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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 7, 2016

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Zimomra Receives Government Service Award

Last week, Sanibel City Manager Judie Zimomra received the 2016 Local Government Service Award from the International City/County Management Association (ICMA). The Local Government Service Award recognizes and honors a city manager's dedication to public service and professional management at the local level. Zimomra received the award before her peers in Kansas City at the Annual ICMA Conference.

ICMA, founded 102 years ago, advances professional local government worldwide. The organization's mission is to create excellence in local governance by developing professional management to build better communities. When Zimomra started her career 35 years ago, very few women were in the profession. Today, approximately 20 percent of all professional local government managers are women. The average tenure for professional managers is less than seven and half years.

As of September 17, Zimomra has been the city manager of Sanibel for 15 years. "As staff, we are very fortunate on Sanibel to work with a mayor and city council

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Judie Zimomra

photo courtesy City of Sanibel

Three Days Of Free Access To Wildlife Drive On Sanibel



Bike, hike or tram the refuge on October 21 and have Wildlife Drive virtually to yourself

photo courtesy DDWS

To celebrate National Wildlife Refuge Week, the JN "Ding" Darling National Wildlife Refuge on Sanibel Island will open admission to Wildlife Drive for free to all traffic for two days during October's "Ding" Darling Days, and to only biking and hiking traffic on Friday, October 22. The drive normally closes to all traffic on Fridays.

On Sunday, October 16, the drive is open for free to all visitors during "Ding" Days' kick-off Family Fun Day. In addition, Tarpon Bay Explorers (TBE), the refuge's recreation

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Tom Uhler, left and Erick Lindblad survey the Bailey Homestead Preserve in preparations for this year's Wines in the Wild

photo courtesy SCCF

Wines In The Wild To Be Held At Bailey Homestead Preserve

Sanibel-Captiva Conservation Foundation (SCCF) has a great new venue for "Celebrating Our Good Nature" during the 9th annual Wines in the Wild on Saturday, November 5 from 7 to 9 p.m.

"We always like to add a new element to this fundraiser," said Tom Uhler, event

continued on page 5

Islander Screens Film At Baseball Hall Of Fame

by Jeff Lysiak

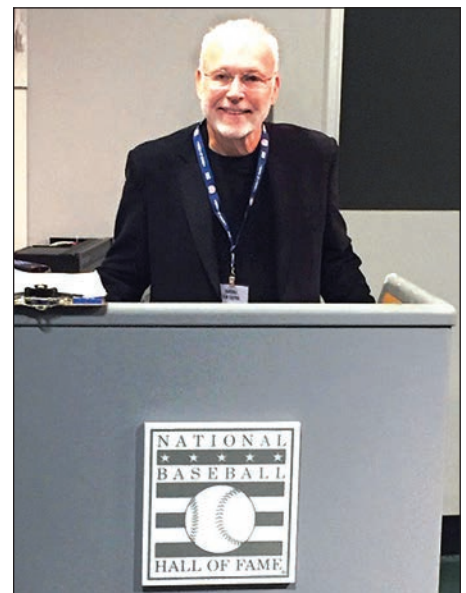
When Sanibel filmmaker David E. Carter began working on a documentary about 1950s baseball in his Kentucky hometown, he imagined it would involve "just a few interviews" with the boys who shared his favorite summer pastime.

Instead, his "simple little film" grew into a 57-minute documentary – *Ashland's Field of Dreams* – which was recently screened at the 11th annual Baseball Film Festival at the National Baseball Hall of Fame in Cooperstown, New York.

"As a kid who dreamed of someday coming to Cooperstown as a shortstop for the Yankees, a dream that died with the first slider I ever saw, but to come to Cooperstown and have them show my film is the next best thing," said Carter. "It's a thrill to sit and watch the creation that took two years to make and to watch an audience at the Hall of Fame respond to it."

According to Carter, the idea to make *Ashland's Field of Dreams* came during a trip to his hometown in 2007. Wandering through Central Park, the baseball

continued on page 11



Filmmaker David E. Carter at the National Baseball Hall of Fame, where his documentary *Ashland's Field of Dreams* was screened on September 25

photo courtesy David E. Carter

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Sanibel Scouting Is In Full Swing



Cub Scout Pack 1740 picking up debris at Lighthouse Beach photos courtesy Kim Kouril

The school year has just begun, and already scouting is in full swing on Sanibel Island.

After recruitment night at the Scout Open House held at The Sanibel School on August 30, Cub Scout Pack 1740 came out in great numbers to participate in the 30th annual International Coastal Cleanup effort on September 17.

Soon after, Sanibel Boy Scout Troop 1740 officially formed on the island, and the Boy Scouts got right to work on their merit badges through a workshop provided by Bass Pro Shop during the month of September, which is celebrated as Scouting Month.

Last week, Cub Scout Pack 1740 was visited by EMTs during their Tuesday night pack meeting at the Sanibel Community Church as part of their achievement earning program.

In addition to working on their annual fundraiser selling popcorn until the



Cub Scout Pack 1740 with EMTs Billy VanHelden, Michael Santos and Katie McCurry with son Tyler, a Wolf Cub Scout

end of October, Cub Scout Pack 1740 and Boy Scout Troop 1740 have a busy, productive and fun-filled 2016-17 under way.

For more information about scouting, contact Cub Scout Committee Chair Kara Stone at 223-4625 or Boy Scout Committee Chair Kim Kouril at 233-4180.*

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General Store Throws FISH A Lifeline



From left, Anna Benza, Mead Johnson, Debbie Ousley, Maggi Feiner, Richard Johnson and Dane Johnson as “Big Bag” photo courtesy FISH of SanCap

Bailey’s General Store, located at 2477 Periwinkle Way and Bailey’s Marketplace, located at Sundial Beach Resort & Spa, 1451 Middle Gulf Drive, has begun their annual Throw FISH A Lifeline campaign. The campaign gives customers the option to add money – in \$10 increments – to their grocery bill at checkout. “It’s as easy as 1, 2, 3,” said Bailey’s owners Mead and Richard Johnson. “Bailey’s will do the rest.” Donating to the FISH food pantry to help friends and neighbors has never been easier; just follow these steps:

- Tear off the coupon located at the display or register
 - Take the coupon to the register at either Bailey’s location when checking out
 - Sign the coupon and give to cashier when paying for your purchases.
- “We understand many of our neighbors and friends have difficult times. We will put your money to work as we order in volume to distribute necessities to the FISH food pantry,” the Johnsons said. “FISH will to use the account credit to purchase the bulk groceries that are most needed for the food pantry at wholesale prices, helping FISH get more value for their donations.”
- While the FISH food pantry receives the support of many throughout the year, some food items are in high demand and are harder to keep in stock. The partnership with Bailey’s allows FISH to directly request specific items that are most needed in the pantry at the time of ordering.
- “The fact that people are willing to give is very healthy for our community,” the Johnsons added. “The dollars you give at the checkout really helps our island neighbors.”
- “Bailey’s has been a great friend and neighbor to our organization for many years, offering abundant support in so many ways,” said Maggi Feiner, FISH of SanCap president and CEO. “We are very grateful to Mead and Richard for coming up with this idea, and to the entire Bailey’s store and staff for encouraging customers to donate. This is the fourth year they have facilitated the lifeline campaign, and we extend our sincere gratitude for their help.”✱

Fun Times With Friends At Preschool

Youngsters at Summit Christian Preschool spent some time recently poking, jabbing, forming, molding and cutting play dough as a way to strengthen their hands for fine motor skills development. The children have fun learning even when it’s playtime.

Summit Christian Preschool at Sanibel Community Church (SCC), located at 1740 Periwinkle Way.✱



Avagrace Froelich, Kelyse Schafer, Isla Mendez, Addison Quillen, Keeva Clark, Taylor Peach, Greffa Livermon and Chloe Selby molding their creations photo courtesy SCC

2017 Sanibel Scenes Calendars
feature photos of local scenery and wildlife taken in and around Sanibel, so they are close to home.

In addition to the beautiful pictures, each month contains some tidbits of information or personal advice you should know.

This is the fourth consecutive year for these popular calendars, and they are available at these island favorite stores:

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American Legion Post 123

On Sunday, October 2, American Legion Post 123 will serve a meatloaf dinner from 1 to 8 p.m. Stop by Sunday, October 9 for a barbecue ribs and chicken dinner served all day.

On Monday nights, there are 9-ball and 3-ball tournaments at 6 p.m. Players are welcome. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available for a donation of \$15.

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.✱

Zimomra

Zimomra has made presentations before the Duke Energy Hurricane Preparedness Seminar, the National Conference of the Government Finance Officers Association, the National Hurricane Conference, Florida Governor's Hurricane Conference and the Barrier Islands Governmental Council. In 2012, she was the commencement speaker for her alma mater Newton Falls (Ohio) High School.

Wines In The Wild

In addition to tastings of six wines paired with hearty hors d'oeuvres,


Call SCCF at 472-2329 for advance reservations at \$75 per person. If space is available, the cost will be \$85 the night of the event. Proceeds will benefit SCCF's programs that conserve the coastal habitat and aquatic resources on Sanibel and Captiva and in the surrounding watershed. ✨

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WEDDING ANNOUNCEMENT



Courtney Burris and Michael Maxwell

On September 25, Michael Maxwell and Courtney Burris from Nashville, Tennessee were married at Casa Ybel Resort on Sanibel. Michael and Courtney have been vacationing on the island ever since they met eight years ago. Michael’s family has been vacationing on Sanibel for 38 years.*

Gallery Owner Supports 10K Race



Watson MacRae Gallery owner Maureen Watson, third from left, with 10K Race 4 FISH Committee members, from left, Pete Bender, Nancy Bender and Ed Ridlehoover
photo courtesy FISH of SanCap

Watson MacRae Gallery is opening its 9th season on Sanibel with a new space in the front of The Village Shops. “We will continue to offer well-known, collected artists and be a sanctuary of art on the island,” said gallery owner Maureen Watson, who is a Silver Sponsor of the 8th annual 10K Race 4 FISH. “The gallery has always collected food for the FISH Food Pantry at our openings and previously supported the race at a different level,” said Watson. “FISH is a wonderful organization and its services are imporant and needed in our community.” The 10K Race for FISH starts at 7:30 a.m. Saturday, October 15 at Sanibel Community Park, located at 2231 Periwinkle Way. Race registration can be done at fishofsancap.org or ftmyerstrackclub.com. Awards, medallions, T-shirts and refreshments will be provided.*

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Stipend Ordinance Public Hearing December 6

by Jeff Lysiak

After more than a year of discussions, an ordinance to amend the City of Sanibel's charter provision to compensate elected members of the city council will be considered during a first reading next month, with the second reading and public hearing on the issue scheduled to take place during the council's Tuesday, December 6 meeting.

On Tuesday, city leaders were introduced to the draft ordinance which proposed paying each council member a monthly stipend of \$1,500 and the mayor a monthly stipend of \$2,000. "The mayor and all council members shall be entitled to receive their actual and necessary expenses incurred in the performance of their official duties," the amended charter reads, in part.

"Let's put this in the hands of our citizens and let them vote on it, yay or nay," said councilman Marty Harry, who later quipped, "If anybody out there thinks any of us up here are doing it for the money, I've got a box of rocks that's smarter than that!"

City Attorney Ken Cuyler, who drafted the proposed ballot language, noted that the council reserves the right to change any aspect of the charter amendment prior to or during the December public hearing.

Currently, the proposed ballot reads: "Shall Section 3.03 of the Sanibel City Charter (as codified) be amended to provide for the payment to each city council member, other than the mayor, a salary in the amount of \$1,500 per month, and to the mayor a salary in the amount of \$2,000 per month, during each council member's term(s) of office commencing April 1, 2017?" The question is followed by YES and NO.

During public comment on the matter, resident Karen Storjohann noted that the proposed charter amendment doesn't take into consideration the amount of time each council member is engaged in business on behalf of the city, including phone calls, time and travel attending off-island meetings, researching issues of concern, etc.

Several others in attendance, who spoke favorably on the proposal, recommended a higher salary for Sanibel's elected officials.

Mayor Kevin Ruane, who estimated he spends "in excess of 30 hours per week" tending to city matters associated with his position, said that the citizens of the island have higher expectations from their elected officials these days. "This job has changed dramatically over the 10 years that I've been up here," he said, confirming the importance of networking and building relationships with local, state and federal government



Sanibel's City Council welcomed organizers of the 5th annual Pink Out Sanibel, scheduled to take place on October 22 at Sanibel Fire Station #1, during Tuesday's meeting at MacKenzie Hall. Mayor Kevin Ruane, left, also read a proclamation declaring October Breast Cancer Awareness Month. photo by Jeff Lysiak

partners Sanibel has to deal with on various issues.

In other business discussed on Tuesday, members of the council heard presentations on traffic counts and trends from Sanibel Recreation Department Director Andrea Miller, the results of traffic surveys from Phil Balducci, president of Market Place Intelligence, and a review of the proposed roundabout study being conducted by the Metropolitan Planning Organization from MPO Engineer Don Scott.

Miller demonstrated during her PowerPoint presentation that, statistically, the peak traffic periods for traffic heading onto the island occur between 8 and 9 a.m. and the peak periods for traffic heading off-island occur between 3 and 5 p.m. Both of the studies took place during the month of March, in 2015 and 2016. In those years, the highest traffic day of the year was the Saturday prior to the Easter Sunday holiday (12,846 vehicles in 2015; 12,754 vehicles in 2016), despite the different months where that holiday fell upon.

Balducci pointed out several interesting facts from his firm's traffic survey collections, which were conducted in person (during severely congested traffic periods) and online. The survey concluded that 81 percent of full-time island residents were either very or somewhat positive about the city's attempt to improve communications related to handling traffic; 89 percent of part-time residents and 78 percent of business owners reacted similarly. Amongst visitors, 65 percent reported the city trying to improve communications is "definitely/probably worth the effort."

Also, Balducci explained that the survey showed that 74 percent of residents approve spending more of the city's beach parking revenues on improving education and the lessening of traffic congestion issues.

Finally, Scott told the council that the roundabout study – which is still in the design and computer modeling stage – is expected to be completed later this fall, with a project update to be presented to the city anticipated sometime in January. He also noted that federal funding for the roundabout project – once a final plan is to be considered – would come no earlier than 2022, subject to the number of projects to be funded along with the priority of such infrastructure work to be completed.

Ruane reiterated to his fellow council members and audience in attendance that the roundabout study is still in the infancy stages, and that a number of factors – including right-of-ways and encroachments – still have to be examined thoroughly before any work can be implemented.

"There's so much more information that needs to be collected before any of these steps can move forward," added Harry, who said that the last thing Sanibel would want to do on an issue of this magnitude would be to "Ready... Fire... Aim."

Resident Joe Salatino suggested that the council philosophically "take a look at if you want to encourage more traffic on the island... or do we want to be able to better manage what we already have."✱✱

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St. Michael's Readies For Taizé Services

St. Michael and All Angels Episcopal Church offers contemplative, candlelight Taizé services on the third Wednesday of every month throughout the winter and spring season. The first takes place in the Angel Chapel at the rear of the church on October 19 at 6 p.m. The half-hour service consists of candlelit, meditative prayer and music. A reception with light refreshments follows each service.

The core of the Taizé service, celebrated at dusk, is silence and sung prayer, moving in a meditative rhythm, through song, psalm reading and stillness. The sung prayers consist of hypnotically repeated lines and Biblically inspired texts. Participants immerse themselves in the simple, but profound melodies and harmonies of the musical prayer. At the service's apogee is a contemplative silence, which occurs in place of a sermon or spoken meditation. According to St. Michael's Rector Ellen Sloan, the Taizé service "is one more way to experience God through prayer, song and silence."



Acolyte and Eucharistic minister Emma Neill and Rector Ellen Sloan prepare for the first Taizé service of the season at St. Michael and All Angels Church photo by Jan Holly

The Taizé service originated in the 1940s in a monastic community in southern France. Populated by brothers of all denominations and countries of the world, Taizé seeks, in part, to inspire Christian ecumenism, especially between Catholics and Protestants. Having grown

in reputation over the years, it has become a popular destination for pilgrims. As many as 7,000 seekers of all faiths now journey each week to the Taizé community.

For more information, contact Dr.

Sloan at St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way, 472-2173, or saintmichaels-sanibel.org.

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

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From page 1

Hall Of Fame



Sanibel resident John Pfeifer plays catch during a scene in *Ashland's Field of Dreams*

photos courtesy David E. Carter

diamond where he used to play as a youngster, he came upon a pair of men in the outfield. He immediately recognized one of the men, Gary Wright, himself a Florida transplant.

Wright had returned to Ashland to make a \$125,000 contribution to refurbish Central Park. Renovations included refurbishing the dugouts and press box as well as adding a new backstop.

"(Central Park) was our magnet, a place you aspired to play," said Carter, who noted that Wright's gift to his hometown was done as a way to honor his own father.

While reminiscing about their days of playing baseball at the field, Carter thought the idea of talking with some of his former teammates and gathering their recollections might make an interesting film. First, he created a website where people could share their favorite memories and post pictures from their days of youth.

Carter eventually interviewed 35 Ashland natives for the documentary. However, he had only acquired about 90 seconds worth of vintage film for the project.

That's where Sanibel was added to the film.

"I began buying vintage baseball equipment on eBay – uniforms, old gloves, spikes and even the cardboard batting helmets that were worn by boys then," said Carter. "Two of my friends on the island – Eric Pfeifer and Vince Damico – rounded up seven or eight youngsters, and we shot some footage at the Sanibel Ball Field.

Carter then visually re-created 1950s Ashland, Kentucky boys playing baseball through the use of special effects, making the contemporary footage look like aged film.

Islanders appearing in the film include players Michael Damico, James Dowling, Collin Harlow, Kevin Ruane, Mark Thomas and Connor Tomlinson; Vince Damico as the team manger; James Dixon as the umpire; and Eric and John Pfeifer as the father and son playing catch in the opening sequence.

Ashland's Field of Dreams, which was completed in 2009, was immediately picked up by Kentucky Educational Television. The following year, Carter produced a short derivative of the original program, titled *Dear Baseball: I Love You*. That short film was selected for the 5th annual Baseball Film Festival.

Meanwhile, the original hour-long *Ashland's Field of Dreams* continued to run on a regular basis each summer on KET in Kentucky. One night this spring, Carter received a call from one of the boys (now men) featured in the film – former Ashland Mayor Tom Kelley.

"They're showing the film on KET again," Kelley told Carter. "I'm watching it right now."

Inspired by Kelley's call, Carter decided to submit *Ashland's Field of Dreams*, which was narrated by Cincinnati Reds announcer and Hall of Famer Marty Brennaman, for the 2016 film festival.

Carter presented his documentary on September 25 at the National Baseball Hall of Fame. Other films included during the three-day festival included *Spaceman*, depicting life after the Major Leagues with Bill "Spaceman" Lee; *Dr. Baseball*, chronicling Ron Taylor's transition from big league pitcher to medical practitioner; *The First Boys of Spring*, sharing the legacy of Hot Springs, Arkansas as a spring training site; and *There Were Giants*, detailing the history of the Negro League's Harrisburg Giants.

Carter previously partnered with Pfeifer Realty Group to produce documentaries on Sanibel subjects. The first was *Growing Up On Sanibel*, which was followed by *Seven Sanibel Artists*. The most recent, *Sanibel Before The Causeway*, has had three sell-outs at The Community House. The next encore screening will be held on January 24 at The Community House, 2173 Periwinkle Way on Sanibel.✴



Michael Damico, a youngster from Sanibel, also appears in *Ashland's Field of Dreams*

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Highlights Of 7th Annual Celebrity Island Dinner



Nicole McHale, left, and Terry Igo – dressed as Sheila E and Prince – performing during Monday night’s Celebrity Island Dinner, the fundraiser for the Bailey Matthews National Shell Museum held at Traders

photos by Jeff Lysiak



From left, Brian Holaway, Dorrie Hipschman and Mary Bondurant



From left, Holli Martin, Ric Base and Mark Blust



Robin Roberts and Elliot Sudal



Shelby Peters, clad in green leaves with glowing stars, roller skated around the restaurant



Joel Johnson (Clark Kent/Superman) and Robin Cook (Wonder Woman)



Shelby Peters and Mark Blust



From left, Nicole McHale, Mark Blust and Laura Richardson



Nicole McHale collecting tips for Terry Igo



From left, Holli Martin with Brian and Melanie Holaway



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Shell Of The Week

The Lined Tree Snail



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

Continuing with the discussion of some of the islands' land snails (pulmonate gastropods), I want to introduce the quaint lined tree snail, *Drymaeus multilineatus* (Say, 1825). The genus *Drymaeus* includes medium-sized to small tree snails that feed on the layers of algae, moss, and lichens growing on the bark of trees and small bushes. The inch-long lined tree snail differs from its close relatives by the very distinctive spiral band of dark brown color along the shell suture (the line of junction of two whorls), vertical (axial) stripes of same color, and bluish apex. These snails should not be collected alive, as they are native to Florida, are not agricultural or garden pests, and may actually be beneficial, as they feed on the microscopic epiphytes that grow on trees or other larger plants. Learn more about Sanibel and Captiva mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Programs

Daily programs are included with paid



The lined tree snail, *Drymaeus multilineatus*

admission:

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

Arts & Crafts – 1:30 to 2:30 pm.

photo by José H. Leal

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.

Shell Club To Resume Meetings



Sailor's Valentine by Bill Jordan

photo courtesy Sanibel-Captiva Shell Club

The Sanibel-Captiva Shell Club's first meeting of the season will be held on Sunday, October 16 at 2 p.m. It will be in Auditorium "A" on the main level of 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. The result of this research is his program titled The History of Sailor's Valentines.

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

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"We want to honor the businesses and hardworking employees who serve our community," said Bergstrom, a longtime Sanibel resident and award-winning realtor with RE/MAX of the Islands. "So, we are doing what we do best: delivering the finest pizza."

The first drawing will be held on Thursday, October 6, so hurry in to Beach Piez – located in the Bailey's Shopping Center – for your chance to be the office hero.

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Tips For Beach Zone Planting

submitted by Phyllis Gresham

Sanibel, as a barrier island, is fortunate to have a number of distinct ecological zones, each with its own characteristics. As such, we are committed to protect and conserve these areas from harmful impacts on the resources they provide.

The coastal beach zone has the added challenge of protecting beaches from serious

erosion, providing resting and nesting for numbers of shorebirds and turtles, and allowing access to a vast numbers of beachgoers.

The native plant communities on both the fore dune (closest to the water's edge) and the back dune are impacted by wind, flooding, sandy soil, salt spray and at times, the effects of tropical storms and hurricanes. Whole areas of beach may be significantly altered by these events, but having a vegetated dune can help reduce impacts to developed areas along the beachfront. Native plants that grow in the dune are tolerant of this high energy environment. A stable dune holds sand to help control erosion and also provides protection from strong winds.

Because of the important natural services provided by the beach dune system, Sanibel's vegetation regulations provide protection and guidance for vegetated areas seaward of the 1974 coastal construction control line (CCCL), also known as the Gulf Beach Zone, aka the beach dune. Section 122-170 of Sanibel's code of ordinances details information about trimming, revegetation, and removal of non-native plants in the Gulf beach zone. A Vegetation Permit is required for the transplanting, removal, or trimming of any vegetation seaward of the 1974 CCCL. Through the permitting process, the city is able to encourage responsible trimming practices and protect Sanibel's

valuable beach dune ecosystem while still providing property owners and tenants a reasonable view and aesthetics.

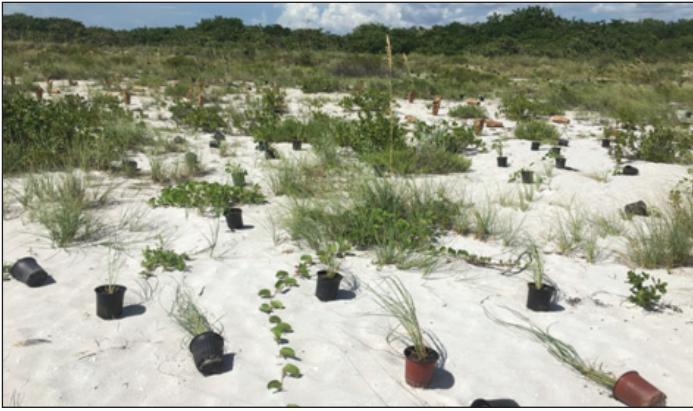
Based on the Sanibel Code, each permit includes a list of custom, site-specific, special trimming conditions that take into account:

- The physiological effects of trimming on dune plant species
- The maintenance of the beach dune habitat for plants and wildlife
- The appearance of the dune and background structure from the beachfront in accordance with the Sanibel Plan

• The owner/applicant's desire for view maintenance and aesthetic dune areas

Sanibel's beach zone is an ecosystem that supports and protects both the natural environment and human activity. Removal of invasive exotic species is a condition of each dune trimming permit, so be on the lookout for Brazilian pepper (*Schinus terebinthifolius*), exotic inkberry/beach naupaka (*Scaevola taccada*), Mother-in-law's tongue (*Sansevieria hyacinthoides*) and other pesky exotics. Both the Florida Administrative Code and city vegetation standards require that all plants installed in beach and coastal areas (seaward of the 1974 CCCL) be native species. Some great natives that are appropriate for the beach dune include sea grape (*Coccoloba uvifera*), golden creeper (*Ernodea littoralis*), inkberry (*Scaevola plumieri*), saw palmetto (*Serenoa repens*), dune sunflower (*Helianthus debilis*), prickly pear (*Opuntia humifusa*) and railroad vine (*Ipomoea pes-caprae*). Sea oats, one of Sanibel's most common dune plants, is also one of the most important. The extensive root system and the close growth of the stems and leaves help to stabilize the sand and mitigate wind.

To read other Vegetation Committee articles in this series, visit the City of Sanibel's Natural Resources Department website at www.mysanibel.com/Departments/Natural-Resources.✱



Each year, the City of Sanibel uses TDC funding to plant additional vegetation in the dune area of city beaches

photo by Joel Caouette



A healthy community of dune vegetation includes sea oats, dune sunflowers and railroad vine

photo by Dana Dettmar



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Plant Smart

Dusty Miller

by Gerri Reaves

Dusty miller (*Senecio cineraria*) is a non-native Florida-friendly annual and a member of the aster family. Native to Mediterranean regions, this groundcover has soft fuzzy leaves that contrast prettily in texture and color with other bright flowers or foliage.

Leaf color among the cultivars varies from silvery or grayish green to silver-white. Desirable ornamental effects include glowing in the moonlight or serving as a background in cut-flower arrangements. Those silvery colors give it another common name, silver ragwort.

Leaf shapes can differ among plants, varying from toothed to lance-like, from shallowly to deeply lobed. The many-divided leaves of four to eight inches long produce a lacy or delicate, fern-like appearance.

Just before summer sets in, flat-topped clusters of small inconspicuous deep-yellow daisy-like flowers appear. It usually grows from one to one-and-a-half foot high.

In South Florida, dusty miller thrives only in the cooler months, tending to languish in summer heat and rain.

Give it a well-drained spot in full sun, ideally, or in partial shade. This slow-grower works as a border plant, container plant, or in a mass planting.

It is somewhat drought-tolerant, but might need irrigation until it's established.



Dusty miller, a non-native groundcover, is liked for its ornamental soft silvery leaves
photo by Gerri Reaves

Be careful not to over-water it.

Caterpillars are common pests for this plant.

The plant juices have been used in the treatment of cataracts. It is toxic if ingested.

For maximum benefit to butterflies and other pollinators, consider planting groundcovers that are native to Florida.

Sources: *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker, edis.ifas.ufl.edu, and floridata.com.

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

After School Cast Netting Lessons

Every Tuesday in October, Sanibel Sea School, The Sanibel School, and the Sanibel Recreation Center will team up to offer cast netting lessons for elementary and middle school students. This after school program is designed for kids to learn how to use cast nets for the first time, or to hone their existing skills.

Instructors will teach cast netting techniques and sight fishing for forage fish, and participants will visit different locations to challenge their throwing abilities. The series will end in time to compete in the 23rd annual Esperanza Woodring Memorial Cast Net Rodeo to be held on November 5. Students may sign up for individual classes or for the entire four-week series.

For more information or register, visit sanibelseaschool.org or call 472-8585.*



Max Dannenhauer practices throwing a cast net at Sanibel Sea School

photo courtesy Sanibel Sea School

From page 1

'Ding' Darling

concession, will be offering free narrated 60-minute tram tours of the drive on a first-come basis to those who sign up that day. (Note: This is the only day free general tram tours will be offered.)

If you've ever dreamed of exploring Wildlife Drive without the usual people and traffic that its birds and other sights attract, mark Friday, October 21 on your calendar.

Besides hikers and bikers, special discounted tram tours are allowed in that day, the only Friday of the year public trams travel the drive.

Pedestrians and cyclists are admitted free of charge that day. Tram passengers receive a 25 percent discount Friday and during the week October 17 to 22: \$9.75 for adults, \$6 for children for the 90-minute narrated tour. Reservations are recommended at 472-8900 for Monday through Saturday of "Ding" Days.

Admission to Wildlife Drive is free for

vehicular as well as bike and foot traffic the following day, Saturday, October 22 – Conservation Art Day – when plein-air artists will be painting along the drive. Arrive early to sign up for the free two-hour Photography Tram Tour that departs at 3 p.m.

In addition to these free access days, the refuge conducts Birds & Wildlife Tour Caravans with free Wildlife Drive admission Monday through Thursday at 10:30 a.m.

Wildlife Drive is open daily from 7:30 a.m. to 6:30 p.m. during "Ding" Darling Days. Friday, it is closed to all private motorized traffic.

For Tarpon Bay Tram Tour schedules throughout the week, call 472-8900 or visit www.tarponbayexplorers.com. For a full "Ding" Darling Days schedule, visit www.dingdarlingdays.com or call 472-1100.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) sponsors "Ding" Darling Days with support from TBE, the U.S. Fish & Wildlife Service, and other private and business partners.*

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CROW Case Of The Week:

Wildlife Ambassador



by Bob Petcher

Animals that do not fully recover from injuries or illnesses still can live a productive life, though probably not in the wild. While these creatures have received physically and/or mentally debilitating injuries

and are deemed non-releasable, they still have the opportunity to acclimate from forager to educator.

Enter the wildlife ambassador.

At CROW, countless animals have come to the medical hospital with various injuries from around Southwest Florida. Many of these patients have been successfully rehabilitated and released back into the wild where they were first found wounded.

Unfortunately, even while CROW medical staff provides outstanding treatment to all patients, some are just beyond repair. Instead of giving up on these animals, they have been given a second chance as a wildlife ambassador. This new role allows children and adults to get up close and personal with creatures from around the world.

CROW officials believe education is an integral part of the nonprofit organization

and essential to its mission. Rehabilitation and education staff members at the Sanibel clinic train and keep some animals on campus for educational programming, such as Lola, an American kestrel; Sneezy, a Virginia opossum; and Shelldon, a gopher tortoise. Many are sent to exhibition facilities to teach audiences of all ages "the importance of respecting wildlife."

"Education is an essential to affect change," said CROW Education Coordinator Rachel Rainbolt. "Because there is a great deal of misconceptions about wildlife, there exists a need for greater understanding and respect. When an animal ambassador is used during programs, it helps to foster more positive interactions in a monitored environment."

Animals have become quite effective in their roles as ambassadors, thus increasing human awareness.

"Education improves a person's awareness of the intrinsic value of wildlife, thus increasing their appreciation for the connection between humans, animals and the environment," said Rainbolt.

Last week, an American bald eagle was brought to CROW from Cape Coral after it was found unable to fly near a canal. Two eagles were spotted flying above the injured bird. It was deduced there was possibly an altercation between the eagles.

The national bird arrived with superficial wounds and mild dehydration. X-rays showed total displacement of the bones that make up the "fingers" of the wings. Due to the injury, CROW medical staff decided to amputate the patient's minor and major metacarpal bones, making it non-releasable. Officials say it will become an education animal ambassador and that they are currently trying to find a facility



Due to injuries, patient #16-3127 can no longer fly and fend for itself. He will not be re-released but instead be sent to a facility to become a wildlife ambassador.

photo by Kenny Howell

for placement.

While wildlife ambassadors have become accustomed to be more receptive of people, CROW officials point out it is vital that facility visitors know that these animals are still wild.

"Even though animal ambassadors have been conditioned to be more tolerant of human contact, it's crucial that audiences are aware that these animals are not pets," added Rainbolt. "They are wildlife and still maintain all of the same fears and anxieties as if they were in their natural

surroundings. Proper safety must be exercised at all times, so ambassadors are under close supervision of CROW's staff, students and volunteers during programs."

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



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Transition Month Fishing



by Capt. Matt Mitchell

Fishing action for the last few weeks just keeps getting more and more consistent. Cooling water temperatures from the daily afternoon rains, along with massive

amounts of easy-to-catch bait, made catching quality fish relatively simple. Catching 20 or more snook a trip, along with a handful of upper slot redfish, has been the normal charter for the past few weeks. Mangrove snapper, jacks, mackerel, gag grouper and ladyfish all continue to be part of the mixed bag action experienced while casting live shiners.

Reports of big fish kills caused by red tide both in Sarasota and Charlotte counties to the north have currently not affected our beaches or Pine Island Sound

at all. Even if you do see a few dead fish out along the beaches in the next few weeks, don't write off going fishing or booking a fishing charter. Often these fish have died many miles from here and have been pushed up on our beaches by wind and tide. Several times this week, I had scheduled clients call to ask me if it was even worth going fishing after seeing the reports of red tide on our local news. When it comes to the conditions of our local waters, who better to ask than the people who are on the water every day.

Over the past few weeks, baitfish have returned to the bridges of the Sanibel Causeway by the millions. This happens every fall as the bait migration kicks into full swing. This bait stays on the deep water bridge pilings until the very coldest months of winter. With more water releases now going on from Lake Okeechobee, I did not expect this to happen quite so quickly this year. During calm periods at first light, all the causeway bridges are loaded with baitfish popping and clicking. They can be seen on the surface along with tarpon rolling and mackerel feeding.

October is a big transition month for anglers, not only to target all the usual species, but many of the migratory



Visiting from Clearwater, Joe and family caught a limit of redfish while fishing with Capt. Matt Mitchell this week

ones too. Keeping your options open while out on the water will help make you more successful. Although lots of the bait migration happens out along the beaches, it is also going on in the sound too. Having the right rod rigged and readily at hand lets you quickly jump on an opportunity when it arises. Often when you do see surface feeding or cruising fish, you have a very short window to present them a bait before they disappear. Have at least one rod

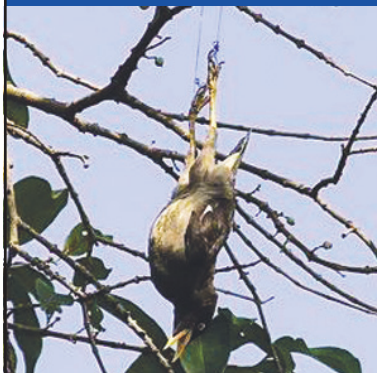
onboard rigged with a long casting jig or spoon just in case. In the time it takes to grab a rod and hook-up a bait, that chance can be gone.

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

Volunteers Needed For Sanibel Blues & Jazz Festival

by Jeff Lysiak

Approximately 70 volunteers are currently being sought to staff the Sanibel-Captiva Optimist Club's first-ever Premier Annual Blues and Jazz Fest, which will be held at Bailey's Center on Sanibel on Sunday, November 6 from 1 to 7 p.m.

According to San-Cap Optimist Club president Stan Howard, each of the volunteers – who will work in three-hour shifts – will receive an event T-shirt and be able to stay to enjoy the world-class musicians performing at the all-day concert.

Open volunteer positions include:

- Licensed ID checkers – 12 people needed
- VIP Tent

Noon to 2:30 p.m. – 2 people

2:15 to 4:45 p.m. – 2 people

4:30 to 7 p.m. – 2 people

- Green Room (at George and Wendy's Seafood Grille)

Noon to 2:30 p.m. – 2 people

2:15 to 4:45 p.m. – 2 people

4:30 to 7 p.m. – 2 people

- Trash Detail

Noon to 2:30 p.m. – 2 people

2:15 to 4:45 p.m. – 2 people

4:30 to 7 p.m. – 2 people

- Food Tent #1: 3 people per shift (3 shifts)
- Food Tent #2: 3 people per shift (3 shifts)
- Beer & Wine Tent #1: 3 people per shift (3 shifts)
- Beer & Wine Tent #2: 3 people per shift (3 shifts)
- Stage Manager: 1 person per shift
- Golf Cart Operators: 4 people needed
- Trolley Drop-Off/Pick-Up Area: 3 people needed

Featured entertainment will include some of the leading performers of the genre, including contemporary jazz/rhythm and blues group The Jazz-Matics (1:15 p.m.), multi-faceted six-string icon JP Soars and the Red Hots (2:35 p.m.), local favorites The Marty Stokes Band (3:55 p.m.) and British guitar virtuoso and Blues Hall of Fame member Matt Schofield (5:15 p.m.).

The Premier Annual Blues and Jazz Fest will feature a variety of fine cuisine and spirits. Barbecued ribs and other food and beverage offerings – including beer and wine – will be available for purchase. On-island parking will also be available, with transportation to the festival site. Attendees are encouraged to use bicycles to reach the site, with free valet bike parking provided.

To sign up as a volunteer for the event or for additional information, call Stan Howard at 472-0836 or visit www.sanibelbluesandjazzfest.org.



JP Soars

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

All proceeds benefit the San-Cap Optimist Club's college scholarship program, youth programs at the JN "Ding" Darling National Wildlife Refuge and Community Housing and Resources of Sanibel, among others.*

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Shell Found



Grace Kelly photo by A. Ziehl

Grace Kelly, age 7, from Sanibel Island found a junonia on Captiva.*

CROW Calendar Of Events

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

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

Friday, 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 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 10, 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 11, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

Wednesday, October 12, 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.

Thursday, October 13, 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 14, 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, October 14, 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.*

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BIG ARTS Monday Night Film Series

Monday Night Movies Coming Soon

by Di Saggau

This year marks the 20th anniversary of the BIG ARTS Monday Night Film Series. It started when JR Pascall came up with the idea to offer films that gave audiences a look at films not often shown in our area. He said, "After nearly a quarter of a century living and working overseas in Europe, Asia and Australia, I chose to retire on Sanibel. Shortly after moving here, I joined the board of directors at BIG ARTS. It became my goal to create an ongoing film series that would serve as a 'window to the world' for Sanibel residents and visitors by screening the very best critically acclaimed, newly released independent and foreign films from throughout the world."

He added, "The series, running for 20 years now, has included films from 50 countries. The human similarities of people throughout the world, along with their cultural differences, are underscored and form the basis of some very lively discussions following the films." Plans are under way for a special 20th anniversary celebration to be held Monday, January 23 at 5:30 p.m. in Phillips Gallery at



BIG ARTS, catered by Sanibel Catering Company.

The Monday Night Film Series has grown by leaps and bounds. Starting from a handful of people in the beginning, there are now often sell-out crowds at BIG ARTS Schein Hall where the movies are shown. The first film of the season is *Grandma*, starring Lily Tomlin, showing at 7 p.m. Monday, October 17. A movie review will be in next week's *Island Sun*.

After each movie, there is a complimentary reception, including wine and cheese, followed by a lively discussion. A team of around 30 moderators take turns leading each discussion. They are all avid movie buffs who do a great deal of preparation in order to provide information that encourages the audience to take part and express their opinions.

Visnja Gembicki heads the BIG ARTS Film Committee. She and her husband, Stan, attend film festivals allowing them to see a variety of cutting edge and international films. She follows major international film festivals in the U.S. and abroad. This, along with input from other film buffs, allows her to select films for the Monday Night Series. She said, "Scheduling the movies is a very time consuming task. One constant criteria is the high critical rating and awards for each film. Be prepared for a stimulating evening and a great discussion this season."

The Gembickis attended the Telluride International Film Festival in Colorado, where they see some of the best movies of the year. Visnja said, "We especially



From left, Visnja Gembicki at the Telluride Film Festival with young actor Aishoplan Nurgaiv (center), Nancy Redmond Heming and Nurgaiv's parents

photo courtesy Visna Gembicki

love seeing new foreign movies which will be coming to the U.S. next season. This festival gives me about a third of the Monday night movies for the upcoming season. It also allows us to see the

potential Oscar contenders, such as *La La Land*, *Moonlight*, *Manchester By The Sea*, *Arrival* and *Sully*. We saw 15 movies in three and a half days."

continued on page 28

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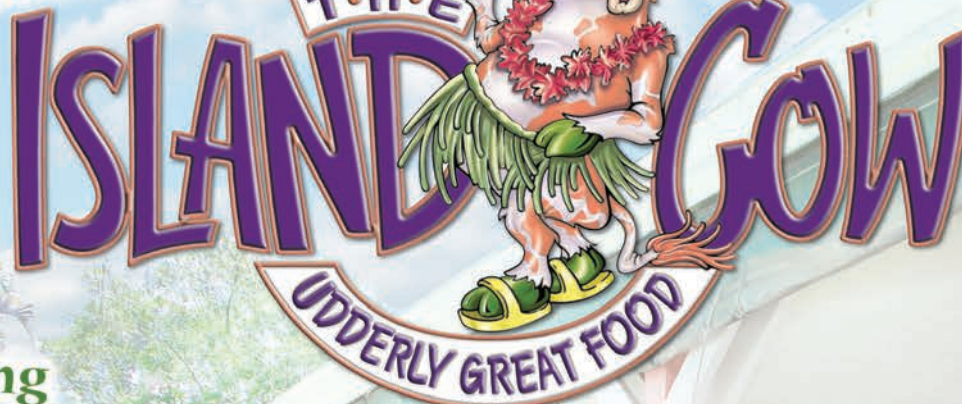
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Impressive Lineup For Shell Point Concert Series



The Four Freshmen kick off the series on November 12
photos courtesy Shell Point Retirement Community

Shell Point Retirement Community's 2016-17 Concert Series brings a variety of local and international performers in three distinct musical series: Fine and Performing Arts, Concerts and Conversations, and the Southwest Florida Symphony.

Music enthusiasts are encouraged to buy tickets soon to benefit from advance ticket package savings, and before concerts sell out completely.

"The 2016-17 series is filled with many talented musicians who are renowned for their ability to convey uplifting messages through music and artistry. We hope to share memorable musical moments with Southwest Florida residents through these performances," said Laura Slack, Shell Point director of Resident Life.

The Village Church, one of Shell Point's two main concert venues, received extensive acoustical and esthetic upgrades during the summer. "The addition of more than 100 linear feet of solid, natural wood, sound-diffuser panels greatly enhances the acoustics of the space and provides greater clarity of sound, resulting in a pleasing experience for concertgoers," said Randy Woods, minister of worship and music at The Village Church.

- The Fine and Performing Arts lineup is:
- The Four Freshmen – Saturday, November 12 at 7:30 p.m.
 - Cantus – Tuesday, December 6 at 7:30 p.m.
 - American Portraits, Featuring Dallas Brass and Daniel Rodriguez – Thursday, January 12 at 7:30 p.m.
 - River City Brass – Thursday, February 16 at 7:30 p.m.
 - Jive Aces – Monday, March 20 at 7:30 p.m.
 - Bonus Concert: The Barbary Coast Dixieland Band – Tuesday, February 28 at 7:30 p.m.

Concerts and Conversations offers classical music aficionados an opportunity to experience concerts in an intimate setting, followed by a dessert reception with the musicians after the performance. The schedule is:

- William and Beth Larsen, flutists – Monday, November 21 at 7 p.m.
- You Ju Lee, classical pianist – Thursday, January 5 at 7 p.m.
- Fred Moyer Jazz Trio – Friday, February 24 at 7 p.m.



Classical pianist You Ju Lee will give a chamber-style performance on January 5



Vocal ensemble Cantus will perform on December 6



Shell Point and Southwest Florida Symphony present Small-Stage Symphony Series: *Concierto de Aranjuez* with conductor Nir Kabaretti and guest guitarist Tim Berens on March 9



Britain's Got Talent stars, The Jive Aces, play on March 30

- Danut Muresan, violinist – Monday, April 3 at 7 p.m.
- Shell Point is partnering with the Southwest Florida Symphony to present several performances that showcase the best of classical orchestral compositions. The are:
- Holiday Pops: The Holidays in Paradise – Monday, December 12 at 7:30 p.m.
 - Small-Stage Symphony Series: *Gloria*, with the FGCU Chamber Choir – Thursday, February 9 at 7:30 p.m.
 - Small-Stage Symphony Series: *Concierto de Aranjuez* – Thursday, March 9 at 7:30 p.m.
- Individual tickets range from \$15 to \$35. Advance ticket packages are also available by musical series, and provide savings up to \$50. Make your reservations by contacting the box office at 454-2067 or by visiting www.shellpoint.org/concerts.✧

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2003 Periwinkle Way, 312-4085

BAILEY'S GENERAL STORE

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

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

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

2477 Periwinkle Way, 472-1516

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

BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. Jimmy always made time for a good conversation, good company and great food. In Jimmy's memory, Cip's styles itself as a local watering hole. A mural that takes up an entire wall shows lots of islanders through the ages – including Cip – and if you don't recognize them all, ask to see the "key."

Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. And do try the home-made potato chips, the fried buttermilk chicken with sage gravy and the snapper tacos.

Choose between the outdoor garden patio and front porch. Indoor seating and full bar are also available. Hours are 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m.

2055 Periwinkle Way, 472-0223

CLAM SHACK

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

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

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

2407 Periwinkle Way, 472-6882



From left, Bryan Zambuto, Carolina Bartaburu and Emma Perez-Meta of Matzaluna Italian Kitchen
photo by Bob Petcher

DOC FORD'S RUM BAR & GRILLE

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

Doc Ford's Sanibel, 2500 Island Inn Road, 472-8311; Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275, Doc Ford's Fort Myers Beach, 708 Fishermans Wharf, 765-9660

GRAMMA DOT'S

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

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

634 North Yachtsman Drive, 472-8138

GREAT WHITE GRILL

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

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

2440 Palm Ridge Road, 472-0212

IL CIELO

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

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

1244 Periwinkle Way, 472-5555

IL TESORO

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

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

751 Tarpon Bay Road, 395-4022

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. **Now serving full liquor island cocktails!**

Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 9-ish p.m.

2163 Periwinkle Way, 472-0606

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes' reggae on the weekends.

The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour from 5 to 7 p.m.

Dinner reservations are suggested

1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out.

The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m.

1700 Periwinkle Way, 472-9300

LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

The Flamingo Bread and the caesar salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

1036 Periwinkle Way, 472-6939
6520 Pine Avenue, 472-5353

MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available.

Matzaluna has craft beers on tap. On Wine Wednesdays, every bottle priced \$25 and over will be discounted by \$8 all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m.

1200 Periwinkle Way, 472-1998

Read us online at
IslandSunNews.com

OVER EASY CAFÉ

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

630 Tarpon Bay Road, 472-2625

PECKING ORDER

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

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

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

ROSIE'S CAFÉ & GRILL

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

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

2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

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

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

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

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

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

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

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

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

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

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

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

TIMBERS RESTAURANT & FISH MARKET

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

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

703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

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

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

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

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

3111 West Gulf Drive, 472-4559



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Joanne Fluke photo by Kimberly Butler

Sanibel Library Unveils Lineup For Author Series

The Sanibel Public Library announces its 2016-17 Author Series lineup. The library, partnering with the Sanibel Public Library Foundation, Inc., is celebrating a decade of success in bringing high caliber, bestselling authors to the library. Past guests of the series include Joyce Carol Oates, Sue Monk Kidd, Jodi Picoult, Clive Cussler, Lee Child, Dennis Lehane, Peter Bergen,



BA Shapiro photo by Lynne Wayne

Frances Mayes and Erik Larson. This season's Author Series begins with BA Shapiro, *The New York Times* bestselling author of seven novels including *The Muralist* and *The Art Forger*. Shapiro will speak at 7 p.m. on Tuesday, December 13. Online ticket requests begin at 9 a.m. on Friday, November 11 at www.sanlib.org. The library has incorporated a "lottery system" ticketing procedure to meet high demand and to ensure as many as possible have the opportunity to meet the authors and attend an Author Series event. Requests for tickets may be made



Debbie Macomber photo by Deborah Feingold

beginning on the dates listed (one month prior to each Author Evening). Names of those requesting tickets will be placed in a lottery and selected at random, and then be notified by email. Tickets are available at no charge to Sanibel Public Library cardholders; one card per person; two tickets per card. Library patrons may receive a maximum of two tickets per person. Tickets must be requested online at www.sanlib.org. If you are unable to access the online form or if you would like assistance using the online form, the library will have personnel and a computer set



Margaret Atwood photo by Jean Malek

aside for your use. Online requests begin at 9 a.m. on the dates listed and continue for 24 hours. Requests made before or after that time will not be honored. Patrons need to have a current library card before requesting tickets. Library cards are available to Sanibel and Lee County residents at no charge. Visitor cards may be obtained for a \$10 annual fee. Shapiro has also written four screenplays and the non-fiction book, *The Big Squeeze*. *The Art Forger* has been on many bestseller lists and has won many awards, including The 2013

Buying, Selling or just want to chat... Talk to Chuck!

3099 Cussell Dr. (Pine Island)



Build on this large corner, canal front lot with sea wall. Direct gulf access in minutes. Room to build 40 ft. dock. **\$235,000**

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3965 Coquina Drive



Build your Island retreat on this beautiful property located in West Rocks... only steps to the beach. **\$399,000**

4155 Dingman Drive



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Sandalfort 4C3

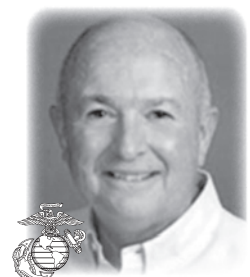


GULF VIEWS! Steps to beach. Furnished 2 BR, 2 BA top floor unit. Pool, tennis, on site Mgmt. **\$669,000**

9247 Dimmick Drive



Nicely renovated 3 BR/2 BA pool home with art studio. Double lot overlooks conservation lands. **\$629,000**



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New England Book Award for Fiction. She lives in Boston and is working on her eighth novel.

In her 2015 novel, *The Muralist*, Shapiro illuminates the art world of the 1940s by weaving together historical figures like Eleanor Roosevelt and Mark Rothko, with fictional characters, in a story about the life and mysterious disappearance of a brilliant young artist on the eve of World War II.

The next speaker in the series is Debbie Macomber, one of today's most popular writers, with more than 200 million copies of her books in print worldwide. In 2016, Macomber's publications include *A Girl's Guide to Moving On*, *Sweet Tomorrows*, *Twelve Days of Christmas* and an adult coloring book, *The World of Debbie Macomber: Come Home To Color*. In addition to fiction, Macomber has published two bestselling cookbooks, numerous inspirational and nonfiction works, and two children's books. Five of Macomber's holiday books have been crafted into original Hallmark Channel movies. Macomber will be speaking at the library on Thursday, January 19. Ticket requests will be accepted online for 24 hours, starting at 9 a.m. on Monday, December 19.

Literary icon Margaret Atwood will speak on Wednesday, January 25. Ticket requests will begin at 9 a.m. on Friday, December 23. A winner of many international literary awards, including the prestigious Booker Prize, Arthur C. Clarke Award, Governor General's Award, the PEN Pinter Prize and a Guggenheim Fellowship, Atwood is

the author of more than 40 volumes of poetry, children's literature, fiction and non-fiction. Her dystopian novel *The Handmaid's Tale* has sold more than ten million copies worldwide. Her works have been translated into more than 30 different languages.

Atwood's 2016 publications are *Hag-Seed*, a novel revisitation of Shakespeare's play *The Tempest*, for the Hogarth Shakespeare Project, and *Angel Catbird* – with a cat-bird superhero – a graphic novel. Her MaddAddam trilogy – the Giller and Booker prize-nominated *Oryx and Crake* (2003), *The Year of the Flood* (2009), and *MaddAddam* (2013) – is currently being adapted for HBO.

On Monday, March 6, *New York Times* bestselling author Joanne Fluke will speak. Fluke is considered the queen of the culinary mystery; her Hannah Swensen series have sold more than six million copies in print, and her books have been translated into seven languages. Four Hallmark Channel movies have been created based on her Swensen series, including the *Chocolate Chip Cookie Murder* and *Peach Cobbler Murder*.

In addition to her popular recipe-filled cozies, Fluke writes mystery thrillers, young adult thriller mysteries, and she published a Hannah Swensen's Holidays-in-Minnesota-themed cookbook in 2013. Ticket requests for Fluke's appearance will start at 9 a.m. on Monday, February 6.

Major funding for the 2016-17 Author Series is provided by the Sanibel Public Library Foundation, Inc. and its donors. For more information, call 472-2483 or visit www.sanlib.org.

Bank Of The Islands Joins 'Ding' Darling Days As Sponsor



From left, Bank of the Islands' Darrin Grotrian, Willy Ocasio, Rob Lisenbee and Vicky Bowers with refuge mascot and Supervisory Ranger Toni Westland photo courtesy BOTI

Bank of the Islands (BOTI) has become a Great Blue Heron Sponsor for the 2016 "Ding" Darling Days, the October 16 to 22 family-friendly celebration of our environment hosted by the JN "Ding" Darling National Wildlife Refuge and the "Ding" Darling Wildlife Society. Programs and activities are presented at the "Ding" Darling Education Center and throughout the refuge property.

"We are happy to help make 'Ding' Darling Days possible again this year," said Bank of the Islands Sanibel-Captiva office manager Willy Ocasio. "There are so many wonderful and free things to do every day for residents and visitors of all ages. Being a Blue Heron Sponsor this year is another great way to show how much we appreciate being your island bank."

To learn more about the "Ding" Darling Days schedule of events, visit www.dingdarlingsociety.org.

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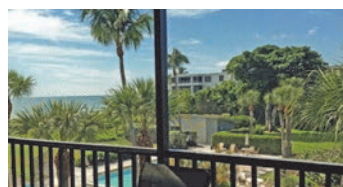
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style décor. \$599,000



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great rental. \$799,000



Just Bring Suitcase
Grossing ~\$40K/yr on West
Gulf Dr at Sand Pointe, this
gulf view. \$749,000



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Lighthouse Point condo,
nearly 2000 sq. ft.
ground-level. \$649,000



Plan Dream Home
Almost half acre in Gumbo
Limbo facing preserved land
& sunsets. \$299,000

The Underground Railroad



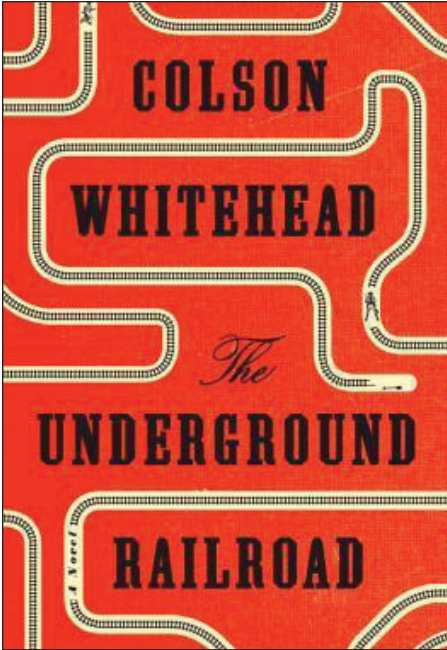
by Di Saggau

Now I know what all the fuss is about and why Oprah Winfrey selected *The Underground Railroad* by Colson Whitehead for her book club. It's a magnificent read chronicling a young slave's adventures as

she makes a desperate bid for freedom in the antebellum south.

Cora is a young teenage slave on a cotton plantation in Georgia, where life is hell for all slaves, especially her. When Ceasar, a recent well-educated arrival, asks her to escape via the Underground Railroad, she accepts the risk. Things do not go as planned. Cora kills a young white boy who tries to capture her. This puts her high on the list of a slave catcher named Ridgeway, who was unable to locate Cora's mother when she ran away.

Ridgeway is given to long-winded rationales for both his malevolent calling and the dubious institution it serves. "We



do our part, slave and slave catcher," he tells Cora. "You need to be strong to survive the labor and to make us greater. We fatten hogs not because it pleases us but because we need hogs to survive. But we can't have you too clever. We can't have you so fit you outrun us." The novel leaves the reader with a devastating understanding of the terrible human costs

of slavery. Traveling from Georgia to South Carolina to North Carolina to Tennessee and Indiana, Cora must try to elude not just Ridgeway but other bounty hunters, informers and lynch mobs. Along the way a few dedicated "railroad" workers, both black and white, are willing to risk their lives to save hers.

While the Underground Railroad was a pre-Civil War network of homes, hovels and other hiding places, Whitehead turns it into a subterranean system of tracks and trains linking south, north and even parts of the Middle West.

Cora encounters different worlds at each stage of her journey. At one point Cora hides in the attic of a white family, much like Anne Frank. In spite of the good actions of many whites, Cora does not know how to hug a white person. It's totally foreign to her.

I was impressed with Whitehead's writing. This is inventive storytelling. He talks about body snatchers and how when medical students put their blades to a colored cadaver, they did more for the cause of colored advancement than the most high-minded abolitionist. He writes, "In death the negro became a human being. Only then was he the white man's equal."

Whitehead's narrative seamlessly

weaves the saga of America from the brutal importation of Africans to the unfulfilled promises of the present day. *The Underground Railroad* is a kinetic adventure tale of one woman's ferocious will to escape the horrors of bondage and a shattering, powerful meditation on the history we all share.✧

Top Ten Books On The Island

1. *Sanibel Flats* by Randy Wayne White
 2. *Best. State. Ever.* by Dave Barry
 3. *Four Wives of the Sanibel Sunset Detective* by Ron Base
 4. *Born To Run* by Bruce Springsteen
 5. *Historic Sanibel & Captiva Islands* by Jeri Magg
 6. *A Man Called Ove* by Fredrik Backman
 7. *Dead Wake* by Erik Larson
 8. *Sanibel Captiva Handbook 2016* by The Reynolds Family
 9. *Thrice the Brindled Cat Hath Mew'd* by Alan Bradley
 10. *The Storied Life of AJ Fikry* by Gabrielle Zevin
- Courtesy of MacIntosh Books and Paper.✧

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Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to tutsie@centurylink.net. Each week, individual work will be showcased.

selected by Tanya Hochschild

Appendectomy

by Bob Maxeiner

A simple circular stitch. Routine. Excise the vestige worm-bomb we are born with, then: put in the stitch. Easy.

My father's father died for want of it. My father learned it with the early surgeons and taught the stitch to me in Lesson One. Today, a cocky intern throws in her purse-string suture as she does another "routine appy." Ghosts. This silent sterile room resonates to those pioneers who sought sufficient magic for their healing, weaving every thread of knowledge into our tapestry of skills. Even there is a strand of my grandfather's suffering in the simple stitch I place today.

Bob Maxeiner has appeared in BIG ARTS programs countless times in his 28 years here. His book *The Transplant Web* has recently been published and is available at island bookstores.✧

From page 21

Monday Movies

"High quality documentaries are prominent at Telluride," she continued. "One I especially enjoyed was *The Eagle Huntress*. The movie was filmed in northern Mongolia's Altai mountains and it features a 13-year-old girl and her family as she goes on to train and win a Golden Eagle Hunter competition. She is the first female to ever win this popular male dominated event. It is a much talked about movie on the festival circuit this year. I met the eagle huntress, Aishoplan Nurgaiv, her parents, plus the director, Otto Bell, in the theater lobby. Bell used his life savings to make this beautifully filmed documentary, and he took the picture of me and my friend, Nancy Redmond Herning, with Aishoplan and her parents."

The BIG ARTS Film Series now includes Wednesday afternoon films at the Island Cinema. In November and December, the Not-For-Monday-Night Film Series includes four edgy, thought-provoking films. In March, there is a four-week critically acclaimed documentary series, followed by a special director's series. You'll be reading more about these in future issues of this newspaper, and you can also get more information by visiting the BIG ARTS website at www.bigarts.org.

Tickets for the Monday Night Movies are \$10 and the Wednesday afternoon films are \$5. A book of 10 tickets to the Monday Night Film Series can be purchased for \$90. Tickets can be purchased by calling 395-0900, by visiting the BIG ARTS website or stopping by 900 Dunlop Road.✧

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- **Brian Murty 239.565.1272**

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- Designed by Award Winning Island Architect
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- **McMurray & Nette 239.850.7888**



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BY THE SEA



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- Very Private Location, Direct Beachfront
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- **\$1,749,000** MLS 216060421
- **John Nicholson 239.849.3250**



- One of Sanibel's Largest Boat Docks
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- Recently Updated Interior w/New Furnishings
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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My son started third grade about in August and now he seems very unmotivated. He has always liked school well enough but now he seems to be very uninterested. How can I help him be more interested in school?

Danielle C., Cape Coral

Danielle,

The first thing you want to do is figure out whether there is some obstacle getting in his way. Learning issuer, social challenges, attention or emotional problems can all cause kids to disengage academically. Of course, not all kids who are not motivated at school have a learning problem. So here are some suggestions for you to help your son become more interested in school if you find no other learning issues.

As a parent, it is important for you to be present in the academic life of your child. Review homework with him, and let him know that you're available to answer questions. Get in the habit of asking him about what he learned in school, and generally connect with him academically. By demonstrating your interest in your child's school life, you're showing him school can be exciting and interesting. This is especially effective

with young kids who tend to be excited about whatever you're excited about. Be cautious with this behavior with teenagers. They can "clam up" if they feel you are asking too many questions. A conversation is always better than an interrogation.

The message you want to send is that your respect hard work so reward effort rather than outcome Praising kids for following through when things get difficult, for making a sustained effort, for trying things they're not sure they can do successfully, can all help teach them the pleasure of pushing themselves. Praise for good grades that come easily can make kids feel they shouldn't have to exert themselves.

Kids need to know that it is okay to make mistakes. No one can get A's on every test or perfect scores on every assignment. While kids need encouragement and it's healthy to push them to try their best, know that setbacks are natural. Teach your son to learn from his mistakes.

Another one of the most important things you can do for your child is to work with his teacher. The teacher might have additional insight about how to motivate your child, or what he might be struggling with. Likewise you can share any strategies or information that you have. It's important for home and school to work together. One easy way to have daily communication with school is to set up a daily report card. With this system, the child gets points from his teacher for the behaviors what you want to improve things like completing work or following directions the first time he gets them.

Then, your child brings those points home, where the parents give small rewards, such as extra time on the iPad or playing a game together.

If these strategies are not successful you may want to talk to the school's counselor or psychologist to see if there are some underlying problems that need to be addressed.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College,

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

BeautifulLife:

The Juggling Act



by Kay Casperson

How many of you feel like you are constantly juggling several balls in the air at one time on a daily basis? Do you ever drop some and have to stop to pick them up and start over – time and

time again? Well, you are not alone.

Life is definitely a juggling act. Between kids, careers, health, wellness, fitness, family, spouses, significant others and the occasional "me" time, it can be a test, to say the least.

Unfortunately, we tend to lose the last part of that juggle which is usually the "me" time – something has to give, right? Wrong! You need to be able to find that "me" time and make it the first part of your act and a very important part of the act or you will be dropping many balls over and over again. You see, making yourself a priority in the juggle of life will give you the much-needed talent and strength to keep all the balls in the air with flawless effort. This, however, does not come without practice and consistency.

I have found over the years that the more clear my vision of having a beautiful life is, the more balls get placed in my act. It becomes even more challenging, but somehow we are never given more than we can really handle. It just may take more concentration and effort to keep them all flying together and in sync.

Yes, there are times when you say, "How can I possibly juggle all of this and stay sane?" That is the perfect time to step back and take a good look at what ball needs to be let go or moved to a different position. It's all about the organization of it. Also, let's not be afraid to ask for help when the juggle gets to tough. There are people you should be able to lean on every once in awhile to help you through some of the juggling acts, but if you take that time to analyze the importance of each ball and where they should be placed in the act, you will take on only what you are ready for and can handle.

What an amazing feeling it is when we get all those balls flying in the air seamlessly and with much effort. Then you know you have accomplished the act... at least for today!

My favorite affirmations for the juggling act of life are:

- I am making myself a priority in juggling my day-to-day responsibilities. (Do not forget your me time if you want to get your act right!)
- I keep my day planned out, organized and free of stress. (Organization is the key to almost everything!)

- I am thankful for my blessing and know that I can handle all that comes my way. (Having a positive, thankful mindset makes all the difference!)

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

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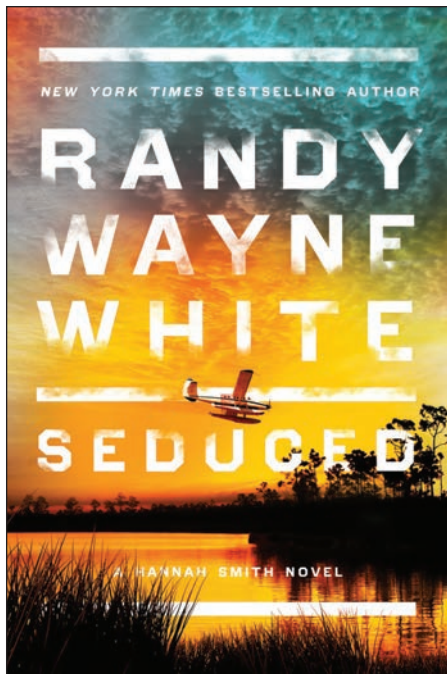
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Pre-Release Book Signing



Randy Wayne White

photo by Wendy Webb



series is showing no signs of slowing down. *Seduced* is breathtaking, harrowing and suspenseful.

White will begin the signing at 11:30 a.m., with a question-and-answer session. The signing will conclude at 3 p.m. *Seduced* hardcover books will be available for purchase on site, the only place to acquire the novel before its official release date on October 18.

White will continue his book signing tour at Doc Ford's Fort Myers Beach on Tuesday, November 1 from 11:30 a.m. to 3 p.m., and at Doc Ford's Captiva on Thursday, November 3 from noon to 3 p.m.

Copies of *Seduced* and previously released installments of the Doc Ford and Hannah Smith Series are available at all three Doc Ford's locations. Learn more online at www.docfords.com. For more information, call 472-8311 or visit www.docfordssanibel.com.✱

Superior Interiors

Color, Color Everywhere



by Marcia Feeney

Whether you're choosing one color or a combination of colors, getting the selection process started can sometimes be a very daunting process.

Given that colors are so personal in nature, why not start with the colors you enjoy the most. There are just a couple of things to remember when you start making up your mind. First, any color will react differently in the daylight versus artificial lighting. Secondly, matte or gloss finishes will also take on a differing appearance. Thirdly, the larger the space you're painting the more intensified your color choice will become.

Bright, lively and exciting colors tend to create a cherry, exuberant boost to our spirits. Can't you just picture

the excitement you feel when you see orange, bright yellows and vibrant reds combined in a color palette?

Lighter color shades tend to be a little softer and gentler on the eye. They definitely work well when dark spaces need to be brightened up. If peace and rest are your room's mandates, then pastel shades might just fit the bill beautifully.

Warm earthy colors like sienna, terracotta and brownish reds can provide your room with a sophisticated look, especially when they are combined with interesting textures.

Monochromatic color schemes work well when you want to show off your room's furnishings. When color is removed from a room, it's simply natural for our eye to be drawn to texture and shape.

Above all, I urge my clients to have fun with color. A home filled with white walls certainly doesn't invite, or give anyone a hint of the homeowner's personalities. So do a little experimenting – have some color fun – and above all, add some joy to your rooms.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindecden.com.✱



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It's Not The Money Or Property They Fight Over



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

I was very close to my great grandmother, whom I called “Bubby.” A framed picture in my home includes her image along with an 1890 silver dollar. She told me that her father handed her a silver dollar bearing the year of her birth when she arrived in America. She hadn’t seen him in many years, as he had to save for her passage. Until my Bubby’s death in 1976, we celebrated our birthdays together, as ours were only one day apart on the calendar.

When she died, that silver dollar was invaluable to me. I was only 12 years old, but I dearly wanted it to remember her by. My

sister, incidentally, has our Bubby’s soup spoon framed in a box. It hangs proudly in my sister’s dining room.

So you might find it interesting that in my 27 years of practicing estate planning law I rarely encounter siblings who fight over a deceased parent’s money or property. Generally speaking, the very few disputes I’ve refereed between siblings involved tangible personal property items like rings, watches, jewelry and other items just like coins and soup spoons.

Don’t underestimate the sentimental value of an item that’s been handed down over the generations from father to son or from mother to daughter. If you have more than one son, you may not want to assume that the eldest will treasure granddad’s watch. Mothers of daughters and even granddaughters often own a certain string of pearls, a diamond broche or a bracelet that has sentimental value to one or more family members.

So if you own such items that you would like to see passed down to a certain child or grandchild, the first course of business is to find out whether he or she wants it. It doesn’t have to be the main topic of conversation during a visit or phone call, but at some opportune moment it makes sense to confirm the intended recipient is willing.

Don’t take “let’s not talk about this now” as an answer, either. Many adult children don’t want to sound as if they are awaiting your imminent demise. An appropriate response might be, “I intend to hold onto my [insert item name here] for quite some time. I just want to make sure that if I leave it to you that this is something you would treasure as I have. Or perhaps there’s something else that you find more valuable sentimentally.”

Be careful here. I’ve had some occasions where more than one child proclaims that he was “promised” an item by their father or mother. If you don’t intend to promise that certain item, but are merely talking about it, make that clear.

Once you’ve decided who is to receive these tangible personal property items, then it is time to make a list. Florida law actually gives us an easy mechanism to make a list of our tangible personal property outside of our will or trust, and to easily amend it without having to visit your attorney.

So long as our will or trust mentions the list properly under the Florida statute (this would be the job of you working with your estate planning attorney), then you may create a list and it need only be signed and dated. The list does not have to be witnessed. If you should choose to update the list, sign and date it again. I suggest providing a copy of the current list to your estate planning attorney so that he may retain a current copy in your file.

One other note of caution – if you give an item away during your lifetime, remove the item from your list. Also, if you intend for the value of the gift to be deducted from the total value of what that beneficiary receives from your estate or trust, then you should mention this to your attorney to ensure he includes appropriate language within your will or trust documents.

What happens if you don’t have such a list? Then it is typically up to your personal representative and/or trustee to decide who is to receive which tangible personal property items, or which ones should be sold or auctioned. This is where the disputes may arise. The child with the unfortunate task of deciding the fate of sentimental items might find themselves in the unfortunate position of wanting something, but it might look like self dealing if they take it when another beneficiary also expresses a desire to acquire that same item.

Creating such a list can mean more than leaving thousands of dollars to your loved ones. Although my Bubby didn’t have much in the form of monetary wealth when she died, she left me a real treasure... one that can never be replaced.

©2016 Craig R. Hersch. Learn more at www.sbshlaw.com.☆☆

Suarez Passes Florida Bar Exam

Ashley Suarez found out on September 26 that she had passed the Florida Bar exam, the final step before becoming a lawyer.

A graduate of Florida State University and the Ave Maria School of Law, Suarez had interned with the Zampogna Law Firm in Naples, focusing on transactional law, which she will continue as an associate once she is sworn in.

Several members of Suarez’s family – including Kenny, LeAne, Austin, Alec and Gilda – expressed how proud they were of her accomplishment, which they credited came through “determination and persistence.”☆☆



Ashley Suarez

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Officials, Organizations And Citizens Rally To Support Conservation 20/20



From left, Kevin Ruane, Frank Mann, Chauncey Goss and Mick Denham. All six municipalities in Lee County have signed resolutions supporting Yes on Lee County's Conservation 20/20 program. photo courtesy Conservation 20/20

Community, business and environmental leaders from across Lee County gathered on September 29 at San Carlos Bay – Bunche Beach Preserve to highlight the launch of the campaign to continue the successful, 20-year-old Lee County Conservation 20/20 program.

Conservation 20/20 has bought, restored and protected nearly 25,000 acres of conservation and water resource lands throughout Lee County since it was originally passed by referendum in 1996.

Now, Lee County voters are being asked to decide on November 8 whether to continue this important conservation land protection program. Supporters have established the Yes on Conservation 20/20 Coalition and Political Committee to advance the campaign of support for renewing this vital and popular Lee County program, chaired by former Parks and Recreation head, Barbara Manzo, and backed by leading conservation, community and business groups.

"As Lee County continues to grow in leaps and bounds, Conservation 20/20 is essential to maintaining that quality of life balance between nature, water and all the roads and concrete," Manzo said.

Always a willing seller program, Conservation 20/20 was passed in 1996 as a non-binding referendum, just like this year's referendum. While originally funded by a 0.5 mil ad valorem tax, it is currently funded by general revenues in the budget, with almost \$90 million in a dedicated account. Voting for continuing Conservation 20/20 will not raise taxes, and voting against it will not lower taxes. However, as Lee County continues to grow, with planning studies predicting 1.3 million people at build-out, more needs be done to preserve critical natural areas that protect drinking water supplies, wildlife habitat and Lee County's quality of life for future generations.

Conservation 20/20 is currently negotiating to purchase important lands in the Corkscrew Regional Ecosystem Watershed (CREW) Project, North Fort Myers and Charlotte Harbor Flatwoods, and the Buckingham and Alva areas. Additional priorities include coastal and island properties, Edison Farms, Density Reduction/ Groundwater Resource (DR/GR) lands, Cape Coral and Bonita Springs area resources.

Conservation 20/20 has received the support of many local officials, including the councils of the City of Cape Coral, City of Bonita Springs, Village of Estero, Town of Fort Myers Beach and City of Sanibel. With the City of Fort Myers' City Council's announcement of support on September 19, all six municipalities within Lee County have passed resolutions unanimously supporting the Conservation 20/20 program and a "Yes" vote on November 8.

"We are pleased to have received support from all six Lee County municipalities, a factor that will play an influential role in the passage of Conservation 20/20," said Marisa Carrozzo, natural resource specialist at the Conservancy of Southwest Florida and member of Yes on Conservation 20/20. "We are happy to see that the importance of conserving and protecting land, water and wildlife is being recognized across Lee County jurisdictions."

Benefits of public conservation lands are many and well documented. From increased property values to flood protection, preserving drinking water supplies and resource-based recreation and quality of life, these benefits underpin the strong support Conservation 20/20 has enjoyed for 20 years. The best way to understand the importance of this program is to visit a preserve, and that is made even easier by a series of naturalist-led walks through October.

A schedule of upcoming walks can be found at www.facebook.com/LeeCountyFLConservation2020/events. The Yes on Conservation 20/20 campaign committee is also sharing information, brochures and soliciting volunteer help at its website at www.YesOnConservation2020.org, and on its Facebook page at www.facebook.com/yesonconservation2020.*

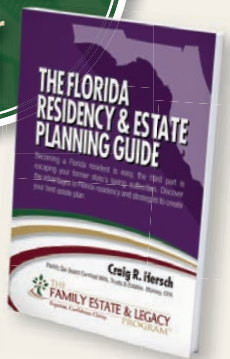
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Monday, November 7

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Odds Say Cubs/Red Sox World Series, But History Tells Us Otherwise



by Ed Frank

If you're a betting baseball fan, the odds-makers in Las Vegas tell you that the Chicago Cubs and the Boston Red Sox are the best two teams in baseball with Chicago leading the way to win it all at 12/5 championship odds.

The Cubs were the favorites before the season began (5/1 odds). All they've done for the last six months is to increase the belief they will win their first title since 1908 – the longest draught by far in professional sports.

They are the only team this season to win more than 100 games (103), and they ran away with the National League Central Division by 17-1/2 games. With the likely Most Valuable Player

in third baseman Kris Bryant and baseball's best pitching staff, the Cubs also will enjoy home field advantage throughout the National League playoffs.

As good as the Cubs have been all season, perhaps the next best story in baseball this year was the last-to-first resurgence of the Boston Red Sox, the American League Eastern Division Champions.

A little more than a year ago, after last-place division finishes in three of the last four years, the Red Sox hired veteran baseball executive Dave Dombrowski to reverse the fortunes of this storied franchise.

Few in baseball thought the turn-around would be this quick, but next to the Cubs, Boston, who is facing the Cleveland Indians in the AL Division Series, has 5/1 World Series odds, just ahead of the Texas Rangers at 6/1 odds.

Before you get carried away with these World Series odds, let's get back to reality with the simple fact that baseball's best regular season record means very little when it comes to winning the world title.

SPORTS QUIZ

1. Name the last team before the Toronto Blue Jays in 2015 to have two winning streaks of at least 11 games in the same season?
2. In 2015, Texas pitcher Yovani Gallardo became the fourth native of Mexico to win at least 100 major-league games. Name two of the first three to do it.
3. In what sport other than football is legendary running back Jim Brown a member of a Hall of Fame?
4. In 2015, Denzel Valentine became the fourth player in Michigan State men's basketball history to have a triple-double in a game. Name two of the first three to do it.
5. Which country has won the most Ice Hockey World Championships?
6. In 2016, bowler Jesper Svensson, 20, became the youngest player to win the PBA's Tournament of Champions. Who had been the youngest?
7. Between 2000 and 2016, how many horses won the first two races (Kentucky Derby, Preakness Stakes) of the Triple Crown?

ANSWERS

1. The Cleveland Indians, in 1954. 2. Fernando Valenzuela (173 victories), Esteban Loaiza (126) and Ismael Valdez (104). 3. The Lacroix Hall of Fame. 4. Magic Johnson, Draymond Green and Charlie Bell. 5. The combined Soviet Union/Russian team has 27 world championships. Canada has 26. 6. Marshall Holman was 21 when he won the event in 1976. 7. Seven – War Emblem (2002), Funny Cide (03), Smarty Jones (04), Big Brown (08), Ill Have Another (12), California Chrome (14) and American Pharoah (15).

Since the beginning of the wild-card era in 1995, only four of 26 teams that finished the regular season with the best record – just 15.4 percent – went on to win the World Series.

They are the 1998 New York Yankees (114 wins); the 2007 Boston Red Sox (96 wins); the 2009 Yankees (103 wins), and the 2013 Red Sox (97 wins).

However, the percentage did improve for these 26 teams advancing to the league championship series (57.7 percent) and nine (34.6 percent) moving on to the World Series.

I wrote a few weeks ago that it would be a dream World Series if the Red Sox and the Cubs faced each other.

The Las Vegas odds-makers tell us that these two teams have the best odds to reach the "big show."

But history tells us otherwise. Let's hope Las Vegas is correct and history is wrong.

Twins Hire Derek Falvey To Resurrect Sunken Franchise

Not only did the 2016 Minnesota Twins finish with the worst record in Major League Baseball at 59-103, it also was the worst record since the Twins moved to Minnesota in 1961. This inglorious record exceeded the 60-102 record of the 1982 Twins.

To salvage the ship, the Twins announced Monday that they have hired Derek Falvey, the assistant general manager of the Cleveland Indians, as executive vice president and chief baseball officer.

Just 33 years old, Falvey has spent the last nine seasons with Cleveland and has been involved in all areas of baseball operations including recruitment, contractual dealings and player development.

In assuming his new role with the Twins (he will not begin until Cleveland ends its postseason play), Falvey will oversee all aspects of the team including coaches, support staff, contract negotiations, player development, scouting, research, medical and communications.

He is one of the new breed of baseball executives that didn't come up through the ranks. Falvey is a graduate of Trinity College with a degree in economics.

Minnesota also is expected to appoint a new general manager to assist Falvey.✱

Golf Tourney To Feature Chance For Motorcycle

The CROW Classic Golf Tournament will take place on Saturday, October 15 at The Sanctuary Golf Club and will feature a unique hog-in-one (hole-in-one) prize. Golfers will play for a chance to win a Harley-Davidson 2016 Dyna Street Bob (FXDB) black den motorcycle supplied by Six Bends Harley-Davidson with insurance provided by a generous donor. The hole-in-one is located on the 180-yard, 4th hole.

"We are anticipating a very exciting tournament. Golfers will enjoy the opportunity to play golf on a nationally acclaimed course and a chance to win an

iconic motorcycle all while helping support local wildlife," said David Nichols, DVM, CROW's board president.

Proceeds from the event help support the care and treatment of wildlife through state-of-the-art veterinary care, research, education and conservation medicine.

The tournament will be a scramble format. The deadline to enter is Tuesday, October 11. Entrance fee is \$1,000 per foursome and includes a box lunch, 19th Hole with hors d'oeuvres, contest and prizes. Tournament day check-in begins at 11:30 a.m. with the shotgun start at 12:30 p.m. and helicopter ball drop at 5:15 p.m.

To register a foursome, contact Mary Schoeffel, development director at 472-3644 ext. 232 or mschoeffel@crowclinic.org.

For more information, visit CrowClinic.org.✱



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Young Professionals Cruise With Tarpon Bay Explorers



From left, Seirra Hoisington, Kari Eschenbacher, Leigh Gay, Michael Dest, James O'Bryan and Brad Skinner
photos courtesy Young Professionals Association

On September 15, a group of more than 30 members of the Young Professionals Association of Sanibel & Captiva (YPASC) gathered at Tarpon Bay Explorers for an evening nature cruise during the monthly networking event.

Tarpon Bay Explorers, in conjunction with the "Ding" Darling Wildlife Society/Friends of the Refuge hosted the event, providing drinks and snacks, a touch tank program and a private evening nature cruise.

Adam Sauerland, program and education manager, curated the cruise, providing information about the native flora and fauna. Sauerland, who has been involved with the Young Professionals Association since its inception and currently sits on the board, stated, "It was a great event and we had an excellent turnout. Tarpon Bay Explorers was happy to host and give the Young Professionals Association, many of whom have never visited, a unique opportunity to enjoy all we have to offer."

More than \$300 was raised throughout the course of the evening for the "Ding" Darling Wildlife Society and was accepted by Sarah Lathrop, associate director of



From left, Mareike Stoutenburgh, Skyler Bauer and Bart Colen

community outreach and development.

"The 'Ding' Darling Wildlife Society supports and appreciates what YPASC does for the community. We were proud to participate in this event and are truly grateful for the generous contribution to benefit refuge education and research," said Lathrop. "TBE is a great partner and we thank them as well for choosing us as the beneficiary charity for the evening."

The next Young Professionals Association networking event will be held on Tuesday, October 4 from 5:30 to 7 p.m. at the new Doc Ford's Rum Bar & Grille. Admission is free, there will be a cash bar, and appetizers will be provided.

In November, the "Ding" Darling Wildlife Society will be the host on Thursday, November 17 from 5:30 to 7 p.m. inside the "Ding" Darling Visitor & Education Center. The refuge will be showcasing a Smithsonian traveling exhibit titled Water/Ways, which it will be hosting for six weeks beginning on October 28.

If you are interested in joining the Young Professionals Association or hosting an event, contact or Laura Richardson at lrichardson@bigarts.org and find YPASC on Facebook at www.facebook.com/ypasc.

Email your editorial copy to:
press@islandsunnews.com

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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 – October 7, 14, 21 and 28, 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.

Introduction to Chalk Painting – Friday, October 7, 1 p.m. Cost is \$5 for members and \$10 for non-members.

This is an introduction course on how to chalk paint. Chalk paint is a versatile paint that works beautifully on furniture without priming or sanding, and is known for its velvety, matte finish. This paint is easy to use, drying time is fast, and it can be used for a number of different painting techniques. Supplies will be provided: a small picture frame and 10 colors to choose from. Advanced registration is required. Space is limited and on a first come basis. Call the center 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 with Rachel Rainbolt, education coordinator. She will provide an in-depth look at the inner workings of the hospital and the treatment process. Meet an animal ambassador. Lunch is on your own at Sweet Melissa's. Advanced registration is required. Limited spaces available on a first come basis. Carpooling available.

AARP Driver Safety Course – Thursday, November 10 and 17, 1 to 4 p.m. Course fee is \$20, AARP members receive a \$5 discount.

This is a fast-paced, interactive, two-day six-hour class for drivers 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers and maintain confidence in your driving. After completing the course, you will be eligible for a discount on your auto insurance. Classes will be held at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. Register by contacting Ed VanderHey at 292-4012. You do not need to be a member of

Island Seniors but you must attend both classes in order to receive course certificate.

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 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.

Line Dancing Classes – Tuesdays, October 11, 18 and 25, 1:30 p.m. Cost is \$5 for members and \$8 for non-members.

The instructor will review dance steps then turn up the music so you can dance. Bring a friend for a fun-filled afternoon. Call the center to register.

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. Instructors are Grace Elston and Connie DeCicco.

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

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

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

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

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

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

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Workshops And Seminars

Unleash your creativity, expand your horizons and meet terrific people. Workshops and seminars include:

- Constructing the Human Figure in Simple Forms, held on Mondays from 1 to 3:30 p.m. from October 10 through October 31. Taught by Francesco Gillia.

- Instructed Life Drawing, held on Mondays from 9:30 a.m. to noon from October 10 through October 31. Taught by Francesco Gillia.

- Life Drawing, non-instructed open studio, held on Fridays from 9:30 a.m. to noon from October 14 through October 28. Taught by Carol Rosenberg.

- Adventures in Watercolors and Mixed Media (for all levels), held on Tuesdays from 9:30 a.m. to 3:30 p.m. from October 18 through November 1. Carolyn Councill is the instructor.

- Chorus Rehearsals, Semester I, held on Tuesdays from 6:30 until 8:30 p.m., from October 18 through December 5. Steve Cramer will lead.

- Band Rehearsals, held on Mondays from 6:30 to 8 p.m. through March. Mike Lamade will lead.

Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. For complete course descriptions and the full season's workshops and seminars schedule, visit their website www.bigarts.org/workshops, or email info@bigarts.org.*

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Tracing The Kidney Meridian



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

Kidney, a Yin meridian, partners with bladder meridian and together they govern the ears. Because they also govern teeth,

bones and fluid, they play an important role with the eyes (comprised mostly of fluid). The physical location of kidneys in your lower back give direct evidence of imbalances in the kidney if there is lower back pain above the waist. Physical manifestations of kidney imbalances might include acne; swollen and weak ankles, bone problems, ear infections, eye problems, hardening of arteries, insomnia, ovarian problems (kidney controls the reproductive system), sweaty feet or toothaches. Notice how each of these symptoms is related to teeth, bones or fluid.

As a reminder, view my August 5 and 12 columns in the *Island Sun*, since the basics of tracing are set forth.

Meridian Flow Wheel Time Of Day

Kidney meridian's high tide is 5 to

7 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 5 30 p.m., then begin with kidney.

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 kidney if you have some of the symptoms listed in the opening paragraph above. If you experience rheumatism, difficulties with urination, difficulties with menses, hot flashes, pain in the ovaries, miscarriages, impotence, low sexual interest, weak bones and bone marrow, this is another indication of bladder imbalance.

Affirmation for this meridian is "I step forward with courage (while buzzing K 27 points)." 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 kidney meridian is on the bottom of the foot and in the middle of the ball of the foot, and the end point is K 27. See insert of pathway in figure. Place your fingers under the ball of each foot. Draw your fingers up behind the ankle bone and make a clockwise circle. Move your palms up the inside middle of your leg, continuing straight up the front of your body to the K 27 points. Now buzz

these points vigorously. That's it. You just traced bladder.

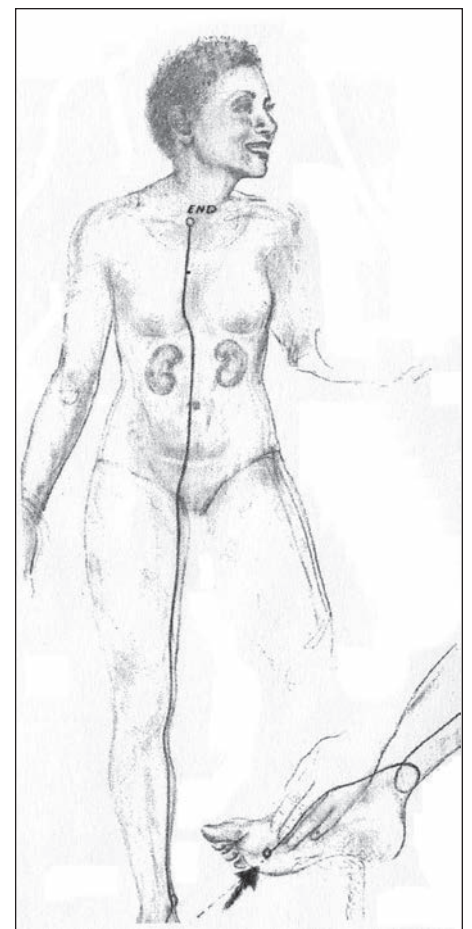
Flushing Or Tracing The Meridian Backwards

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

You are set. Keep this column as a reminder of how to trace kidney while you learn the next eight meridians over the next several months!

Have fun with your energy. Next week's topic is Hormonal Imbalance, Carpal Tunnel or Breast Soreness; Trace Circulation-Sex 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.*



Tracing the kidney meridian

Energy Medicine, page 119

dearRPharmacist

Headaches Connected To Low Thyroid



by Suzy Cohen, RPh

Dear Readers: I like saying, "I told you so" because it means you got my help years ahead of everyone else. And in this case, it's about headaches and migraines, and how this condition is tied

to hypothyroidism and thyroid hormone insufficiencies. Because headaches and thyroid disease are not life-threatening, there isn't a lot of focus or research on this, but either condition can leave you disabled, impair relationships and reduce your ability to work or play with your children.

Six years after I told you this, we have a new and very large study that was printed in the September 2016 issue of a highly respected publication, *The Journal of Head and Face Pain*. I'll nutshell it for you here.

Researches followed over 8,000 people for 20 years. They tracked vital statistics such as frequency of headaches and migraines as well as biomarkers of thyroid disease. What they found is exactly what I told you in two of my books,

Thyroid Healthy, and also *Headache Free*... that is people with migraines, clusters and tension headaches almost always have hypothyroidism.

Hypothyroidism is when your body fails to produce adequate amounts of thyroid hormone, or perhaps it produces it, but your cells can't take it in and put it to use. Symptoms of low thyroid include anxiety, mood swings, weight gain or inability to lose weight, dry skin, hair loss, poor eyebrow and eyelash growth, irregular menstrual cycles and the feeling of always being cold. Your hair may be thinner than it used to be, and you're clean out of energy. Maybe you look pale, sleep fitfully or not at all, or you eat like a bird and still gain weight.

If you have these symptoms, you might have low thyroid hormone levels regardless of what your lab tests say. If you take a medication for cholesterol, for example a statin, those drugs may raise your risk for hypothyroidism, so then after a few months of taking a statin, your cholesterol numbers look good, but you feel tired, weak and heavier. I told you about that little problem seven years ago.

Anyway, researchers from the University of Cincinnati College of Medicine did a great job monitoring these folks and what they've noticed could help you. People with pre-existing headaches have a 21 percent higher risk of having hypothyroidism. If you have migraines, your risk for thyroid disease is about 41 percent greater than the norm.

If you have headaches or migraines, your thyroid levels need to be checked properly. The labs I want you to take and

continued on page 38

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Is The Better Choice Fat-Free Or Organic?



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

We all have our biases, opinions, and thoughts about nutrition and what is considered healthy. The media has done a good job convincing the public that fat is bad, and fat-free is good; that sugar is bad, and sugar-free is good; and that caffeine is bad, but caffeine-free is good. A common example of this confusion in many well-meaning people who are trying to “eat healthy” is what to put in their coffee.

Take a look at the following ingredient lists:

Fat-Free Half & Half

Ingredients include nonfat milk, milk, corn syrup solids, artificial color, sugar,

dipotassium phosphate, sodium citrate, mono and diglycerides, carrageenan, natural and artificial flavors, vitamin A palmitate.

Serving size: 2 Tbsp; Calories 20; Fat 0 grams, Carbs 3 grams; Protein 1 gram
Organic Half & Half

Ingredients include organic Grade A milk and organic cream.

Serving size: 2 Tbsp; Calories 40; Fat: 3.5 grams; Carbs 1 gram; Protein 1 gram

Which do you think is healthier? To us, the answer to this question is clear. Why would you substitute whole, organic, real milk for a list of chemicals, just to save 3.5 grams of fat? This product is not healthy for anyone.

If you are looking for a no-fat dairy product to add to your coffee, skim milk is the better choice. True, it’s not creamy, but it is also free of the added corn syrup solids and gum used for thickening. What are even worse are the flavored non-dairy creamers. They are all chemicals. Read the labels and think about what you are eating or drinking. Just because something is lower in calories or fat does not make it healthier. Look for real food, real ingredients and small ingredient lists. Never underestimate the power of food.

*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.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you offer some tips to incorporate the practice of reframing negative thoughts to positive ones?

A: Reframing is a positive twist that acts to first

recognize and then neutralize the sting of a potentially difficult situation.

The following suggestions may be of help:

1. When you are in a stressful situation, ask yourself what can be learned from it?
2. When you are in a stressful circumstance, allow yourself to grieve about the situation for what it is. When

you are ready, come up with several things for which you are grateful. This will take the edge off.

3. When situations don’t go as planned, (unmet expectations), rather than focusing on your negative attributes, come up with at least three positive attributes about yourself that you know are your strengths. Then, select one and begin to use it. An example may be a sense of humor, doing something creative, or repeating positive affirmations.

4. Cultivate a positive mindset during non-stressful times so that you have it to use during stressful times rather than going into a panic. It’s good to have a short list of positive affirmations on your night stand and say them to yourself before bed and when you wake up each morning. Use the words “I am” to begin.

*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.**

Mom And Me



Have you heard this from others?
Bessie

Dear Bessie,

Yes, I have. Many people are takers and not givers – they accept all of the help from others, but will give nothing in return.

Many people in our mobile society just seem to disconnect and keep the focus on themselves and disregard their weakened friends.

I recently heard about a family that moved from a third world country to the USA. They were delightful people and showed compassion to their neighbors, and especially to a sick elderly neighbor.

Good people are everywhere, but there are also many self-centered individuals who just keep their eyes totally on themselves.

Lizzie

Dear Bessie,

I understand your situation and how you feel. I can relate that to my work life. I have helped many people with increasing their referrals, making introductions and assisting a few start their own business. More times than not, my time and kindness were not returned in any way. I have not stopped helping people because that would change who I am. However, I am a little more selective in my attention.

So maybe you should rethink your generosity. You will choose to continue to give to others, but be a little more selective.

Pryce

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

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by Lizzie and Pryce

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

Dear Mom & Me,

I have enjoyed very good health and feel compassion for those less fortunate.

I have tried to help when people were sick with meals, gifts and taking people to their doctors. I felt that I should help those in need.

Recently, I had to have an operation with a long recovery. My “friends” and those I had helped were nowhere to be found. No telephone calls, cards, food or anything. I was completely dependent on my husband and hired help. I am very disappointed that when in need, I was ignored and I am going to rethink my generosity.

From page 37

dearPharmacist

a better set of reference ranges (because the ones on your lab report are old), can be emailed to you if you sign up for my free newsletter at suzycohen.com.

If you live in chronic pain or despair, I really want to assure you that there is help

out there, it’s often something simple, and regardless of your headache, there are solutions. Please don’t give up.

*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.**



Clam Scampi

4 tablespoons butter
2 tablespoon olive oil
4 cloves garlic, minced
2 dozen hard clams, rinsed well
1 cup fresh parsley, chopped
2 tablespoons lemon juice
Salt to taste
Pepper to taste
½ cup dry white wine
¼ cup sun-dried tomatoes
1 pint grape tomatoes, halved
8 ounces spinach fettuccine, cooked
Melt butter with oil in medium skillet over medium heat. Add garlic, cook and stir one minute.

Add clams, cook and stir five minutes. Add parsley, lemon juice, salt, pepper and wine. Continue steaming, stirring occasionally, until clams open.

Stir in tomatoes and serve over fettuccine.✱



Clam Scampi

photo courtesy Fresh From Florida

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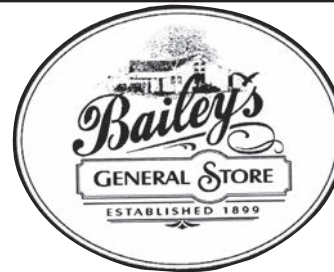
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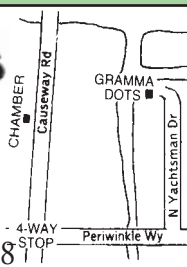


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JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

Hello, my name is Higgins. I'm a 5-year-old neutered male American Staffordshire Terrier who is handsome and lovable. But even so, Mr. Henry Higgins has had a rough life so far. He was neglected but never gave up, so our staff and volunteers won't give up on him either. He's a gentleman just like his name sake and is simply the nicest guy you'll ever meet.

His adoption fee is \$75.

Hello, my name is Harley. I'm a 5-month-old spayed female domestic short hair who has spent half of my life in the shelter. I'm not sure why because I'm cute and have a beautiful shiny black coat. I'm laid-back, cuddly and affectionate. I'm also playful and my favorite thing to do is run on the big cat wheel in the adoption room. I could be all of these things at your house, too, and provide hours of entertainment.

My adoption fee is \$50.

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.✱



Higgins A663380



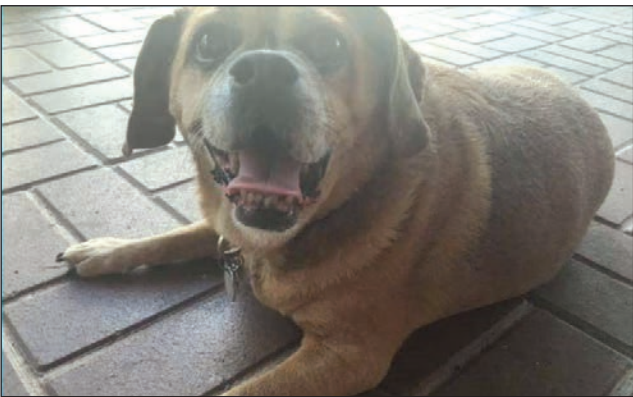
Harley A664809

PAWS Of Sanibel

Scrappy

Scrappy is a senior citizen Puggle looking for a new home. He is a cross between a beagle and a pug, so he would make a great little lap dog. Sadly, his owner is retiring and relocating to a spot that will not welcome Scrappy. He is great with kids and pets and all people.

Call PAWS of Sanibel at 980-1234 to adopt Scrappy.✱



Scrappy

Redesigned Animal Specialty Plate

The Department of Highway Safety and Motor Vehicles has released the newly redesigned Animal Friend specialty license plate. The new plate is available at each local Lee County Tax Collector's office.

The plate's annual fee of \$25 is in addition to the other registration fees. To view the redesigned Animal Friend specialty



Animal friend plate

license plate, or any other specialty license plates, visit the Florida Department of Highway Safety and Motor Vehicles' website online at www.flhsmv.gov/dmv/specialtytaga/. Funds raised from this specialty plate are distributed to Florida Animal

photo courtesy Lee County Tax Collector

Friend Inc. to fund spay and neuter programs statewide.

As of September 1, 2016, there are 19,589 registered Animal Friend specialty plates in Florida.✱

PUZZLES

Answers on page 45

Super Crossword

CREATING A
MAIL SLOT

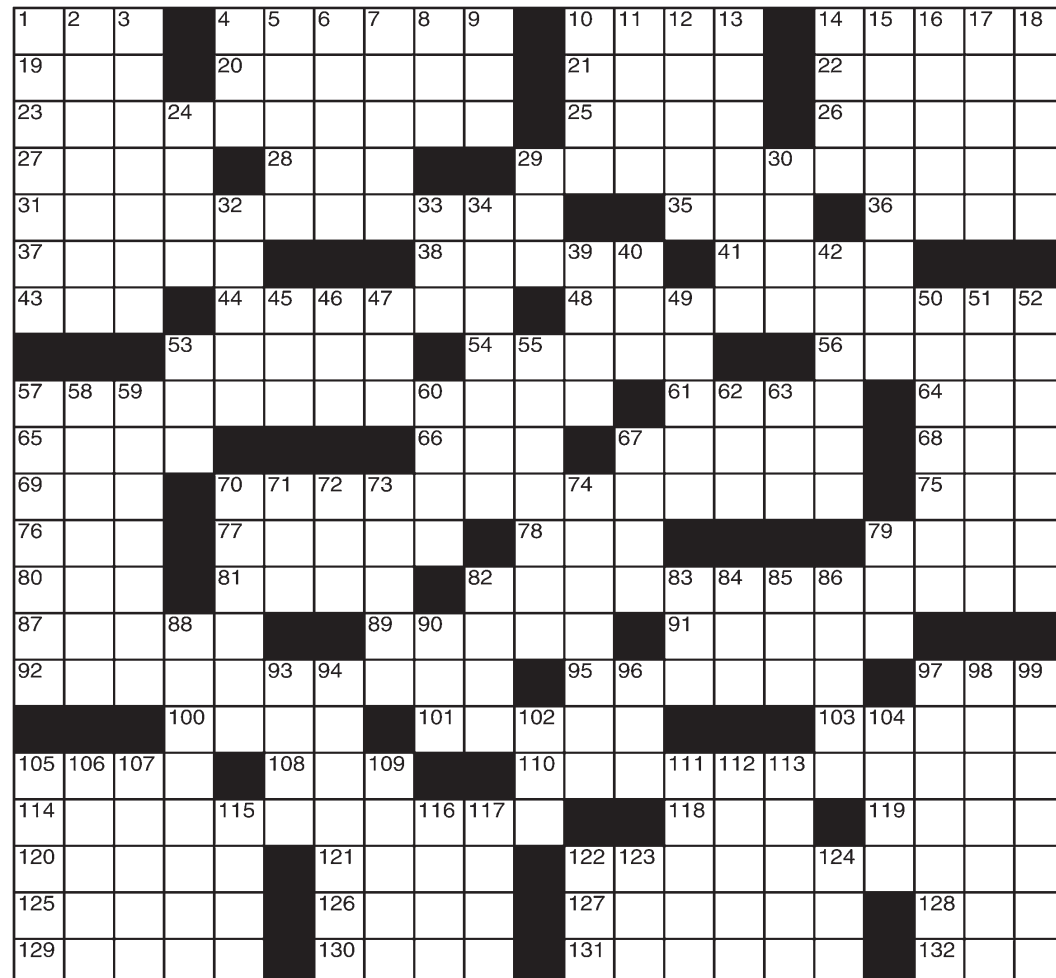
ACROSS

- 1 Mails a dupe to
4 Peak in the Cascades
10 1975 shark thriller
14 Lost intensity
19 "You — here"
20 — -Davidson
21 Saab of fashion
22 Stare angrily
23 What planes are in when they're taking off and landing?
25 "Heck!"
26 MetLife rival
27 Nepal locale
28 — Pérignon
29 Climb a rope right after waking up?
31 "Which of you is good at copying signatures?"
35 Poker pro Ungar
36 Beholds
37 Houston hockey team until 2013
38 Ancient Aegean land
41 So-so
43 Furlong divs.
44 Spectral hue
- 48 Big tree branch used to decorate a shop?
53 Big computer of the 1940s
54 Frustrates
56 Delhi coin
57 Tame some mean dogs?
61 "— girl!"
64 Uno + uno
65 Anniversary unit
66 AQI monitor
67 Four of —
68 Skill, to Cato
69 Law degs. held by the Obamas
70 Comment when a surface only allows for a glossy finish?
75 — Friday's restaurant
76 Dot in la Seine
77 Off-limits acts
78 Wad of gum, e.g.
79 Carrie's "Star Wars" role
80 Prefix with soul
81 Beer head
82 Fashionably stylish grain husk?
- 87 Big boo-boo
89 Tactics
91 Writer Nin
92 Spiced tea brewed in a business workplace?
95 Multi-vehicle crash
97 Church bench
100 Fed. crash-probing agcy.
101 Tear-eliciting vegetable
103 "Nowhere Road" singer Steve
105 Nailed
108 Happy — lark
110 Ensnared by a tree branch?
114 Bit of gear used by a videography student?
118 Simple tune
119 Ames' state
120 John Belushi catchphrase
121 Flubs it up
122 Apt phrase spelled by the deleted ends of this puzzle's theme answers
125 "It's — of the times"

- 126 Seven days
127 Parthenon goddess
128 Trump
129 Antsy
130 Uses needle and thread
131 Gym class, briefly
132 Some hosp. cases

DOWN

- 1 Bread seed
2 With 47-Down, snow cone's base
3 Promgoers
4 "— La La" (1964 hit)
5 Writer of 104 symphonies
6 The long — the law
7 Replay view, briefly
8 Actor Lange
9 Mate's "yes"
10 Sci-fi knight
11 "Sadly ..."
12 Telegrams
13 Hill bigwig
14 "Holy moly!"
15 Sneeze response
16 Take a soak
17 Bert's pal
18 University bigwigs
24 1993 Texas standoff site
- 29 Toon pal of Stimp
30 Zap, in a way
32 Black — (very dark)
33 Oil field sight
34 Boo-boos
39 Nile goddess
40 P.R.'s ocean
42 Wear down
45 Small peeve
46 Lah-di- —
47 See 2-Down
49 Honshu port
50 Software reviser, e.g.
51 Peach State
52 Wiesbaden native, e.g.
53 Vase handle
55 Like some citrus tastes
57 "Goodness me!"
58 Kind of lettuce
59 De-intensify
60 "Eh" marks
62 Little birdie
63 Big bang producer
67 Prefix with valent
70 Contaminate
71 Furthermore
72 Cell stuff
73 Energy
74 Boozier
79 Many oz.
82 Slay
83 Rodeo miss
- 84 MS-to-MI dir.
85 Lac liquid
86 Grow mature
88 Investigation discoveries
90 Philosopher — -tzu
93 Morales of film
94 Scott Pelley's milieu
96 Shiba — (dog breed)
97 Preceding
98 Bow-making material
99 Software running in browsers
102 Tenet
104 Keep — on (don't reveal)
105 Turn to try for a homer
106 Small oil container
107 Have home cooking
109 Side (with)
111 Actress Rigby
112 Eagles' kin
113 Actress Rich
115 Zilch
116 Work group
117 Pleads, e.g.
122 Track unit
123 Verb suffix in the Bible
124 "Gnarly!"



King Crossword

ACROSS

- 1 Baccarat alternative
5 Every iota
8 Mope
12 Soon, to bards
13 Lawyer's due
14 Leg joint
15 Ocean swimmer's worry
17 "An apple — ..."
18 Poor
19 Loving grandparents, often
21 Receives
24 "— the ram-parts ..."
25 Verifiable
28 Aid
30 Watch
33 Attila, e.g.
34 Memoranda
35 "A mouse!"
36 See 25-Down
37 Ford or Lincoln
38 Having Y chromosomes
39 Shade provider
41 Formerly
43 British conservatives
46 Say
50 Tosses in
51 Too young
54 Mob scene
- 55 Regret
56 Press
57 Cribbage scorers
58 Suffer a recession?
59 Expense
- 7 Lascivious
8 Glide
9 In Cousteau's realm
10 Mad king of literature
11 Piano lineup
16 Deli bread
20 "My bad"
22 Biblical pronoun
23 Squabble
25 With
36-Across, finis
26 Skedaddle
27 Likely loser
29 Rock group, Kings of —
- 31 Moray, e.g.
32 — out a living
34 Appellation
38 Measured in grams, e.g.
40 Rosters
42 Prompt
43 Rainout need
44 Garfield's pal
45 Certain
47 Poi base
48 Hollywood clashers
49 Landlord's due
52 Essence
53 Society newbie

DOWN

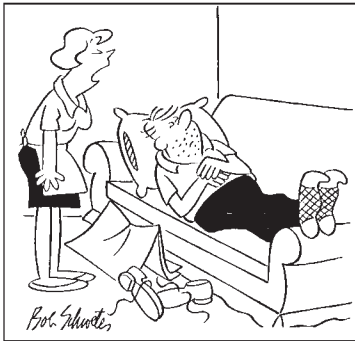
- 1 Mythical man-goat
2 Heche or Hathaway
3 Was a passer
4 Nervous
5 Sternward
6 Zodiac sign

HAD A SPORTS
MAGIC MAZE ● TERM NAMED
FOR THEM

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

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

Ali	Kerrigan	Rippon	Thesz
Fosbury	Lutz	Ruth	Van Dam
Hopoate	Mendoza	Salchow	Walley
Karelin	Pesky	Tal Smith	



"It's too beautiful a day to waste indoors — you ought to be loafing in the outside!"
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!

React
PONDERS _____

Crisis
SPASMIE _____

Phony
MASH _____

Dotted
PLEECKS _____

TODAY'S WORD

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

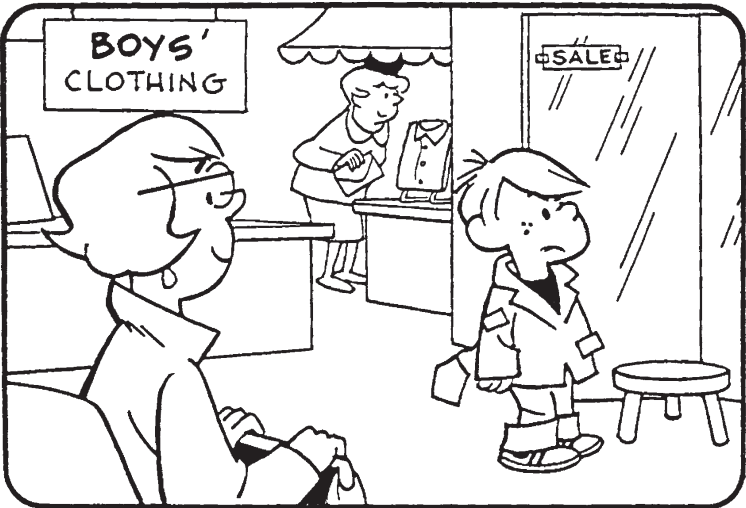
SUDOKU

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

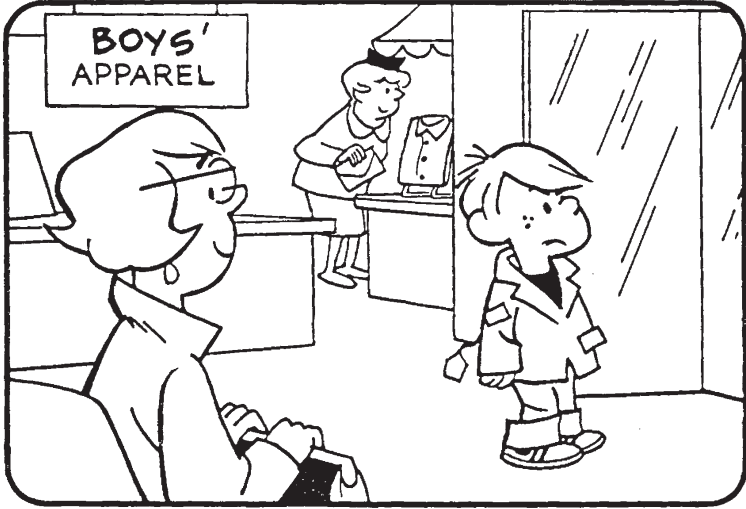
answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sign is different. 2. Awning is shorter. 3. Arm is moved. 4. Tag is smaller. 5. Sale sign is missing. 6. Stool is missing.

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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, Saturday and Monday with Renata, playing funk, jazz and contemporary. Sir Mitch plays classic rock, R&B and dance on Thursday.

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

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

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

My Stars ★★★★★

FOR WEEK OF OCTOBER 10, 2016

ARIES (March 21 to April 19) Someone from your past could arrive with welcome news concerning your future. Meanwhile, avoid taking sides in a workplace confrontation until you have more facts to go on.

TAURUS (April 20 to May 20) A decision about a relationship could have longer-lasting consequences than you might imagine, so be sure of your facts before you act. A trusted friend can help.

GEMINI (May 21 to June 20) A strained relationship could be restored with more personal contact between the two of you. Letting others act as your go-between only adds to the ongoing estrangement.

CANCER (June 21 to July 22) New facts could mean taking a new path toward a goal you've been hoping to reach. However, be sure all your questions are answered before you undertake to shift directions.

LEO (July 23 to August 22) This is a good week for all you fine Felines to turn your attention to some important considerations, such as your health, your job situation and the status of important relationships.

VIRGO (August 23 to September 22) Avoid making a quick decision about a matter that needs more study. Keep your mind open for possibilities, even if they don't seem plausible -- at least not yet.

LIBRA (September 23 to October 22) You might welcome the emphasis on openness in relationships that mark this period. But it's a good idea to avoid sharing personal secrets with people you hardly know.

SCORPIO (October 23 to November 21) There are still some questions that need to be asked and answered before you can feel confident enough to make a potentially life-changing decision.

SAGITTARIUS (November 22 to December 21) Some lingering effects from a now largely resolved workplace confrontation could make things difficult for you. Act on this before it becomes serious.

CAPRICORN (December 22 to January 19) You feel you're finally in control of your own life after months of making compromises and concessions you never felt comfortable with. Congratulations.

AQUARIUS (January 20 to February 18) No sooner do you decide to pass on one job offer than another suddenly turns up. This one might not have everything you're looking for, but it's worth checking out.

PISCES (February 19 to March 20) Congratulations. With Jupiter's strong influence dominating this week, don't be surprised to get some good news about a troubling financial matter.

BORN THIS WEEK: You are usually kind and loving. But you can be highly critical of those who don't measure up to your high standards.

THIS WEEK IN HISTORY

• On Oct. 14, 1857, engineer and inventor Elwood Haynes is born. Haynes designed one of the first American automobiles, the Haynes "Pioneer." The buggy was an 820-pound, push-start vehicle with chain drive, a steering tiller and 28-inch bicycle wheels.

• On Oct. 15, 1930, legendary composer and bandleader Duke Ellington records his first big hit, "Mood

Indigo." Ellington claimed he wrote the song in 15 minutes, but its actual genesis was a melody by clarinetists Barney Bigard and Lorenzo Tio, Jr. called "Dreamy Blues."

• On Oct. 12, 1945, PFC Desmond T. Doss of Lynchburg, Virginia, is presented the Congressional Medal of Honor for outstanding bravery as a medical corpsman. Doss was the first conscientious objector to receive America's highest military award.

• On Oct. 16, 1964, The People's Republic of China conducts a successful nuclear test, becoming the fifth nation with atomic bomb capability. China joined the U.S., the Soviet Union, Great Britain and France in the exclusive nuclear club.

• On Oct. 10, 1985, the hijacking of the Italian cruise ship Achille Lauro reaches an end when U.S. Navy F-14 fighters intercept an Egyptian airliner attempting to fly the Palestinian hijackers to freedom. Four Palestinian terrorists had hijacked the ship three days earlier, killing an elderly Jewish American passenger and taking hundreds more hostage.

• On Oct. 13, 1999, the Colorado grand jury investigating the murder of child beauty queen JonBenet Ramsey is dismissed, and the Boulder County district attorney announces no indictments will be made due to insufficient evidence. The murder remains unsolved.

• On Oct. 11, 2002, former President Jimmy Carter wins the Nobel Peace Prize "for his decades of untiring effort to find peaceful solutions to international conflicts." Carter, a peanut farmer from Georgia, served one term as U.S. president between 1977 and 1981.

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STRANGE BUT TRUE

• It was the great Russian author Leo Tolstoy who made the following sage observation: "A man is like a fraction whose numerator is what he is and whose denominator is what he thinks of himself. The larger the denominator, the smaller the fraction."

• The earliest known brothel was located in Sumer (now southeastern Iraq), all the way back in 3300 B.C.E.

• The Gunfight at the O.K. Corral, which took place in Tombstone, Arizona, at about 3 p.m. on Oct. 26, 1881, is probably the most famous shootout in the history of the Old West. You might be surprised to learn, though, that the gunfight didn't actually happen at the O.K. Corral, or even next to it -- the gunfight took place in an empty lot six doors down.

• A futurist in the 1950s made the following prediction: "There will come a time when every country in the world will have a computer."

• Etymology -- the study of words'

history, their origins and how their form and meaning have changed over time -- is fascinating. For example, take the term "shilly-shally," meaning to vacillate. In the 18th century, "shill" was another form of "shall," and people trying to make a difficult decision might ask themselves "Shill I? Shall I?" Over time it was shortened to the form we use today.

• If your scissors are getting dull, don't waste time and effort with sharpening stones; all you have to do is cut up sheets of sandpaper to hone the cutting edges.

• Those who study such things say that if you added up the body masses of all the people on the planet right now, it would amount to roughly 750 billion pounds.

THOUGHT FOR THE DAY

"In any free society, the conflict between social conformity and individual liberty is permanent, unresolvable and necessary." -- Kathleen Norris

NOW HERE'S A TIP

• October sales items include: appliances, automobiles (current year's model on sale when new model is unveiled), school supplies, fishing gear, ladies' outerwear and early fall and winter clothing sales.

• Keep squirrels out of a pole-mounted birdfeeder and out of the birdseed! Just spray a cotton cloth liberally with WD-40 lubricating oil. Then wipe the pole with the cloth. Squirrels are good at climbing, but this is asking a little too much. Reapply every so often to keep it slippery.

• "If your knuckles get chapped and dry during the cold season, try rubbing a little Chapstick into them. It works for me." -- P.E. in Minnesota

• Store spaghetti in an empty Pringles can that has been wiped out. It's the perfect height, and you can take just what you need. The plastic top makes it easy to see when it's time to restock the angel hair!

• "If you use frozen fruits and

veggies that come in bags, here's a great tip to keep your freezer shelf organized. Use binder clips to reseal the bags, and hang them from the shelf itself. Binder clips easily clip over the metal grate, and secure the bag's top underneath so that it hangs from the shelf." -- T.L. in New York

• For a more accurate reading of your refrigerator's temperature, submerge your thermometer in a glass of water and read after an hour.

SCRAMBLERS

solution

1. Respond; 2. Impasse;
3. Sham; 4. Speckle

Today's Word

HAMMOCK

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PUZZLE ANSWERS

SUPER CROSSWORD

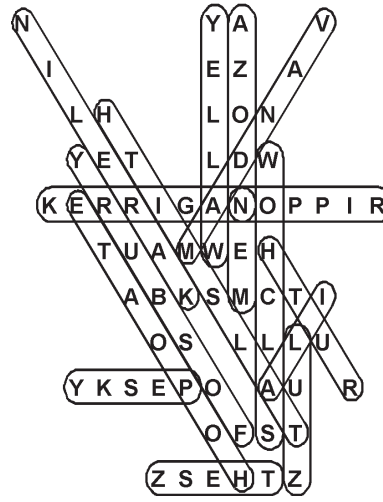
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KING CROSSWORD

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SUDOKU

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

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*NS 10/7 CC 10/28

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LOAN NEEDED

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HELP WANTED

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Rotary Happenings

submitted by Shirley Jewell

Last week, our Sanibel-Captiva Rotary Club president, Charlie Emerson, got right down to business. Around four times a year, our regular Friday morning meeting is dedicated to updates on club business. The focus this time was on Sanibel-Captiva Rotary Trust disbursements.

Each month, the trust board meets to review applications regarding funds requested by non-profits and organizations locally, nationally and globally, including Rotary sponsored project grants. Funds available are based on yearly club fundraising activities and designated fund accounts. For this year (July to July), the trust's projected financial output will range around \$80,000 to \$90,000. A proposed budget for the year has been established with line items for college scholarships, multi-year commitments, designated funds and using past giving request figures as budget elements. There is flexibility within the budget and, as the year unfolds, new requests will be considered and determinations will be made by our trust fund board members.

In the absence of trust board president Bill Rahe, board treasurer Scot Congress reported that the trust tries to balance out club giving on a 50/50 basis; global and local/national. Many of our local grants go to island projects. For the next five years, our largest recipient of trust funds will be received by The Community House (five-year pledge of \$15,000 per year, totaling \$75,000). Another example of local giving is a Rotary Club District Partnership Grant with the Rotary Club of Estero. Each contributed \$2,500, which was then matched by district for \$10,000 for the GLAD/Gladius Learning and Development Center.

Our San-Cap Rotary expert on Rotary International/District matching fund programs is Chet Sadler. Past club presidents Chet and John Grey collaborate on a number of these grant projects and have successfully led our club to fund projects internationally well beyond our own club's financial reach. Rotary International,



Rotary District #6960 and numerous international Rotary Club partners are funding \$53,000 for clean water projects in Haiti and a matching district, club and community partnership grant is providing medical supplies for Ecuador. The project partner with us is Rev. Dr. Israel Suarez/Nations Associations Charities. Approximate funding for this project is between \$25,000 to \$30,000.

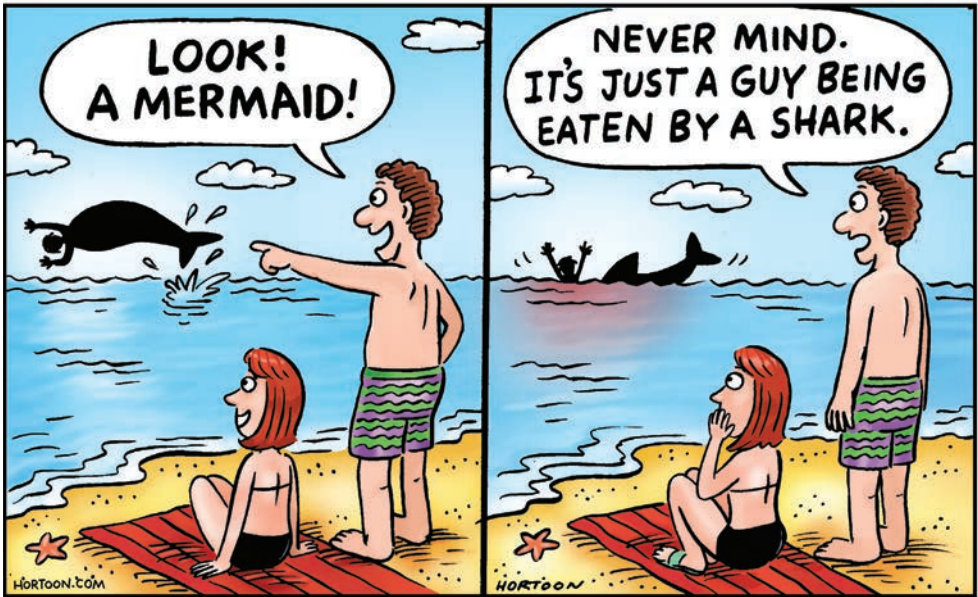
Sadler gave us a breakdown regarding the moving parts of this Ecuador grant. This grant started with a presentation of 30 wheelchairs from the Wheelchair Foundation to Rev. Suarez at our Rotary District #6960 Conference last spring. Rev. Suarez decided that his organization had an immediate need for seven of the wheelchairs and, after the April earthquake in Ecuador, wanted to send the remaining 23 for distribution to those in need in the Province of Manabí and Province of Esmeraldas. Rev. Suarez also collected medical and clothing. Their Rotary Clubs pledged \$1,000 each and applied for district matching funds for a total of \$6,000 (This amount was an estimate for container transport to Ecuador. As of now, that cost has risen to over \$7,000).

Sounds like the two containers of medical relief supplies should be on its way by now, but not so fast. Rev. Suarez flew

to Ecuador on July 21 and met with the Rotary Club at the earthquake center and arranged for distribution. The district governor for the Ecuador region will be coordinating with Ecuadorian government and the Red Cross to get the shipment through customs and to the earthquake area. Sadler found out he needed a certified list of all contents of the containers. He then had to provide a notarized letter stating the 501(c)3 organizations shipping the containers and a notarized letter from the Red Cross in Ecuador. With paperwork in hand, Sadler drove to Miami, presented the necessary documents, was interviewed by custom agents and had to provide his own identification papers – passport and license. Arrangements for shipping containers were made by Rev. Suarez, prepayment for freight charges was paid by Rotary. Rev. Suarez's volunteers and Rotarians were to load the containers last Friday morning. The containers would be transported to the Port of Miami and shipped within seven days, with an 18-day ocean voyage.

As of this writing, there may be one slight problem, namely, Hurricane Matthew. The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.*

HORTOONS



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Tarpon Estates	Cape Coral	2013	6,128	\$3,049,000	\$2,800,000	100
Captiva Beach	Captiva	2003	2,307	\$1,949,000	\$1,820,000	595
Renaissance	Fort Myers	2014	4,066	\$1,349,900	\$1,200,000	169
Riverside	Fort Myers	2008	5,277	\$1,250,000	\$1,150,000	88
River Reach Estates	Bonita Springs	2007	3,310	\$959,000	\$887,500	220
Cape Coral	Cape Coral	1998	7,488	\$949,900	\$800,000	37
Wildcat Run	Estero	2006	3,295	\$949,900	\$875,000	200
Jose's Hideaway	Captiva	2015	2,993	\$895,000	\$840,000	102
Nature's Cove	Estero	2005	2,981	\$895,000	\$870,000	63
Longlake	Bonita Springs	1994	2,912	\$839,900	\$800,000	111

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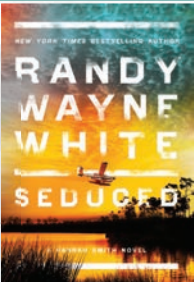


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