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# Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 14, 2016

SEPTEMBER SUNRISE/SUNSET: 14 7:27 • 7:02 15 7:28 • 7:01 16 7:28 • 7:00 17 7:29 • 6:59 18 7:29 • 6:58 19 7:30 • 6:57 20 7:30 • 6:56

## Picnic At The Pink Out To Be Held October 22

by Jeff Lysiak

The 5th annual Pink Out Sanibel & Captiva Islands – which this year will be known as Picnic At The Pink Out – will be held on Saturday, October 22 at Sanibel Fire & Rescue District Station #1, located at 2351 Palm Ridge Road. The Radiology Regional Center's Mobile Mammogram motorcoach will visit Station #1 between 10 a.m. and 3 p.m., while a picnic-style celebration will take place from 11:30 a.m. to 1 p.m.

"We're doing it a little bit different this year," said Mary Bondurant, a Sanibel resident, realtor, breast cancer survivor and founder of the Pink Out gatherings. "In addition to mobile mammograms on-site, we want to invite people to come and enjoy a family-style picnic at the fire station. It's going to be a lot of fun."

Bondurant noted that volunteers will be at Bailey's General Store on Saturday, October 15 from 9 a.m. to 5



Organizers, sponsors and supporters of the 5th annual Pink Out Sanibel & Captiva gathered last week at Sanibel Fire Station #1 to promote this year's event, which will be held on Saturday, October 22 photo by Jeff Lysiak

p.m. They will be bagging groceries and accepting tips to help support the cause.

The Pink Out event was launched in 2012 after Danny Duncan, then chief of Sanibel Fire & Rescue District, asked a question during the Bailey-Matthews National Shell Museum's annual

Celebrity Island Dinner fundraiser, "How can we get the Mobile Mammo motorcoach to Fire Station #1?" Bondurant responded that she would call and see if she could get something set up. And the rest, they say, is history.

Between 10 a.m. to 3 p.m. on

October 22, the state-of-the-art mobile medical vehicle – staffed by members of the Radiology Regional Center – will be offering on-site digital mammogram screenings. While most medical insurance companies will cover the expense of the

continued on page 12



In 2015, more than 500 runners registered for the 10K Race 4 FISH

photo courtesy FISH of SanCap

## 10K Race 4 FISH Is This Saturday

There are plenty of foot races in Southwest Florida to keep the Fort Myers Track Club (FMTC) busy, but there is only one on Sanibel Island – the 10K Race 4 FISH. The 8th annual race is set for Saturday, October 15 with the start-finish line relocated to Sanibel Community Park.

"Sanibel Island and the FISH of SanCap organization are what make this race special," said JeAnne Hertel with FMTC, which designed the course in cooperation

continued on page 26

## Baileyfest Returns Next Weekend

by Jeff Lysiak

Baileyfest, the annual gathering of islanders and visitors celebrating the community spirit of the islands, will return for its 31st anniversary on Sunday, October 23 from noon to 4 p.m. at the Bailey's Shopping Center, located on the corner of Periwinkle Way and Tarpon Bay Road.

According to event organizers, the all-day festival will feature live entertainment, games, raffles and giveaways, face-painting, pony rides, food and refreshments, local service organizations plus plenty of other "surprises." As always, Baileyfest is free to attend and open to the public.

Traditionally, Baileyfest begins with the singing of *The Star Spangled Banner* by members of the BIG ARTS Community Chorus, followed by opening remarks made by local dignitaries at noon. One of the time-honored traditions of the event, both the King and Queen of Baileyfest will then be officially crowned.

Back by popular demand, singer Frank Torino will entertain Baileyfest crowds with his renditions of classic songs made famous by Frank Sinatra, Tom Jones

continued on page 4



A former Baileyfest king, Kirill Bykov, center, crowning last year's queen Camryn Peach as 2015 king Jackson McKee looks on photo by Jeff Lysiak



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# Historical Village Reopens Tuesday



An aerial view of the Sanibel Historical Village  
photo courtesy Sanibel Historical Museum & Village

The Sanibel Historical Village will reopen Tuesday, October 18, and will be open Tuesdays through Saturdays from 10 a.m. to 4 p.m. Full guided tours take place at 10:30 a.m. and 1:30 p.m., depending on docent availability, at no additional charge.

The village is located at 950 Dunlop Road. There is handicap access to all buildings. Admission is \$10 for adults over 18. Members and children are free.

“We’re planning exciting programs this season,” said Emilie Alfino, museum manager. “Watch the local newspapers for specifics. We look forward to seeing old friends as well as welcoming return guests.”

New volunteers are always needed at the village. Training dates are November 7 and November 14. Those interested are encouraged to call 472-4648.

“There are quite a variety of things for volunteers to do, so I think anyone can find a comfortable spot among our village family,” Alfino said.

For more information, visit [sanibelmuseum.org](http://sanibelmuseum.org).

## Resident’s Mother Longest Serving Poll Worker



Laura Wooten

Sanibel resident Yvonne Hill and her mother, 95-year-old Laura Wooten of Lawrenceville, New Jersey, recently toured the White House and the Smithsonian Museum of African American History and Culture in

Washington, DC. They were celebrating Wooten’s 77 consecutive years as a poll worker with the Board of Elections in New Jersey.

Since graduating from Princeton High School in 1939, Wooten has never missed a year working the polls. Wooten holds the record as the longest serving poll worker in New Jersey.

Wooten received a Lifetime Achievement Award at the 61st Biennial State Convention of the League of Women Voters of New Jersey and was recognized at National Voters Registration Day in September for her long-term service. She has been employed by Princeton University for the past 25 years and says she has no intention to retire or stop working at the polls.

Yvonne asked her mother why she had committed 77 years to working the polls. Her mother replied, “Voting is important.”

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From page 1

# Baileyfest

and Elvis Presley. Entertainment will also include the Beacons Quartet, The Diamondettes, Peter Redpath, John Steg, The Country Chicks, Kellyn Celtic Arts Irish Dance Academy, the Country Rhythm Cloggers directed by Pat Bedingfield as well as The Sanibel School's Steel Drum Band.

In addition to games for youngsters and inflatable activities, Baileyfest will give away nearly \$1,500 worth of prizes and gift certificates from local merchants. These will include:

- Bailey's General Store – \$100 gift certificate
- Bailey's True Value Hardware – \$100 gift certificate
- Coffee Bar at Bailey's – \$100 gift basket
- Lily & Co. Jewelers – \$100 gift certificate
- George & Wendy's Seafood Grille – Four \$25 gift certificates
- Whims – Three \$25 gift certificates
- Select Vacation Properties – \$100 gift basket surprise
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- The Grog Shop – \$100 wine basket
- Island Cinema – Five \$20 gift certificates
- Sanibel Barber Shop – Three haircuts with styling

For additional information about Baileyfest 2016, contact Bailey's General Store at 472-1516.✽



Dancers from the Kellyn Celtic Arts Irish Dance Academy performing at last year's Baileyfest

photo by Jeff Lysiak

# Olympic Night At Church

The LOGOS midweek family ministry program got under way on Wednesday, October 5 at Sanibel Community Church with an Olympic night theme.

Youngsters ate pizza, then participated in Olympic Games, such as balance beam, bean bag shotput, balloon carry on a spoon, push the ball with your nose, javelin throw and long-distance Frisbee throw.

Each week, LOGOS kids experience recreation, crafts, music, a lesson and family time centered around a theme. Families with youngsters ages three years through 5th grade are welcome. For more information, call Kathy Cramer at 472-2684.✽



Kate Doster, Heidi Hall, Marit Foster and Jessica LaBorde await their turn at the long-distance Frisbee throw as Jessica Chavez-Santana takes aim

photo courtesy SCC

# Flu Shots Available

On Friday, October 28, from 9 to 11 a.m., St Isabel Church, located at 3559 Sanibel Captiva Road, will host a flu clinic in the parish hall.

A Walgreens pharmacist will be available to administer vaccines, including high-dose flu, pneumonia and preservative-free flu.

You must bring your Medicare care cards. All others will receive a form to file with insurance companies.✽

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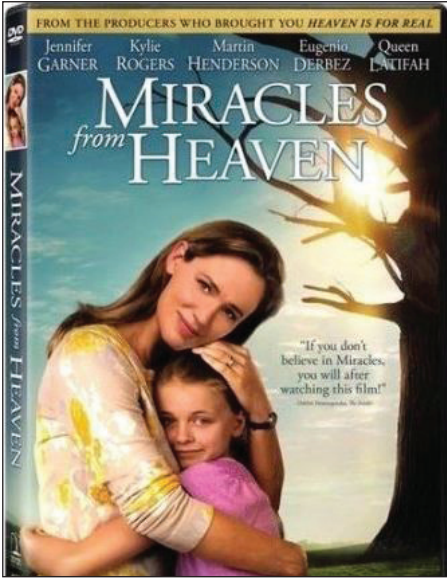
# Flamingos On The Loose

There have been more flocks of flamingos sighted in yards around Sanibel and Captiva. Unless they are placed on someone else's lawn, they will roost on your property for a long time. Removal should be attempted only by trained professionals. The Children's Education Center of the Islands (CECI) has specially trained technicians, who, for a small donation, will remove the flock without harming them. If you would like to "flock" a friend and support CECI, call 472-4538. For more information, visit [childrenseducationcenter.com](http://childrenseducationcenter.com).



These flamingos were spooked and flew up into the tree at a flocking on Par View Drive photo courtesy CECI

# Free Movie Night



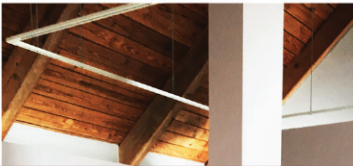
On Sunday, October 16 at 5 p.m., Sanibel Community Church will host a free showing of the film *Miracles From Heaven*, a story based on the Beam family. When Christy Beam (Jennifer Garner) discovers her 10-year-old daughter Anna (Kylie Rogers) has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired.

Bring a friend and have a hot dog, cold drink and a special treat served at 4:30 p.m. A love offering will be received for Sandy Bay Lighthouse Ministries located in Roatan, Honduras. The church is located at 1740 Periwinkle Way.

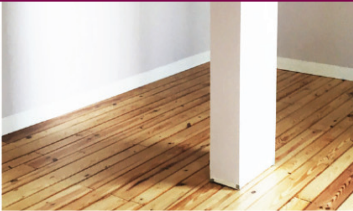


# All About Me

Chloe Selby recently created a "mini-me" during All About Me week at Summit Christian Preschool at Sanibel Community Church. Three- and 4-year-olds practiced their fine motor skills through a variety of activities during the week. The children's creations line the hallway where parents can see them each day. For more information or a tour, call 482-7007.



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G. Biolchini, oil on board

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# Church Exhibit Features Four Artists



Beach Path in acrylic by Gloria Krekel

images courtesy SCUCC

Rather than a single artist, the Sanibel Congregational United Church of Christ (SCUCC) will showcase four individuals during October. The show features oils, watercolors and drawings by Gloria Krekel, Debbie MacKelcan and Pat Rochester, as well as several paintings by Nory McNelis. These artists are members of the Sanibel Captiva Art League and painted many of the works on display en plein air.

the proceeds benefit the church. Krekel's lifelong interest in art began in elementary school. "I am a perpetual student of art, but basically self-taught," she said. When she moved to Sanibel in 1999, she became captivated by the area's tropical beauty. "The bright, intense light in Southwest Florida makes for rich color and contrast," she said. "I paint for the sheer pleasure of making art and the challenge it presents."

For MacKelcan, drawing, painting,



Tea Time in oil by Pat Rochester

sculpting and woodworking in her youth, along with visiting museums in New York, where she was raised, were important foundations for her art. MacKelcan envisions her subject in 3D and, when painting en plein air, focuses on the drawing/composition while also concentrating on the infinite nuances of color and texture that enhance the subject matter. "I paint what I see, whether in reality or in my imagination," she said. Rochester came to study art after a career in pharmacy and raising her family. Although she has shown at BIG ARTS, the Sanibel Public Library and at an exhibition featuring students of artist/painter Hollis Jeffcoat, with whom she studied in France, Rochester considers herself an amateur. Rochester also studied with watercolor artist Henry Fiore in Pittsburgh for 12 years. She paints in oil for fun and to express herself at her home studio in Fort Myers. McNelis contributed several paintings for the October exhibit and will be the church's featured artist in February. For more information, call 472-0497.



Breath of Spring in oil by Debbie MacKelcan  
Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way.\*

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## Bible Study

**T**uesday Bible Study, led by the Rev. Dr. John H. Danner, will begin October 18 at 10 a.m. at the Sanibel Congregational United Church of Christ. The seminar-style sessions will feature a variety of approaches to the study of scripture.

The first book to be examined will be the *Letter to the Galatians*. Pastor Danner said, "In some ways, this is the most significant of St. Paul's correspondence as it includes autobiographical material considered invaluable by scholars who specialize in exploring the New Testament."

Charles Cousar, author of *Interpretation: Galatians*, writes, "Paul's Letter to the Galatians has had

an impact on the life and thought of the Christian church far exceeding its modest length. Though less than 150 verses... it has exercised a profound influence on theologians struggling with the issues of freedom and faith, gospel and law, the Spirit and ethics."

Pastor Danner will guide students through a chapter-by-chapter examination of this first-century letter written to a group of congregations in what was then known as Galatia – modern-day Turkey. The class will include ample time for questions and discussions, and will focus on applying the lessons learned to daily living.

Each class will include a specially chosen musical selection as well as prayer to begin the session.

The public is welcome, and there is

no fee for this class. Students are asked to bring their own Bible; any translation is acceptable, though the new Revised Standard Version is preferred.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way, across from the Periwinkle Place Shopping Center. For more information, call 472-0497 or visit [www.sanibelucc.org](http://www.sanibelucc.org).

## American Legion Post 123

**O**n Sunday, October 16, American Legion Post 123 will host a fish fry from 1 to 8 p.m. Stop by on Saturday and Sunday, October 22 and 23 for Post 123's Ladies Auxiliary

Oktoberfest celebration, with lots of terrific German food and fun.

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.



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photo courtesy St. Michael & All Angels Episcopal Church

For each production, Vantine develops a specific theme from scripture, choosing a

continued on page 11

## Churches/Temples

Dr. Daryl Donovan, Senior Pastor  
Sunday Worship: 8 a.m. Traditional in

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

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## 'Living Shoreline' Approved For Lighthouse Park



In October 2015, a pair of Department of Public Works employees add a breakwater barrier to the bottom of a fence along the edge of the roadway located on the east end of Sanibel photo by Jeff Lysiak

by Jeff Lysiak

During Tuesday's planning commission meeting, both a conditional use and development permit were approved for the installation of a "living shoreline" – an erosion control structure comprised of rip-rap, concrete pipes and fill sand to accommodate the planting of appropriate shoreline native vegetation – along a portion of East Periwinkle Way adjacent to Lighthouse Park.

Roy Gibson, senior planner for the City of Sanibel, presented a staff report to the commission which sought approval to install approximately 195 linear feet of rip-rap revetment materials above the mean high water line of San Carlos Bay.

"The subject bay front property is located within an area along San Carlos Bay where ongoing beach erosion has been occurring over several years due to wake action caused by boats, wind and wave action from northerly-influenced weather fronts, and tropical storm events," the report reads, in part. "The subject shoreline is mostly devoid of native Bay Beach and dune vegetation that would help to protect the upland area above the beach."

According to Gibson, under the beach management section of the Sanibel Plan, there is a preference for allowing rip-rap revetments – in lieu of prohibited seawall structures – as long as such revetments do not interfere with existing sea grass beds. Furthermore, the Sanibel Plan indicates that rip-rap revetments along the bay shoreline should be designed as planters to accommodate planting with mangrove and buttonwood.

James Evans, director of the city's Natural Resources Department, told the commission that the proposed erosion control structure would be "the most economical and efficient option." He later added that in his 16 years of working with the city, this section of shoreline has undergone erosion-related repairs approximately eight times.

"The revetment is designed to create a continuous erosion control structure across the subject project area that will reduce the potential for storm damage and

lessen the opportunity for further upland erosion," the report noted.

During discussions on the permit applications, commission chair Dr. Phillip Marks suggested that red mangroves be planted in the area to enhance the strength of the "living shoreline." Fellow commissioner Jason Maughan expressed concern over whether mangroves might obstruct the scenic views of Punta Rassa and Bunche Beach for passing motorists. Evans explained that if mangroves – red or black – are selected for the project, they can be manicured in order to accommodate better views.

Following some additional talk on the subject, commissioner Chuck Kettelman made a motion to approve the permit applications, allowing for the city's Natural Resources Department to have the freedom in selecting what type of vegetation is including within the "living shoreline" structure; his motion was seconded by Maughan.

Commissioners voted unanimously, 7 to 0, to approve the applications, which will be subject to 26 conditions recommended by the city's planning department.✱

## City Installs Two More Defibrillators

Two additional defibrillators (AEDs) have been installed at Sanibel City Hall, located at 800 Dunlop Road. Both of the units are in areas that are accessible to the public during special events, such as the weekly Farmer's Market and the Veterans Day Ceremony.

Previously, city hall defibrillators were in areas that on occasion were locked, such as the council chambers. All city employees are certified in CPR.

With the deployment of defibrillators in all cruisers and the rapid response times by fire and EMTs, the city has not experienced any issues.

On the ground level of city hall, one defibrillator has been placed near the rear stairwell. A second defibrillator has been installed on the second level at the top of the front stairs.

A number of private institutions on the island have installed defibrillators. The city now has AED units displayed at 10 locations:

- Center 4 Life
- City Hall: council chambers; second floor, top of the main stairway (new); outside wall (new)
- Sanibel Public Works
- Sanibel Recreation Center: lifeguard



City of Sanibel Police Major Jamie Phillips with one of the two new AEDs located at City Hall

photo courtesy City of Sanibel

office; hallway at weight room; gym, west side; gym, east side

- Donax Sanitary Sewer facility

The city police department also has AEDs deployed in the marine patrol vessel, the beach patrol vehicle and in each of the cruisers.

CPR courses are offered on a regular basis to the citizens of Sanibel at the Sanibel Recreation Center, 472-0345, and the Sanibel Fire District, 472-5525.✱

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*Island Sun*  
NEWSPAPER  
Sanibel & Captiva Islands

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The Greater  
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### Publisher

Lorin Arundel

### Advertising

Bob Petcher  
George Beleslin

### Graphic Arts & Production

Ann Ziehl  
Amanda Hartman  
Justin Wilder  
Diane L. Wynocker

### Reporter

Jeff Lysiak

### Contributing Writers

Kimberley Berisford  
Barbara Cacchione  
Kay Casperson  
Constance Clancy, EdD  
Suzy Cohen  
Linda Coin  
Marcia Feeney  
Ed Frank  
Jim George  
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## Meals Program Helps Needy

The Meals-by-FISH program incorporates delivery of one hot, nutritious meal per day, up to five days a week, including extras for the weekend.

Working in partnership with Bailey's General Store, Chefs JT and Karl prepare the Meals-by-FISH menu, while their staff sorts, bags and labels client meals on a daily basis. Each meal consists of a protein, starch, vegetable and dessert, and can be slightly modified to accommodate those with diabetes or other health conditions.

This service is provided to anyone who requests meals. Many are older individuals who no longer cook; some are younger singles recovering from an illness or injury. Individuals may receive meals for any length of time and may opt in or out of the program as needed.

While many pay for the cost themselves, others cannot afford to do so. On a case-by-case basis, FISH may subsidize a part or the entire cost of the meal, depending on the household situation.

## Democratic Club Potluck Supper

On Thursday, October 20 at 6 p.m., the Democratic Club of the Islands will hold its annual Potluck Supper at the Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road.

Rev. Dr. Wayne A. Robinson will be the featured speaker. While known as local pastor emeritus of All Faiths Unitarian Congregation in Fort Myers, Dr. Robinson also served Unitarian Universalist congregations in Oklahoma, Minnesota and Michigan before coming to Florida. His education includes a bachelor of theology, bachelor of arts, and a master and doctor of ministry from Southern Methodist University. He currently is an adjunct instructor of civic engagement at Florida Gulf Coast University.

Robinson has been arrested, handcuffed and fingerprinted as part of the Christian Peace Witness for Iraq in Washington, DC. He created and directed Symposium 71, a protest against the Vietnam War. Robinson was named Visionary of Lee County by *Gulfshore Life* magazine.

The meeting is free and open to the public. Clinton/Kaine yard signs are available for a \$10 cash contribution, and Hillary buttons and bumper stickers are \$3.

Entrée meats and beverages will be provided by the club. Attendees are asked to bring a dish to share. BYOB if you have a preferred drink. Supper begins at 6 p.m.

Bring your checks payable to DCI for \$25 to renew your 2017 membership or to join the club. For more information, call 313-5718 or email demclubislands@gmail.com.\*

"We have had some older folks suffer from poor nutrition because they were opting to pay prescription bills rather than buy food," said Maggi Feiner, FISH president and CEO. "We are glad to be able to provide some financial assistance for instances like these, made available to us partly through a grant from CAMEO. We are all working together and doing our part to end senior hunger," said Feiner.

"I want you to know what your program means to me," said Jane, a participant in the Meals-by-FISH program five days a week. "I'm old and I'm a diabetic. It's hard enough for me to get out and about these days, much less cook a meal. I cannot do the shopping, and I'm not moving around like I used to do. I am even more grateful to your group who

delivers the meals and those wonderful people who cook them. Those mashed potatoes are so good. I could eat them every day, but I shouldn't. And, I could visit with the people who bring the meals to me for hours, but I'm sure they have better things to do than gab with an old lady. I want you to know that I have never taken what you, and all your wonderful volunteers, do for granted."

Jane was referred to the Meals-by-FISH program by a concerned neighbor. Some are referred by community partners, and others simply call in to inquire or request meal delivery. To learn more, call 472-4775 or visit fishofsancap.org.\*

From page 8

## Free Concert

variety of choral and instrumental works, collecting quotations from sacred and secular sources and composing musical interludes that knit the parts together.

The concert is free and open to the public. Tickets are not required. Freewill donations are accepted in support of a local charity. A meet-the-artists reception, with light refreshments, follows the concert in the church's Parish Hall, located at 2304 Periwinkle Way.

For more information, call 472-2173 or visit saintmichaels-sanibel.org.\*

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## OBITUARY



## MALCOLM C. HOLTJE

Malcolm C. Holtje of Fort Myers, Florida, formerly of Sanibel, Florida and Concord, Massachusetts, passed away on October 10 at Shell Point Pavilion at the age of 91.

Son of the late Edward Holtje and Helen (Dallery) Holtje, "Mac" was born on October 3, 1925 and raised in Teaneck, New Jersey. At an early age, he realized what he wanted to do as a career and followed his interests to become an electrical engineer. He attended the Massachusetts Institute of Technology.

Mac's college career was interrupted by a brief period during World War II, when he joined the Navy and served as an electronic technician mate in Washington, DC. At this time, he met his wife, Dora Finch, who was also in the Navy. Mac and Dora were married in 1948 and spent 55 years in a loving marriage.

Mac finished schooling with help from the GI Bill and by working as a co-op student at a Cambridge company called General Radio. For the next 45 years,

this company, later called GenRad, was Mac's sole employer. He spent a rewarding career creating innovative solutions for the design and production of electronic equipment. He held six patents.

In 1969, Mac returned to MIT and studied the field of semi-conductors, earning an advanced engineer's degree. When he returned to work, he designed and managed GenRad's new, state-of-the-art microelectronic manufacturing facility in Bolton, Massachusetts.

Mac enjoyed the challenge of solving problems, whether at work or making home repairs. He creatively applied his engineering knowledge to adjust light fixtures, clothes dryers and even tune the piano. At Christmas, the Holtje family used a variac transformer to dim the Christmas tree lights.

In 1993, after Mac's retirement, he and Dora moved to Sanibel. After Dora's death, Mac married Nan Sprague in 2004 and led an active retirement life. He enjoyed volunteering at a nursing home, singing with the Sanibel Chorus, chairing the Loggerhead Condominium Association, photographing birds, visiting with family at the summer house in Wolfeboro, New Hampshire, and continuing his tradition of making Sunday morning omelets.

Mac's positive outlook and sense of humor never faltered, and were an inspiration to all who loved him.

As well as his wife, he is survived by five children: Bruce Holtje and wife Kathy of Burlington, West Virginia; Ellen (Holtje) Young and husband Greg of Gales Ferry, Connecticut; Karen (Holtje) Zdrowski and husband Chet of Fair Oaks, California; Nancy Holtje and husband Tom Hageman of Lexington, Massachusetts; and Joanne Holtje and husband Darrell Probst of Belchertown, Massachusetts. Also surviving are seven grandchildren and three great-grandchildren.

A memorial service in New Hampshire will be planned at a later date. The family would like to thank Shell Point Pavilion and Hope Hospice for their support and care during Mac's final weeks.✽

From page 1

## Pink Out

examination, the fee for women who are uninsured is \$125.

"Cancer touches and claims so many lives, and we all know someone whose life has been forever changed by this relentless disease... I know mine has," said Bondurant. "Early detection is the key. A mammogram saved my life, and if I can help somebody else out by doing this event, that's the greatest reward I could wish for. The good news is that this is a fight that we absolutely can do something about."

Sponsorships for individuals in need of mammograms are available for \$125 (the cost for an uninsured examination), and \$50 Hug sponsorships are also requested. Local businesses are asked to donate a raffle item. To become a sponsor or make a raffle item donation, email pinkout@thebrg.net, mail your check to Pink Out FISH, P.O. Box 504, Sanibel, FL 33957 or visit pinkoutsanibel.com for more details.

Also from 11:30 a.m. to 1 p.m., the inaugural Picnic At The Pink Out party will be held inside Sanibel Fire Station #1. The celebration will include local businesses showcasing their services, entertainment and dancing as well as an information booth for FISH of SanCap. During the event, donations for FISH – both monetary and canned goods for their food bank – will be accepted. A fundraising raffle will also take place.

Cip's Place will be serving traditional picnic food and refreshments, while additional specials and services will be a part of the festivities. Members of the Sanibel Fire & Rescue District will also be serving drinks. The party is free for all to attend; food and refreshments are by donation.

Following four successful Pink Out campaigns, Bondurant is even more excited about the prospects for this year's event.

"Our goal is to raise monies and provide a fund for FISH of SanCap to use all year for all people to help with related cancer needs in our community," added Bondurant.

According to the Radiology Regional Center, one-third of breast cancer deaths each year could be prevented through early detection. Approximately one out of every eight women develops breast cancer during the course of her lifetime, and breast cancer ranks second as the cause of cancer deaths in American women, claiming more than 40,000 lives annually.

The three keys to early detection, recommended by the American Cancer Society, include:

- Practice regular breast self exams (women 20 years and older)
- Clinical evaluation of the breast by a physician:
  - Every three years (women 20 to 40 years old)
  - Every year (women 40 years and older)
- Annual mammogram beginning at age 40, unless clinically indicated sooner

To make an appointment for a mammogram during Picnic At The Pink Out, call 936-4068. For more information, visit pinkoutsanibel.com or Pink Out Sanibel's Facebook page.✽

## It's Time For Oktoberfest

The 15th annual Oktoberfest, presented by the Sanibel-Captiva Islands American Legion Ladies Auxiliary Unit 123, will take place at the American Legion Post 123 on Saturday, October 22 and Sunday, October 23 from 1 to 8 p.m.

Admission is free and the event is open to the public. Oktoberfest entrees will be served at a cost. The menu includes sauerbraten, schnitzel, red cabbage, German potato salad, potato pancakes, bratwurst and sauerkraut. An Oktoberfest basket will be raffled off.

Proceeds will benefit veterans' charities.

American Legion Post 123 is located at 4249 Sanibel-Captiva Road (Mile Marker 3). For more information, call 472-9979.✽

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## OBITUARY



ROBERT FLYNN

**R**obert (Bob) Flynn died suddenly on Saturday, October 8, 2016. He was 85 years old.

Bob was born in Chicago, Illinois on May 20, 1931 to Mortimer and Helen Flynn. He attended St. Angelas Grade School, Fenwick High School and the University of Illinois. During the time he was employed by Top Value

Stamps, he was transferred to Pittsburgh, Pennsylvania, where he met Mary Lou Hayward and her three children. Bob and Mary Lou were married on June 23, 1962. He loved telling the story of moving to Pittsburgh in his convertible and leaving there for a transfer to Chicago with a wife, three children, a cat and a moving van. In retirement, he became an insurance broker.

Bob is survived by wife, Mary Lou; stepdaughters, Susan (George) Sell of Sanibel and Betty Dekker of Sanibel; grandchildren Graham Sell of Sanibel and Alexandria Dekker of Fort Lauderdale, Florida; brother, Mortimer and wife, Marsha, of Winter Haven, Florida; brother and sister-in-law, David and Sue Ladley of Chicago, Illinois and many nephews, nieces and a cat, Benjamin. Bob is predeceased by an older brother, Jim, a younger sister, Mary, and a stepson, Arnold P. Hayward, III, DDS in 1992.

Bob's service will be held at St. Isabel Catholic Church, located at 3559 Sanibel Captiva Road, on Friday, October 14 at 11 a.m. It will be followed by interment. A reception will follow at the church.

Memorial donation suggestions to FISH of SanCap, where he was a volunteer, or choose your favorite animal rescue organization.✱

## OBITUARY

MARY ELLEN BOYNTON CHURCHILL

**M**ary Ellen Churchill, 90, of Shell Point, Fort Myers; formerly of Menlo Park, California and Easton, Massachusetts passed away on Monday, September 19, 2016. She was born on June 12, 1926 in Mansfield, Massachusetts to Charles T. and Mary (Tucker) Boynton.

Beloved wife of the late Warren L. Churchill, who died in 2008, she was also preceded in death by her oldest son Alan Boynton Churchill, who passed in 2005; and three sisters: Ruth Roderick, Edith Sullivan and Clara Wilson. She is survived by three children: Daniel W. (Jean) Churchill of Jensen Beach, Florida, Diana L. Churchill of Hilton Head,

South Carolina and Kenneth L. (Shirley) Churchill of Frisco, Texas; and eight grandchildren: Raija, Spencer, Manus, Lovie, Karis, Isaac, Abi and Zefan; beloved brother Edwin F. (Mary) Boynton and many nieces and nephews.

She and her husband of 52 years owned and operated Churchill Real Estate and Insurance agency in Brockton, Massachusetts before retiring in 1997.

Mary Ellen was a member of Sanibel Community Church, where she was a Stephen Minister and LOGOS volunteer. She also served as a volunteer at the Shell Point Pavilion.

A funeral and memorial service will be held on Saturday, October 29 at 10:30 a.m. at the Sanibel Community Church Chapel, 1740 Periwinkle Way on Sanibel. In lieu of flowers, donations in memory of her may be made to Sanibel Community Church Missions, 1740 Periwinkle Way, Sanibel, FL 33957.✱

## Students Attend Christian Festival

**T**he Sanibel Community Church (SCC) H2O Student Ministries recently attended Rock the Universe, a Christian music festival hosted by Universal Studios in Orlando.

Nineteen students and leaders took part. Universal Studios has hosted Rock the Universe since 1998, a weekend filled with fellowship, music and rides. This year, the bands and artists included TobyMac, Skillet, Jeremy Camp, Family Force Five, Andy Mineo, Lecrae and others.

H2O Student Ministries is for sixth through 12th grade middle school and high school students. H2O meets on Wednesday evenings from 5 to 7 p.m. for middle schoolers, from 6 to 8 p.m. for high school students, and also Sunday mornings at 11 a.m. All students are welcome.

Sanibel Community Church is located at 1740 Periwinkle Way.✱



Teens and leaders in the Double Tree hotel elevator photo courtesy SCC

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# Art Show To Accompany Smithsonian Exhibit At 'Ding' Darling



Stone sculptor John Merchant's *Spring Tide* photo courtesy DDWS

In conjunction with the visiting Smithsonian Water/Ways exhibit at "Ding" Darling Visitor & Education Center, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will co-host an art show with the Southwest Florida Fine Craft Guild. Artists and crafters will show works inspired by the waterways and other natural areas of Southwest Florida. Visitors can view the interactive Water/Ways exhibit and Engulfed art show every day from 9 a.m. to 4 p.m. The free exhibit runs Friday, October 28 through Wednesday, December 7.

"We are so happy to continue our partnership with the energetic Southwest Florida Fine Craft Guild in this very meaningful way," said Sarah Lathrop, associate director of DDWS, the nonprofit that is also funding Water/Ways engagement. "We have worked with the guild in the past on our highly successful Upcycle! Art Fests and we love how our relationship has evolved. This promises to be an outstanding gallery exhibition."

"The guild is thrilled to collaborate with "Ding" Darling again," said Angela Aradia, Southwest Florida Fine Craft Guild spokesperson. "It is an exciting venue for our artists as 'Ding's attendees come from all over America and beyond. The exhibit Engulfed will introduce this audience to our members' interpretations of the theme."

Other programming during the six-week exhibit includes a weekly Wednesday Film Festival, Friday speakers series, Saturday family activities, free Kids Fishing Derby and cruise discounts at Tarpon Bay Explorers.

"The remarkable, state-of-the-art Smithsonian Water/Ways exhibit lies at the heart of an exciting, engaging six weeks of programming for kids and adults that we hope will ultimately send the message that we all need to work together to preserve our valuable, vanishing water resources," said Supervisory Refuge Ranger Toni Westland. "We are honored to be among the select venues hosting the exhibit."

For more infromation, visit [dingdarlingsociety.org/articles/waterways](http://dingdarlingsociety.org/articles/waterways) or call 472-1100 ext. 233.\*



Fabric artist Marilyn Whittaker's *Engulfed in Dusk*



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# Annual Blessing Of The Animals



Twenty-one pet owners and their pooches gathered for the annual Blessing of the Animals at St. Michael's on October 1 photos courtesy Saint Michael & All Angels Church



Ellen Sloan, rector at St. Michael's, blesses Lauren Brown's pooches, Lloyd and Norman



Ralph and Ellen Sloan brought their dog Zak to help with the blessing

Twenty-one islanders brought 16 pets – all pooches – to the front porch of St. Michael & All Angels Episcopal Church for the annual Blessing of the Animals on October 1.

The morning's festivities included a get-acquainted gathering, a responsorial service ending with the Prayer of St. Francis, and individual blessings for each pet. St. Michael's Rector Ellen Sloan performed the ancient traditional blessing with the help of her dog Zak.

In her preface to the blessing, Sloan noted that the blessing ritual recalls the life of St. Francis of Assisi, who, renouncing the wealth of his family, chose to walk the Gospel instead. He believed nature to be a mirror of God.

"The message of his life is to see God in creation, to be swift to love and make haste to do kindness," Sloan said, "and to appreciate the importance of all creatures great and small in our lives."

Lauren Brown came with her service dog Lloyd, because "he helps me climb stairs." Her other dog Norman "failed service school," she said, "but I still had to have him. I want them both blessed, because they are my babies."

Parishioner Neva Poole brought her two Bedlington terriers, Amy and Beau, to be blessed, "so that they will stay well and happy."

Attendee Nancy Bell said she wanted her pooch Giorgio to be blessed, because "he gives me so many blessings, he deserves some in return."✽✽



Neva Poole wanted her dogs Amy and Beau to be blessed, to keep them healthy and happy



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Bitterbush is listed as endangered in the state of Florida

Plant Smart  
**Bitterbush**

by Gerri Reaves

Native bitterbush's (*Picramnia pentandra*) common name derives from its yellow-brown bitter bark, which can be used as a fever remedy. Found in the coastal hammocks of South Florida, it sometimes reaches small-tree size, growing 10 to 15 feet tall with a wide spread.

photo by Gerri Reaves

It is listed as an endangered species in the state, meaning that it is in imminent danger of extinction, and its survival is unlikely if the causes for its decline in number (e.g., habitat loss) continue. There are many reasons to include bitterbush in the landscape, including resilience, attractiveness, low-maintenance and wildlife-friendliness. It adapts to various conditions, including shade and periods of drought. High salt tolerance makes it a good choice for coastal landscapes.

The leaves are eight to 14 inches long and are made up of five to nine evergreen leaflets.

Variations occur in the pinnately compound leaves, so called because they are divided into a feather-like construction. The leaflets of two to four inches long can be either opposite or alternate.

They can be elliptical to ovate in shape with pointed tips. Sometimes there is a terminal leaflet, sometimes not.

Fragrant dangling clusters of tiny reddish-tinged flowers bloom mainly in summer. The male and female flowers appear on separate plants and attract various insects and pollinators.

Bitterbush is a larval, or host, plant for the bush sulphur butterfly.

The female plant bears fleshy berries, which matures to black and provides food for birds.

Propagate it with the one seed in the berry and watch for seedlings that spring up near the parent plants.

Use it as a hedge or screen, or feature it as a graceful solitary specimen. You might help it – and the butterflies it depends on – survive.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, and fairchildgarden.org.

Plant Smart explores the diverse flora of South Florida.✧

## Bonsai Society To Hold 35th Annual Show And Sale

The Bonsai Society of Southwest Florida, Inc. will hold its 35th annual Show and Sale on Saturday and Sunday, November 5 and 6 at the home of the Berne Davis Botanical Garden, located at 2166 Virginia Avenue in Fort Myers, adjacent to the Edison Home. This is the home of the Fort Myers-Lee County Garden Council. The show is open Saturday from 9 a.m. to 5 p.m. and Sunday from 9 a.m. to 4 p.m.

The show will include an exhibit of bonsai trees created by society members, demonstrations of bonsai techniques, sales of bonsai and related materials and raffles. Experienced members will also be available to answer questions about any trees that are brought in.

Admission and parking are both free; handicap parking is on Virginia Avenue only; regular parking is on Larchmont Avenue, off of McGregor Boulevard. The garden is the home of the Lorelei statue that was recently part of the old Fort Myers Library as well as the Mina Edison Botanical Library.

Two workshops will be provided. Ed Trout will provide one workshop on Saturday at 1 p.m. (bring your own tree); Adam Lavigne will provide a second workshop on a large green island ficus on Sunday at 1 p.m. Pre-registration is requested; each workshop costs \$50. (Trout's fee will be donated to the Orlando Children's Hospital.)

For more information or to pre-register for a workshop, visit [bonsaiswfl.org](http://bonsaiswfl.org) or call Greg Lignelli at 560-3275.✧



Fukientea bonsai  
photo courtesy Bonsai Society



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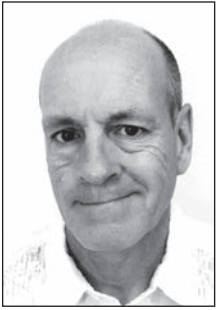
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## CROW Case Of The Week:

## Southern Flying Squirrel



by Bob Petcher

The southern flying squirrel (*Glaucomys volans*) gracefully travels through the air without much effort. In fact, it actually glides rather than flies.

To do so, the flying squirrel has a flattened tail and a furry membrane called a patagium that stretches from its front legs to its rear legs that is utilized to glide through the air. The process begins from atop a tree and involves a tucking of the limbs and a retracting of the head before the self-propelling technique. After taking off, it spreads its long front limbs forward and out and its long back limbs backward and out. This formation allows the patagium to stretch out and form a parachute-like flat square to catch air, slow it down and create a drag.

For navigation purposes, triangulation is thought to be used to estimate distance to the landing area. Gliding angles are said to be 30 to 40 degrees, and abrupt turns can be accomplished if needed. When near to the landing area, the southern flying squirrel will raise its flat tails to change trajectory and point all its

limbs to lessen the shock of the landing.

Unlike a regular squirrel, these mammals are nocturnal, another distinction from their day-loving cousins. The southern flying squirrel is also smaller than ground or tree squirrels as well as their northern counterparts. The southern species is about 8 to 10 inches in length.

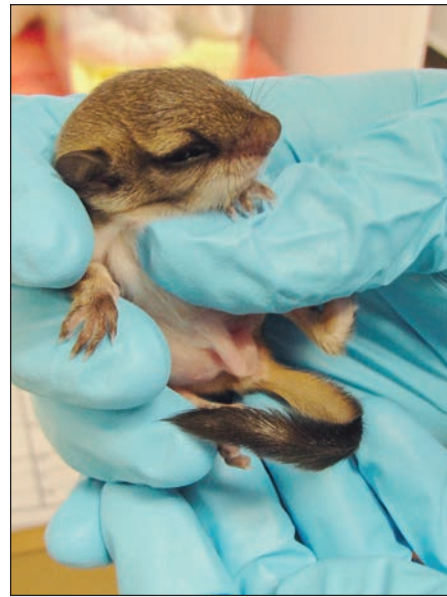
While its name indicates it should be a warmer climate animal, the southern flying squirrel is actually found throughout the eastern United States, from Maine south to Florida and west from Minnesota south to Texas.

Similarities between flying squirrels and tree or ground squirrels include diet, as both species feed on fruit and nuts and store such items, along with acorns, for winter consumption, and social behavior, as both species tend to forage together.

But, it is the flying squirrel's gliding ability that makes humans envious. Skydivers and base jumpers have been known to actually develop outfits that mimic the stretched patagium of the flying squirrel to help slow their descent and improve maneuverability through the air.

The young of southern flying squirrels are born without fur or any capabilities of their own. Their ears open between two and six days old, and fur grows in by the first week of birth. Interestingly, their eyes don't open until they are 24 to 30 days old. They are weaned for the first 65 days of their life and are not fully independent until roughly 120 days of age.

At CROW, an infant male southern



**Patient #16-3189 did not survive long after its nest fell and struck the ground**

photo by Kenny Howell

flying squirrel arrived from Estero recently after its nest reportedly fell from a tree during a rain storm. Unfortunately, three of his siblings did not survive. The flying squirrel arrived mildly hypothermic and emaciated, but x-rays showed no internal injuries.

The patient weighed in at 14.2 grams and was receiving supportive care to increase his weight. However, even after reportedly receiving formula feedings five times per day, the southern flying squirrel did not gain any weight and ended up passing away overnight last weekend.

"We knew he was going to be a challenge," said CROW DVM Intern Dr. Krystal Woo. "When CROW staff went to provide morning feedings on Sunday, they found it unresponsive."

Medical officials said that if the patient would have gained weight and increased its strength, he would have been eventually released back in the wild, since there were no internal injuries that would have limited his gliding process, thus giving him escapability from predators.

Of course, CROW officials have stated the best chance for an infant animal to survive is when it is cared for by its mother. Even if a parent is not in sight, it does not necessarily mean it has been abandoned or orphaned. Human care may be needed only if the animal is bleeding, has an open wound or a broken bone or is covered in fly eggs.

"We ask that when people see a baby animal on the ground they look for the parents first and make sure (the baby animal is) in need of help," said Dr. Woo. "Humans are never a young animal's best hope for survival. They are its last hope and should never be removed from their environment until everything possible is down to reunite them with their parents."

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](http://www.crowclinic.org).

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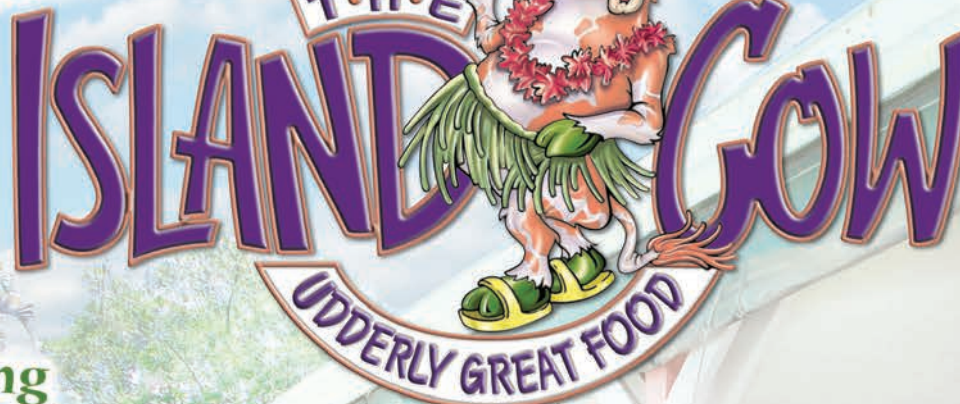
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## Back On The Water



by Capt. Matt Mitchell

As hurricane Matthew slowly slid up the eastern side of the state last week, we experienced rough and windy conditions for a few days keeping just about everyone

off the water. Over the weekend things began to calm back down and fishing took a few days to get back to normal. With strong winds stirring up the water, bait took a little time to relocate but then quickly reappeared in all the usual places. Noticeably cooler, less humid morning temperatures marked the start of fall and are a much welcomed change.

Despite reports of dead fish from red tide washing up all over our beaches, we luckily have yet to see any effects in Pine Island sound. Hopefully the few days of strong winds from the passing storm helped break up or move this area of red tide that's been sitting in the Gulf from

Port Charlotte to Sarasota for weeks now. I think many of these dead fish being found out along our beaches have been blown in from somewhere else as I have not yet seen dying fish or feel that telltale itch in my throat when red tide is close.

After catching my daily live well full of shiners up by Redfish Pass for weeks, strong winds had this area so churned up the bait post-storm had just disappeared. The first day back to work after the storm, I knew bait would be the biggest challenge of the day. I ended up running to three different places before I finally located bait back on the eastern side of the sound. The panic you experience as a fishing guide without any bait has to be felt to be fully understood. Watching schools of shiners dimple on top of a shallow bar quickly relieved this pressure and, after a quick three throws, the live well was blacked out and life was good again.

Snook and mangrove snapper fishing remained the go-to action this week as we fished with live shiners. Chumming shiners had both snook and snapper feeding explosively on the surface. Spanish mackerel, jacks, ladyfish and even a few upper slot redfish were also in the daily mixed bag. During low tide periods, we set up and worked the



Bill from Connecticut with a 26-inch redfish caught while fishing with Capt. Matt Mitchell earlier this week

deeper natural channels and holes in the southern sound. Then, as the tide came up, we switched it up to mangrove fishing. All in all, after a few days of not being able to get out on the water due to the weather, action was relatively easy to find if you could locate plenty of quality bait.

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](mailto:captmattmitchell@aol.com).✱

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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](mailto:press@islandsunnews.com) or call 395-1213.

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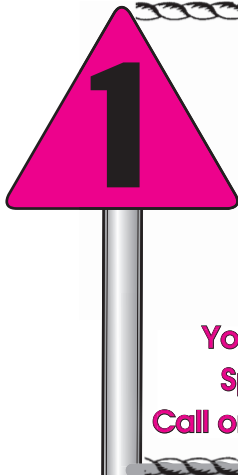
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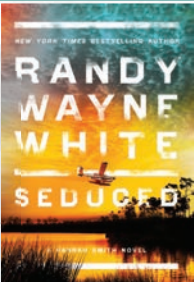


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## CROW Calendar Of Events

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

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

**Friday, 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 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 17, 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 18, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

**Wednesday, October 19, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical

therapy. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. Live animal encounter following the presentation.

**Thursday, October 20, 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 21

**Friday, October 21, 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 21 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.\*

## Orchid Society Starts Season

The Sanibel-Captiva Orchid Society's season gets under way with the topic Vandas on Monday, October 17 at 1:30 p.m.

For this month only, the society will convene at the Sanibel Public Library. Meetings will resume at St. Michael's and All Angels Episcopal Church in November.

David Genovese, a hybridizer and grower from Orchid Royalty in Naples, will present.

Orchid novices are encouraged to come to the meeting's Fundamentals Session at 1 p.m. to hear Bill Overton discuss Dendrobium Culture. Overton has grown orchids for over 40 years and is an accredited American Orchid Society judge. He will moderate this season's monthly Fundamentals Sessions.

Anyone with questions or an ill orchid that needs diagnosis can bring their plants to the meeting's Show and Tell. Society members are invited to participate in a monthly show, with ribbons awarded for best hybrid and best species. An orchid raffle and plant sale will also be held.

Annual society membership is \$25 and \$40 for couples. Guests are \$5. For more information, visit [sancaporchid.org](http://sancaporchid.org) or call Nannette Lehr at 395-3327.\*

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Fish Caught



Dave Washburn

Dave Washburn, who visited Sanibel from September 23 through October 3, reported catching several fish just down the beach from Blind Pass. "On my last day, I landed this 33-inch snook in the surf and carefully released it back," said Washburn, who caught the fish on a St. Croix rod with a crocodile spoon at 7 a.m. on the last day of his vacation.\*

Shells Found



Cole Meredith, Angel Lyons, Roxane and JT Meredith

photo by A. Ziehl

Cole Meredith, Angel Lyons, Roxane and JT Meredith of Hodgenville, Kentucky found horse conchs on the beachfront at Pointe Santo de Sanibel, where they were staying. Roxane said they, "found them while shuffling their feet a few feet from shore."\*\*

Shells Found



Janet Hunter

photo by A. Ziehl

Janet Hunter, visiting from Albany, New York with her sister, Carol Kolenda of Rocky Hill, Connecticut, found a junonia fossil while staying at West End Paradise. Kolenda also found a junonia during their vacation. Both shells were found at Blind Pass on the Captiva side. "Awesome shelling!" Hunter noted.\*

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# Library Exhibit Is All About Color



Rita McLain with her painting, titled *The Bahamas* photos courtesy SCAL

A Feast of Color is the theme of the Sanibel Captiva Art League's (SCAL) October exhibit now on view at the Sanibel Public Library. The show features paintings by local artists Jaye Boswell, Rita McLain and Joan Mikelsons. Under the guidance of McLain, the exhibit was hung by Sanibel Captiva Art League members Jim Storer, Judy Clark and Anita Force Marshall. Boswell, who previously taught art at The Sanibel School, is exhibiting a



Joan Mikelsons with *Waterlily*



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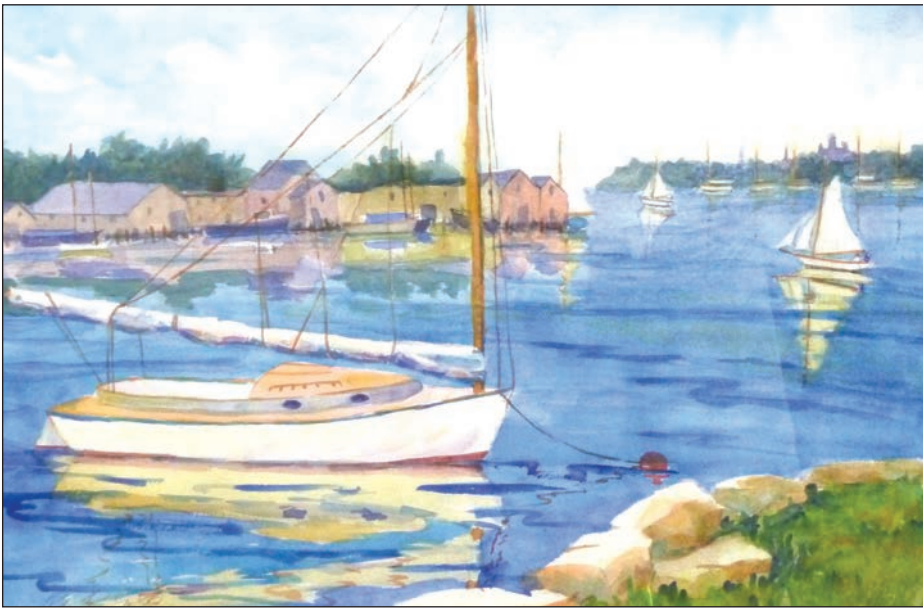
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**Cat Boat-Glouster** by Rita McLain

collection of acrylic paintings in soft, muted colors.

McLain is an award-winning plein air artist whose delicate watercolors often feature tropical skies, foliage and architecture, as well as sailboats.

Colorist Mikelsons worked professionally as a commercial artist for many years. Painting now in acrylics, oils and watercolor, her floral art, abstracts and landscapes, with variations in textural elements, are cheerful and compelling.

The exhibit opens the league's fall season. The first general meeting is on Thursday, October 20. This will be an informal post-summer gathering of art league members and friends. It is open to the public, and anyone interested in chatting with local artists, or learning more about the art league is invited to attend. Light refreshments will be served.

Learn more by visiting [sancapart.com](http://sancapart.com).✱



**Wanna Do Lunch** by Jaye Boswell

## BIG ARTS Workshops And Seminars

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BIG ARTS 2016-17 season workshops are now open for registration.

For the season lineup, go to [www.BIGARTS.org](http://www.BIGARTS.org).

This year is filled with plenty of experiences to choose from. They include:

- Life Drawing, non-instructed open studio, Fridays, 9:30 a.m. to 12 p.m.; October 14 to 28, with Carol Rosenberg.
  - Adventures in Watercolors and Mixed Media (all levels), Tuesdays, 9:30 a.m. to 3:30 p.m., October 18 to November 1, with Carolyn Councell.
  - Chorus Rehearsals (Semester I), Tuesdays, 6:30 to 8:30 p.m., October 18 to December 5, with Steve Cramer.
  - Band Rehearsals, Mondays, 6:30 to 8 p.m., October to March, with Mike Lamade.
  - Adult Tap Workout, Tuesdays, 12 to 1:30 p.m., November 1 to 22, with Bobby Logue.
  - Glass Fusing, Wednesdays, 9:30 a.m. to 12:30 p.m., November 2 to 16, with Petra Kaiser.
  - Life Drawing, non-instructed open studio, Fridays, 12:15 to 2:45 p.m., November 4 to 25, with Carol Rosenberg.
  - Life Drawing, non-instructed open studio, Fridays, 9:30 a.m. to 12 p.m., November 4 to 25, with Carol Rosenberg.
- The Constructing the Human Figure in Simple Forms (October 5 to 26) and Instructed Life Drawing (October 10 to 31) classes by Francesco Gillia have been cancelled.

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](http://www.bigarts.org/workshops), or email [info@bigarts.org](mailto:info@bigarts.org).✱

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

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

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

### BEACH PIEZ

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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, Julian Cadavid and Natalia Molinary of Over Easy Café

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

Read us online at  
[IslandSunNews.com](http://IslandSunNews.com)

### ISLAND COW

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

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

2163 Periwinkle Way, 472-0606

### JACARANDA

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

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

Dinner reservations are suggested

1223 Periwinkle Way, 472-1771

### JERRY'S RESTAURANT AND DELI

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

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

1700 Periwinkle Way, 472-9300

### LAZY FLAMINGO

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

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

1036 Periwinkle Way, 472-6939  
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 offers a large selection of Florida craft beer, both on draft and in cans and bottles. Enjoy \$5 apps at the bar from 4:30 to 5:30 p.m. Hours are 4:30 to 9:30 p.m. daily and happy hour is 4:30 to 6 p.m.

1200 Periwinkle Way, 472-1998

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Call 395-1213



## OVER EASY CAFÉ

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

630 Tarpon Bay Road, 472-2625

## PECKING ORDER

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

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

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

## ROSIE'S CAFÉ & GRILL

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

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

2330 Palm Ridge Road, 579-0807

## SANIBEL BEAN

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

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

2240 Periwinkle Way, 395-1919

## SANIBEL DELI & COFFEE FACTORY

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

2330 Palm Ridge Road, 472-2555

## SANIBEL GRILL

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

703 Tarpon Bay Road, 472-3128

## SANIBEL SPROUT

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

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

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

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

## TIMBERS RESTAURANT & FISH MARKET

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

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

703 Tarpon Bay Road, 472-3128

## TRADERS GULF COAST GRILL & GIFTS

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

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

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

1551 Periwinkle Way, 472-7242

## TRADITIONS ON THE BEACH

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

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

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

3111 West Gulf Drive, 472-4559

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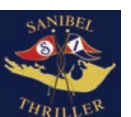
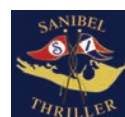


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BIG ARTS Monday Night Film Series

Grandma

by Di Saggau

The BIG ARTS Monday Night Movie Series begins October 17 with *Grandma*, a character comedy-drama starring Lily Tomlin. The remarkable cast includes Sam Elliott, Marcia Gay Hardin and Julia Garner. *Grandma* opens with Tomlin's character, Elle, an aged poet, being rather unpleasant to Olivia (Judy Greer), the younger girlfriend she is dumping. While suffering through this emotional event, her granddaughter, Sage, played by Garner, shows up at her door. She is pregnant, broke and scheduled to have a medical procedure in about eight hours.

Sage doesn't have the money she needs for the procedure so she and Elle set out to see if they can somehow get their hands on the cash. The director divides the scenes into chapters with titles. During their quest, Sage and Elle get to know one another. The movie examines values, especially with respect to women's rights. This is a tale of a woman's right to choose her partners, her career path, her reproductivity, her life. It's been called one of the most rewardingly progressive comedies of the year.

One scene titled "the ogre," is especially striking. It finds Elle, who's lived as a lesbian for longer than her granddaughter has been alive, meeting up with an old flame, Karl, played by the genial Sam Elliott. He obviously



still has a soft spot for her. Elliott's performance provides a lot of emotional fire.

The film is committed to emotional truth, such as the scenes with Sage's mom, played beautifully by Harden. She invests her character with both maternal anguish and childlike exasperation, finding sympathy and satire in a role that could easily have tipped over into caricature.

The characters approach women's self-determination without even the vaguest hint of apology. They show the toll taken when bonds are broken and the healing made possible when

they are restored. There's also plenty of humor in Tomlin's inimitable style. This is her show, and she makes it her own. *Grandma* runs 88 minutes. We're bound to have a good discussion on this one.

Admission to BIG ARTS Monday Night Film Series is \$10, and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. Film Patrons: June Rosner and Russ Bilgore. Film Sponsors: Bank of the Islands, Stan and Visnja Gembicki, John R. Wood Properties, Penny Wilkinson, Hyde Tucker. Film Supporters: Sanibel Taxi, Jerry's Foods of Sanibel.

BIG ARTS is located at 900 Dunlop Road. Tickets are available at [www.BIGARTS.org](http://www.BIGARTS.org), or at the door or by calling 395-0900.\*

From page 1

10K Race 4 FISH

with the City of Sanibel. "There are not that many 10K races in the area, most are 5K, so the Sanibel race attracts many runners. Families tend to make a day of it, too," she said.

Race day is dedicated to FISH, which, with more than 30 years of service, has provided island-based food programs, social services and helping hands.

"From seniors to youth, FISH lends a hand to those in need who live, work or visit our islands," said Ed Riddlehoover, FISH board vice chair and 10K race committee co-chair. "We are grateful for the runners, volunteers and sponsors who

support the 10K race cause." Runners will line up for a 7:30 a.m. start time at the park due to The Community House construction. The closed-circuit course includes a right turn within the first mile to Casa Ybel Road, and a turn-around at Island Inn Road with a mile-and-a-half remaining.

In 2015, more than 100 volunteers from Optimists, Kiwanis, Lions, Rotary and Zonta organizations, as well as island churches and businesses, and the Sanibel police and fire departments, pitched in to assist.

More than 60 Sanibel and Captiva sponsors also make the day possible. The Sanibel-Captiva Trust Co. has been the Premier Sponsor since the race's inception eight years ago.

"We look forward each year to being the Premier Sponsor of the 10K run," said Sanibel Captiva Trust Company Executive Vice President Steve Greenstein, who will welcome runners at the starting line. "Neighbors helping neighbors is what FISH is all about, and we are proud to support their efforts to strengthen the fabric of our community."

Race day concludes with an awards ceremony under the tent for the 90 winners and race participants. FISH board chair John Pryor, 10K race committee members Nancy Bender and Ed Riddlehoover will present the awards.\*

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## 10th Annual Art From The Attic Sale

The Tower Gallery of Sanibel Island will be holding its 10th annual Art from the Attic Sale on Friday and Saturday, October 21 and 22 from 10 a.m. to 4 p.m. Art collectors will have the chance to buy one-of-a-kind works by some of the area's most accomplished artists at significantly lower prices. There will be a variety of artwork for sale including sculpture, paintings, prints, raku pottery, photography and jewelry. The screened porch will be filled with art, and a tent will be set up in the parking lot to handle even more. Many of the artists will be on site.

"This is the best way we know of making room for all of the fresh new work coming out of the studio and at the same time giving back to the locals and visitors who have supported us for the past 34 years," said Tower Gallery president Christine Reichow. "The sale was begun 10 years ago and has become so popular, we have heard that some snowbirds are making their migrations a few weeks early just to have a chance to buy artwork for their winter homes. It goes fast, so you'll want to come early in the day to get a greater selection."

"There could be that one piece that's been in the gallery that someone has had their eye on for the past year and it might just happen to end up in the attic sale," said Tower Gallery artist JoAnne Bedient. "People enjoy prowling through bins and the framed pieces that aren't hanging on the wall. It's like going through your grandma's attic. And, as artists, we love looking at other artists' work and finding something we like so people need to get there early."

For more information, call 472-4557 or go to [www.towergallery-sanibel.com](http://www.towergallery-sanibel.com). Tower Gallery is located at 751 Tarpon Bay Road.\*



The porch and outdoor tent will be filled with artists' works  
photo courtesy Tower Art Gallery

### Superior Interiors

## Creating Harmony In Your Design Plan

by Jeanie Tinch



The principles of design are harmony, proportion, balance, rhythm and emphasis. Of them all, harmony is the most essential to a pleasing composition. Why? Because creating a

harmonious living space is exactly what good design is all about.

Exactly what is harmony, you ask? Simply defined, harmony is the pleasing and orderly arrangement of all design parts so that they form a consistent and satisfying whole. Because one of today's strongest design trends leans toward eclecticism, creating a harmonious room design by mixing a variety of design elements is a wonderful option. But, while having a single element or two out of harmony with everything else in a room may give that room a distinctive and personal touch, having most of the major elements opposed to each other in mood, line and color produces confusion and an unpleasant sense of discord.

Therefore, it's key in planning your new room design that you create

harmony between the sizes of different pieces of furniture you select for your new room.

Another key consideration in creating a harmonious eclectic style is to definitely consider mixing periods and styles in your furniture pieces because it will not only make for a more harmonious feeling in your room, but will ultimately create a more interesting decorating scheme. It's important to remember that when you decide to mix different periods or styles of furnishings, that your pieces all be in the same or similar mood – that is, either formal or informal, casual or serious, dignified and formal.

For instance, a rustic looking ladder back chair would be completely out of harmony with the slim elegance of a classic Georgian console. But an Early American butterfly table would work very well with a French provincial piece, because both are simple, country-type pieces.

Harmony is also very important when placing artwork and accessories in any room, especially when these pieces are placed over a large furniture piece. An example of this would be hanging a series of pictures on one level therefore creating a better sense of order, and making a more eye-pleasing grouping. Conversely, placing the same art in a stair step fashion would create a very unattractive arrangement by losing all cohesion and harmony.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindceden.com](mailto:jeanie@coindceden.com).\*



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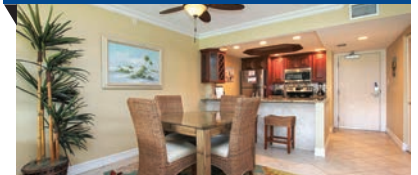
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Before The Fall

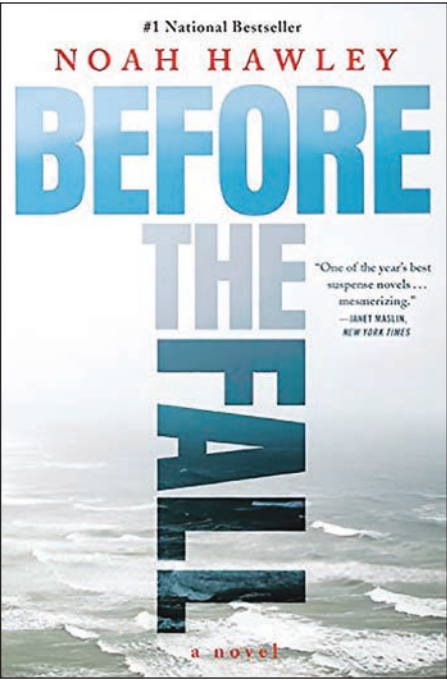


by Di Saggau

Author Noah Hawley's *Before The Fall* is a thrilling read and is called one of the year's best suspense novels. However, it may make you skeptical of flying. It's about a private jet with 10 privileged

passengers and one down-on-his-luck painter, departing on a foggy summer night from Martha's Vineyard headed for New York. A short 16 minutes into the flight, the unthinkable happens. The plane plunges into the ocean and the only survivors are Scott Burroughs, the painter, and a four-year-old boy, JJ Bateman, who is now the last remaining member of an immensely wealthy and powerful media mogul's family.

We meet the passengers one by one as they step on board a jet that is a statement of subdued luxury. Through chapters that weave between the aftermath of the crash and the backstories of the passengers, we really get to know everyone on board, passengers and crew. This includes a Wall Street titan and his wife, the family of a media mogul who heads a network that sounds a lot like Fox News, a Texan-born party boy just in from London, a young woman questioning her path in life and a career pilot. The mystery surrounding the tragedy heightens.



As the passengers lives are revealed, odd coincidences point to a conspiracy. Was it merely by dumb chance that so many influential people perished? Or was there something far more sinister at work? Events soon threaten to spiral out of control in an escalating storm of media outrage and accusations.

Scott struggles to cope with fame that borders on notoriety. After all, he swam miles to shore with a young boy and that definitely interests the media. I was intrigued by Scott's admiration for Jack LaLanne, and his historic swimming feat

from Alcatraz to the San Francisco shore just prior to his 60th birthday. Scott, who was only six at the time, was so impressed, he enrolled in swimming classes and pursued it into adulthood. Thus, he had the strength to survive the crash. Who can forget the charismatic LaLanne in his black jumpsuit teaching everyone how to stay fit.

It's the fragile relationship between Scott and JJ that glows at the heart of this stunning novel, raising questions of fate, human nature and the inextricable ties that bind us together. Hawley is a celebrated storyteller having worked on *Fargo* and *Bones* to mention just a few. We, as readers, really want to know why the plane went down. Hawley teases us throughout the book with separate chapters about each passenger and revelations about how each could have been a target. Finally the truth is revealed. Whether we like the truth or not, *Before The Fall* is a book that has readers racing through to get to the end.✪

Top Ten Books On The Island

1. *A Brief History of Sanibel Island* by Marya Repko
  2. *Razor Girl* by Carl Hiaasen
  3. *The Girl on the Train* by Paula Hawkins
  4. *Seashells Artists Coloring Book* by Alisa Burke
  5. *A Man Called Ove* by Fredrik Backman
  6. *Fates and Furies* by Lauren Groff
  7. *Killing the Rising Sun* by Bill O'Reilly
  8. *Miss Peregrine's Home to Peculiar Children* by Ransom Riggs
  9. *Inferno* by Dan Brown
  10. *The Muralist* by B. A. Shapiro
- Courtesy of MacIntosh Books and Paper.✪

Library Book Discussion

Readers are invited to the Sanibel Public Library to share thoughts on *The Children Act* by Ian McEwan, the focus of Wednesday, October 26 book discussion. The meeting is free and open to the public, and begins promptly at 2 p.m. in meeting room four on the ground floor.

Noted as one of the best books of the year by *The Washington Post*, NPR, *Vogue* and *BookRiot*,

*The Children Act* is the story of a family court judge, Fiona Maye, who must decide the fate of a 17-year-old Jehovah's Witness who has refused vital blood transfusions due to his faith. Judge Maye is renowned for her fierce intelligence, exactitude and sensitivity, but her professional success belies private sorrow and domestic strife. The story analyzes the lingering regret of her childlessness, and her marriage of 30 years is in crisis.

Ian McEwan is the bestselling author of 15 books, including *Sweet Tooth*;

continued on page 34

# ELECT

## Dr. Linda Estep

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- Thirty seven years in education as a Teacher, Principal, and most recently as Superintendent of Central York School District York, PA.
- Full time resident of Sanibel

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# Making A Difference In Neighbors' Lives

In 2016, the Zonta Foundation of Southwest Florida awarded FISH of SanCap with a grant to partially fund two programs: Mobile Mammogram and Woman's Health (medical expenses). Both programs are available to all qualified female clients of FISH.

In March, May and September of this year, FISH sponsored a Mobile Mammogram in Bailey's parking lot. In conjunction with the Radiology Regional Center, based in Fort Myers, a Mobile Mammography with state-of-the-art technology, staff and service

was offered to women aged 40 and over. Those needing financial assistance to cover the mammogram's cost were referred to FISH.

"When I think of mammograms, I always think of the age-old saying, 'an ounce of prevention is worth a pound of cure,'" said Jessi Zeigler, FISH program director. "Early detection and prompt treatment can increase the survival rate. It has been noted that annual mammograms can detect cancer early, when it is most treatable. Over the years of offering this service, only a few diagnoses have revealed breast cancer. Other cases were referred for further diagnostic testing and/or biopsies due to abnormal readings," Zeigler said.

"With Zonta funding, FISH was able

to provide partial financial assistance for this testing. The women who participate in this program are so thankful that this opportunity exists, especially right in their own backyard," she said.

FISH has assisted many women with medical expenses through its Zonta partnership. One example is Mary, a young woman, experiencing itchy, blistering skin, headaches, fatigue, joint pain, heartburn and gastrointestinal distress. While her insurance covered a portion of her doctor visits and testing, she needed additional financial assistance to pay the remaining test and treatment bills. She contacted FISH requesting medically related financial assistance, which, after case and document review by FISH, was

approved. "After meeting with Mary and reviewing her case, I could feel her struggle," said Zeigler. "She had already made four visits to several doctors which included blood tests and an endoscopy, and needed further testing. The bills were beginning to overwhelm her, and it broke my heart as she explained her situation, through her tears, in my office. Thankfully, we were able to help."

After further testing, it was determined that Mary suffers from Celiac disease. Her doctor prescribed medication. FISH was able to assist with these expenses and refer Mary to nutrition resources that would help get her on the road to recovery.

To learn more, call 472-4775 or visit [fishofsancap.org](http://fishofsancap.org).\*

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School Smart



by Shelley M. Greggs, NCSP

**Dear Shelley,**  
Do you have any hints about taking tests? My children, who are in middle school, seem to be having lots of tests and quizzes

this year, and they are getting a bit overwhelmed. I want to be able to help them with tests and need some good ideas.

Jonathon A., Fort Myers

**Jonathon,**  
There are many useful strategies for test taking. As you work with your children to prepare for tests, it is important to assess their level of anxiety. Some anxiety is normal and may even enhance their performance, but too much anxiety can result in extreme nervousness, an inability to remember the information they have studied, shortness of breath and other symptoms. If you note any of these behaviors, you should speak with the teacher and/or guidance counselor to understand the situation more completely and get them some assistance if needed. If you feel that your children's behaviors are pretty typical, then you may want to employ the suggestions below.

**Preparation**

- Being well prepared for the test is

- the best way to reduce test-taking anxiety.
- Keep a calendar for tests and quizzes. Space out studying over a few days and review class material frequently. Don't try to learn everything the night before.
  - A daily exercise program will keep stress levels lower. Something simple like a 20- to 30-minute family walk or bike ride would be highly beneficial.
  - A good night's sleep before and a high protein breakfast the morning of the test is important.
  - During the test
    - Remind your children to stay relaxed; help them learn how to do deep breathing and suggest that they use this technique if they begin to get nervous.
    - Make sure they know to read the directions slowly and carefully. If they don't understand the directions on the test, tell them to ask the teacher to explain it.
    - Remind them to skim through the test so that they have a good idea how to pace themselves. Working too slowly or quickly causes mistakes or may not leave them with enough time to finish the test.
    - Tell them to write down important formulas, facts, definitions and/or keywords in the margin first so they won't worry about forgetting them.
    - Remind them to concentrate on their own test and not worry about how fast other people finish their test.
    - Instruct them to skip a question for the time being if they don't know it and come back to it later.
- There are also very precise strategies for specific types of tests such as multiple choice, true/false, essay, short-answer

and oral tests that are easily found online. Most often, however, teachers will clearly list and explain exactly what will be on a test. Staying calm, learning the information completely, listening to the teacher, and reading the directions carefully, generally results in success on tests.

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.✧

From page 32  
**Book Discussion**

*Solar*, winner of the Bollinger Everyman Wodehouse Prize; *On Chesil Beach*; *Saturday*; *Atonement*, winner of the National Book Critics Circle Award and the WH Smith Literary Award; and *Amsterdam*, winner of the Booker Prize.

Copies of discussed books are near the library's circulation desk in a variety of formats, including eBooks. While it is preferable to come to the discussion having previously read the book, all are welcome.

In November, the group will discuss *Run* by Ann Patchett. The group does not meet in December. In January, join others for a review of *A Girl's Guide to Moving On* by Debbie Macomber.

For more information, call 472-2483 or go to sanlib.org. The library is located at 770 Dunlop Road.✧

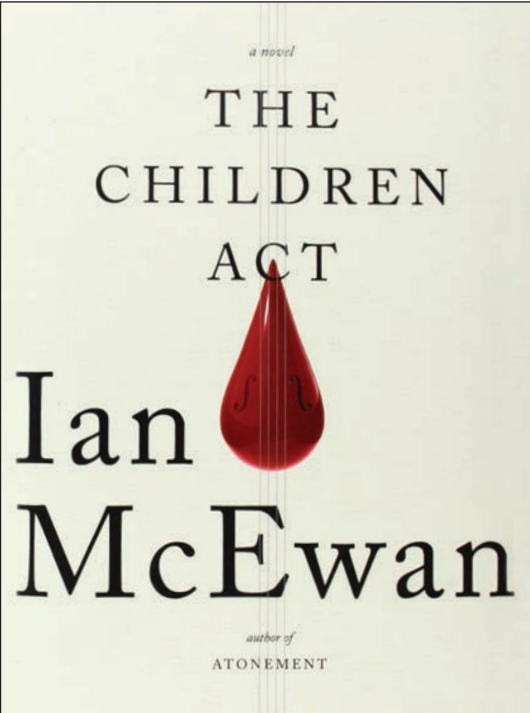


image courtesy Sanibel Public Library



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## Film Attracts Full House



image courtesy David E. Carter

When Eric Pfeifer announced the third film in the Pfeifer Documentary Series, *Sanibel Before the Causeway*, he had no idea it would be such a big hit. The film has had three sold-out showings at The Community House.

Now, Pfeifer has literally taken the show on the road, and the result was another full house – this time at Shell Point. One hundred forty-five people turned out to view the one-hour documentary containing footage from pre-1963 Sanibel.

The film is narrated by people who lived on Sanibel in pre-causeway days: Mike Billheimer, Deb Gleason, Bella Kontinos, Charles LeBuff, Jim Pickens and Bob Sabatino.

Sabatino, known as Captain Bob, passed away not long after the film's premiere.

"After three sold-out shows this past season and continued interest in the film, my wife Mary Ellen thought that Shell Point residents would appreciate seeing *Sanibel Before the Causeway*, especially since many of them have memories of Sanibel from pre-causeway days. It was great to see how many came out on a Saturday morning in September to see the documentary," said Pfeifer.

"This film digs deep into Southwest Florida history to tell the fascinating tale of beautiful Sanibel Island, which is located just two miles from Shell Point," said Melody Desilets, foundation officer for The Legacy Foundation at Shell Point, which hosted the viewing. "Sharing the film with our lifecare residents provided an enriching experience as we listened to vivid oral histories and watched 'reel' footage."

*Sanibel Before the Causeway* is the third documentary sponsored by Eric Pfeifer. Previous films, *Growing Up on Sanibel* and *Seven Sanibel Artists*, generated more than \$25,000 in community support donations.

"We chose the Sanibel Community House to show this film since our 'unknown filmmaker' who shot these films showed them there, 50 to 60 years ago," Pfeifer said. "We are pleased to have 100 percent of the ticket sales go to The Community House, which is now undergoing a major renovation."

An encore of *Sanibel Before the Causeway* is scheduled for January 24 at The Community House. Tickets will be on sale later in the year.✱

## Store Owner Joins Chamber Board



Daniel Thompson

photo courtesy Sanibel & Captiva Islands Chamber of Commerce

Daniel Thompson does what he loves every day – operating Suncatchers' Dream gift store, located in the Olde Sanibel Shoppes. When the business first opened, Thompson sought maximum exposure, and looked to the Sanibel & Captiva Islands Chamber of Commerce.

"It is the first place coming on the island and the last as you leave that is a valuable resource to our visitors," said Thompson, recently appointed as a chamber board member. "The referrals from the visitor's center and the amazing, wide-reaching chamber website are invaluable. I really love the support from the incredible volunteers and staff."

"We are pleased to welcome Daniel to the chamber board," said chamber president Ric Base. "His retail knowledge and insight strengthen the diversity of the board, which truly supports our members in being successful."✱



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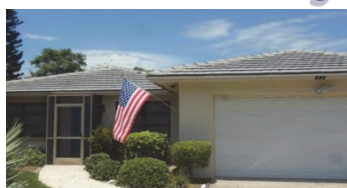
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has gulf view. \$799,000



**Sanibel Surfside #123**  
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lapping. \$874,000



# Condominium Managers Meet



From left, Nancy Wright and Angela Jones, Sanibel Arms; Kari Cordisco, Sanibel Moorings; and Julie Smith, Sanibel Siesta  
photos courtesy CASI

Condominium managers gathered at the new Doc Ford's Rum Bar & Grille on Sanibel recently for a luncheon organized annually by CASI, the Condominium Association of Sanibel, Inc.\*



From left, Pamela Johnson, deputy director of the Lee County Visitor and Convention Bureau (VCB); Fran Peters of Island Vacations; and Tamara Pigott, executive director of Lee County VCB



Dru Doyle of Ocean's Reach and CASI boards



Sonja Smith, left, of CASI with Dave Wahl of Mariner Pointe



From left, Jennifer Rebaza of H2O Restoration (sponsor), Lisa Strigham of Suitor, Cox Management and Steve Bruner and Kimberly Younger of Pointe Santo de Sanibel

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From left, sponsors Mark Baldassarre of Island Rentals and Lisa Cathey of Main Street Mamas with CASI President Linda Naton



From left, Sherry Snyder, Nick Snyder and Jennifer Cheney of San Cap Management

# Bollettieri Heads Up Charity Tennis Tournament

Lily & Co. Jewelers is again partnering with International Tennis Hall of Fame Coach Nick Bollettieri and his IMG Academy team to present Playing to Keep Families Close from 9 a.m. to 2 p.m. on Saturday, November 12 at Beachview Tennis Club, 1101 Par View Drive.

Proceeds benefit the Ronald McDonald House Charities, which support programs improving the health and well-being of children and their families in Southwest Florida.

Ronald McDonald Houses provide a “home away from home” to keep parents and children close since the first opened in 1974 in Philadelphia.

Ronald McDonald Family Rooms are a place for loved ones to rest in the hospital. One will open in the new Golisano Children’s Hospital in April 2017.

Ronald McDonald Care Mobile travels to schools, community centers and neighborhoods, delivering dental care and medical screenings. This program has been in Collier County since 2004, and a second mobile unit is due to arrive this fall in Lee, Charlotte, Glades and Hendry counties.

Grants and scholarships extend the reach of the organization, which serves more than seven million children and families each year.



Nick Bollettieri on the court photo courtesy Lily & Co. Jewelers.

“It will be an unforgettable day of tennis and for a very worthy cause,” said Dan Schuyler, co-owner of Lily & Co. and avid tennis player who befriended Bollettieri while training at the IMG Academy in Bradenton, Florida. This is the fourth time the duo has partnered.

Playing to Keep Families Close will be doubles round robin play, divided by skill level, with instruction by Bollettieri on one of the five HyrdroGrid clay courts. Awards etched by Lucas Century will be presented to finalists of the intermediate and advanced

continued on page 38



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Will Power

# Does Donald Trump Have A Duty To Pay More In Taxes?



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

**M**uch has been written about Donald Trump's apparent ability to not pay income taxes due to a \$916 million loss stemming from a 1995 return. The question I'd like to address here is whether Mr. Trump has a duty to pay more in taxes. Before I get much further, I'd like to add that I am not a fan of Mr. Trump, for various reasons.

But let's examine an individual's "duty" to pay income tax. How many of us have looked at our 1040 and said, "Boy, I think I got a good deal this year and because of that, I'll send the Treasury another few thousand dollars?" The tax laws are complex, and yes they contain loopholes of all kinds, some of which Mr. Trump

probably took advantage of.

I'd like to offer a couple of quotes from court opinions written by Judge Learned Hand (1872-1961), who served on the United States District Court for the Southern District of New York and later the United States Court of Appeals for the Second Circuit. Hand has been quoted more often by legal scholars and by the Supreme Court of the United States than any other lower court judge.

In *Gregory v. Helvering*, a 1935 case that eventually made its way to the U.S. Supreme Court, the dispute centered on two aspects of the tax law: the business purpose doctrine and the doctrine of substance over form. There, Hand wrote in the majority opinion offered by the 2nd Circuit Court of Appeals: "Anyone may so arrange his affairs that his taxes shall be as low as possible; he is not bound to choose a pattern which will best pay the Treasury; there is not even a patriotic duty to increase one's taxes."

When the case progressed to the U.S. Supreme Court, the court agreed with Hand, citing that quote in the majority opinion.

A 1947 case, *Commissioner of the IRS v. Newman*, Hand offered a dissenting opinion that said, among other things: "Over and over again courts have said that there is nothing sinister in so arranging one's affairs as to keep taxes as low as possible. Everybody does so, rich or poor; and all do right, for nobody owes any public duty to pay more than the law demands; taxes are enforced extractions, not voluntary contributions. To demand more in the name of morals is mere cant."

I suppose that a majority of Americans would agree with both statements. I believe that the objections voiced regarding Mr. Trump's matter is not whether he took advantage of the laws to create a loss carry forward that apparently resulted in his not

paying federal income taxes for many years (we still don't know if this is the case). Rather, I believe that the objection arises because the laws were constructed in such a way as to allow him to do so.

One cannot blame Mr. Trump directly for the construction of the tax law. That falls on our federal executive and legislative branches. Nor can one blame real estate developers for lobbying Congress for beneficial treatment. Everyone must realize that they're not the only special interest group doing so. One can make arguments about the role of campaign contributions and whether or not to limit them would somehow result in a "fairer" tax code. Hopefully, you can now see how far these relevant issues are from the issue surrounding whether Mr. Trump did something improper in the filing of his personal and corporate income tax returns.

Why are we therefore considering his personal ability to avoid income tax as an election issue? It would follow that the secrecy surrounding his tax return nondisclosure plays a part. I also suspect that our 24-hour news media likes to create easy-to-digest sound snippets to attract our attention. "Trump plays unfair with the tax code" makes an all-too-easy headline that doesn't make any sense upon closer examination.

There are plenty of other reasons to feel uneasy about Mr. Trump. My column is not the proper forum for those issues. But I thought that I'd at least give you a tax attorney's view on an issue that I believe really shouldn't be an issue in this election.

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From page 37

## Bollettieri Tennis

divisions. The day also features prizes and a one-hour youth clinic instructed by Bollettieri.

Attendees will have the chance to win raffle prizes from Lily & Co., partake in breakfast fare by Sanibel Catering Company or sample a grilled lunch by Beachview. Champagne will be served courtside.

"The idea is to help the everyday player, sure," said Bollettieri. "But it is more about helping the community, the thing that is important to Dan Schuyler and Karen Bell. I am delighted to be a part of it."

Player registration is \$100 and includes the youth clinic from 11 a.m. to noon. Spectator tickets are \$40. To register as a player or spectator, contact Schuyler at Lily & Co. by calling 472-2888 or Toni Halski at Beachview Tennis Club at 472-9099.

Corporate sponsors include: Ed Bolter, Lamar Outdoor Advertising; Dr. Marius Espeleta, Pediatric Medicine; Rich Venchey, Port Charlotte-based Wiggly Tennis; Duane Chaney, Arch Capital Advisory Group; The Bailey Family, Sanibel Catering Company; Lily Dodge, Edward Jones Investments; and Alex Blgojevic, CFP, Morgan Stanley.

"It means a lot to us to have the support of these kind folks," said Schuyler. "They represent the giving nature of our community and make us proud to call these islands our home."✱

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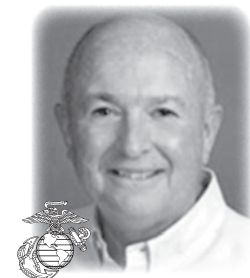
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# Marlins Player Home Run Tribute Top Moment In Baseball Season



by Ed Frank

No doubt there will be many exciting and game-changing plays the next few weeks in baseball's postseason playoffs, but none will match the emotional lead-off home run by Miami Marlins Dee Gordon the last week of the regular season.

In fact, Fox Sports has listed it as the No. 1 moment in all of baseball this year.

Gordon's best friend was the talented, charismatic Marlins pitcher Jose Fernandez, who died days before in a tragic boating accident off Miami Beach. Just 24 years old, Fernandez, who had escaped from Cuba, was one of

baseball's brightest stars and beloved by friends, teammates and the tight-knit Miami Cuban community.

Let's set the stage at Marlins Park for baseball's biggest moment of 2016:

To honor and remember Fernandez at the first Marlins game after his death, a single horn played *Take Me Out to the Ball Game* with many players weeping openly. Then the Marlins took the field in an important game to the New York Mets playoff chances.

The Mets were set down in order in the top of the first. Gordon was the Marlins leadoff hitter in the bottom of the first.

A left-handed batter, Gordon took the first fastball pitch from Mets pitcher Bartolo Colon in the right batter's box as a tribute to his departed buddy.

He then returned to the left side of the plate and crushed Colon's third pitch deep into the right field stands – setting off an emotional celebration in the Marlins dugout and in the stands.

Weeping as he rounded the bases, Gordon was embraced by player after player when he reached the Marlins dugout.

Now here's the footnote to that unforgettable moment. That 377-foot home run was Gordon's first home run of the season – the first in 324 plate appearances. The Marlins went on to win that game, 7-3.

Hopefully now you know and can understand why it is the No. 1 moment in baseball's 2016 season.

## Florida Everblades Begin 19th Season Tonight Against Greenville

The Florida Everblades hockey team launches their 19th season in franchise history tonight, Friday, when they host the Greenville Swamp Rabbits at 7:30 p.m. in Germain Arena. The same two teams meet again Saturday at 7 p.m.

In the nearly two-decade history of the Everblades, the team has been one of the most successful organizations in the 27-team ECHL. They have missed postseason play only once (2014), while winning four division titles, three conference titles and capturing the league's Kelly Cup championship title in 2012.

To bolster Florida's roster for the 2016-17 season, the parent Charlotte Checkers of the American Hockey League last week assigned goaltender Anthony Peters and forward Matt Berry to the local squad.

In a preseason game last weekend at Germain, Florida defeated the Orland Solar Bears 3-2 in overtime.\*

## SPORTS QUIZ

1. In 2016, Felix Hernandez became the winningest pitcher in Seattle Mariners history. Who had held the mark?
2. Twice in the 1980s, a Milwaukee Brewers player led the A.L. in RBIs for a season. Who was that player?
3. What is the record for the biggest jump in rankings in one week that a team has made in The Associated Press college football poll?
4. Name the last Warriors player before Stephen Curry in the 2014-15 season to be named the regular-season NBA Most Valuable Player.
5. When was the last time before the 2016 NHL playoffs that no Canadian team took part?
6. When was the last time before 2016 that rugby was an Olympic sport?
7. In 2015, golfer Lydia Ko became the fourth LPGA player to be rookie of the year one year and player of the year the next. Name two of the three others to do it.

## ANSWERS

1. Jamie Moyer, with 145 victories. 2. Cecil Cooper (122 RBIs in 1980; 126 RBIs in 1983). 3. Michigan State rose 17 spots (No. 19 to No. 2) in 1950. 4. Wilt Chamberlain in 1960, when the team was located in Philadelphia. 5. It was the 1969-70 NHL season. 6. It was 1924. 7. Nancy Lopez, Beth Daniel and Annika Sorenstam.

## SANIBEL 8-BALL POOL LEAGUE 2016-17 Standings through October 10

Standing	Team Name	Won	Lost
First	Bunt's Ball Busters	11	9
Second	Sanibel Café	11	9
Third	Sandycappers	9	11
Fourth	Fresh Legion Crew	9	11

## October 10 Results

Bunt's Ball Busters	11	Sandycappers	9
Sanibel Café	11	Fresh Legion Crew	9

## Sanibel 8-Ball Pool League

## Busters Take Lead

Last season, Bunt's Ball Busters won the league with Sandycappers in second place. Sanibel Café took third and Fresh Legion Crew brought up the rear. Looks like history might repeat itself. On opening night of the 2016-17 season, Bunt's came back from a three-loss deficit to edge Sandycappers, while Sanibel Café won its final four games to again show Fresh Legion Crew how the basement looks.

Mike DeWitt led Bunt's with four wins over Jeff Brown. He received support from Bunt's Captain Bob Buntrock who posted three wins over Gary Murza. For the Sandycappers, John Bates pounded

Bunt's ace, Rich Ennis, 3-1. The result was not too surprising, however, since Ennis spent the summer taking ballroom dancing lessons rather than practicing his pool playing skills. Kevin Pottorf also produced three wins over Kip Johnson for the Cappers. One of Pottorf's wins came when Johnson mistook the 13 ball for the cue ball, fouled, and lost the game. Sad.

Sanibel Café Captain Rich McCurry spent the summer recruiting super players and his efforts paid off big time. Scotty Byers won the last four games for Sanibel Café and helped his team tie for first after the first week's play. Byers hails from Minnesota and spent his winters playing pool. He now lives on Sanibel and is expected to help the Café compete for first place honors this year.\*



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# Island Golf Courses Improve BMP Scores

by Jeff Lysiak

Members of the Sanibel City Council were presented with the findings of this year's golf course report card at their October 4 meeting, with all three island facilities showing either significant improvement or additional progress over their individual scores from previous years.

During her presentation, Holly Milbrandt, environmental biologist for the City of Sanibel's Natural Resources Department, reported that she and her staff met with representatives from each of the three golf courses – The Sanctuary Golf Club, The Dunes Golf & Tennis Club and Sanibel Island Golf Club – reviewing each item on the Best Management Practices (BMPs) checklist, inspecting their facilities, and evaluating implementation of their 2015-16 interim goals, where applicable.

"The Sanctuary Golf Club and The Dunes Golf and Tennis Club remain in 'full compliance' with the city's recommendations and continue to make progress in implementing the BMPs," Millbrandt told the council last week. "Although there are additional opportunities for improvements at both courses, reductions in nutrient loading to their lakes are likely if they continue with their current practices. While improving over 2015, the Sanibel Island Golf Club remains in 'partial compliance' with the city's recommendations."

A summary of the 2016 report card indicated:

- The Dunes Golf & Tennis Club earned 60.5 out of 65 points, for a score of 93 percent. This is a 30 percent improvement since 2011, and the same score as 2015. The Dunes is in "Full Compliance" with the city's BMP recommendations.
- The Sanctuary Golf Club earned 64 out of 65 points, for a score of 98 percent. This is seven percent improvement since 2011, and the same score as 2015. The Sanctuary is in "Full Compliance" with the city's BMP recommendations.
- The Sanibel Island Golf Club earned 57.5 out of 65 points, for a score of 88 percent. This is a 34 percent improvement since 2013 (under new ownership) and a four



Attending the Golf Course Management Summit, held at The Sanctuary Golf Club on May 19, were, from left, Holly Milbrandt, Brett Kist, Katy Errington, Mick Denham, Kyle Sweet, Randy Henderson and Saeed Kazemi photo by Jeff Lysiak

percent improvement over 2015. The Sanibel Island Golf Club is "Partially in Compliance" with the city's BMP recommendations.

Back on May 19, the City of Sanibel staged a Golf Course Management Summit at The Sanctuary Golf Club, sharing information about limiting the amount of nutrient runoff from golf courses into local waters through reduced use of fertilizer, the use of reclaimed water and other BMPs.

Led by Vice Mayor Mick Denham, the meeting featured presentations by Kyle Sweet, golf course superintendent at The Sanctuary, along with Milbrandt. In attendance were Mayor Randy Henderson and City Manager Saeed Kazemi from the city of Fort Myers and Councilwoman Kat Errington from the Village of Estero.

In an effort to improve the quality of water discharged from the island's golf courses, the Sanibel City Council adopted a list of Nutrient Management

Recommendations based on the Florida Department of Environmental Protection's BMPs for the Enhancement of Environmental Quality on Florida Golf Courses in 2008. These recommendations provide specific guidance for golf course managers on how to reduce fertilizer use and improve water quality within their respective golf course lakes. Since their adoption, city staff has worked closely with each golf course to provide technical assistance to help implement these recommendations.

"Kyle and the team at The Sanctuary Golf Course have embraced the environmental standards promoted by the Sanibel Plan and Land Development Code," said Milbrandt. "Since the City of Sanibel initiated its Golf Course Report Card program in 2008, The Sanctuary has made noteworthy efforts to comply with the program, improve upon existing practices, and implement new BMPs for

the protection of water quality and to benefit wildlife and native habitats." At the Golf Course Management Summit, Sweet led a tour of The Sanctuary's golf course and maintenance facilities. He pointed out several species of vegetation buffers added at The Sanctuary, including wetland-friendly plants such as fakahatchee, crown grass, bull rush, black rush and spike rush, spartina, cattails and bacopa.✱

## Hole-In-One



Ken King photo courtesy Karen King

Sanibel resident Ken King made a hole-in-one at The Dunes Country Club on October 2. Jack "Coach" Stahl and Bobbie McGlynn witnessed the ace on hole number 2.✱



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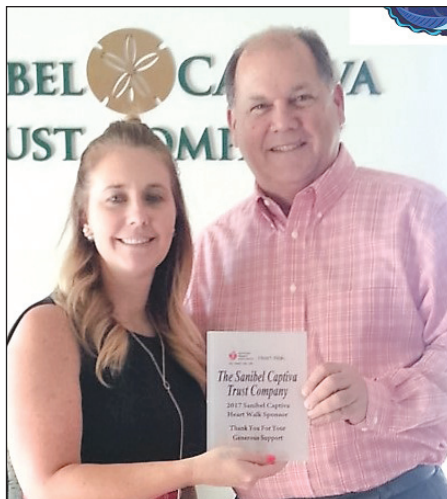


## Sponsors On Board Again For Heart Walk

The Sanibel Captiva Trust Company and Il Cielo Restaurant are returning as Platinum Sponsors for this season's Sanibel-Captiva Heart Walk, scheduled for Sunday, January 29 at 1 p.m. in the new Doc Ford's Rum Bar & Grille parking lot on Island Inn Road. The walk will continue along Island Inn Road, as in previous years.

The walk, in its fourth year, has grown 400 percent in participation since 2014. Proceeds support the American Heart Association's research, education and advocacy programs.

The Sanibel Captiva Trust Company has been a supporter and Platinum Sponsor since the inaugural walk, with



**Kelly Goodwien and Steve Greenstein**  
photo courtesy Lee Heart Walk

Al Hanser, founder and chairman of the company and his wife Sally, both

participants.

"Sally and I are proud to join everyone in their efforts to defeat heart disease and stroke by promoting physical activity and heart-healthy living," Hanser said.

"The American Heart and Stroke Association is so grateful for the inspiring work and continued support of the Sanibel Captiva Trust Company and Il Cielo," said Leslie Amick, executive director, SWFL-AHA. "Their generous support toward life-saving research and education is much appreciated."

In 2016, the local Heart Walk welcomed Il Cielo Restaurant as the second Platinum Sponsor. "I want to thank Il Cielo and its wonderful general manager Marcus Preece," said Sandy Teger, committee chair.

In addition to a financial contribution, the restaurant will donate a dinner for the walk's auction.

"We also want to thank Marty Harrity and the entire Doc Ford's team, who

have generously allowed us to use their site for the event festivities," said Steve Greenstein, trust company executive vice president and Heart Walk committee member. "We are particularly pleased that this year our event will begin in a paved and landscaped lot behind the restaurant. We could not have made the local Heart Walk a success over the past four years without the continuous support from Doc Ford's."

The 5K is geared for the entire family, including pets. Participants can walk as much or as little of the course as they desire. Entertainment will include music by Thank You For The Dance, a silent auction and T-shirts. Additional details will be announced in the coming weeks.

Sponsorship opportunities are available by contacting Kelly Goodwien, Lee Heart Walk director, at 340-2407 or [kelly.goodwien@heart.org](mailto:kelly.goodwien@heart.org). Learn more by visiting [SanibelCaptivaHeartWalk.org](http://SanibelCaptivaHeartWalk.org).✱



**EJ Neafsey, Janet Strickland, Darrian Grotrian, Eldon Bohrofen, Charles Emerson, John Grey, John Henshaw, Roger Grogman and Clark Rambo** photo courtesy Sanibel-Captiva Rotary Club

## Rotary Happenings

submitted by Shirley Jewell

Last Friday morning, the first item on the agenda was the induction of three new club members. Club President Charlie Emerson, Membership Chair Eldon Bohrofen and new member sponsors E. J. Neafsey, Janet Strickland, and John Grey with assistance by Rotary District 6960, Area 4 Assistant Governor, Fort Myers South, Clark Rambo (who lives on Sanibel) introduced new club members Roger Grogman, Darrian Grotrian and John Henshaw. As part of the ceremony, Membership Chair Eldon Bohrofen brought into perceptiveness the scope of Rotary International's dedication to humanitarian efforts around the globe, serving our local, national and international communities.

Rotary, founded in Chicago in 1905, now has 1.2 million members, 34,000 clubs worldwide and has awarded more than \$1.1 billion in humanitarian and educational grants. The induction ceremony is only the beginning of



understanding what it is to be a Rotarian. It takes time to comprehend the scope of what Rotary programs and projects accomplish throughout the world and how our motto "Service Above Self" is lived out around the globe.

The club welcomes new members:

Roger Grogman is a retired consultant and owner of RPG Consulting with in-depth business management and marketing knowledge. He specialized in business strategy development and execution for the integration of products within the wholesale and retail segments. The names in his business sales and marketing portfolio include Eco-Cigs, Armour Food/healthy choice lunchmeat, 7-Eleven/Big Gulp and Big Bite.

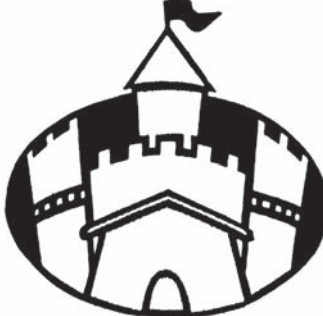
Darrian Grotrian is a banking professional in customer service at Bank of the Islands. He was selected to represent Edison National Bank/Bank of the Islands at the Florida Bankers Association Emerging Leaders in Washington D.C. The FBA FlyIn provides young Florida banking professionals with an introduction to the people and agencies in the nation's capital that have regulatory and legislative impacts on Florida's banking industry. This provides opportunities for Florida's young bankers to make congressional and federal banking contacts through a series of educational programs and networking

opportunities.

John Henshaw is a consultant and senior vice president of Cardno ChemRisk. He is a health and safety professional with over 40 years of experience in industrial hygiene, safety,

environmental health and quality assurance. Henshaw also served as the assistant secretary of labor for the Occupational Safety and Health Administration (OSHA) from August

continued on page 55



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BeautifulLife:

## Love Animals



by Kay Casperson

**M**y family and I all have big hearts for animals, as do many of you. We currently have dogs and horses but if it were up to my daughters, we would have cats, birds, chinchillas, hamsters, sugar gliders, cows, pigs, chickens and more. The only problem with that is the fact that Mom or Dad would be the ones to take on most of the responsibility and every animal requires a whole new set of duties.

Animals bring so much love and joy to individuals and families but they also require us to love them back, care for them and try to understand their needs even though they can't always tell us how they feel or what they need all the time. If you are connecting and listening though, you will almost always know how they feel whether they are happy, sad, scared or excited, or even when they are healthy or not feeling well. Animals have their own way of communicating with us, which is unique to them.

My heart breaks when I see animals that have been neglected or not treated well and I want to take all of those animals in and rescue them, but, unfortunately, it

is not always possible to do that. I wish that people would reach out more for help when they are not able to properly care for their animals because there are others out there that in most cases would be able to lend a helping hand or help find someone that could.

My family and my company have supported organizations that help animals in need and we have also rescued animals. Getting involved with those types of organizations can give you the opportunity to share your love with animals that really need some help and attention. You can find these types of organizations locally as well as nationally and if you research them, you will see how they make a difference and you can find a way to get involved whether it be through your time, adoption or even donations.

May favorite affirmations for loving animals are:

*I will love and protect animals and cherish the love they bring to my life.*

*I am finding new ways to help animals in need of love and care.*

*I help to teach my family how to take on the responsibility of caring for animals.*

*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](http://kaycasperson.com).✽✽*

### Insurance Tip

## Rate Increase Approved



by Angela Larson Roehl

**T**he latest news regarding the state-run insurance provider, Citizens, is that they have been approved for a rate increase to be effective on February 1, 2017.

Coastal wind only policies will see an average rate increase of 8.2 percent.

In an effort by the State of Florida to reduce the amount of policies currently with Citizens, the Office of Insurance Regulation has approved another transfer to begin in December for up to 95,465 Citizens policies to be removed, and transferred to a private market insurer. This latest approval of transfer of Citizens policies brings the total of potential policies approved for take-out in 2016 to 667,470 policies, according to the Florida Office of Insurance Regulation.

If your Citizens policy is affected by this transfer, you will receive notice from the private market insurer with general information regarding the transfer, along with an Opt-Out notice should you wish to have your Citizens policy remain with Citizens. No action is needed should you allow the transfer to occur,

however, should you want to remain with Citizens, you will need to return the Opt-Out notice in the specified timeframe noted in the letter.

Angela Larson Roehl is a local Sanibel-Captiva insurance agent with over 20 years of insurance experience, who can be reached at [info@rosierinsurance.com](mailto:info@rosierinsurance.com).✽✽

### ISLAND SUN BUSINESS NEWSMAKERS

## Top Producers



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**T**he top listing team at Royal Shell Real Estate for September was McMurray & Nette; the top sales team was also McMurray & Nette. The top individual sales producer was Cindy Sitton.✽✽

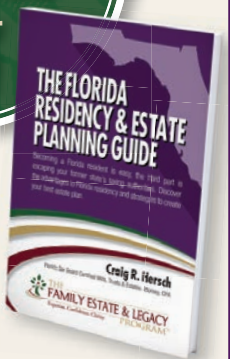


Cindy Sitton

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**Tuesday, November 1**

2:00 p.m. – 4:00 p.m.  
Sanibel Public Library  
770 Dunlop Road  
Sanibel, FL 33957

**Monday, November 7**

2:00 p.m. – 4:00 p.m.  
Temple Beth El  
16225 Winkler Road  
Fort Myers, FL 33908

**Thursday, November 10**

2:00 p.m. – 4:00 p.m.  
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## Island Seniors At The Center 4 Life

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

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

**Page Turners With Ann Rodman** – If you would like to be on the Page Turners list, email annrodman@aol.com or contact the center. Discussions begin at 2:30 p.m.

The featured book for Wednesday, November 9 is *Nightingale* by Kristin Hannah.

**Friday Collage Classes with Bea Pappas** – October 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.

**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.

**New Game: Hearts** – Friday 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 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.\*

### Eden Energy Medicine

## Tracing Circulation-Sex Meridian



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

**A** yin meridian, circulation-sex partners with triple warmer to act as the overall commanders of your body's energies. Together, they are the energetic queen

and king.

CX (aka Pericardium meridian) provides the heart with nourishment, overseeing all

continued on page 45

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dearRPharmacist

## Fat Supplement That Helps You



by Suzy Cohen, RPh

**D**ear Readers: Fat gets a bad rap! The word "fat" is associated with negative things, but the only real toxic fat is the "visceral" fat that surrounds and strangles your precious organs. It's that kind of fat that is

dangerous. From now on, I want you to think of certain fats as a good thing and as life-sustaining. The best organs in your body are made of fats like your heart, your brain, pancreas, liver and your omentum (which is the fat that insulates your intestines). By the way, your omentum surrounding your gut contains all kinds of neurotransmitters, similar to those in your brain. That's part of the reason why people who take benzodiazepines and opiate pain killers have so many problems related to their digestion.

Anyway, the fat-based supplements I'm referring to today are fish oils, and more specifically DHA, a part of fish oils. If you read the back of your label, you'll see DHA listed on your fish oil supplement, but it's usually in a smaller amount to the EPA.

I love fish oil supplements – both constituents EPA and DHA. In particular, DHA is food for your brain. DHA is something you got from mom through breast milk. This is something that breastfed babies get from nursing, and it gives them a great head start.

If you didn't get DHA through breast feeding as an infant, it's okay to start now. Better late than never because DHA is brain food, literally. Your brain's cerebral cortex is composed of 20 percent fatty acids. Important research on DHA has shown it supports structural integrity of your central nervous system which then supports a healthy mood and emotional well-being.

Do you feel like you used to be smarter? DHA helps maintain cellular fluidity, which supports our memory and thinking patterns. Might help you keep track of your cell phone a little better.

DHA is a fat and so are your eyes. Could it help with vision and dryness of the

eye? Yes, in my opinion. Studies on kids with low DHA levels show poor reading scores as well as behavioral problems. Low DHA in children aged 7 through 9 were associated with reading and comprehension that was below average, as well as behavioral issues. Makes you wonder about the rampant use of ADHD medications!

Get this! Your body has a mechanism in place such that you can think about what you want to do and then do it. You think, "I want to get that pot from the cabinet and cook tea" and then, without a thought, your arm reaches into the cabinet and you begin cooking. Omega 3 fatty acids (high DHA) supplementation has been shown to support healthy motor control by affecting the part of the brain called the cerebral cortex which oversees voluntary movements like this. DHA is one of my favorite supplements, and it's sold at healthfood stores nationwide.

*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](http://www.SuzyCohen.com).\**

From page 44

## Tracing Circulation

intimate relationships with lovers, friends, parents and children, protecting the heart by screening negative ideas, thoughts or images. Notice the high tide of CX – just the right time to have sex in the evening – after the kids are in bed, or after a romantic dinner, letting those juices flow. As its name implies, CX governs the pericardium, and the gluteus maximus and gluteus medius muscle. Physical manifestations of CX imbalances may include swollen armpits, breast soreness, carpal tunnel syndrome, hormonal problems, impotence, nipple pain, prostate issues, sacrum issues, sexual problems or sore glutes. Notice how each of these problems is close to the location of the meridian's pathway or muscle it controls.

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

- Meridian Flow Wheel Time of Day – CX meridian's high tide is 7 to 9 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 7 30

p.m., then begin with CX.

- 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 CX if you have some of the symptoms listed in the opening paragraph above.

- Affirmation for this Meridian – "I take excellent care... of my heart." 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 – Place the fingers of one hand on the several inches on the outside edge of the nipple; trace up the inside edge of the shoulder and then down the inside edge of the arm and off the middle fingers. Do the other side. That's it. You just traced circulation-sex meridian.

- Flushing or Tracing the Meridian Backwards – Remember that if there is too much energy in a meridian, you may want to trace it backwards and see if that makes you feel better. If experiencing pain or dis-ease in the area of a meridian, it is likely that removing the energy from the meridian will provide relief. If it does, then trace it backwards three times, but never trace heart backwards. If it seems there is not enough energy in your meridian, then trace it forward three times. If you feel better, this is what was needed. Experience the impact of the energetic shifts. To flush a meridian,



Tracing the circulation-sex meridian

as if you are de-clogging a pipe, trace the meridian once backwards to loosen the sludge and then trace the meridian forward three times. Flushing really helps reset the meridian's balance.

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

Have fun with your energy. Next week's topic is Calm The Body When Under Stress – Trace Triple Warmer.

If you have a question, email Karen at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com) or visit [www.semmelmanenergy.com](http://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.\*

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Doctor and Dietician (part 1)

Improve Libido, Sexual Function Naturally



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

Commercials about prescription drugs that increase sex drive and intimacy for midlife relationships are abundant. These drugs come with potential side effects, so we encourage a more natural way to increase libido and sexual function based on eating the proper nutrients found in foods! The following is a list of nutrients that affect sexual function and good food sources:

- Vitamin A plays an essential role in reproduction. Sources include sweet potatoes, carrots, kale, mangos, spinach, papaya, red bell peppers and broccoli.
- Vitamins B-1 thiamin, B-2

riboflavin, B-3 niacin are needed for a healthy sex drive and energy. Sources include whole grains, asparagus, raw nuts, bananas, broccoli and lean meats.

- Vitamins B-5, B-6, B-12 fight stress and balance hormone levels. B6 increases fertility in women and B12 helps men with low sperm counts. Sources include eggs, soy products, salmon and fish.
- Vitamin C keeps various sex glands healthy. It keeps sperm strong by protecting them against free radicals that make them cling together, and may improve the sperm's chances of fertilizing an egg. Sources include citrus fruits, strawberries, kiwifruit, peaches, mangoes, tomatoes and dark green vegetables.
- Vitamin E aids sex hormone production, improves circulation, and helps in conception. Sources include nuts, seeds, beans, whole grains, fruits and vegetables.
- Niacin dilates blood vessels, creates blood flow and helps synthesize sex hormones. Sources include fish, lean meats, peas and beans.
- Folic Acid improves fertility, increases sperm count and may also prevent birth defects. Sources include dark green leafy vegetables, nuts and seeds, oranges, grapefruit, meats, poultry, fortified cereals and enriched whole grain products.
- Selenium increases sperm count in men with low sperm count and minimizes the risk of birth defects. Sources include red meat, tuna, chicken,

enriched pasta and whole grain breads.

*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:** I am trying to help my friend make some changes in her life for the better. She seems to resist anything I suggest, and she keeps repeating the same behavior that is unhealthy for her. Any suggestions?

**A:** Clearly, there are some things in life that we cannot change, nor can we change people's thoughts and behaviors involved with these situations. To do some becomes a series of control dramas that only perpetuate the cycles of stress.

The ability to accept your friend's situation for what it is, rather than exerting (and wasting) your energy to alter what you cannot change is a unique human resource, and a valuable component of reframing. Acceptance isn't a sense of resignation or defeat. Rather, it is a sense of liberation that allows you to release any emotional baggage and move ahead with your own life.

Acceptance may be an overnight epiphany for some, but for most people it's an attitude that takes several days, weeks or months to adapt to.

*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



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 am an older business woman working in a very stressful business. All of the women and some of the men realize that a youthful appearance is a must, so we all try our very best – surgery, skincare exercise, clothing, etc., etc.

What baffles me is how can you keep your age a secret when you are always asked for your birth date and/or driver's license? Where I live, this is your identification – sometimes even in the grocery store.

Nothing seems to be private any more. Privacy seems to be a thing of the past and our birthdate is how we are judged. How do you suggest I get around giving this information?

**Dear Vera,**

Protect your private information as much as you can. If someone asks to see your license, ask why. A cell phone company required copying my license for the two-year contract. I asked why and the staff member said it was "policy." I told them they could look at my license and verify my name and address but not copy it. I also told them that if that was not enough, I would take my business elsewhere. Apparently, that was good enough for them... they did not copy my license and they got my business.

And, apparently, so many people complained that it is no longer their policy. A friend of mine will not allow any clerk to look at her license when writing a check... she writes her license number on the check herself. Another friend will show her license but hold it in a way to cover up her birth date.

I believe everyone has the right to protect their privacy, and in this day and age it is a necessity.

Pryce

**Dear Vera,**

You are absolutely right; privacy seems to be a thing of the past in our modern society. Some cultures keep private information private and residents have to fight to get the information, but here we all must fight to keep our private information private and it is becoming a losing battle in most areas.

Pryce has given you some suggestions. Otherwise, just keep up your routine. Good health gives an air of youthful enthusiasm and you seem to be on the right track. Best of luck.

Lizzy

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

Vera



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### Snapper Tandoori

1 tablespoon fresh ginger, chopped  
 4 cloves garlic  
 1/3 cup vinegar  
 Salt to taste  
 1 tablespoon ground coriander seeds  
 1 tablespoon ground cumin seeds  
 1 teaspoon ground cayenne pepper  
 1/2 cup olive oil  
 4 six-ounce snapper fillets  
 Chutney

In a blender, combine ginger, garlic, vinegar, salt, coriander, cumin, cayenne and oil together to form a fine paste. Spread paste over fillets; marinate for 1 to 2 hours in the refrigerator. Pre-heat the broiler on highest heat. Place the marinated fillets on a foil lined broiling pan; broil for about 8 to 10 minutes or until fish flakes easily with a fork. Serve with your favorite chutney.

Yield: 4 servings.✱



Snapper Tandoori

photo courtesy Fresh From Florida

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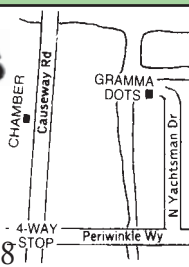


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United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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

PETS OF THE WEEK

Hello, my name is Bourbon. I'm a 6-year-old male hound mix. There is a long list of great things to say about this dog: he is very well-behaved, walks well on a leash and enjoys the company of people and other dogs, especially in play groups. Bourbon is a gentle giant with a gentle heart that will melt yours.

My adoption fee is \$25 (senior citizens can adopt senior pets for free).

Hello, my name is Layla. I'm a 12-year-old spayed female domestic short hair senior who would like a nice quiet home where I can spend my golden years. I'm very easy-going and enjoy the company of other cats. If you would enjoy a calm companion, I would be perfect!

My adoption fee is \$25 (senior citizens can adopt senior pets for free)

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at [www.LeeLostPets.com](http://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.\*



Bourbon ID# 674398



Layla ID# 674891

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

PAWS Of Sanibel

Roper

Roper is a Lab/pointer mix who needs a home. He is a young guy, just 18-months-old. You will love his sweet nature and he will surely be forever grateful to you if you can give him a new home.

If you can adopt Roper, call Yolanda at 691-4488.\*



Roper

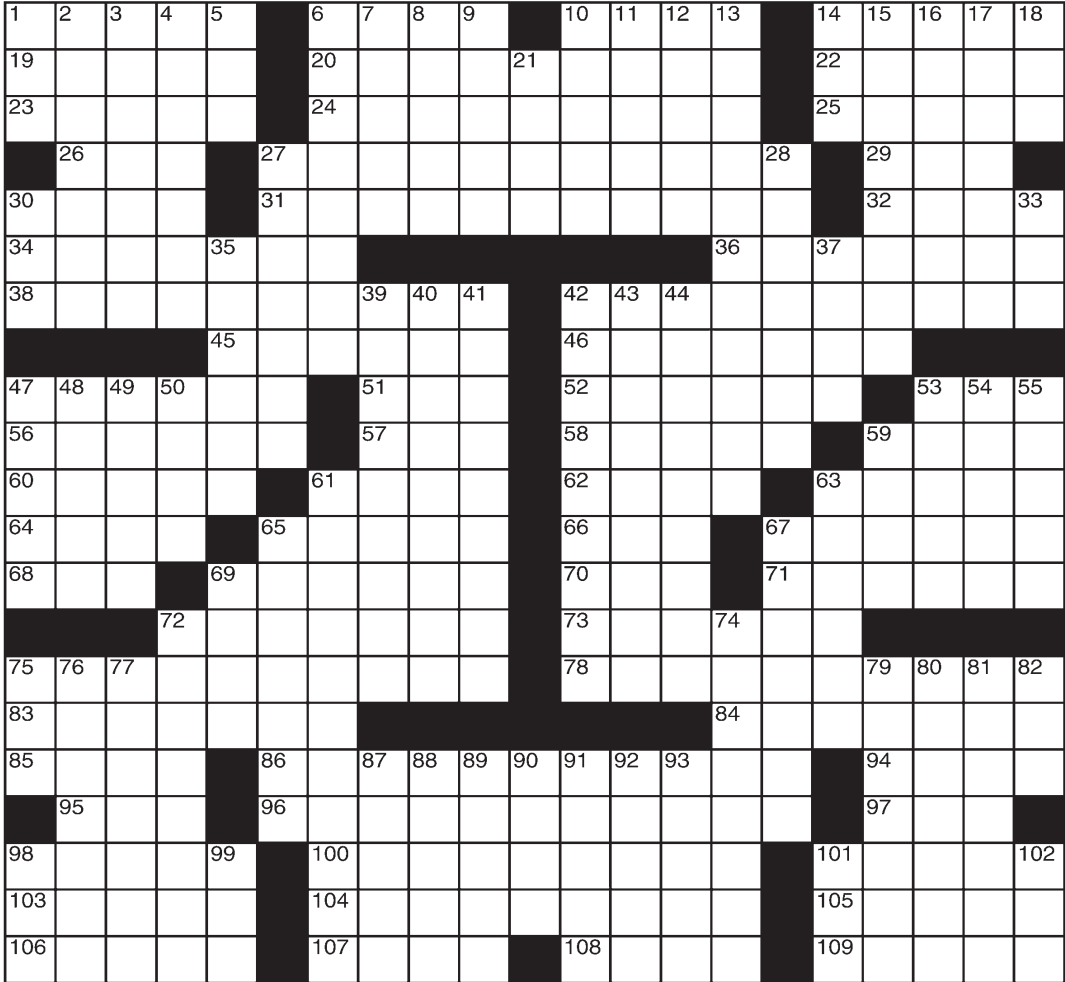


PUZZLES

Answers on page 53

Super Crossword I WILL NOT BE A PART OF THIS!

- ACROSS
- 1 School, in Soissons
  - 6 Paquin of "X-Men"
  - 10 Mascara enhances it
  - 14 Impertinent
  - 19 Volcano emissions
  - 20 Tackiness
  - 22 Spanish for "milk"
  - 23 Letter after phi, chi, psi
  - 24 Person in a sit-in, say
  - 25 Skin soothers
  - 26 Period to remember
  - 27 "The Matrix" star
  - 29 — healthy pace
  - 30 It made the Ciera, briefly
  - 31 Being hauled to the station
  - 32 Unit of binary digits
  - 34 2004-12 Fox medical drama
  - 36 St. — University (Philadelphia school)
  - 38 Girders, often
  - 42 Very easy
  - 45 Zany
  - 46 Beef cattle with back humps
  - 47 Musical mix
  - 51 Tony winner
  - 52 Rubble of Bedrock
  - 53 Upscale German ride
  - 56 Dawn
  - 57 Tic — (wee mint)
  - 58 Correct, as text
  - 59 Not exciting
  - 60 Seizes
  - 61 Summoned by invitation
  - 62 Like grass at dawn, often
  - 63 Quench
  - 64 Old hi-fi format
  - 65 Bigwig
  - 66 "— you sleeping?"
  - 67 National Mall's vicinity
  - 68 Question
  - 69 Tijuana wife
  - 70 — -Mart (retail titan)
  - 71 Redford with many roles
  - 72 Butcher knife
  - 73 After a lengthy delay
  - 75 "Heavens!"
  - 78 "Yankeeography" cable channel
  - 83 Wife on "The Sopranos"
  - 84 19th-century stage actress
  - 85 Part of UAR
  - 86 Property liquidations
  - 94 Dawn's direction
  - 95 Gene material
  - 96 Span
  - 97 "Say what?"
  - 98 Terre —
  - 100 Elec. flow in power supplies
  - 101 Allan- — ("Robin Hood" minstrel)
  - 103 Stared at lecherously
  - 104 Class
  - 105 ESPN writing assignment
  - 106 Plants often extirpated
  - 107 Spear
  - 108 Pietà mother
  - 109 Della of song
  - 33 Suffix with shepherd
  - 35 Glue brand
  - 37 Don't budge
  - 39 Superior to
  - 40 People fighting los toros
  - 41 They're between "Alt" keys
  - 42 Faded, as an emotion
  - 43 24 images per second, for most films
  - 44 Goodbyes
  - 47 Volcanic rock material
  - 48 Greek coins
  - 49 Sipped, say
  - 50 Gray wolf
  - 53 Siren sound
  - 54 Constructor
  - 55 Spelt, e.g.
  - 59 Spill secrets
  - 61 Long bicycle saddles
  - 63 Actors Baio and Bakula
  - 65 Taunting type
  - 67 He created Whoville
  - 69 Dark purple fruit
  - 72 Fought against
  - 74 Lineage
  - 75 1970s label of Elton John
  - 76 Gridiron gain
  - 77 Bit of sand
  - 79 Coax
  - 80 Largest city in the Cornhusker St.
  - 81 Grapples, in the sticks
  - 82 Chess piece: Abbr.
  - 87 "Be silent," musically
  - 88 Ghana's largest city
  - 89 Glove part
  - 90 Wyatt of the Wild West
  - 91 "Git!"
  - 92 Corn pancake of Colombia
  - 93 Solitary soul
  - 98 "— so?"
  - 99 Masthead VIPs
  - 101 "Which is longer, — B?"
  - 102 Body part that's a homophone of the vowel that is totally absent from this puzzle's answer



King Crossword

- ACROSS
- 1 Ice cream flavor, for short
  - 5 Greek mountain
  - 8 Raced
  - 12 Head light?
  - 13 Sister
  - 14 Superhero garb
  - 15 Right angles
  - 16 Powerful stick
  - 17 Vicinity
  - 18 Like some desserts
  - 20 Mideast nation
  - 22 "— the fields we go"
  - 23 Skillet
  - 24 Energizes, with "up"
  - 27 Geometric curve
  - 32 401(k) alternative
  - 33 Leave unpaid
  - 34 Charged bit
  - 35 Type of parking
  - 38 Ceraceous
  - 39 100 square meters
  - 40 Lemieux milieu
  - 42 Horoscope illustration
  - 45 Wine glass
  - 49 Egyptian bird
  - 50 Floral garland
  - 52 "Arrivederci"
  - 53 Take a stance
  - 54 Past
  - 55 Roundish do
  - 56 Spotted
  - 57 Announcer
  - 58 Dissolve
  - 59 Pardo
  - 60 Restaurant employee
  - 61 Corridor
  - 62 — podrida
  - 63 Universe
  - 64 Worldwide
  - 65 Crimefighting
  - 66 group
  - 67 Press for payment
  - 68 Opposed
  - 69 Sacred beetle
  - 70 Irrational distrust
  - 71 Duel tool
  - 72 Bargain
  - 73 Exist
  - 74 Spot on a die
  - 75 Geological period
  - 76 Eden
  - 77 Dumbfound
  - 78 Faith
  - 79 Bagel topping
  - 80 Whatever number
  - 81 Out of bed
  - 82 Meadow
  - 83 Source of streaming video
  - 84 Biz abbr.
  - 85 Postal codes, for short
  - 86 Reed instrument
  - 87 Dressed
  - 88 Biography
  - 89 Count counterpart
  - 90 Hit the horn
  - 91 Id partner
- DOWN
- 1 Restaurant
  - 2 Corridor
  - 3 — podrida
  - 4 Universe
  - 5 Worldwide
  - 6 Crimefighting
  - 7 Restaurant employee
  - 8 Corridor
  - 9 — podrida
  - 10 Universe
  - 11 Worldwide
  - 12 Crimefighting
  - 13 group
  - 14 Press for payment
  - 15 Opposed
  - 16 Sacred beetle
  - 17 Irrational distrust
  - 18 Duel tool
  - 19 Bargain
  - 20 Exist
  - 21 Spot on a die
  - 22 Geological period
  - 23 Eden
  - 24 Dumbfound
  - 25 Faith
  - 26 Bagel topping
  - 27 Whatever number
  - 28 Out of bed
  - 29 Meadow
  - 30 Source of streaming video
  - 31 Biz abbr.
  - 32 Postal codes, for short
  - 33 Reed instrument
  - 34 Dressed
  - 35 Biography
  - 36 Count counterpart
  - 37 Hit the horn
  - 38 Id partner

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

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

- |              |        |         |          |
|--------------|--------|---------|----------|
| Ambition     | Desire | Issue   | Pain     |
| At the stake | Down   | Love    | Question |
| Bridges      | Heat   | Of Rome | Thirst   |
| Bush         | Inside | Oil     |          |





"My wife and I have an excellent relationship — she communicates and I \_\_\_\_\_!"  
answer on page 52

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!

Check

PICSENT

Dissent

LAINED

Refuse

SWEAT

Expert

TAPED

TODAY'S WORD

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

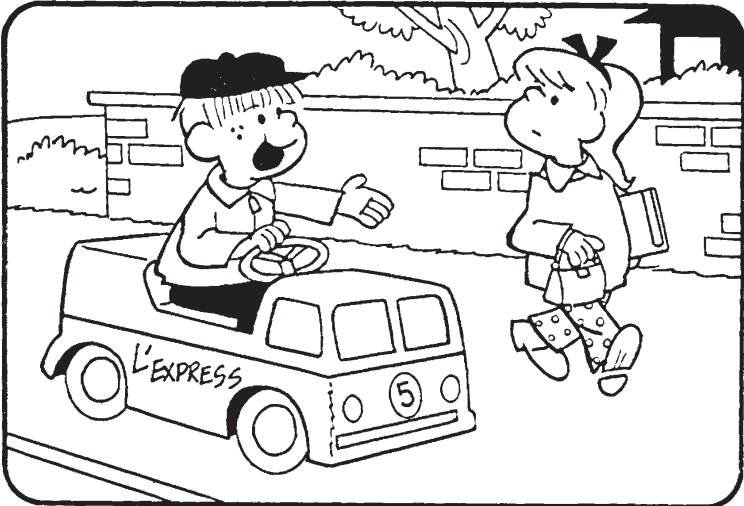
SUDOKU

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.

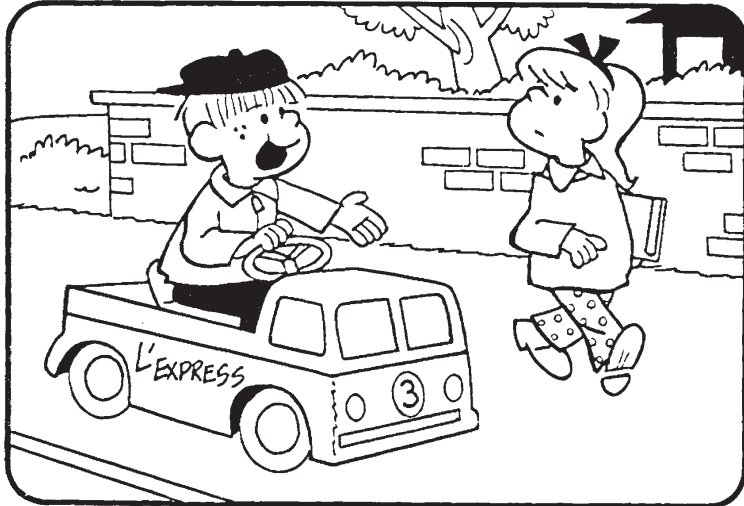
answer on page 53

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Hat is reversed. 2. Car body is different. 3. Arm is moved. 4. Number is different. 5. Pocketbook is missing. 6. Book is moved.

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## LIVE ON THE ISLANDS

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

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

**The Jacaranda** has live entertainment Friday and Saturday with The Wildfire Blues Band, playing classic rock and blues. Monday is 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](mailto:press@islandsunnews.com) or 395-2299.✱✱*

## My Stars ★★★★★

FOR WEEK OF OCTOBER 14, 2016

**ARIES** (March 21 to April 19) You're moving from a relatively stable situation to one that appears to be laced with perplexity. Be patient. You'll eventually get answers to help clear up the confusion around you.

**TAURUS** (April 20 to May 20) A vexing situation tempts you to rush to set it all straight. But it's best to let things sort themselves out so that you can get a better picture of the challenge you're facing.

**GEMINI** (May 21 to June 20) Financial matters could create some confusion, especially with a torrent of advice pouring in from several sources. Resist acting on emotion and wait for the facts to emerge.

**CANCER** (June 21 to July 22) That goal you've set is still in sight and is still in reach. Stay with the course that you're on. Making too many shifts in direction now could create another set of problems.

**LEO** (July 23 to August 22) It might be time to confront a trouble-making associate and demand some answers. But be prepared for some surprises that could lead you to make a change in some long-standing plans.

**VIRGO** (August 23 to September 22) Congratulations. You're making great progress in sorting out all that confusion that kept you from making those important decisions. You're on your way now.

**LIBRA** (September 23 to October 22) A difficult experience begins to ease. That's the good news. The not-so-good news is a possible complication that could prolong the problem awhile longer.

**SCORPIO** (October 23 to November 21) Your self-confidence gets a much-needed big boost as you start to unsnarl that knotty financial problem. Expect some help from a surprising source.

**SAGITTARIUS** (November 22 to December 21) Congratulations. Any lingering negative aftereffects from that not-so-pleasant workplace situation are all but gone. It's time now to focus on the positive.

**CAPRICORN** (December 22 to January 19) Your self-confidence grows stronger as you continue to take more control of your life. Arrange for some well-earned fun and relaxation with someone special.

**AQUARIUS** (January 20 to February 18) As usual, you've been concerned more about the needs of others than your own. You need to take time for yourself so that you can replenish all that spent energy.

**PISCES** (February 19 to March 20) Stronger planetary influences indicate a growing presence of people eager to help you navigate through the rough seas that might mark your career course.

**BORN THIS WEEK:** You can balance emotion and logic, which gives you the ability to make choices that are more likely than not to prove successful.

### THIS WEEK IN HISTORY

• On Oct. 23, 42 B.C., Marcus Brutus, a leading conspirator in the assassination of Julius Caesar, commits suicide after his defeat at the second battle of Philippi. Caesar's assassination had plunged the Roman world into civil war.

• On Oct. 19, 1781, hopelessly trapped at Yorktown, Virginia, British Gen. Lord Cornwallis surrenders,

effectively bringing an end to the American Revolution. Pleading illness, he did not attend the surrender ceremony.

• On Oct. 21, 1797, the USS Constitution, a 44-gun U.S. Navy frigate built to fight Barbary pirates off the coast of Tripoli, is launched in Boston Harbor. The Constitution would later win its enduring nickname "Old Ironsides" after shots merely bounced off her sides, as if the ship were made of iron rather than wood.

• On Oct. 18, 1898, one year after Spain granted Puerto Rico self-rule, American troops raise the U.S. flag over the Caribbean nation. The U.S. granted full U.S. citizenship to Puerto Ricans in 1917.

• On Oct. 20, 1947, the notorious Red Scare kicks into high gear in Washington, as a Congressional committee begins investigating Communist influence in Hollywood. Pressured by Congress, the Hollywood establishment started a blacklist policy, banning the work of about 325 screenwriters, actors and directors.

• On Oct. 17, 1973, the Arab-dominated Organization of Petroleum Exporting Countries (OPEC) announces it will cut oil exports to the United States and other nations that provided military aid to Israel. In December, a full oil embargo was imposed against the U.S. The oil cartel was founded in Baghdad in 1960 by Saudi Arabia, Iran, Iraq, Kuwait and Venezuela.

• On Oct. 22, 1992, Red Barber, the legendary announcer for the Brooklyn Dodgers, dies. Barber's baseball broadcasting career began with the Cincinnati Reds in 1934, when the 26-year-old announcer called the first major-league game he had ever seen.

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STRANGE BUT TRUE

• It was farmer and author Wendell Berry who made the following sage observation: “Do unto those downstream as you would have those upstream do unto you.”

• Those who study such things say that size does matter -- at least to proboscis monkeys. It seems that among these primates, females show a significant preference for males with larger noses.

• If you’ve ever been to a major sporting event, or even watched one on TV, you’ve seen costumed characters representing schools and sports teams. However, unless you’ve been to Japan, you don’t understand mascots’ true potential. There, the mascot industrial complex is so large that in 2015, the Finance Ministry launched a campaign to reduce spending by cutting the number of unnecessary mascots in the country. According to one estimate, there are 10,000 mascots employed by the government alone. Some examples: Prince Pickles and Princess Parsley represent the Defense Ministry; Wakayama Prison is represented by Waka-P, a bright orange creature with

a huge head; and Toilet-kun, who has a toilet-seat lid for a face, is the mascot for City of Yokohama’s waste recycling bureau.

• Have you ever wondered why the green room -- the waiting area just offstage where actors stand-by before and after stage appearances -- is green? Well, evidently it’s believed that the color green is soothing to eyes that have been exposed to the glare of stage lights.

• The game of billiards first appeared in the New World in St. Augustine, Florida, the oldest continuously occupied European settlement in the contiguous United States. It was in 1565 that Spanish explorers started playing the game here.

• Rabbits are well-known as magicians’ preferred animal when performing, but have you ever wondered why? It’s because rabbits tend to stay calm and quiet when handled rather than becoming agitated and noisy.

THOUGHT FOR THE DAY

“Contentment is, after all, simply refined indolence.” -- Thomas Chandler Haliburton

NOW HERE'S A TIP

• “Whenever I need to remember to bring something with me for the next day (e.g., my lunch, important papers, school notes) I write it on a Post-it note and stick it on the door leading outside. If I have the item, I take the note down. Sometimes I write the day of the week, if I need different things on different days.” -- A.M. in Florida

• Taco Tuesday was never so easy! Slip hard taco shells over the rack in your oven so that they hang open-side down. Use tongs to remove when they are sufficiently warm. Now you don’t have to argue about how to arrange them on a cookie sheet to keep them from closing up.

• “If you have a muddy boot problem like mine, then get a couple cookie sheets and set them by the door. The boots go on the cookie sheets, and the mud doesn’t get tracked into the house.” -- A reader in New Jersey

• If you have an old rake that the handle has broken off of, you can repurpose it on your wall. Hang dog leashes, necklaces, a set of wrenches, anything really. Mount to the wall with

nails so that the tines of the rake face out from the wall. Instant hanger!

• To make your dry-erase markers more convenient, simply tape small kitchen magnets to them with ordinary gift-wrap tape. Make sure the side of the magnet that is attracted to the refrigerator is facing out!

• Now is the time to raid your kids’ dress-up stash for Halloween ideas. Don’t overlook accessories that can make a great costume addition for adults, too. Doctor’s kits, pirate eyepatches and hats ... perhaps a tutu, too?

SCRAMBLERS

*solution*

1. Inspect; 2. Denial;  
3. Waste; 4. Adept

*Today's Word*

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PUZZLE ANSWERS

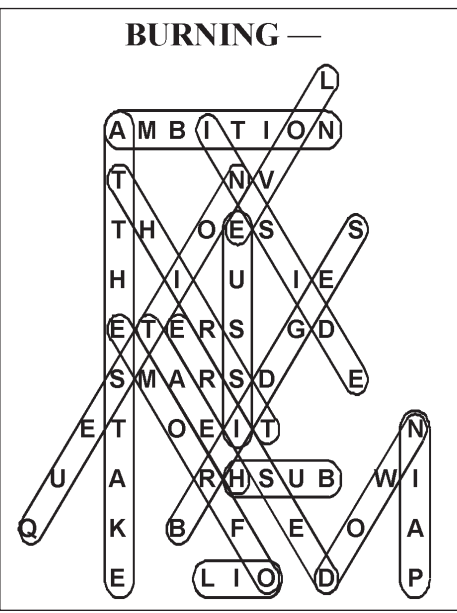
SUPER CROSSWORD

E	C	O	L	E	A	N	N	A	L	A	S	H	F	R	E	S	H		
L	A	V	A	S	P	O	O	R	T	A	S	T	E	L	E	C	H	E	
O	M	E	G	A	P	R	O	T	E	S	T	E	R	A	L	O	E	S	
E	R	A	K	E	A	N	U	R	E	E	V	E	S	A	T	A			
O	L	D	S	U	N	D	E	R	A	R	R	E	S	T	B	Y	T	E	
H	O	U	S	E	M	D						J	O	S	E	P	H	S	
S	T	E	E	L	B	E	A	M	S	E	F	F	O	R	T	L	E	S	
					M	A	D	C	A	P	B	R	A	H	M	A	S		
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

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### BEACH AREA BUILDING LOT

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★NS 10/7 CC 10/28

### SANIBEL BEACH NEIGHBORHOOD DUPLEX

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★NS 10/7 CC 10/28

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### WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



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★NS 10/7 CC 10/14

## ANNUAL RENTAL

### ANNUAL RENTALS

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### LOAN NEEDED

Looking for private investor loan to consolidate personal debt. I live on Sanibel and can offer second mortgage on my home. Amount needed is \$150,000. This will payoff existing debt. Please respond to [sanibelforme@hotmail.com](mailto:sanibelforme@hotmail.com)

★NS 7/22 CC TFN

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★NS 9/16 CC TFN

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★NS 1/4 CC TFN

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★RS 9/30 CC TFN

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★RS 1/25 BM TFN

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★NS 10/7 CC 10/28

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★NS 8/19 CC 10/21

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★NS 10/7 CC 10/14

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★NS 9/23 CC 10/14

### BILLY'S RENTALS HIRING EVENT

Saturday October 15th 8:00AM-11:00AM  
Held at our Fort Myers Warehouse  
11680 Chitwood Dr. Ft. Myers 33908  
Hiring for Full and Part time, cashiers, rental agents, bicycle fleet mechanics, shop clerk/segway tour guide. Starting at \$10 hr. Health benefits, 401K plan and ridesharing to Sanibel available.

★NS 10/14 CC 10/14

### TROLLEY DRIVER'S

Part Time -TROLLEY DRIVER'S Needed  
We are looking for Fun, Energetic, People person's, with a Safe driving record. Requires a CDL class C license with passenger endorsement. Knowledge of the islands a plus!  
Call Evelyn at 239-850-4116 for interview or send resume to [Evelyn@adventuresinparadise.com](mailto:Evelyn@adventuresinparadise.com).

★NS 9/23 CC 10/14

### REAL ESTATE ADMINISTRATOR

Royal Shell Real Estate is currently seeking a dependable, well-qualified Administrator for an extremely busy office. Full-time Mon-Fri & possibly other days, as needed. Email resume to: [Danielle@RoyalShellSales.com](mailto:Danielle@RoyalShellSales.com)

★NS 10/7 CC 10/14

### SALES ASSOCIATE

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★NS 9/30 CC 10/7

### CUSTOMER SERVICE ASSOCIATE

BIG ARTS is looking for a Customer Service Associate, full time, seasonal, Oct-Apr. Customer service and office experience required. Must be able to work flexible hours. Send resume to [info@bigarts.org](mailto:info@bigarts.org).

★NS 9/23 CC 10/14

### JERRY'S FOODS WAITRESSES OR WAITERS

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★NS 5/6 BM TFN



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\*NS 10/14 CC 10/14

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\*NS 10/7 CC 10/14

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\*NS 4/1 CC 4/8

From page 42  
Rotary Happenings  
2001 through December 31, 2004 under President George W. Bush.

Sanibel-Captiva new members were not the only order of the day; the club also had invited back Captain John “Giddy Up” Bunch, founder and CEO of Operation Open Arms (OOA), providing reprieve and relief of stress activities for deserving men and women of our Armed Services

Bunch spoke of his experience. In 1971, he was wearing his U.S. Marine uniform and was walking through the Washington, D.C. airport where he was called names and spit on by Vietnam War protesters. Oh, he just didn’t let that go. There was an altercation, but it left an indelible impression that made him promise to himself that “one-day he would figure out a way to treat American men and women who serve our country, better than he had been treated that day.

A chance encounter at a Fort Myers Beach bar would see to that. SPC Travis Downes approached Bunch with a simple question. He wanted to know where he could do some fishing from the beach or pier before he had to go back to Iraq. John thought for a while and then came his AHA! moment. If Travis and his father could meet him in Pine Island, he would take them out on his boat to fish. Travis told him he couldn’t afford to rent a fishing charter. John told him that the trip was on him.

Operation Open Arms began in 2005. Bunch called on many of his fishing guide friends, hotels, restaurants, wedding venues in the area for help with his long ago promise to himself. Since its founding, OOA has provided nearly 3,000 troops and their families one-week paid vacations valued at \$3,500. It also has arranged over 100 weddings, each with a value of \$18,000. A more recent service extended to vets by Operation Open Arms is their dedication to the care and treatment of PTSD. With the help of

mental health professionals in the area, OOA is providing some services to those returning vets with PTSD. OOA along with 150 local businesses, associations, and individuals have provided charitable resources for over 1,900 U.S. Troops and their families since its founding.

Free Feral Cat Surgery

The Gulf Coast Humane Society (GCHS) will host Free Feral Cat Surgery Day on Sunday, October 16 at their spay/neuter clinic, 2010 Arcadia Street in Fort Myers.

Five free surgeries will be available per colony or trapper on a first-come, first-serve basis, with up to 40 surgeries that day. The price for one cat normally is \$35.

Free Feral Cat Surgery Day is appointment only by calling 332-1573. Walk-ins will not be accepted. All feral cats must be brought in a humane trap, not carriers. All cats must spend the night and be picked up the next day at 7:30 a.m.

“Trap-Neuter-Return (TNR) is a humane and effective solution to stabilizing the

Just this past September, Bunch received the Army’s Outstanding Civilian Service Award in Washington, D.C. The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.\*

feral cat population. It improves the lives of the cats and is a real benefit to the community,” said Jennifer Galloway, executive director at GCHS.

In addition to spaying or neutering, the clinic will give cats in this program a rabies vaccine. In order to easily identify that these cats are spayed or neutered, a small, green tattoo will be placed near the incision area and a small portion of the left ear will be painlessly removed, a procedure called ear tipping.

“We urge the community to step up and be advocates for the feral cats in their neighborhoods. TNR is more than just saving today’s cats. It’s also saving the lives that may end up in shelters at future dates,” said Melanie Waite, Spay/Neuter Clinic manager.

For more information, visit [gulfcoasthumanesociety.org](http://gulfcoasthumanesociety.org).\*

HORTOONS



To advertise in the *Island Sun* call 395-1213

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Gulf Heights	Fort Myers Beach	1952	788	\$999,700	\$970,000	355
Edgewater	Fort Myers	2005	2,638	\$799,000	\$735,000	63
No Subdivision	St. James City	1979	1,949	\$675,000	\$625,000	714
Harborage	Fort Myers	1994	2,070	\$649,900	\$625,000	56
Cape Coral	Cape Coral	2003	2,216	\$599,000	\$580,000	248
Hampton Greens	Fort Myers	2001	3,222	\$589,900	\$550,000	34
Bonita Isles	Bonita Springs	2013	2,080	\$529,000	\$515,000	13
Cape Royal	Cape Coral	2006	2,776	\$499,999	\$490,000	3
Dunes At Sanibel Island	Sanibel	1977	1,481	\$499,994	\$444,500	105
Heron's Glen	North Fort Myers	2004	2,373	\$499,900	\$425,000	56



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