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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 21, 2016

SEPTEMBER SUNRISE/SUNSET: 21 7:31 • 6:55 22 7:32 • 6:54 23 7:32 • 6:53 24 7:33 • 6:53 25 7:33 • 6:52 26 7:34 • 6:51 27 7:34 • 6:50

New King And Queen Of Baileyfest Crowned

by Jeff Lysiak

An island tradition for 31 years, the coronation of the Baileyfest king and queen took place last Monday morning at The Sanibel School, as fifth graders Lily Noorlander and Brandon Stevens were officially crowned to the applause of their friends and fellow classmates.

"One of the coolest things about this is that in my 16 years in education, I had never crowned a king and queen before," said Chuck Vilardi, first-year principal at The Sanibel School.

During the coronation ceremony held at the school's media center, Noorlander and Stevens read their winning essays in front of their classmates, a tradition which will be repeated when the pair are officially crowned at Baileyfest celebration, taking place this 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.

Vilardi invited both the fifth grade class – each of whom participated in the annual essay competition which follows the theme "What Sanibel Means To Me" – as well as the fourth graders, whom he hoped would be inspired by witnessing the crowning of the queen and king before they take their turn in next year's contest.

In addition, music educator Joey Giangreco performed the tune *One Moment In Time* in honor of the newly-crowned student royalty.

Brandon Stevens' Essay

Sanibel is not just a regular place somewhere in the world. We are fortunate to live here. We have the privilege to enjoy it. We are able to enjoy the beautiful wildlife. Sanibel is not just one of the parts that makes up the world – it means freedom to all of us. One thing that is cool about our island is the wildlife. There is so much. Land and sea, there is a ton. There are also unique beaches. All around the island, too... everywhere you go, you are never more than 11 miles away from

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Fifth graders Lily Noorlander and Brandon Stevens were crowned the queen and king of the 2016 Baileyfest celebration, which will take place this Sunday from noon to 4 p.m.

photo by Jeff Lysiak

Conservation Art Day At Refuge

Five-time Federal Duck Stamp winner Joseph Hautman from Plymouth, Minnesota headlines the 8th annual Conservation Art Day at JN "Ding" Darling National Wildlife Refuge on Saturday, October 22 from 10 a.m. to 5 p.m. Florida Junior Duck Stamp winner Megan Zou will also be on hand.

"Eight years ago, we moved the duck stamp artist presentations from Family Fun Day so we could honor the winning artists with a day devoted especially to them," said Supervisory Refuge Ranger Toni Westland. "So Conservation Art Day is now the time to get your duck stamps signed."

The presentations, along with nature art, cartooning, photography and art demonstrations, will bring the weeklong "Ding" Darling Days to a close. Admission to Wildlife Drive is free all day and plein air artists will be painting along the way.

The first 200 arrivals that day receive a reusable bag with art supplies and an opportunity to ask wildlife artist John Brennan questions as he demonstrates in

continued on page 6



Plein air artists will be painting along Wildlife Drive. Admission to the drive is free on Conservation Art Day

photo courtesy DDWS

Blues And Jazz Festival Debuts November 6

by Jeff Lysiak

The inaugural Sanibel Blues & Jazz Festival, presented by The Sanibel-Captiva Optimist Club, will make its debut on Sunday, November 6 at Bailey's Center on Sanibel from 1 to 7 p.m.

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

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

- 1:15 p.m. – The Jazz-Matics. A Southwest Florida-based band that frequently plays at the Roadhouse Café in Fort Myers, the Jazz-Matics

continued on page 3

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From page 1

Blues And Jazz

will open the festival. Paying homage to the greatest jazz and R&B music of our generation, the group puts their own jazzy twist on the music of Stevie Wonder, Alicia Keys, Chuck Mangione, Luther Vandross, Grover Washington Jr., Sade, The Average White Band and many others.

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

- 3:55 p.m. – The Marty Stokes Band. Raised on Sanibel and Captiva Islands, Stokes has been playing different variations of blues music since he was a kid. Raw and melodic, original, and reaching to the emotional core, Stokes will not disappoint a good blues audience. A group of long-time friends,

the band “delivers the goods” with tasteful grooves over Stokes' originals, alongside creative arrangements of cover tunes. The group also recently won the 2016 Regional International Blues Competition of Southwest Florida, along with the People's Choice Award.

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

10 British blues guitarists of all time.

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

According to event organizers, the festival will feature a variety of fine cuisine and spirits. Barbecued ribs and other food and beverage offerings – including beer and wine – will be available for purchase. Coolers will not be permitted.

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

General entry donations are \$40 per person. A \$125 per person donor VIP package covers food, beverages,

VIP area seating, VIP parking and a festival T-shirt. Tickets are limited to 700 people and are first come, first served. Tickets are available at Bailey's General Store, George and Wendy's Seafood Grille, The Sanibel Café, the Sanibel Captiva Community Bank, from members of the San-Cap Optimist Club and at sanibelbluesandjazzfest.org.

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

Sponsorships are also available. For more information, contact Stan Howard at 472-0836 or Richard McCurry at 292-4631.✱

Pup-Friendly Party Benefits Humane Society

The Gulf Coast Humane Society (GCHS) will be at the Over Easy Café patio on Sanibel on Friday, October 28 from 5 to 7 p.m. for the Island Paws 12th annual Howl-O-Ween Party.

For \$15, you and your dog(s) can mingle among friends while consuming “pup-tails” and “yappitizers” while raising money for GCHS.

Enter to win the Island Paws annual dog Halloween costume contest, the first-ever “pup-kin” carving contest and buy tickets for raffles. Island Paws will also hold a pet food drive benefiting GCHS. Goody bags will be available to take home.

Island Paws began this annual party in its first year as a way to show customer appreciation. Owners Trasi Sharp and Lisa Clouse rescued Hazel, their mastiff mix, from a kill shelter in northern Florida. She was extremely sick with pneumonia and was heartworm positive. The two owners spent a year getting Hazel back to a healthy, happy life. They had a Hazel for Heartworm fundraiser and dedicated the donations raised to provide heartworm treatment for dogs.

The company has partnered with different organizations over time, but three years ago invited GCHS to become the Howl-O-Ween Party benefactor after Sharp and Clouse fell in love with the shelter's mission.

The Over Easy Café Olde is located in the Sanibel Shoppes, 630 Tarpon Bay Road #1.

For more information, visit islandpaws.com or call 395-1464.✱

YOUR VOTE COUNTS

November 8, 2016





ELECTION

YES

on Conservation 20/20

It is an opportunity for citizens to help safeguard Lee County's long-term economic and environmental sustainability and quality of life by continuing to protect the county's exceptional natural resources, yet without increasing taxes.



ELECTION

NO

on Amendment 1

Amendment 1 is a deceptively worded amendment that creates barriers for future solar power competition and slows solar use for the future. Help keep solar rights in your OWN hands, not in those of the utility companies.




I VOTED TO HELP CONSERVATION

dingdarlingsociety.org

Greyhound Rescued On Sanibel Beach



Andrea Ray, left, from Tennessee and Lisa Morton from Scotland rescued an older greyhound from the gulf photo courtesy Julie Runyon


Steve and Julie Runyon, visiting from Charleston, Illinois, were recently on the beach and witnessed two women walking out into the gulf, headed toward an animal's head which appeared bobbing out of the water. When the women – Andrea Ray from Tennessee and Lisa Morton from Scotland – got closer, the animal turned and started swimming further out, and away from them. The two moved faster and eventually caught up with the animal, which was exhausted and weak, and they carry it back to shore. They had rescued an older greyhound. The women wrapped the canine in a blanket and 911 was called. The Sanibel police officer who arrived on the scene said the owner had been located and the dog would be returned.*



Students in the trees photo courtesy SCC


Students Invited To Take To The Trees

On Saturday, October 29, the Sanibel Community Church (SCC) H2O Student Ministries is getting in the trees. Students will head to TreeUmph!, Southwest Florida's first treetop obstacle course located in Bradenton. Participants will prepare to depart at 7:45 a.m. The cost is \$50, which covers climbing, transportation and fingerless gloves. Bring a sack lunch. H2O Student Ministries is for sixth through 12th graders. The group meets on Wednesdays from 5 to 7 p.m. for middle school students, and from 6 to 8 p.m. for high school students and on Sunday mornings at 11 a.m. All are welcome to attend. Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call 472-2684.*



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OBITUARY



SUSIE MARKS

Susan Seeley Marks passed away peacefully at home surrounded by her family and supported by Hope Home Hospice on October 12, 2016 after a 3.5-year battle with lymphoma.

She grew up in Redington Beach, Florida. She graduated with a degree in nursing. Soon afterwards, she met Phillip Marks, her husband of 49 years, and they moved to New Orleans, Louisiana where she was the chief nurse of renal surgery for the university. She and her husband then moved to Los Angeles, California for his medical internship and residency where she was head nurse for the University of Southern California renal surgery department.

Following her husband's residency and fellowship, they moved to Orange

County, California to raise their two daughters. During these years, she accepted a voluntary position to develop and administer the largest pediatric dental center in California for underprivileged Hispanic communities. Thousands of children received dental care during her 25 years of service.

In 2003, Susie and her husband moved to Sanibel as full time residents. She was an energetic volunteer at SCCF (native nursery, mangrove monofilament collection via kayak, turtle and snowy plover nest monitoring). She served as vice chair of the City of Sanibel's Vegetation Committee and cooperated with the city's Department of Natural Resources. Susie was also a dedicated volunteer at the Sanibel Public Library and at the Forum of BIG ARTS.

She is survived by her husband Phillip Marks, daughters Jennifer Haas and Heather Marks, granddaughter Seeley Haas, grandson Asa Jansen and sister Sandra Counts.

Her vibrant personality, warm smile, infectious laugh, and her commitment to Sanibel's unique ecosystems will be remembered and missed by her many friends. Her earthly form is gone, but her loving memories will live in the hearts of her family and friends.

A celebration of her life will be announced in the future. In lieu of flowers, a donation in her honor to the charity or organization of your choice would be appreciated.✱



Wesley and Brooklynn Maxwell

photo provided

Siblings On Sanibel

Wesley James Maxwell from Miami, Florida first visited Sanibel when he was 6 weeks old. He is back this year with his 3-month-old baby sister, Brooklynn Kay Maxwell.✱

From page 1

Art Day

the Visitor & Education Center. Select art gifts will be 10 percent off in the nature store.

A bird dress-up photo station in the center will allow visitors to take selfies and groupies to share.

"Conservation Art Day has grown into a day of wildlife art that pays homage to the legacy of conservation art begun by the refuge's namesake, Jay 'Ding' Darling, a Pulitzer Prize-winning political cartoonist and the original duck

stamp artist," said Westland.

Geared toward families and art enthusiasts, the day will offer participants the choice between a photography tram workshop on Wildlife Drive, compliments of nature photographer Terry Baldwin and Tarpon Bay Explorers (for first 30 signups that day), and a make-and-take feather portrait class with Painting with a Twist of Fort Myers for the first 25 children who sign up on Saturday.

See the complete schedule at dingdarlingdays.com.✱



Five-time winner Joseph Hautman designed the 2016-2017 Federal Duck Stamp featuring trumpeter swans photos courtesy DDWS



Painting with a Twist of Fort Myers will conduct a hands-on class for painting this bird feather portrait on canvas



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Picnic At The Pink Out This Saturday

by Jeff Lysiak

The 5th annual Pink Out Sanibel & Captiva Islands – this year 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!"

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



Breast cancer survivors, volunteers and supporters gathered at last year's Pink Out Sanibel celebration at Sanibel Fire & Rescue District Station #1. This year's event will take place on Saturday, October 22.

photo by Jeff Lysiak

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 or mail your check to Pink Out FISH, P.O. Box 504, Sanibel, FL 33957.

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 throughout the event. 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.

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

Planning Commission Should Reject Rentals Of 'Low Speed Vehicles'

by Mike Miller, President, Committee of the Islands

The October 25 meeting of the Sanibel Planning Commission is scheduled to include consideration of an application for a conditional use permit allowing the establishment on Sanibel of a business that will rent up to 15 "low speed vehicles."

The term "low speed vehicle" is a euphemism that describes an open-air vehicle, similar to a golf cart, that is allowed, under federal regulations, to operate on public streets without having the full range of safety devices that would generally be required for an automobile, provided that its maximum speed be mechanically limited to 25 miles per hour.

The planning commission should reject the application for several reasons.

First, the applicable Sanibel ordinance requires that an application for a conditional use permit must establish that "...the proposed use will not adversely affect the traffic flow to a greater extent than a permitted use." The application includes a traffic study

that compares the expected traffic to and from the rental location as compared to a permitted use of the same location. But what's missing is the impact on traffic by the very use of the vehicles. Vehicles of this nature are not just used to get from "A to B;" they are used for recreation. In the words of the application, the operation will create an open-air option allowing "visitors to enjoy the natural beauty of the island." These vehicles will increase congestion on our already clogged roads, and for this reason alone, the application should be denied.

Second, the mechanically-limited 25 mph maximum speed of these vehicles would slow traffic movement on some of our roads and possibly create a safety hazard.

Third, the applicable Sanibel ordinance generally requires that the conditional use being requested "... shall be inherently beneficial to the community or reasonably necessary to its convenience." There is nothing in the application, nor is there any inference that can reasonably be made, to suggest that the rental of these overgrown go-carts will benefit the Sanibel community in any way.

Fourth, and most important of all, under the law, the conditional use requested must be in accord with the Sanibel Plan. In specific terms, section 3.3.3 of the plan sets forth the objective of reducing auto (vehicle) ridership; establishing an on-island vehicle rental operation does not further that objective.

And in more general terms, the plan, and the Sanibel Vision, reflect a hierarchal structure in which uses that serve the community are allowed only if the qualities of

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Read Us Online: www.IslandSunNews.com

Firefighters Visit Preschool



Preschoolers and firefighters show their funny faces photos courtesy SCC

Three Sanibel firefighters paid a visit to Summit Christian Preschool at Sanibel Community Church recently, telling Keeva Clark, Isla Mendez, Finley Hall, Brynn Selby, Kelyse Schafer, Gretta Livermon, Addison Quillen, Avagrace Froelich, Taylor Peach, Chloe Selby, Jase Foster and Ryder Szymanczyk about their jobs.

The kids climbed in the fire truck and learned to spray water. There was time for a little fun, too.

The church is located at 1740 Periwinkle Way, next to Jerry's market.✱



Taylor Peach learns how to spray the hose

Trunks Will Brim With Candy



Children are invited to collect treats from the trunks photo courtesy SCC

Sanibel Community Church (SCC) invites all little princesses and superheroes to Trunk or Treat on Monday, October 31 from 4 to 6 p.m.

There will be lots of trunks brimming with all kinds of candy to collect. After gathering the treats, jump in the bounce houses, play games and nibble a sweet or two.

Trunk or Treat is a safe, family place for everyone.

The church is located at 1740 Periwinkle Way, next to Jerry's market. For more information, call 472-2684 or email Kathy@sanibelchurch.com.✱

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St. Michael's acolytes, dressed in full regalia for the festival procession, back row, from left, Sean O'Brien, Michael O'Brien, Lya Kjoller, Chet Sproles, Marvell Bradley, Emma Neill and Ellen Sloan. Front row, from left, Camryn Peach, Mia Kjoller, Jenna Kjoller, Meghan Warner and Anna Kjoller.

photos courtesy SMAAEC

Church Acolytes Attend Episcopal Festival

On September 23 and 24, nine children and four adults from St. Michael & All Angels Episcopal Church (SMAAEC) participated in the 3rd annual Acolyte Festival at the Cathedral Church of St. Peter in St. Petersburg.

Led by Dr. Ellen Sloan, rector at St. Michael's, and assisted by van driver Jerry McCullough, the participants included: Marvell Bradley, Anna, Jenna, Lya and Mia Kjoller, Michael and Sean O'Brien, Camryn Peach, Emma Neill, Chet Sproles and youth group leader Meghan Warner. They were joined at the festival by approximately 600 attendees from the Diocese of Southwest Florida, including more than 350 acolytes, 50 of whom were adults.

The festival began with a get-acquainted, continental breakfast and



Anna Kjoller and Michael O'Brien hold the St. Michael's banner, hand-made by parishioners for the event

two morning workshops. The central event was a Holy Eucharist service, which included a solemn procession of all 350 acolytes, in full regalia, through the nave of the circa 1899 gothic-style cathedral. During the service, the acolytes renewed their vows.

Officiating at the service was Bishop Dabney Smith of the Diocese of Southwest Florida. The Rev. Katie Churchwell, the cathedral's canon for community outreach, delivered the

sermon. The service was highlighted with special music for the celebration performed by the full cathedral choir and organ.

Youngsters in fourth through 12th grades who are interested in becoming acolytes can contact Sloan by calling 472-2173 or visiting saintmichaels-sanibel.org.



Show your colors!

This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

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Cookout at Sanibel Community Church
 photo courtesy SCC

On Sunday, October 23 at 5 p.m., men of all ages are invited to join others at Sanibel Community Church to play games, taste barbeque ribs, experience vibrant worship, hear inspiring testimony and receive updates about how to grow in your faith.

The reunion is free and there is no need to pre-register.

The church is located at 1740 Periwinkle Way on Sanibel. For more information, call 472-2684 or visit sanibelchurch.com.

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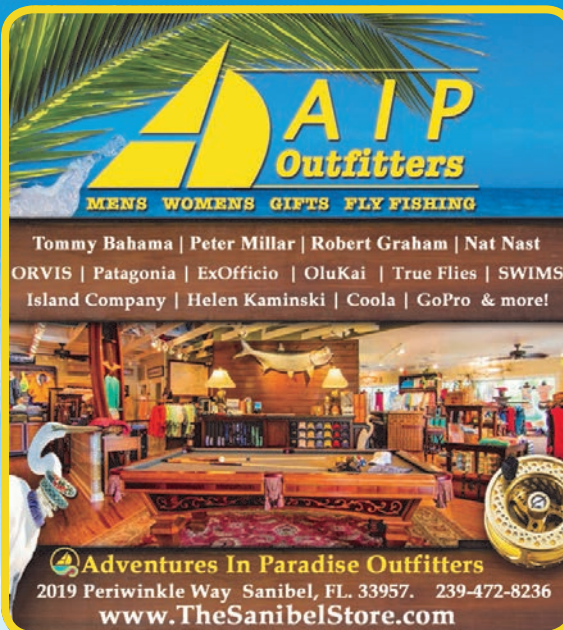
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Tahitian Gardens

1975 Periwinkle Way

A collection of jewelry featuring a gold-toned bracelet with a map of Daniel Island, a matching necklace with various nature-themed charms, and several brooches including a flamingo, a seashell, and a pelican. The items are displayed on a light-colored, textured background.



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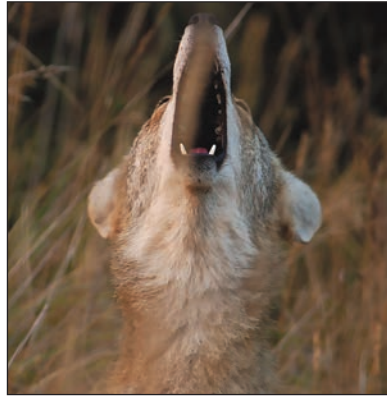
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Sanibel-Captiva Conservation Foundation

Coyote And Bear Tales

On Wednesday, October 26 at 10 a.m., SCCF will present a program about two newcomer species to the islands: the coyote and Florida black bear. Both were documented on the island for the first time in the winter of 2010. Learn about the behaviors of these two new species and how to live with them. Coyotes have now moved into every county in Florida. The island's Florida black bear has been relocated to better habitat.

The cost is \$5 for adults, free to children and SCCF members.



Coyote

photos courtesy SCCF

Gardening For Butterflies And Other Native Pollinators

Are you thinking about adding a butterfly and wildflower garden to your landscape? Dee Serage-Century will lead a program called Gardening for Butterflies and Other Native Pollinators on Wednesday, November 2 at 11:30 a.m.

The program, to be held at the Sanibel-Captiva Conservation Foundation (SCCF) Native Landscape and Garden Center at the Bailey Homestead Preserve, will focus on which native plants will bring those native pollinators flying. Both nectar and larval plants will be discussed and for sale. The SCCF laminated butterfly field guide and native bee nesting boxes will also be on hand.

Take a guided walk through the Wildflower and Pollinator Garden to get ideas for your home garden. Design and installation services are available through the SCCF Native Landscapes and Garden Center.

Call 472-2329 for reservations. Meet under the pavilion at 11:30 a.m. at the Bailey Homestead Preserve, located at 1300 Periwinkle Way.



Hummingbird moth

The Monarchs Are Coming

One of the wonders of the world is the migration of the monarch butterfly from Canada to the mountains of Mexico and back.

On Wednesday, November 9 at 10 a.m., SCCF will show pictures from a trip to those monarch over-wintering grounds. This is a great opportunity to learn about these amazing insect ambassadors.

The program will be held in the auditorium at the SCCF Nature Center. Cost is \$5, no charge for SCCF members.



Monarch butterfly

Croc And Gator Tales

The biology of alligators and crocodiles is an ancient tale of survival. Florida's history of these reptiles and humans are closely intertwined. To learn about these fascinating creatures and what can be done to ensure human safety and their survival on the islands, attend Croc and Gator Tales on Thursday, November 10 at 10 a.m. in the SCCF auditorium.

Please, never feed an alligator.



Crocodile

Making The Land Work

Every Wednesday in October at 8:30 a.m., SCCF offers a walking tour of the Bailey Homestead Preserve, located at 1300 Periwinkle Way. The tour begins at the gateway kiosk at the head of the Shipley Trail just inside and to the left of the west property entrance.

The one-hour program focuses on SCCF's restoration of this 28-acre habitat for wildlife and how the land was used by three generations of the Bailey family. The walk includes the newly planted gardens at the Native Landscapes and Garden Center, the windmill, the pavilion, the Devitt Pond overlook and entrance to the Bailey family home. Cost is \$5 per person, no charge for SCCF members.

Call SCCF at 472-2329 for more information on these programs. Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.✱



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Three views of the garden zachrysia, *Zachrysia provisoria*, collected on Captiva Island

Shell Of The Week

Garden Zachrysia



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

The garden zachrysia, *Zachrysia provisoria* (L. Pfeiffer, 1858), is a species of land snail

commonly found on Sanibel, Captiva and many other parts of Florida. The species is originally native to

Cuba, and is an invasive to Florida, the Bahamas and several Caribbean islands. Its shell is globose, measuring a tad more than an inch (reaching 30 mm), and is white and translucent, under a brownish "skin-like" periostracum. The aperture lip is white as the rest of the shell, but not covered by the periostracum. The species is considered a pest of garden plants rather than of agricultural crops, as some other introduced species are. Learn more about Sanibel and Captiva mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:

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

Arts & Crafts – 1:30 to 2:30 p.m.
Please check our arrival board in the main lobby for updates to daily schedules.
The Bailey-Matthews National Shell

Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.*

photos by José H. Leal

23rd Annual Esperanza Woodring Memorial Cast Net Rodeo

The Bait Box is throwing its 23rd annual Esperanza Woodring Memorial Cast Net Rodeo on Saturday, November 5. Children will compete by casting nets at moving and fixed targets. Refreshments, music and a raffle are also a part of the day's events.

Free lessons and demonstrations will be offered. Registration is free and each child will receive a prize just for competing. Lessons begin at 8:30 a.m. and the competition starts at 9:30 a.m.

All proceeds benefit START (Solutions To Avoid Red Tide), a nonprofit organization dedicated to funding and promoting efforts to prevent, control and mitigate red tide.

"My mom (Esperanza) would be very pleased to know we are trying to find a solution to the red tide," said Ralph Woodring, owner of The Bait Box.

Born on Cayo Costa in 1901, Esperanza Woodring spent more than 75 years on the waters around Sanibel as a commercial fisher and as a fishing and shelling guide. She was a master at the art of cast netting, thus was born the Esperanza Woodring Memorial Cast Net Rodeo.

START is a grassroots organization and is a member of the Red Tide Alliance, which is composed of Mote Marine Laboratory in Sarasota and the Florida Fish and Wildlife Research Institute in St. Petersburg. This alliance focuses on developing programs that monitor, control and mitigate red tide. Additional details can be found at www.START1.org.

For more information, visit www.baitboxsanibel.com or contact Ron Taverna at 472-1618 or by email at baitbox@mindspring.com or rtaverna1031@gmail.com.*

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"More Than A Ride"

Speaker Series At Refuge Opens With Noted Marine Scientist



Dr. Ellen Prager

photo courtesy DDWS

In conjunction with the visiting Smithsonian Water/Ways exhibit at the "Ding" Darling Visitor & Education Center October 28 through December 7, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will be hosting a free biweekly Soak-It-In Speaker Series on select Fridays at 1 p.m. Noted author Dr. Ellen Prager kicks off both the series and exhibit on Friday, October 28 with an Ocean Trivia program for all ages.

"Ellen Prager has developed this amazing program that she presents on cruise ships," said Sarah Lathrop, associate director of DDWS, the nonprofit that is also funding Water/Ways engagement. Lathrop oversees the exhibit with Supervisory Refuge Ranger Toni Westland. "Earlier that day, she is doing a different program with students from The Sanibel School and Lehigh Elementary School about her book, which the society donated to all the students, called *Shark Whisperer*. It is one of a trilogy of marine detective young-adult books."

Dr. Prager is a sought-after speaker widely recognized for her expertise and ability to bring science to the layman. She has appeared on *The Today Show* and NBC News, *Good Morning America*, FOX News, CBS *Early Show*, CNN *American Morning*, *Larry King Live*, The Weather Channel and Discovery Channel.

The marine scientist, freelance writer, consultant, science advisor to CelebrityXpedition in the Galapagos Islands and Safina Center Fellow is also author of the popular adult book, *Sex, Drugs, and Sea Slime: The Oceans' Oddest Creatures and Why They Matter*.

Admission to all speaker presentations is free but limited on a first-come basis. The schedule of speakers is:

November 4 – Author Cynthia Barnett, *Blue Revolution: A Water Ethic for*

continued on page 44



SCCF Executive Director Erick Lindblad, center, with Linda and Tom Uhler, and Geoff and Robbie Roepstorff

photo courtesy SCCF

Bank Sponsors Wines In The Wild

Bank of the Islands has once again returned as the presenting sponsor for the 2016 Wines in the Wild fundraiser for the Sanibel-Captiva Conservation Foundation (SCCF).

"We appreciate the partnership which the bank has had with Wines in the Wild over the years," said co-chairs Tom and Linda Uhler. "This event would not be nearly as successful without their support. Thanks to the Roepstorffs and the entire Bank of the Islands staff."

For the first time, Wines in the Wild will be held at SCCF's Bailey Homestead Preserve on Saturday, November 5 from 7 to 9 p.m. Guests will explore the grounds and unique features of the historic homestead while sampling wines selected by wine connoisseur Tom Uhler, accompanied by hors d'oeuvres from Leslie Adams Catering.

Reservations for Wines in the Wild can be made by calling SCCF at 472-2329. Cost is \$75 per person in advance; \$85 at the door.

The Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel.✱

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Manatees

photos courtesy CIYC

Manatee Presentation On Captiva

The Captiva Island Yacht Club (CIYC) will host a presentation on manatees with speaker Cora Berchem of the Save the Manatee Club on Tuesday, October 25 from 10:30 to 11:45 a.m. The presentation is open to the public.

Learn about the life, history, ecology and conservation of manatees, as well as the mission and research of the Save the Manatee Club.

Captiva Island Yacht Club is located at 15903 Captiva Drive. For more information, call 472-4133.*



Cora Berchem

Plant Smart

Seapurslane

by Gerri Reaves

Seapurslane (*Sesuvium portulacastrum*) is a native low-growing perennial groundcover that typically reaches less than a foot tall.

This member of the ice-plant, or carpetweed, family is found in the wild on beaches and dunes and in salt flats and muddy areas farther inland. Other names include shoreline seapurslane and perennial seapurslane.

This succulent wildflower is highly salt tolerant, multi-branched and mat-forming, so it's useful in stabilizing beach landscapes.

Fleshy reddish-green stems creep along the ground or over rocks, growing eight to 20 inches long.

The opposite leaves are spatulate or oblong and one-half to two inches long.

Single star-like flowers of less than an inch across bloom year-round, opening only a few hours per day.

They are petal-less but have five pointed sepals with purple or pink interiors and green exteriors. At the flower's center are numerous stamens.

The fruit capsule contains many glossy black seeds.

Give this hardy plant full sun and well-drained soil. It has a moderate to fast growth rate, high drought tolerance and will grow in nutrient-poor soil.

Seapurslane can be eaten raw, pickled or cooked. Its strong salty taste



The star-like flowers are actually sepals with pink interiors photos by Gerri Reaves

must be diluted by cooking in water more than once.

It has been used to treat vitamin-C deficiency and is cultivated in Eastern Asia as a vegetable. The crushed leaves are used to treat wounds caused by poisonous fish.

Propagate it with seeds or cuttings.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Waterwise* by SFWMD, *Wild Plants for Survival in South Florida* by Julia F. Morton, edis.ifas.ufl.edu and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.*

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CROW Case Of The Week:

Burrowing Owl

by Bob Petcher



Burrowing owls (*Athene cunicularia*) are the only species of owl that lives underground, thus the specific name. The smallest owls in North America at roughly 10 inches tall reside

in burrows that have been dug out by ground squirrels, prairie dogs and other small mammals. Their distinctive look includes brown spotted feathers, long legs, white eyebrows and bright yellow eyes.

Burrowing owls can be found in much of the United States, Canada, South America and the Caribbean Islands. However, they are declining in population.

While owls are known to be nocturnal, burrowing owls are active during the day. They can be located in agricultural areas, such as grasslands and rangelands, and in deserts or other open dry areas with low ground cover. Other dissimilarities between the night owl and the burrowing owl include gender size, where the sexes of the burrowing owl are similar in size, unlike the night owl where the female is larger; and limb size, where the smaller burrowing owl actually has longer legs than the night owl. Those longer legs

enable the ground owl to sprint when needed. That is quite a comical sight to witness.

Burrowing owls do hunt at night however. They possess the same advantageous night vision and acute hearing as their night owl cousin.

At CROW, a juvenile burrowing owl was brought in from Cape Coral with a wing injury as a result of possibly being hit by a car. X-rays from the mid-June injury showed a fracture in the right wing, and surgery was required to place a pin in the fracture site. After surgery, the owl received physical therapy and continued to gain weight and eat well on its own by enjoying a diet of small mice. Unfortunately, the wing did not heal fully due to the seriousness of the injury, and the owl could not be released. Because it was non-releasable, CROW officials decided that the owl would become an animal ambassador.

The second chance at life as an animal ambassador allows some animals to aid in educational programming.



Patient #16-2135 is now CROW's latest animal ambassador

photos by Kenny Howell

The new addition will join four other animal ambassadors at CROW: Lola, an American kestrel; Sneezy, a Virginia opossum; Bashful, another Virginia opossum; and Shelldon, a gopher tortoise.

The new ambassador is currently being trained by animal rehabilitators, an approximately six-month process, while being introduced daily to guests in the visitor education center. Starting Monday, October 24 through Friday, October 28, CROW will be celebrating Halloween owl style. Owl-O-Ween week will feature daily crafts, snacks and discounts on owl merchandise in the gift shop. Guests will have the opportunity to meet and help name the burrowing owl ambassador.

The winning name will be revealed on Halloween on CROW's Facebook site.

CROW Education Coordinator Rachel Rainbolt stated the owl will reside in a new enclosure in the CROW gift store. The enclosure will feature "a burrow that it can go to if it feels uncomfortable around people or needs some time away." Rainbolt said the owl requires natural light, something the gift store provides but not the visitor education center.

"Since it is a new animal ambassador it will still be in training and getting used to guests, so for now it will remain in the enclosure," she said. "In the future, it will be featured at our presentations and offsite events just like our other ambassadors."

Education through ambassadorship is essential to CROW's mission.

"Have a burrowing owl as an Animal Ambassador is very exciting. They are a unique animal, and we are fortunate to have the largest population of Florida burrowing owls in the world," said Rainbolt. "Education is a core part of our mission, and this new Animal Ambassador will continue to make learning about local wildlife exciting for guests."

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

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Enjoy The Fall Action



by Capt. Matt Mitchell

A full week of gusty northeast winds certainly did not slow down the fishing action. If anything, it did wonders to concentrate the fish and really kick

the fall bite into high gear. The most challenging part of a day spent on the water this week proved to be crossing rough water while keeping everyone dry and comfortable. At times, wind gusts exceeded 25 mph and had the sound really stirred up. During windy days, it was often just a matter of making that one short open water crossing to get tucked away. Then, we got to enjoying some crazy fishing action, with very few other boats or anglers out.

Once off the waters of the exposed bay – either on the eastern side of the sound or back in the mangrove creek systems – conditions were near perfect,

with great tide and lots of hungry fish. Live shiners had these fish fired up and coming out from the trees to explode baits on the surface better than I have seen in weeks. Snook, mangrove snapper, trout and even a few redfish were part of a usual days' catch. Shiner fishing deep in these mangrove creek systems is some of my favorite fishing action of the year.

Water temperatures have really cooled over the past week and are now in the high 70s to the low 80s. What might seem like a slight temperature drop has been just enough to start the seasonal relocation of snook from the beaches and passes where they summer to the backcountry. Dropping water temperatures are a sure sign to the fish that winter is on the way and it's time to start packing on weight and making that move changing to more protected waters. In years past, I don't recall catching so many snook in these areas until at least November or later.

Although windy days can be a grind for boaters, consistent wind direction is a good thing for fishing, often letting anglers take advantage of what can be a very predictable pattern. When both the wind and tide speed up water movement against a shoreline or channel, it will push the food to the fish, creating a feeding



Albert and the 25-inch redfish he caught while visiting Sanibel for his 80th birthday this week

Send Us Your Fish Tales

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

station. Once you dial in this pattern and the conditions and set up remain the same, you can return to these same places enjoying great action... sometimes for days. As long as the set up remains the same, there is no reason for these fish to have to relocate.

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.*

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CROW Calendar Of Events

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

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

Friday, 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 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 24, 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 25, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

encounter following the presentation.
Wednesday, October 26, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Thursday, October 27, 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 28, 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 28, 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.✧

From page 8

Vehicles

sanctuary are retained, and uses that represent an attraction are allowed only if both qualities of sanctuary and community are retained. The rental of these go-carts to tourists so they can ride up and down Sanibel streets would be an attraction inconsistent with both sanctuary and community.

For all of the above reasons, each one of which would be sufficient by itself, the conditional use application should be rejected by our community's planning commission.

COTI invites your input on this and other issues affecting our island. Send an email to coti@coti.org. To read our past commentaries on island issues, visit www.coti.org. Or visit Committee of the Islands on Facebook.✧

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'Ding' Darling High School Photo Contest Is Now Open

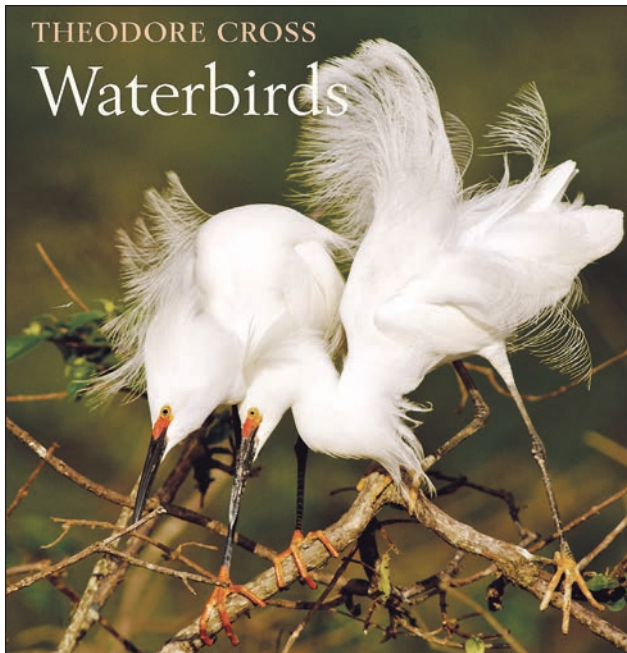
The 4th annual "Ding" Darling-Theodore Cross High School Photography Contest kicked off October 1, with a deadline of Sunday, January 15.

The competition invites high school students in Lee, Collier, Charlotte, Glades, and Hendry counties to compete for prizes that include a Canon digital SLR camera package, chartered class trips to the refuge, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Cross, who lived part time on Sanibel and has family still on the island, marched with Dr. Martin Luther King Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote *Black Capitalism*, among other books; played a role in President Obama's election; and created *Birders United* – a birding website that ranked legislators according to their record of bird protection.

Late in life, Cross decided to indulge his love for birds and photography, and traveled the world collecting portraits and stories chronicling his adventures. He shot often at the "Ding," and numerous images in his book reflect his love for the refuge. Cross published his book in 2009 at age 85; he passed away in February 2010.

"The Theodore Cross Family Charitable Foundation has made possible this contest



Theodore Cross' coffee-table book of bird portraits
photos courtesy DDWS

with a generous grant to the 'Ding' Darling Wildlife Society-Friends of the Refuge (DDWS)," said Birgie Miller, DDWS executive director. "We couldn't be more thrilled that they wanted their donation used in this way for a fourth year."

"We are so happy to be supporting a contest in my father's name, a contest that will get our youth involved with nature by looking at it – as my father so loved doing – through a camera lens," said his daughter Amanda Cross.

All entries and personal information must be submitted in digital format to: ddhsphotocontest@gmail.com, and include full name, high school, grade and an original photograph taken of nature and/or wildlife in the open outdoors. Include a title for the photo and a written description (minimum 100 words) of the moment captured and how it reflects what nature and wildlife means to the photographer.

Entries must comply with the following requirements:

- High school students attending schools in Lee, Collier, Hendry, Glades and Charlotte counties in grades nine through 12 may enter.
- Only digital images are accepted and may be taken with any camera, including smartphones.
- Images must be in JPEG format and must have a size of at least 2000 x 1500 pixels or resolution of 2 megabytes.
- The photograph must be taken of nature and/or wildlife in the open outdoors in the state of Florida, which may include parks, refuges, backyards and other open spaces.
- Panoramic photos are not allowed.
- Filters, cropping, enhancements and boarders are permitted. However, adding any elements not existing in the original scene is not allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.
- Each participant may enter up to two photos but is eligible to win only one award.
- Judging is anonymous. Do not place a name or anything that will identify the photograph.
- There are three judges: a refuge staff person, a professional photographer and a resident of the five-county region.
- Judging criteria:
 - Technical excellence, which includes sharpness, lighting, composition and exposure
 - Creativity
 - Explanation of photograph (minimum 100 words)
 - Photos become the property of the society and may be used by the society in any way with appropriate credit.

After the images have been submitted electronically, they will be printed out for judging.

The winners will have their images matted and displayed in the "Ding" Darling Visitor & Education Center.

For more information, visit dingdarlingsociety.org/photo-contests or call 472-1100 ext. 233.✴



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Fish Caught



Lauren Tucker and a fish caught



Grant and Lauren Tucker



Lauren Tucker with another catch



Ben Tucker with his catch

Grant, Ben and Lauren Tucker, visiting from Columbus, Indiana, braved Hurricane Matthew and came to Sanibel for Lauren's fall break from Indiana University on October 7. The next day, the family took an all-day fishing charter with Capt. Jimmy Burnsed from 'Tween Waters Marina on Captiva. The trip began with catches of ladyfish, mackerel and trout (the trout ended up as part of a meal at the Lazy

Flamingo). From there, the group moved on to drifting pinfish through the passes on the outgoing tide. This produced constant hook-ups on snook, and the group ended up catching 18 to 20 fish, up to 27 inches, just below the slot. Lauren did manage a 24-inch redfish during this bite. After lunch, they anchored in a channel and put the ladyfish and mackerel they caught earlier in the day to good use.

During the next two hours, the group caught blacktip, bull and lemon sharks up to six feet. Ben also caught a stingray that was four feet in diameter, and Lauren caught a nurse shark with the most unusual spot pattern that any of them – including Capt. Burnsed – had ever seen. On the way back, the group stopped to drift some jumbo baits through Redfish Pass on the incoming tide. Although the water had become cloudy from the recent wind, Lauren hooked up with a 35-inch,

15-pound snook on the first pass. This was not a real surprise, since Lauren had caught more snook than either her brother or her father all day. A few drifts later, Ben managed to land a slot-sized, 29-inch snook and on the last drift, with the last pin fish, Grant caught a 30-incher. Despite the threatening hurricane, it turned into a fantastic trip – good weather, great fishing and great food.*



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Sanibel Sea School Offers New Programs

Sanibel Sea School is set to offer two new after-school programs in partnership with The Sanibel School and the Sanibel Recreation Center – After School Surfing and Ocean Art.

These programs are open to students in grades one through five and are designed to allow participants to experience the ocean in new ways and improve existing waterman skills.

Every Tuesday in November, instructors from Sanibel Sea School will teach surfing lessons. Kids will learn how to paddle a surfboard, how to “pop up,” or move from paddling to a standing position, and how to catch a wave.

“We will give kids the basic surfing skills they need to be able to go out and practice surfing on their own,” said Nicole Finnicum, director of education at the Sea School. “It’s something they will potentially be able to enjoy for their entire lives.”

In December, students can sign up for Ocean Art. Sanibel Sea School specializes in using natural materials like shells and coconuts to create art, and will guide participants through an ocean-inspired project each week.

“We purposely scheduled our Ocean Art series right before the holidays, so kids will have the option to give their creations to family and friends as gifts,” said Finnicum.

After-school programs run from 3:30 to 5:30 p.m. Attendees can either be picked up from The Sanibel School or the recreation center after school or they can meet the group at Sanibel Sea School’s flagship campus, located at 414 Lagoon Drive, which will serve as the pickup location at the end of the day.

Register for individual sessions or sign up for each monthly series. To learn more, visit sanibelseaschool.org.



Participants in Sanibel Sea School’s November after-school program will learn surfing skills
photo courtesy Sanibel Sea School

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Highlights Of 'Ding' Family Fun Day



Tarpon Bay Explorers owner Wendy Schnapp, JN “Ding” Darling National Wildlife Refuge Manager Paul Tritaik and “Ding” Darling Wildlife Society Executive Director Birgie Miller gathered at Sunday’s free Family Fun Day at the refuge

photos by Jeff Lysiak



Clear Your Gear volunteers Doris Hardy and Betsy Doonan



Audrina Westland, 7, and her sister Sophia, 9, enjoying a connect-the-dots activity



Sarah and Caleb Buntrock of Fort Myers made hand-crafted crows



Members of the Sanibel-Captiva Boys Scouts and Cub Scouts Pack 1740 raised the flag to begin Family Fun Day



Littleton Elementary School students, from left, Rachel Ross, Chloe Morales and Isaiah Arostegui helping teacher Sue Hassett deliver a presentation on how a watershed works



FGCU students, from left, Victor Fundora, Olivia Sanders and Adam Reiter



Sanibel Sea School's Leah Biery and CROW's Dr. Heather Barron



CROW volunteer Merrick Lechowicz and animal ambassador Sheldon the gopher tortoise



Noah Pruss standing next to a Florida panther

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ISLAND FARE

AMONG THE FLOWERS CAFÉ

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

Open Tuesday through Sunday from 9 a.m. to 4 p.m.
2003 Periwinkle Way, 312-4085

BAILEY'S GENERAL STORE

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

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

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

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

BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

CIP'S PLACE

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

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

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

2055 Periwinkle Way, 472-0223

CLAM SHACK

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

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

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

2407 Periwinkle Way, 472-6882



From left, Kat Zilboorg, Jack Desronvil and Carolyn Alonso of The Pecking Order with buckets of their famous slow-cooked fried chicken

photo by Bob Petcher

DOC FORD'S RUM BAR & GRILLE

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

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

GRAMMA DOT'S

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

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

634 North Yachtsman Drive, 472-8138

GREAT WHITE GRILL

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

The regular menu includes hand-tossed fresh dough pizza, jumbo wings, Pittsburgh sandwiches, Philly cheesesteaks, Chicago beef sandwiches,

salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.

2440 Palm Ridge Road, 472-0212

GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva Island's bayside and Pine Island Sound.

The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway.

Hours are daily from 11:30 a.m. to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner. All seats have a view of the waterfront. Reservations are not accepted
15183 Captiva Drive, 472-3337

IL CIELO

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

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

1244 Periwinkle Way, 472-5555

IL TESORO

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

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

751 Tarpon Bay Road, 395-4022

ISLAND COW

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

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

2163 Periwinkle Way, 472-0606

JACARANDA

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

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

Dinner reservations are suggested
1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

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

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

1700 Periwinkle Way, 472-9300

LAZY FLAMINGO

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

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

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

MATZALUNA ITALIAN KITCHEN

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

Matzaluna 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

MUCKY DUCK

Historically known as the neighborhood pub, The Mucky Duck may well be the most famous restaurant on Captiva Island due to its longevity of 40 years in business and quirky name. Then there are the fabulous sunsets. Patrons gladly wait on the beach for tables. This place draws crowds – as customers sip cocktails and beverages until they can take their seats. Reservations are not accepted.

The Duck, serving fresh seafood, pub-style food, sandwiches, steaks and other items, is open for lunch from 3 to 5 p.m. and dinner from 5 to 9:30 p.m.

11546 Andy Rosse Lane, 472-3434

OVER EASY CAFÉ

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

630 Tarpon Bay Road, 472-2625

PECKING ORDER

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

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

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

ROSIE'S CAFÉ & GRILL

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

Check out our all new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday

and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

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

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

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

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

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

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

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

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

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

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

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

TIMBERS RESTAURANT & FISH MARKET

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

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

703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

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

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

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

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

3111 West Gulf Drive, 472-4559

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BIG ARTS Monday Night Film Series

Sunset Song

by Di Saggau

The BIG ARTS Monday Movie for October



24 is *Sunset Song*, adapted from Lewis Grassic Gibbon's 1932 novel, set mostly on the fictional Estate of Kinraddie in northeastern Scotland in the years before World War I, and considered a British literary classic. The movie had the look and feel of a magnificently illustrated historical novel with rolling green meadows and the radiant face of Chris Guthrie (Agyness Deyn), a bright hard-working Scottish farm girl. The viewer is immersed in the intoxicating beauty of the natural world and a luminous vision of the land and the people tending it.

There's frank sex and violence, and the movie doesn't shy away from the nastier aspects of life in that time period. Yet the film displays empathy for its characters and awareness of the social, political and historical forces that hover beyond the edges of their consciousness. The scenes of Scottish rural life in the early 20th century are gracefully stitched together by Chris's voice-over reflections. This includes scenes of harvesting wheat with primitive equipment and caring for farm animals in a turbulent climate. Despite its beauty, life is far from idyllic and the rural community's strict Puritanism frowns on frivolity and idle pleasure.

Chris grows up in a family ruled by



her squinty-eyed, pipe-smoking father John (Peter Mullan), a tyrant whose word is law and his silently suffering wife, Jean (Daniela Nardini), whom he worships while forcing her to bear more children than her body can take. He beats his son Will (Jack Greenlees) for the smallest infraction, and the young man flees the homestead as soon as he's able.

Sunset Song is the story of one woman's true grit, told without sentimentality. Chris married Ewan (Kevin Gurhtie) a handsome local farmer who is besotted with her, but

their happiness is cut short by the advent of World War I. The movie with its soundtrack of traditional folk songs and humans capped with a mournful bagpipe elegy, becomes a moving reflection on the human life cycle at a time when people were more in tune with the earth.

The cinematography captures the splendor of late-night dinners and wedding receptions, sunlight and moonlight streaming through windows and the way a field trembles as a breeze strokes the grass. Moderator for the evening is Wendy Humphrey. *Sunset Song* runs 135 minutes.

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, at the door or by calling 395-0900.*

BIG ARTS Workshops And Seminars

Unleash your creativity, expand your horizons and meet terrific people at BIG ARTS on Sanibel. Upcoming workshops and seminars include:

- Monday, October 24: Monday Night Film – *Sunset Song*, 7 p.m. Schein Hall.
- Friday, October 28: Fine Arts Reception – In The Night and Inspiration, 5:30 p.m. Phillips and

Founders galleries, 900 Dunlop Road, Sanibel.

Workshops and classes which will be starting in the month of November include:

- Adult Tap Workout by Bobby Logue, Tuesdays, Noon to 1:30 p.m. from November 1 to 22 (no class November 29).

- Glass Fusing by Petra Kaiser, Wednesdays, 9:30 a.m. to 12:30 p.m. from November 2 to 16.

- Life Drawing (non-instructed open studio) by Carol Rosenberg, Fridays, 9:30 a.m. to noon from November 4 to 25.

- Life Drawing (non-instructed open studio) by Carol Rosenberg, Fridays 12:15 to 2:45 p.m. from November 4 to 25.

- Instructed Life Drawing by Francesco Gillia, Mondays, 9:30 a.m. to noon from November 7 to 28.

- Constructing the Human Figure in Simple Forms by Francesco Gillia, Mondays, 1 to 3:30 p.m. from November 7 to 28.

- Pottery on the Wheel by Kelly Flaherty, Tuesdays, 6:30 to 9 p.m. from November 8 to December 13.

- What's New in iOS10 for iPhone and iPad by Gerard Damiano, Wednesday, 9 a.m. to noon, November 9.

- Camera for iPhone and iPad by Gerard Damiano, Wednesday, 2 to 5 p.m., November 9.

- iPhone Essentials by Gerard Damiano, Thursday, 9 a.m. to noon, November 10.

- Searching with Google by Gerard Damiano, Friday, 9 a.m. to noon, November 11.

- Intermediate Tap by Bobby Logue, Fridays, 9 to 10:30 a.m. from November 11 to 25.

- What Do I Do With All These Photos? Learning to Manage Your Images and Gain Peace of Mind by David Batley, Tuesday, 10 a.m. to noon, November 15.

- Mac Basics: What's New in

continued on page 30

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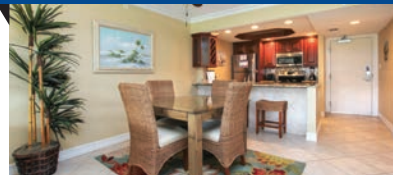
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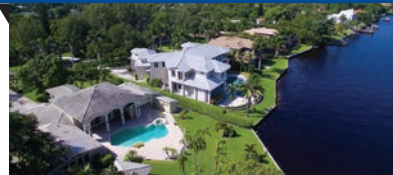
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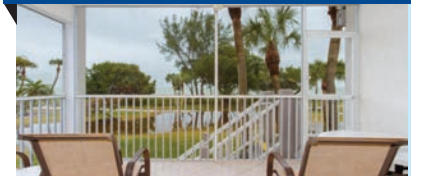
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- Brian Murty 239.565.1272

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Two Exhibits Opening At BIG ARTS



Neil Walling's *Odin Rotating* image courtesy BIG ARTS

Two new exhibits open at BIG ARTS on Wednesday, October 26, with an artists reception set for Friday, October 28 at 5:30 p.m. The reception is open to the public. Complimentary wine and hors d'oeuvres will be served. The exhibit in Phillips Gallery will be the first juried show of the season, entitled *In The Night*. The Founders Gallery show features Neil Walling's works titled *Inspiration: Being Moved By God's Creation*. The exhibit consists of pieces submitted by local artists and are related to anything nocturnal. The works consist of various mediums, which reflect or evoke the night.

Walling works in oil and watercolors with an emphasis on plein air pieces, which capture the emotion of the scene, experienced through his strokes of paint and brushwork. "We are excited to host our first juried show of the season, and *In the Night* is an appropriate theme for the fall," said BIG ARTS Executive Director Lee Ellen Harder. "Neil Walling's work is certainly inspirational, and he skillfully captures the emotion of the scene. Visit us at BIG ARTS and check out both exhibits. Our galleries are free of charge." The two exhibits are open to the community and run through November 26. Phillips Gallery hours are Monday through Friday from 1 to 4 p.m. and on Saturdays from 9 a.m. to 1 p.m. Founders Gallery hours are Monday through Friday from 9 a.m. to 4 p.m. Visit www.bigarts.org or call 395-0900 for more information. BIG ARTS is located at 900 Dunlop Road.✪

Taste Of The Islands Lineup

Clinic for the Rehabilitation of Wildlife has announced the lineup of the 16 restaurants participating in the 35th Taste of the Islands, taking place on Sunday, November 13 at Sanibel Community Park from 12 to 5 p.m. The premier island food festival will showcase the diverse restaurant community of Sanibel and Captiva with new culinary experiences along with long-time favorites. Restaurants will offer an array of signature items for \$5 and under, allowing guests the opportunity to sample an even greater variety of items. Admission is \$5 for adults and free for children 12 years of age and younger.

- Coolers are not allowed but guests are encouraged to bring lawn chairs. Taste of the Islands restaurants:
- Blue Giraffe
 - The Bubble Room
 - Cip's Place
 - Doc Ford's Rum Bar & Grille
 - The Dunes Golf & Tennis Club
 - Fresh Taqueria
 - IL Cielo
 - Love Boat Ice Cream
 - Matzaluna Italian Restaurant
 - Sanibel Deli
 - Sanibel Fish House
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From page 28

BIG ARTS

OS10.12 Sierra by Gerard Damiano, Tuesday, 9 a.m. to noon, November 15.

- Cloud Computing by Gerard Damiano, Tuesday, 2 to 5 p.m. November 15.
- Watch and Learn (Apple Watch) by Gerard Damiano, Wednesday, 9 a.m. to noon, November 16.
- Photos for iPhone & iPad by Gerard Damiano, Wednesday, 2 to 5 p.m., November 16.
- iPhone Essentials by Gerard Damiano, Thursday, 9 a.m. to noon, November 17.
- Apps for iPhone and iPad by Gerard Damiano, Thursday, 2 to 5 p.m. November 17.
- Connecting with Facebook by Gerard Damiano, Friday, 9 a.m. to noon, November 18.
- Glass Fusing by Petra Kaiser, Wednesday, 9:30 a.m. to 12:30 p.m. November 30 to December 21.

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 www.bigarts.org/workshops or email info@bigarts.org.✪

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Students Celebrate Hispanic Heritage Month



Spanish teacher Silvia Zavala, center, reviewing the biographies created by eighth graders Osa Nuenlist and Rebecca Congress for a Hispanic Heritage Month project at The Sanibel School

photos by Jeff Lysiak

by Jeff Lysiak

Students enrolled at The Sanibel School's Spanish language classes participated in special projects in recognition of Hispanic Heritage Month, with younger pupils – kindergarten through fifth grade – submitting flag-inspired artwork and upper classes – sixth through eighth grade – completing biographies of famous Latinos.

Spanish teacher Silvia Zavala invited her students, along with their parents and siblings, to celebrate Hispanic Heritage Month on October 12 with an after-school reception. The students proudly showed off their creations which they had worked on during the previous two weeks.

"Most of the flags were made in class, but some students worked on them at home, too," said Zavala.

One third grader who participated in the flag-inspired art contest, 8-year-old Kyler Kouril, was eager to show off his interpretation of the flag of the Dominican Republic to his mother, Kim.

"I liked all the parts of their flag," Kyler explained. "The red and the blue are great



Silvia Zavala talks about the artwork created by her students with third grader Kyler Kouril



Second grader Sunny Plassard, left, showing off her artwork for her mother, Carol, and 4-year-old brother, Marlow

offset colors... you can do lots of things with it."

Older students were asked to select a well-known Hispanic-born personality, then write a short biography about them. In addition to providing a picture of their featured personality, the pupils used a highlighter to point out each of the words they knew in Spanish.

"At first, I was worried that all they'd want to pick was Jennifer Lopez or a famous athlete, but they picked a good group," added Zavala, noting that among the biographies submitted were Betto Perez (founder of Zumba Fitness), Ellen Ochoa (director of the Johnson Space Center), George Lopez (comedian/actor) and Salma Hayek (actress). "Everyone did a really good job with it."

Next month, Zavala's students will celebrate Mexico's Day of the Dead with arts and crafts projects and special activities.*

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The Woman In Cabin 10



by Di Saggau

I love a good mystery, and *The Woman In Cabin 10* by Ruth Ware delivers on that score. It's not gruesome or bloody, it's a suspenseful and haunting novel that is tightly wound and reminds one of

Agatha Christie's works. Lo Blacklock is a journalist who writes for a travel magazine. She has just been given what should be the assignment of a lifetime, a week on a luxury cruise with only a handful of cabins. Despite the ship's opulence and lavish amenities for the nine passengers, Lo finds her stay far from relaxing. Part of it has to do with the fact that her home was burglarized prior to the cruise, and she suffers from anxiety attacks.

Most of her fellow travelers are also travel writers or investors on board for the maiden cruise at the generosity of Lord Richard Bullmer, the cruise-magnate who owns the vessel. At first, Lo's stay is nothing but pleasant, the cabins are plush, the dinner parties are sparkling, and the guests are elegant. Suddenly everything changes.

Her first night aboard, Lo knocks on the cabin door next to her, cabin 10, and a young woman answers. Lo asks if she can borrow some mascara because she's



forgotten hers. The woman ends up giving her a tube of mascara and says to keep it. The mascara plays a role later on in the book.

A short while later, Lo hears a scream and a loud splash. She runs to her balcony and thinks she sees someone slipping under the water. She also swears she sees blood on the railing outside cabin 10. Lo notifies security that she thinks it's her neighbor, who has been accosted. Everyone on board denies that such a woman exists. They say cabin 10 became unoccupied when an investor backed out at the last minute. They also cannot find

any blood on the railing.

As the exclusive cruise ship *The Aurora* heads for the picturesque North Sea and a tour of the Norwegian fjords, Lo remains certain that what she heard and witnessed was real. Others paint her as a hysterical woman, especially after they discover she is on anti-depressants. Lo keeps digging for answers and her quest for the truth, despite warnings to stop, gets her entangled in a web of deception and

danger.

With surprising twists, spine-tingling turns and a setting that proves as uncomfortably claustrophobic as it is eerily beautiful, Ruth Ware offers up another taut and intense read, as she did in her bestselling *In A Dark, Dark Wood*.

The Woman In Cabin 10 is a gripping maritime psychological thriller, whose intense final chapters will keep readers spellbound.✧

Poet's Corner



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

selected by Tanya Hochschild

Heart's Ease

by Sandy Gadomski

Beyond the ancient holly bush,
nestled in a patch of clover,
the rabbit sits,
pale against bright green grass.

Gray-brown, rusty neck, half-grown,
a patch of fur
missing from atop your head.

Always in the same spot,
I watch you for days.

Small, thin, vulnerable,
one hop and you begin to nibble,
tip to stem in a minute or two,
you devour the carrot.

Do I dare?
I catch my breath,
lie flat on the grass, extend my arm,
glory-be, you hop to the carrot I
hold.
Eye to eye, you munch away,
stretched flat to reach
my magic wand.

Sweet, sweet, twitchy nose,
tiny white teeth
nip at my heart.

Three amazing summers
I feel your tug,
a lifetime I will remember.

Sandy Gadomski. She is a member of Island Writers Group One and she and her husband live on Sanibel and spend their summers in Cape Cod.✧

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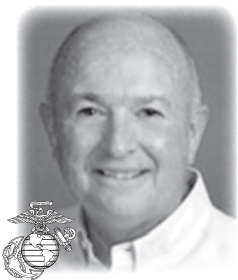


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Dog And Dolphin Playmate Return In A Second Adventure

by Ed Frank

A sequel to one of the bestselling books on the island, *The Dog and the Dolphin*, has just been released. Titled *The Dog and the Jet Ski*, it is an adventurous tale certain to capture the interest and imagination of young children.

The beautifully illustrated children's picture book was written by James B. Dworkin, chancellor emeritus of Purdue University North Central, with artwork by renowned artist Michael Chelich.

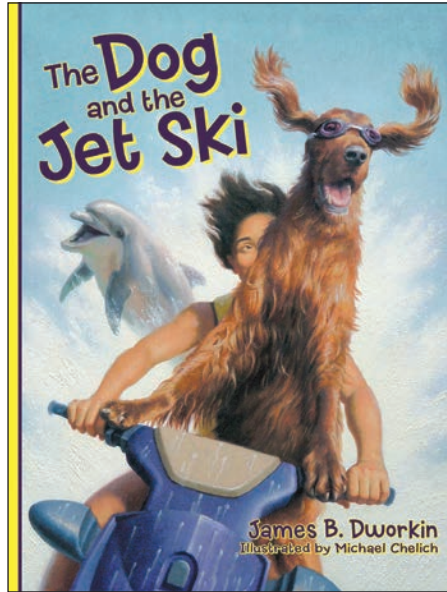
In writing the book, Dworkin explained that the story provides youngsters valuable lessons about friendship, diversity and helping others in times of need.

Dworkin's first book in this series was based on his experience on the Sanibel beaches where Red, the dog, struck up a friendship with a playful dolphin, both following each other up and down the beach and in the water.

In this sequel, Red, riding in a small boat with his two young owners, is thrown overboard when a sudden storm rocks the boat. Once again, a dolphin comes to his rescue until a lifeguard on a jet ski arrives and lifts Red to safety, riding him back to shore and into the arms of his young owners.

The popularity of his first book prompted the author to pen this second children's book – based in part on an incident he observed with a dog on a jet ski near a beach in Indiana. And he is anticipating a third book with another adventure for Red.

The Dog and the Jet Ski is now available at McIntosh Books & Paper, Tortuga Beach Club and the gift store at CROW. It is also available for reading at the Sanibel Public Library. It also may be purchased online at Amazon, Barnes and Noble and Archway Publishing Company (<http://bookstore.archwaypublishing.com/>).✱



Library Welcomes Young Readers

The Sanibel Public Library Youth Services Librarian Deanna Evans invites young readers to join one of three, grade-based book discussion groups. The groups meet monthly on Saturdays. The books are free and available four weeks before each discussion.

Weekly youth programs have resumed and will run through Saturday, November 19.

The After-school Clique – third through fifth grade – meets on Tuesdays from 3 to 4 p.m. This program presents never-knew-existed books, puzzles, games and crafts designed specifically for children in third through fifth grades. A snack is provided.

Family Storytime is offered on Wednesdays at both 10 a.m. and 1 p.m. This age 5 and younger program and their caregivers help develop pre-reading skills through songs, rhymes, finger-plays and stories. The session is approximately 30 minutes plus activities that follow.

A Middle Grades Group is on Wednesdays from 2:45 to 3:45 p.m. As always, community service hours (as well as snacks) are offered. Service hours are available on weekday afternoons and on some Saturdays.

After-school Crew K-2 meets weekly on Thursdays at 3 p.m. This program has activities designed for children in kindergarten through second grade. Snacks are provided.

If kids love dogs and books, they may like reading to Bessie, a bearded collie

and Reading Education Assistance Dog (READ). The READ program encourages a child's love of books by providing a non-judgmental listener and furry friend. Bessie is at the library on rain-free Thursdays at 4 p.m. Readers can sign up on the spot, with the program finishing by 5 p.m.

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

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee.

For more information, call 472-2483 or visit sanilib.org.✱

Top Ten Books On The Island

1. *The Girl on the Train* by Paula Hawkins
 2. *Historic Sanibel & Captiva Islands* by Jeri Magg
 3. *The Mothers* by Brit Bennett
 4. *Fates and Furies* by Lauren Groff
 5. *Best. Ever. State.* by Dave Barry
 6. *Our Souls at Night* by Kent Haruf
 7. *Tales of the Peculiar* by Ransom Riggs
 8. *Junonia* by Kevin Henkes
 9. *A Man Called Ove* by Fredrik Backman
 10. *My Name is Lucy Barton* by Elizabeth Strout
- Courtesy of MacIntosh Books and Paper.✱

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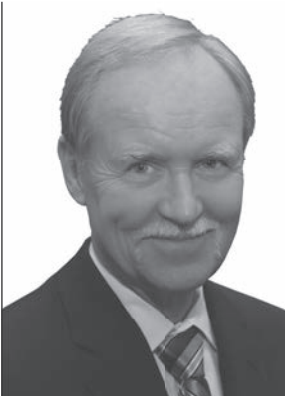
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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
I think my teen-aged daughter is depressed. Kids are so volatile – one minute they’re super happy and the next they are crushed about something. Is it normal for teens to really be depressed? Please give me some information on this topic.
Anthony Z., Cape Coral

Anthony,
Depression is a very real concern with teenagers. A new government report shows that in just one year, almost three million U.S. teens suffered a major bout of depression (U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), July 7, 2016). The overall rate of depression among young people jumped to 11 percent between 2013 and 2014, up from 9.9 percent the previous year, the SAMHSA report found.

“Adolescence is a critical time in a person’s development, and battling with depression can be devastating for teens unless they receive effective treatment,” said Paolo del Vecchio, director of the Center for Mental Health Services at the U.S. Substance Abuse and Mental Health Services Administration.

Here are Common Signs of Depression in Children and Adolescents		
Cognitive	Behavioral	Physiological
“All or none” thinking	Depressed mood	Psychomotor agitation or retardation
Catastrophizing	Social withdrawal	Somatic complaints
Memory problems	Does not participate in usual activities	Poor appetite or overeating
Concentration problems	Shows limited effort	Insomnia or hypersomnia
Attention problems	Decline in self-care or personal appearance	Low energy or fatigue
Internal locus of control	Decreased work or school performance	
Negative view of self, world, and future	Appears detached from others	
	Crying for no apparent reason	
Automatic thinking	Inappropriate responses to events	
Negative attributional style	Irritability	
Negative affect	Apathy	
Feelings of helplessness	Uncooperative	
Feelings of hopelessness	Suicide attempts	
Low self-esteem		
Difficulty making decisions		
Feels loss of control, suicidal thoughts		

From Huberty, TJ (2008). *Best practices in school-based interventions for anxiety and depression*. In A. Thomas & J. Grimes (Eds.) *Best practices in school psychology V* (pp. 1473–1486). Bethesda, MD: National Association of School Psychologists.

The causes of depression are multiple and complex. Some people have a greater likelihood of developing it, such as those who have first-degree relatives with depression (e.g., a parent), those who live in highly stressful and demanding environments, or those who have experienced a traumatic event (e.g., loss of a loved one). Children with disabilities, such as learning or medical problems, are also more vulnerable to developing depression.

Just because a child/teen exhibits some or even all of these characteristics does not mean that her or she has a depressive disorder. When some or all of these symptoms are present and severe, and last for more than a few weeks, it is important to have your child evaluated by a mental health professional who specializes in childhood psychological disorders. In the interim, here are some things you can do as a parent, as per the National Association of School Psychologists (NASP), to help mitigate some symptoms of depression:

Self-esteem and self-critical tendencies: give frequent and genuine praise; accentuate the positive; supportively challenge self-criticism; point out negative thinking.

Family stability: maintain routine and minimize changes in family matters; discuss changes beforehand and reduce worry.

Helplessness and hopelessness: have the child write or tell immediate feelings and any pleasant aspects three or four times a day to increase pleasant thoughts over four to six weeks.

Mood elevation: arrange one interesting activity a day; plan for special events to come; discuss enjoyable topics.

Appetite and weight problems: Make mealtime a pleasant occasion, don’t force eating; prepare favorite foods.

Sleep difficulties: keep regular bedtime hours; do relaxing and calming activities one hour before bedtime such as reading or listening to soft music; end the day on a “positive note.”

Agitation and restlessness: change activities causing agitation; teach the child to relax; massage may help; encourage physical exercise and recreation activities.

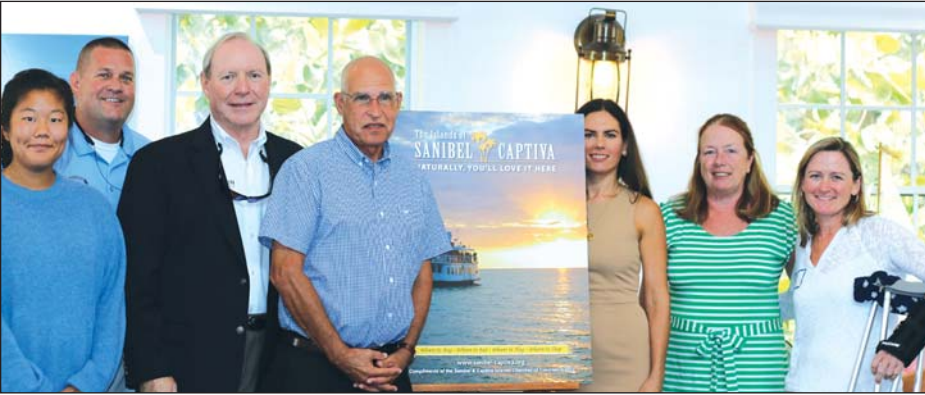
Excessive fears: minimize anxiety-causing situations and uncertainty; be supportive and reassuring; planning may reduce uncertainty, relaxation exercises might help.

Aggression and anger: convey a kind but firm acceptance of destructive behavior; encourage the child to discuss his angry feelings; do not react with anger.

Concentration and thinking difficulties: encourage increased participation in games, activities, discussions; work with the teachers and trusted adults to promote learning.

Suicidal thoughts: be aware of the warning signs of suicide; immediately seek continued on page 45

Chamber Magazine Cover Dedicated To Longtime Member



Members of the Sanibel & Captiva chamber, Captiva Cruises and Paul McCarthy's family
photo courtesy Sanibel & Captiva Islands Chamber of Commerce

The Sanibel & Captiva Islands Chamber of Commerce dedicated its 2017 Visitor's Guide cover to the memory of Paul McCarthy, owner of Captiva Cruises and longtime chamber member.

The cover photo of *Lady Chadwick*, the Captiva Cruises flagship vessel, was unveiled Tuesday, October 11 during the monthly business luncheon at the Captiva Island Yacht Club, where McCarthy was also a member.

"He left us with a rich and full legacy of stewardship and eco-tourism embodied in Captiva Cruises, whose goal will continue to respect and appreciate the natural beauty of Southwest Florida," the Visitor's Guide dedication states. "In 2013, the chamber honored Paul as Business Person of the Year. He had a generous spirit, a zest for life, and shared his laughter and passion with everyone who touched his life. Paul will be missed by all of us."

McCarthy, a Boston native, passed away August 24 at the age of 63. He practiced law in Chicago prior to discovering the tour boat business. He started Captiva Cruises in 1986 and made the island his full-time home in the early 1990s. McCarthy partnered with organizations like the Sanibel-Captiva Conservation Foundation to bring a high-quality environmental message to his Captiva Cruises passengers.

McCarthy's family from Boston, along with Captiva Cruises staff members Jenny Rando and Brad Junghans, were in attendance for the unveiling. The Visitor's Guide will be available late January and can be found at the chamber visitor's center, located at 1159 Causeway Road.*

Lions Screeners Receive Certificates Of Appreciation

The Lions Clubs in Lee County offer a free program of vision, hearing and diabetes screening for local preschoolers. The Sanibel-Captiva Lions Club is a member of this group, and has been since its inception. In addition to being responsible for screenings on Sanibel, the San-Cap Lions Club plans to participate in preschool screenings in Fort Myers and throughout Lee County.



From left, Lions Bill Sartoris, Dick Travas, Nilou Peters, Kurt Peters and Jim Graham
photo courtesy San-Cap Lions Club

Last year, participating Lee County Lions Clubs held screenings at 26 preschools, a formidable task considering that not all clubs participate. This year, the screening program has been assigned 34 preschools.

The Sanibel Captiva Lions Club's fundraising activities support the purchase of state-of-the-art equipment to facilitate accurate screening, and all participating Lions receive training from professionals in the various fields of inquiry.

Is it worth it? You decide: In 2015 and thus far in 2016, the Lee Lions Preschool Screening Program has seen a total of 716 children, 42 of whom have been referred for further evaluation of vision anomalies, and 102 have been referred for hearing difficulties. Would these problems be caught without screenings? Eventually, they might be. But early detection in this age group can be the key to successful outcomes.

In addition to the preschool program, the San-Cap Lions Club will also be scheduling four adult vision, hearing and diabetes screenings this season. These will be held at the Island Senior Center (Center 4 Life) and the Sanibel Recreation Center. The dates, times and locations of these adult screenings will be posted online at sanibelcaptivalions.org.

All screenings are free and open to all.*



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Will Power

Escaping Your Former State's Taxing Authority



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

Regular readers of this column know that I like to educate on the importance of distancing oneself from your former state of domicile when declaring Florida residency. A recent State of New York State Tax Appeals ruling in the Matter of Thomas Campaniello highlights the reasons necessary to remove any doubt as to your state of residency for both income and estate tax purposes.

Campaniello had declared Florida residence, maintaining a home in Key Biscayne since 1981. He spent more time in Florida during 2007 than in New York, and had substantial business ties to

Florida. He obtained a Florida drivers license and maintained personal items in Florida, including a doctoral diploma, guitar and his Ferrari.

In Campaniello, the New York State Division of Taxation had a substantial financial reason to argue that he had not established Florida as his new state of domicile or given up his ties to the State of New York. In 2007, Campaniello filed a New York state income tax return as a non-resident, which New York's Division of Taxation audited, assessing state income taxes of \$319,000, New York City taxes of \$169,772 plus penalties and interest totaling \$709,429.

In response to the audit, Campaniello submitted a summary of his trips from December 2006 to January 2008, copy of passport pages evidencing foreign travel during that time period, credit card statements, quarterly bank statements (indicating a New York address), and cellular phone statements, among other things.

The auditor's review of the evidence determined that Campaniello (i) was present in New York for 169 days during 2007; (ii) had significant weekly travel between New York and Florida; (iii) always returned to his domicile in New York City for a portion of nearly every week in 2007 and (iv) continued utilizing New York medical professionals. As a result, an Administrative Law Judge sided with the New York Division of Taxation. Campaniello appealed.

The Tax Court agreed with the lower court, reaching its determination on litany of factors: (i) continuing ownership and frequent use of his New York apartment that he had owned since 1979; (ii) his presence in New York for 171 days (note this is less than half a year); (iii) maintained personal belongings and clothing in his New York apartment; (iv) continued receipt of mail and bills (cellular phone service and credit cards) at his New York address; (v) his spouse maintained New York residency; (vi) family ties; (vii) substantial business ties to New York; and (viii) operation of his New York and Florida businesses from a New York office.

It should come as no surprise that New York state pursued Mr. Campaniello for this tax revenue. States have been chasing both "former residents" and corporations for years to cover budget shortfalls. As states raise their income and corporate tax rates, individuals and entities leave states for others, like Florida, that do not impose such taxes.

While the warning is important, that doesn't mean that one should give up and succumb to state taxing authorities. When making the decision whether to become a Florida resident, several factors should be considered, including:

- Do you intend to spend the requisite amount of time outside of your former state to qualify for non-resident status?

- Do you continue to earn income in the state?
- Is your health insurance or other benefits that you may receive non-transferrable to Florida if you should become a resident here?
- Are you willing to do the things necessary to sever the ties to your former home state in order to escape that state's taxing authority?

And there may be other questions pertinent to your situation. If you must remain a state resident to retain certain government benefits such as health insurance or Medicaid, and if it would be unlikely to match those benefits in Florida, then it may not be a good idea to change domicile.

One comment, that is not pertinent, and which I hear often is this: "I have lived in that state my whole life and I cannot imagine not being a resident of that state."

To this I raise my eyebrows with a perplexed look. Just because you are no longer a legal resident of a state does not mean that you cannot travel within its borders, enjoy the company of family and friends who live there or otherwise feel a close association. It just means that you no longer wish to make contributions to its taxing authority on an annual basis.

So the real difficulty for those who maintain residences here and in their former home state, becoming a Florida resident is not meeting Florida residency requirements so much as it entails escaping the clutches of your former state's taxing authority.

I will be conducting a free estate planning seminar at the Sanibel Public Library on Tuesday, November 1 at 2 p.m. on this and related estate planning issues. If you would like to attend, please go to my firm's website www.sbslaw.com/workshops to register or call 425-9379. At that seminar, I will be giving away copies of my newly published book, *The Florida Residency & Estate Planning Guide* that includes an appendix comparing all 50 states' and the District of Columbia's residency requirements, estate and gift tax rates and income tax rates.

I hope to see you there.

©2016 Craig R. Hersch. Learn more at www.sbslaw.com.✱

Workshop On Boosting Your Credit Score

FISH of SanCap, working with Cheryl McConahy, vice president and branch manager of Fifth Third Bank, is offering a complimentary workshop through their EmpowerU program.

The second in the series, Boost Your Credit Score, is for those who want to learn how to move their score to a higher level and keep it there. The workshop is scheduled for Thursday, October 27 from 6 to 8 p.m. at the Sanibel Public Library, located at 770 Dunlop Road.

McConahy will discuss the importance of a good credit score and

methods to help improve a credit rating. According to McConahy, a score reflects credit payment patterns over time, with more emphasis on recent information.

Methods to ensure a credit score is working favorably include:

- Paying bills on time. Delinquent payments and collections can have a major negative impact on a credit score.
- Having both revolving (credit card) and installment (loan) types of credit.
- Keeping balances low on credit cards and other revolving credit. High, outstanding debt can affect a score.
- Applying for and opening new credit accounts only as needed. Don't open accounts just to have a better mix since it probably won't improve your credit score.
- Paying off debt rather than moving it around.
- Don't close unused cards as a short-term strategy to improve a credit score.

"EmpowerU allows individuals to start with basic budgeting and moves them forward toward paying off debt and even possible homeownership," said Jessi Zeigler, FISH program director. "Fifth Third has created a wraparound program that serves people in all financial situations and moves them closer to their financial goals."

EmpowerU segments will continue into 2017. For more information or to RSVP, call Jessi or Joi at 472-4775 or visit fishofsancap.org.✱



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Superior Interiors

Redecorating? Here's A Word To The Wise



by Barb Cacchione

Decorating a room is like any other complex project. It's best to start with a plan and take it one step at a time. The tighter your budget, the more important it is to stick to your plan. A professional interior decorator can help you allocate your decorating dollars wisely; spending more where it counts and economizing where it doesn't.

First things first. Before you make your plan, you should decide what items you will keep and what will be replaced or refurbished. Take a careful look at your walls and floors. Then discuss your priorities with your decorator. If the walls look dingy and the carpet is worn, putting a beautiful new sofa in

the room will only make it look shabbier.

Next, discuss your color preferences with your decorator. Finding the right color scheme is very important to your overall project. And with today's open floor plans, color planning is critical to not just one room, but all the rooms in your home.

Once you've locked in your color scheme, it's time to discuss your overall floor plan with your chosen design professional. Consider the scale and placement of furniture, and the balance of color and pattern in your room. Remember that patterned fabric should be repeated and an accent color should be carefully placed around the room. Accent colors are vital to creating visual movement in any room décor.

When your basic decorating plan has been established, it's now time to consider the importance of window treatments. Window treatments can truly be the focal point of any room and by carefully planning just the right design, the end result promises to be absolutely spectacular.

Next, consider the proper lighting for the mood you've created in your new room. And let's not forget those very important accessories. They add spark and personality to your finished room, an excellent way for you to express your lifestyle.

Fulfilling all your decorating dreams and desires at one time might not be possible. Sometimes it takes a little longer, but, in the meantime, you can live comfortably and happily in a beautiful room if you plan wisely. A professional

decorator can be invaluable when it comes to helping you make your decorating dreams reality.

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

ISLAND SUN BUSINESS NEWSMAKERS

Top Producers

The top listing agent at John Naumann & Associates for September was Larry Hahn and the top listing team was Harrell, Tolp & Albright. The top sales agent was Tony DiBiase and top sales team was Tracy and Connie Walters.✱



Harrell, Tolp & Albright



Larry Hahn



Tony DiBiase



Tracy and Connie Walters



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From page 1

King And Queen

the beach. Sanibel is my home and always will be.

One thing that is unique about Sanibel Island are the beaches. Sanibel is the shelling capitol of the world. At the beach, you will find a ton of different varieties of shells. In addition, you might find the most unique wildlife you have seen in your life including turtles, sea gulls, brown pelicans, all sorts of fish and shells. One more thing: at the beaches, the water is so crystal clear that if you went snorkeling, you would not want to get out. Last thing, if you want to just play at the beach, there's a ton you can do to occupy yourself, including building sandcastles, making animal homes in tidepools, and much more.

Another thing awesome about Sanibel is that has always been my home. I have lived here since I was born. I have lived in the same house on island, I have gone to the same schools, and I have loved it! Sanibel is the only place I can call home. I have never moved, and probably never will. The longest I have ever been away from Sanibel is 10 days. My parents have lived here for quite a bit. Sanibel is my sunshine.

One more thing I have to clarify about Sanibel Island is the unique wildlife. If you have been to Idaho, you should already know how unique our wildlife is. Florida (aka the Sunshine State) has the most beautiful wildlife in the world. First, the land animals, there are so many I can't name them all. There are brown pelican, roseate spoonbill, all sorts of lizards, butterflies, bees and wasps, dragonflies, bobcats, coyotes, egret, great white herons, herring gulls, blue herons and much more. Now the marine life: otters, common snook, tarpon, shark, bottlenose dolphin, turtle, tortoise, American alligator, crocodiles and much more. Sanibel also has wildlife preserves including JN "Ding" Darling National Wildlife Preserve, and the Bailey Tract.

To sum it all up, Sanibel is freedom. We are able to see the beauty of the island. You can easily occupy yourself, and have the best time of your life. Sanibel is not just



The Sanibel School principal Chuck Vilardi, left, placing the crown on top of Lily Noorlander's head as Cozetta Kelly looks on

photos by Jeff Lysiak

my home, and freedom. It is my life, and my everything.

Lily Noorlander's Essay

Sanibel is not just my island paradise, it is my home. Sanibel is the place where you can go to the beach for finding all these unique shells. It is a small island and you see all your friends every day. You see many types of marine wildlife.

We have a lot of unique beaches on Sanibel. When you go on a walk at the beach, you will find a lot of unique shells. Did you know Sanibel is the shelling capital of the world? This is the number one place in the world where you find the most unique shells. The water is so cool during the day and there is a nice breeze. Every day, you see people boating or sailing the island. If you want to go to the beach at night, you can watch the unique sunset.

Sanibel has so many bike paths you can't even count how many there are. That is one of the different things I like about Sanibel. There are a lot of bikes paths all over Sanibel. The island is so small you can see your friends all over. Everyone is so nice and friendly every day



Brandon Stevens reading his essay in front of the fourth and fifth grade classes

of the week.

The island has a lot of wildlife. Lots of wildlife in water and on land. This is the season where turtles hatch and people have seen them all over the island. When you go out on a boat, you might see dolphins and manatees swimming all around you. "Ding" Darling, a wildlife refuge, is a place where you see many birds, alligators and a lot of other animals. When you go to "Ding" Darling, you can go fishing. You can also drive in there and watch all the birds fly around you.

Sanibel is the best place to live because it has all these different things to do. Like going for a bike ride and looking at all the different wildlife, then going to the beach when you are done. Sanibel is freedom and it is my island paradise.

Baileyfest Details

According to event organizers, the all-day Baileyfest 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 will begin 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



Music educator Joey Giangreco performing a song in honor of the newly crowned king and queen

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 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
- Selected Vacation Properties – \$100 gift basket surprise
- Beach Piez – Four \$25 gift certificates
- Joey's Custard – Four \$25 gift certificates
- Island Cleaners – \$100 gift certificate
- The Grog Shop – \$100 wine basket
- Island Cinema – Five \$20 gift certificates
- Sanibel Barber Shop – Three haircuts with styling
- Sanibel Sprout – Five \$20 gift certificates

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

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College Runner Wins FISH 10K



Start of the race

photos courtesy FISH of San-Cap



Matthew Slagle, overall male winner



Steve Greenstein with Caroline MacKenzie, overall female winner

Westminster College runner Matthew Slagle and Fort Myers High School's Caroline MacKenzie took first place October 15 in the 8th annual 10K Race for FISH on Sanibel.

Slagle, 22, the No. 1 runner for the college, toured the 10-kilometer course that started and ended at Sanibel Community Park on Periwinkle Way in 37:04.75. The men's and women's cross country teams from the liberal arts college in New Wilmington, Pennsylvania, north of Pittsburgh, are in Fort Myers to train. They added the Sanibel race to their schedule. Westminster runners swept the top three places in three age groups and nearly a fourth where they finished second and third.

The female winner was much closer to home. That went to MacKenzie, who at age 15, is already a board member for the Fort Myers Track Club, which administered the race. The high school runner got around the course in 42:49.07.

"We have been relaxing and getting in a lot of miles," Slagle said. "We saw that the race was going on and we talked coach into entering. The island is just fabulous." Slagle said he was clear of the field by the 1.5-mile mark of the 6.4-mile race.

"We had some generous donations from alumni and we raised money on our own to come to Florida and train," said Slagle, who was interested in getting to a Sanibel beach.

Westminster coach Tim O'Neil won the 40-44 age group.

Rico Triems was second overall in 37:55 with Josh McFall third in 38:00.

MacKenzie realized she was in front of the female field about the midway point of the race.

"I felt like I was alone on the course, and then I started getting cheers," MacKenzie said. "Then I knew I was winning."

This was her first victory in the 10K Race 4 FISH in five or six attempts. "This is the best I've done by far," she said.

Manuela Lyons was second behind MacKenzie in 43:23 and third was Morgan Camerilo in 44:00.

This year's race drew 416 entries, with 378 taking the starting horn in the middle of Periwinkle Way at 7:30 a.m. Race day is dedicated to FISH of SanCap.

"We were under a tent outside, but everything went off without a hitch. We couldn't do this without the many volunteers who give their time for this race," said John Pryor, FISH board chair, who served as master of ceremonies at the post-race awards presentations.

All runners received medallions at the finish, which were passed out by FISH board members. Steve Greenstein of race premier sponsor Sanibel Captiva Trust Company welcomed the runners at the starting line and passed out the awards to winners.*

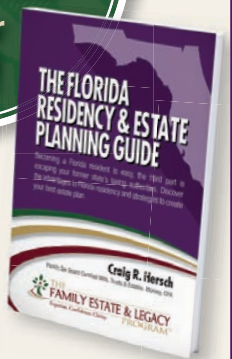
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Tuesday, November 1

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.
Naples Conference Center
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Woods' Tournament Withdrawal Raises Questions Whether His Competitive Days Are Over



by Ed Frank

Our hopes for a Boston Red Sox World Series vanished when they were swept by the Cleveland Indians in divisional play. But we're not going to write about this disappointment this week.

We could write about two Florida football teams in the Top 20 – No. 13 Florida State at 5-2 and No. 15 Florida at 5-1 – but not this week. Nor are we going to discuss the Miami Dolphins surprising 30-15 defeat of the Pittsburgh Steelers last Sunday.

Instead, we're going to digress to a completely different question: will Tiger Woods ever return to competitive golf?

Absent from the PGA tour for more than a year, Woods – after committing to last week's Safeway Open – pulled out at the last minute, saying his game was not yet ready for tournament competition.

Say what you want about Tiger, he is still a big-name attraction to golf, and you can be sure the tournament sponsors did not appreciate his sudden withdrawal.

He now says he hopes to play in December's Hero World Challenge in the Bahamas, an event limited to just 18 golfers. There have been reports that he prefers a tournament with a small field in a location where the crowds will not be large for his first tournament after his long absence. Another plus is the fact that the tournament benefits the Tiger Woods Foundation.

ESPN senior writer Michael Collins said recently that if Tiger's health is the reason he doesn't compete in December, then "we would have to start thinking about the end of the Tiger Era forever."

But here's a take on another aspect of his career if his playing days are over: Many, many famous golfers have made millions designing golf courses. Jack Nicklaus has a worldwide business, as did the late Arnold Palmer and others.

There was a report in the *Chicago Tribune* that Woods has recently visited a site on the South Side of Chicago near the location of the planned Obama Library, where a golfing mecca could be built by combining and redesigning two old existing courses.

While the project is not a done deal, it certainly is a strong possibility particularly if the golf-loving president gets aboard.

Tiger is relatively new to the golf course design and construction field. His design of a course in Mexico has been well received.

So it's a safe bet that the name of Tiger Woods will remain synonymous with golf be it competitively on the PGA Tour or designing and building golf courses.

Everblades Sweep Greenville In Season Openers

The Florida Everblades hockey team began their 19th season in franchise history last weekend with a two-game sweep of the Greenville Swamp Rabbits at Germain Arena.

Florida defeated Greenville 3-2 on Friday night in the season home opener and returned with a 5-3 victory on Saturday.

The Everblades visit the Orlando Solar Bears tonight, Friday, before returning to home ice next weekend with Friday and Saturday night games against the South Carolina Stingrays.

The puck drops at 7:30 p.m. next Friday and 7 p.m. on Saturday.*

SPORTS QUIZ

1. In 2015, Edwin Encarnacion tied a Blue Jays record with nine RBIs in a game. Who else held the mark?
2. Who holds the major-league record for homering from both sides of the plate in the same game the most times in a career?
3. How many of Brett Favre's 20 NFL seasons were spent with the Green Bay Packers?
4. When was the last time before 2015 (Kentucky) that UCLA's men's basketball team beat the nation's No. 1 ranked team?
5. In 2016, Pittsburgh's Matt Murray tied an NHL record for most wins by a rookie goaltender in the postseason (15). Who else holds the record?
6. Who was the last NASCAR driver before Matt Kenseth (2015-16) to win consecutive Cup races at New Hampshire?
7. Name the male tennis player who is the only five-time winner of the Queen's Club Championships, a yearly warm-up event for Wimbledon.

ANSWERS

1. Roy Howell had nine RBIs in a game in 1977. 2. Mark Teixeira and Nick Swisher, with 14 each. 3. Sixteen of Favre's 20 NFL seasons were with the Packers. 4. It was 2003, when the Bruins beat top-ranked Arizona. 5. Patrick Roy (1986), Ron Hextall (1987) and Cam Ward (2006). 6. Kurt Busch, in 2004. 7. Andy Murray, who won in 2009, '11, '13, '15 and '16.

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

Standing	Team Name	Won	Lost
First	Bunt's Ball Busters	22	18
Second	Sanibel Café	20	20
Third	Sandycappers	20	20
Fourth	Fresh Legion Crew	18	22

October 17 Results

Bunt's Ball Busters	11	Fresh Legion Crew	0
Sandycappers	11	Sanibel Cafe	9

Sanibel 8-Ball Pool League

The Heat Is On

Bunt's Ball Busters Captain Bob Buntrock edged Fresh Legion Crew Captain Gator Gates in the last four games of their match. His 4-0 effort not only secured an 11-9 victory for the Ball Busters but also propelled the team into first place. Mike DeWitt helped the winners by dispatching Doc Lubinski 3-1. Legion Crew shooter Tarzan Russell went 4-0 over Kip Johnson to put his team into the lead momentarily.

Last week, this reporter told you about Kip Johnson using the 13 ball as the cue ball, thus committing a foul. This reporter also thought Johnson lost the game. Not true. By some miracle, he won that

game. Thus, this humble retraction. In the interest of complete reporting, however, it should be noted that Johnson lost the other three games played. Sad.

Jeff Brown and Gary Murza posted three wins each over Randy Carson and Scotty Byers to lead the Sandycappers to an 11-9 win over Sanibel Café and into a second place tie. Jimbo Gaubatz went 3-1 over John Bates to aid the Legion Crew's losing cause. One of the Bates games was a classic. He kicked off the side rail to knock the 4 ball into his called side pocket. Then he long-banked the 3 ball into the corner and cross-banked the 8 into the corner for the game winner. Problem. He scratched on the 8 and lost the game. His teammates cried and Gaubatz smiled.*



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Properties Recognized For Best Practices

The Florida Superior Small Lodging Association (SSLA) recently announced 14 Lee County hoteliers have successfully qualified for the SSLA designation. The SSLA certification is a statewide hospitality recognition program.

In addition, 10 of the 14 total SSL properties inspected by the Property Review Program qualified to receive the Donal A. Dermody White Glove Award for best practices in housekeeping. Properties must receive a score of 100 percent for all components of the housekeeping inspection to be eligible to receive the award.

All 125 statewide members of SSL automatically become members of the Florida Restaurant & Lodging Association. Additionally, members with restaurants also become members of the National Restaurant Association.

Eligibility for participation in the Lee County SSL program is restricted to accommodations with 75 room units or less. Properties must hold a valid hotel, motel, inn or bed and breakfast license and pay all applicable state and local taxes related to the operations of an accommodation.

The SSLA inspection program and designation is designed to provide travelers

with an easily identifiable symbol to demonstrate that the accommodation is clean, safe and a well-managed small lodging.

The passing grade for an unexpected inspection in the program is 82 percent and is based on a comprehensive review of six different property attributes: registration/operations/public places, guest accommodations, bathrooms, bathroom supplies, kitchens and property exterior.

Lee County properties recognized by the hospitality recognition program in Bokeelia, Cape Coral, Fort Myers and St. James City include:

- Casa Loma Motel
- Legacy Harbour Hotel & Suites – White Glove Award
- Tarpon Lodge – White Glove Award
- Two Fish Inn – White Glove Award
- On Fort Myers Beach:
 - Beach Shell Inn – White Glove Award
 - Gulf Breeze Condos – White Glove Award
 - Manatee Bay Inn – White Glove Award
 - Matanzas Inn
 - Silver Sands Villas – White Glove Award
 - On Sanibel and Captiva Islands:
 - Gulf Breeze Cottages
 - Mitchell's Sand Castles – White Glove Award
 - Shalimar Cottages – White Glove Award
 - Signal Inn
 - Waterside Inn – White Glove Award.✱

Estate Planning Workshop



Craig Hersch

photos provided



Michael Hill

Florida Bar Board Certified Wills, Trusts and Estates Attorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA, will host a free Florida Residency and Estate Planning Workshop from 2 to 4 p.m. on Monday, November 7 at Temple Beth El, 16225 Winkler Road in Fort Myers.

Geared for Florida residents or those considering residency, the workshop covers Florida estate law and shares opportunities for enhancing estate planning techniques. Additional workshops will be offered from 2 to 4 p.m. on Tuesday, November 1 at the Sanibel Public Library and on Thursday, November 10 at the Naples Area Board of Realtors' Naples Conference Center.

Topics of discussion include:

- Are wills and trusts established out of state valid, once you move to Florida?
- Can taxes be reduced by declaring Florida residency?
- Why does a durable power of attorney need to be updated?
- How can I best keep legal documents up to date?
- How a revocable trust may not avoid probate.

All attendees will receive a free copy of Hersch's book, *The Florida Residency & Estate Planning Guide*. In addition, attendees can bring their current estate documents for a complimentary written trust analysis with Hersch and Hill by arriving 30 minutes prior to the seminar.

To sign up, visit sbshlaw.com/workshops or call 425-9379.✱

Finalists Chosen For Business Award

B&T-Oswald Trippe & Company announces the five finalists for the annual Blue Chip Community Business Award. The final five businesses, who are chosen by an independent panel of judges, will be recognized at the award ceremony luncheon on Thursday, November 3 and one will be designated as the Blue Chip Award winner.

The five businesses are: King Fisher Fleet, Old 41 Restaurant, Billy's Rentals, Papa Joe's and Spatini Tea Bar.

King Fisher Fleet, operating more than 30 years out of Fishermen's Village Marina and shopping mall in Punta Gorda, offers sightseeing cruises and fishing charters.

Purchased by a local Bonita Springs resident seven years ago, the popular breakfast and lunch Old 41 Restaurant is known for its home-cooking and customer service.

Billy's Rentals is the largest bicycle rental business on Sanibel and Captiva. Participating in many community events, fundraisers and conservation efforts, it is a well-respected and trusted philanthropic business in the community.

Established in Cape Coral more than 25 years ago, Papa Joe's Italian Restaurant is a family-owned and operated restaurant that serves high-quality food while bringing the community together.

Located on Sanibel, Spatini Tea Bar is an organic salon and spa that serves a wide variety of organic iced or hot teas while providing hair care, massages, facials and nail services that protect client health and the environment.✱

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by Jeff Lysiak

One of the more popular classes offered twice weekly at Sanibel's Center 4 Life is Chair Yoga, which offers many of the improved flexibility and movement benefits of a traditional yoga session, but with all of the poses done while sitting in a chair.

Instructor Kim Kouril offers her Chair Yoga classes every Tuesday and Thursday at 11 a.m.

“Chair yoga is a highly effective approach to improving mobility and strength,” said Kouril, who has been teaching this version of yoga for the past two-and-a-half years. “It provides support, and by doing so, the opportunity to move muscles and joints, gain strength, flexibility and improve range of motion.”

According to Kouril, whether a participant sits in a chair and practices asanas



Helen Ramsey and Sally Ennis demonstrate the seated eagle pose



Last Thursday's Chair Yoga class had a dozen participants

(yoga poses) or uses the chair as a prop (e.g. holding onto top of the chair while standing), the benefits can affect every area of the body.

A yoga instructor in several styles, Kouril offers a slow-flow vinyasa class two mornings each week at the Sanibel Recreation Center before heading over to the Center 4 Life for two additional classes.

"All three are very different, but still the same in the yogic approach of conscious movement," she noted. "In season, I teach over 100 people a day, and I love being with them and what I do."

At the beginning of every class, Kouril introduces a topic, an idea or a theme, which she weaves into her class. It may be about acceptance or perseverance, or just a cool or funny quote from an author. She and her students then move into pranayama (breathing techniques), and with the breath, start to move into the poses. "I hope I inspire them and bring a little light into their life," Kouril added.

Her students enjoy Kouril's friendly approach. Emily Muench, one of the frequent Chair Yoga participants, began attending classes earlier this year.

"I started doing this back in the spring, and we've been fortunate enough to have enough people coming to class that we kept it going all summer long," said Muench. "I feel better strength in my legs, I've made some new friendships and I have a very relaxed feeling when I get home after class."

Fellow participant Will Schlosser has been equally impressed by the health benefits he's experienced since he joined the class. "I'm 90 years old... and I want to keep doing the things that I enjoy doing."

In addition to her Chair Yoga classes, Kouril teaches Gentle Yoga every Tuesday and Thursday at 9:30 a.m. at The Center 4 Life. The class is designed to stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Class participants exercise using mats (or towels) and strive to meet the needs of varying yoga experience levels.

"I have been inspired by the people I teach. Whether they are recovering from an injury or simply wish to keep their bodies healthy, their willingness to practice truly inspires me," said Kouril. "Every week, they come to the class, and if they are not able to, they let me know when and why they won't be there. I truly love them all."

The Center 4 Life is located at the corner of Library Way and Palm Ridge Road on Sanibel. For additional information, call 472-5743 or email Trish.Phillips@mysanibel.com. ❄️

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Liam Holston with his first place awards for the FISH 10K in 2011 and 2016 photos provided

Eighth Grader Wins Age Group Again In 10K

Liam Holston, an eighth grader at The Sanibel School, finished first in his age group in the 8th annual 10K Race 4 FISH on October 15. His time of 38:22 was good enough for fourth place out of 380 runners who participated.

“Back in 2011, when Liam was 8 years old, I kind of forced him to run the FISH 10K because my wife and I wanted to run and we could not get a baby sitter,” said Craig Holston, Liam’s father. “Liam ended up finishing first in his age group that day as well and we discovered he had a real talent for running.”

Liam, who is currently the sixth-ranked middle school runner in the state of Florida, has been running cross country and track for The Sanibel School since the sixth grade. He also runs with the Elite Runner Youth Running Club in Fort Myers.

Next year, Liam hopes to join his sister Julia, a sophomore who runs cross country and track for the Fort Myers High School Green Wave.✱

BeautifulLife: Careful Connections



by Kay Casperson

Are you finding yourself constantly catching up on emails, phone calls, text messages or social media posts, but never seeming to really get the things done that really matter on time? Have you ever

thought that you might be what I call too connected? What I mean by that is maybe you are not aware that just by changing your notifications settings on your phone you can allow yourself to concentrate on what is important on your list of things to do rather than be interrupted by a buzz, beep, ring or chirp every time someone calls, emails, texts or posts on Facebook, Instagram and Twitter. Remember, not all of these things are going to be important for you to read in real time – why not try to accomplish things on your own time so that you can spend quality time addressing things that are important and save wasted time on things that are not?

I am a big believer that you should also be careful about your privacy and make sure your privacy and location settings are not set so people know where you are at every moment. Why would you want people to see your location – or your family’s location – at all times? Location services should be used for finding places you are visiting, not to track people or – worse yet – have people or researchers track you or your habits. These are all

attempts to collect data so that you can be more programmed.

Research is showing that more people are stressed out due to feeling like they are having to accomplish things immediately because they are allowing outside sources to interrupt them when there are calls, messages, emails and posts that are new. Lets take a step back and remember the days where it was so nice to make a list of people you need to call, emails you need to do or read and tasks that you want to accomplish without interruption.

Also, remember that the best connections are made when we are fully engaged in communication with others. Whether it be one on one or in a group setting, people want eye contact and real engagement... not someone checking their phone every other minute. This behavior has become crazy and I encourage you to put your devices down, turn off notifications and get back to real connections and real communication on your own time for a more meaningful and productive, beautifulife!

My favorite affirmations for having careful connections are:

- “I control when and how I connect with others and how others connect with me.”
- “I am making meaningful connections for a lifetime of happiness.”
- “I let others know that I am engaging with them so they feel important and appreciated.”

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.✱

Zonta Holding Women’s Health Forum

Building on the idea that knowledge is power, the Zonta Club of Sanibel/Captiva hosts the 2nd annual Women’s Health Forum on Wednesday, November 9 from 8:30 a.m. to 12:30 p.m. at the Lexington Country Club, located at 16257 Willowcrest Way in Fort Myers.

Sponsored by Lee Memorial Health System and Shell Point Retirement Community, the forum will feature sessions on healthy weight, probiotics, heart disease and breast cancer prevention as well as tips on maintaining a healthy brain.

Featured speakers include Teresa Spano, a naturopathic consultant, and Judith Anne Petrin, an advanced registered nurse practitioner specializing in memory care.

And back by popular demand, last year’s presenters, Dr. Heather Auld and Salvatore Lacagnina, will again share how to prevent diseases common in older women and as well as healthy living tips for women of all ages. Auld is an integrative medicine specialist with Lee Physician Group, and Lacagnina is vice president of Lee Memorial Health System and a regular columnist for *The News-Press* Living Well section.

“The forums are part of Zonta’s mission to empower women with information to improve their lives,” said Nancy Dreher, club president-elect and one of the organizers. “To live your best life, you must be healthy. Come join us and gain the power to be the best advocate for your own health.”

Seating is limited. Reservations are required by Thursday, November 3 by calling Spring Rosen at 343-6054.

The cost is \$25 per person and lunch is included with the ticket price. Checks should be made to the Zonta Club of Sanibel-Captiva and mailed to Zonta Sanibel-Captiva at P.O. Box 1244, Sanibel, FL 33957.

For more information, visit zontasancap.com.✱



From left, Zonta President Barbara Beran and Zonta District 11 Governor Karen Pati usher in attendees at last year’s Women’s Health Forum photo courtesy Zonta

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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 will be held Wednesday, November 12 from 9 a.m. to 2 p.m.

Donations of clean, gently used items are welcome, and tax deductible. Bring them to the center Monday through Friday between 8 a.m. and 3:30 p.m. No 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 21 and 28, 12:30 to 3:30 p.m.

Pappas will teach an easy approach to collage, both figurative and abstract. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (substrates can be watercolor paper, canvas, canvas board or mat board.) Cost is \$15 for members and \$20 for non-members. Call to sign up.

Introduction to Chalk Painting – Friday, October 21, 1 p.m. Cost is \$5 for members and \$10 for non-members. Introductory course. Chalk paint is a

versatile paint that works on furniture without priming or sanding, and is known for its velvety, matte finish. Drying time is quick, and the paint can be used for a number of techniques. Supplies include a small picture frame and a variety of 10 colors to choose from. Advanced registration is required. Space is limited on a first come basis.

FISH Friendly Faces Luncheon & Tour – Tuesday, November 8 at 11:30 a.m. Cost is \$8 for members and non-members.

Have lunch with FISH volunteers and staff at George & Wendy's. Tour the new facility across the street and hear about the services, programs and workshops offered by FISH, and learn about ways to help. Advance registration is required. Deadline is Friday, November 4.

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

Interactive, two-day class for drivers 50 and older to learn safety strategies, rules of the road, how to deal with aggressive drivers, and maintain confidence. 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 but you must attend both classes in order to receive course certificate.

Sunset Social on the Causeway – Thursday, November 10 beginning

at 4:30 p.m. There is no charge for members, non-member charge is \$5.

Spend an evening relaxing and watching the sunset with friends. A special tribute is scheduled. Bring an appetizer to share and a beach chair. Contact the center for directions to the viewing area (weather permitting).

RS Walsh Garden Tour & Lunch at Cip's Place – Tuesday, November 15. Cost is \$5 for members and \$10 for non-members.

Private tour of RS Walsh retail center and In The Garden outdoor showroom. There is a large assortment of native and tropical plants, pottery, fountains, garden accessories and works by local artists. Lunch is on your own at Cip's Place, which includes a talk about the "Wall of Faces" mural. Carpooling available. Advance registration required. Deadline is Friday, November 11.

Complimentary Diabetes, Glaucoma, Hearing and Blood Pressure Screenings by Sanibel-Captiva Lions Club – Friday, November 18, 9 to 12:30 p.m.

All screenings take place at the center. The screeners have been trained and certified by a doctor and use all appropriate methods to ensure antiseptic conditions and privacy. Screenings are on a first come basis.

SHINE Medicare Open Enrollment – Monday, November 21, 10 a.m. to 2 p.m.

The SHINE (Serving Health Insurance Needs of Elders) program is offered for free by the Florida Department of Elder Affairs and local Area Agency on Aging. Trained volunteers can assist you with Medicare, Medicaid and health insurance questions. No pre-registration required.

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 – November 1 and 15 (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 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 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. Call 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. 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. 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.*

Help Set a NATIONAL RECORD for the Partners Human Pink Ribbon



SATURDAY
OCTOBER 29

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9-11 AM

Participants will be forming the human ribbon holding uniform pink umbrellas. Each \$20 donation will receive one umbrella, yours to keep. Registration is \$10 if you bring your umbrella from last year's event.

For more information visit www.pfbcc.org or call 239-454-8583.



RAIN OR SHINE



From page 15

Speaker Series

Florida and America

November 18 – Nature photographer John Moran, *Our Water, Our Future*

December 2 – Water: Have We Missed The Boat?, interactive panel discussion

Also as a part of Water/Ways programming, DDWS will be showing a water-related film series, sponsored by LCEC, on Wednesdays. The Southwest Florida Fine Craft Guild is mounting an artful water and nature exhibition titled *Engulfed* during the event, and an exhibit of Mac Stone's water-related Everglades' photography will also be on display.

Special Saturday family programs, giveaways, interactive water features, and other activities are scheduled. On Saturday, November 26, a Kids Fishing Derby will take place on the Sanibel Causeway in conjunction with the exhibit. WaterVentures Florida's Learning Lab will make a one-day stop on Saturday, December 3. Tarpon Bay Explorers, the refuge's recreation concession, will offer a 10 percent discount on several Saturday Nature & Sea Life cruises during Water/Ways.

"The outstanding, 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," added Westland. "We are honored to be among the select venues hosting the exhibit."

For more information on Water/Ways and a full calendar of events, visit dingdarlingsociety.org/articles/waterways.*

dearRPharmacist

Cryptoxanthin Found In Squash Helps Lung Cancer



by Suzy Cohen, RPh

Dear Readers:

Autumn is stunning here in Colorado and I wait for the leaves on the trees to begin to glow orange and yellow. I love how the temperature drops, and I get to

dust off my beloved boots. There's a pumpkin patch near my house that begins to boast its harvest with pretty little pumpkins for miles. I love looking at those pumpkins, but I confess I haven't found my 'pumpkin gene' yet. They're just OK, I don't crave them. The gourd I long for is butternut squash.

Butternut squash has a lot of beta carotene which your body automatically converts to vitamin A, unless you have a variant (expressing genetic SNP) in their BCMO1 gene. In that case, you can't convert the beta carotene to vitamin A very well, so supplementation

with retinol would be helpful or you become deficient in vitamin A.

The health perks of eating butternut are just crazy amazing. Today, I'll focus on beta cryptoxanthin, this is a powerful carotenoid (similar to beta carotene) and it protects DNA. So much so, that studies suggest it can help with cancer, especially lung cancer. Researchers in Philadelphia just published results from an animal study stating beta cryptoxanthin can "be used as a chemopreventive agent or a chemotherapeutic compound against lung cancer." It works by flipping a switch on the genes in your body that keep cancer from spreading. As for inflammation, cryptoxanthin compound has the ability to reduce development of rheumatoid arthritis, according to a University of Manchester study.

A three and a half ounce serving (100 grams) of cooked butternut squash contains about 3,120 mcg of beta cryptoxanthin, whereas a bowl of boiled carrots contains only 199 mcg.

As for butternut squash, the only thing you have to throw out is the skin. You can actually roast the seeds with olive oil, salt and pepper. These little guys are rich in tryptophan which converts to the happy neurotransmitter serotonin, and subsequently into sleepy melatonin. Here is one recipe from my newest ebook called *Eat for the Seasons: 21 Delicious Fall Recipes*. Download your free copy from suzycohen.com.

Butternut Squash Savory Salad

2 tablespoons butter
2 cups butternut squash, cubed
Salt and pepper
2 teaspoons coconut or brown sugar
½ cup almond slivers
¼ teaspoon pumpkin pie spice
6 cups mixed lettuce greens
(Romaine, butter, etc).

1 avocado, sliced
1 small cucumber, sliced thinly
¼ cup pomegranate seeds

Melt butter in a skillet and cook the butternut squash with salt and pepper (as desired) and sugar (to caramelize it). Cook until golden or lightly brown and tender. Toast the almond slivers in another saucepan along with the pumpkin pie spice, keep tossing them until they are toasted. It took about 5 minutes for me. Toss the salad greens along with the cooked butternut squash, cucumber, and pomegranate seeds. Then, top with avocado slices, cucumber and toasted almonds.

I make my own dressing at home by combining EVOO and pomegranate vinegar. Pomegranates are natural beta blockers and help reduce blood pressure.

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

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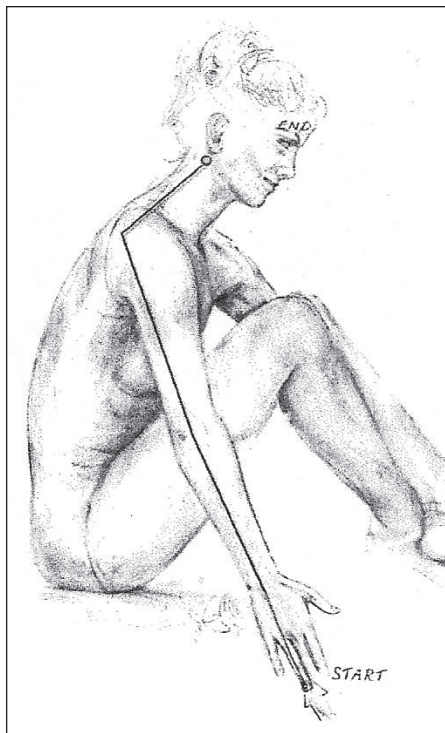
Trace Triple Warmer Meridian



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

There is no Western organ counterpart for Triple Warmer (TW) meridian, since from a traditional Chinese

medicine view it is the ultimate "commander of our energies." TW commands our respiration, digestion and elimination – being responsible for heating and cooling the body. It governs all of the organs, governs the immune system, is governed by and governs the hypothalamus and is sometimes referred to as the "keeper of our habits" for good or bad. So, if your fallback for stress is to tighten your jaw, creating TMJ, then TW will do whatever it can to make sure this mechanism is available to keep you safe. Calming TW and changing "its habits" is an underpinning of resolving disease. Physical manifestations of TW imbalance may include adrenal exhaustion, asthma, chills, diabetes, emotional shock, fever, hives, hormonal problems, hot flashes, hypoglycemia, knee issues, menopause, morning fatigue, PMS, over sweating or weight



Triple Warmer meridian

image courtesy Eden Energy Medicine

problems. Our bodies have not evolved to handle the stresses of modern culture with high rise buildings, EMFs, cell phones, microwaves, computers, antibiotics and pesticides in much of our food supply nor water with contaminants. These are the stressors that TW addresses daily, which is why most of us are in a constant "stress mode." Hope and resolution are

continued on page 46

Kids Hip-Hop Class

Registration for the new coed Hip-Hop 4 Kids class is underway. This introductory dance class, available to children in grades 2 through 5, focuses on popular dance moves, rhythm and basic footwork. Youngsters will learn hip-hop techniques and combinations while developing coordination and building self-esteem.

The cost is \$42 for Sanibel Recreation Center members and \$55 for non-members. The class began on October 18 and will continue on Tuesdays from 6 to 7 p.m. Wear comfortable clothing and closed-toe shoes.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available. For more information, call 472-0345 or visit mysanibel.com.

From page 34

School Smart

professional help.

If depression persists: consult your family doctor and get a referral to a psychologist.

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

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Doctor and Dietician (part 1)

Avoiding Products That Decrease Libido

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

The intake of certain products may decrease libido and, if low sex drive is a problem, they should be avoided. First, drinking too many caffeinated drinks can lower your sex drive by causing adrenal fatigue. Excess caffeine causes stress on the body which, in turn, decreases cortisol levels. Cortisol is a hormone that helps you to deal with stress. If you drink too much caffeine, your body will become overly stressed and eventually use up your entire cortisol

supply, causing adrenal fatigue. If your adrenal gland is not producing adequate hormones, you will have less desire for sex and very little energy or strength for sex.

Secondly, most of us are familiar with the concept of fatty plaque that builds up in the blood vessels around the heart. Similarly, the myriad of tiny vessels in the penis can have plaque build-up. Without free-flowing circulation, the penis cannot physically respond to messages from the sex drive. Nearly all packaged foods, TV dinners, fast foods and vending machine foods contain high levels of hydrogenated fats. Instead, consume an abundance of fresh, good fats like cold-pressed vegetable oils, avocado and nuts.

Thirdly, excessive alcohol lifts behavioral inhibitions, but this liberating effect may be canceled out by its depressant effect. Alcohol also has an action similar to the female hormone estrogen, which can have a devastating effect on masculinity, causing impotence and shrinking of the testes in men who drink heavily. Alcohol can also deplete Vitamin B stores, diminishing all of its benefits.

Lastly, nicotine is an enemy of the arteries. Nicotine not only promotes the formation of atherosclerotic plaque in the penile blood vessels but also constricts them.

If you are looking to improve your libido, remember that natural is better.

*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 Inby Constance
Clancy

Q: Someone recently told me that I need to bring some humor into my life because I am too serious. I don't know how to do this.

Can you offer

some suggestions?

A: Yes, I can offer you some tips that people have found helpful as a means to provide emotional balance in a serious, stress-filled life. Whether you have an on-going issue, or just simply a bad day at work, these are some

ideas to boost your laughter quota to a healthier level.

1. Be sure not to take yourself too seriously. You mentioned that you are too serious. Learn that it's ok to lighten up and even laugh at yourself. It's common for us to take ourselves too seriously. Humor actually means "moisture" as in going with the flow.

2. Try doing one fun or funny thing a day to show that you can actually take yourself lightly, such as watching a comedy or going to a funny movie.

3. Read the comics in the newspaper, or look up www.jokes.com or www.ahajokes.com. Also, you may want to create humorous photos for a humor scrapbook. It's great entertainment. You can also build a humor (tickler) notebook. This can be done by collecting cartoons, photos, birthday cards, jokes, etc.

4. We all have days that can be difficult and challenging. Contact friends to help lift your spirits if you are having a tough day. Humor moments are everywhere if you allow yourself to find them. Taking things so seriously will be a thing of the past if you let it.

*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.**

From page 45

Triple Warmer Meridian

available by shifting energetic patterns – learn some EEM techniques.

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

Meridian Flow Wheel Time Of Day

TW meridian's high tide is 9 to 11 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 9:30 p.m., then begin with TW.

Reasons To Trace TW Backwards By Itself In Addition To Tracing All Meridians

Although it is best to trace all your meridians as one continuous flow, you may want to trace TW backwards if you have some of the symptoms listed in the opening paragraph above or if you are just feeling stressed – whatever the cause. It is not advisable to trace TW forward other than when tracing all of the meridians together, since it is already in overdrive and generally we want to calm TW. Tracing backwards should make you feel better when stressed, but if it doesn't, then don't do it.

Affirmation for this meridian is, "I trust the universal wisdom, my inner wisdom and I am safe." 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 your hand at the ring finger on the back of the hand, tracing up the outer portion of your arm over your elbow, over the back of your arm, over the shoulder to the bottom of your ear, continuing around the back of your ear and ending at the temples. Do the other side. That's it. You just traced Triple Warmer meridian.

Flushing or Tracing TW Meridian Backwards

Remember that when there is too much energy in a meridian, you may want to trace it backwards. Given that TW governs flight, fight and freeze and is intent on making certain we survive (which it defines based on your prior habits), it is almost always in stress mode and thus it is advisable to trace TW backwards when feeling stress.

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

Have fun with your energy. Next week's topic is Feeling Angry at the World or Have Headaches – Trace Gallbladder Meridian.

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit www.semmelmanenergy.com.

*EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.**

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 told that I am a very well functioning senior woman. Every two years for the past 25 years, my husband and I have gone to a well-known hospital as part of a research study. This year it was not convenient for us to go together, so I decided to go alone and fly up rather than drive. I was told by the facility that I would be met at the airport.

When I arrived, no one was there so I waited and waited and finally went up to the airport information. Three women were at the counter and I asked if I was in the proper area, and they said, "Yes." I waited some more as I had no contact number with me. Finally, I went up again to get information and inquired if anyone

had called. They said, "No."

The three women looked at me and asked if I knew where I was, because I was probably in the wrong city. The facility I was going to did not exist and since no one had called, I was so furious I asked for their phone book and telephone and they very reluctantly gave them to me.

Of course, I was in the right city. The name of the facility I was going to had been changed and the women did not know the new name. I was definitely in the right place, the driver had gone to the wrong place and he had been too involved talking to his friends.

I was furious. All of these people had immediately assumed, because I was older, I was confused, disoriented and impaired. There was never a thought that the driver could be confused or the three people at the airport information desk lacked knowledge.

Before you make hasty conclusions about a person's mental abilities, be sure you know exactly what you are talking about and the information you have is correct.

I would like you to share my experience with your readers.

Josie

Dear Josie,

Ageism, like so many other "isms," are still very much a part of our everyday experience.

Younger people are always very quick to evaluate the mental functioning of anyone over 50, frequently making the wrong conclusions.

What you experienced is common and is resented by the victims. Some older people are impaired but with better health we hope it will become less of a problem.

Lizzie and Pryce

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



Single Serve Fruity Pizza

- 1 (nine-inch) whole wheat pita bread
- 1 orange, peeled and sectioned
- ¼ cup fresh strawberries, sliced
- ¼ cup cantaloupe, sliced
- ¼ cup fresh blueberries

1 ounce light cream cheese
1 teaspoon natural vanilla extract
Combine cream cheese and vanilla extract in a mixing bowl until well blended. Spread cheese over pitas.

Decorate with fruit by creating fun faces and patterns.✱



Single Serve Fruity Pizza

photo courtesy Fresh From Florida

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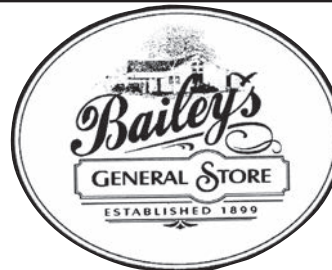
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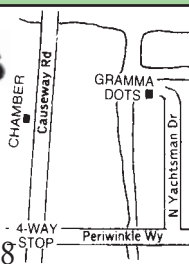


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CALLING CARD 239-395-1213

Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	941-770-0460
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

Hello, my name is Snowflake. I'm a 10-year-old spayed female chihuahua mix. I am affectionately known as "Little Angel Face" because no dog is as sweet, pure and good as me.

Adoption Fee: \$25 for pets 6 years and older (free for seniors adopting senior pets)

Hi, I'm Nissan. I'm a 3-year-old male domestic short hair orange tabby. My twin brother, Tesla, and I are both adorable, good-natured and playful kittens. The holidays are just around the corner so why not add one or two kittens to your family now!

Adoption Fee: \$75 (adopt a second cat or kitten free)

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

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

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

The adoption package is valued at \$500.*



Snowflake ID# 674932



Nissan ID#: 674221

Pet Discounts For Voters

Voters are sure to win when they adopt their favorite "DemoCAT" or "RePUblican" at Animal Services.

A 50 percent discount on pet adoptions will be offered to anyone who brings in an "I voted" sticker beginning Monday, October 24 for early voting through Election Day on Tuesday, November 8.

Puppies cost \$47, adult dogs are \$25, kittens are \$37, adult cats cost \$25, and pets 6 years and older are \$12.

The adoption package valued at \$500

includes spay/neuter surgery, age-appropriate vaccinations, Lee County pet license, microchip ID, de-worming, a heartworm test for dogs six months and over, a feline AIDS and leukemia test, pet behavior helpline and a 10-day pet health guarantee.

Available adoptees can be viewed by visiting leegov.com/animalservices. Adopters can submit an application online as well. The website updates hourly. Volunteers and staff are available to help individuals and families select the pet that best suits their family.

Adoption hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday at the shelter, 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's office off Six Mile Cypress Parkway.*

PUZZLES

Answers on page 45

Super Crossword

TURN OF PHRASE

- ACROSS
- 1 Dying fireplace bits

7 Clock or watch datum, in Spanish

13 Larynx sites

20 Eye component

21 Reach, as a goal

22 Accessory for Minnie Mouse

23 Parasite infecting big crowds?

25 Steel mill input

26 "Get faster," on mus. scores

27 First-rate

28 Excavated

30 Halo, for one

31 "Such gall!"

33 Baseball tool used to tap in a golf ball?

35 "Zip- — -Doo-Dah"

36 Heptathlete Jackie — -Kersee

38 Hydrocarbon suffix

39 Starring role as a malicious character?

43 Atoms with charges

45 "Send help!"

48 Shake like —

49 Stat for Sosa

50 Tough puff

52 Early arcade giant

54 Ruhr article

55 Classic dog name

58 Noises made by U-boat control switches?

61 Hydroxyl compound

63 Martinez of baseball

65 Hockey legend Bobby

66 Green Giant bagful

67 Mariner org.

68 Notice displayed in neon?

72 Skateboard park feature

75 Positions

77 Juan or señor ender

78 "Dangl!"

79 Sour, blackish fruit

80 Dessert-wine allotment?

85 Aide for Frankenstein

87 Vex

88 Sum up

89 "That should come — surprise"

90 Air hero

92 Playground comeback

94 Wrath

95 Outline sharply

97 First step in making a razor sharpener?

100 Stitch (up)

101 Lost intensity

104 Links target

105 Hair favored by a husband?

109 #1 hit for Shirley Ellis, with "The"

113 Hub for Air France

114 "Cabaret" director Bob

115 Demonstrate

117 Play hard —

118 Contradict

120 Inability to tolerate

123 Serene

124 Big Brother creator

125 Grub hub?

126 One cuddling

127 "I Need a Girl" rapper

128 Dutch beer brand

DOWN

1 Acclaim

2 Cadge

3 Actor Willis

4 Baja tourist city

5 Recited readily

6 — Paulo, Brazil

7 Resort lake

8 "Blame — Rio"

9 To be, to Camus

10 Really riled

11 Simple

12 At the locale itself

13 Burglar

14 Clay layer under soil

15 — de Oro

16 Fancified

17 More or less

18 Joe of baseball

19 Curse

24 Top picks, informally

29 Money-back, maybe

32 Arbitrator

33 "Cheerio!"

34 Perilous

36 Triangular sail

37 Of the ears

39 Burdened

40 Justice

41 Of rockets, missiles, etc.

42 Plug point

44 Missions for the CIA, say

45 City on San Francisco Bay

46 Moon, e.g.

47 Certain sib

50 Maiden

51 Bitter-tasting

53 Nicholas I and II, for two

56 "— Easy" (1977 hit)

57 502, in old Rome

59 For dieters, in ads

60 Decide that you will

62 First lady after Hillary

64 Smelly bulb

69 Other, in Madrid

70 Actress Pam

71 Witchy type

73 Lamebrain

74 Kind of black 122-Down

76 Plains homes

80 — Lanka

81 "She's the one"

82 Sch. staff

83 Skeptics' interjections

84 Indulge fully

86 Competitive shooting group

91 Lout of a guy

93 Nannies

96 Scarred "Batman" villain

97 Revered Fr. nun, maybe

98 Softens up

99 — -pah

100 Evil computer system in "The Terminator"

102 Miter wearer

103 Scared, in dialect

105 Lara of "60 Minutes"

106 Talk formally

107 Curtails

108 Vestibule

109 — zone (restricted airspace)

110 Tip of a shoelace

111 39.37 inches, to a Brit

112 Car fuel additive

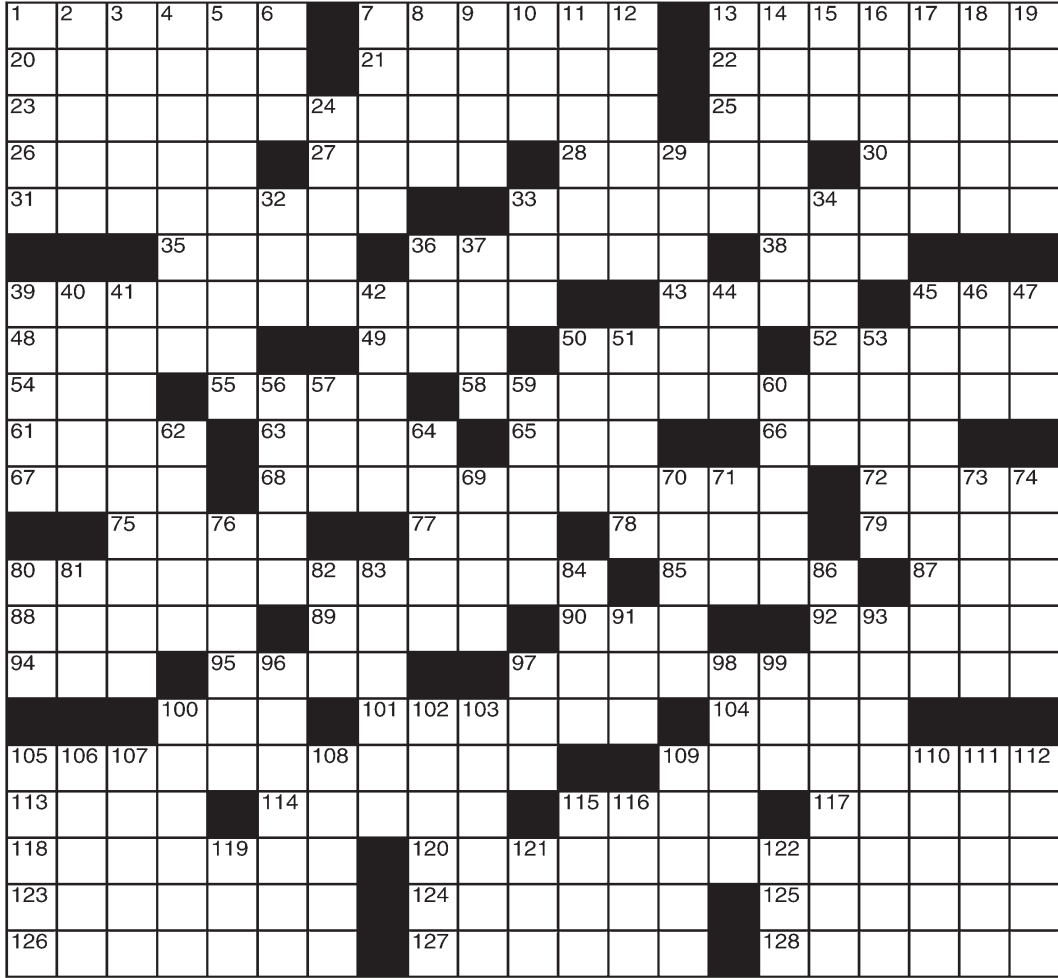
115 Sown bit

116 Adhere (to)

119 "My Gal —" (1942 film)

121 — -nighter (stadium event)

122 Brewed drink



King Crossword

- ACROSS
- 1 Coincide

6 Orbiter until 2001

9 Massachusetts cape

12 Marshmallow treats for Easter

13 Rhyming tribute

14 Gorilla

15 Install to new specs

16 Rids of impurities

18 Summertime quaff

20 Give a darn

21 Gridiron org.

23 Stocking woe

24 Take it easy

25 "— well that ..."

27 Center of emotions

29 Brawn

31 Pipsqueaks

35 Silent film brother

37 Infamous lyre player

38 Luxurious fabric

41 Curved line

43 "Family Guy" network

44 Actress Penelope

45 Faux gold

47 Improves

49 Poisons

52 One little insect ...

53 ... and another

54 Mountain chain

55 More, to Manuel

56 — and outs

57 Bad lighting?

7 Notion

8 Ump

9 Panama or Suez

10 "Turandot" or "Tosca"

11 Neuter

17 Hockey players

19 Potato, e.g.

21 "Platoon" locale

22 Winter bug

24 Ply oars

26 Prefix for "phrenic"

28 Rage

30 PC linkup

32 Money-back

33 Expert

34 Chi squad

36 Analyzes grammar

38 "Gitt!"

39 Gladiatorial venue

40 Massachusetts university

42 Charmer's snake

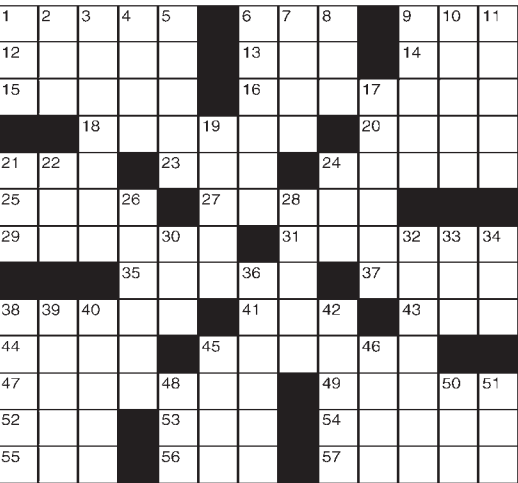
45 Portent

46 Den

48 Bat stat

50 Swelled head

51 D.C. honorific



REMOVE MAGIC MAZE ● LETTERS TO FIND A BIRD

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

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

Chevron

Clarks

Cornrow

Dowel

Drove

Entangle

Groomsmen

Guerrilla

Kitten

Robbing

Snowman

Storybook

Tavern

Warden



Sorry, it's against regulations to serve a _____ with the health salad!"
answer on page 44

SCRAMBLERS

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

Spot
BADU
Ignite
DINKEL
Adage
HICCLE
Tie
TONK

TODAY'S WORD

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

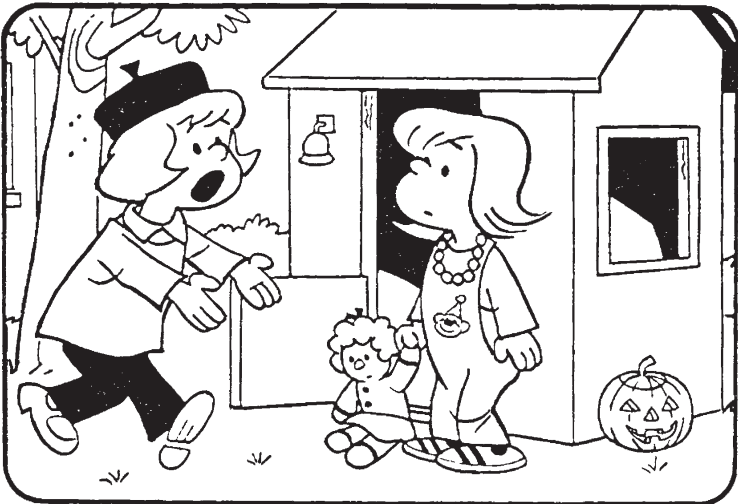
SUDOKU

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

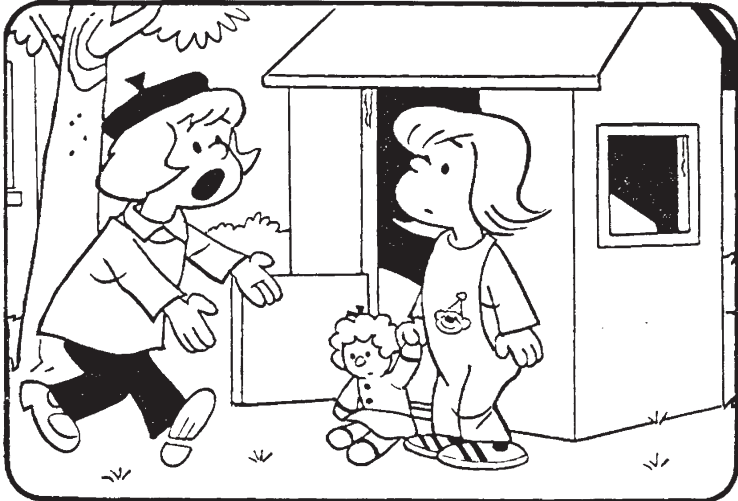
answer on page 45

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Hat is different. 2. Arm is moved. 3. Light is missing. 4. Beads are missing. 5. Pumpkin is missing. 6. Window is smaller.

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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 or 395-2299. ✱

My Stars ★★★★★

FOR WEEK OF OCTOBER 24, 2016

ARIES (March 21 to April 19) Mars, your ruling planet, begins a journey that will open up a growing number of possibilities. Put that surging Arian energy to good use and explore it to your heart's content.

TAURUS (April 20 to May 20) This is the time to prepare for a career move coming up next month. Update your resume. Get those proposals in shape. And don't forget to buff up that Bovine self-confidence.

GEMINI (May 21 to June 20) Your Gemini instincts will guide you to the right people who might be able to help you get over that career impasse that has been holding you back. Expect to make changes.

CANCER (June 21 to July 22) You're getting closer, but you still have a ways to go before reaching your goals. Continue to stay focused, no matter how difficult it can be for the easily distracted Moon Child.

LEO (July 23 to August 22) Your Leonine pride might be keeping you from getting to the source of a disturbing situation. Don't be shy about asking questions. Remember: Information is power.

VIRGO (August 23 to September 22) It's a good time to shake up your tidy little world by doing something spontaneous, like taking an unplanned trip or going on a mad shopping spree.

LIBRA (September 23 to October 22) This is a good week to get advice on your plans. But don't act on them until you feel sure that you've been told everything you need to know to support your move.

SCORPIO (October 23 to November 21) Be careful. You might be probing just a little too deeply into a situation that you

find singularly suspicious. The facts you seek will begin to emerge at a later time.

SAGITTARIUS (November 22 to December 21) This is a good week to make new friends and to look for new career challenges. But first, get all those unfinished tasks wrapped up and out of the way.

CAPRICORN (December 22 to January 19) Relationships need a fresh infusion of tender, loving care. Avoid potential problems down the line. Stay close to loved ones as the month draws to a close.

AQUARIUS (January 20 to February 18) Aspects favor relationships, whether platonic, professional or personal. On another note: Be a mite more thrifty. You might need some extra money very soon.

PISCES (February 19 to March 20) This is the absolute right time to let those often-hidden talents shine their brightest. You'll impress some very important people with what you can do.

BORN THIS WEEK: You are impelled by a need to find truth, no matter how elusive. You would make a wonderful research scientist or an intrepid detective.

THIS WEEK IN HISTORY

• On Oct. 30, 1864, the town of Helena, Montana, is founded by four gold miners who strike it rich at the "Last Chance Gulch." Eventually, Last Chance Gulch would prove to be the second biggest gold deposit in Montana.

• On Oct. 26, 1881, in a shootout that lasts all of 30 seconds, the Earp brothers face off against the Clanton-McLaury gang in a legendary shootout at the OK Corral in Tombstone, Arizona. The Earps and Doc Holliday were charged with murder, but a Tombstone judge acquitted them.

• On Oct. 24, 1931, the six-lane George Washington Bridge over the Hudson River between New York and

New Jersey is dedicated. In 1946 two more lanes were built, and in 1958 six lower-level lanes were added. Today the bridge carries 106 million cars per year.

• On Oct. 29, 1948, killer smog hovers over Donora, Pennsylvania, trapping the sulphuric acid, carbon monoxide and other pollutants released by steel mills and a zinc smelting plant. By the time rain washed the air, 20 people had perished and thousands were ill.

• On Oct. 27, 1970, Andrew Lloyd Webber and Tim Rice released a double-LP "concept" album called "Jesus Christ Superstar" after they were unable to find financial backing for a stage production due to the nature of the story.

• On Oct. 25, 1983, President Ronald Reagan, citing the threat posed to Americans in Grenada, orders the Marines to invade. Nearly 1,000 Americans were on the island, many of them students at a medical school. In a week, Grenada's government was overthrown.

• On Oct. 28, 1998, President Bill Clinton signs into law the Digital Millennium Copyright Act. The DMCA explicitly authorized copyright holders to issue "takedown" notices to individuals or companies believed to be engaging in infringing use of a copyrighted work.

STRANGE BUT TRUE

• It was 20th-century American journalist and author Sydney J. Harris who made the following sage observation: "Men make counterfeit money; in many more cases, money makes counterfeit men."

• The Hawaiian Islands didn't have mosquitoes until the 1820s, when a ship evidently brought the pests along with the people.

• Those who study such things claim that, generally speaking, the more money a man makes, the less alcohol he drinks.

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With women, though, the opposite holds true: The more money she makes, the more alcohol she drinks.

- The name of the nation of India is derived from the name of the river Indus. It's interesting to note, however, that the Indus doesn't actually flow through any part of modern-day India; it's in Pakistan and the disputed region of Kashmir.

- The snapping turtle is the only modern reptile that can breathe underwater, and then only if it stays put on the bottom. If it starts to swim, it has to surface to breathe.

- A researcher named Joel Achenbach says that the red in the occurrence of red eye in some photographs is actually blood. The color comes from the flash reflecting off the blood vessels in the back of the eyeball.

- You might be surprised to learn that of the 6 million parts that make up a Boeing 747, half of them are categorized as fasteners.

- It would take 34 days (and nights) to ride a horse around the world. If you didn't stop for sleep, of course. Or bathroom breaks, or food. And if you

were provided a fresh horse whenever the one you were riding began to tire. And if those horses could gallop across water.

THOUGHT FOR THE DAY

"I can't understand why people are frightened of new ideas. I'm frightened of the old ones." -- John Cage

NOW HERE'S A TIP

- "To keep sneakers from smelling up a closet, tuck a sheet of fabric-softener

into each one. Keep it in overnight, or just leave it there until you wear your shoes again." -- D.F. in Texas

- Now is the time to prep your outside pipes if you live in a cold-weather area. Cover exposed spigots with a foam wrapper, and be sure to drain any in-ground irrigation systems if you expect a freeze in your area.

- If your brown sugar is too hard, just pop it in a bowl and into the microwave with a slice of bread. The bread will help soften it, and it will be ready to use in seconds!

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SCRAMBLERS

solution

1. Daub; 2. Kindle;
3. Cliche; 4. Knot

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LOUSEOF	HORDES	IRONORE
ACCEL	AONE	MINED
AURA	THENERVE	BATOF
PUTTER	ADEE	JOYNER
ANE	LEADOF	SPIITE
IONS	SOS	ALFAF
RBI	GASP	ATARI
DER	FIDO	CLICKS
SUBS	ENOL	TINO
ORR	PEAS	NASA
SIGNO	FLIGHT	RAMP
PUTS	ITA	DRAT
SLOE	SHARE	OFPORTS
IGOR	IRK	RECAP
ASNO	ACE	ISTOO
IRE	ETCH	START
OFH	ONE	SEW
ABATED	HOLE	LOCK
SOF	WIFE	NAME
GAME	ORLY	FOSSE
SHOW	TOGET	GAINSAY
HATE	OF	STEALTH
ATPEACE	ORWELL	EATERY
NESTLER	PDIDDY	AMSTEL

KING CROSSWORD

A	G	R	E	E		M	I	R		C	O	D	
P	E	E	P	S		O	D	E		A	P	E	
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MAGIC MAZE

REMOVE LETTERS TO FIND A BIRD

SUDOKU

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

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*NS 10/7 CC 10/28

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*NS 10/7 CC 10/28

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*RS 4/29 CC TFN

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*NS 10/7 CC TFN

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*RS 1/23 BM TFN

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*RS 1/4 BM TFN

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LOAN NEEDED

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*NS 7/22 CC TFN

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*NS 9/16 CC TFN

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*NS 1/4 PC TFN

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*RS 9/30 CC TFN

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*NS 10/7 CC 10/28

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*RS 8/19 CC 10/21

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*RS 6/7 CC TFN

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*NS 10/21 CC 10/21

HELP WANTED

All around person for small Captiva Resort. Duties will include Front Desk Customer service and also working outside in marina operations. Please call 470-5389

*NS 10/21 CC 10/28

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Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Tami, or Norm 472-9300.

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*RS 1/4 NC TFN

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photo submitted by owner

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*RS 10/14 CC 11/4

Rotary Happenings

submitted by Shirley Jewell

The welcoming back of our Rotarian “snowbirds” has officially started. Old friends are coming back and season is not far away. They are coming back and finding our islands looking lush from all the summer rains, new restaurants offering great food, anticipation for the opening of the renovated Community House, a plethora of volunteer opportunities, along with fundraising activities already marked on the calendar. Sanibel-Captiva Rotary’s fundraiser isn’t until February 18 and 19, but put it on your calendar right now because you won’t want to miss it this year.

San-Cap Rotary also welcomed back Jan Fifer, executive director of Special Equestrians. A few years back, Rotarians visited the Special Equestrians facilities in Fort Myers. Special Equestrians sits on 14.5 beautiful acres of farmland housing a 12-stall stable, a hay and equipment barn, riding arena, caretaker quarters and office space.

Special Equestrians is a nonprofit organization that provides therapeutic horseback riding and equine-assisted activities to children and adults with special needs in Lee, Charlotte, Hendry and Glades counties in Southwest Florida, accredited by the Professional Association of Therapeutic Horsemanship.

Special Equestrians was founded in 1987 here in Fort Myers with a few borrowed horses. The group did not own their own stables and, up until 2007, had moved their program’s location a number of times. The need was great for Special Equestrians to have their own property and be able to develop a more comprehensive program.

In 2007, an opportunity presented itself and the nonprofit was able to purchase 10 acres of beautiful farmland with a stable and a few outbuildings appropriate for their program and future planning. Farm improvements over the years have enhanced their program’s abilities. In the fall of 2007,



a 100x200-foot metal cover was added to the riding arena to provide a safer and more comfortable environment. This roof structure provides a safe area to congregate, as well as to get out of the heat and rain. Its concrete walkways provide a safe traverse through the viewing area and onto the mounting ramp.

In 2009, a sensory integration trail was built, as a partnership project with Florida Gulf Coast University students, on Special Equestrians property. While riding on the sensory integration trail, our participants experience 20 different activity and obstacle stations.

Participants in the program usually are referred by doctors or other medical and educational professionals working with the population served by Special Equestrians. Currently the program supports 12 horses working with 80 participants from 4 to 75 years old. Cerebral palsy, autism, Down syndrome, head trauma, stroke, development delays and multiple sclerosis are some of the disabilities served by Special Equestrians. All horses and program participants must be physically and temperamentally qualified for this program. Three volunteers are in attendance when participants are on the horses – leader and side walkers. Special mounting areas are used to mount the horses depending on disabilities.

What does Special Equestrians provide for participants? This poem by John Anthony Davies might answer this question:

I Saw A Child
I saw a child who couldn’t walk, sit on a horse, laugh and talk. Then ride it through a field of daisies and yet he could not walk unaided. I saw a child, no legs below, sit on a horse, and make it go through woods of green and places he had never been to sit and stare, except from a chair.
I saw a child who could only crawl. Mount a horse and sit up tall, put it through degrees of paces. And laugh at the wonder in our faces. I saw a child born into strife, take up and hold the reins of life, and that same child was heard to say, “Thank God for showing me the way.”
Horseback riding has long been recognized as one of the most beneficial forms of therapeutic treatment for individuals with special needs. Riding



Youngster enjoying a horseback ride with Special Equestrians

develops self-confidence, concentration and self-discipline. Joint mobility, flexibility, posture, muscle and trunk control, balance, coordination and even speech are improved through assisted-equine activities. Just being able to speak the horse’s name is a remarkable feat for some students.

As an outgrowth of the normal equine

therapy, an independent riding drill team was formed for some Special Equestrian riders – walking, trotting and cantering horse maneuvers. Volunteer training is available.

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

HORTOONS



Top 10 Real Estate Sales

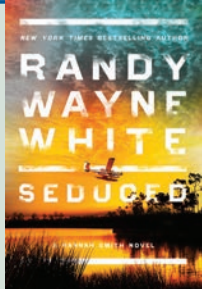
Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fort Myers	Fort Myers	2006	4,523	\$1,649,900	\$1,465,000	16
Renaissance	Fort Myers	2008	4,876	\$1,395,000	\$1,305,000	172
Ridge	Bonita Springs	2001	3,329	\$999,999	\$975,000	27
Matlacha Shores	Matlacha	2008	4,380	\$999,000	\$850,000	276
Fort Myers	Fort Myers	2006	3,796	\$949,900	\$849,900	165
Riverwalk	Bonita Springs	1992	3,476	\$875,000	\$850,000	83
Cape Coral	Cape Coral	2016	2,662	\$749,875	\$769,112	9
Idlewild	Estero	2001	2,771	\$725,000	\$630,000	254
Cape Coral	Cape Coral	2014	2,520	\$699,000	\$687,000	49
Estero Place	Estero	2016	2,367	\$607,381	\$605,880	5

Courtesy of Royal Shell Real Estate



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NOVEMBER 3RD
12PM - 3PM**



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*The New York Times
Magazine*

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