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SEPTEMBER 8, 2017

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Children Read With Bessie The Therapy Dog At Sanibel Library



Five-year-old Grant Muddell takes his turn reading with Bessie, a Reading Education Assistant Dog (READ), who is owned by Ginny Fleming

photos by Jeff Lysiak

by Jeff Lysiak

One of the most popular activities at the Sanibel Public Library is the weekly visit with Bessie, an 11-year-old bearded collie and Reading

Education Assistant Dog (READ), who assists young readers overcome shyness and anxiety when reading.

Held on Thursday afternoons at 4 p.m., Bessie and her owner/handler Ginny Fleming make their way to the



Christine Whalon, 1, had fun playing with Bessie at the library

library's children's area. Fleming lays out Bessie's blue blanket, sets up a bowl of water, and waits for children to approach her with a book.

"She's always had a very good disposition," Fleming said of her faithful four-legged companion. "We always had all of our little grandkids around, so she got used to being around children. And they

will gravitate towards her, too."

The READ program, aimed at youngsters in kindergarten through third grades, started at the library in 2003 as part of the children's after school program. Over the years, the library has had several dogs associated with the program, but Bessie is the longest

continued on page 3

Future Plans For Center 4 Life To Be Discussed

by Jeff Lysiak

The City of Sanibel has scheduled a workshop to discuss the plans for the future of the Center 4 Life, which will be held on Tuesday, September 19 at 9 a.m. at MacKenzie Hall, located at 800 Dunlop Road.

The first workshop, held in May, drew a near capacity crowd comprised mainly of members of the Island Seniors group. City staff and project partners reviewed the Center 4 Life participation trends, space study needs, expansion alternatives and an analysis of the current site.

Five alternatives for the refurbishment and/or reconstruction of the building were considered during that session, which concluded with only two remaining options: rebuilding on the current site or building a brand new facility at a different location.

During her presentation at the first

workshop, Sanibel Recreation Department Director Andrea Miller shared a number of charts indicating the increased number of island residents participating in activities at the Center 4 Life, including land aerobics, yoga, card games, special presentations, cooking socials and educational classes.

In addition, Miller noted that membership has grown annually over the past four years, from 7,455 members in 2013 to 8,027 members last year.

After reviewing the benefits offered for the two alternatives, council directed architect/project consultant Henry Woodroffe to return with cost estimates for the construction of a 5,000-square-foot, 7,500-square-foot and 10,000-square-foot building, as well as on-site and accessory parking options to be considered.

The existing Center 4 Life facility – which encompasses approximately 5,080 square feet – stands on 1.3 acres. A new 10,000-square-foot facility, as suggested by Woodroffe, would require a minimum of 2.5 acres. The estimated cost to rebuild at the current site ranges between \$2 million and \$4 million, while an entirely new

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New Chamber President Appointed

The Sanibel & Captiva Islands Chamber of Commerce appointed John Lai as the incoming president and CEO, effective January 1, 2018. Ric Base, who has served as the chamber's president and CEO for the past 11 years, will retire at the end of 2017.

"There was an extensive search to fill this position," said board chair Donna Puma, "but it was a unanimous vote by the search committee, board of directors and executive board that John was the best candidate to lead our chamber into the future."

Lai joined the chamber team in March 2017 as member services manager and has built strong relationships with members by understanding the challenges and needs of the business community. He brought 17 years of experience in managing branded and independent hotels and resorts through-



John Lai

photo provided

out Lee County, as well as a unique perspective as a past board member.

"John has a strategic view of our Chamber's mission of 'To promote the prosperity of our members and preserve the quality of life in our community'."

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Hudson Hanni and Liam Suslick

photo provided

A New Year Of Discovery For Preschoolers

Three-year-olds Hudson Hanni and Liam Suslick examined the car basket recently as new preschoolers

at Summit Christian Preschool, located on the campus of Sanibel Community Church. Limited enrollment for VPK 4-year-olds is still open. For information about registration or a tour of the school, contact Andy Reidsma at 482-7007. Sanibel Community Church is located at 1740 Periwinkle Way.*

Geared Up For The Weather

Three-year-old Truman Jones didn't let the recent rains stop him from going to school. He braved the weather and headed out for learning and fun at Summit Christian Preschool. Enrollment opportunities are still available for VPK children. For more information or a tour of the school, contact Andy Reidsma at the main campus at 482-7007. Summit Christian Preschool is located at Sanibel Community Church, 1740 Periwinkle Way.*



Truman Jones

photo provided

Therapy Dog

tenured participant. Since 2011, Bessie has made her weekly appearances at the nationally-recognized Five Star Award-winning library. Two years before Bessie became a regular at the library, she became registered with Therapy Dog International. That same year, she and Fleming began offering patient therapy at the children's hospital at HealthPark in Fort Myers every Friday. "Because she doesn't shed, Bessie was a good candidate to become a therapy dog," said Fleming. "The kids at the hospital became attracted to her. Even the older kids would say, 'Here comes shaggy dog!'" During each reading session, Fleming will often lay down on the floor with Bessie and the children, helping the youngsters with reading difficulties sound

out the words. "Some of the younger kids might not be able to read yet, so I just have them point out the pictures on the pages they like," she explained. "Bessie doesn't judge them; she makes them feel more comfortable with reading." Over the years, Bessie has become accustomed to being approached by strangers of all ages. During last week's visit, she gently welcomed one toddler, Christina Whalon of Lakeland, who had just celebrated her first birthday a few days earlier. "Sometimes she falls asleep when listening to the children read their books to her," added Fleming. "She gives them a lick and they give her a pat on the head. And for a lot of the kids, they consider her an instant friend." Bessie visits the Sanibel Public Library, located at 770 Dunlop Road, on Thursday afternoons at 4 p.m. For more information, contact Youth Services Librarian Deanna Evans at 472-2483.*



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Lucy Wolf, right, is proud of her tree-climbing accomplishment while Fisher Stewart is working hard to get up to the limb as well photo provided

Climbing Trees Has Many Benefits

Many adults recall their childhood pursuit of climbing a tree. It was one of the simplest forms of pleasure, but today's children don't seem to take advantage of the same opportunities for tree climbing that many once did. The benefits of climbing trees may seem small to some, but when you sit back as an adult and think about all you learned while climbing a tree, struggling to climb a tree, falling from the tree, getting back up and trying again, there is a lot of learning taking place.

At the Children's Education Center of the Islands, some of the

benefits of climbing trees are physical development, problem solving and creative thinking, spatial awareness, social skills, cooperation, self-esteem and confidence, concentration and patience, reducing stress and scientific discovery.

The Children's Education Center of the Islands is a 501(c)3 non-profit preschool offering full-time and part-time classes for children ages 12 months to 5 years, and offers free Voluntary PreKindergarten (VPK). The preschool is still accepting applications for the current school year. Scholarships are also available on a limited basis. For more information, call Ms. Cindy at 472-4538 or email cindy@childrenseducationcenter.com.✱

Locals Honored By Hospitality Industry

Last week, hundreds of people celebrated exceptional customer service at the Elaine McLaughlin Outstanding Hospitality Service Awards. The 17th annual E Awards ceremony at the Hyatt Regency Coconut Point Resort and Spa in Bonita Springs recognized nearly 500 local employees who exceeded visitor expectations.

Guests from around the world submitted almost 850 nominations, giving high praise to employees who provided outstanding care.

Produced by the Lee County Visitor & Convention Bureau (VCB) and The News-Press Media Group, the E Awards is a collaboration with local businesses to encourage and award customer service excellence. The ceremony honors the area's unsung heroes.

Nomination criteria included service satisfaction, leadership, work ethic, job knowledge, performance skills, familiarity with the destination and assistance during an emergency.

Selected for their distinctive service and dedication:

Honor of Distinction

Dilya Gabdrkhmanova, Beachview Cottages of Sanibel Island

Accommodations

Christopher Accinno, Hyatt Regency Coconut Point Resort and Spa in Bonita Springs

Honorable Mentions:

Candido Barbosa, Best Western Fort Myers Waterfront

Kyle Carper, Hampton Inn & Suites Fort Myers-Estero

Rich Courter, Baymont Inn & Suites Fort Myers

Dawn Jewell Bryan, Caribe Beach Resort

Attractions

Pete Cangialosi, Lee County Parks & Recreation

Honorable Mentions:

Dan Curran, Lee County Parks & Recreation

Charlie Frese, Tarpon Bay Explorers
Steve Popovich, Fish Tale Marina

Restaurants

Bess Charles, LadyCakes Bakery in Cape Coral

Honorable Mentions:

Jay Johnson, Bubba's Roadhouse Restaurant

Loren Merrigan, Fort Myers Miracle
April Stevens, Outrigger Beach Resort

Transportation

Mark Melnikoff, MBA Airport Transportation

Honorable Mentions:

Melissa Duncan, James Ross and Toly Ung, Lee County Port Authority Police

Richie Eger, Hyatt Regency Coconut Point Resort & Spa

Billy Katsaris, Professional Airline Terminal Services

Other Services/Businesses

Veronica "Roni" Martorelli, Bailey's General Store

Honorable Mentions:

Tonshelle Bailey, South Seas Island Resort

Sharon Barnett, Kid Care Babysitting
Lynda Swart, City of Sanibel

Good Samaritan

Matthew MacDonald, Holiday Inn Express & Suites Fort Myers East - The Forum

Honorable Mentions:

William Hartmann, Hyatt Place Coconut Point

Jacob Holzapfel

John Jensen, Dieter Reinhardt and Doug Rigsby, Jensen's Twin Palm Resort & Marina

Best Tourism Boss

Kari Cordisco, Sanibel Moorings Condominium Resort on Sanibel Island

For summaries on the individual stories of the award recipients, visit www.EAwards.org.

Geraci Travel sponsored the 2017 Honor of Distinction award given to Dilya Gabdrkhmanova, housekeeping supervisor at Beachview Cottages of Sanibel Island, for being the best overall representative of outstanding service for the year.

Gabdrkhmanova received several nominations from around the country. A nominator described her as "someone who makes you feel like part of her family."

Another nominator described her positive impact on new and returning visitors. One guest noted that her gestures and kindness brought people to tears.

continued on page 16



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Free Canvas Bags Promote BYOB Campaign

submitted by Megan Duncan,
Sanibel Sea School

Bailey's General Store and the Sanibel-Captiva chapter of Solutions to Avoid Red Tide (START) will be holding an event at Bailey's to reduce the use of disposable plastic bags on the islands and educate locals and visitors about the harm plastic bags cause to the environment.

On Saturday, September 16, starting at 3 p.m., members from START and Bailey's General Store will team up to hand out canvas bags for free while supplies last. These durable bags are branded with the BYOB logo, as well as a list of surprising facts about disposable bag use. It's the perfect one-step approach to educate people and give them the tools they need to act. All are invited to stop by, pick up a bag, get educated and get green.

More than 100 billion disposable plastic bags are used annually in the United States, so it is no surprise that they are one of the most common trash items collected on beaches worldwide. Rarely recyclable, they can take 1,000 years or more to decompose, and they are harmful to wildlife. Sea turtles confuse them with jellyfish and suffer from digestive trauma, and countless other animals become entangled in them or mistake them for food each year.

Luckily, the solution to this problem is simple – bringing your own reusable bag when you shop eliminates the need for disposable plastic bags. Over the years, START has purchased and distributed thousands of reusable shopping bags to locals and visitors with help from various island shops, accommodations and organizations.

Bailey's General Store is located at the corner of Periwinkle Way and Tarpon Bay Road.✱

Panel Discussion On Water Quality In October

The Environmental Awareness Committee of the Captiva Island Yacht Club will host a panel presentation and discussion entitled Sanibel-Captiva Current Beach Water Quality Issues on Tuesday, October 24 from 10:30 to 11:45 a.m.

During the presentation, three water quality specialists – James Evans, Dr. Eric Milbrandt and Dr. Erhard Jones – will share their findings and perspectives concerning the blue-green

algae "bloom" that has affected Florida's estuaries, waterways and beaches so noticeably in the past year, and produced toxins that can harm humans, marine life and the environment along the gulf coast.

Evans, director of the City of Sanibel's Department of Natural Resources, will provide an overview of water quality concerns, explaining sources of the problem, proposed solutions and the status of related legislation.

Milbrandt, director of the marine laboratory for the Sanibel-Captiva Conservation Foundation (SCCF), will describe how water quality is monitored and the marine lab's use of the Estuary Coastal Observing Network

(RECON), an array of instruments with near real-time sensors throughout the Caloosahatchee Estuary and Pine Island Sound.

Jones, an environmental engineer and professor emeritus at the University of Wisconsin, will serve as moderator.

An interactive discussion will follow their comments. Attendees are invited to bring questions and join the conversation because good water quality is essential for good health and abundant marine life. The presentation is free and all are welcome to attend.

The Captiva Island Yacht Club is located at 15903 Captiva Drive. For more information, contact the clubhouse by calling 472-4133.✱

Top Ten Books On The Island

1. *Glass Houses* by Louise Penny
 2. *Y is for Yesterday* by Sue Grafton
 3. *Swing Time* by Zadie Smith
 4. *Sanibel Flats* by Randy Wayne White
 5. *Deep Blue Goodbye* by John D. MacDonald
 6. *Camino Island* by John Grisham
 7. *Shelllanguage* by Pam Rambo
 8. *Descent* by Tim Johnson
 9. *Spy* by Ted Bell
 10. *This Was a Man* by Jeffrey Archer
- Courtesy of MacIntosh Books and Paper.✱



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Sunday School Beginning Soon At St. Michael's

St. Michael & All Angels Episcopal Church invites all school children in kindergarten through fifth grades to attend its Sunday Bible School, beginning September 17, in its newly renovated Sunday School rooms. The school runs concurrent with the Sunday service, held at 9:30 a.m. throughout September and October, and at 10:30 a.m. beginning November 5. The class is 45 minutes long, after which the children return to the Sanctuary to participate in Holy Communion. The school continues each week through the end of May.

The newly renovated Sunday School rooms, a gift from a generous donor, are bright, joyful and inspiring to kids of all ages. From comfortable rugs decorated with the colorful words "love," "Jesus" and "kindness," to separate cubbies with each child's name, "our intent is to create a personalized and loving atmosphere to deepen learning about the Christian faith," Rector Ellen Sloan said.

Lessons are experientially based with numerous opportunities for hands-on activities, music and items to take home for family involvement throughout the week. Each Sunday, the time together in Sunday School attempts, not only to bring the stories of the Bible to life, "but also to help children focus on how to act upon Jesus' message of love in



Preparing for the first day of Sunday School at St. Michael & All Angels Episcopal Church are students, front from left, Carter Sproles, Emalee Peach, Taylor Peach and Camryn Peach, with teachers, back from left, Donnalee Washburn and Wendy Warner photo provided

their daily lives," Sloan added.

Coordinator and lead teacher for the Sunday School program is Donnalee Washburn, a veteran educator of young children. Washburn, who holds both bachelor's and master's degrees, taught elementary-school-age children at Canterbury School for 23 years. With

nearly 30 years of experience teaching Bible classes to children, she has led the Sunday School program at St. Michael's since 2011.

Washburn will be joined by Wendy Warner, RN, St. Michael's parish nurse. Warner, who for years took a leading role in Girl Scouts of the USA, has

served as the St. Michael's nurse for three years. She and her daughter Meghan taught Vacation Bible School at St. Michael's this past June.

To register or for more information, contact Pastor Ellen Sloan at 896-6468.✱

Gospel Project Coming To Sanibel Church

Beginning September 10, Sanibel Community Church will join with many other congregations around the world in The Gospel Project Bible Study, offered on Sundays at 9 and 10:45 a.m. in the Fellowship Hall. All are welcome and the course is free.

The Gospel Project is a chronological, Christ-centered journey through the storyline of Scripture. Participants will encounter God's plan of redemption in Scripture through study of Bible narrative, the essential doctrines of the faith, and the call to join in God's mission locally and globally.

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.✱

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Lee VCB Earns Five Top Tourism Marketing Awards

The Lee County Visitor & Convention Bureau (VCB) recently earned five Flagler Awards including the prestigious first-place Henry award at the Florida Governor's Conference on Tourism at the Diplomat Beach Resort in Hollywood, Florida.

This year, the VCB earned the following awards:

Henry award: Extend Your Summer Fall Campaign in the Social Media Marketing category;

Bronze award: National Seashell Day PR Campaign in the Creativity in Public Relations category;

Silver award: Fall Islandology Print in the Print Advertising category;

Bronze award: Spring Radio in the Radio Advertising category;

Silver award: Consumer Website Redesign campaign in the Websites category.

In the Social Media Marketing category, the VCB campaign goals focused on driving awareness and increasing interest in The Beaches of Fort Myers & Sanibel as a year-round destination where the sunshine, warm weather and fruity cocktails don't stop. Through a series of imagery promoting summer vibes, partner deal posts, sponsored ads in top and in-state markets and a dedicated #ExtendYourSummer hashtag, the campaign organically generated a total of 4,895 engagements and 217,000 impressions, and generated 384 new Instagram followers during that two-week period.

In the Creativity in Public Relations category, the VCB targeted national, regional and in-state consumer travelers for the National Seashell Day PR campaign by setting out to raise awareness of the destination as the "Shelling Capital of the World" through creative "Shelling Starter Kit" mailers, dedicated press trip, targeted media outreach and themed Travel Massive event. Efforts resulted in more than 193 million impressions and earned media

coverage in national outlets including *Lonely Planet*, Travel Channel and *Condé Nast Traveler*.

In the Print Advertising category, an "Islandology" print campaign touted the destination's unique attributes that evoke a relaxed state of mind, combining high impact visuals with inspirational headlines to increase visitation during the fall shoulder season (October to December). The campaign generated 5.1 million gross impressions and a 3.1 percent increase in paid accommodations year-over-year.

In the Radio Advertising category, the CVB targeted the top feeder markets of Cleveland, Cincinnati, Indianapolis and Columbus to entice spring travel with personalized "thank you notes," dedicated audio spots and partnerships with TargetSpot and Spotify. The campaign garnered almost 3.8 million impressions and an additional 5.9 million impressions generated through digital extension.

In the Websites category, the VCB embarked on a redesign, which utilized a content-first approach with dynamic imagery and video as well as robust content and personalization software to create a more relevant and engaging user experience. Overall site traffic increased by 37 percent while digital information requests increased by 25 percent.

The Flagler Awards program, sponsored by Visit Florida, the official tourism marketing organization for the state, and the Florida Commission on Tourism, recognizes outstanding tourism marketing in Florida. Every year, the Flagler Awards honor many individuals and organizations that help maintain and improve Florida's position as one of the world's most popular travel destinations. The awards are open to all individuals, private businesses and not-for-profit organizations offering a product or service that promotes tourism to or within Florida.

"It is always rewarding to gain industry recognition for our marketing efforts," said VCB Executive Director Tamara Pigott. "We are grateful to Visit Florida and Florida's Commission on Tourism for bestowing us with

these prestigious Flagler Awards. By vigorously promoting and marketing The Beaches of Fort Myers & Sanibel, we will continue to raise global awareness for Florida as a preferred travel destination.

A panel of out-of-state judges, who evaluated the creativity, innovation, production, quality and effectiveness of each entry, determined the winning entries. Based on the judges' cumulative scores, awards were presented to the top three entries in each category: the Bronze Award for the third highest scoring entry, the Silver Award for the second highest scoring entry, and the Henry Award for the highest scoring entry in each of the 17 categories.✪

Relief Funds Established For Flood Victims

The Southwest Florida Community Foundation has joined forces to create giving funds to help local neighbors enduring the effects of flooding and those displaced due to Hurricane Harvey.

Established in partnership with the United Way of Lee, Hendry, Glades and Okeechobee Counties, Lee County Emergency Management and Lee County Human Services, along with the Red Cross and The Salvation Army, the foundation has opened the Southwest Florida Flood Relief Fund. The fund is a way for community members to help neighbors in need in the aftermath of the storms and floods displacing residents across the region, especially south Lee County.

One hundred percent of the funds donated through the Southwest Florida Community Foundation will be used by the United Way to provide emergency funds to directly help people displaced from their homes and those suffering loss due to the floods.

In addition, the Community Foundation is partnering with the Greater Houston Community Foundation, a lead organization providing immediate emergency funding and supporting recovery service organizations in the aftermath of Hurricane Harvey, in creating the Hurricane Harvey Fund of the

Southwest Florida Community Foundation with all funds raised to be sent to aid those affected in Texas.

Donors can give at www.FloridaCommunity.com.✪

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from 1 to 8 p.m. this Sunday, September 10. Cost is \$12 to \$14. There will be a fish fry the following Sunday, September 17 from 1 to 8 p.m. Cost is \$12.

There will be an American Legion meeting on Wednesday, September 13 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.✪

From page 1

Future Plans

structure might cost in the neighborhood of \$6 million.

At the June 6 Sanibel City Council meeting, Mayor Kevin Ruane noted that the project is "still in its infancy." He also reiterated that the next workshop will be held to attempt to build consensus among council members to determine the best alternative for the Center 4 Life.✪

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Lorin Arundel

Advertising

Bob Petcher

Graphic Arts & Production

Ann Ziehl, Manager
Amanda Hartman
Justin Wilder

Reporter

Jeff Lysiak

Contributing Writers

Kimberley Berisford	Craig R. Hersch
Barbara Cacchione	Tanya Hochschild
Kay Casperson	Shirley Jewell
Constance Clancy, EdD	Audrey Krienen
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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.

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From left, Deb Silver, Jane Kuckel, Melissa Schaefer, Arlene Knox, Indera DeMine, Latrice Davis, Karen Nathan, Diane Spears, Elaine Schaeffer, Audrea Anderson, Madelon Stewart, Jill Dillon and Dena Geraghty photo provided

Toast To Tenacity 97th Anniversary

On Saturday, August 19, women from Fort Myers, Sanibel and Estero gathered to raise a glass of

grape juice (after all, it was still Prohibition in 1920) to commemorate the 97th anniversary of the passage of the 19th amendment. They toasted the tenacity of suffragists, including African American women, white women and some men, who struggled for more than 70 years until they finally won the right to vote for

American women.

This annual, nationwide Toast to Tenacity is sponsored by Vision 2020, a national coalition of individuals and organizations working for women's economic, political and social equality. To learn more about Vision 2020, visit www.Drexel.edu/vision2020.

The local group honored Ida B. Wells, an African-American journalist, newspaper editor, suffragist, sociologist, feminist, early leader in the Civil Rights Movement and one of the founders of the National Association for the Advancement of Colored People.✱

From page 1

President

Puma said. "On behalf of the board, we look forward to John's leadership and wish him success in his new role."

Lai has lived in the area for more than 25 years and carries a deep connection

to the islands. He continues to enjoy his community with his wife Amy and two children. "I'm very honored and grateful to have this opportunity," Lai said. "It's a unique challenge, but one I feel both enthusiastic about and prepared to face."

To learn more about the chamber and the benefits for members, visit sanibel-captiva.org or call 472-1080.✱

Captiva Triathlon Cancelled

submitted by
Ken and Kate Gooderham

Due to the threat of Hurricane Irma and uncertainty about the storm's track, the 2017 Galloway Captiva Tri weekend at South Seas Island Resort

on Captiva has been cancelled for the safety of athletes, volunteers and public safety personnel.

Details about the cancellation are online at www.captivatri.org. Race proceeds will still go to help Community Cooperative's Healthy School Pantry Program as they have for the previous six events. The 2018 Galloway Captiva Tri weekend is scheduled for September 15 and 16, 2018 – weather permitting, of course.✱

New Christian Faith Study

Sanibel Community Church will offer the course To Know With Certainty is to Go With Certainty beginning Sunday, September 10 and continuing for eight weeks at 10:45 a.m.

This intergenerational study is essential for all who desire to defend, contend and effectively witness for their Christian faith in any setting, including the college classroom, discussions with peers and in any walk of life.

The course marries evidence and facts from science, history and the Bible to demonstrate that the creator God of the Bible is more glorious, majestic and sovereign than the human mind can fathom. Participants will learn how to strengthen their ability to intellectually and spiritually compete among world views such as humanism, evolution and atheism, as well as their confidence as a Christian. 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.✱

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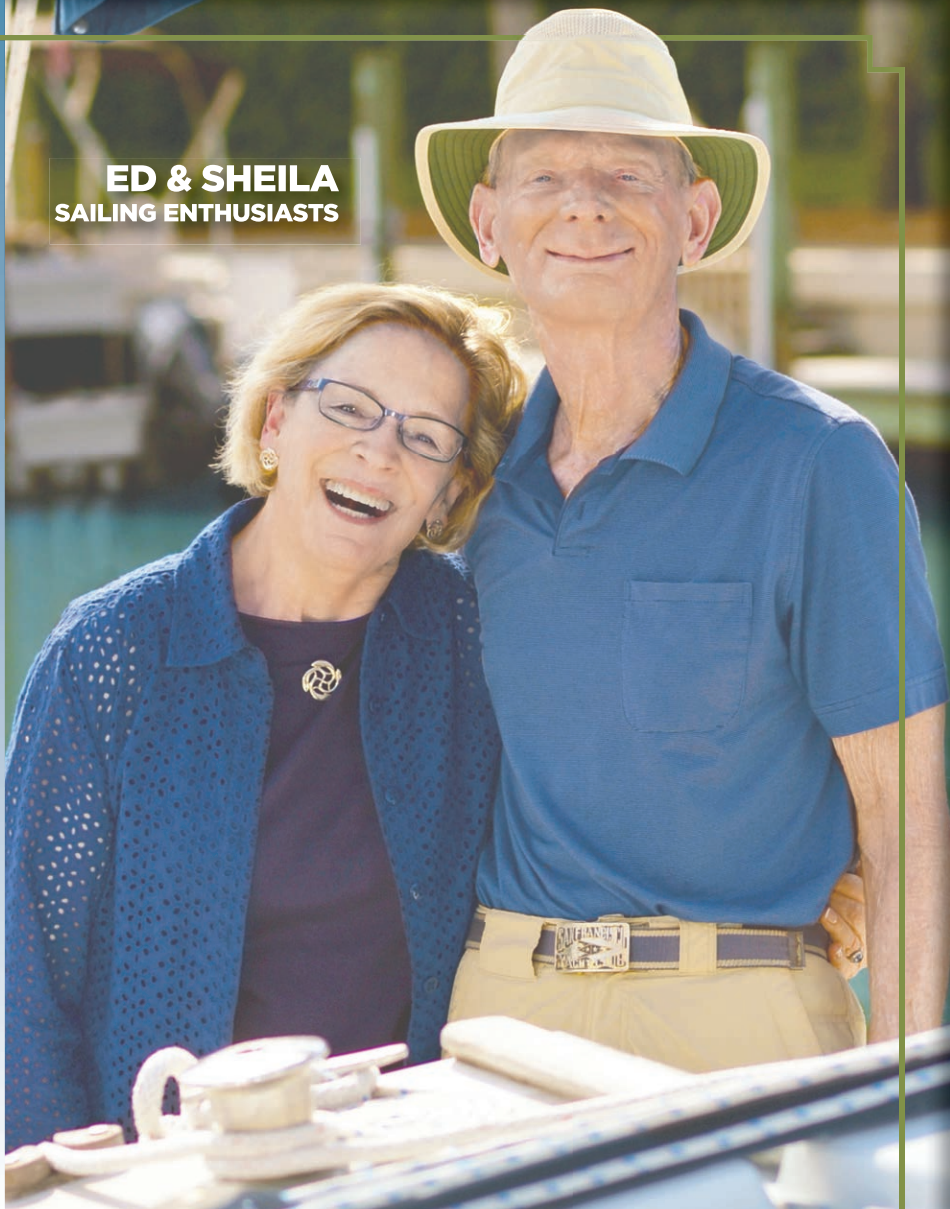
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Plant Smart

White Leadtree

by Gerri Reaves

White leadtree (*Leucaena leucocephala*) is a member of the pea family and native to Mexico, the Caribbean and Central America. Jumbie bean is another common name for this tree with pretty powderpuff-like blooms and feathery foliage.

It is speculated that it was introduced more than eight decades ago for cattle fodder and erosion control.

In its native range, the tree has many uses, including fuel, lumber, animal fodder, windbreak and green manure. The seeds are used in jewelry-making and are roasted for consumption.

However, in Florida, it is officially listed as a Florida Noxious Weed because it aggressively invades natural habitats such as coastal strands and pine rocklands.

In addition, its invasive propensity has earned it a place on Florida Exotic Pest Plant Council's (FLEPPC) list of category-II invasive plants.

Species on that list "have increased in abundance or frequency but have not yet altered Florida plant communities to the extent shown by Category I species," according to FLEPPC. However, a category II plant can be reclassified to category I should it demonstrate the ecological damage of that group.

This fast-growing tree usually



Feather-like foliage and puffball flowers lend ornamental appeal

photos by Gerri Reaves

reaches about 25 to 30 feet tall, but has been known to grow to 60 feet or more. It forms dense groupings where it spreads, usually via seeds, and crowds out other vegetation.

It is moderately drought and salt tolerant and grows in full sun to partial shade.

The alternate leaves are bipinnate, or twice-divided, and up to 11 inches long. They are comprised of about a dozen pairs of oblong leaflets, each about one-half inch long.

The spikes of white puffball flowers bloom year-round and appear at the branch ends. Globe-shaped and less than an inch across, the flower's numerous stamens create a pincushion appearance. They turn brownish with



White leadtree is a category-II invasive species in Florida

age.

The bark is smooth and grayish or brown.

Clusters of bean-like pods ripen from green to dull brown or tan and hold as many as 30 flat brown glossy seeds.

Pods measure up to six inches long and an inch wide and are spread by the wind. Birds and rodents eat and disperse the seeds.

If you have a white leadtree on your property, consider removing it

and replacing it with a native tree, hopefully before another batch of seeds is distributed far and wide.

Interestingly, grazing goats are one successful method of control.

Sources: *500 Plants of South Florida* by Julia F. Morton, *National Audubon Society Field Guide to Florida*, www.freshfromflorida.com and www.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida. ✪

SCCF Sea Turtle Nesting Statistics

submitted by Alexis Horn, SCCF Public Outreach Coordinator

Only seven nests were lost in the storm last week and nests are still hatching every day. On September 1, we had 17 nests hatch on our three beaches. There are 221 nests still incubating on the beaches (143 on the West End, 44 on the East End, and 34 on Captiva). Our most recent nest was laid on August 28 on the West End. As you already know, Sanibel broke both the loggerhead and green nesting records this year. Captiva and the East End most likely are not going to break records this nesting season. Importantly, the hatching rates are way up from last season, so even though the nest numbers are slightly lower on two beaches, we will still have a more productive year than in 2016. In fact, 37,239 hatchlings have already emerged on our beaches this season.

As of September 7, 2017

Sanibel East: 153 loggerhead nests, 2 green nest, 239 loggerhead false crawls*, 0 green false crawls

Sanibel West: 495 loggerhead nests, 31 green nest, 609 loggerhead false crawls*, 24 green false crawls

Captiva: 189 loggerhead nests, 0 green nest, 208 loggerhead false crawls*, 1 green false crawls

Final nest counts of 2016

Sanibel East: 174 loggerhead nests, 0 green nest, 343 loggerhead false crawls*, 0 green false crawls

Sanibel West: 460 loggerhead nests, 2 green nest, 813 loggerhead false crawls*, 0 green false crawls

Captiva: 194 loggerhead nests, 0 green nest, 290 loggerhead false crawls*, 0 green false crawls

*False crawl: a failed nesting attempt

If you have questions, or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329. ✪



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Rain-Cooled Water Fires Up Fishing



by Capt.
Matt Mitchell

After more than 12 inches of rain last week, I was not sure what to expect when getting back out on the water and what effect that amount of rain would have on fishing. The first

day out after the rains had finally slowed, I was pleasantly surprised at how easy of a time I had catching bait. Usually with so much fresh water being dumped into the bay from all the rivers and estuaries, the bait is the first thing to head out offshore seeking better salinity. With a live well full of shiners, I picked up my clients and headed out feeling blind after not being on the water and fishing due to bad weather for four days.

Opting to stay close to home as scattered rain was still moving through and the wind was still blowing, I noticed it did not take long to bend the rods. My first stop

was a favorite deeper sand hole up tight against the mangroves during the high outgoing tide. It did not take long at all to get the fish fired up as we caught snook, mangrove snapper and even a 25-inch redfish all from this first stop of the day.

Once this bite slowed, I felt the pressure was off me a little bit as we had six 12-inch plus mangrove snapper and a 25-inch redfish in the cooler. These longtime clients from central Florida are all about taking fillets home and, with two days of fishing booked with me, it felt good to get them on the meat early. Bouncing around the southern sound on day one, we stayed busy catching lots of catch and release snook and finishing out the limit of mangrove snapper.

By day two, conditions were much better and that allowed me to basically run anywhere in the sound I wanted to fish. I made a longer run up on the bayside of north Captiva, and it was amazing how clear and better the water looked. This middle-to-northern end of the sound gets a much better flush with larger passes and the lack of river water. With birds and bait everywhere, you would have never thought we had had such a major rain event. We started our day fishing some oyster bars on the high water and continued catching lots of snook and mangrove snapper. As the tide got lower, I moved to a deeper channel that was



Gillie Russell from Lake Placid with a 25-inch redfish caught while fishing with Capt. Matt Mitchell photo provided

loaded up with mangrove snapper on a submerged structure. We hit pay dirt. Mangrove snapper up to 16 inches came out of the water to feed on the live shiners I was chumming and, within 20 minutes, we had our limit of big mangs.

Later in the week the four to six foot grass flats behind North Captiva and Cayo Costa within close proximity to the passes had some crazy wide open action on a mixed bag of fish. This cleaner, clearer water was loaded with trout, ladyfish, snapper, mackerel and small gag grouper. We cast live free-lined shiners and caught

fish on just about every cast. There were not many keeper fish but this nonstop action was just fun fishing. I returned to these same grass flats with the same results all week long. The cooler water that resulted from all the rain really did wonders for fishing.

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

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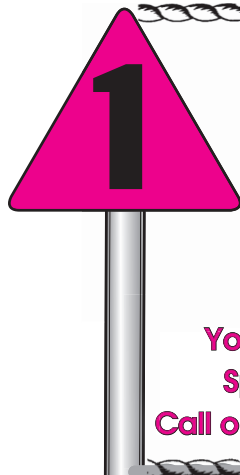


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Dave Doane



Sanibel Sea School will offer adults an opportunity to explore Sanibel by boat this fall photo provided

Sea School To Offer Boat-Based Classes For Adults

submitted by Leah Biery

Beginning in October, Sanibel Sea School will once again offer a series of boat-based classes for adults. Led by marine biologist Dr. Bruce Neill and his team of marine science educators, each three-hour experience will focus on a different ocean related topic and will take place from the comfort of a large pontoon boat.

Planned topics include animal migrations, birds and the ecology of San Carlos Bay and the Caloosahatchee. "This year, we have taken student feedback into consideration, and we're looking forward to covering some of the most requested subjects," said Neill. "Thanks to calm waters and cooler days, fall in Florida is a great time to explore our area by boat." Boat-based classes are open to adults ages 18 and older, and prices vary. A complete schedule will be available soon at sanibelseaschool.org. To receive updates via email, send a request to info@sanibelseaschool.org.✪

Help Clean Up Our Coasts To Protect Wildlife

submitted by Dee Century

For the 31st year, volunteers will be joining with the Sanibel-Captiva Conservation Foundation (SCCF) on Saturday, September 16 to clean our coastline of human-made debris, much of which is made from plastic. Every year, volunteers scour the mangroves and beaches looking for plastic bottles and bags to protect our sea turtles and shorebirds that might ingest this toxic plastic. Sixty-two percent of shorebird species and 100 percent of sea turtle species have been found with plastic inside of them.

As if that wasn't disturbing enough, scientists are now focusing on the effect of "microplastics" on wildlife like oysters, crabs, shrimp and fish that ingest these minute pieces of plastic. Four hundred pieces of microplastic can fit on the head of a pin. Seventy-eight percent of the chemicals used in plastic are considered to be "priority pollutants" by the United States Environmental Protection Agency.

I have eaten a lot of fish, shrimp and oysters in my day. I wonder how many microplastics I have ingested? To join the Coastal Cleanup, call SCCF at 472-2329 or e-mail dserage@sccf.org the week before September 16 to get your cleanup location assignment.✪



Michael Timm with some debris he collected on the beach photo provided



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Shell Of The Week

Circular Chinese Hat



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

The Circular Chinese Hat, *Calyptrea centralis* (Conrad, 1841) is the least common among

the local species of the slipper snail family Calyptraeidae. Its circular shell reaches about 0.5 in diameter; the apex on “top” of the shell is centrally located, and the shell “aperture” is represented by a sinuous (sigmoid), flaring shelf “under” the shell. The shell color is white or off-white, sometimes slightly translucent. As other members of the family, Circular Chinese Hats are filter-feeding marine gastropods (marine snails). Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

DAILY programs included with paid admission: Movies, Live Tank Talks, Arts & Crafts (Please call (239)395-2233 for scheduled times).

Florida Family Discount: Buy one adult admission, receive one free child/youth

The Circular Chinese Hat, *Calyptrea centralis*, from Sanibel Island photo by José H. Leal

admission (From May 1st to September 4th, 2017 only).

Beach Walks: Information and registration at <http://shellmuseum.org>.

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

From page 4

Locals Honored

Another wrote that she even made pets feel welcome.

One example of her great customer service included a nomination from a retired physician who visits Sanibel frequently. Despite recovering from major heart surgery, the 82-year-old guest decided to make her annual trip to Sanibel with her dog. She received moral and physical support from Gabdrkhmanova. The nominator wrote that Gabdrkhmanova made her breakfast every morning, made sure she took her medicine, helped her get dressed and did her laundry. She wrote that Gabdrkhmanova showed her that “even at 82, life is still full of wonderful surprises.”

“The time and care Dilya gave me made me feel wonderful and put a smile on my face in this difficult time,” the nominator wrote.

Martorelli, who has been employed at Bailey’s General Store since 2009, was surprised to be selected a winner.

“I was so surprised,” she said. “I looked over at Richard (Johnson, owner of Bailey’s General Store) and asked, “Did they say me?” I’m just happy to do this for the store. It’s why customer service is so important to us.”

Cordisco, a Sanibel Moorings employee since 2010, was taken aback when she learned that she had won the coveted accolade. “I was incredibly surprised and honored to win this award,” said Cordisco. “I give credit to the people – the team I have here and the folks in the community. They all make me very proud.”*

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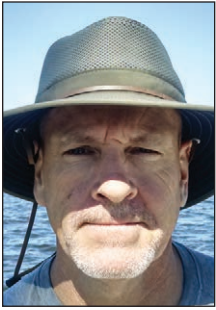
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CROW Case Of The Week:

Conjunctivitis In Animals



by Bob Petcher

Conjunctivitis is commonly known as "pink eye," an inflammation or infection of the thin clear tissue that lies over the white part of the eye and lines the inside of the eyelid.

Humans generally contract conjunctivitis by viruses, bacteria, irritants from shampoos, dirt, smoke, pool chlorine and some forms of allergies, like dust or

pollen, or through other hypersensitive reactions that are eye-related. Even contact lens wearers can develop an allergy that leads to conjunctivitis.

Symptoms of conjunctivitis include eye redness, increased tear production, something felt in the eye to cause excessive rubbing, eyelid crusting, burning sensation within the eye or even discharge. One can develop conjunctivitis simply by touching an infected surface or an infected person and then rubbing his or her eye. If one contracts conjunctivitis in one eye, it is common to expect a spreading to the other eye.

The most common types of pink eye are viral and bacterial conjunctivitis, the former being caused by the same virus that creates the common cold. Like a cold, viral conjunctivitis can improve within 10 days. During that first period, viral pink eye can be very contagious. Bacterial conjunctivitis is reportedly even worse in terms of being transmittable.

An animal can also be physically afflicted by conjunctivitis. Dogs and cats can contract it and so can birds, though experts say conjunctivitis is more uncommon in raptors.

At CROW, a red-shouldered hawk (*Buteo lineatus*) was admitted from Punta Gorda with a severe case of

conjunctivitis. The swelling affected both eyes of the patient's mucous membrane (conjunctivae) that covered the front of the eye and lined the inside of the eyelid.

Due to the likelihood of being contagious, the red-shouldered hawk was isolated from other raptors at the Sanibel clinic. Medical officials noted the patient's conjunctivae were swabbed for cytology testing (study of cells) to determine the cause. The hawk was then started on antibiotics.

Dr. Julia Hill, CROW veterinary intern, stated that there are "several types of bacteria and viruses that specifically target the eyes" before providing results of the cytology testing.

"The cytology showed a severe inflammatory reaction, with a small number of bacteria," she said. "We are treating the hawk for a bacterial conjunctivitis and seeing improvement on this treatment."

Treatment and care procedures were said to include warm eye compresses and saline flushes of the eyes.

"A warm compress is being applied to the eyes and medicated drops are placed in each eye three times a day," said Dr. Hill. "The hawk is on two different types of systemic antibiotics as well."

The fate of the raptor will depend on the progress of the patient's eyes.

"We are waiting for the swelling to go down and the hawk to be able to see again," said Dr. Hill. "It will also need to finish its course of antibiotics. It will probably be here one to two more weeks."

After the Labor Day weekend and a week at the clinic in all, patient #17-3088 was remarkably better. It looks as though the hawk will make a full recovery and be released once its medication period is over.

"The eyes have made a fantastic improvement," exclaimed Dr. Hill. "The left eye looks almost normal now and the right is just mildly swollen. The animal has responded amazingly to the treatment we have provided."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing



Patient #17-3088 suffering through bacterial conjunctivitis

photo by Brian Bohman

veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.*

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CROW Calendar Of Events

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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

**The Clinic for the Rehabilitation of Wildlife Visitor Education Center will be closed Tuesday, September 5 through Friday, September 8 as we attend to some fall cleaning.

Friday, September 8 – The Visitor Education Center will be closed for fall cleaning.

Monday, September 11, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

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

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

Tuesday, September 12, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

Wednesday, September 13, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, September 13, 11 a.m., adults \$7, teens \$5, 12 and under

no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Thursday, September 14, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, September 14, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.**

LIVE ON THE ISLANDS

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

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

Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday.

Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's John McLane.

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

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker. Marvilla Marzan joins Brubaker on Saturday. Brubaker plays again on Wednesday.

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

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Collage class student Diana Gray collaborates with instructor Bea Pappas during last week's session at the Center 4 Life photos by Jeff Lysiak

Collage Artwork Catching On With Seniors

by Jeff Lysiak

The first Collage with Bea Pappas class of the fall season took place last week at Sanibel's Center 4 Life, and offered both veteran artists and newcomers to the craft an easy approach to collage, both figurative and abstract.

"I really enjoy watching people grow as an artist," said Pappas, who began her career as an artist and teacher following

the birth of her first child. "I like seeing them get into shows, and some of them do very well, and are selling their artwork. It's very satisfying."

According to Pappas, collages can be worked from torn magazines, photographs, sheet music, greeting cards, book pages, coffee filters or handmade papers. The artist arranges those elements in whatever manner they choose, affixing them to paper, canvas, metal or other surfaces.

"You can create a collage out of anything," said Pappas, noting that some of the world's most renowned artists – including Pablo Picasso, Henri Matisse and Robert Rauschenberg – worked in collages. "It's a wonderful medium, especially if you



Diana Gray rearranges colored paper for her current art project

have something to say. It's great for telling a story or sending a message."

During her first session of the summer, Pappas worked with Diana Gray, one of her students at the Center 4 Life over the past six years.

"I love the art I'm creating and I love working with Bea," said Gray. "She's such a wonderful inspiration for all of us."

A renowned watercolor artist herself, Pappas explained that she enjoys making her classes fun for everyone, from first-time art students to amateur hobbyists. "We do lots of experimental work," she said. "There are no rules in what you can do – you're free to use just about anything and there's no limit to what you can create."

"I've got my artwork all over the house, so my husband says it's like living in an art



Bea Pappas with one of her finished collages

gallery," added Gray. "I just love collage."

Collage with Bea Pappas is offered at the Center 4 Life on Fridays from 12:30 to 3:30 p.m. Cost is \$15 per class for members or \$20 per class for non-members. Upcoming class dates include September 8, 15, 22 and 29 and October 6, 13, 20 and 27. Students are asked to bring their own pint of fluid matte premium, scissors, collage materials (paper, photos and magazine clippings) and substrates (i.e. watercolor paper, canvas, canvas board or mat board).

The Center 4 Life is located at 2401 Library Way. For more information, call 472-5743.✴

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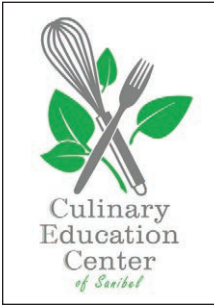
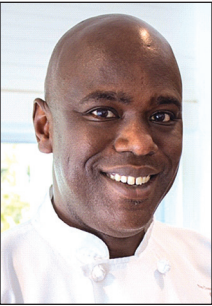
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The Community House

Yuca Or Yucca



by Resident Chef Jarred Harris

I have used the yuca root and I've also had yucca plants. Over the years, I began to use "yuca" and "yucca" interchangeably, when they are two totally different plants.

The yuca (pronounced yoo-KAH) is a root vegetable, also known as cassava, manioc and tapioca. It is very starchy, high in carbohydrates and widely used in African, Latin, Caribbean and Southeast Asian cuisines. The yuca root is also pulverized and used to make tapioca flours and pearls.

The yucca (pronounced YUCK-ah) is the name given to 40 different types of trees, grown primarily for decorative purposes. Some of these trees produce fruit, seeds and leaves which are edible. These drought-resistant plants are usually found in subtropical climates and the roots rarely harvested.

The yuca has several health benefits. This vegetable is very low in cholesterol, saturated fats and sodium. It is also high in manganese and a very good source



Yuca root photos provided



Yucca plant

of vitamin C. Because the yuca is high in fiber, it aids in digestive efficiency.

The yuca root has been directly linked to anti-inflammatory and analgesic properties, which makes it a good natural treatment for arthritis. This vegetable also contains high levels of folate (vitamin B9) and potassium which stimulate blood flow to the brain and increases cognitive abilities.

Hopefully, I've given you a bit of insight on the yuca. If you have never eaten this delicious vegetable, I suggest you buy some and try it out. Many restaurants are starting to use yuca fries on their menus and most grocery

stores carry yuca fresh or frozen. It is very simple to prepare and an excellent substitute for potatoes.

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.✪

Children's Programs At The Sanibel Public Library



Storytime at Sanibel Public Library photo provided

During renovations at Sanibel Public Library, 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 discover new books, puzzles, games, crafts and other activities. Snacks are 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 to third grades) meets

on Thursdays at 3 p.m. Favorite books, new books, never-knew-existed books, puzzles, games and 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 celebrates 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 can sample circular foods.

The public is invited to these library programs. There is no additional cost to participate. The weekly children's program schedule changes in September and is available online at www.sanlib.org.

Artists from the Sanibel Captiva Art League are exhibiting paintings at the library this summer. Works are available for sale and paintings are ready to take home at time of purchase.

For more information, call 472-2483 or visit www.sanlib.org.✪

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Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel is set for Tuesday, September 12 beginning at 9 a.m. in the meeting rooms by Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public. Among the agenda items:

- Update on 'Tween Waters kitchen renovations
- Discussion of next steps for proposed Captiva Plan update.
- Update on priority committees including wastewater, invasive species, Captiva Drive bike/ped improvements and island rentals.
- A Captiva Erosion Prevention District update.
- A Captiva Fire District update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting has been scheduled for October 10. Information and background documents are available online at www.captivacommunitypanel.com.

Shell Found



Mark Jakobowski photo provided

Mark Jakobowski, visiting from Williamsburg, Virginia, found a junonia while vacationing at South Seas Island Resort. He comes to the island every year and enjoys shelling, but this is the first time finding a rare shell.✪✪

Send your editorial copy to:
press@islandsunnews.com

Shells Found



Jacqueline and Curtis Porcello photo by Justin Wilder

Jacqueline and Curtis Porcello, visiting from Brielle, New Jersey, found a horse conch and a pear whelk on the beach near Sanibel Arms West. They said, "After four days of nonstop rain and heavy storms, we were able to go shelling. We love Sanibel Island."✪✪

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Book Review

House Of Spies

by Di Saggau

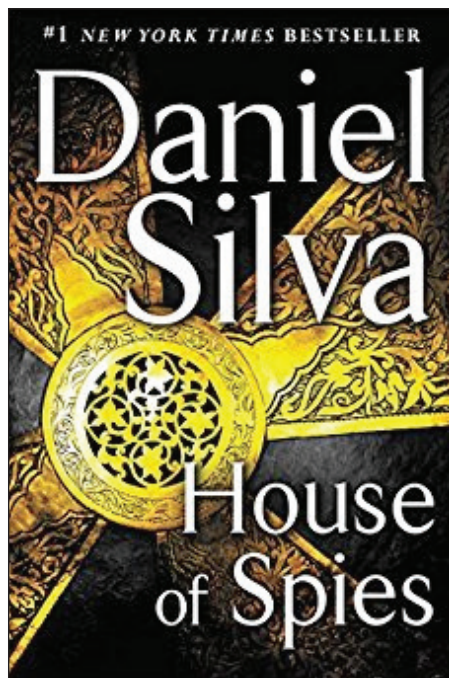


In the wake of last year's bestselling novel *The Black Widow*, Daniel Silva is back again with *House of Spies*, his 17th Gabriel Allan tale. The story serves as a sequel and is a tense, thrilling

adventure with Gabriel, the Israeli master of operations in the lead. Silva not only entertains, he also educates you by including up-to-date world events and scenarios that are too plausible to be taken lightly. As in *Widow*, the hunt is on for Saladin, the head of ISIS.

There are some newcomers in this book including Jean Luc Martel, an extremely wealthy man involved in a variety of businesses and his partner Olivia Watson, a former model who runs an art gallery. Gabriel discovers they are not really who they claim to be and uses their secrets to his advantage. Gabriel has one goal and that is to kill Saladin, the madman who has already caused chaos around the world and continues to plan even more heinous crimes. Not only does he want him dead, he wants to be the man who kills him.

Four months after the deadliest attack on the American homeland since



9/11, terrorists leave a trail of carnage through London's glittering West End. The attack is a brilliant feat of planning and secrecy, but with one loose thread: the French-Moroccan street criminal and ISIS operative who supplied the combat assault rifles. This thread leads Gabriel and his team of operatives to the south of France and beyond in search of this man.

Gabriel is fueled by revenge. He partners with several allied nations and launches a daring mission, one that doesn't go by the rules. Some of our

favorite characters are involved, including Christopher Keller, the former British special ops soldier turned Corsica-based assassin turned newly minted MI6 agent. Also back are Mikhail Abramov and Natalie Mizrahi who play serious roles in the operation.

Silva excels at bringing his readers into the story. Before you know it, you are involved with a number of devoted men and women who are willing to risk their lives to bring about justice. All have special skills and they offer them

to Gabriel as the man in command. Elegant, sophisticated and filled with unexpected moments of wit and grace, the story ends with an electrifying climax that will leave readers breathless long after they turn the final page.

Silva presents the literary world with a new book each summer, which means we have to wait til summer of 2018 for his new adventure. I know it will be worth the wait. In the meantime, be sure to read *House of Spies*.✱

School Smart



by Shelley M. Gregg, NCSF

Dear Shelley, My husband and I aren't sure if we really need to include extensive cursive instruction as part of our homeschool curriculum for our

children. Do you think it's worth the time and energy to go beyond the basics with cursive?

Angelique V., Fort Myers

Angelique,

You are not alone in this debate as teachers, parents and even politicians are debating why they should bother spending time teaching what some say is a dated skill. There seems to be no point to picking up a pen and scribbling on paper when keyboarding is so convenient, neat and easy to copy-and-send. However, the latest research says that we are missing out on some cognitive development if we bypass instruction in cursive.

Recent research has found that children until about sixth grade were writing more words, writing faster and expressing more ideas if they could use handwriting, printing or cursive, than if they used the keyboard," reported University of Washington professor Virginia Berninger. A leading expert in the field of handwriting education research, Berninger's extensive work with students in elementary school indicates that learning handwriting improves kids' ability to think.

Scientific studies of children and adults show that using pen or pencil when taking notes, rather than typing, is associated with improved long term information retention, better thought organization, and increased ability to generate ideas. No one can say why this is exactly, though researchers surmise one reason may be because when we write by hand, every letter of every word demands different actions, engaging the brain more. When we type, we repeat the same moves over and over again, whatever the word.

Neuroscientist William R. Klemm of Texas A&M University says that learning penmanship is developmentally beneficial for a young brain. It "provides crucial benefit to children at an age when they need it most: a sense of involvement and ownership, hand-eye coordination, patience and self-control."

Another reason that cursive is more effective than typing seems to stem from

handwriting's limitations. Handwriting when taking notes forces us to make choices. Researchers from Princeton University concluded in three studies of adult students taking notes on laptops and in longhand that transcription was less effective than selective translation of the information. "We found that students who took notes on laptops performed worse on conceptual questions than students who took notes longhand... whereas taking more notes can be beneficial, laptop note takers' tendency to transcribe lectures verbatim rather than processing information and reframing it in their own words is detrimental to learning," they wrote.

"Perhaps when we capture less of what is said verbatim, we pay more attention. Since we can't scribble everything that's being said as fast as we can type it, we end up forced to make choices when handwriting, processing the information as we take it in instead of putting it all down automatically."

There are practical reasons in keeping the skills of penmanship alive that focus on the bigger issue of students' functionality aside from the questions of cognition. The links to the past via letters and old documents disappear when kids can't read cursive. Parents are concerned now that their kids can't read old family letters or documents. They can't read signatures on primary documents like the Declaration of Independence. And lots of kids can't even sign their own name in cursive.

In Florida, cursive writing instruction in public elementary schools is a curriculum requirement for third through fifth grades as part of the Language Arts Florida Standards approved in 2014 by the Florida State Board of Education. Cursive writing was not included in Common Core State Standards (CCSS) that Florida adopted in 2011 along with 44 other states. However, 14 states now include it in their curricula.

There was a feeling that technology would solve everything; give a kid a computer, and she or he would become literate. We are living in a blended world; as adults, we use both pen and the keyboard, and we want to make sure that our kids can use both tools as well.

Shelley Gregg 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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Sanibel Fresh Offers Natural, Organic Menu

by Jeff Lysiak

With a philosophy and catchphrase that promises "Healthy Food For A Happy You," local foodies are invited to visit Sanibel Fresh, a new island eatery open for breakfast and lunch at 1020 Periwinkle Way.

Offering a wide variety of all natural, locally grown and harvested meats and vegetables, Sanibel Fresh – located in the former Bennett's Fresh Roast building – also serves organic, gluten free and allergy-friendly dining options.

"Some people have come in asking for donuts," said Amy Schmicker, the chef who helped design the restaurant's eclectic menu. "We've only been open a week and we're already seeing a number of customers coming back, so that's positive."

Open from 8 a.m. to 4 p.m. daily, the breakfast offerings at Sanibel Fresh include homemade granola – prepared with The SoulFull Project's hearty grains and seeds – along with steel cut oatmeal, sandwiches, paninis and wraps, a quiche du jour, and buttermilk, key lime and gluten free pancakes. Many of the dishes come served with breakfast potatoes. The kids menu features Pancakes on a Stick, dusted with cinnamon and sugar and served with maple syrup and fresh



Chef Amy Schmicker, left, and the staff of Sanibel Fresh, which opened on August 23, invite island residents and visitors to try their organic, vegetarian, vegan and gluten free dishes photo by Jeff Lysiak

fruit slices, and scrambled Lake Meadow Naturals Eggs served with ham or bacon, fresh fruit and toast.

Served all day are the Acai Bowls, which come loaded with fresh fruit topped with granola, roasted cashews and shredded coconut. Varieties include summer berries and banana; mango,

pineapple and banana; and raw coconut powder, banana, avocado and peanut butter.

The lunch menu includes appetizer options including homemade hummus, summer fruit quesadillas, avocado toast and a soup of the day. There are also a number of sandwiches, paninis

and wraps made to order, along with salads, flatbreads and house-made sides including a grilled potato salad (made with bleu cheese and all-natural bacon, olive oil and whole grain mustard) and cashew slaw.

A kids lunch menu includes a smoky continued on page 30

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- 1½ pound calamari, cleaned
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- 1 tablespoon rice wine vinegar
- 2 tablespoons sesame oil
- 1 clove garlic, minced
- 1 teaspoon ginger root, freshly minced
- 1 small red onion, halved lengthwise, then thinly sliced across (about 1 cup)
- 1 red bell pepper, sliced paper-thin
- ¼ cup fresh cilantro, chopped

1 teaspoon crushed red pepper flakes (optional)
2 cups seedless watermelon, cut into small pieces
Salt and fresh ground pepper, to taste
Clean and rinse calamari under cold running water, lightly pat dry with clean paper towels, cut tentacles and bodies into the same size, about 1/3 inch wide. Quickly cook calamari in a 5 to 6 quart pot of rapidly boiling salted water until opaque, about 30 to 40 seconds. Drain and immediately immerse in a bath of ice water to stop cooking. In a mixing bowl, whisk together soy sauce, rice wine vinegar, garlic, ginger, sesame oil and pepper (red and black). Let stand at room temperature for 5 minutes. Meanwhile, combine calamari, bell pepper, watermelon, and cilantro in a large bowl, toss with dressing,



Tropical Pan-Asian Calamari Salad

photo courtesy Fresh From Florida

allow to marinate at least 15 minutes. Garnish with pepper curls and fresh cilantro.

Yields 6 servings
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Rotary Happenings

submitted by Shirley Jewell

Our new club president, Holli Martin, continues to shake things up a little. Sometimes, fresh eyes bring new perspectives to regular club activities. Since Martin comes with a strong entrepreneurial background, she is used to looking at all aspects of the club's business practices, from a new Sanibel-Captiva Rotary logo to engaging all our members in both ongoing projects and the development of new ideas going forward.



A good incubator of ideas comes from informal gatherings and just getting to know each other better, so Martin has put monthly social activities on the calendar for club members and their families. New members seem to enjoy these social gatherings the most, finding that in a causal atmosphere, there is nothing off the table for discussion and that their perspectives on new projects and programs are heard and encouraged. These gatherings are not just think tank happenings but are fun ways to get to know each other better and develop good working relationships to accomplish Rotary's overall goals as a global service club.

Following somewhat along these lines was our guest speaker on September 1, Brad Miller, local business owner of Interior Plant Scapes in Fort Myers and author of



Brad Miller photo provided

Victory Goes to Business with Superior Systems, Your Best Work, The Best Way – How to Embrace the Power of Vision and Systems to Build a Business That Works.

Miller's family moved to Florida when he was 9 years old and his dad got into the plant growing business in Fort Myers. As with many small family businesses, the kids had to pitch in and help with the day to day running of the business. At some point in his teen years, the chore of helping with the business became a passion for horticulture and plants. After graduating from Edison College, he married his high school sweetheart and they opened Interior Plant Scapes in Fort Myers, currently

serving 400 hospitality and corporate businesses.

The business was going great but along the way, the passion turned to a chore. Miller told us, "As determined as I was to make my business a success, I was feeling like a victim every time my company added another customer." He was getting burned out. He was the business and the business was his life. He realized he was spreading himself too thin. The business was great, but he was going in too many different directions, was making mistakes and the business had grown away from the concept he started with. Did he really want to provide plant design for fundraising events? No. Did he want to provide services to private individuals? No. So why was the company doing these things?

Miller suggested the following: Look at your beginning vision for the company and how you serve your core client base. Look how you can streamline the business practices and set up systems to service your clients without you always worrying about the jobs. Is your vision for the business clear? If so, follow that vision. Growth is good but without systems that run independently of you, you will wear out. You need self-directed systems that include all business practices from purchasing to job completion. Educate your staff and inspire them with your vision for the company and hire people that share your vision. Train them to be able to succeed with this vision without you. Micro-management is not always bad but not always necessary.

When Miller took this approach and it succeeded, he knew he was on to something. He didn't have to do

everything at his business. He had good people, trained people, and they know what the company's business vision is and how to serve their clients on the highest level. Miller still controls client relationships and sales for Interior Plant Scapes but in 2015, launched another company, Miller Marketing and Training, and authored a business book, titled *Victory Goes to The Business with Superior Systems*.

A quote from the Eaton Business System: "You can decide upon the life you want – and then go to work to create a business that makes that life possible."

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

Blood Pressure Screenings

The Sanibel Fire District will offer complimentary blood pressure screenings at the Sanibel Recreation Center on Monday, September 11 from 9 to 11:30 a.m.

High blood pressure increases the risk of stroke, heart attack, heart failure, kidney disease and even blindness in some cases. The Sanibel Fire District's complimentary screenings are offered as a first step in determining if further examination by a health care professional is necessary.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.*

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The Community House

Kids Cooking Classes On First Mondays

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

The next class is scheduled for Monday, October 2 from 2:30 to 5:30 p.m. and will be celebration of the fall harvest with pumpkin and sweet potato curry, whole wheat flatbread, Community House Salad, and pumpkin and ginger creme brûlée. Class size is limited to a minimum of six and maximum of 16. Cost is \$35 per child per session. Permission slips and payments must be completed in advance.

Additional classes will be held on the first Monday of the month: November

6, December 4, January 1, February 5, March 5, April 2 and May 7.

The Methodology Of A Chef

Kitchen Guild and SCA members are invited to sign up for Methodology of a Chef on Saturday, September 16 from 10 a.m. to 1 p.m. Learn best practices for buying groceries, how to plan for bulk cooking, or what type of foods work better for weekend preparation. Participants will learn how to make several types of pasta and pesto. There will be tastings of specialty dishes created by chef Jarred Harris.

The cost is \$20 and class size is limited. RSVP by calling 472-2155.

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



Children ages 8 and older can learn the chef's secrets at cooking classes held on the first Monday of the month at the Community House photo provided

Symphonic Chorale Lights Up Southwest Florida

The Symphonic Chorale of Southwest Florida has unveiled its upcoming season of choral concerts. The chorale presents its own self-produced concerts and partners with the Southwest Florida Symphony Orchestra as its resident chorus to present concerts with orchestral accompaniment.

The first self-produced concert is titled Harvest Grain: A Banquet of Song and will be held on Friday, November 17 at Sanibel Community Church at 7 p.m. The concert will again be presented on Sunday, November 19 at Faith Presbyterian Church in Fort Myers, beginning at 4 p.m. All Symphonic Chorale concerts are presented at no charge to the community.

The second self-produced concerts are scheduled for Saturday, March 24 at New Hope Presbyterian Church in Fort Myers at 7 p.m. and on Sunday March 25 at Bower Chapel at Moorings Park in Naples at 4 p.m. This concert

will honor Leonard Bernstein at 100 and will feature work that Bernstein composed and conducted. Another highlight of this concert will be the premiere of a newly commissioned work by local composer Shawn Allison.

The Symphonic Chorale of Southwest Florida will partner with the Southwest Florida Symphony Orchestra twice in the upcoming season. Concerts will be presented on December 12, 14 and 16 and feature the theme of A Charlie Brown Christmas.

The second pairing with the symphony occurs in March when the symphony and the chorale will present the beloved Mozart's Requiem on Saturday, February 3 at the Barbara B. Mann Performing Arts Hall.

Sing Out! Southwest Florida, the chorale's popular community choral festival, will feature guest clinician Dr. James Kinchen, professor of music at the University of Wisconsin-Parkside. Participants will study the rich heritage of African-America music through jazz, gospel and contemporary compositions.

The chorale's annual fundraiser, Lovestruck Soiree, will be presented on Saturday, January 27 at 6 p.m.

For more information, visit www.symphonicchorale.org.*

Children's Auditions Open For Two Shows

Creative Theater Workshop (CTW) is holding children's auditions for two live shows, which will be staged at The Community House this fall and winter. *Annie* will run from October 13 to 15. *Elf Jr.* is scheduled for November 30 through December 5. The cast for the two shows will include more than 50 island children from the ages of 4 to 14. Auditions are also open for Sandy, Annie's lovable mutt.

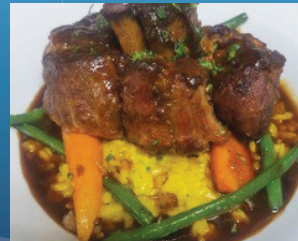
Rehearsals will be held on the

weekends at Sanibel Community Church. To schedule an interview for your child or pet, call Michelle Hamstra at 738-3525.

Creative Theater Workshop is a community based non-profit that encourages and promotes an interest in theatrical arts by providing workshops and producing full-length musical productions in order to educate, entertain and enrich the community. Started in 2006 by local teacher Michelle Hamstra, the program is designed to be inclusive of children with all abilities. Hamstra and her coaches teach responsibility, respect and work ethic in addition to vocals and acting skills.*

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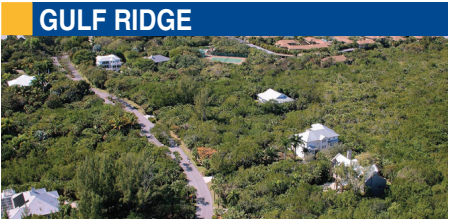
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From left, Debra Neri, Willy Ocasio, Rob Lisenbee and Linda Estep photo provided

Presenting Sponsor Named For Taste Of The Islands

Edison National Bank/Bank of the Islands returns as Presenting Sponsor for CROW's (Clinic for the Rehabilitation of Wildlife) 36th annual Taste of the Islands. This marks the bank's eighth year as the Presenting Sponsor of CROW's signature event.

"We are extremely appreciative of Edison National Bank/Bank of the Islands' continuing support of CROW and our work saving local wildlife," said CROW's Executive Director Linda Estep.

Taste of the Islands will be held on Sunday, November 12 at Sanibel Community Park. Gates open at noon and close at 5 p.m. The event features live music and showcases Sanibel and Captiva islands' vibrant and diverse restaurant

community. New this year, guests can meet CROW's animal ambassadors inside The Community House.

Admission to Taste of the Islands is \$7; no charge for children age 12 and under. Guests purchase CROW Bucks to get their "tastes" from participating restaurants. Item prices range from \$1 to \$6 CROW Bucks. Tickets and CROW Bucks are available for purchase at the event and in advance through CROW's website and can be picked up at the will call booth.

Proceeds from Taste of the Islands ensure CROW's continued success in providing the highest quality care and treatment of injured, ill and orphaned wildlife through state-of-the-art veterinary care. Funds also support public educational exhibits at the Visitor Education Center.

For more information, sponsorships or to become a participating restaurant, contact Mary C. Schoeffel, development director, at 472-3644 ext. 232 or mschoeffel@crowclinic.org.*

Sanibel Fresh

chicken and cheese quesadilla, an organic all beef "Octopus" hot dog – with locally grown, nitrate free grass-fed meat from Jackman Ranch in Clewiston – and a PB&J wrap made with peanut butter, blackberry jam, sliced banana and granola, which comes with fresh fruit drizzled with honey harvested on Sanibel.

"When creating our menu, we did a lot of research," said Schmicker. "We chose items that would be allergy-friendly, choosing ingredients piece by piece. We also did a lot of taste testing, selecting the best quality and best tasting items. In the end, we selected the best products that we are very proud of."



One of the Acai Bowls, loaded with fresh fruit and topped off with homemade granola, roasted cashews and shredded coconut photo provided



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Schmicker, who spent nine and a half years as executive chef at Sunset Grill (also operated by Sanibel Fresh owners Larry and Kathie Thompson), explained that the new restaurant has embraced the "farm-to-table" trend focused on eating healthier, cleaner and fresher.

"These days, people are leaning towards choosing healthier, organic ingredients," Schmicker said. "There's something on our menu for everyone."

Beginning in October, Sanibel Fresh will also be open for dinner. For more information, call 472-0922.*

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Jeremy Conley photos provided

Agents Join Real Estate Firm

Jeremy Conley and Tracy Teutsch recently joined Pfeifer Realty Group. Originally from the Milwaukee, Wisconsin area, Teutsch started a career as a cosmetologist. She won a first-place award for styling and was featured in *Wisconsin Women* magazine for her make up artistry. She went on to open her own salon, obtain an associate's degree in marketing and a bachelor's degree in business administration from Otterbein College in Westerville, Ohio. While in Ohio, Teutsch obtained her



Tracy Teutsch

real estate license, allowing her to work with her husband, who is a custom home builder. The family moved to Southwest Florida and now owns Teutsch Builders South. Conley is a Southwest Florida native who was born in Fort Myers and spent his childhood in Cape Coral. Sports played a major role during his teenage years and he excelled in both baseball and basketball. After graduation, he decided to launch a career in the restaurant business. He purchased a restaurant on Sanibel and operated it successfully for 10 years. After starting a family, he was ready for a career change. Due to his extensive knowledge of the area, Conley chose real estate as his profession.*

Superior Interiors Light Up Your Life At Home



by Barb Cacchione

With a little thought and planning, the lighting in the activity areas of your home can be made more efficient and attractive. But the right choice of fixture, the proper lamp (and bulb), placement and height all have major effect on the results. When it all comes together, beauty, comfort and convenience can be added to every area of your home.

Four basic types of lighting are often used together to provide desired functionality and flexibility. Ambient lighting illuminates the entire room and should create a warm and inviting look. It should be relatively low level to avoid glare and dreariness. The amount needed is also affected by natural light sources, wall/floor/ceiling colors and ceiling light. Task or focal lighting is for reading, cooking, desk work, etc. and should be cooler in tone. It should be carefully placed to avoid shadows or glare to minimize eye strain. Accent lighting illuminates and highlights architectural features or objects in a room. Decorative lighting attracts attention to itself as an object. Examples are chandeliers or sconces. Decorative shades can make any lamp a decorative piece, as well.

Just as with furniture or window treatments, I always start with the function or purpose of a particular lighting need when working with clients. From there, the type of lighting is usually obvious, although there may be choices or a combination required. With the exception of chandeliers, most residential lighting requirements are met best with lamps rather than ceiling-mounted fixtures. Wonderful lamps are available today for


any location or purpose: wall sconces, table lamps, accent lamps, floor lamps, desk lamps and torchieres of every size and material add variety and interest to any décor. Size counts and so does placement. Chandeliers, for example, should not be much wider than half the width of a dining table, and hung so that the bottom is about 30 to 32 inches above the table top. Chandeliers for a foyer or staircase are a bit trickier, as they must be three-dimensionally proportional to 'look right' when hung. There are many choices for task lighting, and your selection should depend upon some basic ergonomic considerations, i.e. where will the task at hand be held? From where will the task be seen? Is glare a consideration? Lighting for a dresser or make-up table needs to light the face or head, without causing shadows or glaring into the eyes, color and intensity being particularly important for make-up application. Lighting for reading and many hand tasks should usually come from above and behind the user.

An astute buyer also considers the type, size and color of the light bulbs for the lamps as well – especially important if the bulb will be easily seen. And don't forget that the halogen and quartz filament tubes generate intense heat, so they must always be shielded and kept well away from flammable materials. Finally, use accent lighting to highlight the wonderful, special features of any room and to create the mood for entertaining and enjoyment in both daytime and night. Small halogen lamps can spark up any art, houseplant or accessory, and can often add significantly to the overall ambient light, as well as the décor of your home. The choices available today are truly awesome and sometimes a bit mind-boggling. Give it some thought, and you'll reap the rewards of a successful lighting scheme in every room. Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindecaden.com.*

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Realtors Made A Difference Again During August

submitted by Bill Robinson,
CEO, Sanibel & Captiva Islands
Association of Realtors

The Sanibel & Captiva Islands Association of Realtors is continuing its Working Together to Make a Difference campaign. In early August, Cynthia Shafer, realtor and Florida's 20th Circuit Court Guardian ad Litem Foundation advocate, received the many items and checks donated by association members for the local Bedz For Kidz program which Shafer founded.

During the remainder of August, association members were asked to get out and volunteer, including making plans for future community-oriented projects. Some of those include:

Assistance with plantings for the Sanibel Historic Preservation Heritage Trail Project – The association already has raised funds to purchase plants from the Sanibel-Captiva Conservation Foundation (SCCF) Native Plan Nursery for several areas where new plaques will go up along the trail. Realtor association members look forward to this upcoming hands-on planting project.

The 31st annual International Coastal Cleanup – The association has



From left, Kerri Maw and Anna Turner, team assistant Elise Carnes, realtor and Bedz for Kidz founder Cynthia Shafer and realtor Susan Andrews photo provided

two teams signed up for this September 16 event coordinated locally by SCCF. Sign-ups still are being accepted.

Fall Into Christmas – During this new event, planned for November 8, the association will collect donations

for Friends Who Care, which is an organization that island realtors have supported since its inception in 1983. During the year, this organization provides assistance to less fortunate community families with school

supplies and gift cards for food and gas. The Christmas holidays are when the association members contribute unwrapped toys, gift cards and cash donations. This year, the collections will be done early as a busy real estate season is expected.

During the month of September, the association was scheduled to collect travel-sized toiletries for local charities, but that project has been accelerated to support victims of Hurricane Harvey, which the association is helping in the following ways:

Realtors Relief Foundation – Contributions to the Realtors Relief Foundation (RRF). Beginning in 2001, RRF has raised more than \$25 million to provide mortgage and rental assistance to victims of more than 50 disasters, including wildfires, floods, hurricanes, and tornadoes. RRF is a 501(c)3 charitable organization, with administrative costs covered by the National Association of Realtors. That means 100 percent of all donations go directly to victims of disasters. Online contributions can be made at www.nar.realtor/programs/realtors-relief-foundation/donate or checks payable to RRF can be sent to Realtors Relief Foundation, 430 N. Michigan Ave., Chicago, IL 60611.

Watch for the realtors next Working Together to Make a Difference progress report at the end of September. Some of our members' involvement in local community non-profits will be highlighted.*

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Meaningful Last Words



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

My client, let’s call him Salvador, complained to me recently while reading over his estate planning documents. “These seem so... cold... so... ‘legal’...,” he said slowly, searching for the right words. “I understand that these documents have to use this legal language so that my estate gets the benefits of the law, but I’m having a hard time knowing that these will be my last words that I communicate to my family.”

I understood Salvador completely. Who wants their last words to read “I instruct my trustee to distribute a fraction of my estate, the numerator of which is comprised of the largest amount that would not be taxable... blah, blah, blah?”

I am sure that no one wants that.

Today, I’m going to propose that you consider an alternative. This alternative can be made into a very meaningful and fun exercise.

What I’m referring to is to leave a separate document – apart from your will – for each of your most important loved ones.

This document shouldn’t be about “who gets what” from your estate – that’s for your will and trust. Besides, you don’t want to inadvertently say anything that might contradict what’s in your legal documents that could lead to beneficiary disputes. It can even be technologically advanced, like a personal video uploaded to a secure place like our new client portal, getting ready to launch for clients this winter.

What I’m talking about here – is for you to create something really special. Too often, we don’t share our true emotions with those closest to us. We often tell our spouses that we love them, but we don’t tell them why we love them. We might tell our children that we are proud of them, but we don’t tell them why we are proud of them. We may truly admire something about a lifelong friend, but we are often afraid to open up and tell them what we’ve admired about them – or even that we harbored admiration to begin with.

How great would it be if we shared all of those thoughts with those closest to us? So I propose that you do just that. Write a letter or record a message and tell our loved ones how much they’ve meant to us. Then securely store that document or video, like on our new portal, to be opened concurrently with your will.

I thought that I’d suggest a few basic thoughts for those who might not be as comfortable putting words on paper or speaking them aloud:

Keep it Positive – Particularly when you are composing communication that you don’t intend for a loved one to receive until after you have departed this earth, it’s a good idea to keep it positive. Everyone is subject to valid criticisms for our faults and unfulfilled expectations. Don’t use this letter as a means to review those. These are your last words. Don’t you want them to leave them with a smile? But do be sincere. Don’t heap praise where praise really isn’t believable. Everyone has positive qualities. Talk about those here.

Write Separate Letters – Don’t combine everything into one letter or video. Make one for your spouse, another for each child or other loved one. That way your last words can be very personal for that particular person.

Open a Spousal Letter with How You Fell in Love – You might open a letter or video to your spouse recalling the first time that you met, and how you knew that you were in love. Talk about the qualities that she or he possessed and how those qualities

grew better over time.

Recall Your Child’s Early Years – For your children, you might open a letter or video about their early years – how much you cherished having them in your life. There may have been certain traits, characteristics or events that foreshadowed later successes they achieved. Talk about those, and how you noticed them.

Tell Them Why – Don’t be shy telling your loved ones the “whys.” Why you are so in love. Why you are so proud. Why you smile when you think about them. With kids, it might even be fun to tell them why you wanted to have kids in the first place, and how different it was raising them as opposed to what you expected before you ever had kids.

Review Fun Family Times or Accomplishments – Every relationship has its ups and downs. Many of the ups can be chronicled as happening during a certain event; a vacation, a sporting event, a holiday gathering. While everyone might have already grown tired hearing the same stories around the dinner table over and over, you might be able to provide a twist. Relay why that story meant so much to you and how it demonstrates your loved one’s special qualities.

Regrets – Generally speaking, it’s not a good idea to create a list of regrets. But you might have some that would have a positive spin. “I regret that I didn’t tell you this earlier, and hope that by telling you this now, you’ll know how much you meant to me,” for example. You may regret certain incidents and want to apologize for them. If this is the case, do your best to keep it concise while not trying to place blame or guilt on your loved one.

Your Hopes and Dreams – Talk about your hopes and dreams for your loved one, particularly if they are young. If they aren’t young anymore, you can talk about how proud you are of their accomplishments. Maybe they’ve raised great kids of their own. Perhaps they’ve overcome a lot of obstacles and you’ve noticed how far they’ve come. That’s great stuff. Let them know it.

Wind it Up- Make sure that you leave them with a warm statement. I saw one letter where a father told each of his children that he wanted them to know that he believed in an afterlife, and although his children may no longer be able to touch him or hear him, they could talk to him and he would be there to listen. He told them that he trusted their judgment, and he hoped that they would live the rest of their life with confidence that everything happens for a reason. It struck me as a powerful confirmation of his love, devotion and admiration.

I hope that this column helped provide the start of an outline if you should feel this important to do for your loved ones. I’m working on a video for my wife and for each of my children, which I intend to update as the years go by. I’m hopeful that these memories will mean more to them than anything material that I leave behind.

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Seminar On Financial Health

FISH of SanCap, along with Fifth Third Bank of Fort Myers, is offering a three-part Empower-U financial seminar, titled Budgeting and Saving Money, Boost Your Credit Score and Strategies to Slash Your Debt, in a 90-minute session on Thursday, September 14 from 5 to 6:30 p.m. at Sanibel Community Church, located at 1740 Periwinkle Way.

“This session will attempt to help individuals develop a plan for budgeting and saving which can lead to boosting their credit score, while helping to eliminate debt,” said Kathy Y.

Monroe, MSG, FISH program director. “Financial health is just as important as physical health, because lacking the first can have an impact on the latter. The presenter, Ruben Perales, financial wellness manager of Fifth Third Bank for Lee and Collier counties, will introduce this information in a very interesting and interactive manner. Attendees will leave this session knowing how to create a budget, interpret a credit score and manage debt.”

The workshop is complimentary and open to the community. Light refreshments will be provided and participants will receive a certificate of completion.

To RSVP, contact Kathy Y. Monroe at 472-4775.✴

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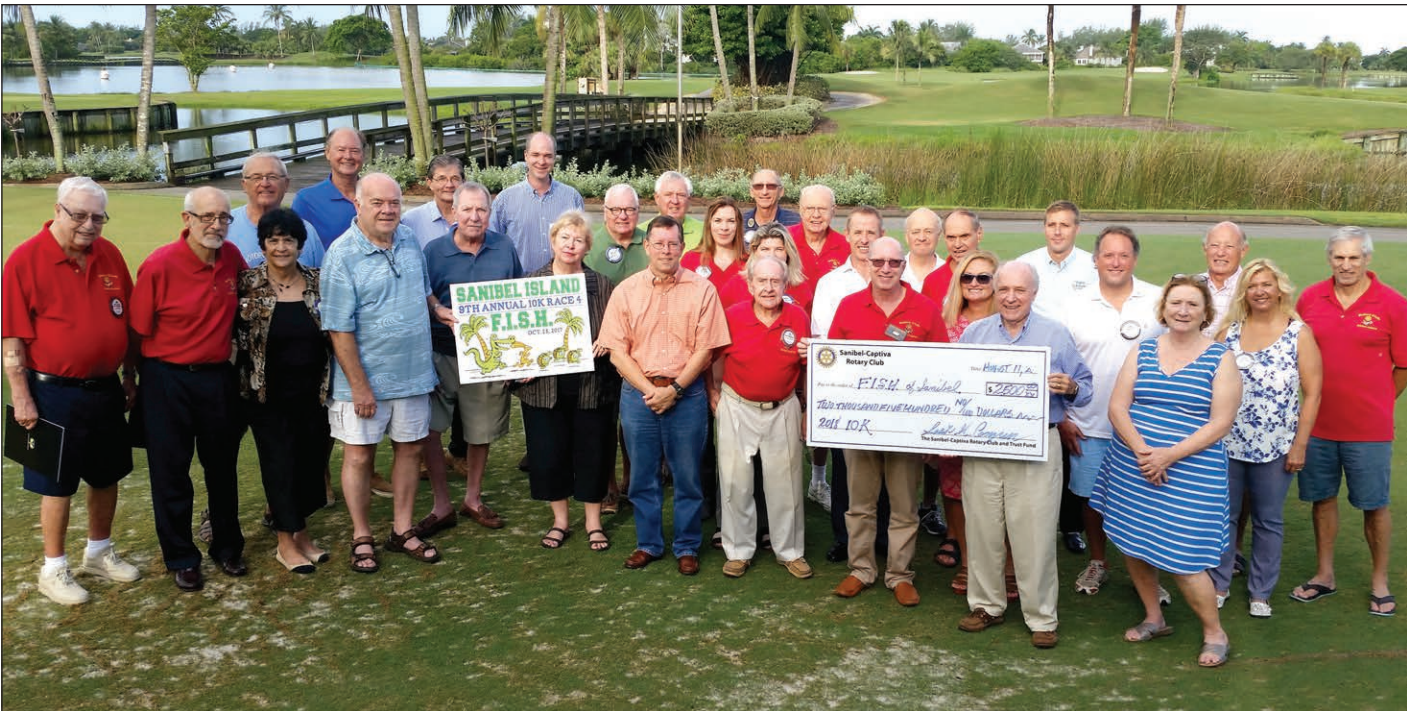
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San-Cap Rotary Club Continues Race Sponsorship

The Sanibel-Captiva Rotary Club is a Gold Sponsor of the 9th annual 10K Race 4 FISH. “Our local Rotary Club has been serving its community proudly for more than 35 years, by raising funds to support worthy causes,” said Scot Congress, treasurer of the Rotary Trust Board. “In the 2016-17 year, our club gave over \$125,000 in grants and was the first Sanibel service club committed to The Community House Capital Fund Drive. We then issued a challenge to all other local service clubs to give back.”

Throughout the years, Rotarians have supported various organizations such as FISH. The club distributes annual scholarships for local youth, and supports the Blessings in a Backpack program. It also supports the Rotary Annual Dictionary Day, when every third grade student at Fort Myers Beach and Sanibel schools receives a dictionary distributed by a Sanibel-Captiva Rotarian.

“We value the continued support of our islands’ Rotary Club,” said Ed



The Sanibel-Captiva Rotary Club is a Gold Sponsor of this year's 10K Race 4 FISH

Ridlehoover, 10K race committee co-chair. “The club not only raises funds for worthy causes, but its members donate their time in service to their community.”

Anyone interested in becoming a Rotarian is welcome to visit a weekly Friday morning breakfast at The Dunes Golf & Tennis Club. For more information, visit sanibelrotary.org.

Race day is Saturday, October 28 at The Community House, located at 2173 Periwinkle Way on Sanibel. Runner registration is open at fishofsancap.org.*

photo provided

Registration Open For Tennis Tournament

Sundial Beach Resort & Spa will once again play host to the Southwest Florida Clay Court Championships, open to USTA members 18 and over. Slated for September 29 to October 1, the USTA sanctioned event categories include Men's and Women's Singles, Doubles and Mixed Doubles for age divisions 30s, 40s and 50s as well as Men's and Women's Singles and Doubles NTRP rated division 3.0, 3.5 and 4.0. A special player resort rate will be available to attendees.

Players are invited to register with USTA Tennis Link, tournament #150028917. Pricing is \$54.20 first singles and \$39.15 first doubles; registrants may play in more than one division. Entries are being accepted through September 27.

“We're looking forward to an exciting

weekend of tennis competition” said Sundial General Manager Phillip Starling. “Hosting this annual USTA event allows Sundial to continue to grow a new tournament tradition while offering players and their families a fun-filled resort weekend.”

Sundial completed a total renovation of its six courts, installing new state-of-the-art HydroGrid facilities in the fall of 2014.

Sundial Beach Resort & Spa is offering a tournament rate of \$159 for fully equipped studio and island suite accommodations, which includes breakfast for two and waived resort fee. Room reservations may be made at www.sundialresort.com.

The two-day tournament includes a Saturday evening players party. Event sponsors include RLR Investments LLC, Royal Shell Real Estate, Port Sanibel Marina, Coastal Outfitters, Sanibel Captiva Community Bank, *Sanibel Captiva Islander* and Bailey's Marketplace. Player gift bags will be provided by Kay Casperson Lifestyle Spa & Boutique.

Resort tennis information is available at tennis@sundialresort.com or by calling 395-6037.*

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NFL Season To Open Without Controversial Quarterback Who Some Think Has Been Blackballed



by Ed Frank

The National Football League launches its 2017 season this Thursday, and it appears that the controversial quarterback Colin Kaepernick will not be part of it. In fact, it's possible his football career has ended.

Kaepernick, who set off a firestorm of debate last year while with the San Francisco 49ers over his refusal to stand during the national anthem – first sitting, then kneeling – in an effort to draw attention to racial discrimination.

He opted out of his deal with the 49ers earlier this year and has been unsuccessful in landing a contract with another team.

Here is a quarterback, only 29 years old, who in the past five seasons started in two NFC championship games and one Super

Bowl and recorded a touchdown-to-interception ratio that ranks among the best in NFL history, yet failed to find a team that wanted him.

Consider these facts:

Last season, while playing for a horrid 49ers team, he completed 60 percent of his passes and tossed for 16 touchdowns even though his receivers had the second highest percentage of dropped passes in the league.

So it's a legitimate question: Has Kaepernick been "blackballed" by the NFL because of his controversial behavior?

This is a question that has been debated and will continue to be argued in the weeks ahead.

NFL owners have criticized Kaepernick's protests and cautioned that any team that signed him could face a backlash from their fans.

There have been several teams in need of quarterback help yet turned away from Kaepernick. The latest occurred last week when Seattle added Austin Davis as a backup quarterback despite the fact that he didn't appear in a single game last season.

Then there was a recent report where three executives from three teams that recently signed quarterbacks were asked why they didn't consider Kaepernick. Their answers ranged from familiarity with the athlete they signed to questions about Kaepernick's skill. None admitted his social stances were factors in rejection.

Perhaps a team desperate for a quarterback replacement due to injury will turn to Kaepernick as the season progresses. But, at the time of this writing, his career appears to be over.

Sports Shorts

Due to the Labor Day holiday, we prepared this column in advance. However, as of last week, Boston Red Sox pitcher Chris Sale, the Florida Gulf Coast alum, raised his Major League Baseball-leading strikeout total to 264 while reaching his career strikeout total of 1,500 faster than any pitcher in history. He accomplished this feat in 1,290 innings pitched. His season record of 15-6 through August was best in the American League.

Less than 100 miles from here, Florida Marlins slugger Giancarlo Stanton is on a record-setting home run pace. In the month of August, he blasted 18 home runs to match Rudy York of the 1937 Detroit Tigers. He finished the month with a season total of 51 homers, by far the best in baseball.

Miracle Win Season's Second Half Division Title

The Fort Myers Miracle baseball team won the Florida State League South Division second-half championship with a 42-25 record, finishing four games ahead of second-place Charlotte.

The Miracle began the post-season playoffs with a best-of-five series against Palm Beach Tuesday night at Hammond Stadium. Palm Beach won the division's first-half title. Games Two and Three of the series were played at Palm Beach. If Games Four and Five are necessary, they would be held back here at Hammond Stadium this weekend.*

Island Seniors At Center 4 Life

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

Trash & Treasures Sale –

Donations of clean "gently used" items are still needed for the Trash & Treasures Sale in November. This annual sale is organized by Island Seniors volunteers at the Center 4 Life. The sale is a huge event for the Island Seniors and all proceeds help support programs such as kayaking, fitness, technology, games, potlucks and the arts. Donations are tax deductible and you may bring them to the Center 4 Life Monday through Friday between

8 a.m. and 3 p.m. Books, clothes, shoes, computers or old TVs cannot be accepted.

Page Turners with Louise

Fitzgerald and Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center. The featured book for Wednesday, September 13 is *The Book Thief* by Markus Zusak. Bring your lunch and watch the movie at 12:30 p.m. then discuss the book and the movie at 2:30 p.m.

Friday Collage Classes with Bea

Pappas – September 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 *Stayin' 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 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.

continued on page 37

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SPORTS QUIZ

- Who was the first Japanese player selected for baseball's All-Star Game?
- In 2016, Max Kepler set a Minnesota Twins rookie record with seven RBIs in a game. Who had held the mark?
- Who was the first starter at quarterback for the Dallas Cowboys?
- Name the only Kentucky Wildcats men's basketball player to compile at least 1,500 points and 400 assists during his college career.
- When was the last time before 2017 that the Ottawa Senators advanced past the first round of the NHL playoffs?
- Austria's Marcel Hirscher tied a record in 2016 with his fourth giant slalom victory at Alta Badia in Italy. Who also holds the mark?
- Between the NCAA and Major League Soccer, how many championships has coach Bruce Arena won?

ANSWERS

1. Hideo Nomo of the Los Angeles Dodgers, in 1995. 2. Tony Oliva (1964), Oswaldo Arcia (2013) and Miguel Sano (2015). 3. Eddie LeBaron, in 1960. 4. Ed Davenport, with 1,637 points and 436 assists (1984-88). 5. It was the 2013 NHL playoffs. 6. Alberto Tomba. 7. Ten (five at the University of Virginia, two with D.C. United and three with the LA Galaxy).

Tickets Available For Ultimate Red Sox Raffle

As part of its continuing community outreach efforts, the Red Sox Foundation will once again hold its Ultimate Red Sox Raffle. This Red Sox fan experience includes a trip for four to Boston with four roundtrip airline tickets on JetBlue Airways, a two-night stay at the Hotel Commonwealth, tickets to two games at Fenway Park including seats on the Green Monster and a VIP Tour and dinner in the State Street Pavilion at Fenway Park. Only 100

raffle tickets will be sold at \$75 each with all proceeds going to support the Lee County Red Sox Foundation's scholarship fund.

To purchase a raffle ticket, call 226-4783 or visit www.redsoxfoundation.org.

The Lee County Red Sox Scholarship is in partnership with The Foundation for Lee County Public Schools, Inc. Each year, the Red Sox Foundation awards a \$5,000 college scholarship to one deserving student from each of the 13 public high schools in Lee County.

The Red Sox Foundation is a 501(c)(3) nonprofit organization and the official team charity of the Boston Red Sox. For more information, call 226-4783 or email jbpevents@redsox.com.✱

From page 36

Center 4 Life

Hand & Foot – Thursday at 12:30 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – September 12 and 26 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

Members cost is \$4 per class, visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination

of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Athletic footwear required. Connie DeCicco is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

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

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

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

For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.✱



From left, John Pryor, Lisa Walsh, Stu Velky and Ed Riddlehoover

photo provided

RS Walsh Sponsoring 10K Race 4 FISH

RS Walsh is supporting the 10K Race 4 FISH as a Silver Sponsor. The race, in its 9th year, attracts hundreds of runners of all ages to Sanibel.

"We like being involved in our island community and seem to enjoy outdoor competitive events a lot," said Lisa Walsh, who along with husband Robert Walsh,

started the landscape contracting and design firm more than 30 years ago. Today, the whole family is involved.

"RS Walsh supports our community in many ways," said 10K race committee member John Pryor. "We are delighted to have them be a part of the race."

Race day is Saturday, October 28 at The Community House, located at 2173 Periwinkle Way. Registration is open at fishofsancap.org. Sponsorships are still available. Contact Nancy or Pete Bender at benderlaw@juno.com or call 472-5220 for more information on becoming a sponsor.✱

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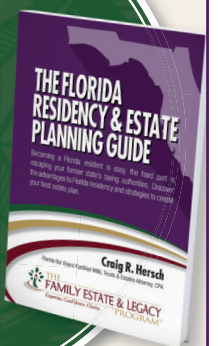
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Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA
"Will Power" Columnist, *The Island Sun*



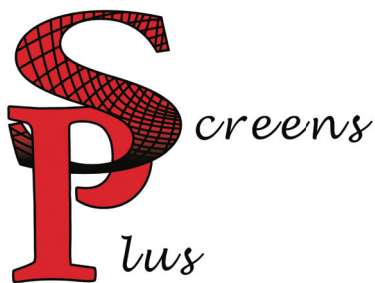
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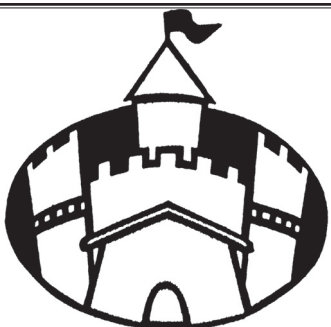


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Beautifulife:

Leadership



by Kay Casperson

What does it mean to be a leader and what are the characteristics of someone that would most likely become one? I have thought about this a bit lately since my 13-year-old

daughter was asked to attend a girls leadership event at a local college. The event was designed to help girls address various issues and questions in hopes that they will continue to make good decisions in life and strive to be effective leaders for others.

I'm sure that every parent wants their kids to become strong enough to make the right choices and instead of following someone down the wrong path, lead people to better places. But, are we all equipped with the capabilities to lead? In this particular program that the kids attended this past week, the word LEAD stood for Leadership, Education, Advocacy and Development. All of these things are important for a young person to grow and succeed in life, but what are some of the attributes needed to effectively lead others to be better and to be more successful? I have come up with some of my top favorite characteristics to share with you in hopes that you might

be able refine your leadership skills and continue to help others to be the best they can be:

Authenticity – People know when you are being real or just trying to get things done.

Confidence – Make sure you stand by your decisions, believing they are the right ones.

A good listener – Listen first, then talk. This will allow you to understand and lead better.

Positivity – Everyone wants to be around someone that brings a positive mindset.

Generosity – Open your heart to give of your time and resources to help others.

Inspiration – Motivate others by inspiring them to be better and to succeed in life.

Persistence – To be successful and to lead, you will have to continue the path regardless of what obstacles come your way.

There are so many characteristics that I could add to this list but these are some of my top picks. The most important thing to remember is that you should always "lead by example." Be the person you are trying to lead people to be, and make your life the example of how things should be done. If your heart and mind are in the right place, your leadership skills will flourish and people will follow.

My affirmation for you this week is:

"I am confident in my role as a leader and will continue to use my life as an example in helping people become the best they can be."

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.✧

Doctor and Dietician

Prolotherapy For Chronic Pain



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

Anyone who lives with chronic pain knows what it's like to wish they could get back to a happy and active lifestyle. When pain stands between the enjoyment of golf, dancing, running or the ability to play with children or grandchildren, all you want is relief. Interestingly, according to an article in the *British Medical Journal*, one-quarter to one-third of people do not seek out medical care for pain, because they expect the doctor to tell them to accept the pain as part of the normal aging process. Living with chronic pain is not normal. It negatively impacts nearly every part of a person's life, as well as relationships with others. Patients with chronic pain from

osteoarthritis or sports injuries should not give up and resort to a lifetime of pain medications or multiple surgeries.

Pain indicates degenerated tissue, most often ligament and tendon damage causing joint instability. Degenerated tissue needs regeneration. This is why regenerative injection treatments (prolotherapy) are a more effective way to eliminate chronic pain than using medications or steroid shots to mask it. When a joint is injured, including wear and tear, the ligaments become overstretched. Ligaments take a long time to heal, and often do not heal completely on their own. Unhealed ligaments make the joint unstable. The wobbly joint is prone to further injury and eventually osteoarthritis, as the body overgrows bone to try and stabilize the joint. Prolotherapy involves strategically injecting solutions into the degenerated tissue attachments, restarting the wound-healing cascade. The result is deposition of new collagen that shrinks as it matures. The shrinking collagen tightens the ligaments that were injected, making them stronger and more secure, thus stabilizing the unstable joint. Prolotherapy is very effective at repairing the majority of joint injuries and relieving chronic joint pain.

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@carimgmedical.com.✧

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Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free autism spectrum disorder screening for children ages 18 months to 5 years on Friday, September 15 from 9:30 a.m. to 2 p.m. at the Family Health Center, located at 316 Del Prado Boulevard in Cape Coral.

It is estimated that one in every 68 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile

diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an Advanced registered nurse practitioner, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.✧

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dearPharmacist

Birthday Cake Is A Health Hazard



by Suzy Cohen, RPH

Dear Readers: We're programmed to blow the candles out on birthday cakes and then enjoy the dessert. How splendid! But you realize people are spitting on it, right?

For years I've ignored this one gruesome detail at birthday parties. If you're not the blower, you better wish for a strong immune system and a pack of probiotics.

For goodness sakes, it's gross but we overlook it don't we? Now there's a study published in the *Journal of Food Research*, which has discovered that blowing out birthday candles results in 1,400 percent more disgusting germs on the cake's frosting, than if you don't blow those candles out.

(I'll have a slice of birthday cake with a Z-Pak please.)

Studies only test regular candles, so don't get me started on those trick candles which turn your party into the pneumonic plague.

I can see you rolling your eyes from here, worried about how silly or anti-social you will appear for not bonding with the birthday boy and all that splattering spit on the communal cake. Maybe you can make an exception for your adorable toddler, or your spouse, but not for a stranger, yuck.

Here's my God's honest truth:

If I was at a restaurant and the waiter came over and blew on my food, I'd honestly get up and leave. I wouldn't even be nice about it. I'd leave a terrible Yelp review.

Are you with me on this? Are we germaphobes or just precautions, dare I say intelligent?

The older you are the worse the phlegm flying. Forget 8-year-old Johnny, consider 88-year-old Edith. By the time she's done blowing, you might have to pick her dentures out of the icing.

(Yes I'll take a slice if it's chocolate, hold the wisdom teeth.)

Okay, okay, I'm completely out of my

mind about this, but humor me just for a moment. You have about 650 different species in your mouth. Go just 24 hours without brushing, and 20 billion germs becomes 100 billion. Here's what's in there (and also on your cake):

Rhinovirus – Associated with the common cold

Herpes Simplex Type I – This one causes fever blisters, aka “cold sores”

Influenza – This is usually the bug behind the flu

Streptococcus – Many diseases including Strep Throat

Aggregatibacter actinomycetemcomitans – A mouthful huh? It causes gum disease

Clostridium – A very dangerous germ causing severe diarrhea

The study was simple. Researchers spread cake frosting onto a Styrofoam base (to mimic cake) and then spread foil over the frosting. They pushed birthday candles through the foil, down into the Styrofoam ‘cake’ base.

Then the scientists rounded up people who were interested in eating pizza.

I am dead serious.

After consuming pizza (and probably beer but I can't confirm that yet), the test participants blew out the lit candles. Since pizza is my second favorite food behind sushi, I would have gladly volunteered for this research, but no one bothered to ask me. Regardless, frosting samples plated to determine bacterial growth. The contamination level was nothing to celebrate.

Would you like more information as well as safer alternatives for birthday candles? If so, sign up for my newsletter at www.suzycohen.com, and I'll email the extended version of this article to you.

At the risk of sounding ridiculous, I'm going to email Betty Crocker now and ask them to formulate antibacterial cake frosting, and then pay me royalties. This will cut down on the obsessive thoughts of consuming all those germs at your next office birthday party.

Oy! This whole conversation reminds me of the old English proverb, “You can't have your cake and eat it too.”

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.

Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

Q: I am in my mid-20s, and it seems to me that women are the ones who seem to do most of the giving while men don't seem to be equal. This concerns me about future

relationships with men.

How can I achieve a balance and more equality with men?

A: Truthfully, I think psychology has a lot to do with this. In this past century, women have gained freedom to live as equals with men. They were taught to believe that they can “bring home the bacon.” However, in the process, women have taken on more structured roles, and we are paying quite a price for our freedom. We have taken on men's roles and kept the traditional roles of structure only to pay a huge price.

Women are nurturers and givers of the world. We are genetically and psychologically programmed to take care of everyone. Now that's quite a task! We have the ingrained ability to tune into another's needs before men can. We want to do whatever we can to make everyone happy. We are pleasers. We love to love.

Often this comes with a high price tag. Women often deprive themselves of their own self-care and nurturing. Women have often become disconnected at the core of who we are because of this. What is the solution? Women need a lot of time for solitude and extreme self-care. Instead of constantly giving, we need to learn to receive and be ok with it. This is psychological and spiritual care of self. If women neglect to do this, they will suffer and so will their relationships. As a young woman who is seeking balance, set boundaries with others and please practice your own self-care or else you are at risk of sacrificing all of you, and that will deplete you faster than you know. Create a day, an hour, to give only to yourself.

Always replenish your spirit so you can continue to balance your life without holding onto resentment and emotional burnout. This is something you can feel good about not guilty about. Also, stop worrying about what other people think. This is important as you are learning how to practice self-care. You are enough just as you are. Keep your well full at all times. If you feel it diminishing, take time out for you and replenish.

Every now and then, check in with yourself and experience realness with yourself and only yourself. This is a life-long process.

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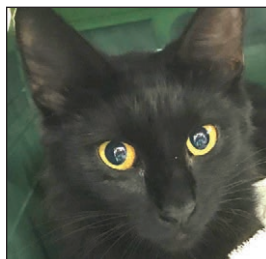
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Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce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

To be listed in calling card email your information to:
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PETS OF THE WEEK

Haven on Earth Animal League

Cassidy And Leo



Cassidy photos provided Leo

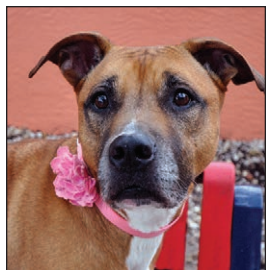
Hi there! My name is Cassidy. I am a very pretty girl with a beautiful shiny black coat and a very fluffy tail. My big eyes are just begging someone to adopt me and take me home. I'm one year old, spayed and up-to-date on all vaccines. I'm currently residing with a foster family. My adoption fee is \$100.

Hello, my name is Leo. I am a very loveable grey tabby boy with a very sweet personality. I have a big, fluffy Maine Coon tail. I'm 1 year old, neutered and up-to-date on all vaccines. My adoption fee is \$100. I am currently residing at Petco at Gulf Coast Town Center. 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.*

Lee County Domestic Animal Services

Sadie And Randy



Sadie ID#369323

photos provided Randy ID# 709148

Hello, I am Sadie. I am a 10-year-old female hound mix who has been lost about seven times in the past seven years. I could be the poster dog for lost and found pets. So here I am now, living in an animal shelter. The folks here think I'm in spectacular shape with lots of energy and playfulness. I'm like fine wine that has become refined with age – smooth and mellow. I love playing with other gentle dogs and would make a wonderful addition to your family.

My adoption fee is \$25.

Hi, I'm Randy. I am a seven-year-old male domestic shorthair who is a super-chill senior looking for a home to live out my golden years. I even come with a feline friend of your choice at no additional charge. I have the manners one would expect from a man of my age. Stop by and see if I will fit into your home.

My adoption fee is \$25.

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

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The

shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

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

The adoption package is valued at \$500.*

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.



Emmy

photo provided

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.*

Animal Services Offers Discounted Pet Adoptions

Say farewell to summer and fall in love with your new best friend. Lee County Domestic Animal Services is offering potential adopters the chance to adopt a dog 5 months or older or a cat or kitten of any age for just \$30 throughout September.

Although fees are reduced, the adoption package still includes spay or neuter surgery, age-appropriate vaccinations, flea treatment, feline aids and leukemia test for cats, heartworm test for dogs 6 months and older, Lee County license for pets 3 months or older, microchip ID and a 10-day health guarantee. The adoption package is valued at more than \$500.

During the Fall in Love adoption promotion, potential adopters may meet animals and discover the many benefits of having a pet: happiness, companionship, improved physical and emotional health and unconditional love. Adoption hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday at Animal Services, 5600 Banner Drive, located off Six Mile Cypress Parkway next to the Lee County Sheriff's Office.

For more information about Fall in Love, call 533-7387 (LEE-PETS) or visit www.LeeLostPets.com.*

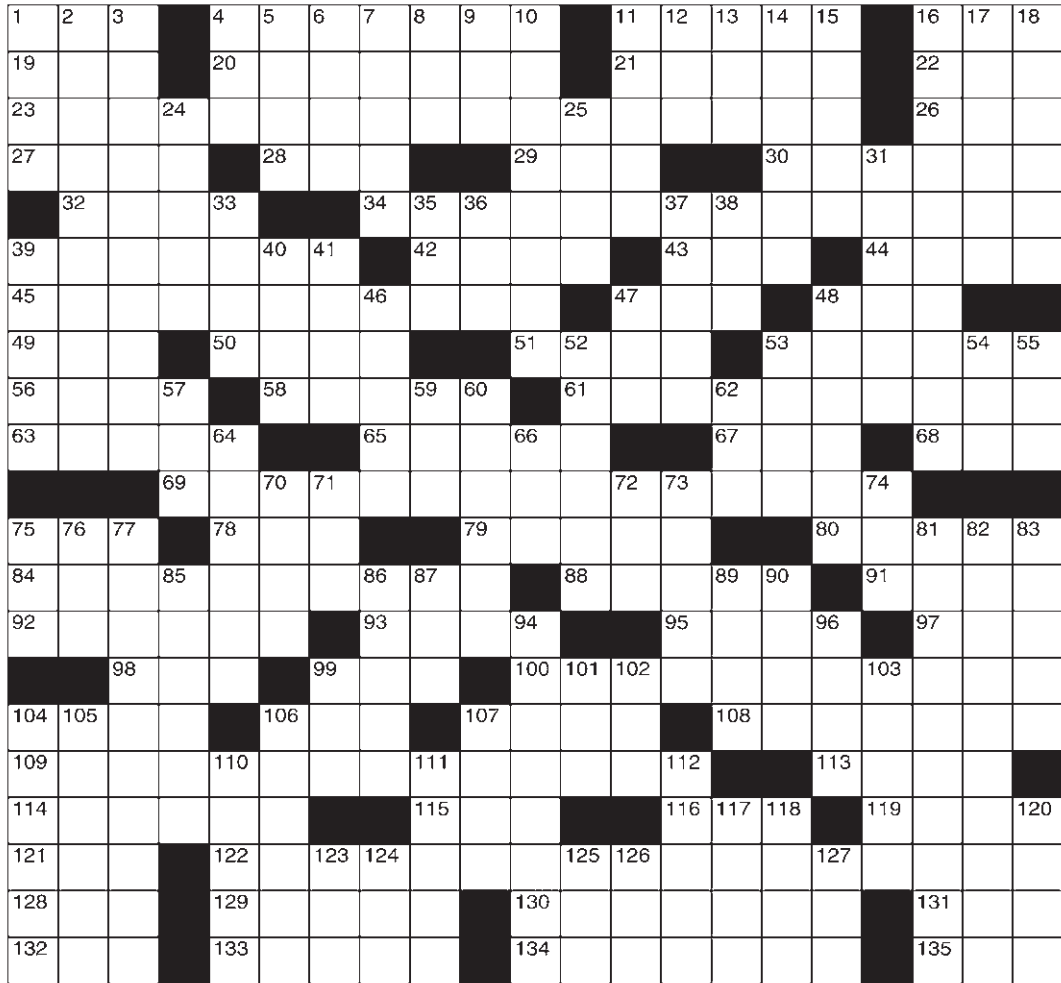
PUZZLES

Answers on page 45

Super Crossword

UP TO THE CH-CHALLENGE

- ACROSS**
- 1 Plane takeoff guess, briefly
- 4 Tries to nip
- 11 Figurative language
- 16 Excessively
- 19 Hawaiian yellowfin tuna
- 20 Running wild
- 21 Braga or Sotomayor
- 22 Eye, in verse
- 23 New drugs being studied, say
- 26 Coll. dorm overseers
- 27 Pedi offerers
- 28 That, in Peru
- 29 G.P.s' gp.
- 30 Strong-arm
- 32 Altar locale
- 34 Put on a different station
- 39 In serenity
- 42 City in Oklahoma
- 43 Coop female
- 44 People
- 45 Many soufflé makers
- 47 Shuffle
- 48 Protrude
- 49 Carrere of film
- 50 "Great joke!"
- 51 Israel's Abba
- 53 "—, ergo sum"
- 56 2014 British Open winner
- 58 Pop singer from Oahu
- 61 Sunbathing furniture
- 63 See 104-Down
- 65 Taboo acts
- 67 Water, in Oise
- 68 Film director
- 69 Nauseating
- 75 "Angie Tribeca" network
- 78 Refrain bit
- 79 Expiate
- 80 Pagan priest
- 84 Securer of a pocket timepiece
- 88 Papal crown
- 91 Relative of -ette
- 92 Native Americans of Nebraska
- 93 Young fellas
- 95 "Othello" villain
- 97 Suffragist — B. Wells
- 98 Sun — -sen
- 99 "Platoon" war zone
- 100 Robed group in a loft
- 104 Wise — owl
- 106 24/7 source of 20s
- 107 Irishman, e.g.
- 108 Honchos
- 109 Product of alkalized cocoa powder
- 113 Little cut
- 114 Warm up again
- 115 Bit of a giggle
- 116 Regulation
- 119 Old Russian ruler
- 121 Groom's vow
- 122 Some Toll House morsels
- 128 Masc. counterpart
- 129 Grub, e.g.
- 130 Game to try something
- 131 After taxes
- 132 Taoism's Lao- —
- 133 Top-tier invitees
- 134 Parts of the solar system
- 135 Main character in "Despicable Me"
- DOWN**
- 1 Aural pair
- 2 Mel Gibson war film of 2000
- 3 Goes poof
- 4 Large snake
- 5 About
- 6 Tic — (some mints)
- 7 Moral climate
- 8 See 13-Down
- 9 Hot tub sigh
- 10 Discourse
- 11 Hall-of-Fame cager — Thomas
- 12 ENT or OB
- 13 With 8-Down, very shortly
- 14 Auto garage squirter
- 15 Brick dresser
- 16 Like deluges
- 17 Seer's shrine
- 18 Fixate (on)
- 24 German city
- 25 Cato's 2,400
- 31 Plenty
- 33 Per unit
- 35 Very little
- 36 Having one flat, musically
- 37 Beijing site
- 38 Witch's work
- 39 SAG- — (performers' labor gp.)
- 40 Neighbor of Nigeria
- 41 Amp effect
- 46 Barbera's collaborator
- 47 West with one-liners
- 48 Cheerful
- 52 Pellets for air rifles
- 53 Latte option
- 54 Sports draw
- 55 Raw metal
- 57 "Definitely!"
- 59 Ad add-on?
- 60 Available
- 62 100 yrs.
- 64 To boot
- 66 Mo. in fall
- 70 Tolkien menaces
- 71 — -jongg
- 72 Prefix with brow
- 73 Broadcast anew
- 74 Test for college srs.
- 75 A pair of
- 76 "Whap!"
- 77 Not inclined to travel
- 81 Forming a labor group
- 82 Very thin material for book pages
- 83 Loved ones
- 85 Opportunity
- 86 Old Texas siege site
- 87 The "sum" of Descartes
- 89 Antler pair
- 90 Turkish VIP
- 94 Increases
- 96 Folkie Phil
- 99 — degree
- 101 Jimmy Buffett's "Ain't — Genius"
- 102 Final: Abbr.
- 103 Intuitive inkling
- 104 With 63-Across, floating freely on the ocean
- 105 Soft leathers
- 106 Real
- 107 Word after party or film
- 110 "No — español"
- 111 Swindle
- 112 "Levon" singer John
- 117 Lot unit
- 118 Very little bit
- 120 Post-Q string
- 123 Bi- plus one
- 124 Idiot boxes
- 125 Certain NCO
- 126 Out — job
- 127 Dollar divs.



King Crossword


- ACROSS**
- 1 Unescorted
- 5 Third degree?
- 8 Admitting clients
- 12 Not pizzicato
- 13 Scull tool
- 14 Give a darn
- 15 Mary's follower
- 16 Genetic initials
- 17 Eastern potentate
- 18 Shoelace hole
- 20 Cried like a puppy
- 22 Flightless bird
- 23 Reaction to fireworks
- 24 Gen. — E. Lee
- 27 Knight's glove
- 32 Atmosphere
- 33 Plant bristle
- 34 Preceding
- 35 Blood bit
- 38 Bottom-row PC key
- 39 Spy org.
- 40 Mao's successor
- 42 Angelic babe
- 45 Mini-program
- 49 Luau entertainment
- 50 Tier
- 52 Corporate
- 7 Heavy cart
- 8 Spotted wild-cat
- 9 Tract
- 10 Great Lake
- 11 Dweeb
- 19 Dorothy's auntie
- 21 A billion years
- 24 Music genre
- 25 Lubricate
- 26 Arm bling
- 28 Amaze
- 29 Still frozen
- 30 Blunder
- 31 — Aviv
- 36 Long, harsh speech
- 37 — de cologne
- 38 Dosage unit
- 41 Pixar film about Carl Fredricksen
- 42 Bloke
- 43 Ginormous
- 44 Raised
- 46 Traditional tales
- 47 Early birds?
- 48 Whistle sound
- 51 Latin
- 47-Down
- DOWN**
- 1 Store
- 2 Salver
- 3 High point
- 4 Wine glass
- 5 Part of Iberia
- 6 Solo of "Star Wars"
- 7 emblem
- 53 On in years
- 54 First lady
- 55 So
- 56 Sampras or Seeger
- 57 Father
- 58 Criterion
- 1 Store transaction
- 2 Salver
- 3 High point
- 4 Wine glass
- 5 Part of Iberia
- 6 Solo of "Star Wars"

MAGIC MAZE ● TEN WORDS

NNJTGDAXUROLJGD
AXV(TENNYSON)SPNK
ISOTUNETUFCAXS
NOISNETQOOLJHEC
AXVNEETAIRPNLJH
FDBYNRMTCXVTRPO
MKISGEUEALSEEDR
BZIXWDTNNUEDSTO
RLQONNLDEEJINGN
EFDCAEYOTTTXEE
WVTSRTPNIPNETOT

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

- | | | | |
|-----------|----------|---------|----------|
| Tenacious | Tenement | Tense | Tentacle |
| Tender | Tennis | Tensile | Tenure |
| Tendon | Tennyson | Tension | Tenuto |
| Tends | Tenpin | Tent | |



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

Bizarre
CARTIRE

Lessen
LUDITE

Pole
TISTL

Hinder
PRIMIA

TODAY'S WORD

"My boyfriend is a marine and he just got back from overseas — think I should _____ this?"
answer on page 46

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

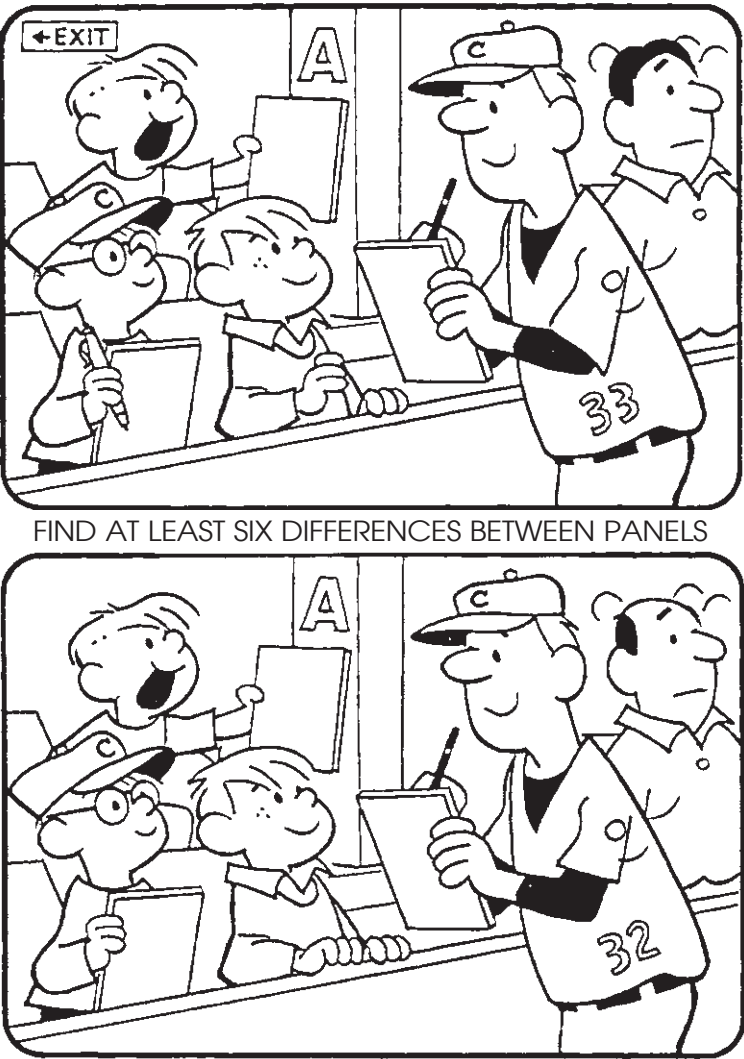
SUDOKU

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

answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Sign is missing. 2. Pen is missing. 3. Hand is moved. 4. Sleeve is shorter. 5. Number is different. 6. Hair is different.

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--	---	---	---	---	--	---	--	---	---	---	---	---	--

Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:52 am	8:38 am	3:17 pm	9:12 pm
Sat	3:19 am	9:27 am	4:08 pm	9:42 pm
Sun	3:51 am	10:24 am	5:08 pm	10:13 pm
Mon	4:29 am	11:30 am	6:25 pm	10:47 pm
Tue	5:15 am	12:49 pm	8:13 pm	11:27 pm
Wed	6:14 am	2:17 pm	10:27 pm	None
Thu	7:31 am	12:29 am	11:45 pm	3:40 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:57 am	8:40 am	2:22 pm	9:14 pm
Sat	2:24 am	9:29 am	3:13 pm	9:44 pm
Sun	2:56 am	10:26 am	4:13 pm	10:15 pm
Mon	3:34 am	11:32 am	5:30 pm	10:49 pm
Tue	4:20 am	12:51 pm	7:18 pm	11:29 pm
Wed	5:19 am	2:19 pm	9:32 pm	None
Thu	6:36 am	12:31 am	10:50 pm	3:42 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	3:31 am	9:42 am	3:50 pm	10:04 pm
Sat	4:02 am	10:22 am	4:40 pm	10:34 pm
Sun	4:29 am	11:01 am	5:26 pm	11:02 pm
Mon	4:53 am	11:44 am	6:13 pm	11:29 pm
Tue	5:18 am	12:36 pm	7:04 pm	11:56 pm
Wed	5:51 am	1:43 pm	8:00 pm	None
Thu	6:36 am	12:28 am	9:01 pm	2:54 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:02 am	11:54 am	5:27 pm	None
Sat	5:29 am	12:28 am	6:18 pm	12:43 pm
Sun	6:01 am	12:58 am	7:18 pm	1:40 pm
Mon	6:39 am	1:29 am	8:35 pm	2:46 pm
Tue	7:25 am	2:03 am	10:23 pm	4:05 pm
Wed	8:24 am	2:43 am	None	5:33 pm
Thu	12:37 am	3:45 am	9:41 am	6:56 pm

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

KING CROSSWORD

S	T	A	G		P	H	D		O	P	E	N
A	R	C	O		O	A	R		C	A	R	E
L	A	M	B		R	N	A		E	M	I	R
E	Y	E	L	E	T		Y	E	L	P	E	D
			E	M	U			O	O	H		
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		C	I	A			H	U	A			
C	H	E	R	U	B		A	P	P	L	E	T
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SUDOKU

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

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9/8 ★ 9/8

PSA

PUBLIC SERVICE ANNOUNCEMENT

Narconon reminds families that an intervention can be the difference between life and death. Interventions are powerful tools that can be used when an addict refuses to get help or seek treatment. To learn more about how to conduct an intervention for your loved one and save their life go to <http://www.narconon-suncoast.org/blog/the-power-of-an-intervention.html> ADDICTION SCREENINGS Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 877-841-5509.

8/25 ★ TFN

SCRAMBLERS

1. Erratic; 2. Dilute;
3. Stilt; 4. Impair

Today's Word
DILUTE

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IslandSunNews.com

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

release it.

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

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

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

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

My Stars★★★★★

FOR WEEK OF SEPTEMBER 11, 2017

ARIES (March 21 to April 19) You might not like the sudden setback in your plans. But keep that headstrong Arian temperament in check and wait for explanations. Things will begin to clear up by week's end.

TAURUS (April 20 to May 20) Enjoy the respite from your recent hectic schedule, but be ready to plunge into a new round of social activities. A new contact holds much potential for the future.

GEMINI (May 21 to June 20) A trusted colleague has news that could change your perception of a current workplace situation. What had seemed unfair might prove to be highly favorable after all.

CANCER (June 21 to July 22) You still need to watch what you say and how you say it. What you assert as honesty, others might perceive as Crabbiness. Be patient. This difficult period clears up by the weekend.

LEO (July 23 to August 22) Your Royalness needs time away from the limelight to catch up on things, from tidying your desk to making those calls you've put off. You're back in the center of things by the weekend.

VIRGO (August 23 to September 22) Honesty is the best policy, of course. But you'll do better at achieving your goals if you can be less aggressive and more circumspect in how you phrase your comments.

LIBRA (September 23 to October 22) Your ability to maintain your balance in confusing situations continues to work for you. Stay on the steady course, one step at a time. The weekend shows improvement.

SCORPIO (October 23 to November 21) Your indecisiveness could simply be your keen Scorpion sense warning you to be wary of making a commitment. Take this time to do a more thorough investigation.

SAGITTARIUS (November 22 to December 21) Good news: New information comes your way to help you make a more informed decision on how to deal with the opportunity that has opened up for you.

CAPRICORN (December 22 to January 19) This is a good time to reinforce your self-confidence by acknowledging your good qualities to yourself. A lull in your social life ends by the weekend. Have fun.

AQUARIUS (January 20 to February 18) It's a good time to let those recently pent-up emotions flow more freely. Why not start by letting the people you care for know how you really feel about them?

PISCES (February 19 to March 20) Resist offers, no matter how well-intentioned, to help with a personal decision. Only you know what must be done, and you have the emotional strength to follow through.

BORN THIS WEEK: You have a talent for getting things done. You also have a gift for bringing people together in both personal and professional relationships.

THIS WEEK IN HISTORY

• On Sept. 11, 1985, Cincinnati Reds player-manager Pete Rose gets the 4,192nd hit of his career, breaking Ty Cobb's major-league record. Rose retired in 1986, but remained in his position as manager until 1989, when he

was banned from baseball for gambling on Reds games.

- On Sept. 13, 1814, Francis Scott Key pens a poem that is later set to music and in 1931 becomes America's national anthem, "The Star-Spangled Banner." The poem, originally titled "The Defence of Fort McHenry," was written after Key witnessed the Maryland fort being bombarded by the British during the War of 1812.
- On Sept. 14, 1964, writer John Steinbeck is presented the U.S. Medal of Freedom. His first novel, "Tortilla Flat," about the comic antics of several rootless drifters who share a house in California, was published in 1935.
- On Sept. 15, 1858, the new Overland Mail Company sends out its first two stages, inaugurating government mail service to the western U.S. In 1857, Congress had authorized a \$600,000 yearly subsidy for whatever company could transport the mail twice a week from St. Louis to San Francisco in less than 25 days.

STRANGE BUT TRUE

• Does the sight of a bald eagle inspire you with patriotism? If so, you can thank John Adams and Thomas Jefferson, who overruled Benjamin Franklin when deciding on the national bird. Had Franklin had his way, we'd be

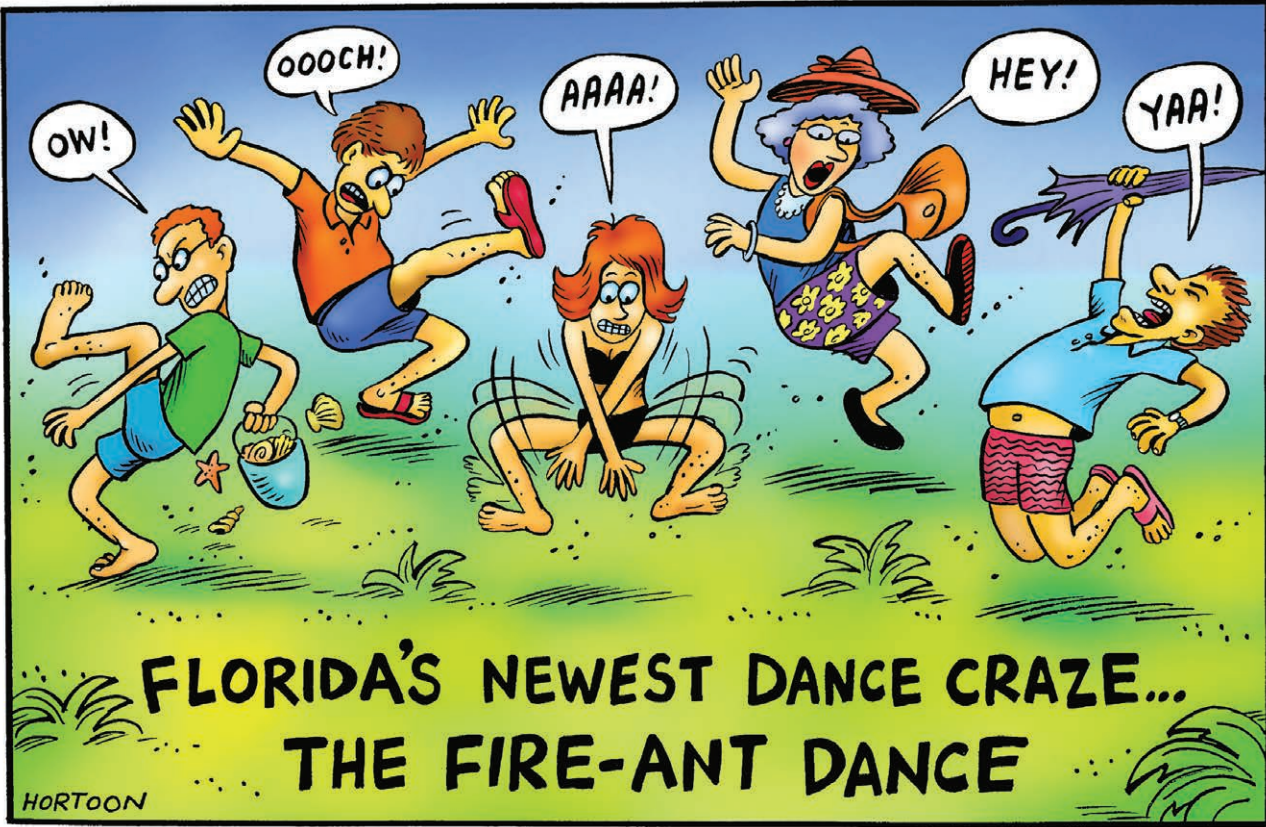
looking to find national pride in the somewhat more humble turkey.

- When you think of large tire manufacturers, the companies that immediately spring to mind are probably Goodyear and Michelin. You might be surprised to learn, then, that the world's largest manufacturer of tires is actually Danish toy company The Lego Group. It's true; they produce more tires than any other manufacturer. (Just don't try to put them on your car.)
- The active ingredient in aspirin, acetylsalicylic acid, is derived from the bark of the willow tree.
- Those who study such things say that when buying beer at the grocery store, men tend to get six-packs, while women are more likely to stock up with 12-packs.
- In 2010, a man in Canada heard a strange sound coming from a dumpster in his neighborhood. When he looked in, he was shocked to find a newborn baby. He rescued the infant, of course, and took it to the authorities. It was only later that he found out that he was the baby's father.

THOUGHT FOR THE DAY

"Marriage is like college; as great as it is, it ain't for everybody." – Ray Charles

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
South Seas Plantation Resort	Captiva	2003	3,463	\$4,695,000	\$4,300,000	0
Metes And Bounds	Captiva	1975	5,598	\$3,998,000	\$3,200,000	601
Metes And Bounds	Sanibel	2013	4,025	\$2,195,000	\$2,000,000	113
Southport On The Bay	Bonita Springs	1999	4,555	\$2,099,000	\$1,900,000	249
Winklers Subdivision	Fort Myers Beach	1926	2,558	\$1,980,000	\$1,675,000	103
Cape Coral	Cape Coral	2016	4,062	\$1,899,000	\$1,790,000	23
Riverbrooke	Estero	2016	4,633	\$1,750,500	\$1,750,000	0
Grand Ole Man	Fort Myers Beach	1977	2,328	\$1,435,000	\$1,395,000	5
Sanctuary	Bonita Springs	1993	4,211	\$1,425,000	\$1,362,500	45
Island Harbors	Matlacha	2000	3,263	\$1,295,500	\$1,030,000	78



THANK YOU!

Sept 9th marks our 1 year anniversary at our new Sanibel location! We want to thank everyone for their continued support!

“For the sun-kissed & sun-desirous alike, a vacation on a plate.”

The New York Times Magazine

———— Flat Breads • Outdoor Seating • Island Mojitos ————

Sanibel Island

THANK YOU!



2500 Island Inn Rd
Sanibel Island FL, 33957
239.472.8311

Captiva Island



South Seas Island Resort
Captiva Island FL, 33924
239.312.4275



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