

VOL. 25, NO. 10 SANIBEL & CAPTIVA ISLANDS, FLORIDA SEPTEMBER 1, 2017 SEPTEMBER SUNRISE/SUNSET: 1 6:54 • 8:16 2 6:54 • 8:15 3 6:55 • 8:15 4 6:55 • 8:14 5 6:56 • 8:13 6 6:56 • 8:13 7 6:57 • 8:12

Join The Sanibel Skate Club And Let The Good Times Roll



Members of the new Sanibel Skate Club practicing their balance and riding skills during the August 24 club gathering by Jeff Lysiak Last week, the club staged their third Skate Club began on a

Skateboarders, longboarders, scooter riders, rollerskaters and rollerbladers on the island have recently began to gather to take part in group practice sessions, skill demonstrations and group rides. Collectively, the group calls themselves the Sanibel Skate Club. Membership is free, and all ages and skill levels are welcome. Last week, the club staged their third official meeting in the parking lot of The Sanibel School, since the Sanibel Recreation Center's skating facility was closed due to inclement weather. The youth and adult members of the club demonstrated tricks that they've learned and shared tips on improving their riding skills.

According to club founder Tonya Johnson, the idea for creating Sanibel

participants were invited to see and feel some of the critters living inside the touch tank aquariums. Symroski talked about the wildlife living amongst the bottom of the estuary, from sea stars and seahorses to horseshoe crabs, shrimp, oysters and live shells.

At 11:30 a.m., the group made their way aboard *Explorer IV*, a pontoon boat piloted by Capt. Dave. Throughout the second portion of the tour, he and Symroski pointed out some of the birds that call Tarpon Bay home – including brown pelicans, least terns, anhingas and cormorants – along with marine life such as manatees and dolphins.

"Here in Tarpon Bay, the average depth is about four feet, so if you fall overboard... just stand up," joked Capt. Dave.

Symroski noted that the shallow water depth combined with plentiful Florida sunshine contributes to the abundant sea grasses growing within the bay, which he called "a pasture for manatees." Averaging eight to 10 feet long continued on page 2 Skate Club began on a typical summer day in Florida.

"Hunter, my 19-year-old, and Hayden, my 8-year-old, were in need of family fun," said Johnson. "I packed the car to head to the beach when the thunder began to roll in. Time to implement Plan B."

Afterwards, the trio headed off-island and found themselves at Ron Jon's Surf Shop at the Gulf Coast Town Center in photo by Jeff Lysiak

Fort Myers. "We left the store with three new skateboards and my renewed passion to ride."

In the days that followed, the Johnson family began skating together anywhere they could find, searching for new places to have their next boarding adventure.

"I mentioned how much fun we were having as a family to a few friends and continued on page 4



Tarpon Bay Explorers naturalist Ty Symroski, right, pointing out some of the critters living in the touch tank to Michael and Natalie Czok from New Jersey photo by Jeff Lysiak

Cruise And Tour Explores Nature Of Tarpon Bay

by Jeff Lysiak

No matter how many times a visitor will experience Tarpon Bay Explorers' daily nature and sea life cruise and tour, they're going to see or learn something new.

During the late morning outing on August 22, a dozen people took part in the land and sea excursion led by Tarpon Bay Explorers naturalist Ty Symroski, who discussed the mangrove estuary's diverse ecosystem. He pointed out some of the wildlife spotted during the tour and talked about the history of the region, from the time of the Calusa Indians and early Spanish explorers to modern efforts to preserve Sanibel's rich, natural beauty. Underneath the Tarpon Bay

Underneath the Tarpon Bay Explorers gift shop and headquarters,



Ty Symroski shows off a loggerhead carapace (shell) during the tour

From page 1 Tarpon Bay

and weighing between 1,000 and 3,000 pounds, manatees are slow but powerful animals. They are also one of nature's most gentle creatures, with only about 6,000 left in the wild.

"Notice that as we approach manatees and dolphins, we are very careful," said Symroski as the *Explorer IV* chugged slowly across Tarpon Bay. "We do that because this is their refuge; we are only their guests here."

As the 60-minute cruise passed Woodring Point and into San Carlos Bay, Symroski also noted the conservation efforts attributed to Jay Norwood "Ding" Darling, the island refuge's namesake and editorial cartoonist who settled on Captiva during the mid-20th century.

"To the left you'll see mangrove forests, but to the right you'll see a lot

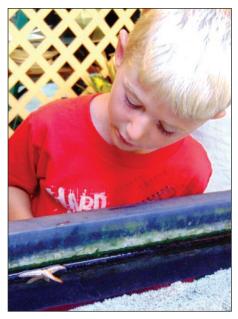


One of the aquariums contained a seahorse

of upland vegetation," said Symroski. "Just a little change in elevation makes a huge difference in the types of vegetation you'll see."

Later, the boat sailed past a series of five mangrove islands that were created following the dredging of the channel in 1935. Symroski noted that in aerial images of the bay taken in the mid-1940s, none of the existing islands appear.

"Notice that when you look at the landscape, there aren't any hi-rises on Sanibel," Symroski said as the



Michael Czok looking at a sea star crawling on the side of the aquarium

vessel made its way back to land. "The buildings here aren't allowed to be built beyond the tops of our tallest trees. All of this reflects the vision that 'Ding' Darling had when he first came here." Tarpon Bay Explorers, located

Tarpon Bay Explorers, located at 900 Tarpon Bay Road, offers the 90-minute nature and sea life cruise and tour daily at 11 a.m. and 1:30 p.m. Admission is \$23 for adults and \$15 for children. Reservations are recommended and can be made by calling 472-8900. For more information, visit www. tarponbayexplorers.com.*







STOP BY AND SEE WHY THE LOCALS LOVE US!





Drake Stroud negotiating the slalom course photos by Jeff Lysiak

From page 1 Skate Club

came up with the idea to create Sanibel Skate Club," said Johnson. "Jason Welch jumped on board and immediately created a Facebook page where we could coordinate meetups and boarding info. Maggie Goldsmith, with her PR/ marketing background, has played a big role with ideas of connecting local businesses with our group. Local artist



Tonya Johnson on her skateboard

Jolie Black has graced us with offering to paint our graffiti-inspired banner." Almost instantly, interest in Sanibel

Skate Club began to boom. "The immediate positive response from the community has been overwhelming," said Johnson. "Our Sanibel Island children are excited to join this club and skate with their parents alongside them, which has brought me so much joy. Residents offering their services for the good of



Youth members of the Sanibel Skate Club

the community reminds me of why this island is so special."

On August 24, more than 15 members of the club skated along the city's shared use path in front of The Sanibel School, where cones were arranged in a slalom pattern so participants could demonstrate balance, speed and turning skills.

"I like the club because I get to hang out with my friends and skate," said Darren "DJ" Jenkins, who rode his three-wheeled Fliker scooter. "I like learning to do new tricks."

Another young member of the group, Hayden Fuller, talked about how the club helped renew his interest in skateboarding. "I stopped riding a couple of years ago... I can't even remember why," he said. "Since I started again, I've learned how to skate on ramps and a few cruising and carving tricks."

The club is a positive activity for the



Island Winds Coiffures HAIR SALON FOR WOMEN & MEN Manicures and Pedicures by Lois Hair Styling by Lily LINDA • MARISA • JEANNE 695 Tarpon Bay Road, Sanibel 239-472-2591





Adult members of the Sanibel Skate Club

parents, too.

"I do a lot of land paddling, which is great exercise for your core," explained Jason Welch. "The family is enjoying it because the kids can get together with their friends and have a lot of fun." "I started because my husband

was doing it," added Kim Welch, who recently began riding a longboard. "I like that this is something we can do together as a family that's also a great way to workout.'

The Sanibel Skate Club will hold

group gatherings on the island on a monthly basis. The next meetup will be held on Thursday, September 7 at 5:30 p.m. in the parking lot of Jerry's Market, located at 1700 Periwinkle Way. The group will ride to Joey's Custard, located in the Bailey's Shopping Center, 2467 Periwinkle Way.

For a schedule of upcoming events or additional information, visit the club's Facebook page or call 940-6610.☆



San-Cap Motor Club Cruise-In This Saturday

his Saturday, September 2 from 9 to 11 a.m., join your fellow automobile enthusiasts at Periwinkle Place Shopping Center for the first San Cap Motor Club Cruise-In of the season, dubbed Cars & Coffee.

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.

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.袋



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Sanibel Christian Preschool students display artwork inspired by the solar eclipse photo provided

Eclipse Creates Learning Opportunities For Preschoolers

Solar eclipse to learn more about the solar system. Director Ana Abella gave each child a chance to conduct a science experiment with a flashlight to discover what happens during a solar eclipse. The students also learned what makes shadows and explored the concept of perspective. After having fun with the experiment, they drew the sun, moon and earth as they are aligned during a solar eclipse.

Sanibel Christian Preschool, a community outreach of Sanibel Congregational United Church of Christ, offers a nurturing, accepting atmosphere for the academic, emotional, social and physical development of 2-, 3- and 4-year-olds. The teachers lead classes that emphasize learning through fun-filled activities that not only prepare children academically, but also develop social and emotional skills appropriate for their age.

Located at 2050 Periwinkle Way, across from Periwinkle Place, Sanibel Christian Preschool is open to families of all backgrounds and offers scholarships based on economic need. For more information or to register your child, call school director Ana Abella at 472-0497 or visit www.sanibelucc.org/preschool.*

Church To Host Study Of The Commandments

Beginning on Thursday, September 7 and meeting weekly at noon through October 26, Pastor Doug Hummer of Sanibel Community Church will be leading a study on the Commandments of Christ.

In the Bible, Jesus said, "If you love Me, you will keep My commandments." These classes will take you deeper into the commands of Christ. Classes will be held in the main Sanctuary. Participants can buy a grab-n-go lunch from the Carpenter's Café or bring your own bag lunch for



image provided

the gathering. All are welcome and there is no charge 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.

Men's Bible Study Resumes At Sanibel Church

A fter a summer break, the community Men's Bible Studies at Sanibel Community Church will resume on Sunday, September 6, meeting weekly. The men will continue to dig into 1 Corinthians, with verse by verse study. All men of the community are welcome.

There are three opportunities to connect into one of the study groups. For early risers, there is a 6:30 a.m. Wednesday morning group at the church Fellowship Hall. A second group gathers at 8 a.m. A full breakfast buffet is available at each (suggested donation). A third study opportunity for men gathers off island at the Perkins Restaurant on San Carlos Boulevard at 8 a.m. each Thursday. Men order from the menu and have breakfast while studying the Bible. Each session is about one hour.

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.

Locals Graduate From FGCU

Two local students recently graduated from Florida Gulf Coast University. Daniel Guggino, a resident of Sanibel, earned his BA degree from the College of Arts and Sciences while fellow island resident Kaylee Fichthorn earned her BS degree from the Marieb College of Health & Human Services.





Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. 8210 Cypress Lake Drive, Fort Myers, annunciation.fl.goarch.org, 481-2099. **BAT YAM-TEMPLE OF THE ISLANDS** The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi 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 **FIRST CHURCH OF CHRIST, SCIENTIST**

Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson 284-6709. SANIBEL COMMUNITY CHURCH Dr. Daryl Donovan, Senior Pastor Sunday Worship 8 and 11 a.m. Traditional in historic Chapel, 9 a.m. Contemporary and childrens church. Childcare available at all services. 1740 Periwinkle Way, 472-2684 SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

San-Cap Road, 472-2763. 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, 433-4901.³



Sanibel's Special Events: Time For Some Limits?



by Mike Miller, COTI President

During the winter season, traffic congestion on Periwinkle Way can be a nightmare. Much of the problem is caused by the sheer number of vehicles

coming to and leaving Sanibel each day. But some of the problem is caused by events on Periwinkle creating congestion as a result of vehicles arriving, parking and departing.

That's why the consent agenda for the July 18 city council meeting included an item, Resolution 17-032, that would have restricted new high-attendance special events on Periwinkle during the winter season. The consent agenda is for items not needing discussion, so it was not surprising that the item was removed from the agenda by council members, with the promise that the matter would be discussed at a later council meeting.

By its wording, the resolution would have prohibited any new or additional special events occurring between January 1 and April 30 having an expected daily attendance of 400 persons or more – and either occurring on Periwinkle or being directly accessed from Periwinkle.

Would Apply Only To New Events

The resolution would have applied only to new events; to buttress that point, the resolution included a list of existing events that would be "grandfathered," including the Shell Club Shell Show, the SCA Art Festival, the Rotary Club Arts and Crafts Fair, the Lions Club Arts and Crafts Fair and the Kiwanis Club Spaghetti Dinner. Based upon prior permit applications, the combined attendance for these listed events is between 16,000 and 19,000 attendees.

It is important to note that the

resolution would have affected only events that, by their nature, fall within the city's definition of special events, thereby requiring a permit. When an organization such as a Sanibel restaurant, a business, a church or the SCA holds an event within its facility and uses its own parking area, it is not subject to the Sanibel special event ordinance and no permit is required (assuming no large tent, temporary signage or outdoor sound system).

So if a local church holds an indoor concert during the season, and if the church parking lots are sufficient, no permit would be required, and the proposed resolution would have no effect on them. Similarly, the Sanibel Community Association – with its beautifully renovated facility having three separate rooms – could hold multiple indoor events without needing a permit, provided that the SCA parking (including its parking area north of Periwinkle) were sufficient given the expected attendance. In such case, this resolution, if enacted, would not apply since no permit would be needed.

We presume that this resolution was driven by the concern that, with more and more applications for health walks, 5Ks, triathlons and street fairs, the proliferation of such events will only make life more difficult for those of us that live here.

Congestion At Its Tolerable Maximum

COTI shares this concern and hopes that any resolution, whatever the eventual wording, embraces the principle that island congestion on Periwinkle during "season" is at its tolerable maximum. And while we will continue to support existing events, we will draw the line at additional large public events. No more.

But we'd go further. Sanibel's special events, at least during the season, should be conducted predominantly for the benefit of residents and guests otherwise on the island, and we are frequently told by organizers that such is their purpose. So we would propose that all applicants for large public special events during the season be required to promise in the permit application that they will not arrange for either off-island temporary signage or for any paid radio or television advertising of the event. If these sponsors need significant numbers of off-island attendees to be successful, maybe they should consider a venue change.

No discussion of Sanibel special events would be complete without providing full recognition of the wonderful work done by many island organizations in raising funds for worthwhile causes. The events and the people organizing them are a credit to our community.

But there needs to be a balance between these socially beneficial fundraising efforts and the needs of residents and their guests.

Neither the Sanibel Plan nor Vision Statement say anything about using the island for fundraising; but the Vision Statement does provide that Sanibel "will resist pressures to accommodate visitor attractions and activities" that compromise the qualities of sanctuary and community.

Limiting new large-attendance special events and restricting advertising focused on attracting off-island attendees will help us achieve this necessary balance.

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

Mosquito Control On Sanibel

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. Due to the recent heavy rainfall, Sanibel is a prime breeding ground for mosquitoes. The schedule for areas of treatment is available at www.lcmcd.org.

If you are experiencing a high number of mosquitoes at your residence or business, make a service request by going online to http://www.angwatechnology. com/lee_devel/PublicServiceRequest/ or call 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.**

Captiva Community Panel To Meet

There will be a quorum for the next meeting of the Captiva Community Panel, scheduled for Tuesday, September 12 at South Seas Island Resort beginning at 9 a.m. People who cannot attend the meeting, which is open to the public, can call in to 1-877-603-2098; use access code 690183.

The agenda is as follows:

9 a.m. – Introductions and roll call. Approval of August 8 minutes

9:05 a.m. – ČEPD update by Kathy Rooker

9:15 a.m. – Captiva Fire District update by Chief Rich Dickerson or Deputy Chief Jeff Pawul

9:15 a.m. – LCSO update by Sgt.

Mike Sawicki 9:20 a.m. – 'Tween Waters Inn

kitchen remodel plans by Tony Lapi 9:40 a.m. – Captiva Plan update by

David Mintz and Ken Gooderham Action: Discuss schedule for county

hearings 9:50 a.m. – Committee reports:

Update on Priority Committees (as needed)

• Wastewater Committee by Jay Brown/David Mintz

• Captiva Drive improvements by David Mintz

• Overboooking/overcrowding by Dave Jensen

• Update on rental letter

• Invasive species by Dave Jensen

How to report sightings

• Development by Mike Lanigan

• Update on fundraising plans

10:05 a.m. – Financial update by Mike Boris

10:10 a.m. – New business and public comment

Confirm date and quorum for next meeting (October 10)

The next Captiva Community Panel meeting has tentatively been scheduled for October 10 in the Cone Room at South Seas Island Resort on Captiva.

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Sanibel & Captiva Islands



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Welcome to Jerry's of Sanibel

Hello Shoppers of Sanibel,

When you shop Jerry's of Sanibel you'll experience much more than just quality grocery shopping and dining at Jerry's Restaurant.

There are just enough shops at Jerry's to turn an ordinary day into an extraordinary day. Before shopping at Jerry's Foods, you can enjoy the wonderful courtyard to relax with family and friends; it's a little piece of paradise teeming



with colorful exotic birds! Stop by and say hello!

Regards, Jerry's of Sanibel 1700 Periwinkle Way, Sanibel Island, FL 33957

Check out our



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OBITUARY



JUDITH E. GAGGIN

Judith E. (Grabowski) Gaggin, 71, of Carlisle, Massachusetts and Sanibel, Florida, formerly of Lincroft, New Jersey and Springfield, Pennsylvania, died unexpectedly on Saturday, August 26, 2017 in her home in Carlisle, Massachusetts. For 49 years, she was the beloved wife of David V. Gaggin.

Born in Pittsburgh, Pennsylvania on February 4, 1946, she was the loving daughter of the late Thaddeus and Jane (Wellings) Grabowski. A graduate of Pittsburgh's Allegheny High School, she went on to receive her bachelor of education degree from Pennsylvania State University, where she met Dave on the tennis courts.

Judy was a lover of knowledge; she always wanted to know more about things and took great pains to read and research interesting facts and histories. Whether it was in preparation for a trip she was taking, cataloging the seashells of the Gulf Coast, learning the history of the revolution in Boston, or knowing the best children's books for her granddaughters, Judy learned all of the details. A lifelong, passionate educator, Judy's career took several different forms in line with her varied interests. In her 20s, she taught elementary school in Philadelphia. In her 30s, she went back to school for computer programming and then went on to teach the early versions of Microsoft Windows as well as DOS software programs to the employees of major companies in New York City throughout her 40s. Later, in her 50s and 60s, she tutored English as a second language to adults in Boston, and then served as a Boston architectural historical tour guide.

She and Dave moved to Carlisle, Massachusetts 20 years ago where they became part of a wonderful community and neighborhood, finding particular friendship in their "Gourmet Group" in Concord and Carlisle and Judy with her "Handwork Group" and other dear friends. They enjoyed the winter months spent at their home in Sanibel. The distance didn't keep her away from her family – her greatest joy and accomplishment. Keeping in touch with her two daughters was paramount, evident by the daily phone calls to check in and share the news. She loved being "Gigi" to her precious granddaughters, and loved her time teaching them baking and sewing as well as instilling in them her love of libraries. Judy treasured her visits to the country's national parks, embracing the natural beauty around her. She and Dave also traveled to the Canadian Rockies, the Danube River and extensively throughout Europe, with their final adventure taking place in beautiful Alaska just two weeks prior to her death.

Alaska just two weeks prior to her death. Her time spent in Sanibel introduced her to shelling, which became another passion of hers as a volunteer at the Sanibel shell museum. She cherished her and Dave's "tennis family" and delighted in her friends and instructors in her regular Zumba classes in Sanibel. She was a talented gardener, being blessed with an inherited green thumb. Baking, boating and sewing brought her enjoyment, and she adored her relaxing walks along the Sanibel beaches.

In addition to Dave – the love of her life – she will be deeply missed by her daughters, Julia Lanham and her wife Megan of Brookline, Massachusetts and Christine Gaggin of West Roxbury, Massachusetts, her granddaughters, Eva and Tessa Humphreys, one brother, Tom Grabowski and wife Eileen of Fort Lauderdale, Florida, and one sister, Janet Keplinger and husband John of Quarryville, Pennsylvania.

Relatives and friends attended her memorial service on Thursday, August 31

in Concord, Massachusetts. A reception followed after at their Carlisle home.

To honor her love for reading and literature, contributions in her memory may be made in lieu of flowers to either The Friends of Gleason Public Library, c/o Gleason Public Library, 22 Bedford Road, Carlisle, MA 01741 or to Sanibel Library Foundation, Inc., c/o Sanibel Public Library, 770 Dunlop Road, Sanibel, FL 33957.

To share a remembrance of Judy in her online guestbook, please visit www. deefuneralhome.com.茶

Free Brunch At Sanibel Church

Sanibel Community Church would like to honor and bless all those who labor with a free Labor Day weekend brunch on Sunday morning, September 3. Brunch will be served in the Fellowship

Hall through the lunch hour, beginning at 9 a.m. with a breakfast of pancakes, sausage, scrambled eggs, yogurt, fresh fruit and other selections. Lunch items will be served at noon, concluding at 1 p.m. All are welcome.

Although the brunch is free, donations will be accepted to support Summit Christian Preschool, which is located on the church campus.

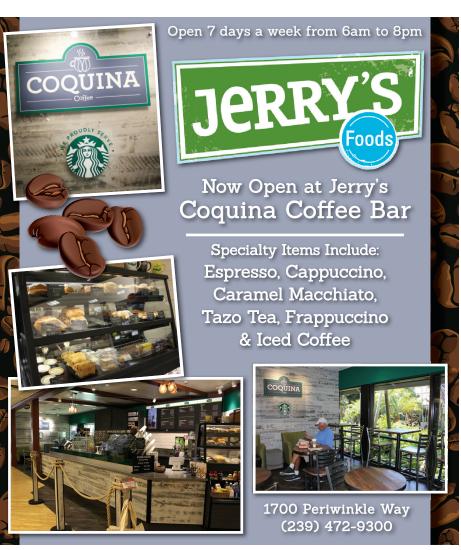
Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). For more information, visit www. sanibelchurch.com or call 472-2684. The church will have regular service times of 8, 9 and 11 a.m. on Labor Day Sunday.



organic greens, grass-fed beef, Lake Meadow Naturals eggs, and nitrate/nitrite free all natural uncured bacon and ham. GF bread and wraps available upon request.

BREAKFAST 8 AM - 11 AM LUNCH 11 AM - 4 PM

1020 Periwinkle Way • Sanibel Island, FL • 239-472-0922



Temple Bat Yam Celebrates New Year, New Rabbi

n Wednesday, September 20 beginning at 7:30 p.m., Sanibel's Reform Jewish congregation, Temple Bat Yam, will begin the observance of the Days of Awe, a time of personal reflection and introspection. The High Holy Days commence with Rosh Hashanah, the Jewish New Year. According to the Hebrew lunar calendar, the new year will be 5778.

The Days of Awe, a 10-day period, concludes with Yom Kippur, the Day of Atonement. The solemn nature of the High Holy Days encourages one to meditate on the meaning of the holy days, to remember the deceased and to ask for forgiveness from those one has wronged.

In preparation for this intense spiritual time period, there will be a Selichot service on Saturday, September 16 at 7:30 p.m. Bat Yam's new rabbi, Rabbi Stephen

Bat Yam's new rabbi, Rabbi Stephen Fuchs, will conduct all services, assisted by Cantorial Soloist Gregory Watson, with piano accompaniment by Abigail Allison. Temple Bat Yam continues its 26-year relationship with the Sanibel Congregational United Church of Christ and will gather for all services in Fellowship Hall at 2050 Periwinkle Way.

The schedule for services is as follows: Saturday, September 16, 7:30 p.m., Selichot service

Wednesday, September 20, 7:30 p.m., Erev Rosh Hashana service

Thursday, September 21, 10 a.m., Rosh Hashana service

Friday, September 29, 7:30 p.m., Kol Nidre service

Saturday, September 30, 10 a.m., Yom Kippur morning service

3 p.m., Music and meditation with cellist Susannah Kelly

4 p.m., Afternoon service followed by Yizkor and Ne'ilah to conclude with break-the-fast.

Members of the community, guests and visitors are welcome to join with Temple Bat Yam congregants at all services. Tickets are not required to attend services but donations are welcome. Reservations are required for the break-the-fast. Visit www.batyam.org for more details.

Student Ministries Group Heading To Music Festival

H2O Student Ministries at Sanibel Community Church will be taking a group of high school students to Rock The Universe Music Festival at Universal Studios and Islands of Adventure in Orlando. The trip dates are September 8 to 10. It will be a weekend filled with worship and plenty of fun riding roller coasters and other attractions.

Rock The Universe (RTU) is an annual Christian rock festival that takes place at Universal Studios Florida each year. RTU began in 1998 and has had at least three main stages each year over the years. This year's performing artists will be Chris Tomlin, Casting Crowns, Lecrae, For King & Country, Brandon Heath, Lauren Daigle, plus other top contemporary Christian music artists.

All high school students interested in attending can contact Pastor Kevin Schafer at the church at 472-2684.

H2O Student Ministries is a youth ministry program for sixth 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 located at 1740 Periwinkle Way. For more information, call 472-2684 or visit www. sanibelchurch.com.

American Legion Post 123

A merican Legion Post 123 is having a potluck picnic this Sunday, September 3 from 2 to 8 p.m. Donate \$5 for a plate. The following Sunday, September 10, barbecued ribs and chicken are on the menu from 1 to 8 n m. Cost is \$12 to \$14

from 1 to 8 p.m. Cost is \$12 to \$14. The next Ladies Auxiliary meeting will be held on Tuesday, September 5 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 472-9979.3



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A rogue sculptor had his way with this firebush photos by Gerri Reaves Plant Smart

Preventable Injuries

by Gerri Reaves

If you care about plants, these photos might make you wince. Three have suffered from common landscape practices, and the fourth is the victim of careless driving.

That ball-shaped mass of twigs is the victim of a wannabe sculptor. Native firebush (*Hamelia patens*) is as an excellent butterfly and hummingbird



This cabbage palm, which later died, illustrates the dangers of harsh pruning, aka "hurricane cuts"

attractor and usually is covered with a profusion of orange-red tubular flowers.

But after this pruning, it might never attract anything again, including nesting birds.

Remember those grade-school science lessons about photosynthesis, the process by which plants produce food? This firebush has a struggle ahead.

Unfortunately, native species such as seagrape (coccoloba uvifera), wax myrtle (Myrica cerifera), and cocoplum (Chrysobalanus icaco) often suffer a similar fate, as they are planted as hedges and repeatedly leveled off until there's nothing left but leafless branches.



2 pcs chicken*, 8 oz side & biscuit.



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This West Indian mahogany tree was hat racked

The excessive pruning of native cabbage palms is especially egregious – and, it violates Lee County tree-protection ordinances.

The cabbage palm (*Sabal palmetto*) pictured her received a "hurricane cut" or "carrot-topping" shortly before a fall hurricane arrived. Without the natural protection of its fronds, the heart, or bud, was damaged and the tree later died.

Palms are self-pruning, although the judicious removal of lower fronds can be done for aesthetic reasons.

However, removing healthy green fronds and the inflorescences not only invites disease and malnutrition, but robs wildlife of food and cover.

There's a reason tree trimmers use chain saws to remove fronds – nature has fastened them tightly to the palm, which is naturally wind-resistant. Watch a video of native palms in hurricane winds for a demonstration.

Perhaps the most eye-catching photo here is the amputated West Indian mahogany tree (*Swietenia mahagoni*), one of South Florida's most graceful native trees.

After this hat-racking job that removed all foliage, the tree could possibly starve



This slash pine bordering a parking lot was hit by a vehicle

and have to be removed at great expense. The resulting large open cuts also invite disease and decay.

In addition, without its natural canopy, the tree can die from sun exposure, since South Florida's intense heat and light damage the tissues beneath the bark.

Pruning has benefits and purposes, but it must be done properly if plant health is not to be compromised.

Not all tree injuries are the result of lawn tools, however. Trees bordering parking lots are susceptible to vehicular damage, as the photo of the gash on the slash pine (*Pinus elliottii*) trunk shows.

The tree has attempted to seal off and heal the wound, which invites pests and disease.

Whether your gardening philosophy is "wack it and let it come back" or "let it be," Lee County offers free helpful online information.

Visit leegov.com/dcd/es/trees for information about tree protection codes and proper pruning.

For more landscaping information, visit UF/IFAS Lee County Extension Services at leegov.com/parks/extension. Or, visit the office in Terry Park.

Plant Smart explores the diverse flora of South Florida.





Sanibel Author Signs With London Firm

anibel author William Hallstead has signed a contract with Endeavour of London, England for the European distribution of six novels. The books, all in the "thriller" category, were written and published in the United States in the 1990s under the pen name William Beechcroft.

"Under my own name, I'd had 11 books published for young adult readers," Hallstead said. "I wrote the thrillers under a pen name to differentiate them from the young adult category."

The British firm, Endeavour, distributes books electronically and in printed form, similar to U.S.-based Amazon's book division.

Hallstead has published some 30 books, ranging from his first sale – a church history in 1950 – to this year's The Secret of Keystone City, the second novel in his Rod Montgomery private investigator series.

Two of his books were co-authored with area residents who escaped the Holocaust.举

Noah's Ark Accepting Donations

Toah's Ark, the popular island thrift shop and charitable outreach program of St. Michael & All Angels Episcopal Church, is accepting donations again, to prepare for its season reopening on Tuesday, October 3. The shop remains closed to shoppers throughout September.

Donations can be left any time at the shop's loading dock, located behind the church at 2304 Periwinkle Way. Furniture donations must be approved. Items should be clean and in good condition.

During October, store hours are Tuesdays and Fridays, 9 a.m. to 12 noon. From November to the end of May, the winter season full operating schedule resumes; Monday through Friday and the first Saturday of each month from 9 a.m. to noon

Noah's Ark co-chair Lee Williams



The Pain - no shade. The angle of the hot afternoon sun.

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www.tiltthepole.com www.resort-umbrella-solutions.com reports that the loading dock fills every day with donated goods. "We have some wonderful items ready to be taken home. Our island neighbors have been very generous with their lightly used possessions. This should be one of our best years ever."

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

In operation for more than 50 years, Noah's Ark is run by the Women of St. Michael's. Outreach support to those in need continues to be a priority for the church. Proceeds from Ark sales, coupled with monies from the parish's annual budget, go to more than 25 local, regional and global charities.

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

For more information on Noah's Ark or the activities of the Women of St. Michael's, call 472-3356 or visit www. saintmichaels-sanibel.org.⅔

CARD OF THANKS

big thanks to the Sanibel-Captiva Optimist Club. On the 4th of July, Sanibel celebrates with the parade and the Sanibel-Captiva Road Rally. Between 40 to 50 cars (filled with people) participate and have a wonderful time following the mapped-out route, looking for answers to the Rally questions. Every year, we learn more and more about our wonderful island. The Optimist Club donates all proceeds to their scholarship fund. All of us in the Rally really appreciate the hard work that goes into the preparation of this event.

Many thanks to the members of the Optimist Club. We all had a great time. – Team Best in Show🅸

This Week at the Museum

Summer Promotions!

Family Discount* Purchase 1 adult admission; receive 1 youth or child admission OR

1 FREE shell bag* per family with purchase of admission *One discount per family

Family Arts & Crafts 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

Every day at 11:00, 12:30, 2:30, and 4:00 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

Shown throughout the day on the hour and on the half-hour

View our two educational movies that play on the half-hour and on the hour throughout the day. Watch mollusks in their natural habitat, and learn how to track down these amazing animals.

> Open Daily 10 am – 5 pm 3075 Sanibel-Captiva Road Sanibel, Florida 33957 Phone: (239) 395-2233 www.shellmuseum.org

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September Snook Season Opener



by Capt. Matt Mitchell

Tropical rains kept anglers off the water this week for what seemed like days. The one real plus of this major rain event was the cooling off of our water temperature,

which dropped into the low 80s for the first time since May. This drop in water temperature will do wonders for our fishing action and should kick some of the best redfish fishing of the year into high gear.

September 1 is the opening of snook season and, with cooler dirty water brought on by this tropical system, it will be the perfect set up for fishing our passes. Large pinfish and grunts weighted down or drifted during the fastest periods of the tide will get it done if you're chasing that first keepersized fish of season. The fall snook season, which is open until December 1, always seems the more productive of the two seasons, as warmer weather has the fish more active than than the colder February to May season.

Shiner fishing for snook is my everyday method. Along with chumming live shiners, it catches more snook than any other technique. Oyster bars, mangroves and docks within close proximity to the passes will be holding snook as we are reaching the annual transition time when they move back into the bays and estuaries after the spawn. For catching sheer numbers of snook, it's hard to beat live shiners. But if your targeting the larger models, big baits and patience are often what it takes. With great numbers of snook caught all summer long, this snook season should be a good one.

When it comes to keeping or harvesting a snook, I'm not opposed to it. Though when I am out fishing with clients, we generally release more slotsized fish than we keep. With such a small slot size of 28 to 33 inches and a relatively short season, landing a legalsized snook is far from an every day event. With the excellent Florida Fish & Wildlife Conservation Commission management of the species, our snook fishery can certainly handle this short controlled harvest.



Father and son Ray and Paul Salasa happy about a snook caught while fishing with Capt. Matt Mitchell photo provided

When asked by clients if snook are a good fish to eat, my answer is 'yes' but we have better table fish to eat that are much more abundant. I think partly what makes a snook so tasty is catching a legal fish during the short season. Snook being so slow-growing and one of our hardest fighting gamefish are a whole lot more valuable to most anglers than just a fish dinner.

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.举

Send Us Your Fish Tales

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





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16 | ISLAND SUN - SEPTEMBER 1, 2017

shell of The Week Depressed Top Snail



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

The Depressed Top Snail, *Calliostoma yucatecanum* Dall, 1881 is a mediumsized (about 0.5

inch) species. Among the five local species of the family Calliostomatidae, the Depressed Top Snail is the one with the more depressed (wider in relation to the shell height, with a low spire) shell. The shell typically displays a sculpture of spiral cordlets, about 10 to 12 spiral on last whorl, 3 to 4 on periphery (the outer shell "rim"), 10 on base. The color is light brownish- or yellowish-cream, with large streaks of darker color.

Learn more about local mollusks www.shellmuseum.org/shells/ southwest-florida-shells.

Shell Museum Events

Daily programs included with paid admission include movies, live tank talks as well as arts and crafts. Call 395-2233 for scheduled times.

Florida Family Discount: From May 1 to September 4, buy one adult



The Depressed Top Snail, Calliostoma yucatecanum, from Blind Pass, Sanibel Island photo by José H. Leal

admission, receive one free child/youth admission.

Beach Walks: Information and registration at www.shellmuseum.org.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.☆



Ashlee Harris

photo provided

A shlee Harris, who was staying on Captiva Island in the Otter Banks House with her family from August 12 to 19, went shelling every day during her vacation. "Each day, one of us would find a broken piece of a junonia," said Harris. "On August 18, I found my very first junonia shell. I also found six alphabet cones and one lion's paw." 🌣



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Shells Found

CROW Case Of The Week: Leucistic Animals



by Bob Petcher

very now and then, CROW will receive a patient with an abnormal condition.

On August 21, the Sanibel clinic admitted a loggerhead sea turtle hatchling (Caretta caretta) that looked, well, ghostly. It was admitted to the clinic after it was found at the bottom of a hatched nest on Fort Myers Beach during an excavation process that involved sea turtle volunteers collecting data from a recent hatching. Instead of being a traditional brown to gray color, this baby sea turtle was white.

The hatchling had a rare condition, known as leucism, which caused its coloration to be whitish instead of the darker hue associated with a sea turtle that had just hatched.

Many people would see an all-white animal and think it is an albino. But leucism is different than albinism. The best way to tell the difference is in the eyes of the animal. Albinism is a condition in which there is an absence of melanin, which gives color to the skin, hair, feathers and eyes. In contrast, leucism is a partial loss of pigmentation, which can make the animal have white or patchy colored skin and other areas of its body, but the pigment cells in the eyes are not affected and thus allow the animal to have normally colored eyes. So, a leucistic animal can have a white body and blue eyes.

The abnormal condition of reduced pigmentation affects various animals, such as birds, mammals and reptiles. This particular case is unique at CROW, according to Dr. Heather Barron, CROW's hospital director.

"It is very rare to have an animal with leucism brought to the clinic," she said. "Prior to this case, I had only seen four cases in six years at ČROW, and only one of those was a sea turtle.'

Unfortunately, the loggerhead hatchling had not absorbed its umbilicus, leaving it raw and exposed.

'When sea turtles and other reptiles hatch, they have a yolk sac connected to (their) body through an umbilicus which provides nutrients and is absorbed within the first few days," said Dr. Barron. "In this case, the umbilicus had not been fully absorbed into its body, leaving it susceptible to infection. This type of infection, known as sepsis, causes the body to shut down."

The hatchling received antibiotics to prevent infection and nutritional care to help it regain strength. However, the turtle was weak and passed away a day after it arrived. A necropsy was performed.

"The necropsy confirmed the patient was septic due to the umbilicus not being fully absorbed," said Dr. Barron.



Due to their light coloring, leucistic animals are exposed to predators and may not survive in the wild.

"Many animals rely on the pigments in their skin, fur and feathers for camouflage and protection," said Dr. Barron. "An animal with leucism does not have that camouflage and can be an easy target for predators. Although it is possible for an animal with leucism to survive to adulthood, it is uncommon.

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



Patient #17-2960, pictured with a fellow hatchling (above) and during care, died a day after arrival photos by Brian Bohlman

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Kathy Sampson, Maryanne Daly and Amy Herd

Healthy Body, Mind And Soul

On Saturday, September 2 from 4 to 6:30 p.m., The Community House is hosting the first in a series of classes combining yoga and cooking. Participants will start with a one-hour beginner friendly yoga session with Dr. Susan Pataky. Immediately following will be a healthy meal prepared by Chef Jarred photo provided Harris. This month's meal features authentic Indian cuisine, which is dairy free, gluten free and vegetarian.

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.

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Happy Hour Every Day from 4:30-6pm

Enjoy live Piano music by Scott McDonald Tuesday through Sunday beginning at 7pm. American Culinary Federation curriculum is followed. The theme for the series is Traveling Around The World.

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.

Permission slips and payments must be completed in advance. The theme for this series will be traveling around the world!

The Methodology Of A Chef

Sign up and learn the Methodology of a Chef on Saturday, September 16 at 10 a.m. Learn best practices for buying groceries, how to plan for bulk cooking, or what type of foods work better for weekend preparation. This class will feature specialty dish tastings from Chef Jarred Harris.

The cost is \$20 and class size is limited so reserve your place by calling 472-2155.

The Community House is located at 2173 Periwinkle Way. For more information, visit www. sanibelcommunityhouse.net or call 472-2155.‡

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.

Traditions on the Beach at Island Inn has live entertainment on Friday and Saturday with Woody Brubaker.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.5%



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Coastal Cleanup Returns September 16

by Jeff Lysiak

n Saturday, September 16, the Sanibel-Captiva Conservation Foundation (SCCF) again invites island residents and visitors of all ages to participate in an international volunteer effort to rid our coastlines and waterways of marine litter, pollution and debris.

On that day from 9 a.m. to noon, 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 partner in the Ocean Conservancy's 31st annual Coastal Cleanup is Keep Lee County Beautiful.

According to Ocean Conservancy, more than eight million metric tons of plastic are entering the world's oceans every year. If action isn't taken immediately, there could be one pound of plastic for every three pounds of fish in the ocean within the next decade. But thanks to efforts like Coastal Cleanup, volunteers have picked up more than 220 million tons of trash over the past 30 years.

Friends, families, neighbors, co-workers and church groups are encouraged to come to the SCCF Nature Center, located at 3333



Students from Cypress Lake Middle School, along with several teachers, took part in the 30th annual International Coastal Cleanup by picking up debris on Sanibel's Lighthouse Beach. This year's event, sponsored by the Sanibel-Captiva Conservation Foundation, Keep Lee County Beautiful and the Ocean Conservancy, will be held on September 16. photo by Jeff Lysiak

Sanibel-Captiva Road, on September 16 at 9 a.m. to check in and pick up their Coastal Cleanup data cards and trash bags. Participants are asked to bring their own water to reduce the use of plastic water bottles. Also, please bring your own work gloves to reduce the use of the plastic gloves that will be available.

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 collected trash. Be sure to fill out your data card and turn it in at SCCF.

If you have any questions, want to reserve your favorite "cleanup" spot, or get your data cards ahead of time, call Dee Serage-Century between September 14 and 18 at 472-2329.**

Sanibel Sea School Paddling Club To Meet

Sanibel Sea School's new Ocean Tribe Paddling Club organizes a meet-up each month for paddling enthusiasts to enjoy a relaxed paddle, share tips and ideas, and meet new friends to paddle with.

The September meet-up will be held on Tuesday, September 12 at 5:30 p.m., and participants will paddle the waterways around Bunche Beach, located just over the Sanibel Causeway in Fort Myers.

"Bunche Beach is surrounded by mangroves, so the water is calm and there are great bird and wildlife watching opportunities," said Bruce Neill, Sanibel Sea School executive director.

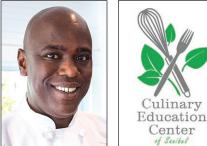
Those interested in joining the paddle should bring their own paddling equipment (kayaks, canoes, stand up paddleboards and other paddle-powered vessels are all welcome). The group will leave from the Bunche Beach kayak launch, where parking is available for \$2 per hour or free with a valid Lee County Parks Parking Pass.

For more information, visit www. sanibelseaschool.org or call 472-8585.莽

Our email address is press@islandsunnews.com



The Atemoya



by Resident Chef Jarred Harris

he atemoya, pronounced ("at-uh-MOY-uh") is a manmade hybrid fruit that was created in Miami during the early 1900s. The atemoya is a cross between the cherimoya and the sugar apple.

Culinary

Center

The atemoya is round with soft spike-like leaves and looks very similar to an artichoke. The flesh is creamy white with the texture of cantaloupe or pear. The fruit is mild-flavored and tastes like a combination of banana, mango and very ripe pineapple, with a hint of vanilla. The fruit also contains large black seeds that are inedible. When the atemoya is ripe it becomes soft to the touch and can be cut in half and the flesh removed with a spoon.

The atemoya is a very good source of calcium, iron, phosphorus and vitamin C. It is found in South Florida from August until November and widely available at farmers markets and ethnic grocery stores

If you come across this fruit, try it in this salad recipe and let me know what

NATURE

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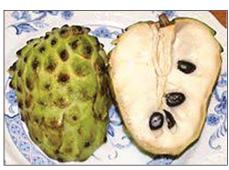
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Atemoya

you think. Cantaloupe or pear are good substitutions if you are unable to find atemoya

photo provided

Chicken and Atemoya Salad Ingredients

- 2 8 oz. chicken breasts
- 4 oz. baby arugula 1 cup atemoya (seeds removed)
- $\frac{1}{2}$ cup carrot (shredded)
- ¹/₂ cup cucumber (seeded and diced) ¹/₂ bunch mint (roughly chopped)
- $\frac{1}{2}$ cup red onion (thinly sliced)
- 8 oz. cherry tomatoes (halved) 4 oz. unsalted almonds (toasted)

- Dressing 4 Tbsp. olive oil 3 Tbsp. rice wine vinegar
- 1 tsp. dijon mustard
- 1 lemon (juiced and zest removed) 2 Tbsp. honey
- Method

To prepare the chicken: Place chicken in a deep pan and cover with water. Bring to a boil, then reduce heat and simmer for 10 to 15 minutes, or until cooked through. Remove from liquid and cool. Finely shred the chicken and refrigerate.

To make the dressing: Place all the

EACH PIA

THIBEL ISLAND

ingredients in a bowl and mix until well blended.

To assemble the salad: Place all the vegetables in a bowl, then place the chicken on top of the vegetables. Pour the dressing over the chicken and toss.

CROW Calendar Of Events

he 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. Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

Friday, September 1, 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.

Friday, September 1, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Birds of Prey (daily presentation). Raptors are birds that prey on other

animals in the wild to survive. Their specialized beaks and talons make them

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.袋

some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's

animal ambassadors will be present. The Clinic for the Rehabilitation of Wildlife Visitor Education Center will be closed Monday, September 4 in observance of Labor Day and Tuesday, September 5 through Friday, September 8 for fall cleaning.

Top Ten Books On The Island

Glass Houses by Louise Penny

Y is for Yesterday by Sue Grafton
 Anything is Possible by Elizabeth

Strout

Horse Dancer by Jo Jo Moyes Shellanguage by Pam Rambo 4.

5.

6. Keep Me Posted by Lisa Beazley 7. The Glass Castle by Jeannette

Walls 8. Mangrove Lightning by Randy

Wayne White

9. Boys in the Boat by James Daniel Brown

10.Brief History of Sanibel and Captiva Islands by Marya Repko Courtesy of MacIntosh Books and Paper.



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Golfers Sought For CROW Classic Tournament

by Jeff Lysiak

Golfers who want to spend a relaxing afternoon on the links while supporting a worthy local cause will want to sign up to participate in this year's CROW Classic Golf Tournament, which returns to The Sanctuary Golf Club on Saturday, October 14.

Registration begins at 11 a.m., with a boxed lunch and putting practice to follow. At 12:30 p.m., the tournament will begin with a shotgun start. After play, food and beverages will be served on the lawn. The traditional Helicopter Ball Drop takes place at 5:15 p.m., followed by the announcement of winners at 5:30 p.m.

"This event funds everything that's being done at the wildlife clinic," said Holli Martin, event chair. "CROW plays such a big role in this community that is so focused on conservation. Playing in the golf tournament is a great way to support the professionals who help keep local wildlife healthy, and down



From left, Mary Schoeffel, Linda Estep, Brian Bohlman, JoEllen Urasky and Robin Miller gathered at the Visitor Education Center to promote this year's CROW Classic Golf Tournament, which returns to The Sanctuary Golf Club on October 14 photo by Jeff Lysiak

the road, translates to better human health as well."

The cost to participate in the golf tournament is \$250 per player, with a maximum of 250 players (including sponsorship foursomes). Participants also receive \$15 in CROW Bucks for snacks and beverages as well as a one-year CROW Songbird membership (a \$50 value).The deadline to sign up for the tournament is Friday, September 15.

Raffle tickets are \$5 each or \$20 for five tickets. Prizes include various goods and services. The cost to participate in the Helicopter Ball Drop is \$20 per ball or \$100 for six balls. Cash prizes will be awarded. Proceeds help support the care and treatment of wildlife through stateof-the-art veterinary care, research, education and conservation medicine.

To register a foursome or to become a tournament sponsor, contact Mary Schoeffel, CROW development director, at 472-3644 ext. 232 or mschoeffel@ crowclinic.org.☆



Book Review Anything Is Possible

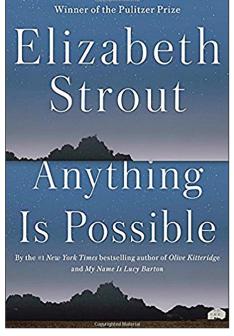


by Di Saggau

lizabeth Strout's new novel Anything Is Possible bears a strong resemblance to her best-selling My Name is Lucy Barton. It's a companion novel that explains

where Lucy came from and how the townsfolk react to her latest successful memoir. The book includes nine linked stories about people who overcome terrible childhoods, severe losses in their lives, unhappy marriages and even the trauma of war and yet come to experience moments of amazing grace, showing us that a little kindness and compassion can do a lot. The book explores the whole range of human emotion through the intimate drama of people struggling to understand themselves and others.

Strout gives each of her characters a turn in the spotlight in small town America. We meet the janitor in Lucy's grade school who recalls her bruises and the fact she refused to make eye contact. There are two women who bond over the painful consequences of their mothers leaving their difficult



marriages.

Perhaps the strongest story is in Windmills, which talks about how "people were always looking to feel superior to someone else," and the healing power of literature. Patty Niceley, who was called Fatty Patty in high school, is one of the most sympathetic characters. She feels more understood after reading Lucy's memoir and is impressed that Lucy managed to love and forgive her parents in spite of their failures. Another chapter, Sister, has Lucy visiting her brother Pete when



her sister Vicky shows up, throwing rancorous insults at Lucy. But Lucy understands, because even though she's helped her sister financially, she is the one who got away.

Strout shows great compassion for her characters and makes us care about them. We've probably known

School Smart by Shelley M.



and it's beginning to cause school problems for him. What can I do? Kelly A., Fort Myers

ear Shelley,

Well, we're

Kelly,

It's not easy, but parents still have the power to encourage good sleep habits. From the time teens hit puberty until the age of 22, adolescents need about nine hours of sleep a night to function optimally and to be physically, mentally and cognitively healthy. Right! What teenager has time to sleep for nine hours a night during the school year? Very few. In fact, only about 8 percent of American teenagers get the sleep they need, according to a recent

a few like them somewhere in our lifetimes. Anything Is Possible focuses on an unforgettable cast of small-town characters who cope with love and loss. The book reverberates with the deep bonds of family and the hope that comes with reconciliation.☆

study in the Journal of Adolescent Health. The rest live with chronic sleep deprivation-some mild to moderate, but more than half (59 percent) with severe sleep deprivation, meaning they sleep on average six hours or less most school nights. Recently the nation's pediatricians have declared insufficient sleep for adolescents "an important public health issue."

However, there are lifestyle changes that adolescents can make, and even a few small changes can have a big effect on teens' well being. Here are some suggestions from experts on how to work with sleep deprivation and get back a couple of precious hours of sleep a night.

First of all, teenagers aren't likely to change their sleep habits unless they recognize that more sleep will make them feel better and improve their performance in school. Both teens and parents have to be willing to put in the effort. It's hard, but parents need to show that it's important, and talk it out. "There's pretty good evidence that parental help with limit-setting around bedtimes and study times and media is continued on page 28



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Children's Weekly Programs At Sanibel Library

The first phase of the Your Library Reimagined project is under way at Sanibel Public Library. During the project, a portion of the building will be closed to the public while the infrastructure is updated. The library will provide service through most of the renovation period, but will occasionally have to close for a day or two when there is utility or plumbing work. Updates to the project will be announced in local newspapers, on the library's website and through social media.

Weekly children's programs with Youth Services Librarian Deanna Evans run now through September 14, then begin again in October. Geared specifically for children in fourth through sixth grade, the After-school Clique meets on Tuesdays at 3 p.m. Kids can explore new books, puzzles, games and crafts. Snacks will be provided.

Family Storytime is offered for young readers and their caregivers on Wednesdays at 10 a.m. and again at 1 p.m. This all-ages program helps develop pre-reading skills through songs and stories.

The After-School Crew (for children in kindergarten through third grade) meets on Thursday at 3 p.m. Favorite books, new books, never-knew-existed



Bubble paint crafting photos provided

books, puzzles, games, crafts plus a snack are provided. Dog-loving children can read to Bessie, a bearded collie who is a Reading Education Assistance Dog (READ). Bessie will be at the library on rain-free Thursday afternoons at 4 p.m.

On Friday, September 15, the library will celebrate the anniversary of the publication *The Dot*, a story book for all ages about creativity and bravery. Miss Deanna will read the book aloud at 3 p.m., then kids will get creative and sample circular foods.

The public is invited to these





Sanibel Public Library is open throughout the remodeling project

programs. There is no additional cost to participate. The weekly children's program schedule changes in September; the calendar is available online at www.sanlib.org. Art League are exhibiting paintings at the library this summer. Artworks are available for sale and the paintings are ready to take home at time of purchase. For more information call 472-2483 or visit www.sanlib.org.**

Artists from the Sanibel Captiva

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Sangria

1 lemon 1 lime

- 1 orange
- 1 cup strawberries
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t in line

2496 Palm Ridge Rd. Sanibel Island

and oranges, without removing the peel. Place in a large pitcher and add strawberries.

Pour wine into pitcher so that it covers fruit. Cover and refrigerate for 4 hours. $\ensuremath{\mathfrak{P}}$







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More info & real estate blog at SanibelSusan.com



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Photo Contest Deadline Nears

September 15 marks the deadline for the 30th annual "Ding" Darling Days Amateur Nature Photography Contest. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days, which runs from October 15 to 21.

For an entry form and contest information, visit www. dingdarlingsociety.org/articles/ photo-contests. DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 22.

In an effort to maintain its commitment to the environment, DDWS will



Kent Jager of Sanibel won honorable mention last year with a photo of a reddish and snowy egret that appear to be racing photo provided

no longer be accepting photo contest entries by mail. All entries this year must be submitted electronically. For assistance, call 472-1100 ext. 4 or email shois@ dingdarlingsociety.org.

From page 22 School Smart

helpful," said Dr. Mary Carskadon, a professor of psychiatry at Brown University and director of chronobiology and sleep research at Bradley Hospital in Providence, Rhode Island. "It's hard to jump in with teens if you haven't started when the child is younger," she added, "but despite adolescents' expectations of autonomy, parental influence and expectations really do help kids make better decisions about managing their time."

"Consistency is really, really crucial in terms of building healthy sleep habits," said Dr. Alison Baker, a child and adolescent psychiatrist at the Child Mind Institute. That means it's important for your teen to go to bed as close as possible to the same time every night, and get as close to eight hours of sleep as possible and to stick to the same schedule within reason on the weekends. If a kid's sleep schedule shifts dramatically on the weekends like staying up most of the night and sleeping until midafternoon Saturday and Sunday, the chances of getting back to normal by Sunday night are slim.

Also, most experts on this topic emphasize the importance of turning off all electronic devices a minimum of an hour before the time adolescents are trying to go to sleep. Electronic screens emit a glow called "blue light" at a particular frequency that sends "a signal to the brain which suppresses the production of melatonin and keeps kids from feeling tired," said Dr. Max Van Gilder, a pediatrician. You may want to check www.lifewire.com/reduce-eye-strain-with-blue-light-filter-apps-4134615 for recommendations on apps that suppress blue light at night.

Dr. Gilder also suggests planning ahead so that homework that needs to be done on a screen is completed by early evening and "off-screen" work is saved for later at night. So no "unwinding" by going on any social media sites, which may in fact, create new anxiety. It's tough to fall sleep if you've just read something socially stressful from your BFF.

Teen sleep issues are, at a minimum, challenging and often serious. If things are extremely difficult, you may want to consult your doctor. Working with your teen to put together a sleeping program that can be supported by both you and he is important for long-term health and school success.

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



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6. Captiva - "Villa Elena"

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7. Near Beach Lakefront Home - Sea Oats Sanibel

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8. Golf Course and Lake Views in the Dunes - Sanibel

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Wild Coffee Duo pianist Abbey Allison and cellist Susie Kelly

Wild Coffee Duo To Perform In Concert Series

Series with a performance by Wild Coffee Duo at the Social Center on The Island at Shell Point on Thursday, photo provided

September 7 at 7 p.m. Wild Coffee Duo was formed in 2015 by pianist Abbey Allison and cellist Susie Kelly. The classically trained musical group presents an engaging repertoire that draws on a variety of musical styles. The versatile pair is dedicated to presenting chamber music to audiences in Southwest Florida.

Allison holds a dual degree in piano performance and string education from



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Steve Fisher, *Broker-Associate* • 239-472-2311 www.SanibelCaptivaRealtors.com • Steve@SanibelCaptivaRealtors.com Ithaca College. She has worked with both student and professional musicians, ranging from national competition winners and contemporary music specialists to performers on live radio.

Kelly is a member of the Palm Beach Opera Orchestra and Southwest Florida Symphony, where she served as principal cellist for seven years. She received a bachelor's degree in cello

Shell Museum 'Cephalebrity' Dinner Returns

by Jeff Lysiak

The unofficial first island event of the fall season, the Bailey-Matthews National Shell Museum's 8th annual fundraising dinner, returns on Monday, October 2 at 5:30 p.m. at Traders Gulf Coast Grill and Gifts.

The "Cephalebrity" Island Dinner, an evening of dining, dancing, comedy and camaraderie, will offer guests a three-course gourmet meal along with karaoke singing and trivia.

This year's staff of "cephalebrity" waiters will include: • Kasey and Brendan Albright –

John Naumann & Associates

Joey Almeida – Joey's Custard
Mary Bondurant – Bondurant

Realty Group • Calli and Bailie Johnson – Bailey's

General Store • Pam Rambo – iloveshelling.com

• Palli Ramoo – novestiening.com blogger/author

Robin Roberts – RE/MAX of the Islands

In addition, Paul Gulbrandsen will serve as emcee of the event.

Tickets are \$75 per person and include a gourmet meal, beer and wine served with dinner, and entertainment by local "cephalebrities." To purchase performance and master's degree in chamber music from the University of South Florida.

The duo will bring a traditional sound and intonation, combined with Parisian flair, to the Shell Point stage. Tickets for Wild Coffee Duo are now available for \$20 each and can be purchased online at www.shellpoint.org/concerts or by calling 454-2067.^{*}



image provided

tickets, call 395-2233 or visit www. shellmuseum.com.

Those who cannot attend the dinner can still support their favorite local celebrities by going online and tipping them. Tips start at \$10, with all proceeds going to the shell museum. Visit https://emuseum.shellmuseum. org/Benefit.aspx to make your donations.**



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Trust Company Executive Earns Designation

The Sanibel Captiva Trust Company Executive Vice President Steve Greenstein has attained the designation of Certified Trust and Financial Advisor (CTFA) as awarded by the Institute of Certified Bankers, a subsidiary of the American Bankers Association.

The CTFA certification is awarded to wealth management professionals who have demonstrated expertise in the areas of fiduciary and trust activities, financial planning, tax law and planning, investment management and ethics. After substantial careers in law and the nonprofit sector, in 2013 Greenstein joined The Sanibel Captiva Trust Company as a wealth services advisor, assisting clients and potential clients in the best way to meet their financial goals through sensible investment and estate planning.

Steve worked very diligently on this certification, to assure that his level of expertise when serving our clients is of the highest caliber," said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company.

Eligibility to take the CTFA exam requires a minimum of three years' experience in the wealth management industry as well as completion of Levels I, II and III of the Cannon Financial Institute Training Program, held each



photo provided Steve Greenstein

year at the University of Notre Dame in South Bend, Indiana. In order to maintain the CTFA certification, continuing education credits are required over the following three years.☆

Island Seniors At Center 4 Life

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

Closed Monday, September 4 in observance of Labor Day.

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 or contact the center. The featured book for Wednesday, September 13 is The Book Theif 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** – 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.

Leisure Lunchers at The Sanctuary Golf Club - Friday, September 8. Tour The Sanctuary's new Wellness Center and have lunch at The Sanctuary Grill Room. Participants are responsible for their own lunch tab. Carpool arrangements for transportation. To sign up, call the center at 472-5743.

Groovin' – The 60s & 70s Musical at Broadway Palm

Theatre – Thursday, September 21. Cost is \$45 for members and \$55 for non-members.

Victor Legarreta is at it again with another all-new musical comedy that will take you back in time to groove to the music of the '60s and boogie to the songs of the '70s. Songs include Midnight Train to Georgia, Let's Get It On, Sweet Home Alabama, Saturday Night Fever, I Want You Back and Stavin' Alive. This Season Opener Special includes meal and the show. Carpool arrangements for transportation. There is limited seating and advance registration is required. Registration deadline is Friday, September 15.

Sarasota Ringling Art Museum and St Armand's Circle - Monday, September, 25. Cost is \$39 for members and \$49 for non-members. Trip includes round trip transportation, admission to the Ringling Art Museum (tour includes the art museum only), shopping and lunch on you own at St. Armand's Circle, and a bakery stop at continued on page 36

RICK ZURBRIGGEN



Superior Interiors Dressing Your Windows



by Trinette Nelson Pressing the windows in your home simply means providing some form of window treatment to your living spaces. Although that sounds simple enough, determining the best design

option for each of your windows is a bit more complicated and depends widely upon what you want the treatments to accomplish.

Privacy, light control and beauty are the three major functions of window treatments. In addition, what you put on your windows may or may not provide thermal protection from heat. As you approach the issue of window treatments in your home, there are several key questions to ask yourself in order to decide what is your best option.

First, consider the degree of privacy needed at each window or door with glass. Bedrooms and bathrooms are the most obvious rooms where privacy is required. Most homeowners want the availability of a privacy treatment in the more public areas of their homes as well, especially during nighttime hours.

Even those who live in secluded areas where the issue of other people looking in is a negligible need to consider whether they want privacy treatments to block the 'black hole syndrome' that occurs from looking outward to dark nothingness at night.

Secondly, think about your light control needs. Most of us love lots of natural light in our homes, as reflected in the huge beautiful windows of today's architecture. However, over time, the sun causes fading of your furniture, wood floors and floor coverings, and can dramatically increase your cooling bills in summer. It also interferes with computer work and television viewing by creating an eye-straining glare on the screen. And, as great as sunrises and sunsets are to watch, we don't want them shining directly in our eyes when we eat breakfast or watch the evening news.

Thirdly, ask yourself what aesthetic role you need for your window treatments to play in each room, as they are an important element in providing a balance of color, pattern and texture to your overall decorating scheme. They can also serve to create optical illusions of your windows appearing larger, your ceilings being higher, or your room being more proportionally pleasing than it actually is.

Clients sometimes tell me that they are reluctant to put anything on their windows, thinking that 'window treatment' means heavy occlusive draperies or yards and yards of fussy stuff at their windows. Although we can still do those things where it's appropriate, today's window treatment styles offer much more variety and excitement than in generations past.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.**



From left, Muench family members David, Allie, Nathan and Dick with refuge mascot, the Blue Goose photo provided

Periwinkle Park Joins 'Ding' Days Sponsors

The Muench families and Periwinkle Park join sponsors for "Ding" Darling Days for the first time, at the Reddish Egret level. "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) co-presents the 29th annual birding and eco-festival, which will draw more than 6,000 visitors to JN "Ding" Darling National Wildlife Refuge the week of October 15 to 21. "'Ding' Darling Days is a free event we present to educate the public about the refuge and the importance of wildlife conservation," said Supervisory Refuge Ranger Toni Westland, event co-chair. "We could not do it without the generous support of Periwinkle Park and all our other wonderful sponsors."

"Ding" Darling Days annually celebrates National Wildlife Refuge Week and the birthday of Jay "Ding" Darling, the refuge's namesake and father of the Federal Duck Stamp program. The event is co-presented by the U.S. Fish & Wildlife Service, DDWS and Tarpon Bay Explorers.

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the Islands

Loggerhead Cay # 434



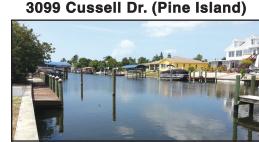
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Will Power Trustee Liability



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

hen naming spouses, children or other loved ones to serve as trustees in your testamentary (after death) trust or trust shares, consider a recent case where an estate trustee who took an "egregious" position in litigation has been ordered to personally pay more than \$140,000 in costs.

Lawyers say the costs decision in Craven v. Osidacz is part of a growing body of case law that says executors need to be cautious in how they conduct themselves in litigation and, if they are not, they'll be ordered to pay costs personally. Before someone takes on the role of an estate executor, personal representative

or trustee, the party should know that they may have exposure to significant personal liability rather than assuming that their costs are all going to get paid out of the estate.

Historically, in estate dispute matters, courts order costs to be paid from the estate, but they have been shifting away from this in recent years whenever executors have engaged in unreasonable conduct during litigation. The case I refer to above concerns a claim for damages by Julie Craven after her estranged spouse, Andrew Osidacz, stabbed their son to death and threatened to kill her before he was shot to death by police in 2006.

The deceased husband's brother, Michael Osidacz, became the executor of his estate. Craven brought a wrongful death suit against the estate as well as a claim for damages, as her deceased spouse physically assaulted her before they separated. The litigation dragged on for a decade, ultimately ending in May with a \$565,000 judgment in Craven's favor.

The Superior Court Justice found that Osidacz acted to carry out a vendetta against Craven to limit the compensation she would get from the estate and that he submitted "virtually no evidence" in the estate's defense. "His actions went far beyond 'misguided litigation' and amounted to harassment of another party," the decision read.

Craven sought more than \$156,000 in legal costs.

The Judge ordered the estate trustee to pay costs personally on an elevated basis, as his conduct was "foregoing, reckless and egregious." Osidacz will also be required to pay his own costs in addition to an order to repay the estate legal costs. The decision serves as a stern warning for estate trustees to make sure they seek direction from the court and look to resolve matters at a very early stage.

This case is a good example of how litigation can become expensive, and it is therefore important for lawyers and the fiduciaries acting for an estate to consider putting evidence before the court in a non-contentious manner because, if they're unsuccessful,

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costs might be awarded personally against the estate trustee. To that end, many courts order the parties to engage in mediation in an effort to resolve disputes without trial.

While the extreme facts of this case don't necessarily make it precedent for all matters where an executor/trustee unsuccessfully challenges a claim, it does offer a cautionary warning. I should note that this case originated out of Ontario, Canada and is not from the United States. Nevertheless, the warning is clear: unreasonable conduct on the part of an executor/trustee may lead to personal liability.

Most estate trustees go into litigation thinking that they're going to get all their costs paid out of the estate ,and it's not going to cost them anything. As this case demonstrates, that's not always the case.

This is a broad warning not only to those who take on the office of executor or trustee, but also speaks to the choices that one makes when naming their successor trustee. I have written a new book Selecting Your Trustee that delves deeper into these issues. I've found that many clients don't fully understand the responsibilities associated with serving, and therefore don't always make good decisions. This book provides guidance. For more information contact my office.

©2017 Craig R. Hersch. Learn more at www.sbshlaw.com.

Entrepreneur To Speak At ABWA Meeting

he Sanibel Captiva Charter Chapter of the American Business Women's Association will host speaker Michelle Spitzer, owner of MaidPro of Southwest Florida, at the chapter's Tuesday, September 12 business dinner meeting. The meeting will begin at 5:30 p.m. at The Community House, located at 2173 Periwinkle Way. Reservations are \$25 per person.

The business plan for MaidPro of Southwest Florida was originally developed by Spitzer as a homework assignment for a business management

🞏 BOSCH 🕀

class. Spitzer used that plan to create her business from scratch, eventually converting it to a MaidPro franchise. In addition to founding her own company, Spitzer is one of the founders of MaidPro Cares, a charitable organization that focuses on serving orphanages and underprivileged children.

ABWA Sanibel Captiva welcomes all women who are interested in professional development and in forming mutually supportive, life-long relationships with powerful professional women. Men are also welcome. Networking begins at 5:30 p.m. followed by plated dinner, speaker and discussion.

For reservations, email info@ ABWASanibelCaptiva.org or visit www. ABWASanibelCaptiva.org.

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SWAT Team Competes At Championships

The Sanibel Water Attack Team (SWAT) finished strong at the league championships held at the Fort Myers Aquatics Center on August 19.

Under the coaching expertise of Curtis McIntyre, 10 participants of the 40-member team competed in four events – Freestyle, Breaststroke, Backstroke and Butterfly.

Representing Team ŚWAT at the meet were:

Girls Age 6 and Under Heats (25Y): Gretchen Peelman, finishing sixth in Free; sixth in Breast; fifth in Back; N/A in Fly

Boys Age 6 and Under Heats (25Y): Max Brodeur, finishing first in Free; second in Breast; first in Back; first in Fly

Daniel Tison, finishing second in Free; third in Breast; sixth in Back; fourth in Fly

Girls Age 8 and Under Heats (25Y): Chloe Peelman, finishing 18th in Free; 18th in Breast; 19th in Back; 16th in Fly

Boys Age 8 and Under Heats (25Y): Darren "DJ" Jenkins, finishing second in Free; first in Breast; second in

Back; third in Fly

Boys Age 10 and Under Heats (50Y): Nicholas Tison, finishing 15th in Free; 17th in Breast; 16th in Back; 15th



Front from left, Summer Santoro, Max Brodeur and Daniel Tison. Middle from left, Chloe Peelman, Colton Sullivan, Darren Jenkins, Daniel Tison, Stephen Sampas and Gretchen Peelman. Back from left, Coach Curt McIntyre and Kayla Betts. photo provided

in Fly Stephen Sampas, finishing 18th in Free; 21st in Breast; 18th in Back; 11th in Fly

Colton Sullivan, finishing fourth in Free; sixth in Breast; fourth in Back; fifth in Fly

Girls Áge 11-12 Heats (50Y):

Summer Santoro, finishing 17th in Free; 18th in Breast; 17th in Back; N/A in Fly

Kayla Betts, finishing 18th in Free; 20th in Breast; 19th in Back; 16th in Fly

"This was a good meet to get back in the 'swim' of things, after a long summer break for some. SWAT has some great

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swimmers, and I'm looking forward all of our members swimming strong in the 2017-18 season," said McIntyre.

A competitive, year-round swim team program for ages 5 to 18, SWAT is designed to help swimmers improve stroke technique and build endurance. Participants must be able to swim the length of the pool (25 yards) in order to participate.

Team SWAT practices daily at the Sanibel Recreation Center from 2:30 to 4 p.m., depending on each swimmer's group. High school practices run from approximately 3:30 until 5:45 p.m. For more information on SWAT or how to become a member, contact the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com. Follow SWAT on Facebook @SWATSanibelIsland.*

Center 4 Life Newsletter Online

The Center 4 Life newsletter for September through December 2017 is now available to view on the City of Sanibel website – www. MySanibel.com. Look for scheduled trips, activities, special events, fitness classes and other news. Copies of the newsletter are also available at the front desk at Center 4 Life.

The Center 4 Life is located at 2401 Library Way. Island Seniors, Inc. annual memberships are available for \$20 per individual. Stop by for a complimentary tour during facility operating hours. For more information, call 472-5743.[‡]



Preseason Odds Gave The Twins Minuscule Chance To Make Playoffs



by Ed Frank

s the 2017 Major League baseball season moves to its final month, the resurgence of the Minnesota Twins clearly is one of baseball's biggest stories. Coming off the worst record in baseball in 2016 with 103 losses, the Twins held a 1-1/2-game lead over Los Angeles and Seattle for the second American League wildcard slot through Monday of this week with only 32 games remaining in the regular season.

Minnesota has been in solid contention in the AL Central Division all season, and their 67-63 record (.515) is in sharp contrast to last season's ending mark of 59-103 (.364)

If you want to know how amazing this turnaround is, Major League Baseball at the beginning of spring training this year ranked the Twins with just a two percent -that's right just a two percent- chance of reaching the postseason playoffs.

And even when Minnesota began the season with a plus-.500 record of 19-16, MLB warned that "a regression is coming, and it won't be pretty."

Just this week, ESPN issued its odds for winning the 2017 World Series. The Boston Red Sox were near the top at 10 to 1 odds. The Chicago Cubs, the defending World Series Champions, were 3 to 1. Do you know the odds for the Twins? It was 100 to 1.

When our two spring training teams left here in late March, we expected that the Red Sox, the defending AL East champions, would contend again despite the retirement of slugger David Ortiz. And they have. Through Sunday, the Red Sox were atop their division with a 2-1/2-game lead over the New York Yankees.

But no one, as the two percent odds showed, expected Minnesota to be in the hunt for postseason play into the last month of the season. Should the Twins gain a wildcard spot, it would be their first postseason appearance since 2010.

Improved pitching and hitting has been the key to the team's competitiveness this year. First-baseman Joe Mauer, a former league MVP and batting champion, is having one of his best seasons in years. He began the week with a team-leading .296

From page 32

Center 4 Life

Der Dutchman. There is limited seating and advance registration is required. Registration deadline is Monday, September 18.

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



batting average.

Right-hander Ervin Santana is among the league leaders with 13 wins, and Bryon Buxton, the one-time top prospect in the Major Leagues, has become one of the best, if not the best, center fielder in the game. He homered three times last Sunday and set a career-high five RBI as Minnesota defeated Toronto 7-2.

These are just a few of the reasons why Minnesota has become the surprise team of the 2017 season.

Rain, Soggy Field Delay Miracle's Title Chase

Last weekend's rain and resulting soggy grounds at Hammond Stadium delayed the Fort Myers Miracle baseball team from closing in on the season's second-half title in the Florida State League South Division.

The Miracle began this week, the final week of the regular season, with a fourgame division lead over the Charlotte Stone Crabs with seven games remaining. But last weekend's wet weather resulted in cancellation of home games Saturday and Sunday with Charlotte.

If the Miracle is not leading Charlotte by more than two games after Sunday's last game, then a double-header against the Stone Crabs will be played here Monday.

Fort Myers plays five games on the road next week, Monday through Thursday at St. Lucie and Friday at Jupiter. The Miracle concludes the regular season here next Saturday and Sunday also against Jupiter.

Weight Room 101 Back At Sanibel **Recreation Center**

Teight Room 101 is back and will be offered on Tuesday, **VV** September 5 at 1:30 p.m. for Sanibel Recreation Center members.

Weight Room 101 includes weight room orientation, specific instruction on upper and lower body exercises and

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.

cardiovascular training tips. Instruction and guidance on how to properly train your entire body safely and effectively will help participants gain muscular strength and cardiovascular endurance.

For safety purposes, this class is limited to 10 participants. Register in advance for individual sessions at the front desk. Closed-toed footwear is required.

For more information, contact the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road, by calling 472-0345 or visit www.mysanibel.com.☆

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. Entering the 2017 season, how many consecutive years had the Baltimore Orioles hit at least 200 home runs?
- 2. Which was the last school before Coastal Carolina in 2016 to win the championship in its first College World Series?
- 3. Who holds the NCAA Division I record for most punting yards in a game?
- 4. How many times has LeBron James led his NBA team in total assists for a season during his 14-year NBA career?
- Which season was Hall of Famer Bobby Orr's last as an NHL player?
- 6. Entering 2017, who was the last NASCAR Cup driver to finish second in four consecutive races?
- 7. When was the last time that Americans won both the men's and women's singles titles in the same year at the U.S. Open?

ANSWERS

1. Five seasons (2012-16). 2. Minnesota, in 1956. 3. Texas Tech's Charlie Calhoun punted 36 times for 1,318 yards in a game in 1939. 4. Fourteen times. 5. It was the 1978-79 season. 6. Mark Martin, in 1998. 7. It was 2002 (Pete Gampras, Serena Williams).

Rotary Happenings

submitted by Shirley Jewell

Good morning mayor." We've said that a couple of times at Rotary meetings over the years and welcomed several Sanibel mayors to join us at

our meetings to catch up with what's going on around Sanibel City Hall. But this last Friday, it was to the mayor of Fort Myers, Randy Henderson.

Many times, our Friday morning speakers are procured by networking and presented to our club members by their business associates and friends. Our speaker chair for August, Rotarian Gary Dyer, works with Henderson's son at Investor's Securities Trust in Fort Myers.

Mayor Henderson has been a resident of Fort Myers for 37 years. He is in his second term, elected for his first term in 2009. Prior to that, he served on the city council for nine years. He serves as the president of the Florida League of Mayors. Henderson has positioned Fort Myers as part of a working economic force with other Lee County cities for improvement in economic development, water quality, land development, transportation and safety issues in Lee County and Southwest Florida.

According to the United States Census Bureau, the city of Fort Myers has a total area of 40.4 square miles, of which 31.8 square miles is land and 8.6 square miles is water. Just a short ride over the Sanibel Causeway and down McGregor Boulevard brings us to a historic and beautiful City of Fort Myers on the Caloosahatchee.

Since the very early years of the city, Fort Myers had been a center for economic growth in the area. But during the 1970s and '80s, large and mid-sized cities in Florida, like others in the U.S., were hard hit by the outward growth away from the cities. In the late 1980s. reinvestment in downtown began but the economic downturn of the '90s made a serious impact on slowing the progress of revitalization of Fort Myers for a few more years. However, the city did invest in the arts as an economic engine to bring people downtown. In the late '90s the city financially supported the founding of the Florida Repertory Theater at the Arcade Theatre, founded by Bob Cacioppo and Carrie Lund. This was a wise investment and has generated both public and business interest in the city.

To restart revitalization again, former





Randy Henderson photo provided

Mayor James Humphrey and the Fort Myers City Council hired urban planner, Andre Duany in 2001 to plan a serious effort to regenerate the City of Fort Myers. This original plan has been modified a few times with different partners and with each revision, a better plan presents itself. Business growth has taken hold and public and private investment in support of nonprofit and cultural art entities such as the Sidney and Berne Davis Art Center and Lab Theater have brought a much-needed cultural identity to the city. Real estate developers, restaurant groups and retail businesses are encouraged by the draw of the city and its special event programming. This desirable, livable and walkable city has awakened.

Mayor Henderson and city officials have a community-wide vision plan beyond the core of Fort Myers throughout the River District, and the reality of this vision plan will soon be evident. Henderson told us that, "an economic study by Lydia Black, executive director of the Alliance for the Arts, brought to light the financial impact nonprofit arts and culture groups bring to the area. Support for these entities is ongoing, with a new projected interest in courting technology based businesses to the city.

For a more comprehensive look at the City of Fort Myers/City of Palms, check out the new coffee table book *City of Palms, A Contemporary Portrait*. It is available online at www.hpnbooks.com/ftmyers.

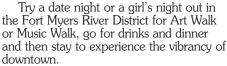
Bank Donation Goes To FISH



From left, Vicky Bower of Bank of the Islands, winner Charlie Frese and FISH of SanCap Case Manager Nitza Lopez photo provided

Bank of the Islands recently made its latest non-profit donations through its We Love Our Islands program. The winner, bank customer Charlie Frese, was spotted with a We Love Our Islands decal on his vehicle, winning him the right to select which local non-profit group would receive a charitable contribution from Bank of the Islands. Frese chose to donate his winnings of \$700 to FISH of SanCap. That donation marks \$74,700 given away to date through Bank of the Islands' We Love Our Islands program. "We are so happy to present this donation to FISH," said Willy Ocasio, Bank of the Islands' assistant vice president and Sanibel-Captiva office manager. "During the summer months, the donations to their food pantry decrease because so many islanders are away, but our neighbors still need our help. We hope others will join Charlie in supporting FISH by bringing canned goods to the collection basket in our Sanibel office."





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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Beautifulife: Sunsets

by Kay Casperson



hen was the last time you stopped to really enjoy a sunset? Although I happen to live in a place where people take the time to celebrate and enjoy

sunsets every evening, I wonder how many people stop to enjoy them wherever they are all throughout the year.

We all love seeing pictures of sunsets and even capturing our own photos of them now and then, but most people only stop to enjoy them when they are on vacation and seem to have a bit more time on their hands.

I have come up with some reasons why you might just want to start taking the time to enjoy sunsets more often whether you are traveling, coming home from a day of work or spending time with friends or family.

1. No two are the same – Sunsets change every night and are all unique. They remind us to embrace change in our lives and to continue to be unique individuals unlike anyone else in the world.

2. They slow down time – Not many things can stop us in our tracks, but a sunset can help us stop, breathe and



photo pro

enjoy life and all that is ahead. 3. They bring closure – Whether it is the close of a day, a month or a year, a sunset can help you to release things

that are on your mind or in your heart. 4. They inspire us – A sunset can nourish our spirits and inspire us to go

after our dreams and share our gifts to the world. 5. They are all beautiful – All sunsets

5. They are all beautiful – All sunsets are beautiful and so are you. They help us remember that there is beauty in everything and everyone just waiting to be discovered.

I hope that my list will motivate you to take time out of your evening

wherever you are to stop to watch the sunsets. Make this a quiet time for you to enjoy or grab a friend or family member. The ongoing experiences will be ever-changing, enlightening and

Related Back And Pelvic Pain With Pregnancy



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

Women commonly suffer from back or pelvic pain during and after pregnancy. An article in the *European Spine Journal* reports that 45 percent of pregnant women have mild symptoms, 25 percent experience serious pain and 8 percent are severely disabled from back or pelvic pain. In postpartum women, 80 percent have mild symptoms and 7 percent have serious problems. Interestingly, this condition baffles many doctors, leaving many patients with chronic pain during and after pregnancy. We see women in our office who have dealt with years of disabling pain that left them unable to participate in many of their favorite activities. sure to keep you on the path to your beautiful life.

My affirmation for you this week is: "I will take the time to watch more continued on page 39

Pregnancy-related back and pelvic pain is due to pelvic girdle relaxation. During pregnancy, a woman's body secretes a hormone called relaxin, which causes ligaments to loosen. Ligament laxity is normal during pregnancy. This allows the baby to pass through the birth canal. The pelvic and the sacroiliac joints have to expand for the delivery. The mobility is actually increased by about 33 percent. But if the ligaments stay stretched out, this leads to chronic pelvic and sacroiliac instability. The continued stress on the body as the mother cares for her baby around the clock can limit her ability to obtain enough restorative sleep and can create a vicious chronic pain cycle.

When a woman carries the growing baby on her hips, it also aggravates sacroiliac laxity and pain. Many months are required after pregnancy for the joints to get their strength back, and the added stress of poor posture hinders the healing process. Prolotherapy is an available option that directly triggers ligament repair to combat joint instability for both pregnancy and postpartum back and pelvic pain. When the ligament tissue is stronger, the demands on the body can be met without producing debilitating pain and without interfering with the birthing process.

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.☆





703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

deaRPharmacist Nootropes Help You Think With Clarity



by Suzy Cohen, RPh

ear Readers: _ast month I wrote an article entitled Alzheimer's is A Guessing Game.

Afterwards, many of you emailed and shared your personal stories about this, and some were delightful, others heartbreaking.

I truly understand. It brings to the forefront of my mind a woman named Mary, who I met at a Florida nursing home in the 1990s. I am going to tell you her story soon, so be sure to sign up for my newsletter at swww.suzycohen.com.

Today's column will focus on natural remedies that support brain health and memory. Keep in mind that anything you want to try, please ask your physician if it's right for you since I am not a doctor and besides, individual response varies. Now for some intelligent brain-loving options, all available at health food stores nationwide (and possibly in your garden):

Lion's Mane – This is a medicinal mushroom, not an animal-derived furry ingredient. It is classified as a nootrope. Have you ever heard of that word before?

Nootropics (noah-trope-icks) are defined as substances that can improve cognitive function. Nootropic substances, whether they be medications or supplements, simply contain supportive nutrients that will help you maintain optimal brain function.

Lion's Mane is known botanically as Hericium erinaceus, and it possesses well-known regenerative effects. There's an active ingredient in Lion's Mane

mushroom that promotes the growth of nerve cells in the brain. When you grow new nerve cells, it's helpful right?

Nootropes are the way of the world, and even kids know about them because, on the street, they are termed "smart pills." Some college kids like nootropic supplements to help them get through finals and exams.

Bacopa Monnieri – There is a gorgeous white flower that is a nootropic herb. It helps you maintain optimal brain function due to its strong, protective effect on one particular memory-compound called acetylcholine.

Bacopa blocks acetylcholinesterase (which breaks down acetylcholine) and, remember now, that acetylcholine is a highly desired neurotransmitter.

Gotu Kola (Centella asiatica) – Gotu kola, commonly called pennywort, contains compounds that support neurotrophin secretion. Brain-Derived Neurotrophic Factor or BDNF is the most well-studied of the neurotrophins. It helps maintain brain integrity, and signals nerve cells to survive and differentiate. Gotu kola seems to help with mental fatigue.

I have a longer version of this article (plus big news) so to read that, go to my site and sign up for my newsletter. If your practitioner approves of these gentle remedies, you could certainly try them independently, or you can find multitasking formulas that contain these as well as other key nutrients and amino acids.

Just be careful because some nootropic supplements are dangerous. In fact, some are not supposed to be on the market anymore. Buy from trusted brands and companies. It's completely within your rights to ask for a company's Certificate of Analysis for purity and heavy metal testing. If they don't provide that document to you, run.

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.☆

From page 38 Beautifulife

sunsets and appreciate the beauty, peace and inspiration they bring to my life." 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 or follow her on social media @kaycasperson.☆

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Got A Problem? Dr. Connie Is In



Clancy-Fisher Q: What is some advice you can give to someone going through difficult

by Constance

times A: For most of us, there are times in life that are so sweet, and living on this earth seems like such a blessing and

privilege, and we are so grateful for those special moments. Then there are those times that are difficult. As M. Scott Peck wrote in his best selling book *The Road Less Traveled*, "Life is difficult." There is no human being that can escape the pain that can be endured in this life. There are those times when you have suffered a major loss, your faith is tested, nothing seems to make any sense, and you cannot wrap your head around the pain. That is when it is most challenging to believe in anything anymore. Most of us go through difficult times, some more than others. One thing is for sure: As long as we are alive, and we are constantly changing, I am reminded daily that change includes a death and rebirth. As long as the earth continues to move, change will appear and remember that it will come in the form of loss throughout our lives. Since life includes a series of painful goodbyes,

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and we know they are never easy, there is a rebirthing process. We learn to grieve, heal and release the old, then embrace the change and welcome the new. As you make the shift through difficult times, know that there is a reason for this. Life is about lessons. As painful as they can be, we are all here to learn. Difficult times are opportunities to open up new doors to your inner world that you may be prone to keeping shut. There is a time and a place for this to happen. We don't always understand why we experience these difficult times, yet when forced to experience, what is really happening is also a time of profound growth. As much as it hurt, that illness, deceit, tragedy, divorce, betrayal, abandonment, etc., was one of the best things that may have happened. These "difficult times" are what teach us the most. Do not judge yourself for how you endure your suffering as there is no good, bad, right or wrong way to go through the experience. In time, know you will unwrap the gift that lies within. Move through it and, on the other side, a new sense of strength and wisdom will be waiting. Something I learned over the years was to surrender my pain rather than resisting it. You may know the saying, "You can't stop the waves, but you can learn to surf." If we can learn to bless the painful moments in our lives, remember somewhere therein lies the gift.

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.☆

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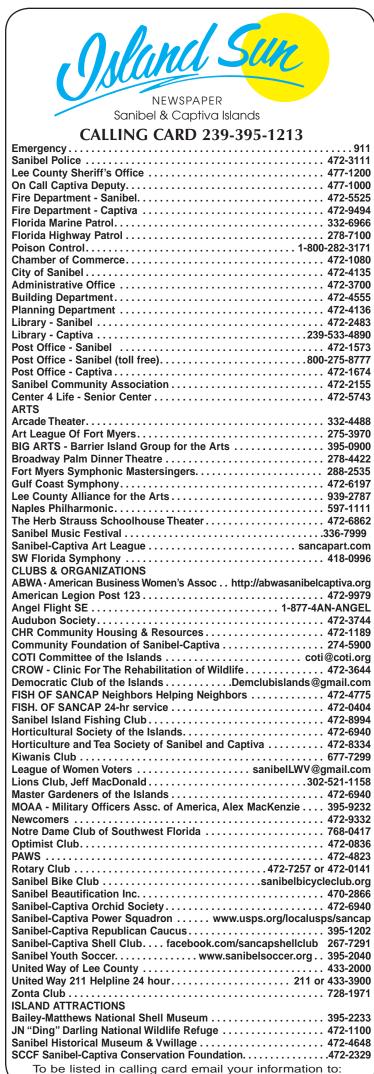






Caring Medical Regenerative Medicine Clinics 9738 Commerce Center Ct. Fort Myers, FL 33908





press@islandsunnews.com

PETS OF THE WEEK

Lee County Domestic Animal Services Daisy And Homer



Daisy ID#707608

photos provided

Hello, I'm Daisy. I'm a one-year-old female Maine coon, a beautiful patch tabby who is a bit timid when I first meet you. I need a little time and patience to come out of my shell. I get along well with other cats and am very easy going by nature. My ideal home would be where I can have the time and space needed to make it my own.

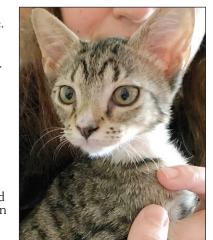
Adoption fee is \$50

Hi, I'm Homer. I'm a 12-year-old male hound mix and a Super Senior looking for a home to spend my golden years. I am well-mannered and even-tempered (the perfect combination). I will be a devoted companion and faithful friend to the lucky person who adopts me.

Adoption fee is \$25

Haven on Earth Animal League Ned And Katie

there. ľm Ned Nederlander. I am such a sweet, little boy just waiting for someone to take me home. I'm only 12 weeks old. neutered and up-to-date on all vaccines. I have very pretty tabby markings with



markings with a white chin

and collar. I'm currently residing at Petland on College Parkway. My adoption fee is \$125.

PAWS Of Sanibel

Emmy

PAWS of the Islands has a beautiful kitty that was picked up on August 23 in the Santiva neighborhood behind the Lazy Flamingo at Blind Pass, in the vicinity of Harbor Lane. She has been in the area for at least a couple of weeks. She has now been spayed, given the necessary immunizations, combo test, worming, etc. She is approximately one year old with a petite black coat and lovely green eyes.

If you know who she may belong to, contact Pam at PAWS at 472-4823 as soon as possible. If her family is not located within a couple of weeks, she will be available for adoption.

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



Homer ID# 708269

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.☆

Hello, my name is Katie Calico. I am a very sweet, loveable female calico. I have beautiful markings and little tufts of fur on the tops of my ears. I'm one year old, spayed and up-to-date on all vaccines. My adoption fee is \$100. I am currently



00. I Katie Calico

residing with foster parents. Please adopt me so I can have a home of my own.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.🌣



photo provided

PUZZLES

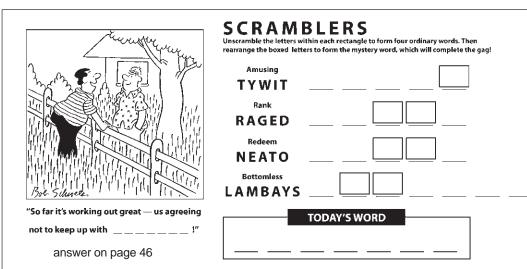
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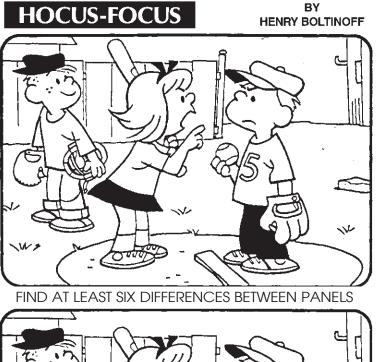


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SUDOKU

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





Differences: 1. Glove is different. 2. Mask is missing. 3. Bat is shorter. 4. Post is missing. 5. Number is different. 6. Pitching slab is missing.

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amenities and high quality construction, Sanibel View is truly a special property with amazing value. This condo features numerous updates, impact windows, 2-car garage, elevator and much more! Asking price \$325,000. For more information, please call 859-753-8589. 9/1 ★ 9/8	FOR LEASE - CAPTIVA Commercial Space. Avail Oct 1, 2017 950 sqft (approx.) Parking & Excellent Signage-On Captiva Drive Zoned Gen. Commercial Serious Inquiries Only Captivacommercialforrent@gmail.com or fax 239-437-7516.	FT. MYERS Property in Gated Community Close to Sanibel. 2BD/2BA UF. Condo. \$1,350/mo. IONA Minutes to Sanibel, from this gated Riverfront Community in Iona. 3BR/2½ baths, fully furnished, two story, w/2 car garage, tennis and 2 pools, + marina, for dockage or boat storage. Call for further info. and to view. \$2,100/mo.	JACOB'S LADDER WINDOW CLEANING I have over 20 years window cleaning experience. My deep cleaning and polishing system is better than any other. Many other services offered Call Jeff @ 239-791-9273 5/26 & TFN	If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way *NS 5/6 BM TFN BABY SITTER/ HOUSE MANAGER AFTER SCHOOL BABY SITTER/HOUSE MANAGER NEEDED. MUST HAVE TRANSPORTATION Twin 6th graders, east end location.
AND CONSULTING	7/28 * 9/15	Call to View! A72-6747 Gulf Beach Properties, Inc. Helping People Become Islanders for over 35 years! The Island Experience! 8/11 & TEN	HELLE'S CLEANING SERVICES Residential Cleaning to Satisfaction Sanibel & Captiva • 239-565-0471 Sanibel Lic. #11412 Lee Co. Lic. #051047 *NS 1/4 PC TEN	Seeking mature, responsible person who is organized, can plan and schedule, and most importantly is kind but firm with the girls. Responsibilities include: school pick up, transportation to activities, keeping schedules organized, basic house maintenance and meal prep.
RICHARD J. GARCIA, GRI, BROKER	Island Vacations Of Sanibel & Captiva Million \$ Views Await You! • Cottages • Condos • Homes •	SERVICES OFFERED	BOATS - CANOES - KAYAKS	Please contact me at (917) 701-5086 8/25 # 9/8
239-472-5147 garciaonsanibel.com Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands. 30 Year Resident of Sanibel. Licensed in Florida, New York, Pennsylvania and New Jersey.	Miles of Beaches & Bike Paths 239-472-7277 1-888-451-7277 *RS 1/4 BM TFN	JC WINDOW CLEANING Residential-Commercial-New Construction \$120 Window Cleaning. Inside And Out. Single Home Or 10% Off. First Time New. Customers/Free Estimates. JC 407-902-7845-jccpcleaning@aol.com 8/11 # 9/1	DOCKAGE Hourly, Daily, Weekly and Monthly. Captiva Island 472-5800	1. Witty; 2. Grade; 3. Atone; 4. Abysmal <i>Today's Word</i>
*RS 4/29 CC TFN	LIGHTHOUSE REALTY Paul J. Morris, Broker VACATION RENTALS PROPERTY MANAGEMENT & SALES 359 Periwinkle Way, Sanibel Island	SCARNATO LAWN SERVICE Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)		ANYBODY
WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL	239-579-0511 *RS 1/4 CC TEN SEASONAL RENTAL	Joe Scarnato (239) 849-6163 scarnatolawn@aol.com *RS 1/25 BM TFN		e New Math: 51 = \$8
	RE/MAX OF THE ISLANDS Putting owners and tenants together Call Ryan Block www.remax-oftheislands.com 239-472-2311 *RS 1/23 BM TEN	NATURAL HOME CLEANING Optimize your health and home Utilizing hydrogen peroxide, fresh citrus, b. soda and Suds. Sonya @ 239-246-7007. 5/26 & TFN	That's right! The Harry can find, rescue, transp nutritious food for ever turns your \$20 gift into <i>Thank you for y</i>	Chapin Food Bank ort and distribute \$8 of y \$1 you donate. This 80 meals for a family!
2 Rooms, Bathroom, Approx. 1,000 sq. feet.	ANNUAL RENTAL	To advertise in the	Mail your tax-dedu The Harry Cha	ctible donation to: pin Food Bank
This was Molnar Electric's old office. Call Judy at 239-851-4073. **RS &5 CC TFN	ANNUAL RENTALS IN PARADISE 2/1s & 2/2s. Dog friendly. Call for availability. Bridgit: 239.728.1920 8/25 * 9/1	Island Sun and/or The River	3760 Fowler Street, F Call (239) 334-7007 harrychapinf	or donate online at:
		Weekly News Call 395-1213	Osland Sun NEWSPAPER Sanibel & Capitya Islands	Harry Chapin Food Bank

 $\star \star \star$ www.islandsunnews.com PLACE CLASSIFIED $\star \star \star$

My Stars ★★★★

FOR WEEK OF SEPTEMBER 4, 2017

ARIES (March 21 to April 19) A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

TAURUS (April 20 to May 20) Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

GEMINI (May 21 to June 20) Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.

CANCER (June 21 to July 22) Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.

LEO (July 23 to August 22) Now that you're back enjoying the spotlight again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.

VIRGO (August 23 to September 22) A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.

LIBRA (September 23 to October 22) Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

SCORPIO (October 23 to November 21) You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side.

SAGITTARIUS (November 22 to December 21) People dear to you might be planning a way to show appreciation for all you've done for them. Accept the honor graciously. Remember: You deserve it.

CAPRICORN (December 22 to January 19) Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.

AQUARIUS (January 20 to February 18) You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you.

PISCES (February 19 to March 20) Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

BORN THIS WEEK: You are a wonderful matchmaker who can bring people together to form long-lasting relationships.

THIS WEEK IN HISTORY

* On Sept. 4, 1972, U.S. swimmer Mark Spitz wins his record seventh gold medal at the 1972 Summer Olympics in

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Woodlake at Bonita Bay	Bonita Springs	2017	3,926	\$2,715,000	\$2,715,000	236
Palmetto Point	Fort Myers	1977	2,678	\$1,249,000	\$1,050,000	155
Tidewater Island	Fort Myers	1997	4,868	\$1,098,900	\$930,000	167
Cape Coral	Cape Coral	1975	3,541	\$1,049,000	\$980,000	48
Sweet Bay at Shadow Wood	Estero	2005	2,941	\$999,000	\$937,500	145
Palaco Grande	Cape Coral	1990	3,602	\$769,000	\$735,000	202
Vanderbilt Lakes	Bonita Springs	1993	2,217	\$698,900	\$691,250	146
Sanibel Center	Sanibel	2005	2,140	\$689,000	\$625,000	25
Cape Coral	Cape Coral	1998	2,001	\$649,999	\$610,000	189
Dunes at Sanibel Island	Sanibel	1981	2,371	\$599,999	\$500,000	63

HORTOON

Munich. The record would stand until Michael Phelps took home eight gold medals at the Beijing Games in 2012.

* On Sept. 5, 1666, firefighters in London begin blowing up homes in a desperate attempt to halt the spread of a great fire through the city. By the time the fire was finally extinguished the following day, more than 100,000 people had been left homeless.

* On Sept. 6, 1915, a prototype tank nicknamed Little Willie rolls off the assembly line in England. Little Willie was far from a success. It weighed 14 tons, overheated, got stuck in trenches and crawled over rough terrain at only 2 mph.

* On Sept. 7, 1950, Julie Kavner, perhaps best known as the voice of Marge Simpson on "The Simpsons," is born in Los Angeles. Before taking on the role of the famously blue-haired housewife, Kavner played Brenda Morgenstern on "Rhoda."

STRANGE BUT TRUE

• It was pioneering Mexican-American musician Carlos Santana who made the following sage observation: "The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace."

• Those who study such things say that men who tend to be womanizers when they're single are more likely to be jealous husbands once they're married.

HORTOONS

• The beginning of a new school year seems a good time to note the origin of that lunchtime favorite, peanut butter. A Canadian named Marcellus Gilmore Edson patented the product in 1884, but it didn't become popular in the United States until 1898. That was when John Harvey Kellogg's Western Health Reform Institute began selling it at expensive health care institutions. It seems that protein-packed peanut butter was perfect for elderly patients who had trouble chewing.

• Standing desks, stand ready: There's a new trend in workspaces. It seems that standing up while working isn't enough to counteract the detrimental health effects of sitting in an office chair all day. Enter Fluidstance, a company that wants to help you surf your way through the workday. Their balance boards, designed to be used with standing desks, reportedly increase heart rate and improve range of motion, allowing users to burn calories while burning their way through the mundane tasks of office life.

• Driving isn't the only activity that is dangerous to mix with alcohol. Statistics show that 40 percent of skiers who get injured in the French Alps are legally drunk.

THOUGHT FOR THE DAY

"Many people consider the things government does for them to be social progress but they regard the things government does for others as socialism." – Earl Warren

THEY'RE NOT AQUARIUMS.

THIS IS JUST THE RAINY

SEASON IN FLORIDA.





Sanibel Day Spa **Fine Shops**

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