captiva insurance agent with over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.*

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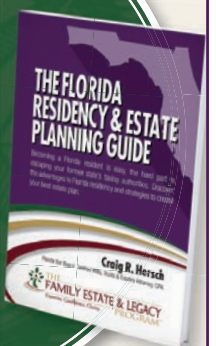
Craig R. Hersch

Florida Bar Board Certified Wills,
Trusts & Estates Attorney, CPA
"Will Power" Columnist, *The Island Sun*



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Have Joint Pain? Trace Bladder Meridian



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

Yang bladder meridian is the longest meridian in our body and is directly associated with our nervous system. It runs down the back four times, interacting with every other meridian. Its' Yin partner is kidney, so together they address the fluids of our body. What do

our joints need to be mobile? Fluid. The negative emotions associated with this meridian are fear and hopelessness. Physically, you may benefit from working with this meridian if you have joint problems (ankles, knees, elbows), arthritis, back pain, bursitis, calf pain, fallen arches, hair loss, forehead headaches, neck tension, nervous system problems, lack of energy reserve, pigeon toes, scoliosis, tooth loss or varicose veins.

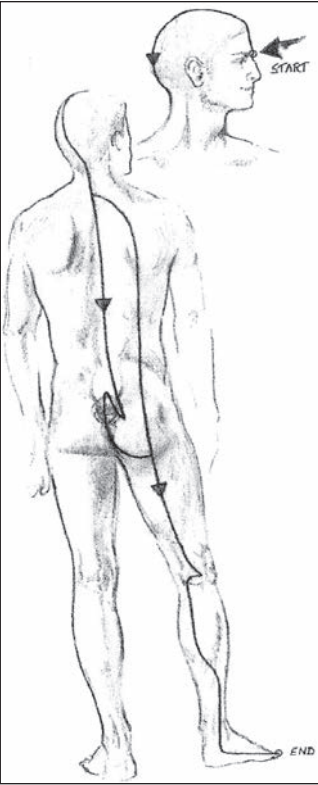
As a reminder, view the August 5 and 12 columns, since the basics of tracing are set forth:

Meridian Flow Wheel Time Of Day – Bladder meridian's high tide is 3 to 5 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 3:30 p.m., then begin with bladder.

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 bladder if you have some of the symptoms listed in the opening paragraph above. Or if you experience osteoporosis, incontinence, lumbosacral problems, sleep disorders or memory problems, this is another indication of bladder imbalance.

Affirmation for this meridian is I Feel Vibrant, Hopeful And Fully Alive – 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 bladder meridian is at the inside edge of eyebrow, and the end point is on the lateral base of each baby toenail. Place the middle fingers of each hand at the inside edge of each eyebrow. Move the hands over the top of the head and down the back of the head and neck reaching down the spine as far as you can reach. Remove the hands and place them under your arms to reach up to the point on the spine you just left. Continue drawing your hands down both sides of the spine to right below the waist. Move your hands back up the spine several inches, then circle around your gluteus maximus. Pick up your hands and place them up the back right below the scapula



Tracing the bladder meridian
Energy Medicine, page 120

BeautifulLife: Keep Moving



by Kay Casperson

How many of you are on the go so much that you are having a hard time fitting in a trip to the gym or a so called "real" workout? Well, I have some good news for you. The things you do daily just might be adding to your fitness regime without you even knowing it.

The old 10,000-step rule just may be happening in your life with your daily routine and you have not even bought a fitness tracker yet. I know in my daily routine of getting kids ready for school, walking the dogs, getting the house in order, running around for my business all day and then taking care of everyone all over again in the evening – even without doing the extra workout things that I love to do – I still feel fit. I know that many of you can relate to this schedule and so the point is, your daily routines can give you as many steps as you need to stay fit as long as you are moving.

Now, let's talk about a simple way to add some other things into your day to stay fit as time permits, especially for those of you that need to sit throughout the day either at a desk or driving. If this is the case, you will need to find time for a walk

before or after work to get your steps and movement in. Then, find a space in your home where you can lay on a yoga mat, or even carpet is fine. Start with stretching and elongating your muscles and then start to address the different areas of your body to tone. I have a little set of weights that I use for doing arm exercises to keep my arms toned and I love to do planks and situps for abs. While I am doing my arm exercises, I am squatting up and down to work my legs and butt. Swimming is also great if you have the opportunity to get in a pool, but for all of you that live in a very seasonal area, that might be hard to find. The Center for Disease Control and Prevention recommends 150 minutes a week of moderate exercise which breaks down to 30 minutes a day for five days out of the week.

When you combine your daily movement and the extra steps you take to add a few simple firming and toning routines, you are well on your way to living a more balanced, beautiful and healthy life easily, and without having to even think about it.

My favorite affirmation for movement is: "I am finding new ways to put movement into my day to stay more balanced, beautiful, healthy and fit."

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.✧

and bring the hands straight down the back to the back of the knees. Indent to the very center of the back of the knee through the middle of the calf to the outside edge of the heel, and then off the lateral side of the baby toe. That's it... you just traced bladder!

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

continued on page 37

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Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I have had a lot of adversity in my life this year and I can't seem to snap out of my funk. I don't want to take medication, so do you have some alternatives?

A: It sounds like it's a struggle

for you to bounce back from the disappointments and challenges you have had. Sometimes you have to redefine yourself and set new goals. It is a matter of becoming resilient. In order for this to occur, begin to look for and see the silver lining in your disillusionments. It is a part of life to

have these happenings occur. Redefine your goals, your self-image and know that what you do with your time can be of great comfort and healing. This takes courage to move ahead yet it is what is needed. Resist giving up, rather let go.

Set your sights on new visions for your future and let go of what no longer serves you. Realize that you have many lessons in life to learn. You will always grow from your lessons, although you don't think you will when it seems so difficult day-to-day.

Make sure that you are practicing extreme self-care. Allow yourself to have some fun and to be loved. Allow yourself to be cared for and to receive. Be open to opportunities to self-improvement and empowerment. And if it becomes too tough, seek professional help.

*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.**

Billy's Rentals Supports FISH

Billy's Rentals encourages all members of the community to be active and support the efforts of FISH of SanCap. From supporting programs and sponsoring the 10K Race 4 FISH to refurbishing bikes for FISH clients, Billy's Rentals is a valued community partner to the FISH organization.

"FISH fills so many needs in our community," said Billy Kirkland, who owns and operates Billy's Rentals, with his wife, Salli. "We have watched them enhance their programs and services to those that live, work or visit Sanibel and Captiva. FISH truly is for everyone."

"We have been involved with FISH for so many years and have enjoyed watching their organization and our community grow together," said Salli Kirkland. "It's been a heartwarming experience to see our efforts morph into positive experiences and outcomes for so many of our neighbors. One of the great privileges of running a business is being able to give to community organizations that matter to us, and FISH is certainly one of those organizations."

"Billy's Rentals' community support helps FISH in so many ways, and we cannot thank Salli and Billy enough for all that they do," said Maggi Feiner, FISH president & CEO. "Their spirit of giving and making a difference in our community is a very powerful statement."*



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"You'll Appreciate the Difference"

From page 36

Energy Medicine

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.

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

Have fun with your energy! Next week's topic is Ear Or Eye Infections Or Low Back Pain? Trace Kidney 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.**

dearRPharmacist

How Some Pain Killers Also Kill Your Pleasure



by Suzy Cohen, RPh

Dear Readers:

There is a strong divide among users of prescription pain killers and those who are opposed to them. I'm referring to opiate analgesics such as oxycodone, hydrocodone, codeine

and others. The street drug heroin is a highly addictive opiate.

For the record, I'm not opposed to pain killers when they are prescribed by a caring pain management doctor. Having worked in rehab centers and with hospice patients, I know these drugs are often indicated and useful, and no person should ever have to suffer.

I am obviously very opposed to using pain killers recreationally, or when there is no longer a pain syndrome. Doctors continue to prescribe drugs sometimes, even though your pain level could be managed with a non-addictive analgesic. This could lead to what I call "accidental addiction," and it happens frequently. Opiates are beguiling. They are pain killers, as well as pleasure killers.

It happens easily. You fill your prescription for 30 hydrocodone after some dental work or back pain. When the bottle is empty, you ask for a new prescription, just in case. Maybe you're worried the pain will come back... maybe you enjoyed the pleasant sensation, or better sleep. Regardless of the reason, your condition no longer warrants the use of an opiate, but you want it anyway. Now you're accidentally addicted, even though you are not a drug-seeking person.

It's because of the temporary dopamine

rush from the opiate, which makes you feel better for a while after each dose. With time, dopamine is depleted. So are other happy brain chemicals. Opiate analgesic drugs cannot be stopped suddenly, because your pleasure center has been numbed and you no longer manufacture your own natural endorphins.

After one month of opiate consumption, levels of neurotransmitters that regulate mood, appetite and happiness become reduced. Opiates make you feel good for about an hour due mostly to the dopamine secretion. Once fully depleted, you begin feeling emotionally numb, anhedonic, depressed, anxious, unable to sleep and possibly suicidal. Zest for living goes down in between each dose.

You're not going crazy. This is a physiological problem, it's not in your head. While it does take time to restore natural endorphins, you absolutely can get well in time, after tapering off properly. The medication's toll on your central nervous system is the problem. Opiates are "drug muggers" of natural endorphins and reduce the following:

Serotonin – Appetite, memory, social interactions, muscle contractions

Melatonin – Sleep, immunity, inflammation and fertility

Dopamine – Passion, muscle and movement, libido and heart rate

GABA – Muscle relaxation, sleep, attention and growth hormone

Acetylcholine – Attention, short-term memory and heart rate

I have a longer version of this article at my website, suzycohen.com to get it, just sign up for my free newsletter. The main point I'm making is how long-term use of opiate analgesics deplete your brain of happy brain chemicals. The long-term damage done by these drugs can be repaired over time. You may benefit from an addiction specialist certified by the American Board of Addiction Medicine.

*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.**

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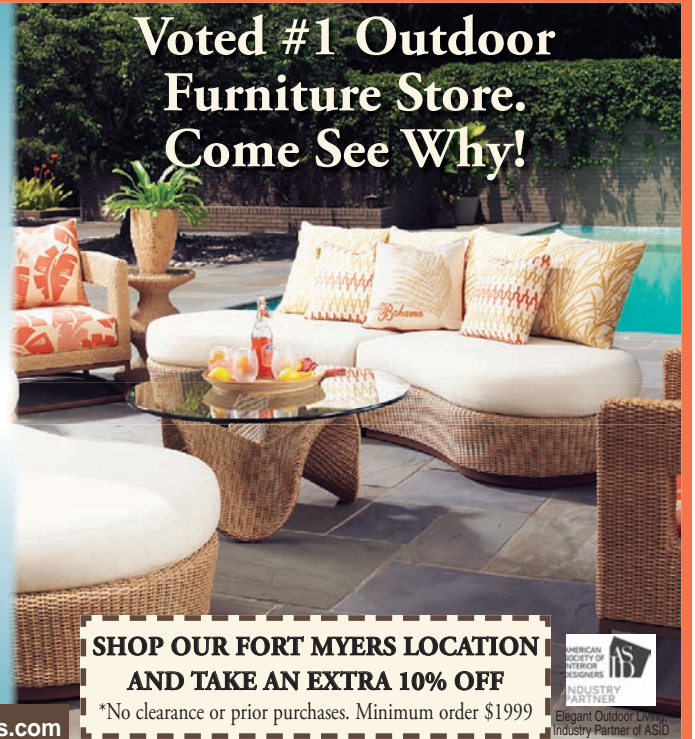
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Doctor and Dietician

Too Busy And No Time To Cook



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

Food can really have a positive impact on our lives. Some of my fondest childhood memories involve food. I never left the house in the morning without a hot breakfast... homemade pancakes, eggs and bacon – yum! What a great mom! I am sure she is 90 percent of the reason why I became a dietitian in the first place. I remember coming home from school and my mom would be there waiting for me with some new or special treat. She took all sorts of interesting cooking classes and was always trying new things. I still use some of those recipes we created, and fully appreciate the value of home cooked meals.

We are all busy and many of you feel

it is easier just to buy something already made. It might be easier, but is it better? Never underestimate the power of food! Here are a few tips for healthy meals at home:

- Be prepared. Think about the upcoming week's meals. Some easy favorites: homemade tacos, roasted veggies, stir fry, chicken and rice, meatloaf, baked potatoes with toppings.
- Make lists of menus, groceries and snacks that do not include premade, boxed foods. Shop the perimeter of the grocery store.
- Keep your kitchen well-stocked with basics. Having good food on hand allows you to whip up healthy "fast food" if needed (like wraps and quesadillas), and makes cooking so much easier.
- Make meals ahead of time and freeze them. If the end of the week's schedule is crazy busy, then cook some meals early in the week and freeze them for later.
- Get out the crockpot. Come home to a delicious meal that is ready to eat.
- Eat the food you bought. Break the habit of buying fresh food and letting it go bad.

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

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,
Our 85-year-old father was widowed two years ago and my sister and I would like him to move into a retirement complex.

He lives in the family home with a year-old dog. The dog is his faithful companion and gets better care than most children. Our father has isolated himself, is lonely and has commented that he never thought widowhood would be so terrible and he now knows he didn't appreciate what he had. He is

determined to stay because he likes his home. What do you suggest we do to try to convince him?

Mary Liz

Dear Mary Liz,
Why try to convince him to do something you want him to do? He has lost his wife, your mother, now you want him to lose his home and sense of independence? Why not try to support him in his own home? If you think he is depressed, ask him to be evaluated by his physician. If you think he is lonely and isolated, ask him if that is how he feels (not how you think he feels). If he does feel lonely and isolated, open a discussion about how to reduce those feelings through community service and programming.

Pryce

Dear Mary Liz,
If your father has decided to stay in his own home, that is his decision and his right and no amount of talking will change his mind. His memories are there and he feels comfortable there so that is where he should be. However, he may find it increasingly difficult and decide himself to make a change at a future date.

Lizzie

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

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Pan-Seared Snapper with Roasted Red Pepper Chili

- 4 six-ounce snapper fillets
- 2 teaspoons cayenne pepper
- sea salt, to taste
- ground black pepper, to taste
- 1 cup rice flour
- 4 tablespoons olive oil

Sprinkle fillets with seasonings then dredge in flour. Melt butter in shallow skillet over medium-high heat; add fillets and cook 3 to 5 minutes per side until golden brown and cooked through. Remove fillets from skillet and serve with Roasted Red Pepper Chili.

Yield four servings

Roasted Red Pepper Chili

- 1 pound red peppers, roasted, peeled, seeded and roughly chopped
- 2 tablespoons diced shallots
- 1/2 cup white wine
- salt and pepper

In a large sauté pan, cook all the ingredients over medium heat for 20 minutes. Puree mixture in a blender until smooth. Strain for a more refined sauce. Add salt and pepper to taste.

Yield: four servings.✱✱



Pan-Seared Snapper With Roasted Red Pepper Chili

photo courtesy Fresh From Florida

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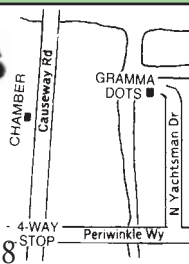


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Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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



Apollo ID# 673529



Ashton ID# 674522

Hello, my name is Apollo. I'm a 3-year-old male rottweiler mix who is robust, handsome and fun-loving guy. My favorite thing to do is play with toys. I even have my own personal toy box at the shelter from which I select my own toys each day.

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

Hi, I'm Ashton. I'm an 8-month-old neutered male domestic short hair who is a very handsome kitty and an absolute lover. I will leap into your lap for cuddles and to give kisses. If you are looking for a lap cat and tons of love, I'm your guy!

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

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal

Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

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

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

The adoption package is valued at \$500.*

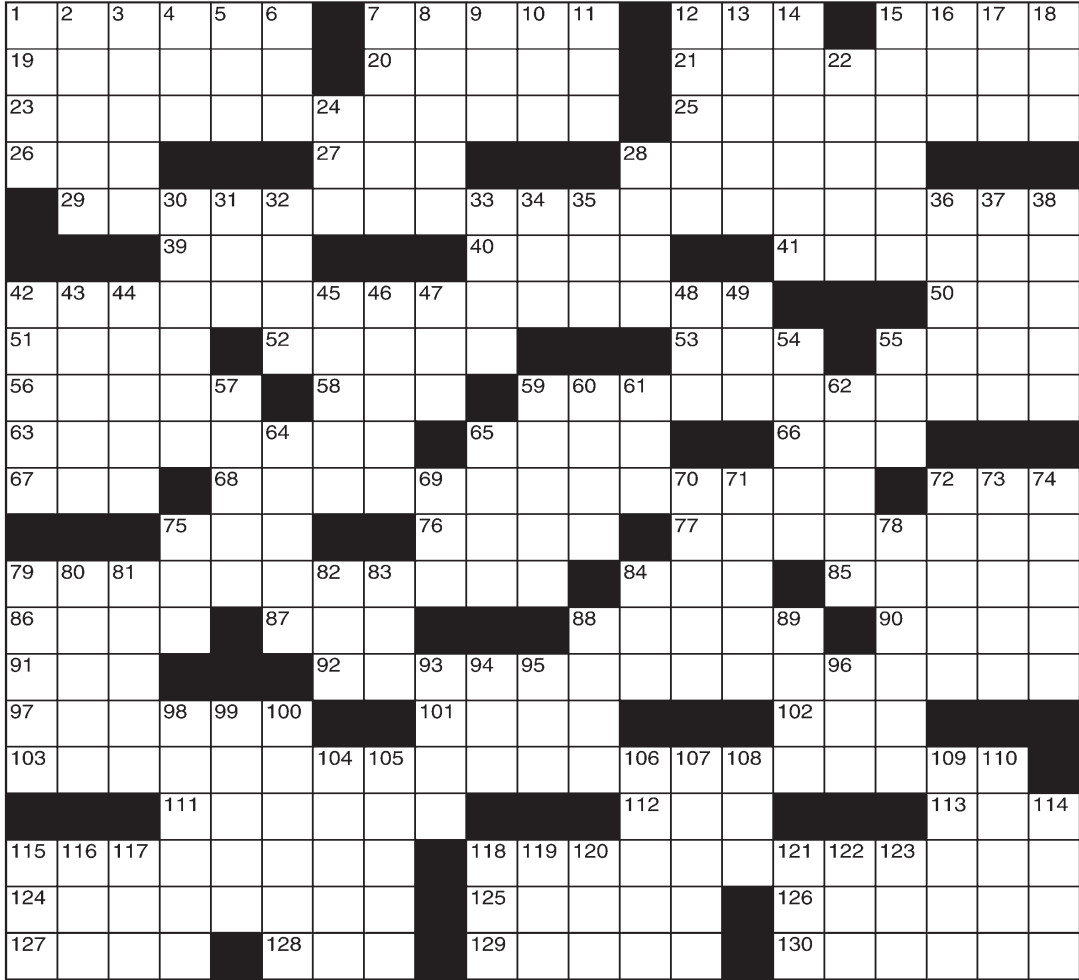
PUZZLES

Answers on page 45

Super Crossword

CROSS-MULTIPLICATION

- ACROSS**
- 1 Sum total
7 Extra-large
12 Texter's "No way!"
15 Biathlon pair
19 Flung
20 Negative particle
21 Large town with a harbor
23 "Absolutely out of the question!"
25 Says again and again
26 Lose all power
27 Sandra of "Gidget"
28 "For shame!"
29 1982 coming-of-age comedy
39 Nuptial beginning
40 Almost here
41 Parade site
42 Manhattan's 229 West 43rd Street, familiarly
50 Up to, shortly
51 Calendar unit
52 See 117-Down
53 Debtor's slip
55 Shop with cold cuts
- 56 Ding-a- (dopes)
58 Prefix with cycle
59 Suffered misfortune
63 Try hard
65 Ruin the secret
66 Bean holder
67 "Give — buzz"
68 Almost always
72 Exploring aid
75 "Who am — judge?"
76 Ballpoint fills
77 "Judging Amy" co-star
79 1978 #1 hit sung by Lionel Richie
84 Mont Blanc, for one
85 Interior look
86 Actresses Charlotte and Cassidy
87 L minus IX
88 Pricey
90 Slipper, say
91 TV plugs
92 Dickens novel opener
97 Makes irate
101 Salt's call
102 Inspired stuff
- 103 Start of a parent's rebuke to an insistent kid
111 Villains' looks
112 Hall & Oates, e.g.
113 — -ray
115 Unit of naval vessels
118 "Out with the old, in with the new"
124 With direct ancestry
125 Information stand, often
126 Nullify
127 Gem mined in Australia
128 "Rescue us!"
129 Trims, as text
130 Gorilla studier Dian
- DOWN**
- 1 Just barely
2 Design theme
3 Actor Milo
4 Mil. morale booster
5 Not old, in Germany
6 Gridiron stat
7 Leigh of "Psycho"
8 Lesser than
9 Jumble
10 — mot
11 "Dear Yoko" dedicatee
12 Poppy drug
13 Watchword
14 — Green (old eloping site)
15 Excoriate
16 Sewing —
17 Suffix with Balkan
18 Part of CBS: Abbr.
22 "Hardcore Pawn" network
24 Idaho county
28 Garr of films
30 Shrub with milky latex
31 — -la
32 Many Nam vets' kids
33 Participating
34 Playa — Rey
35 Rove (about)
36 Lay to rest
37 Part of SAG
38 DNA shape
42 Plant tissue
43 Paris' river
44 Post-lecture session, for short
45 John of song
46 Wilkes- —, Pennsylvania
47 Prefix with cycle
48 Zippo
49 Liquidy gunk
54 Let out of a cage
55 Pop
57 "À votre —!"
59 Happening by chance
60 Grub
61 Wall St. takeover
62 Perfected
64 Withdrawn painkiller from Merck
65 Tie
69 First dynasty of China
70 N.J. borough
71 Laid-back sort
72 Like a stud
73 Not friendly
74 Ovenware glass
75 Pluralized -y, often
78 "— Rides Again" (old western film)
79 Junked stuff
80 Didn't get a choice
81 Stitch again
82 Prince in "Aladdin"
83 Soused
84 Part of NCAA: Abbr.
88 Eye irritation
89 Ring out
93 Infant cries
94 Sleuth's cry
95 Like pre-1991 Russ.
96 Caesar of TV
98 Dutch beer
99 Major fad
100 Fishing lines
104 Mello — (soft drink)
105 Inside looks?
106 That is, in Latin
107 Pulls up into a fold
108 "Wow!"
109 Tonys' kin
110 Forearm bones
114 Grotesque
115 Rapper — Rida
116 Cup edge
117 With 52-Across, tilted
118 Classic Jaguar
119 Give a hand
120 King, in Toulouse
121 Pound sound
122 Recent prefix?
123 Auto rental add-on



King Crossword

- ACROSS**
- 1 Length times width
5 Matterhorn, for one
8 Language of Pakistan
12 Man of the manor
13 Bygone space station
14 Tide type
15 Make valid
17 San —, Italy
18 Pantheon member
19 Stockholm's land
21 West Pointer
24 "— pin and pick it up, ..." Colors
25 Fine
26 Actress Hagen
30 Puncture
31 By way of
32 Preach
33 Catches some rays
36 Smoke
37 Buyer of stolen goods
38 Attack
41 Bando of baseball
42 Judicial garment
43 Sing
- 8 Fictitious
9 Clarinet insert
10 Knight's lady
11 "Once — a time ..." Parcel of land
16 Frail
20 Pal
22 Car
23 Sweetie
24 Grab
26 Ancient
27 Terrible guy?
28 Galvanizing stuff
29 Facility
31 Advertise
- 34 From the start
35 Penn and —
37 Air safety org.
38 Cornfield intruder
39 Arizona tribe
40 Touch
41 Edinburgh resident
44 Praise in verse
45 A Gershwin brother
46 Microwave
47 "Guinness Book" suffix
- DOWN**
- 1 Everything
2 Fish eggs
3 Work unit
4 Old sayings
5 In the thick of
6 "30 Rock" role
7 Charisma

MAGIC MAZE • INCH WORDS

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

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

- Bullfinch Finches Inchworm Whinchat
Chinch Inching Linchpin Winchell
Cinch Inchmeal Pinch Winchester
Clinch Inchoate Squinch



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!

Achieve
TATINA

Swell
BUGLE

Twist
GLEAN

Grand
BLONE

TODAY'S WORD

7			8					3
		6			4	7		
	8			5			6	
	3		7			2		
		5		3				9
2					5		8	
		3		7			2	
	9		6			4		1
1					2			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. Cap is missing. 2. Sweat shirt is missing. 3. Sign is shorter. 4. Zipper is missing. 5. Squirrel is missing. 6. Club is missing. 7. Squirrel is shorter.

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LIVE ON THE ISLANDS

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

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

The Jacaranda has live entertainment Friday and Saturday with Cruzan Vibes, playing reggae. 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.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Barbara Smith. Dusk plays on Saturday. On Monday, it's Woody Brubaker.

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

My Stars ★★★★★

FOR WEEK OF OCTOBER 3, 2016

ARIES (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention.

TAURUS (April 20 to May 20) It's a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday world ready for the next challenge.

GEMINI (May 21 to June 20) With your planetary ruler, Mercury, going retrograde, you might want to slow down the pace in pursuing some of your projects. Rushing things could be counterproductive.

CANCER (June 21 to July 22) Tensions begin to ease in those on-the-fly relationships. This helps create a more positive aspect all around. Expect to hear news that could lead you to rethink a recent decision.

LEO (July 23 to August 22) The pace of activity that had slowed last week now begins to pick up. This is good news for Leos and Leonas who have career-building plans that need to be put into operation.

VIRGO (August 23 to September 22) Venus offers encouragement to romance-seeking Virgos who are ready to get up, get out and meet more people, one of whom could be that long-sought soul mate.

LIBRA (September 23 to October 22) An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from

which to make your argument.

SCORPIO (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.

SAGITTARIUS (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal.

CAPRICORN (December 22 to January 19) Relationships could be either helpful or hurtful as you pursue your career goals. You might have to make some difficult choices depending on what your priorities are.

AQUARIUS (January 20 to February 18) You might still have some doubts about a career move that could involve a lot of travel. If so, continue to check things out until you feel secure about making a decision.

PISCES (February 19 to March 20) Love rules, as Venus continues to exercise her cosmic influence on both single and attached Pisces. New developments might cause you to change your travel plans.

BORN THIS WEEK: You often think of others before you consider your own needs. You enjoy helping people and would make a fine teacher or caregiver.

THIS WEEK IN HISTORY

• On Oct. 6, 1866, in Indiana, the Reno gang carries out the first robbery of a moving train in the U.S., making off with over \$10,000. Holding up moving trains in remote locations soon

became popular in the American West.

• On Oct. 5, 1947, President Harry Truman makes the first-ever televised presidential address from the White House, asking Americans to cut back on their use of grain in order to help starving Europeans. He asked that the public voluntarily forgo meat on Tuesdays, eggs and poultry on Thursdays and to save a slice of bread each day.

• On Oct. 4, 1957, the "Space Age" begins with the Soviet Union's launch of Sputnik, the world's first artificial satellite. Other firsts for the Soviet space program included first man in space, first woman, first three men, first space walk and first to orbit the moon.

• On Oct. 3, 1961, the United Auto Workers union goes on strike at Ford plants across the country to win higher wages and better benefits. It was the first company-wide strike since Ford had agreed to a collective-bargaining deal in 1941.

• On Oct. 8, 1970, Matt Damon, the future star of a long list of hit movies, including "The Bourne Identity," is born in Cambridge, Massachusetts. Damon, who left Harvard University before graduating to pursue an acting career, made his big-screen debut with a small role in 1988's "Mystic Pizza."

• On Oct. 7, 1984, at Soldier Field, Chicago Bears running back Walter Payton runs for 154 yards to become the NFL's all-time rushing leader, breaking the record set by Cleveland's Jim Brown in 1965.

• On Oct. 9, 1992, a bowling ball-sized meteorite crashes through an orange 1980 Chevy Malibu in Peekskill, New York. Scientists say it came from the asteroid belt between Jupiter and Mars.

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STRANGE BUT TRUE

• It was 20th-century Florida politician Claude Pepper, member of the U.S. Senate and the U.S. House of Representatives, who made the following sage observation: "If more politicians in this country were thinking about the next generation instead of the next election, it might be better for the United States and the world."

• Those who study such things say that the letter "s" begins more words in the English language than any other letter. The letter "c" takes second place, followed by "p" in third.

• In 1958, a woman named Ella Petry, then residing in St. Leonards-on-Sea, England, spent 21 days carrying an egg around in the bosom of her dress, successfully hatching a chick at the end of the three-week period.

• It's been claimed that English is the only language that capitalizes the pronoun "I."

• It may be difficult to picture a pope in anything other than the robes of office, but they certainly lead normal lives when they're young. Pope John Paul II reputedly was an excellent soccer goalkeeper, and he worked as a playwright -- and even performed as an actor in some productions.

• When black sheep get old, their wool turns gray.

THOUGHT FOR THE DAY

"Moral certainty is always a sign of cultural inferiority. The more uncivilized the man, the surer he is that he knows precisely what is right and what is wrong. All human progress, even in morals, has been the work of men who have doubted the current moral values, not of men who have whooped them up and tried to enforce them. The truly civilized man is always skeptical and tolerant, in this field as in all others. His culture is based on 'I am not too sure.'" -- H.L. Mencken

NOW HERE'S A TIP

• Cold weather and quick dinner? Baked potato four ways: broccoli with cheddar cheese; sausage crumbles and Alfredo sauce; BBQ pulled pork with corn; and the Italian, with sliced meatballs, pizza sauce, mozzarella cheese and Italian seasoning.

• "Attach shower rings to the bar of a coat hanger to organize scarves or even baseball caps. Thread the adjustable strap through the rings and secure to hang hats." -- M.W. in Kansas

• Reusables are the way to go for school lunches. Grab assorted forks, spoons and even metal containers at the thrift store and use just for lunches. That way, if the flatwear gets left behind one day, you won't miss a piece of your everyday set.

• Baby bottle-drying racks can find a new life airing out reusable water bottles, many of which are better suited to hand-washing.

• If you use a pad mop (think,

Swiffer), here's a great tip from T. in Kentucky for making your own reusable pads: "I repurposed my cloth diapers to use on my mop. Just sew hook-and-loop tape to the edges of a cloth diaper so that you can wrap it around the pad, and secure it on the top."

• Make a fun coffee-can shoe storage rack by nailing clean, empty coffee cans to a section of scrap wood. Lean it against the wall on the porch to collect dirty, muddy shoes, or mount it inside the bottom of a closet for indoor storage.

SCRAMBLERS

1. Attain; 2. Bulge;
3. Angle; 4. Noble

Today's Word
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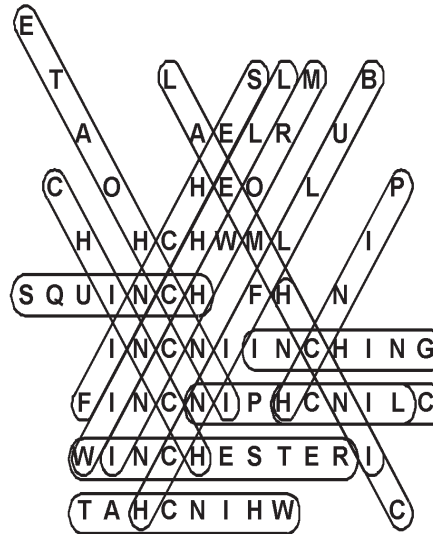
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SUDOKU

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

submitted by Shirley Jewell

Welcome to the neighborhood Chuck Vilardi, new principal of The Sanibel School. Vilardi has some big shoes to fill following former Principal Barbara Von Harten, who served in that capacity for 19 years. During her tenure at The Sanibel School, accolades of excellence came from county, state and federal educational agency officials. The island school was named a National Blue Ribbon School.



Chuck Vilardi

After meeting Vilardi, Rotarians felt his passion to maintain the school's reputation and the students' passion for learning. The new principal has added his own programing ideas, conveying additional excitement for learning. The schools motto, "Unite, Inspire, and Empower," will be on display in many ways this year, bringing in a wealth of talent, treasures, and time from community members and organizations to help live out the school's motto in many ways.

Vilardi wants to build relationships on all levels, starting at the top with his staff of educators and administrators. A team-building outing took them out to sea via Captiva Cruises and back for lunch at Doc Ford's. This was also a perfect example of building relationships with local businesses. Recently, Bailey's General Store donated an outdoor grill to the school that will be used for events of all kinds to celebrate student and school achievements.

This year, the school calendar is filled with outreach partnerships with island non-profits, organizations and businesses:

Earlier this month, "Ding" Darling Wildlife Refuge mascot Blue Goose handed out copies of the book *The Shark Whisperer* by author Dr. Ellen Prager to 35 fifth-grade students at the school. Later in the month, Dr. Prager will be in town for the refuge's Soak-It-In Speaker Series, and she will be meeting with these same fifth-graders to discuss this book, a young adult tale of derring-do requiring its hero to enlist the aid of sharks, dolphins and an octopus in a fight against a shark-finning, reef-destroying evildoer.

On Wednesday, October 5 at 7 p.m., BIG ARTS will host a Meet-the-Principal night and show *Most Likely to Succeed*, the highly acclaimed film on education. There is no charge to attend. Additional events include CROW providing a teacher and staff tour of its wildlife rehabilitation center and Sanibel

Sea School teaching cast netting techniques.

- Continuing events:
- FISH continues volunteer tutors.
 - Principal Vilardi believes that all children need a positive male role model in his or her life and have planned activities that will encourage community fathers to participate in their child's life. Dads Take Your Child To School Day took place on September 29. Dads, grandpas and uncles were encouraged to walk their child to class and to have lunch on this special day. The Sanibel Police Department and Sanibel Fire Department had employees make friendly visits to the school to help with this program.
 - Sports activities are being beefed up at the school this year, bringing in students and parents for friendly, fun and just slightly competitive activities. Check the school's website for information on this.
 - Principle Vilardi believes in celebrations, small or large achievements recognizing positive events by using our community resources to bring a culture of learning that includes pride in who we are and where we come from, the nature that surrounds us and the beauty of our place as well as the capital of

our residents and amazing non-profits involved in preserving our island's natural resources and providing the cultural experiences of art and theater.

Parents: the school needs your help, and your window of opportunity to connect with your child will close sooner than you think. Your time matters now. Your child needs guidance. You don't have to be a helicopter parent but you to have to be present in your child's life. As with all schools, there can be problems and The Sanibel School has had to handle some in the past and will continue to have challenges now and in the future. Just recently, there was concern of some students having drugs on campus. Drug-sniffing dogs were brought to the school but nothing was found. Caution ruled the day. Your child's security and safety comes first. The reputation of the school will hold up, but not at the price of sweeping problems under the rug.

A school is not the only educator in your child's life. You are, and you should be the part of an amazing team of teaching. Join in, the time is now.

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

HORTOONS

BATMANATEE VS SUPERMANATEE

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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Orchid Ridge	Estero	2000	4,233	\$1,195,000	\$1,050,000	302
Cape Harbour	Cape Coral	2003	2,807	\$895,000	\$830,000	137
Cape Coral	Cape Coral	2001	2,446	\$777,000	\$735,000	173
Goldcrest	Bonita Springs	1993	3,727	\$775,900	\$750,000	254
Cape Coral	Cape Coral	2000	2,910	\$710,000	\$600,000	108
Siesta Isles	Fort Myers Beach	1979	2,385	\$699,000	\$690,000	100
Whiskey Creek Club Estates	Fort Myers	1978	3,122	\$695,000	\$670,000	151
Cape Coral	Cape Coral	2002	2,434	\$650,000	\$615,000	0
Cape Coral	Cape Coral	2013	2,355	\$615,000	\$590,000	228
Lexington Country Club	Fort Myers	1996	2,243	\$589,900	\$565,000	188

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