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## Public Restroom Project Under Way At Refuge

by Jeff Lysiak

The second phase of a major renovation project at the JN “Ding” Darling National Wildlife Refuge is currently under way, with artistic renderings of animals and native plants being added both inside and outside of the Visitor & Education Center’s restroom facilities.

Phase I of Project#LearningLav, completed in early May, included the installation of a mother and baby manatee sculpture along the building’s outer wall, created by Fort Myers artist Andrew Corke. The second phase of the project, which started last week, includes the addition of educational messaging inside the lavatories at the “Ding” Darling Visitor & Education Center and on the outdoor wall leading to them.

“We recognized that we were running out of space inside the Visitor &



“Ding” Darling Wildlife Society assistant Director Sarah Lathrop standing next to artist David Williams’ first contribution at the refuge, the welcome archway photo by Jeff Lysiak

Education Center for new exhibits and interpretation,” said Sarah Lathrop, assistant director of the “Ding” Darling

Wildlife Society. “We also realized how many visitors would come up to use the restrooms, but then walk past the center

and head out on the Wildlife Drive.”

According to Lathrop and “Ding” Darling Wildlife Society Executive Director Birgie Miller, the floor-to-ceiling painting – created by North Carolina artist David Williams, who also created the refuge’s welcome archway at the base of the entrance ramp and scat panels at the Wildlife Education Boardwalk – will feature 2D and 3D paintings of wildlife that can often be seen at the refuge.

“There’s going to be diving brown pelicans and an alligator you can see from underneath,” said Lathrop, pointing to an area above Corke’s “sculpture” manatee artwork. “Inside the bathrooms, the painting will also feature underwater wildlife.”

Funded by a grant from the West Coast Inland Navigation District (WCIND) and through individual donations to the “Ding” Darling Wildlife Society, Miller noted that the installation will be the first of its kind in the National Refuge System’s 550-plus refuges.

“The whole idea behind this is to capture people who are coming here and just visiting the restrooms rather than

continued on page 35



Marine Science Educator Carley Todd of the Sanibel Sea School inspects a mangrove propagule with camp participant Andrew Knesel during a visit to Bunche Beach

photo by Jeff Lysiak

## Children Learn About Mangroves At Sea School

by Jeff Lysiak

Last week at the Sanibel Sea School, a small group of youngsters took part in a class called Mangroves – Trees That Feed The Sea, a half-day session focused on the important role that these trees play in protecting our shorelines and providing shelter and habitat for many types of marine animals.

Marine Science Educator Carley Todd told participants that mangroves, which are

continued on page 26

## International Coastal Cleanup Scheduled For September 16



Volunteers at last year’s Coastal Cleanup

photo provided

On Saturday, September 16, the Sanibel-Captiva Conservation Foundation (SCCF) invites you to participate in an international volunteer effort to rid the coastlines and waterways of marine litter, pollution and debris. On that day, volunteers worldwide remove millions of pounds of coastal trash that can hurt local economies, injure and kill marine wildlife, and choke the ocean environment. SCCF’s

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# Scout Night At Sanibel School



Cub Scout Pack 1740 with Lee County EMS responders photo provided

Scout Night will be held on Thursday, August 31 from 6:30 to 7:30 p.m. at The Sanibel School inside the cafetorium. Any new scouts are welcome to attend, and both Cub Scouts and Boy Scouts can sign up and register. For more information, contact Kara Stone at 223-4625 or Kim Kouril at 233-4180.✪

# Playing Games Helps Children Develop Social Skills

Classmates played a game of Duck-Duck-Goose last week at Summit Christian Preschool. Development of large motor skills is important for 3- and 4-year-olds. Equally important is learning good social skills when interacting with all of your friends. Director Leslie Celestin helps preschoolers develop in both of these areas. For a tour or enrollment information, contact Andy at the main campus at 482-7007. Summit Christian Preschool is located at Sanibel Community Church, 1740 Periwinkle Way (next to Jerry's Market).✪



Avagrace Froelich, standing, playing Duck-Duck-Goose with her classmates photo provided

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# Students Devote Week To Mission Trip In Fort Myers

During the summer, a group of middle school students from Sanibel Community Church and Christ Community Church came together for a week of missions for Jesus Christ in Fort Myers. The mission trip was based on Acts 1:8, which says, “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” The purpose of this mission trip was to show the students that their “Jerusalem” is Fort Myers, and that being on mission for Christ isn’t just overseas, but locally as well.

Locations the students visited during this mission trip included Verity Pregnancy Resource Center, Harry Chapin Food Bank, Fort Myers Rescue Mission, ECHO, Florida Baptist Children’s Home, Nations Association and Teen Challenge. The students were able to take a tour of each location, hear about the purpose of that location, see how they minister to the people they encounter, and serve at these locations. During the week, the students held a Vacation Bible School at the Colonial Commons Apartment Complex for children that live there. They had a time of games, crafts, music and a Bible lesson for the children. Four children responded to the Bible lesson by



Team at Verity Pregnancy Resource Center

photo provided

accepting Christ as Savior and Lord of their lives. One other opportunity was passing out bottled water at Fort Myers Beach and asking people if they would like prayer.

Many of the students loved Teen Challenge and the Florida Baptist Children’s Home because of the interactions they had. They were encouraged as to how God was working in the lives of the people at each

location. The week opened the eyes of the students because they didn’t realize how many opportunities they have to serve locally and represent Christ in their Ft. Myers “Jerusalem.” This was a trip that the students will never forget.

H2O Student Ministries is a youth ministry program for sixth grade through 12th grade young men and women. H2O meets on Wednesday evenings from 5 to 7 p.m. for middle school

students; 6 to 8 p.m. for high school students, and on Sunday mornings at 11 a.m. in the youth center at Sanibel Community Church. All students on the island and surrounding communities are welcome to attend.

Sanibel Community Church is an evangelical, non-denominational congregation located at 1740 Periwinkle Way. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).✪

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San-Cap Motor Club Labor Day Weekend Show

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You do not need to be a member of the San Cap Motor Club to attend. All car and motorcycle enthusiasts are welcome.

Membership dues, which are \$50 annually and include a club T-shirt, are now due. Club officials will take orders so they will be able to deliver shirts at the October Cruise-In. There will be a calendar of events handout and volunteer sign-up sheets to circulate as well.



Hot rod on display at a previous cruise-in photos provided

**Automobiles along the causeway**

No pre-registration for entries in the show is necessary. Just show up with your car, truck or bike. A continental breakfast, coffee and other refreshments will be provided by the Blue Giraffe Restaurant.

For more information, call Scot Congress at 472-4177.✪



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# Gopher Tortoises Featured At CROW Lecture

by Jeff Lysiak

Last week at the Clinic for the Rehabilitation of Wildlife (CROW), a presentation about gopher tortoises – featuring Shelldon, one of the clinic’s animal ambassadors – offered a fun and informative lecture which described the slow-moving reptile’s anatomy, habitat and range, what they eat and why they are frequent visitors to the animal hospital.

On August 17, Wildlife Rehabilitator Morgan Hester delivered the Patient Profiles presentation on gopher tortoises, a terrestrial turtle which grows between nine and 11 inches in length. Their carapace (shell) may be found as a tan, brown or gray color, and they can live for up to 60 years in the wild.

“They say that if you’ve got a gopher tortoise living in your yard, you’ve got a neighbor for life,” Hester told the group of 16 attending the 45-minute presentation.

According to the Florida Fish & Wildlife Conservation Commission (FWC), gopher tortoises originated in North America some 60 million years ago. They can be found in well-drained sandy areas with a sparse tree canopy with abundant low growing vegetation. They feed on grasses, saw palmetto berries, fruits and prickly pear cactus as well as other succulent vegetation.

During the lecture, Hester explained that gopher tortoises are excellent burrowers, digging a nest pit that will range up to 40 feet in length and between 10 and 15 feet in depth. They spend 80 percent of their lives inside their burrows, with the



Wildlife Rehabilitator Morgan Hester describes the injuries sustained by Shelldon, one of CROW’s animal ambassadors, during last week’s presentation about gopher tortoises

photos by Jeff Lysiak



Shelldon the gopher tortoise eating chunks of red apple

remaining time spent foraging for food or in search of a mate.

Because gopher tortoises share their burrows with other animals – including rabbits, opossums, rats, snakes, frogs, insects and burrowing owls – they are considered a keystone species. They are also a protected species in Florida.

One of the reasons that gopher tortoises are considered threatened is due to their low reproduction rate. Breeding between April and June, the average female will lay a clutch of three to 15 eggs which will hatch in 80 to 90 days. Eggs are

continued on page 8



Morgan Hester explaining the damage sustained by Shelldon following a vehicle strike

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# Church To Host Teen Ministry At Morning Services

On Sunday, September 3, Sanibel Community Church will host the ministry of Teen Challenge at all three morning services; 8, 9 and 11 a.m. Sanibel Community Church has supported the Lee County chapter of this international ministry for 15 years.

Teen Challenge is a ministry that battles drug and alcohol addiction. With an 86 percent success rate, the ministry gives credit for its success to the miraculous work of Jesus Christ in the lives of its participants. Teen Challenge members will give their testimonies that morning through speaking, singing and drama. All are welcome to attend.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).✱



Teen Challenge participants

photo provided

# The Community House



Sign up now for the Kids Cooking Classes on First Mondays, which begin September 4 photo provided

## Kids Cooking Classes On First Mondays

Registration is now open for Kids Cooking Classes on First Mondays. These classes are fun and interactive, geared toward students 8 years old and up. American Culinary Federation curriculum is followed.

The first class is scheduled for Monday, September 4 from 2:30 to 5:30 p.m. On the menu is microgreen salad, homemade ravioli with homemade mozzarella and assorted flatbreads. For dessert, it's cherry crumble with oats and whole wheat. Class size is limited to a minimum of six and maximum of 16. Cost is \$35 per child per session.

Additional classes will be held on the first Monday of the month: October 2, November 6, December 4, January 1, February 5, March 5, April and May 7.

## The Methodology Of A Chef

Sign up and learn the Methodology of a Chef on Saturday, September 16 at 10 a.m. The cost is \$20 and class size is limited so reserve your place by calling 472-2155.

Did you ever wonder when is the best time to buy groceries, how to plan for bulk cooking and portions, or what type of foods work better for weekend preparation? This class will feature specialty dish tastings from Chef Jarred Harris.

The Community House is located at 2173 Periwinkle Way. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.✱

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From page 6

# Gopher Tortoises At CROW

typically laid only once per year and, due to high nest predation (i.e. raccoons, coyotes, skunks, armadillos and fire ants), an individual female may only successfully nest every 10 years.

Hester introduced the audience to Shelldon, a gopher tortoise brought to CROW in 2015 after it was struck by a vehicle while crossing the road. Shelldon suffered permanent damage to his plastron (undershell) and right forearm, preventing him from being able to burrow. As a result, he has become one of the clinic's animal ambassadors.

"Most gopher tortoises come to CROW due to vehicle strikes," said Hester. "Other cases we see have to do with some other sort of trauma, or being orphaned or abandoned."

CROW's medical staff utilizes many longtime and modern therapies to repair damage to gopher tortoise shells. Orthopedic surgery commonly requires four to six hours of surgery and, if pieces of the shell are missing, a wound vac can be placed onto the injured area to stimulate healing.

"By delivering negative pressure at the wound site, infectious materials can be removed from the injured site," said Hester, explaining how the wound vac procedure works. "The vacuum increases rate granulation tissue formation and speeds healing."

If you see an injured gopher tortoise on the side of the road, Hester advised participants to place the reptile in a box and bring it to CROW. Drivers should also pay attention to road signs, especially in areas noting gopher tortoise activity.

CROW's Patient Profiles presentation on gopher tortoises will be repeated on Thursday, August 31 and Thursday, September 14 starting at 11 a.m. at the Visitor Education Center, located at 3883 Sanibel Captiva Road (across from The Sanibel School). For additional information, call 472-3644 or visit [www.crowclinic.org](http://www.crowclinic.org).\*



Jessica Lillie and her son, Marquis, 5, taking part in a coloring activity in CROW's new Children's Discovery Area photo by Jeff Lysiak

## Children's Discovery Area Added

Following several months of planning and installation, a Children's Discovery Area has opened inside CROW's Visitor Education Center.

Located steps away from the welcome desk and gift shop area of the building, the new amenity features a coloring station (with a table, chairs, crayons and markers, paper and coloring books) on top of a colorful area rug. It also includes games and activities, samples of recycling bins (paper, plastic, aluminum cans and fishing tackle), stuffed animals, books, photographs and posters.

In addition, live animal exhibits featuring a corn snake and a pair of box turtles are displayed within the area.

# Causeway Eclipses All-Time Mark For July

by Jeff Lysiak

In a staff memorandum issued by Sanibel City Manager Judie Zimomra, the total number of vehicles crossing the Sanibel Causeway during the month of July shattered the all-time mark for the month.

"July 2017 total vehicles increased by 9,729 to 279,305 (3.6 percent) as compared to July 2016," Zimomra wrote in an August 17 memo. "Most noteworthy, the 279,305 vehicles which crossed the causeway in July 2017 is the highest number of vehicles crossing any July since the causeway opened."

Zimomra's memo also noted that

the total number of vehicles crossing the causeway the first six months of calendar year 2017 increased to 1,820,734 (0.495 percent) compared to the same time period for calendar year 2016 of 1,811,759.

Further analysis showed the daily counts of the record number of vehicles which crossed the Sanibel Causeway in July were due to the Independence Day holiday falling on a Tuesday, visitors making a long weekend or week-long holiday, and Saturday, which is the traditional check-in date for week-long accommodations and popular beach days in the summer for locals. The five highest days in July were:

- July 1 (Saturday) 11,431 vehicles
- July 15 (Saturday) 10,406 vehicles
- July 3 (Monday) 10,185 vehicles
- July 29 (Saturday) 10,002 vehicles
- July 8 (Saturday) 9,996 vehicles\*

	2015	2016	2017	-/+ (2017)
January	307,302	299,5191	305,957	6,438 (2.14%)
February	300,449	309,434	307,537	-1,897 (-0.61%)
March	355,695	356,633	353,755	-2,878 (-0.80%)
April	313,112	311,725	317,735	6,010 (1.92%)
May	275,167	278,614	283,150	4,536 (1.62%)
June	254,435	255,834	252,600	-3,234 (-1.26%)
July	264,087	269,576	279,305	9,729 (3.6%)
August	238,868	238,931		
September	212,624	220,810		
October	255,097	257,644		
November	268,749	274,382		
December	288,846	286,146		
TOTAL	3,334,431	3,359,248		

courtesy City of Sanibel



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### Publisher

Lorin Arundel

### Advertising

Bob Petcher

### Graphic Arts & Production

Ann Ziehl, Manager  
Amanda Hartman  
Justin Wilder

### Reporter

Jeff Lysiak

### Contributing Writers

Kimberley Berisford  
Barbara Cacchione  
Kay Casperson  
Constance Clancy, EdD  
Suzy Cohen  
Linda Coin  
Marcia Feeney  
Ed Frank  
Jim George  
Shelley Greggs  
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Sanibel Sea School campers released coconuts into San Carlos Bay

photo provided

## Coconuts Get Their Own Week At Sea School

submitted by Leah Biery

Sanibel Sea School ended its 2017 summer camp season with Going Coconuts Week, a week of learning about these rather large fruits and celebrating the island lifestyle they represent. Campers enjoyed activities like cracking coconuts, planting coconuts and floating like coconuts, and discovered a

few "coco-nutty" facts along the way.

Coconuts are dispersed by water, so when they fall from their tree, they float in the ocean until favorable germination conditions are met. Sometimes they float all the way to a different continent, which is why coconut palms are found along tropical coastlines all over the world.

Going Coconuts Week participants dropped their own coconuts in San Carlos Bay and followed along behind them in canoes. They didn't cross any international borders, but they were surprised by how far a coconut can travel in just a few minutes.

Campers figured out how to crack

open coconuts, then sampled the refreshing milk and tasty meat inside. They practiced weaving plates and building shelters from palm fronds, painted coconuts to look like their favorite creatures, and even mailed coconuts to friends and family. They also gathered around a coconut-fueled campfire one evening to make delicious s'mores.

As usual, there was plenty of time for snorkeling, seining, surfing and spending time with friends.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. Visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org).

## American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken on Sunday, August 27 from 1 to 8 p.m. Cost is \$12 to \$14. There will be a potluck picnic the following Sunday, September 3 from 2 to 8 p.m. Donate \$5 for a plate.



The next auxiliary meeting will be held on Tuesday, September 5, beginning at 6 p.m.

Every Monday, 9-ball pool tournaments are played. New and returning players are welcome. On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available.

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.

## Sanibel Shared Use Path Repairs In Progress

The City of Sanibel's annual repairs to the Shared Use Paths began August 21. For safety, the areas under repair will be barricaded off from users. All path users are reminded to use caution while navigating around construction zones.

Every year, the city inspects all 25.54 miles of Sanibel's paths and prioritizes the needs for repairs. This year's shared use path repairs total \$444,415.58. The contractor is required to complete the project within 45 days.

Contact the City of Sanibel Department of Public Works at 472-6397 if you have any questions regarding the project.



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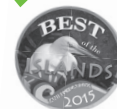
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### BAT YAM-TEMPLE OF THE ISLANDS

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

### HISTORIC CAPTIVA CHAPEL BY THE SEA

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

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### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Native buttonbush is a wildlife-friendly wetland shrub found throughout the state  
photo by Gerri Reaves

Plant Smart  
**Common  
Buttonbush**

by Gerri Reaves

Common buttonbush’s (*Cephalanthus occidentalis*) native range includes much of the United States and extends into Canada. In Florida, this perennial is found in

freshwater wetlands, such as swamps, sinkholes, and along ponds, lakes and streams. Button willow is another name for this member of the madder family. Bees, hummingbirds, and butterflies, particularly polydamas, pipevine and other swallowtails, are attracted to the plant, which also provides cover and food for birds. It’s an excellent choice for bog gardens or a poorly drained area, for it

can tolerate standing fresh water. It is multi-branched and fast-growing, typically reaching about 10 feet tall and as broad as tall. However, it sometimes develops into a small tree. The bark is dark gray or brown and fissured in older specimens. The plant is usually evergreen in South Florida. The oval to lanceolate leaves are dark green, opposite or whorled. Measuring up to six inches long, they have prominent veins and pointed tips. Spring through summer, it blooms prolifically, producing dense flowerheads that dangle in clusters on long stalks. White, fragrant and globular, they are made up of tiny tubular four-lobed florets. The “flower balls” measure up to an inch and a half across. Flower parts extend far above each flower, making the ball resemble a pin cushion or star. The tiny nut-like fruit are found on the mature woody brown ball. Common buttonbush prefers full sun, rich soil, and continual moisture for

maximum blooms. It does not tolerate salt or drought. Propagate it with seeds or cuttings. It can self-propagate with seeds or root sprouts. Medicinal uses include the treatment of dysentery and rheumatism. It is toxic to livestock and people. Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener’s Guide to Florida’s Native Plants* by Rufino Osorio, *Gardening for Florida’s Butterflies* by Pamela F. Traas, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, floridata.com, fnps.org, lee.ifas.ufl.edu, plants.ifas.ufl.edu and www.regionalconservation.org. *Plant Smart explores the diverse flora of South Florida.*✱

**SCCF Sea Turtle Nesting Statistics**

As of August 16, SCCF has officially broken both the loggerhead and green nesting records on Sanibel. That morning, staff and volunteers documented the 638th loggerhead nest on Sanibel. Last year set a new loggerhead record with 634 nests. This is the fourth season in a row that records have been broken for loggerhead nesting on Sanibel. Not only is this an amazing nesting season, but the hatching season has also been incredibly productive so far. Last weekend alone (August 4 to 6), there were 72 nests hatched on Sanibel and seven nests hatched on Captiva, and as of August 16, 27,521 hatchlings have emerged on the beaches. **As of August 16, 2017**  
Sanibel East: 152 loggerhead nests, 2 green nests, 239 loggerhead false crawls\*, 0 green false crawls  
Sanibel West: 486 loggerhead nests, 33 green nests, 609 loggerhead false crawls\*, 24 green false crawls  
Captiva: 189 loggerhead nests, 0 green nests, 205 loggerhead false crawls\*, 1 green false crawl  
**As of August 16, 2016**  
Sanibel East: 173 loggerhead nests, 0 green nests, 339 loggerhead false crawls\*, 0 green false crawls  
Sanibel West: 457 loggerhead nests, 2 green nests, 812 loggerhead false crawls\*, 0 green false crawls  
Captiva: 191 loggerhead nests, 0 green nests, 289 loggerhead false crawls\*, 0 green false crawls  
\*false crawl – a failed nesting attempt  
If you have questions, or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.✱



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## Bailey's General Store Throws FISH A Lifeline

Bailey's General Store, located at 2477 Periwinkle Way and Bailey's Marketplace at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive, will begin their annual Throw FISH A Lifeline campaign on Sunday, September 3. Information about FISH and its food pantry needs will be located at the front of the Periwinkle Store, giving customers the option to add money, in \$10 increments, to their grocery bill at checkout.

"It's as easy as 1-2-3. Donating to the FISH food pantry to help our friends and neighbors has never been easier, just follow these simple steps: 1) Tear off the coupon located at the display or register; 2) Take the coupon to the register at either Bailey's location when you are ready to check out, and 3) Sign the coupon and give to the cashier when paying for your purchases.

"We understand times are difficult and many of our neighbors and friends are feeling the economic crunch. We will put your money to work as we order in volume to distribute necessities to the FISH food pantry," said Bailey's owners Mead and Richard Johnson. "FISH will be able to use the account credit to purchase bulk groceries most needed for the food pantry. Using our (Bailey's) purchasing power, we can pass along the purchases at cost, allowing FISH to stretch their dollars."

While the FISH food pantry receives support from many islanders throughout the year, some food items are in high demand and are harder to keep in stock. The partnership with Bailey's allows FISH to directly request specific items needed in the pantry at the time of ordering. "The fact that people are willing to give is very

healthy for our community," added the Johnsons. "The dollars they give at the checkout really help our island neighbors."

"Bailey's has been an amazing advocate for our organization for many years, offering abundant support in so many ways," said Maggi Feiner, FISH president and CEO. "We are very grateful to Mead and Richard for coming up with this idea, and to the Bailey's store and staff for encouraging customers to donate. This is the fourth year they have facilitated the Lifeline campaign, and we extend our sincere gratitude for their help."

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

## Bird Patrol Guided Walk At Bunche Beach

Experience the beautiful birds of Bunche Beach with a Lee County Bird Patrol Guide on Saturday, August 26 beginning at 8:30 a.m. Participants meet on the beach located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and

shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl, raptors and warblers.

Provided in cooperation with Lee County Parks and Recreation, this event is free with parking fee of \$2 per hour (tour is approximately two hours). Restrooms are located in the building at the first parking lot.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit [www.birdpatrol.org](http://www.birdpatrol.org).



## This Week at the Museum

### Summer Promotions!

#### Family Discount\*

Purchase 1 adult admission; receive 1 youth or child admission

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Every day at 11:30 and 1:30

Exercise your imagination and artistic talents, and take home a creation that is sure to be a favorite reminder of your visit to the Museum. Fun for all ages!

### • Live Animal Tank Talks

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Learn about some of our local mollusks that make shells! One of our experts offers incredible insights into the lives of these fascinating creatures.

### • "Mollusks in Action" and "Tales & Trails" Movies

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From page 1

## Coastal Cleanup

partner in the Ocean Conservancy's 31st annual Coastal Cleanup is Keep Lee County Beautiful.

Participation is easy: bring your friends and family to SCCF, located at 3333 Sanibel-Captiva Road between 9 a.m. and noon on September 16 to check in and pick up your Coastal Cleanup data cards and trash bags. Avoid the lines on Saturday by reserving your favorite "clean up" spot ahead by calling Dee at 472-2329 or emailing [dserage@sccf.org](mailto:dserage@sccf.org).

Lunch and snacks on the SCCF Nature Center porch will be available from 10 a.m. until noon as well as a dumpster to deposit your trash. Be sure to fill out your data card and turn it in at SCCF. Bring your own water and gloves to reduce the use of plastic.

According to the Ocean Conservancy, 10.5 million volunteers have cleaned 350,000 miles of shoreline collecting 192 million pounds of trash in the 30 years of this international effort.



# My September Favorites Are Here



by Capt. Matt Mitchell

When asked what's your favorite time to fish, my reply never has a second thought: September. The end of August and September are the slower months

of the year for my guide service, and that allows me to get out on the water and fish without clients. For the next few weeks, there are very few boats on the water, and the species options are limitless. When conditions are right, I choose to tarpon fish.

Unlike in the spring when tarpon are in the pre-spawn mode and often just do not want to eat bait, these post-spawn tarpon are around huge schools of small fry bait and are feeding better than they do at any other time of the year. These tarpon have very little, if any, angler pressure on them and will often stay in generally the same location for days if not weeks, making them easy to return to and enjoy over and over. Unless something drastic happens with the weather pattern to cause the baitfish schools to move on, the tarpon pretty much stay put.

Once I locate these tarpon, my bait

of choice is a large pinfish three to four feet under a float. Watching these lazy tarpon roll and crash through these schools of fry bait gets your heart rate up even if you don't even hook one. They often roll right around your bait as you anticipate that magical pick-up. We will just never know what makes one tarpon decide to eat a bait while others won't. The average size of these tarpon is right around 50 pounds, which is just perfect. They are strong, fast, jump high and often only require about a 15-minute battle. Yes, there are some larger tarpon over 100 pounds in the bait schools, but for me a 50-pound tarpon is as good as it gets.

During my mornings off work this week, I've been lucky enough to enjoy some of the best and most consistent tarpon fishing we have seen all year. I've got to watch that big silver flash followed by a giant hole in the water before all hell breaks loose. That first run after hooking a tarpon is just wild as the fish goes airborne time and time again while making long drag-screaming runs. If you can keep the fish hooked for the first few minutes, your odds of getting a release on the fish just got a whole lot better. The thrill is that pick-up, and the first few crazy runs and jumps that happens after, just does not matter.

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



Tarpon time

photo provided

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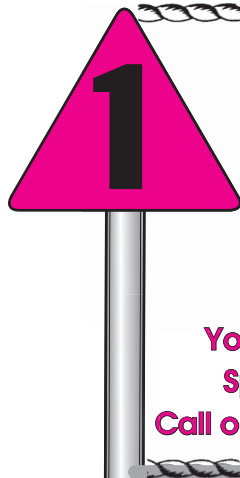


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Shell Of The Week

Green Erato



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

The Green Erato, *Hespererato maugeriae* (J.E. Gray, 1832), is a species of the

family Triviidae, a family also locally represented by the Coffee Bean Trivia, *Niveria pediculus* (Linnaeus, 1758) (this latter species was treated in this column three years ago). The Green Erato is a small species (about 0.2 inch), but one with a very attractive shell. The shell is pear-shaped, broader at the apex, tapering to a narrow, but blunt base. Outer lip thickened with tiny teeth. Color tan, yellowish or greenish-cream. *Erato* was one of the nine Muses in the Greek Mythology, the goddess of music, song, and dance. Unless stated otherwise, the shells illustrated in this column are part of the Bailey-Matthews Shell Museum scientific collection. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs included with paid admission: Movies, Live Tank Talks,



The Green Erato, *Hespererato maugeriae*, from Sanibel Island

photo by José H. Leal

Arts & Crafts Call 395-2233 for scheduled times.

Florida Family Discount: Buy one adult admission, receive one free child/youth admission (From May 1 to September 4, 2017 only).

Beach Walks: Information and registration at <http://shellmuseum.org>. The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).

Shell Found



Meredith DeLuca

photo by A. Ziehl

Meredith DeLuca, 9, visiting from Granville, Ohio, found a junonia on the beach while staying at Sundial Beach Resort & Spa. Meredith said, "This is my fifth time to Sanibel and I finally found a junonia!"

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## CROW Case Of The Week:

## Common Gallinule



by Bob Petcher

The common gallinule (*Gallinula galeata*) is not too common to many people living west of the Mississippi River in the U.S. It is mainly an East Coast bird that does some breeding in northern states but generally has a year-round habitat in far southern states, Mexico and into South America.

The common gallinule is more like a duck due to its ability to swim on a water surface, though it has a triangular bill similar to a chicken's. The wetland bird resides in marshes and related habitat. In fact, the wide-footed animal can actually walk atop floating vegetation such as lily pads.

The gallinule is the most common species of rail bird, a small- to medium-sized ground-living feathered friend. It often lives in a basket-sized nest within dense vegetation on the ground.

The bird generally has dark plumage, a white undertail, yellow legs and a red and yellow beak. It has been known to utter a wide range of gargling calls and loud hisses when threatened.

At CROW, an adult common gallinule

was received from Labelle last week after it was found in the roadway and unable to fly. CROW medical staff suspected the patient was a victim of a predator attack due to two hawks seen in close vicinity to the bird, which had suffered many broken primary feathers, a small puncture wound and bruising around the area of the broken feathers.

Dr. Robin Bast, CROW veterinary intern, said the tissue in the patient's puncture wound would slowly grow in until the wound closed and that it could take months for a complete molt and new feather growing process to be complete.

"This depends on several factors, including the species of bird, time of year compared to when they naturally molt and hormonal changes," she said.

Dr. Bast explained why veterinarians removed every other primary feather from the shaft.

"If the feather is broken, but the shaft still remains in the follicle, a new feather will not grow until it is removed from the feather follicle (similar to hair follicles in people)," she said. "Only broken feathers were pulled in order to stimulate new feather growth sooner, as opposed to waiting for the bird's natural molt to occur."

The patient is rehabilitating outdoors and could be released before all feathers have grown in. Upon admission on August 18, the gallinule was reportedly stressed out and didn't like to be approached. After the weekend, the bird appeared to be on its way to feeling better.



Patient #17-2900 takes a stroll in an outside enclosure at CROW

photo by Brian Bohlman

"No major orthopedic injuries were found in the gallinule, so she is in an outside rehabilitation enclosure until she is able to get around well enough to survive in the wild," said Dr. Bast. "Her flight does not have to be perfect since she won't be migrating, but she has to be able to escape predators."

"The gallinule is doing very well outside, and is taking short flights. If she continues to do well, she will likely be released soon (even though her feathers

are still in the process of growing back). She is on a medication called Diazepam to help reduce her stress level."

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

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## 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 David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or [dwaszmer@crowclinic.org](mailto:dwaszmer@crowclinic.org). Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, August 25, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW (daily presentation).

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.

**Monday, August 28, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student (daily presentation).

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. One of CROW's animal ambassadors will be present.

**Tuesday, August 29, 11 a.m. to 12:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Tuesday, August 29, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation (daily presentation).

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. One of CROW's animal ambassadors will be present.

**Wednesday, August 30, 11 a.m. to 12:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Wednesday, August 30, 11 a.m.,**

adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

**Thursday, August 31, 11 a.m. to 12:30 p.m.,** \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Thursday, August 31, 11 a.m.,** adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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. One of CROW's animal ambassadors will be present.✧

## LIVE ON THE ISLANDS

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

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

**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 John McLane.

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


**Traders Gulf Coast Grill & Gifts** has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday.

**Traditions on the Beach at Island Inn** has live entertainment on Thursday and Friday with Woody Brubaker. Dusk Duo plays on Saturday.

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to [press@islandnews.com](mailto:press@islandnews.com) or 395-2299.\**






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## Funds Allocated For State Wildlife Conservation

U.S. Deputy Secretary of the Interior David Bernhardt recently announced \$200,000 in funding to Florida Native tribes and \$2.28 million to Alaskan state wildlife agencies through the Tribal Wildlife Grant (TWG) program and the State Wildlife Grants (SWG) program. The funds, which are provided by the U.S. Fish and Wildlife Service, give support for a diverse array of species and habitats across the country.

The Seminole Tribe will receive \$200,000 for a Seminole Tribe of Florida Wildlife Program.

"The work of Florida Native tribes and state wildlife agencies is absolutely critical to wildlife conservation in the United States," said Deputy Secretary Bernhardt. "We're thrilled to be able to collaborate with them, their local communities, and other partners to ensure important fish, wildlife, habitat and cultural needs are met. Tribal and state wildlife grants are foundational to protecting our nation's wildlife legacy, including game and non-game species."

The \$2.28 million in funding through the SWG program, which is part of \$48 million being distributed nationwide, will support imperiled species and habitats listed in approved state wildlife action plans. All 50 state and U.S. territorial wildlife agencies have these plans, which proactively protect species in greatest

conservation need. Projects funded through SWG involve research, monitoring, wildlife surveys, species and habitat management and other activities.

Through the TWG program, more than \$4 million in funds were given to tribes in 14 states to support fish and wildlife conservation and key partnerships. The awards will benefit 25 projects that encompass a wide range of wildlife and habitats, including species of Native American cultural or traditional importance and species that are not hunted or fished.

SWG funds are administered by the Service's Wildlife and Sport Fish Restoration (WSFR) program and are allocated to states and territories according to a congressionally mandated formula based on population and geographic area. Grant funds must be used to address conservation needs, such as research, wildlife surveys, species and habitat management, and monitoring identified within state wildlife action plans. The funds may also be used to update, revise or modify a state's plan.

TWG funds are provided exclusively to fund wildlife conservation by federally recognized Native American tribal governments, and are made possible under the Related Agencies Appropriations Act of 2002 through the State and Tribal Wildlife Grants Program. Proposals for the 2018 grant cycle are due by September 1, 2017.

For more information about Native American conservation projects and the Tribal Wildlife Grants application process, visit [www.fws.gov/nativeamerican/grants.html](http://www.fws.gov/nativeamerican/grants.html) or [www.grants.gov/](http://www.grants.gov/).✧





From left, Rachel Walsh, Breanna Frankel and Yvette Carrasco photos provided

# CROW Staff Certified By Wildlife Council

Yvette Carrasco, Breanna Frankel, Rachel Walsh and Missy Fox are the first staff members at the Clinic for the Rehabilitation of Wildlife (CROW) to earn a certified wildlife rehabilitator distinction from the International Wildlife Rehabilitation Council (IWRC). Carrasco, Frankel and Walsh are three of CROW's

rehabilitators and Fox is one of CROW's certified veterinary technicians. "These ladies worked hard to earn this certification which speaks volumes to the dedication they have to providing our patients at CROW with the best care they possibly can," said Dr. Heather Barron, CROW's hospital director. "Each of them has a true passion for helping wildlife." As of September 2016, only 74 rehabilitators in the United States held the title of certified wildlife rehabilitator, making the four rehabilitators at CROW part of an elite group of caregivers.



Missy Fox assists with the removal of a fish hook from a sea turtle

The IWRC is a 501(c)3 nonprofit organization that protects wildlife and habitat through training and resources on wildlife rehabilitation. In 2007, IWRC introduced the Certified Wildlife Rehabilitator (CWR) certificate program as part of its mission to raise the quality of care provided to wildlife in distress. Although certification is voluntary, receiving certification is an objective affirmation that a rehabilitator has met minimum knowledge standards. According to the IWRC, certification shows permitting agency personnel,

veterinarians and members of the public a rehabilitator's commitment to professionalism and providing the highest quality care. To encourage the rehabilitator's continuing education, skill and competence, certification renewal is required every two years. "By taking this exam, we are making ourselves individually better caregivers for our patients," said Yvette Carrasco, one of the three new certified wildlife rehabilitators. "We've also taken a big step by growing in our career path of wildlife rehabilitation."✱✱

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# The Bird Whisperer



Libby Baird with one of her feathered friends submitted by Michel Dorais

photos by Michel Dorais

It is half past nine at Sanibel's Periwinkle campground and aviary. Libby Baird, a Canadian who adopted Sanibel Island 25 years ago, is preparing her team for the morning show. Her team consists of no less than 16 magnificent feathery artists who have been working with her for years. There is tension in the air, they know today's show is just about to start and they love it. Libby lives close by and the



Close up of one of the parrots

during the high season, Libby gives a one hour public talk on parrots. And she has been doing it steadily for 20 years. Some days, up to 100 people will gather at the campground aviary to listen to her and get a firsthand experience at handling small and very large parrots. From the beginning of November 2016 to April 18, 2017, she gave no less than 90 such talks. Kids and adults are invited to close encounters with those magnificent animals. For most, they have never approached birds of that size and it



Libby Baird engages children and adults with stories and facts about the birds



On Mondays, Wednesdays and Fridays during the high season, Libby Baird's talk attracts dozens of people from all over Sanibel

**“Don’t buy a parrot! They are noisy, they are messy, they bite and they can live up to 80 years.”**

**– Libby Baird**

moment she leaves her house, she can hear them calling. Although they have yet to see her, they know she is coming for them. How they do that from half a mile away? Nobody knows. Three times a week at 10 a.m. (Monday, Wednesday and Friday)

turns out to be a lifetime experience. A parrot will fall deeply in love with you. Unfortunately, because of this propensity to develop and nurture very intimate bonds with humans, when they are separated from their human companions, they hurt. And they hurt for a very long time. Libby talks of parrots remembering the scent of their first owner for years and points out to one of her crew who, for years, has been searching every visitor in hope of finding someone who resembles his first companion. They remember.

She points out that the average parrot will move seven times during their first 10 years of existence. Every move is traumatic. Moreover, because of their longevity, most of them will end up surviving their owner(s) who rarely has taken the time to make arrangements for their surviving parrot. So they often are simply turned loose and die or, if they are very lucky, they will meet Libby and start a new career in show business. Owning a parrot is a

continued on page 30

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Shell Found



Lou Ann Simmell photo provided

Lou Ann Simmell of Cambridge, Minnesota found a large horse conch while in knee-deep water on the beach at Sandalfot Condominiums. Finding the shell was a surprise. She had to dig the shell out of the sand gradually and it took some wrestling because all but a tiny piece was submerged. But the biggest surprise was yet to come. The next day, she found two more. Simmell enjoyed the bounty of the sea on her vacation.\*

Shell Found



Caroline and Jackson Dillon photo provided

Caroline Dillon of Neptune, New Jersey found her first junonia while vacationing with her family at Sandalfot Condominiums on Sanibel. She found the shell on Ten Thousand Islands while on a charter with Reel Kind Fishing and Tours.\*

A man with curly hair, wearing a dark shirt, is smiling and holding a large, fresh fish. He is standing on a boat.

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A collage of various food items including fried calamari, a dish of spaghetti with meat sauce, a dish of mussels, and a slice of tiramisu.



## Book Review

# The Baker's Secret

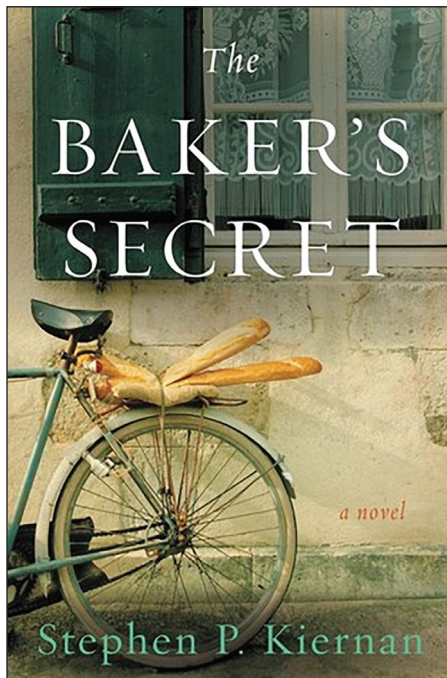


by Di Saggau

**T**he Baker's Secret by Stephen P. Kiernan is a dazzling novel of World War II, a shimmering tale of courage, determination, optimism and the resilience of the

human spirit. Set in a small Normandy village on June 5, 1944, the eve of D-Day, it is a story of Nazi brutality and the courage of the French townspeople during the resistance. Emma is 22 years old and a baker with a secret. She lives in the small town of Vergers, and she doubts the Allies will ever arrive. The villagers rely on Emma for survival. She puts as much finely ground straw as she can into the flour she uses to bake the Nazi commandant's dozen loaves of bread each day. This gives her two extra loaves which she shares with the neediest townspeople.

Although it is set in a heartbreaking time, the book is uplifting and tells a wonderful story. Emma repeats many times, "They will never come," referring to the Allies. Yet, she wages her own one-woman war effort helping those in need. There is even some light humor. The Nazis won't search the



pigpen because it is too smelly. For the most part the Germans are cloddish and cunning. Under the watchful eyes of armed soldiers, Emma has built a clandestine network of barter and exchange that she and the villagers use to thwart their occupiers. Her gift to the village is more than a few crusty loaves of bread. Emma gives them hope by enabling them to care for one another. She finds rationed fuel for a fisherman who can then make extra trips to sea and share some of his catch with his neighbors rather than turn his entire catch over to the Nazis.

Like a gypsy, she makes her way around the village, moving among desperate inhabitants and arrogant occupiers. She's a deal maker, an observer and a keeper of secrets. Her gift to the village is much more than a few crusty loaves. Emma, is a model of dignity and defiance as she helps the villagers survive should the Allies ever come.

As a brutal Nazi captain begins to uncover her network, and the intricately woven web of resistance and subterfuge starts to unravel, the people of Vergers find their bonds tested as never before.

Author Paula McClain said of the book, "Nothing is more audacious or more inspiring than the human spirit, as we will see in Stephen Kiernan's luminous new novel. Emma is an unforgettable heroine, and *The Baker's Secret* will have you weeping and then cheering. A tale beautifully, wisely and masterfully told." Put this one on your list.

No matter how many World War II books you have read, don't miss this one. I found it extremely well written with absorbing characters. I read it in one day, totally loved it, and plan to recommend it to my book club.✱

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, My middle school son seems to have some difficulty making and keeping friends. I thought this might change as he got older but it's not. He's a good kid. Is there something I can do to help him?

Chloe K., Fort Myers

**Chloe,**

As children mature, the demands of being observant to social cues increases significantly. Social interactions become more subtle. If your son has trouble picking up on social cues like facial expressions and tone of voice, it can be hard to connect socially with peers. Here's what issues with social cues can look like in school.

One behavior that indicates difficulty with understanding and/or responding to social cues is showing or feeling empathy. Kids who struggle with this not know when to express empathy and when not to say anything. It might look like not asking what's wrong when a family member is sad or has had a bad day.

Another important skill is for a child to be able to "read" how others really feel about them. When children can't read others, they often misconstrue the actions of others. At home, he may think you are always angry with him even though that is not the case. At school, your child may think a particular person is constantly rude toward them when in reality that person may just want to be a friend.

They don't get the joke. Kids who can't pick up social cues often miss the nuances of humor. They don't understand sarcasm, tone of voice,

double meanings or body language, and then are at a loss in responding to the joke without looking foolish.

Children who struggle with social cues may become isolated and feel alone. They may not want to join in family events or join school clubs. They prefer to work alone on projects rather than in a group.

If you are seeing these types of behaviors in your child you may need to help your child "decode" social situations through role playing, discussing unwritten social rules and practicing identifying and labeling social behaviors. One easy way to do observe people is by watching a TV comedy or drama show with the sound turned off. Ask your child to describe what he is seeing, how the actors are feeling based on their body language and create scenarios where your child has to identify and describe what might happen next.

Roleplaying can also be helpful particularly if your child is facing a specific event where he is required to behave in a certain manner. Of course, there are numerous apps that address this situation. Visit [www.additudemag.com/slideshows/educational-apps-for-kids-with-adhd-social-skills](http://www.additudemag.com/slideshows/educational-apps-for-kids-with-adhd-social-skills) for a review and recommendation of some of the better ones.

If these interventions don't seem to make a difference, you may want to inquire if your son's school has a social skills group or if there is a private therapist who works with kids who have some social skills difficulties.

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✱

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## Top Ten Books On The Island

1. *House of Spies* by Daniel Silva
2. *Woman in Cabin 10* by Ruth Ware
3. *Last Tudor* by Phillipa Gregory
4. *Sanibel Flats* by Randy Wayne White

5. *Home* by Harlan Coben
6. *Six Mornings on Sanibel* by Charles Sobczak
7. *Identicals* by Elin Hilderbrand
8. *Camino Island* by John Grisham
9. *Tough Customer* by Sandra Brown
10. *Sweet Spot* by Amy Ettinger

Courtesy of MacIntosh Books and Paper.✱





Students from Pelican Elementary School in Cape Coral visited "Ding" Darling last school year as part of their granted Celebrating Birds project photo provided

## DDWS Teacher Grants Deadline Is October 31

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), along with JN "Ding" Darling National Wildlife Refuge, announced its 12th annual round of teacher grants. Up to \$10,000 in grant awards are available to teachers in Lee, Charlotte, Collier, Glades and Hendry counties this school year for conservation education-related projects.

Teachers in the five-county area may apply for grants up to \$1,000

each to purchase teaching aids, books and classroom materials; fund new classroom science projects; take field trips; or conduct work projects in the community.

All schools are invited to submit conservation-related proposals by October 31. The approved proposals will be awarded by December 2017 for projects to be completed by May 2018.

"With environmental education funding being cut throughout the school district, teachers and students are grateful to receive our grants to fund special projects," said Wendy Kindig, DDWS environmental education committee chair. "It's an important part of the society's mission to educate and create future conservation stewards

from our young students of today."

In the past 11 years, DDWS has granted more than \$73,000 to local schools for environmental projects. The teacher grants are funded by DDWS monies received from the DDWS Conservation Education Endowment Fund established by Jay "Ding" Darling's grandson, the late Kip Koss. To make a tax-deductible donation in

support of the fund, contact DDWS Executive Director Birgie Miller at 292-0566 or [director@dingdarlingsociety.com](mailto:director@dingdarlingsociety.com).

For further grant information and an application, visit [www.tinyurl.com/dinggrants](http://www.tinyurl.com/dinggrants), or contact Sarah Lathrop at 472-1100 ext. 233 or [sarah@dingdarlingsociety.org](mailto:sarah@dingdarlingsociety.org).

## Shell Found



From left, John Barber, Connie Jeffries and Steve Jeffries

photo by A. Ziehl

Connie Jeffries of Statesville, North Carolina found a horse conch on the beach behind CasaYbel Resort on West Gulf Drive, where she was staying.✱

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### Cantaloupe with Chicken Salad Salad

2 cups chicken cooked, shredded  
2 cups fresh blueberries, rinsed and dried

1 cup celery, sliced  
1 cup green seedless grapes, halved  
1/2 cup pecans, chopped

3 cantaloupes, halved and seeded

#### Dressing

1/2 cup low-fat mayonnaise

1/4 cup low-fat sour cream

1 tablespoon lemon juice fresh

1 1/2 teaspoons lemon zest grated

1 1/2 teaspoons natural sugar  
1/2 teaspoon fresh ginger root, ground  
Kosher salt and fresh ground pepper to taste

In a large bowl, combine chicken, blueberries, celery, grapes and pecans. In a small bowl, mix dressing ingredients. Pour over the chicken mixture and toss gently. Spoon into cantaloupe halves.

Yield 6 servings.✱



Cantaloupe with Chicken Salad

photo courtesy Fresh From Florida

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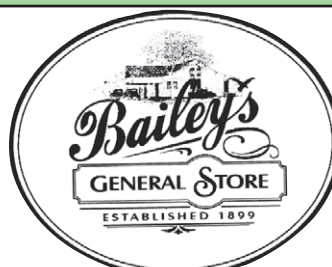
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# Artist Donates Painting To Fire Station

Artist Michael Schlags and his wife presented a watercolor painting of Sanibel Fire Station 171 to Capt. Rob Popkin on August 4. Popkin told Schlags that he was going to donate it to the department and put it up in the main station.

I could not be more honored,” said Schlags. “I worked a 10-year career as a paramedic and 30 years as a professional firefighter, retiring as a fire captain. It’s always nice to give back, and something very common among firefighters. It will be nice knowing that my art will be hanging at the fire

station, especially considering that we hope to someday make Sanibel our home.

Schlags created the painting three years ago after Popkin assisted him during a visit to Sanibel Fire Station #2. Schlags had brought part of his rescue litter (stretcher) prototype, which was shipped directly from the factory in Kentucky and the other part shipped by his fabricator in California.

“The problem was that the two components didn’t match up,” added Schlags. “Rob helped me out, getting the litter together and without his help, I would not have been able to do the testing needed to develop my final design. I wanted to find a way to say thank you, and as a watercolor artist, painting the main fire station seemed to be a nice way to say thanks.” ✨



Sanibel Fire Department Station 171 by Michael Schlags

## The Community House The Black Sapote



by Resident Chef Jarred Harris

The black sapote (pronounced sah-POE-tay) is one of those weird and wonderful fruits you may come across at a farmers market this time of the year. This fruit is also called the chocolate pudding fruit or chocolate persimmon.

The black sapote is a type of persimmon native to Mexico and Central America but is grown and harvested in south Florida. The fruit is approximately the same size as a medium tomato and has a thin green skin. The skin turns a dark green color and dimples to the touch when the fruit is at its best. When this fruit is completely ripened, its flesh is black and the seeds resemble lima beans, but don’t be put off by the appearance of the fruit. It is one of the most delicious things I have ever tasted and it does indeed taste like chocolate pudding with almond and mango notes.

The black sapote has several health benefits. The fruit is high in fiber and contains potassium and calcium. It is also a natural immune booster because of the high amounts of vitamin C and A the fruit contains. This fruit contains four times the amount of vitamin C than an orange, which makes it the perfect fruit for people who don’t like citrus.

The best places to find this delicious fruit are Caribbean markets or farmers markets south of Naples. Occasionally, the fruit appears in grocery stores in the Fort Myers area. If you are lucky enough to find the black sapote, try



**Black sapote** photo provided  
this simple recipe and tell me what you think.

**Black Sapote Cake**  
Ingredients  
2 cups black sapote puree  
1 tsp. vanilla extract  
½ cup butter (softened)  
3 free-range eggs  
1 cup honey  
2 cups all purpose flour  
½ tsp. baking soda  
¼ tsp. baking powder  
2 tsp. cinnamon  
Method  
Preheat the oven to 350F. Grease and flour 8” cake pan.  
Cream together vanilla, butter, eggs and honey until pale and fluffy. Add the black sapote puree, a little at a time, and blend until smooth.  
In a separate bowl, sift together all the dry ingredients.  
Gradually add the black sapote mixture to the dry ingredients and mix until well combined.  
Pour the mixture into the cake pan and bake for 40-45 minutes.  
Cool the cake before slicing. Serve with vanilla ice cream.  
Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155. ✨

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From page 1

# Sea School

commonly found throughout the coastal regions of Southwest Florida, are unique because they are highly salt tolerant. “Living in salt water is kind of tough because salt tends to dehydrate your body,” she said. “And what happens when you eat a lot of salt? You get really thirsty.”

Todd also told the campers that mangroves are found throughout the world, but because they need warmth are found in areas closer to the earth’s equator. These halophytes have a complex filtration system that helps them cope with being submerged in salt water, and their strong roots help protect the shoreline from erosion.

“We always think that (sand) dunes are really important for protecting our shorelines, but mangroves are just as important,” said Todd.

In addition to helping protect against erosion, mangroves also provide a wide variety of birds, animals and small marine critters (i.e. fish, crabs, mollusks) with a sheltered environment, protecting them from predators. This is especially true for young fish, which will feed and shelter under mangrove roots until their grow large enough to fend for themselves. “Hiding in the mangroves, there’s plenty of food so (juvenile fish) can grow up to be big and strong,” Todd added.

Locally, there are three varieties of mangroves:

Red (*Rhizophora mangle*) – Grow closest to the low tide line where



Closeup of a baby horseshoe crab shell  
photos by Jeff Lysiak

conditions are harshest. Distinguished by red-tinted bark and distinct roots (called prop-and-drop). Prop roots (arm-like growths from the base of the tree) increase the stability of the tree in soft sediments and from wind and wave energy.

Black (*Avicennia germinans*) – Grow in mudflats typically in between low and high tide line. Distinguished by dark and scaly bark and long, horizontal roots with vertical projections emerging upward from substrate (called pneumatophores or “snorkel roots”).

White (*Laguncularia racemosa*) – Typically grow above the high tide line.



Carley Todd, second from left, pointing out mangrove propagules along the wrack line while walking with campers, from left, Tema Rudev, Andrew and Zach Knesel and Ava Conforti

Prop roots sometimes occur. Leaves are broad and yellow-green in color (2 to 4 inches long) with two glands at base of the leaf where the stem originates. Glands excrete sugars which may protect the plant from certain insects.

“Ninety percent of commercially harvested marine species rely on mangroves,” Todd noted, adding that red mangrove propagules can survive up to one year after falling off the tree before they take root. Black mangrove propagules can survive up to 180 days and white mangrove propagules between 60 and 90 days before rooting.

Following instruction in the classroom, the group traveled to Bunche Beach to explore a mangrove forest in the wild. Along the way, Todd pointed out hundreds of mangrove propagules (seed pods) washed up along the wrack line, identified several species of shells and sealife picked up by the children and explained how people are helping to protect mangroves.

Later, campers enjoyed some

snorkeling near the shoreline and finding other marine wildlife in and out of the water.

Mangroves – Trees That Feed The Sea will be offered again on Tuesday, August 29 from 1 to 4 p.m. at Sanibel Sea School’s flagship campus, located at 455 Periwinkle Way on Sanibel. The half-day course is open to ages 6 to 13 and costs \$55 per participant.

Among the other half-day courses offered by Sanibel Sea School:

Shorebirds – The Real Peeps (August 25), Sharks Are Fish, Not Foe (August 29 and September 13), Ospreys – Master Fishermen of the Sky (August 30), Freshwater and Gators – Where There’s a Baby, There’s a Mama (August 31), Gastropods – A Twisted Tale (September 1 and 12), Dolphins – Flipping Through Life (September 5 and 26) and Pelicans – Acrobatic Divers (September 12).

For more information on additional classes, camps and marine-based educational programs, call 472-8585 or visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org).



Camp participants learned how to identify different varieties of mangroves by the shape of their propagules

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Amernet String Quartet

photo provided

## Summer Concert Series Features String Quartet

Shell Point Retirement Community continues its 2017 Summer Concert Series with a live performance from the Amernet String Quartet at 7 p.m. on Tuesday, August 29 at the Social Center on The Island at Shell Point.

The Amernet String Quartet serves as an ensemble-in-residence at Florida International University in Miami. The foursome is composed of cellist Jason Calloway, along with violinists Misha Vitenson, Franz Felkl and violist

Michael Klotz.

Praised for their "intelligence" and "immensely satisfying" playing by *The New York Times*, the group's sound has been described as "complex with an old world flavor and superbly brilliant technique." The quartet's combination of technical ability and beauty of sound is derived from many of today's local composers.

The Shell Point performance will be held in a chamber-style setting that will allow audience members to mix and mingle with performers and have refreshments following the concert. Individual tickets are available for \$20 and can be purchased online at [www.shellpoint.org/concerts](http://www.shellpoint.org/concerts) or by calling 454-2067.✱

## Third Headliner Added To Songwriter Fest

The award-winning Island Hopper Songwriter Fest has an exciting lineup of talented singer-songwriters performing this year from September 22 to October 1. This showcase, now in its fourth year, will take place in intimate settings on Captiva Island, Fort Myers Beach and historic downtown Fort Myers.

Nashville hit-maker RaeLynn joins the festival as a headliner on Fort Myers Beach. She will perform at the Pink Shell Beach Resort and Marina on Sunday, October 1. RaeLynn's top hits include *God Made Girls* and *Love Triangle*. *God Made Girls* was a Top 10 hit on the Billboard Hot Country Songs chart and a Top 20 hit on the Billboard Country Airplay chart.

RaeLynn has also worked with superstars in country music. She performed *Lie*, co-written by Miranda Lambert. She also sang background vocals for Blake Shelton's *Boys 'Round Here*, which peaked at No. 16 on the U.S. Billboard Hot 100 chart.

"RaeLynn will be the exclamation point on 10 days of incredible artists at this year's songwriter fest," said Louis Kaplan, senior vice-president of programming for

iHeartMedia in Southwest Florida. "We're so excited to bring in these writers and give you a chance to hear the backstories of some of this country's most popular songs."

Other headliners include Lindsay Ell and Brooke Eden, who will perform at Pincher's at the Marina at Edison Ford in downtown Fort Myers on Wednesday evening, September 27.

This year, Island Hopper welcomes a variety of new singer-songwriters, like Natalie Hemby (*White Liar*) recorded by Miranda Lambert; Clint Daniels (*Brokenheartsville*) recorded by Joe Nichols and Maggie Rose. The festival brings back Even Stevens (*I Love a Rainy Night*) recorded by Eddie Rabbit; Wynn Varble (*I'm a Little More Country*) recorded by Easton Corbin; and Aaron Barker (*What About Now*) recorded by Lonestar and Karla Davis.

This year's festival brings more than 75 singer-songwriters from around the country playing more than 100 shows.

Island Hopper is presented by Lee County Visitor & Convention Bureau, iHeart Media, Cat Country 107.1 and BMI, the largest music rights organization in the U.S. For more information, visit [www.islandhopperfest.com](http://www.islandhopperfest.com). Follow the festival hashtag #islandhopper on Twitter and other social media.✱

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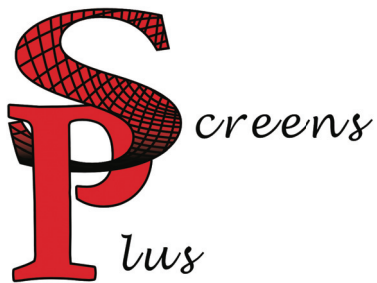
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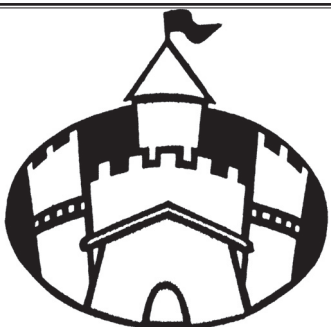


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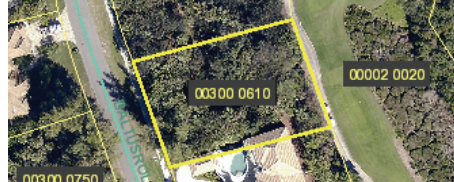
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# Dinner Is Served



by Marcia Feeney

There is a school of thought in contemporary living: the formal dining room is used so seldom today that the investment seems hardly worth the effort. While it is perhaps true that our busy lives today preclude a daily formal dining experience, the occasional family dinner in the dining room can serve us well in many ways.

The degree of formality is certainly a matter of personal taste but certainly dining is more enjoyable when the company is good, the food delicious and the ambiance unforgettable. The goal of the design professional is to place a memorable ambiance at the top of the list of priorities, ensuring a stimulating and satisfying experience.

To understand what creates the perfect mood for dining, think of some of your favorite restaurants. As much as the food makes it special, the way you feel as you arrive, the design, colors, lighting and music all combine to

make the evening splendid. The design impression of your dining room at home is just as important.

Beautiful quality furnishings and exquisite detailing greatly enhance the dining experience. Attention to detail is most important in a dining room since guests are seated for longer than usual and have a longer period of time to observe their surroundings. This is the room where your design efforts really pay off – a place for stunning accessories, dramatic colors and detailed window treatments.

A well planned lighting scheme should be part of your design professional's overall scheme. For example, assuming that the dining room will most often be used in the evening, the lights should be soft, warm, diffuse (on a rheostat) and emanating from several sources.

Example of other elements of a really special dining area are stunning fabrics, crown moldings and chair rails, objects of art, splendid mirrors, custom draperies and a fabulous rug.

Whether a holiday feast, a dinner party or simply a family get together, the ambiance should be exciting and stimulating – a place where family and guests love to gather to laugh, relax, exchange ideas, enjoy the meal and cherish special moments together.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coindceden.com](mailto:marcia@coindceden.com).✱



Libby Baird has a special connection with the parrots

photos by Michel Dorais

From page 20

## Bird Whisperer

huge responsibility which cannot be undertaken lightly.

Libby loves her birds and they do love her in return. She is a former teacher and from the way she is engaging her audience day after day, she must have been a formidable teacher. The kind we wish we all had, the kind we remember forever.

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As I was looking at her and listening to her for the third time, I could not help but reflect on the beauty of her involvement. For more than 20 years, she relentlessly and passionately showed up. We are often critical of our society and community and wonder what we can do about it. Well,



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## Assistant Office Manager Named



Christopher Galloway photo provided

Christopher Galloway recently accepted a promotion for the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) from part-time nature store assistant to full-time assistant office manager. Galloway began working for DDWS in December 2016 assisting Refuge Nature Store Manager Jeanne Walsh. As a graduate of Florida

SouthWestern State College technology programs, he has proven invaluable in many facets of DDWS operations.

In his new position, Galloway will continue to assist in the nature store and, as of August 28, will take on additional managerial responsibilities working with office manager Joann Hinman in DDWS downstairs offices.

"We have appreciated Chris' hard work, smart mind, and loyalty to the mission in his part-time role," said DDWS Executive Director Birgie Miller. "We are now looking forward to having him on full time, helping us all become even stronger at fulfilling the mission of DDWS to support the work of the 'Ding' Darling National Wildlife Refuge."

Galloway inherits his "Ding" Darling connection from his parents, Sanibel residents Nancy Riley and Michael Galloway, both of whom have been volunteering in the Visitor & Education Center for several years. He holds a degree in network service technology and post-secondary vocational certificates in network security and information technology support.

"I'm very happy and excited to be taking on this new role," said Galloway. "I look forward to working more closely with everyone, and I hope to continue to make a positive impact with everything I do."

To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 292-0566 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org).



Legendary Automotive is now AAA approved for auto repairs. Second from left is owner and Sanibel resident Jason Stretch. photo provided

## Business Earns AAA Approved Auto Repair Status

Gene DeToma, AAA representative, confirmed that as of August 1, Legendary Automotive is AAA approved. AAA approval requires that the facility have a strong community reputation, a high customer satisfaction rating, clean and comfortable facility, customer service, staff qualifications and training, appropriate tools and equipment to meet the scope of services offered, and warranty

coverage.

"If AAA trusts us, so can you," said Jason Stretch, Sanibel resident and owner of Legendary Automotive. "Our team is excited to continue our history of service excellence."

Stretch's last facility earned the prestigious AAA Independent Facility of the Year award for the entire state of New Hampshire for six out of the 10 years of ownership.

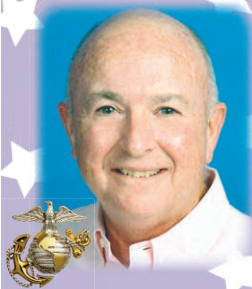
Legendary Auto also participates in rewards and discounts. If you are a AAA member, you can save 10 percent off of any service that is offered, up to a maximum of \$50. Along with the AAA

continued on page 34

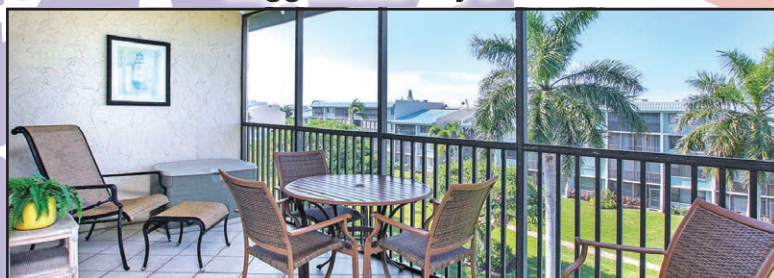
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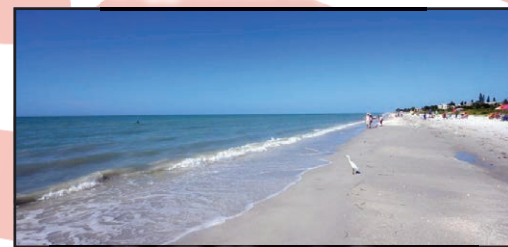
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## Happy Labor Day!





From left, sponsor Bob Kern, new member Steven Schulz and board member Bill Sadd  
photo provided

#### Sanibel-Captiva Lions Club News

## Lions Club Welcomes New Member

The Sanibel-Captiva Lions Club welcomed Steven Schulz as its newest member during the August 16 meeting. Schulz was sponsored by Lions Club First Vice President and board member Bob Kern. Board member Bill Sadd administered the



member's oath.

In accepting membership, Schulz said he will focus his energies on "growing the membership – to bring new blood into the organization." He praised the organization for its "strong community spirit, especially in helping people with sight problems."

Originally from Cincinnati, Ohio, Schulz earned a bachelor's degree in accounting and a master's degree in theater at the University of Cincinnati. He is employed by the Gulf Coast Best Buy in Fort Myers, where he is in charge of inventory. A full-time island resident for the past eight years, Schulz is a parishioner at St. Isabel Catholic Church, where he sings in the choir and is a member of the Men's Society. His wife, Lori, is a real estate broker and owner of

San Cap Gateway Realty.

Kern said Schulz will be an active participant in the Sanibel-Captiva Lions Club, "because he is a worker bee."

"The Lions Club focuses especially on help for the visually impaired, to honor a commitment that it made in 1925 to Helen Keller," Kern said. "She called us the 'Knights of the Blind.'"

The meeting, which included a cocktail hour and buffet dinner, convened in the Community House's newly renovated

Founder's Room at The Community House. "The Sanibel-Captiva Lions Club started right here at The Community House 50 years ago," Kern said, "and this year marks the International Lions Club's 100th anniversary."

For more information on the Sanibel-Captiva Lions Club, visit [sanibelcaptivalions.org](http://sanibelcaptivalions.org).

For more information about the Sanibel-Captiva Lions Club, email [alionbob@comcast.net](mailto:alionbob@comcast.net).\*

## Rotary Happenings

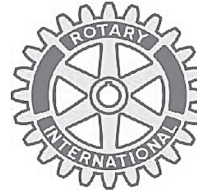
submitted by Shirley Jewell

As a young girl, I remember watching the TV show *Make Room for Daddy* and later *The Danny Thomas Show* starring Danny Thomas. It was the number one situational comedy about family life during the 1950s and '60s and most everyone could relate to the circumstances portrayed on the show. He loved what he did as an actor and comedian but didn't want to be a starving actor; he wanted to be a success for himself and his family.

At some point in his early show business career, Thomas made a vow to St. Jude Thaddeus, the patron saint of hopeless causes. If he found success, he would open a shrine dedicated to St. Jude. Success came and wealth followed. Thomas fulfilled his vow. That shrine was not to be some statue laden place but a fulfillment of a larger dream to help children with cancer and other pediatric diseases through treatment and research: the St. Jude Children's Research Hospital in Memphis, Tennessee. No child would be denied treatment based on race, religion or a family's ability to pay.

I remember that at the end of some of his shows, Thomas would talk to the audience about his new endeavor to build this hospital and ask for people to join him in supporting the mission of serving children with cancer and their families so that treatments could be administered and research for medicines and medical protocols could be developed.

Last Friday morning, Sanibel-Captiva Rotary welcomed Ingrid McGraw, senior



philanthropic advisor from St. Jude Children's Research Hospital, to speak to us about updated news regarding patient care at the hospital and ongoing research in pediatric cancer programming development.

St. Jude Children's Research Hospital is ranked as the top pediatric cancer hospital in the *U.S. News & World Report* 28th annual "Best Hospitals" list 2017-18. The publication compared nearly 5,000 medical centers nationwide in 25 specialties, procedures and conditions

About 7,500 patients are helped at St. Jude annually from all 50 states and from around the world, and most are treated as outpatients and participate in research studies. The hospital has 78 patient beds where full treatment occurs. Their goal is 100 percent survival for the children treated at St. Jude. In 1962, the survival number was 29 percent; today, the survival rate is 80 percent. Families never receive a bill from St. Jude for treatment, travel, housing or food because all a family should worry about is helping their child live.

Along with groundbreaking treatment procedures used at St. Jude, researchers are studying the predisposition programming of genomics. The magazine published by St. Jude stated: "The Pediatric Cancer Genome Project, the world's most ambitious effort to discover the origins of childhood cancer, teamed St. Jude with Washington University in St. Louis. Researchers compared the complete genomes from both cancerous and normal cells in more than 800 patients. The project identified unexpected genetic changes in many of the most clinically challenging pediatric tumors, such as high-risk acute lymphoblastic leukemia and brain tumors."

One hundred clinical trials are being conducted by St. Jude researchers, computation and data on patient studies are analyzed and recorded, and precision

continued on page 34

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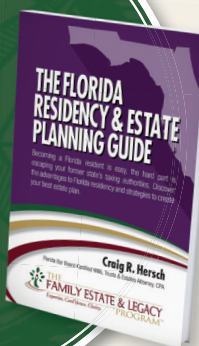
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Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA  
"Will Power" Columnist, *The Island Sun*



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Will Power

# I Don't Know A Single Person On This Earth Anymore... Not One



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

The below essay was written by a childhood friend of mine, Louis M. Profeta, MD, who is now an emergency room physician in my hometown of Indianapolis, Indiana. It's worth a read:

I couldn't get him out of my mind. He woke me up at 2 a.m. and I paced the room, blew my nose and stared into my bathroom mirror studying my own aging features. He wasn't my patient.

He belonged to my emergency physician colleague, Dr. Brian Thomas Fletcher MD, who posted the case for some of us to read. It simply stated, "Saddest case ever."

95-year-old male comes in for suicidal ideation. When asked why, he said, "My last friend died last week. I don't know one single person on this earth anymore. Not one."

My heart stopped when I read it, pausing a few beats perhaps, but I'm fairly certain it stopped. Now, the words woke me up.

I tilted my head under the faucet and took a long drink and laid back down. I didn't take care of him but I could see him. Thin, balding in a shirt and slacks that once covered a robust six-foot frame now five-nine, a face etched by more than 34,000 sunrises that perhaps saw the decks of a destroyer, or the inside of a bomber somewhere over the Pacific or Italy. His silver, wire-rimmed frames magnify eyes with wrinkles that held tears for perhaps the first time in years, the last being when he buried his wife.

He looks off to the side, staring past the wall and reaches in his pocket and wipes his face with a handkerchief, and I hear him say to the wall since it will listen:

"I don't know a single person on this earth anymore, not one."

And the wall stays silent, but I can see Dr. Fletcher as he lowers his clipboard, swallows hard and briefly holds his breath trying to figure out the words. What is there really to say? Like all of us, he thinks to himself, "We failed you."

Some years back, I wrote a piece that went viral, "Your Kid and My Kid Are Not Playing in the Pros," and I got more than a thousand e-mails about the article. Most were supportive, some not, but what I was completely unprepared for was the correspondence I received from grandparents. For the most part, they were all absolutely heartbreaking. The central theme was that they did not know their grandchildren because travel sports had robbed them of weekends and Sunday night dinners and countless other opportunities to interact. Going to their baseball games in the middle of the summer – or sitting in a loud gym – was just not a bonding experience for them; it was physically exhausting. Besides, you can't talk about rationing sugar during the war, or marching on the mall, or sitting through the Watergate hearings between timeouts. It doesn't work like that, that's not enough.

"I want to teach him how to make pickles, just like my grandmother taught me... how to needlepoint, how to build a chair, or change the oil. I want to tell her about the time I was a little girl and made my own clothes, or how to play gin rummy. I want to go fishing, or show him the books I read when I was 10 because I still have them. I want to tell them about stamps, and record players, and how Elvis took the world by storm. I want to talk about Jim Crow and Tuskegee and jazz and how to make greens and about the time we all sat transfixed trying to figure out who shot JR."

But as worlds do, the world changes, but it seems of late that while we spend our days lamenting the fracturing of the polar icecaps, we pass over the fracturing of the generations and we are leaving many staring at the wall and thinking to themselves:

"I don't know a single person on this earth, not one."

I know sadness. I know depression. Who hasn't? I know fear; real fear and the feeling that there is no possible way things can get better (although they usually do eventually). But what I realize is one thing I do not know is loneliness: true deep, dark, all encompassing loneliness has blessedly never been with me. Brian's words burned into my eyes and I thought of the thousands of elderly we see in our ER every year and the millions that must be shuttered behind countless doors that we drive by every day, how many of them are sitting in faux leather recliners, peeking through the shutters perhaps and watching a neighbor they do not know, play with their child and wishing to themselves:

"I'd like to tell her about Elvis or teach him to make pickles."

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From page 31

## Auto Repair

approval, Legendary Auto is a battery service provider. It carries the full line of AAA batteries that come with three-year free replacement.

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For more information, visit [www.legendaryfl.com](http://www.legendaryfl.com) or call 277-1004.✧

From page 32

## Rotary Happenings

medicine based on DNA studies is being developed. A St. Jude Biorepository contains more than 500,000 specimens donated over more than 40 years by nearly 21,000 patients enrolled in St. Jude clinical trials. About 5,000 specimens are donated each month, creating the basis for research and development of treatment preparation.

Patient and family care is foremost at St. Jude but research will provide the future for understanding the cause of pediatric cancer and prevention outcomes.

McGraw told us, "The majority of St. Jude funding comes from national

fundraising and awareness activities, grant dollars from the National Institute of Health and National Cancer Institute." The average individual donation received by St. Jude is \$55.

Research at St. Jude is shared with pediatric cancer centers around the world and this small hospital in Memphis has taken the lead in research for prevention in pediatric cancer with their genome project studies. Your donation can change the lives of many children and their families by contributing to the health and wellbeing of these young cancer patients.

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

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The large mural in the men's bathroom, taken by Washington State photographer Rich Leighton, depicts a mangrove forest at the Sanibel refuge photo by Jeff Lysiak

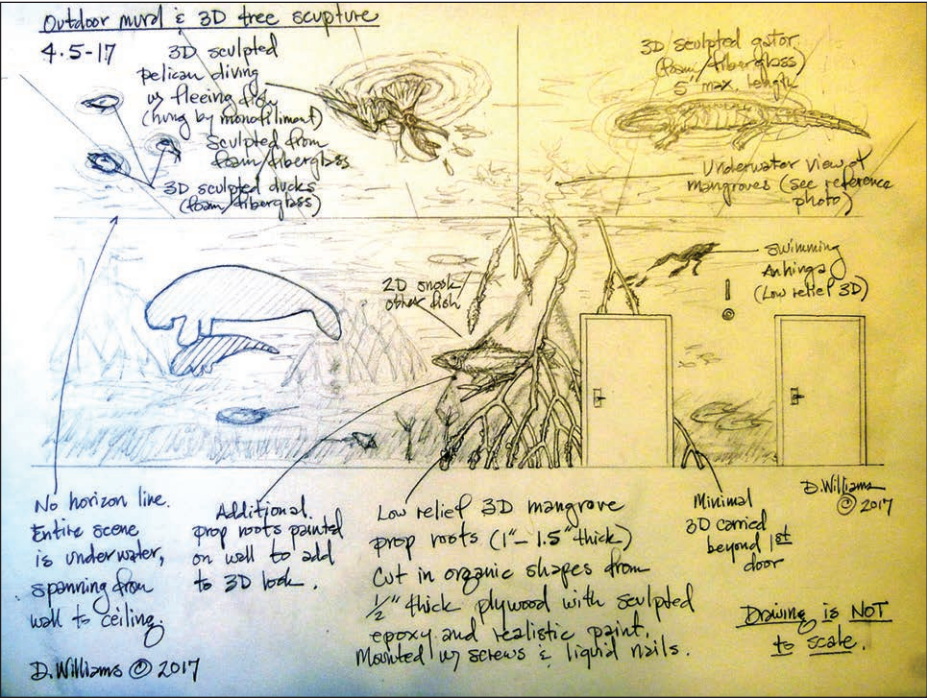
From page 1

## Restroom Project

going inside the Visitor & Education Center," said Miller. "We want them to learn more about wildlife and what they will see and experience when visiting the refuge."

In addition to the paintings of mangroves, manatees, sea turtles, fish and birds, the installation will also include educational "bubbles" with fun facts about the flora and fauna featured on the walls, "Did You Know?" information about the mangrove ecosystem and its productivity, along with flip-up panels with additional data.

"From aquatic species like manatees and mullet to birds that fly in the sky,



The conceptual drawing by artist David Williams of what the bathroom facility at the JN "Ding" Darling National Wildlife Refuge will look like after the Project#LearningLav is completed image courtesy "Ding" Darling Wildlife Society

visitors will learn more about the wildlife that calls the refuge home and how complex and productive the mangrove ecosystem is," Lathrop explained. "We hope visitors leave with even more inspiration to protect our wonderful wildlife and green (and blue) spaces all over the world."

Once the Project#LearningLav is completed, which is expected before the end of September, visitors will also be given an activity sheet on which they can complete quizzes on the animals and wildlife featured on the restroom walls.

"It's going to be much more than a cool bathroom," added Miller. "We hope that it inspires people to learn more about wildlife and see what else the refuge has to offer."\*

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# Red Sox Owner Moves To Rename Yawkey Way For Former Slugger



by Ed Frank

The racial unrest that has gripped the nation since the recent violence in Charlottesville, Virginia, has prompted the Boston Red Sox to remove the name Yawkey Way from the iconic street in front of historic Fenway Park. The street is named after Thomas Yawkey, who owned the team from 1933 until his death in 1976, and who adamantly opposed integration of his ball club. The Red Sox were the last Major League team to integrate in 1959 – some 12 years after Jackie Robinson made his Major League debut with the Brooklyn Dodgers.

Baseball history recalls that Yawkey passed on Robinson as well as the great Willie Mays. One former baseball scout said years ago, “Can you imagine a team with Ted Williams in left field and Willie Mays in center.” Red Sox owner John Henry proposes the street be renamed after David Ortiz, the beloved former player who retired last year. “For me personally, the street name has always been a constant reminder that it is our job to ensure the Red Sox are not just multi-cultural, but stand for as many of the right things in our community as we can – particularly in our African-American community and in the Dominican community that has embraced us so fully,” Henry said. Yawkey Way serves as the colorful entrance to Fenway – a street bustling with vendors, musicians and entertainment. The City of Boston would have to approve the name change. To do so, however, some will say Henry is attempting to erase history – the argument that is raging nationwide over proposals to remove Civil War statutes. The counter to that argument is by changing the street name, it will mark the progress the city and the team has made in the name of equality. Dan Lebowitz, executive director of the Northeastern Center for the Study of Sports in Society, applauded Henry for his proposed action, noting that sports is a particular influential social justice platform due to its large audience. Jackie Robinson dramatically changed the face to not only baseball, but all sports. Henry’s bold proposal would follow in the footsteps of nearly 50,000 who marched

last week in Boston to protest hate and bigotry. **Miracle Close In On Division Title And Post-Season Playoffs** The Fort Myers Miracle baseball team is racing for post-season play having won 10 straight games before a 3-2 loss to the Tampa Yankees last Sunday. The Miracle began the week with a second-half season record of 37-19 (.661) and a five-game first-place lead over Charlotte in the Florida State League South Division. With just 13 games remaining in the regular season through Monday of this week, the Miracle, should they capture the season’s second-half division title, will face the Palm Beach Cardinals in the first round of the playoffs. Palm Beach won the first-half division championships. Fort Myers is home this weekend at Hammond Stadium facing Charlotte in a three-game series Friday through Sunday. Only seven regular season games will remain after the weekend series. The Miracle’s .661 record is second best in the Florida State League. Only Tampa in the North Division is better at .685.✴

## Registration Open For Color Splash Race

You can walk or you can run, but don’t miss the family fun at Florida Department of Health in Lee County and Lee County Parks & Recreation’s 2017 Color Splash 2.0 5K race on Saturday, September 23 starting at 7:30 a.m. This family friendly 5K encompasses three laps within Wa-Ke Hatchee Community Park. Registration and participation is free but limited to the first 500 registrants. “Last year’s event was so much fun that participants almost overlooked they completed a 5K,” said Kevin Kirkwood,

health promotion program administrator. “A healthy waistline is the result of nutritious foods in proper portion sizes and adopting some form of physical activity, ideally 150 minutes per week for adults and 60 minutes per day for children.” In addition to the Florida’s Healthiest Weight activity, this event will also honor World Heart Day 2017. Lee County Emergency Medical Services responders will partner with Florida Department of Health in Lee County CPR instructors to demonstrate a “hands only” CPR technique. Vendors will share ideas for active family fun and healthy eating. Wa-Ka Hatchee Community Park is located at 16760 Bass Road in Fort Myers. Registration may be completed online at [www.surveymonkey.com/r/XFN2W5S](http://www.surveymonkey.com/r/XFN2W5S).✴

## Island Seniors At 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** – Donations of clean “gently used” items are still needed for the Trash & Treasures Sale in November. This annual sale is organized by Island Seniors volunteers at the Center 4 Life. The sale is a huge event for the Island Seniors and all proceeds help support programs such as kayaking, fitness, technology, games, potlucks and the arts. Donations are tax deductible and you may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothes, shoes, computers or old TVs cannot be accepted. **Page Turners with Louise Fitzgerald and Ann Hartman** – If you are not on the Page Turners list and wish to be, email [oceann@comcast.net](mailto:oceann@comcast.net) or contact the center. The featured book for Wednesday, September 13 is *The Book Thief* by Markus Zusak. Bring your lunch and watch the movie at 12:30 p.m. then discuss the book and the movie at 2:30 p.m. **Friday Collage Classes with Bea Pappas** – August 25 and September 1, 8, 15, 22 and 29 from 12:30 to 3:30 p.m. Cost is \$15 for members and \$25 for non-members. Pappas will be teaching an easy approach to collage, both figurative and abstract. Collage

can be worked from torn magazines, found papers like book pages or handmade papers. Bring a pint of fluid matte premium, scissors, papers, magazines and substrates (watercolor paper, canvas, canvas board or mat board). Sign up at the center. **Trip to IKEA** – Monday, August 28. Cost is \$5 for members and \$10 for non-members and includes round trip transportation to IKEA in Plantation. Lunch is on your own at the IKEA Café. This is an all day shopping spree. Advance registration is required by Friday, August 25. **Games** Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded. **Bridge** – Monday and Wednesday. Register by noon; the game begins at 12:30 p.m. **Mahjongg** – Monday and Thursday at 12:30 p.m. **New: Rummikub** – Tuesday at 1 p.m. **Hand & Foot** – Thursday at 12:30 p.m. **New: Canasta** – Thursday at 12:30 p.m. **Hearts** – Friday at 12:30 p.m. **Kayaking on Tuesdays** – September 12 and 26 at 8:30 a.m. (weather permitting). 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. **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. Connie DeCicco is the instructor. **Essential Total Fitness** – Monday, Wednesday and Friday at 9:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights,

stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor. **Power Hour Fitness** – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor. **Gentle Yoga** – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. 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 the Center 4 Life, located at 2401 Library Way on Sanibel.✴

## SPORTS QUIZ

1. Name the last major-league team to win at least 20 consecutive games in a season.
2. Which Baltimore Orioles pitcher in the 1960s tossed shutouts in his first two major-league starts?
3. Which team ended the NFC’s run of 13 consecutive Super Bowl victories?
4. When was the last time before the 2016-17 season that Valparaiso had a men’s basketball coach who did not have the last name of Drew.
5. Name the last No. 1 seed in the NHL playoffs before Chicago in 2017 to be eliminated in the first round.
6. Who was the last American male boxer before Shakur Stevenson in 2016 to win a gold or silver medal at the Olympics?
7. In 2017, Justin Thomas recorded the lowest-ever score for a 72-hole PGA event (253). Who had held the record for the lowest score?

## ANSWERS

1. 1. Oakland won 20 in a row in 2002. 2. Tom Phoebus, in 1966. 3. Denver, in Super Bowl XXXII after the 1997 NFL season. 4. It was the 1987-88 season. 5. The Vancouver Canucks, in 2012. 6. Andre Ward won a gold medal in 2004. 7. Tommy Armour III shot 254 in a tournament in 2003.



## Life Insurance

## Estate Planning

J. Brendan Ryan,  
CLU, ChFC, MSFS

**Y**ou have certainly heard of estate planning. And, if you are like most people, you probably have at least some understanding of what it means.

Now, perhaps you would like to review or improve your understanding.

The definition that I learned decades ago is that estate planning is the creation, preservation and maximization of assets for the future. There is a lifetime component that is now usually encompassed in the phrase "financial planning." And there is the more widely recognized component that refers to the planning for the orderly preservation of assets after death and their ultimate distribution.

Wikipedia says estate planning is "the process of anticipating and arranging during a person's life for the disposal of their estate." I like my definition better.

You may have engaged in some estate planning already. Signing up for life insurance is an act of estate planning. Here you are creating an asset – the death benefit – and planning for its orderly distribution through the beneficiary designation. Likewise when you name a beneficiary for a qualified retirement plan.

But how does one get started in a deliberate process of formal estate planning? Many people simply have the spontaneous insight that they need to get their affairs in order and begin the process with a phone call. For others, it comes as a recommendation from one or another advisor, such as an insurance agent, financial advisor, accountant, etc.

After talking things over with one's spouse about how assets should be distributed at the death of either or both of them, the first step should be to select an experienced estate planning attorney and go in to see that attorney for an initial interview.

How do you find such an attorney? If you do not already know one, ask friends and associates who they use and whether they are happy with the relationship. If that does not work, the local bar association, which is the professional association of practicing attorneys in your area, can give you names.

That is the beginning of your estate

planning team. Your attorney will want to work with your other advisors to lay out the best possible arrangements for meeting the planning goals that you will have established through consultation.

For some people, estate planning may be very simple, nothing more than writing a will. For others, it may include not just a will but also one or more trusts, new life insurance, powers of appointment, a living will and other legal instruments.

Once these documents are executed, they should be reviewed from time to time with the attorney and other advisors. Circumstances, affections and family dynamics change, and these documents in many cases need to be changed and updated accordingly.

A few additional considerations:

If you want to have a say about how your property is distributed and even who could be named as the guardian of your underage children, do not ignore estate planning. For those who die without a will, the state writes one under the laws of intestacy. These laws spell out who gets what property left behind by those who die "intestate." You may not like the outcome.

Do not be tempted to get a book and write your own legal documents. Attorneys take courses in this area to be sure that no mistakes are made, no laws are ignored and no invalid provisions are included. Errors or confusion often lead to messy, lengthy and expensive contests of the will in court.

Unless you have named your estate as beneficiary of your life insurance or qualified retirement plans – or else have named no beneficiary at all – your will does not affect the payment of those death benefits. And no future change that you make in beneficiary designations affects your will. But your planning should be sure to coordinate these policies with the provisions of your will to be sure that your goals are achieved.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).✱

## ISLAND SUN BUSINESS NEWSMAKERS



Phaidra McDermott



Jolene Hardy



Susan Yarab



Rob Starr

## Top Producers

**T**he top producers for July at John R. Wood Island Real Estate are: Phaidra McDermott, top closed volume; Jolene Hardy, top pending sales; Susan Yarab, top listing agent; and The Starr Family Team, productivity award.✱



Elise and Tom Starr

## Funds Awarded To Improve Health Center Quality

**T**he U.S. Department of Health and Human Services recently announced that \$4,710,489 has been awarded to 45 health centers in Florida as an investment in quality improvement, building upon their 2016 achievements. Health centers will use these funds to further improve the quality, efficiency, and effectiveness of the health care delivered to the communities they serve.

This announcement came during Health Center Week, the annual celebration of

the high quality, affordable, primary care health centers have been providing for more than 50 years.

"Americans deserve a healthcare system that's affordable, accessible, of the highest quality, with ample choices, driven by world-leading innovations, and responsive to the needs of the individual patient," said Tom Price, secretary of health and human services. "Supporting health centers across the country helps to achieve that mission."

Health centers are receiving these funds to continue improving their services based upon high levels of performance in one or more of the following categories: Improving Quality of Care, Increasing Access to Care, Enhancing Delivery of High Value Health Care, Addressing

continued on page 39

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## Self Care



by Kay Casperson

**M**y goal has always been to inspire people to be better, find more balance and to live a happy, beautiful life. This week it is all about self care. What does that mean? We are always talking about

the importance of taking care of ourselves, but how many of you really do? How many of you even know how to take the time to care for yourself? Some of you may feel that there is not enough time in the day to focus on yourself after taking care of your daily tasks and everyone else around you.

I have come up with some ideas that just might be simple enough to fit into your daily routine so that you can start to reap the benefits of self care and really see the difference it can make in your life. When you take just a little bit of time each day to focus on yourself, you will stay strong, healthy and happy enough to continue doing all the things you love to do.

Here are a few of my suggestions for self care in the important aspects of life:

**Emotional** – Take a few moments to look in the mirror and release all negativity as well unhealthy thoughts. Now refresh your spirit with some positive words like, “I am awesome, I feel great and will make this an amazing day!”

**Spiritual** – Find a time to pray. Whether it be first thing in the morning, on the way to work or even mid-day, say a prayer for yourself or someone else. This could be a prayer of thanks, a blessing for someone or even a request for a prayer to

be answered.

**Physical** – Enjoying a nice walk, some stretches and maybe even a new workout plan could be a great start. Even simple things like making sure you have fruits and vegetables with your meals and are drinking plenty of water all day will make a difference. Also, be sure to keep up with your regular health checks so you know what you may need to pay more attention to.

**Environmental** – Do one thing every day that makes your home or work space better. This could be as simple as organizing a cabinet, cleaning out your closet and getting rid of clutter. Add some essential oils to a diffuser and maybe even stop for some fresh flowers to enhance your surroundings.

**Social** – Give someone a hug. Call, email or text someone that inspires you and have a quick chat with them. Make it a point to stay away from toxic people. Choose to spend your time with those that want the best for you, want you to succeed in life and be happy.

Remember that taking care of yourself is not something that you check off your to-do list for the month. Self care should become little habits of things that you do regularly without even making them a big deal. After all, you are the most important part of your beautiful life.

My affirmation for you this week is:

“I will make taking care of myself a natural habit, not a job that I add to my to-do list.”

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva Islands and in Disney. Casperson has lived on Sanibel and Captiva Islands for many years with her husband and two daughters and enjoys her beautifulife everyday. For more information, visit [www.kaycasperson.com](http://www.kaycasperson.com) or follow her on social media @kaycasperson.\**

Doctor and Dietician

## Young Athletes, Nutrition And Obesity



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

**H**ave you ever been to a kids sporting event and noticed the athletic field and concession stand loaded with cupcakes, candy, sugary drinks and other junk foods? At a time where one out of three American kids are overweight or obese, the question arises as to whether kids involved in sports fare differently? It appears the tendency to consume junk food may be more common among young athletes. The results of seven out of 19 studies in *Current Sports Medicine Reports* showed sports participation was associated with the increased consumption of fast food, sugar-laden drinks and calories. The overall results of weight trends in the 19 studies indicated no difference between

sport participants and non-participants.

How is it possible that weight is a problem when sports participation boosts activity levels? Keep in mind that highly marketed items purchased at stores or at concession stands, including sports drinks, “fruit” snacks, granola bars and candy, can easily surpass 500 calories or more when combined. These items should be avoided as meal replacements and snacks, and sugary drinks should not replace water, as all of these can trigger overeating, blood sugar swings and weight gain. Kids in sports do expend more energy, but it’s generally over a small amount of time, so they don’t need to overcompensate with a huge caloric intake throughout the day.

Be aware of the opposite extreme ... skipping meals. Kids need essential carbohydrates, fats and protein. Relying on packaged food or skipping meals altogether should be avoided because these young athletes need healthy meals for proper nutrients, energy and metabolism. Skipping meals may encourage binging afterward and unwanted weight gain. Preparing homemade meals and fresh ready-to-go snacks ahead of time can help keep energy levels steady and kids feeling their best both on and off the field.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics 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](mailto:info@caringmedical.com).\**

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## Lee Hospitals Earn High Ratings

**L**ee Memorial Hospital and HealthPark Medical Center earned recognition as a 2017 Best Regional Hospital by being ranked 14th in Florida by *U.S. News & World Report*. The two hospitals (combined) earned High Performance ratings in five medical procedures and conditions, including chronic obstructive pulmonary disease (COPD), heart failure, hip replacement, knee replacement and lung cancer surgery. Cape Coral Hospital and Gulf Coast Medical Center earned High Performance ratings in COPD and heart failure.

The annual *U.S. News* Best Hospitals analysis reviews hospitals' performance in clinical specialties, procedures and conditions. Scores are based on several factors, including survival, patient safety and nurse staffing. Hospitals are ranked nationally in specialties from cancer to urology and rated in common procedures and conditions, such as heart bypass surgery, hip and knee replacement and COPD. Hospitals are also ranked regionally within states and major metro areas.

“Lee Health’s vision is to inspire

hope and be a national leader for the advancement of health and healing; this recognition from *U.S. News & World Report* is an endorsement that we are moving toward our ideal future where we continuously provide the highest quality, leading-edge, collaborative, patient-centered care,” said Larry Antonucci, MD, MBA, Lee Health president and CEO. “As we continue to transform our processes and care delivery, we will look to these high performing departments, services, programs and facilities for ideas and inspiration.”

The annual ratings in procedures and conditions focus on Medicare patients. *U.S. News* profiles and evaluates every hospital in the American Hospital Association’s Annual Survey Database. In 2017, *U.S. News* evaluated data on nearly 5,000 hospitals in 16 adult specialties, nine adult procedures and conditions and 10 pediatric specialties. Only 10 to 21 percent of hospitals were rated High Performing in each of the specialties, procedures and conditions evaluated; fewer than 30 percent earned even a single High Performing rating. Hospitals that do well in multiple areas of adult care, like Lee Memorial Hospital/HealthPark Medical Center, may be ranked in their state and metropolitan area. More than 250 hospitals were evaluated in Florida.\*



dearRPharmacist

## Saying 'No' Can Reduce Cortisol And Anxiety



by Suzy Cohen, RPh

**D**ear Readers: Cortisol is one of the hormones your body releases in response to stress, and it impacts many different functions in your body. People think cortisol is a bad hormone but it's not

bad at all, it helps regulate blood sugar levels and metabolism.

Cortisol is often referred to as the 'belly fat' hormone because too much cortisol causes you to gain weight, especially around your mid-section. In normal amounts, cortisol helps keep inflammation down.

But like all good things, too much cortisol results in a variety of health issues, from frequent infections to acid reflux, heart disease, diabetes and a higher risk of cancer.

Cortisol overload is mostly associated with adrenal fatigue. You will feel physically beat up and achy at times, very tense and on edge as well as overwhelmed. Your brain will refuse to comply and memory will slip, and you develop insomnia. Sugar, salt and fat cravings can also be intense so you probably will like eating a bag of sea salt potato chips and chasing it down with a sugary drink of some sort.

There's no easy fix at this point, but the quickest way to help yourself is to give yourself some me-time, or a vacation from whatever weighs on your heart and causes the stress. If you continue to drag yourself through each day, you'll wind up at a physician's office. Then you are sure to be given all kinds of psychoactive medications and possibly stimulants. But why would you

want to start taking those drugs that are addictive or dangerous when you can ask to have your adrenals checked with a test? It's called a "4 Point Cortisol Saliva Test" or something similar, depending on the lab that you use.

If you are anxious or panicky, the fastest way to help yourself is to avoid processed foods and those laden with MSG or what's called "free glutamate" foods that include either one of these ingredients included in fast food, junk food, cold cuts and broths, including bone broth. Chinese food is also pretty notorious for having MSG, although some restaurants have stopped adding it. Vegan diets are extremely high in MSG. Anxiety is provoked by medications in some people. The medications are asthma inhalers and pills; estrogen-containing drugs; antibiotics; steroids; selective serotonin reuptake inhibitor antidepressants; levodopa; decongestants; and thyroid medication in excess.

Adaptogens are helpful in rescuing tired adrenals, but let's be realistic, they can't compensate for a hundred micro-stressors a day, additions to Facebook likes, a bad relationship or a horrible boss. Ask your doctor if either Siberian ginseng, Ashwagandha, Rhodiola, Schisandra, Tulsi (Holy Basil) are okay for you.

We can't entirely avoid stress or people who are crazy, and that's okay. But I'll tell you straight up, it is not intelligent to allow yourself to be taken advantage of. It's totally within your rights to set boundaries and politely say, "No." If you continue to put everyone's happiness first (above your own), you will surely be miserable and anxious. If you are a people pleaser, stop it. You're headed for disaster, then you'll be useless to everyone who needs you.

It's tough love, but someone has to tell you.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).*✱

From page 37

## Health Center

Health Disparities, and Achieving Patient-Centered Medical Home (PCMH) Recognition.

"Today's awards will help health centers to provide their communities with high quality, affordable primary care," said HRSA Administrator Dr. George Sigounas. "Quality care remains a critical trait of the Health Center Program, especially because health centers are treating more patients than ever before."

HRSA also released new data compiled from health centers through its Uniform Data System (UDS) reporting, providing an update on the primary care services being provided to patients.

In 2016, nearly 26 million people (approximately one in 12 U.S. residents) relied on a HRSA-funded health center

for affordable, accessible primary health care. Those figures include one in three people living in poverty; one in 10 U.S. children age 17 or younger; one in six U.S. rural residents; and more than 330,000 U.S. veterans.

For more than 50 years, health centers have delivered affordable, accessible, quality, and cost-effective primary health care services to patients. Today, nearly 1,400 health centers operate more than 10,400 service delivery sites nationwide.

For a list of FY 2017 Quality Improvement Awards recipients, visit: <https://bphc.hrsa.gov/programopportunities/fundingopportunities/qualityimprovement/index.html>. To learn more about HRSA's Health Center Program, visit <http://bphc.hrsa.gov/about>. To find a health center in your area, visit <http://findahealthcenter.hrsa.gov>.✱

## Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

**Q:** I have benefitted from your writing on mindfulness and I have developed a mindfulness practice. I am searching for simple tools to enhance mindful moments

each day. Do you have any suggestions?

**A:** As I read your question what struck me was a saying by Dr. Wayne Dyer who was one of my favorite teachers. He said, "Do what you love and love what you do." Since mindfulness is a way of being, I would look at the simple ways you would like to live and be in each moment of each day. All in all, it's about choosing to practice the simple things each day.

Some things that I feel work for myself and others are:

- Greet the day with joy.
- Wake up with saying three times, "thank you." Say "thanks" each day for the little gifts that show up.
- Take a mindful meditative walk or just sit in silence for a few moments.
- If you have a pet, talk to, hug and rub his/her tummy.
- Smile at someone.
- Marvel at the beauty you see.

- See the soul behind someones eyes.
- Spend time in nature alone.
- Talk to the creatures surrounding you.

• Go to bed with a "thank you" for the day and what you gave and received. Congratulations on keeping your practice simple.

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](mailto:constanceclancyfisher@gmail.com).✱

## Breast Cancer Awareness Event

The 3rd annual Partners Human Pink Ribbon will be held at Miromar Outlets on Saturday, October 7 from 9 to 11 a.m. to kick off National Breast Cancer Awareness Month. For a registration donation of \$20, participants will receive a full-size pink umbrella. For those who have participated in the past, the donation is \$10 (bring your pink umbrella). Every participant will receive a Miromar Outlets savings booklet. Naples Flatbread & Wine Bar will be hosting a VIP breakfast for \$20. Partners for Breast Cancer Care will receive a portion of every breakfast served.

Visit [www.pfbcc.org](http://www.pfbcc.org) to register or call Janet at 454-8583. The event will be held rain or shine at the new venue. There will be a free UaStar photo booth and a car show presented by the Flashy Car Club.✱

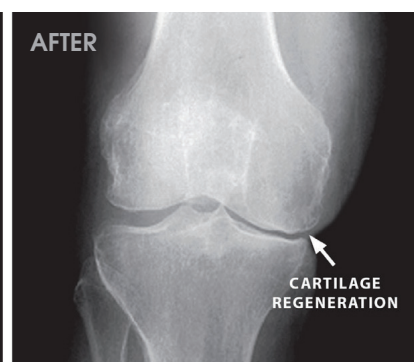
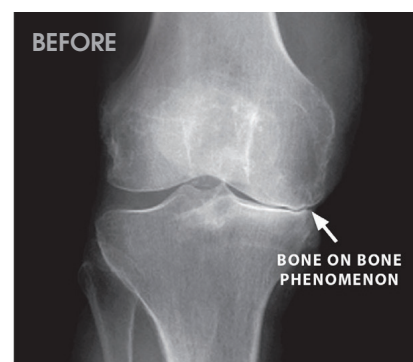
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MOAA - Military Officers Assc. of America, Alex MacKenzie .....	395-9232
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PAWS .....	472-4823
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.usps.org/localusps/sancap">www.usps.org/localusps/sancap</a>
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club .....	<a href="http://facebook.com/sancapshellclub">facebook.com/sancapshellclub</a>
Sanibel Youth Soccer .....	<a href="http://www.sanibelsoccer.org">www.sanibelsoccer.org</a>
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
<b>ISLAND ATTRACTIONS</b>	
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](mailto:press@islandsunnews.com)

# PETS OF THE WEEK



Randy ID# 709148 photos provided  
Lee County Domestic Animal Services

## Randy And Sugar Rae

Randy is one of the 'tweens looking for a home to call his own. As you can see, he is not afraid to say his favorite color is pink. He is a sleek climber and gets around without being noticed. He would love to be adopted with a feline friend who can be adopted at no charge. Randy's adoption fee is \$50.

Sugar Rae has had a tough go of things in her young life. She came to the shelter with her mom and two sisters. She has been adopted and returned because she is too timid. Sugar Rae would thrive in a home with another dog that will teach her that life is OK. She comes out of her shell when she is with other dogs and is an absolute joy to be around.



Sugar Rae ID# 705204  
adoption fee is \$75.

With patience and time, she will blossom into a great addition to the right family. If you stop by and meet her, you are sure to fall in love with her underbite as quickly as the staff at the shelter has.

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

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

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

The adoption package is valued at \$500.✱



Mo photos provided  
Haven on Earth Animal League

## Mo And Solar

Hi there, I'm Mo. I am such a sweet, mellow little girl just waiting for someone to take me home. I think someone thought I was a boy and that's why they named me Mo. I'm only 1 year old, and I have beautiful green eyes. I'm spayed and up-to-date on all vaccines. I'm currently residing at PetSmart on Six Mile Cypress Parkway. My adoption fee is \$100.



Solar

Hello, my name is Solar. I am a very loveable, male tabby with beautiful markings. I'm 1 year old, neutered and up-to-date on all vaccines. My adoption fee is \$100. I am currently residing at PetSmart on Six Mile Cypress Parkway.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).✱



PUZZLES

Answers on page 45

Super Crossword M-T SET

- ACROSS**

1 Comic Viking

6 It licenses lawyers

14 Habit-kicking programs

20 Florida city

21 It made Razr phones

22 Take a — (give a go)

23 Was glad to stick around?

25 New Orleans university

26 Outdated

27 Entertainer Zadora

29 Decrees

30 Grouch's cry

31 Monotonous predictions from mind readers?

36 Get all sudsy

40 Rho follower

41 Big beer

42 Colorful bird helping out?

46 Pop group — Tuesday

49 Untimely?

50 Hoop dangler

51 Conk

52 Powdery
- 54 Just make, with "out"

55 Book leaf

57 Snap a pic of an animated character?

61 See

63 Across

63 With

61-Across, Yankee who won the 1997 Silver Slugger Award

64 Nels or Nellie on "Little House on the Prairie"

65 Massive coup?

69 1980s game consoles

72 Do, —, fa, sol, la, ti, do

73 Oratorical art

77 Steering rod on a purple dinosaur's boat?

80 Harvard rival

81 Sch. URL ending

82 Consecrate

83 Suffix with Vietnam

84 Slalom, e.g.
- 85 Distance unit in astron.

86 According to

87 A trio of fuddy-duddy ducks?

93 Sandal, e.g.

95 Go get

96 Late, great crossword puzzle writer Merl

97 Buying candy for trick-or-treaters, e.g.?

102 "Tsk!"

103 Edgar — Poe

104 — -Blo fuse

105 Deprived of parents

110 Bread units

112 Flooring unit that can be installed in about 7% of an hour?

117 Intertwine

118 Distribution

119 Hair tint stuff

120 Like freshly baked

110-Across

121 Spruced up

122 Like a cliff
- DOWN**

1 Twinkie alternative

2 Hail —

3 Spaces

4 Rival of lams

5 Relative of a trolley

6 Rocker Patty

7 Lug along

8 — minimum

9 Craggy crest

10 Go astray

11 Young male, in hip-hop

12 A, in Hebrew

13 Halves of diameters

14 Q-U link

15 Liszt works

16 Many a salt, chemically

17 Manual calculators

18 Swahili's subfamily

19 Geyser spew

24 Hopped

28 Say "OK" to

31 Brad of films

32 Cpl.'s boss

33 Singer

34 Sumac

34 Isn't unable

35 Road goo

36 City of witch trials
- 37 Japanese port city

38 Daisy lookalike

39 Flaky treat

40 Allergic reaction

43 Wrath

44 "I could write —"

45 Obtained

46 General — chicken

47 "Am — early?"

48 NFL's Swann

52 Strike out

53 In — (gestating)

55 Sprites

56 Edgy

57 Sword stuff

58 Blackjack request

59 Studio alert

60 Shanty

62 Aquatic birds

66 1957 Bobbettes hit

67 Singer

68 Atheist

69 "Dancing Queen" band
- 70 Like a giant

71 District

74 Label again

75 Rustic verse

76 Jinx

78 Small giggles

79 Medit. nation

84 Use a straw

85 Grazing spot

87 AAA offering

88 Young newt

89 Salty waters

90 Gallon divs.

91 Spew forth

92 Restraints

93 Works hard

94 Candid

97 "Roots" novelist Alex

98 By oneself

99 Camel kin

100 Spritelike

101 Gallows loop

102 Evened (up)

105 Years ago

106 Toiling away

107 — -to-five

108 In addition

109 Low in pitch

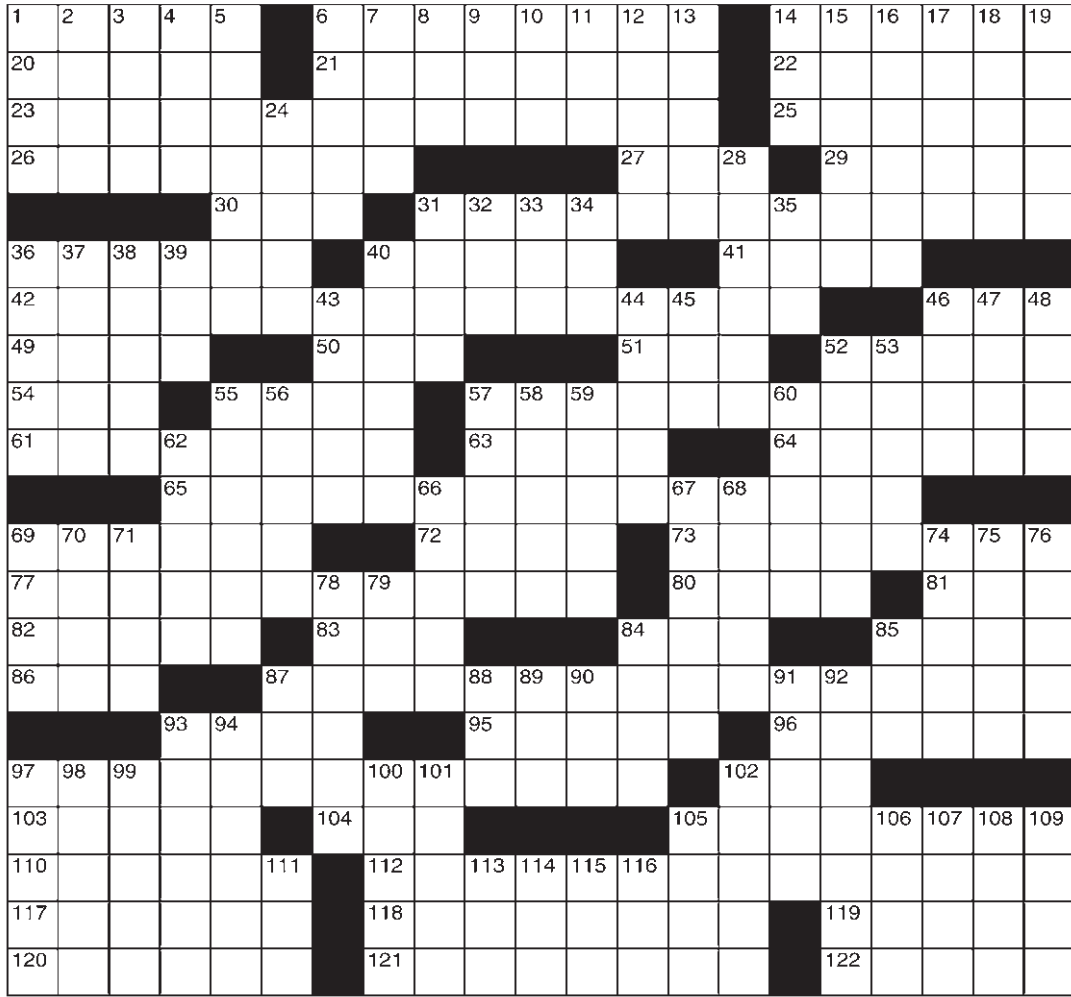
111 Reticent

113 D.C.'s home

114 Road furrow

115 West in film

116 Small hotel



King Crossword

- ACROSS**

1 Moby-Dick's pursuer

5 Strange

8 Slight coloration

12 Disturb

13 Hawaiian neckwear

14 Reed instrument

15 Tunes

17 Diamond source

18 Court

19 Spring, for one

21 Unspoken "I dunno"

24 Leave suddenly

25 Henhouse

26 Became less harsh

30 Everything

31 Bisect

32 Commotion

33 Creator of 1-Across

35 "Phooey!"

36 Shoppe describer

37 Greedy one's cry

38 Wheedle

41 "A mouse!"

42 Enthusiastic

43 Rapid decline

48 Equestrian game
- 49 Type squares

50 Concept

51 Aware of

52 Regret

53 Retain

10 Taboo, to a child

11 Adolescent

16 Pooch

20 Model

21 Con game

22 Golf target

23 Hot dog holder

24 Southern lass

26 Seasickness

27 Friendly

28 Dutch cheese

29 Be too fond

31 Jack and Jill's terrain

34 Type of doll
- 35 Long-shouted antelope

37 Obtain

38 Crime boss

39 Shakespear's river

40 Leave at the altar

41 Different

44 Ostrich's cousin

45 Rhyming praise

46 Teensy

47 Siesta
- DOWN**

1 Upper limb

2 Weeding tool

3 Have a bug

4 Explode

5 Hodgepodge

6 Cee follower

7 Turn to liquid

8 Beefsteak or plum

9 Sacred bird of Egypt

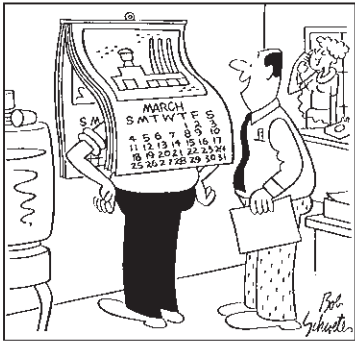
MAGIC MAZE ● SINGLE —

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

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

- |          |        |         |        |
|----------|--------|---------|--------|
| Action   | Entry  | Purpose | Stitch |
| Barrel   | Handed | Seater  | Tax    |
| Bed      | Issue  | Shot    | Wing   |
| Currency | Parent | Source  |        |





"Guess you're pretty focused on your upcoming \_\_\_\_\_."

answer on page 46

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!

Harsh  
**RESEVE**

Bend  
**CEASER**

Sniff  
**HEALIN**

Sturdy  
**TURBOS**

TODAY'S WORD

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

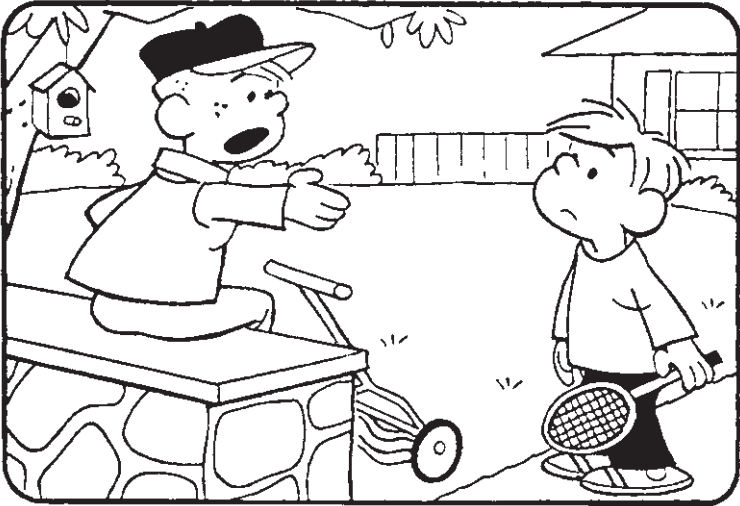
SUDOKU

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

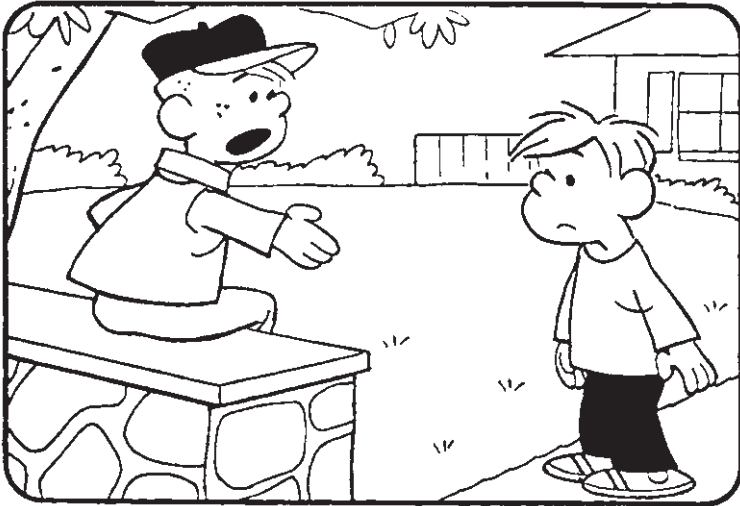
answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Birdhouse is missing. 2. Arm is missing. 3. Lawn mower is missing. 4. Fence is shorter. 5. Head is tilted. 6. Tennis racket is missing.

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**FRIDAY**  
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High: 87 Low: 77



**SATURDAY**  
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High: 90 Low: 80



**SUNDAY**  
Showers Likely  
High: 90 Low: 80



**MONDAY**  
Cloudy  
High: 93 Low: 82



**TUESDAY**  
T-storms Likely  
High: 89 Low: 79



**WEDNESDAY**  
T-storms Likely  
High: 86 Low: 76



**THURSDAY**  
Mostly Cloudy  
High: 90 Low: 80

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	4:00 am	9:47 am	4:19 pm	10:10 pm	Fri	3:05 am	9:49 am	3:24 pm	10:12 pm	Fri	4:29 am	10:40 am	4:56 pm	10:57 pm	Fri	6:10 am	12:58 am	6:29 pm	1:03 pm
Sat	4:27 am	10:40 am	5:12 pm	10:39 pm	Sat	3:32 am	10:42 am	4:17 pm	10:41 pm	Sat	5:02 am	11:18 am	5:36 pm	11:26 pm	Sat	6:37 am	1:26 am	7:22 pm	1:56 pm
Sun	5:00 am	11:41 am	6:17 pm	11:11 pm	Sun	4:05 am	11:43 am	5:22 pm	11:13 pm	Sun	5:31 am	11:57 am	6:15 pm	11:51 pm	Sun	7:10 am	1:55 am	8:27 pm	2:57 pm
Mon	5:39 am	12:51 pm	7:45 pm	11:50 pm	Mon	4:44 am	12:53 pm	6:50 pm	11:52 pm	Mon	5:59 am	12:41 pm	6:55 pm	None	Mon	7:49 am	2:27 am	9:55 pm	4:07 pm
Tue	6:27 am	2:09 pm	9:40 pm	None	Tue	5:32 am	2:11 pm	8:45 pm	None	Tue	6:23 am	12:10 am	7:38 pm	1:35 pm	Tue	8:37 am	3:06 am	11:50 pm	5:25 pm
Wed	7:28 am	12:42 am	11:18 pm	3:26 pm	Wed	6:33 am	12:44 am	10:23 pm	3:28 pm	Wed	6:45 am	12:19 am	8:26 pm	2:36 pm	Wed	9:38 am	3:58 am	None	6:42 pm
Thu	8:41 am	1:57 am	None	4:31 pm	Thu	7:46 am	1:59 am	11:20 pm	4:33 pm	Thu	7:16 am	12:28 am	9:25 pm	3:36 pm	Thu	1:28 am	5:13 am	10:51 am	7:47 pm

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# PUZZLE ANSWERS

## SUPER CROSSWORD

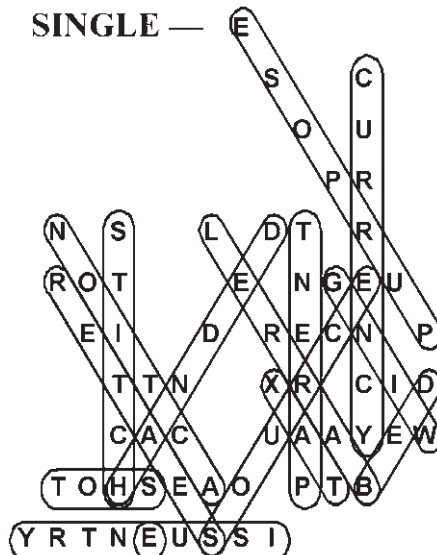
HAGAR	STATEBAR	REHABS
OCALE	MOTOROLA	STABAT
HAPPILY	TARRIED	TULANE
OBSOLETE	PIA	DICTA
BAH	PSYCHIC	TEDIUM
SOAPUP	SIGMA	CASE
ASSISTANT	TANAGER	TIL
LATE	NET	BOP
DUSTY		
EKE	PAGE	SHOOT
THE	TOON	
MARTINEZ	TINO	OLESON
EXTREME	TAKEOVER	
ATARIS	REMI	RHETORIC
BARNEY	TILLER	YALE
EDU		
BLESS	ESE	SKI
LTYR		
ALA	THREESQUARE	TEALS
SHOE	FETCH	REAGLE
HALLOWEEN	TASK	TUT
ALLAN	SLO	ORPHANED
LOAVES	FOURMINUTE	TILE
ENMESH	ISSUANCE	RINSE
YEASTY	NEATENED	STEEP

## KING CROSSWORD

AHAB	ODD	TINT
ROIL	LEI	OBOE
MELODIES	MINE	
WOO	SEASON	
SHRUG	BOLT	
COOP	MELLOWED	
ALL	HALVE	ADO
MELVILLE	DRA	T
OLDE	GIMME	
CAJOLE	EEK	
AVID	MELT	DOWN
POLO	EMS	IDEA
ONTO	RUE	KEEP

## MAGIC MAZE

SINGLE —



## SUDOKU

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

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### ANNUAL RENTAL

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## PSA

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Narconon reminds families that an  
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refuses to get help or seek treatment.  
To learn more about how to conduct  
an intervention for your loved one  
and save their life go to  
[http://www.narconon-suncoast.org/blog/  
the-power-of-an-intervention.html](http://www.narconon-suncoast.org/blog/the-power-of-an-intervention.html)  
ADDICTION SCREENINGS  
Narconon can help you take steps to  
overcome addiction in your family.  
Call today for free screenings or referrals.  
877-841-5509.  
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Seeking mature, responsible person who  
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with the girls. Responsibilities include:  
school pick up, transportation to activities,  
keeping schedules organized, basic house  
maintenance and meal prep.  
Please contact me at (917) 701-5086  
8/25 ★ 9/8

## Shore Fishing:



### Don't Harm The Fish

by Capt. Matt Mitchell

Landings a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

• Hold the fish in the water while you unhook it if you're going to release it.

• The less you can touch a fish before release the better for the fish.

• If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

• Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

• Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

## SCRAMBLERS

1. Severe; 2. Crease;
3. Inhale; 4. Robust

### Today's Word VACATION



**The New Math:**  
**\$1 = \$8**

**That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!**

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**harrychapinfoodbank.org**

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NEWSPAPER  
Sanibel & Captiva Islands



**Harry Chapin Food Bank**  
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# My Stars★★★★

FOR WEEK OF AUGUST 28, 2017

- ARIES** (March 21 to April 19) This week could offer more opportunities for ambitious Lambs eager to get ahead. But don't rush into making decisions until you've checked for possible hidden problems.
- TAURUS** (April 20 to May 20) Some light begins to shine on professional and/or personal situations that have long eluded explanation. Best advice: Don't rush things. All will be made clear in time.
- GEMINI** (May 21 to June 20) Although you might want to protest what seems to be an unfair situation, it's best to keep your tongue and temper in check for now. The full story hasn't yet come out.
- CANCER** (June 21 to July 22) Work prospects are back on track. But watch what you say. A thoughtless comment to the wrong person -- even if it's said in jest -- could delay or even derail your progress.
- LEO** (July 23 to August 22) A colleague might try to goad you into saying or doing the wrong thing. It's best to ignore the troublemaker, even if he or she riles your royal self. Your supporters stand with you.
- VIRGO** (August 23 to September 22) Be careful not to let your on-the-job zealousness create resentment with co-workers who might feel you shut them out. Prove them wrong by including them in your project.
- LIBRA** (September 23 to October 22) Although it's not quite what you hoped for, use your good business sense to make the most of what you're being offered at this time. Things will improve down the line.
- SCORPIO** (October 23 to November 21) A more positive picture of what lies ahead is beginning to take shape. But there are still too many gaps that need to be filled in before you make definitive plans.
- SAGITTARIUS** (November 22 to December 21) Continue to keep a tight hold on the reins so that you don't charge willy-nilly into a situation that might appear attractive on the surface but lack substance.
- CAPRICORN** (December 22 to January 19) You still need to demand those answers to your questions. Remember, your wise counseling earns you respect, but it's your search for truth that gives you wisdom.
- AQUARIUS** (January 20 to February 18) You'll find that people are happy to help you deal with some difficult situations. And, of course, knowing you, you'll be happy to return those favors anytime. Won't you?
- PISCES** (February 19 to March 20) Give that special someone in your personal life a large, loving dollop of reassurance. That will go a long way toward restoring the well-being of your ailing relationship.
- BORN THIS WEEK:** You are a delightful paradox. You like things neat and tidy. But you're also a wonderful host who can throw a really great party.

## THIS WEEK IN HISTORY

- On Sept. 3, 1935, Britain's Sir Malcolm Campbell sets a new land-speed record on the Bonneville Salt Flats of Utah. With its low-slung, aerodynamic body and 2,500-horsepower

- engine, the Bluebird averaged 301 mph in two runs over a 1-mile course. Today, the land-speed record stands at 763 mph.
- On Aug. 30, 1963, at the height of the Cold War, a 24-hour-a-day "hot line" between Moscow and Washington begins operation. The hot line was designed to speed communication between the U.S. president and Soviet premier and help prevent an accidental nuclear war.
  - On Sept. 2, 1973, J.R.R. Tolkien, author of the best-selling fantasy novels "The Hobbit" and "The Lord of the Rings" -- the source of the award-winning blockbuster movie trilogy -- dies at the age of 81 in England.

## STRANGE BUT TRUE

- It was 18th-century American novelist and poet Herman Melville who made the following sage observation: "Of all the preposterous assumptions of humanity over humanity, nothing exceeds most of the criticisms made on the habits of the poor by the well-housed, well-warmed, and well-fed."
- Those who study such things say that the three subjects that spark the most arguments in a marriage are money, children and driving. Of course, any couple that has had to figure out a teenager's auto insurance costs already knows that.

- Dogs can be xenophobic, too -- those are the pups that are afraid of strangers.
- You've heard of standing desks, right? These work surfaces -- which are designed to allow people to stand rather than sit while accomplishing their tasks -- have become quite popular in recent years. Standing desks are not a new invention, however; they reportedly were used by such notable historical figures as Benjamin Franklin, Leonardo da Vinci, Thomas Jefferson, Virginia Woolf, Oliver Wendell Holmes and Winston Churchill.
- If you're sick of naysayers, you might want to try becoming a yeasayer for a day. Yep, that's a word -- it refers to a person with a confident and positive outlook. (Note: It also can mean a yes-man -- someone who agrees uncritically with others -- but let's be confident and go with the positive definition.)

## THOUGHT FOR THE DAY

"We open our mouths and out flow words whose ancestries we do not even know. We are walking lexicons. In a single sentence of idle chatter we preserve Latin, Anglo-Saxon, Norse: we carry a museum inside our heads, each day we commemorate peoples of whom we have never heard." -- Penelope Lively



# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater Estates	Fort Myers	2003	5,572	\$1,999,999	\$1,600,000	150
Marina Isle	Bonita Springs	2002	3,608	\$1,324,500	\$1,210,000	84
Imperial Shores	Bonita Springs	2014	3,025	\$1,095,000	\$950,000	140
Cape Coral	Cape Coral	2012	2,750	\$997,000	\$953,500	64
Cedar Glen	Estero	2001	3,016	\$949,000	\$892,500	170
Whispering Ridge	Estero	2002	2,882	\$724,900	\$699,000	71
Catalpa Cove	Fort Myers	1999	2,441	\$650,000	\$630,000	41
Cape Coral	Cape Coral	2011	2,521	\$647,900	\$615,000	37
Cape Coral	Cape Coral	1995	2,272	\$644,900	\$585,000	223
Fort Myers	North Fort Myers	2004	2,711	\$589,000	\$575,000	88





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Magazine*

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