

Munul Sun

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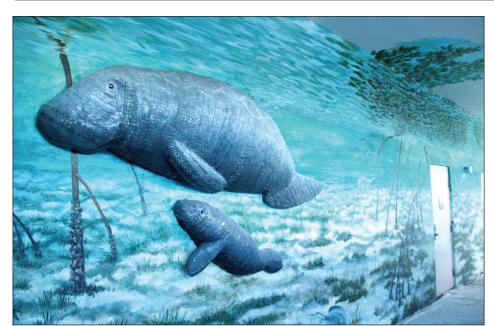
VOL. 25, NO. 14

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 6, 2017

OCTOBER SUNRISE/SUNSET:

6 7:23 • 7:10 7 7:24 • 7:09 8 7:24 • 7:08 9 7:24 • 7:07 10 7:25 • 7:06 11 7:25 • 7:05 12 7:26 • 7:04



Project #LearningLav in progress

photo provided

Learning Lavatories To Be Unveiled

The first of its kind among the 550-plus refuges in the National Refuge System, the new Learning Lavatories (#LearningLav) exhibit at the JN "Ding" Darling National Wildlife Refuge debuts to the public on Friday, October 13 at 9:30 a.m. Refreshments will follow in the "Ding" Darling Visitor & Education Center.

Funded by a \$125,000 grant from the West Coast Inland Navigation District (WCIND) and contributions from private donors, Project #LearningLav has created educational continued on page 23

Community Fundraiser Provides Student Scholarships



From left, Children's Education Center students Kaia Keating, Pace Padgett, Lucy Wolf and Matthew Cavanagh show their support for the school fundraiser

he Children's Education Center of the Islands (CECI) invites community members to its 3rd annual Pigs in Paradise pig roast on Saturday, October 14 from 5 to 8 p.m. at the Children's Education Center of the Islands, located at 350 Casa Ybel Road. continued on page 4

CROW Releases A Trio Of Otters

by Jeff Lysiak

group of North American river otters was released on September 27 in Punta Gorda after nearly eight months in care at the Clinic for the Rehabilitation of Wildlife (CROW).

According to wildlife hospital officials, the three otters arrived at the clinic in February and early March from across the state. One was transferred from a rehabilitation facility in Fort Lauderdale while the other two were transferred from rehabilitation facilities near Tampa.

"During their time at CROW, the otters were offered live prey to practice their hunting skills," said Yvette Carrasco, a certified wildlife rehabilitator at the Sanibel wildlife clinic. "We provided a lot of environmental, nutritional, sensory, tactile and auditory enrichment. So essentially, we trained them to have the necessary skills to survive in the wild."

Throughout their stay at CROW, the progress of the young otters was well doc-



Certified Wildlife Rehabilitator Yvette Carrasco and CROW volunteer Sara Barnhard transporting one of the otters photos by Jeff Lysiak

umented both online and in local media. When they learned new skills during time spent in their outdoor enclosure, when they received enrichment as part of their hunting skills education, or when they displayed signs of playful socialization, the otters' antics were featured on CROW's



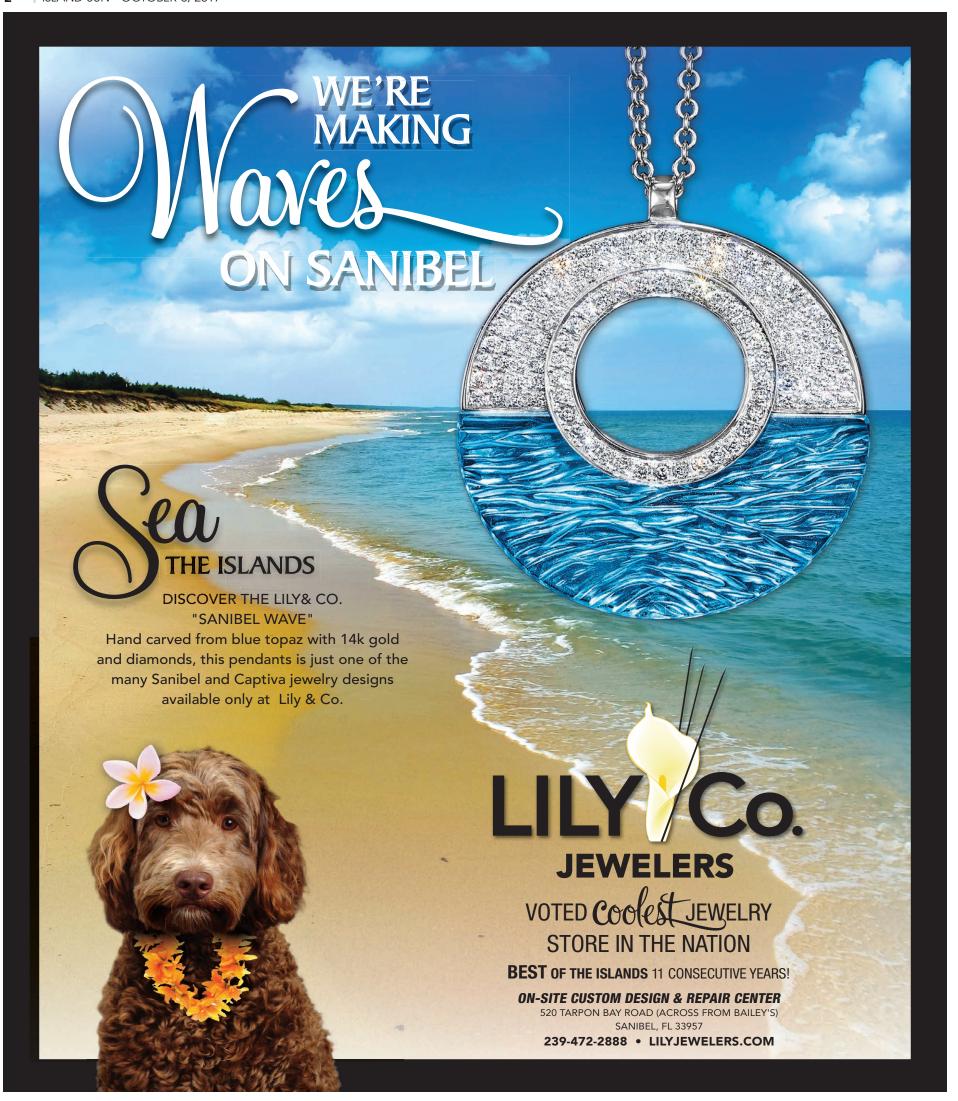
Three North American river ofters, who had been raised together at the Clinic for the Rehabilitation of Wildlife (CROW) since February, were released on private property in Punta Gorda last

YouTube channel.

'River otters are a very social species and rely on their family group to learn skills needed for survival," said Dr. Heather Barron, CROW's hospital director. "Often

times, when a rehab center gets in one otter, other centers will send otters to them so they can be raised together.

The eight months the otters spent in continued on page 6



The Community House



A variety of Coastal Pumpkins

Kids Cooking Classes

Registration is 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.

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 from 2:30 to 5:30 p.m. 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.

Coastal Pumpkins

Coastal Pumpkins class will be offered on Wednesday, October 10 from 6 to 9 p.m. Cost is \$40 for members and \$50 for non-members. The instructor is Jenny Licht, a professional artist. Licht is a graduate of University of Wisconsin at Eau Claire, and has taught at The Community House for several years.

Create your own piece of art on a pumpkin that will last in whatever climate you are from. There will be many ideas to choose from and all materials are included. Register online at www.sanibelcommunityhouse.net or call 472-2155. See Licht's work at www.facebook.com/wissotaart.

Beading With Shells

Beading with Shells begins Wednesday, October 11 from 9 a.m. to noon. Cost is \$35 for members and \$40 for non-members.

In this class, you will learn how to combine beading with shells, sea biscuits and other gifts from the sea to create a lasting memento from Sanibel. Anita

photo provided

WOMEN'S

MEN'S

GIFTS

SPECIALTY

TAKE-OUT

SHOPS

Gober is the instructor. You can view some of her work at Pandora's Box.

Culinary Classes

The Flavors of Asia is the theme for culinary classes in October. Learn healthy cooking techniques as well as the intricacies of cuisine from Vietnam, Thailand, China, Japan, Korea and India. Discover new ingredients and techniques unique to the Eastern world. Resident Chef Jarred Harris is the instructor.

There will be a chef demonstration on Thursday, October 12 from 5 to 7 p.m. Cost is \$35. Learn the professional tricks to making chicken and rice balls in shrimp broth, yellowfin tuna, avocado and crab parfait with caviar, whole roasted fish with ginger, soy and chili szechuan-style vegetables and rice noodles.

On Sunday, October 15 from 4 to 6 p.m., there will be another chef demonstration. Cost is \$35. On the menu will be mulligatawny soup with vegetable samosas, zucchini and onion bhaajis, chicken tikka masala with basmati rice, and vegetable

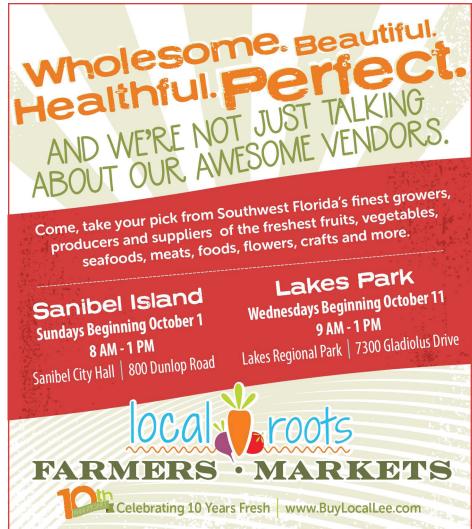
Kitchen Guild

On Saturday, October 14 from 10 a.m. to noon, there will be special programming for Kitchen Guild and Community House members. Prepaid registration is \$20. Class will begin with various knife sharpening methods and knife skills. Then, chef Jarred Harris will show you how to turn your regular soups and sauces into gourmet meals.

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



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For individual shop information: www.ShopOnSanibel.com



Volunteers at the Sanibel Historical Village

photo provided

Sanibel Historical Village To Re-Open, Volunteers Sought

Tuesday, October 17. Hours will be Tuesdays through Saturdays from 10

The Sanibel Historical Museum and Village opens for the season on value of the season of th no additional charge, depending on docent availability.

this season, including a boat trip to historic Useppa and four Twilight Talks," said Executive Director Emilie Alfino. "Our annual gala fundraiser is scheduled for February 19. Watch the local newspapers for specifics. We look forward to seeing old friends as well as welcoming return guests." New volunteers are always needed at the village. Training begins on

"We're planning exciting programs

November 6 and 13. Those interested are encouraged to call 472-4648.

"There are many different things for volunteers to do, so anyone can find a comfortable spot among our village

family," Alfino said.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18. Members and children are free.

For more information, call 472-4648 during museum hours or visit www. sanibelmuseum.org. 公

From page 1

Fundraiser

The family-friendly evening will feature pigs roasted in two different styles by CECI parents and staff. Admission will include roasted pork, sides, beverages as well as a milkshake and cookie bar. Beer and wine will also be available. There will be a silent auction and a 50/50 raffle.

Tickets are \$30 in advance, \$35 at the door and \$10 for children ages 13 to 18. Children 12 and under are admitted at no charge. The preschool urges people to buy tickets in advance so they can get an accurate head count.

Sponsorships are available and include tickets to the roast and display in promotional materials. Proceeds from the event will help fund student scholarships as well as capital improvements to the facility.

The preschool, which opened in 1974, is a non-profit parent co-op which serves families who live or work on Sanibel and Captiva. It is open to children ages 12 months to 5 years. To register your children for preschool, buy event tickets, become a sponsor or donate items to the silent auction, call Ms. Cindy at 472-4538.☼

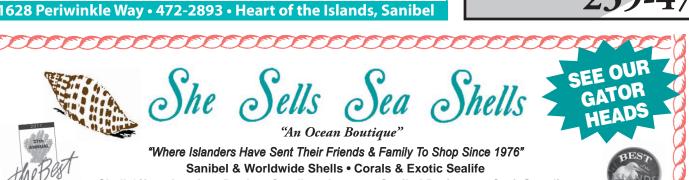




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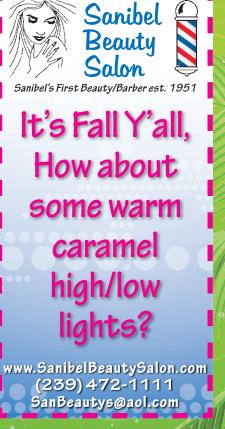


PALM RIDGE PLACE



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2330 PALM RIDGE ROAD SANIBEL ISLAND, FL



The three otters entered the water as a group

From page 1

Trio Of Otters

care at the Sanibel clinic is roughly the amount of time they would spend with a parent learning how to hunt for fish and other prey on their own. Without the parents to teach these skills, it was up to the dedicated staff of rehabilitators at CROW to ensure they learned.

One of the speed bumps in the road prior to the otters being released came in the form of Hurricane Irma.

"Prior to Irma, we planned what we call a 'soft release.' By this, we opened doors to the enclosure to allow the otters to come in and out of the enclosure as they wish while providing food for them until they feel ready to forage and find food on their own," explained Carrasco. "Since the enclosure doors are open,

photo by Jeff Lysiak

they can also seek shelter in there so it's considered their safe spot until they

decide to go off on their own.

According to CROW staff, the otters sought shelter inside a stairwell located near the back of the wildlife hospital. Days after the storm passed, the animals were coaxed back into the clinic with food placed inside of crates. "They will need further live prey training to hone their hunting and foraging skills before they are able to be re-released," a press release on CROW's website stated on September 18.

Last Wednesday morning, Carrasco and CROW volunteer (and former student) Sara Barnhard transported two pet carriers containing three river otters to a secluded ranch near Shell Creek Preserve in Punta Gorda. Steve Meding, the owner of the property, had witnessed several otters being released

onto his estate before.

"This is the third batch of otters we've released here," said Meding, whose late wife, Rosemary, was a well-known advocate for protecting local wildlife. "There's lots of fish in the waters here. In the past, the otters have gone away and come back again a couple of times before they finally settled in."

Around 10:45 a.m., Carrasco and Barnhard took the pet carriers to a spot about 10 feet from the edge of a pond, which was surrounded by shady oak trees adorned with Spanish moss. Once the doors were opened, each of the three otters curiously poked their heads out of the carriers, took a couple of steps along the muddy bank of the lagoon before crawling into the water. Within moments, all three were

swimming together, cavorting playfully in their new home.

Carrasco couldn't help but smile.

"Being my favorite animal to rehabilitate, Í always get a little emotional for every otter release because I've watched these pups grow into gorgeous teenagers," she said. "They have worked very hard to get to this one point and they've been through a lot, especially as babies without their mothers. We are one of the only facilities that rehabilitates otters in Southwest Florida, which is why we get so many transferred to CROW. We are lucky to rehabilitate these beautiful creatures and every year, they teach us something new."

For more information about CROW, visit www.crowclinic.org.☆

Church Collecting Supplies For Puerto Rico Hurricane Victims

Thile Hurricane Irma dealt a difficult blow to all of Florida, Hurricane Maria devastated Puerto Rico. The need there is great. Sanibel Community Church is partnering with 63 Puerto Rican congregations to get supplies distributed to

According to Pastor Daryl Donovan, "Good people all across Florida are gathering supplies to be shipped in containers as soon as possible to people who have lost everything. Through Sunday, October 8, our church is a collecting place." People may donate bottled water, canned goods, diapers, dry or canned pet food,

blankets, pillows, towels and other items. For a complete list of needed supplies, call the church at 472-2684.

On Monday, October 9, supplies will be taken to the main collection center to be loaded into the shipping container.

Sanibel Community Church is located at 1740 Periwinkle Way. Items can be dropped off in the main Sanctuary at the southwest entrance.

Join us for a family-friendly fundraiser that will feature two pigs roasted by the parents and staff of the Children's Education Center of the Islands.



Saturday, October 14, 5-8 PM Children's Education Center of the Islands 350 Casa Ybel Road.

Event proceeds will help fund scholarships and facility improvements. Admission includes roasted pork, sides, and non-alcoholic beverages. Beer and wine available for a suggested donation.

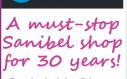
Event Information: 239-472-4538

Adults \$30 (in advance) \$35 (at the door) 😿 Kids age 13 - 18 \$10 🛣 Kids 12 and under FREE



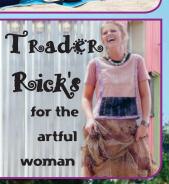


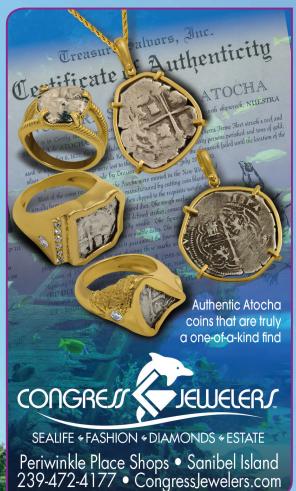




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During Tuesday's Sanibel City Council meeting, Vice Mayor Mick Denham, center, read a proclamation recognizing October as Breast Cancer Awareness Month. Pictured with Denham are representatives from Susan G. Komen Southwest Florida and Pink Out Sanibel &

City Considering Prohibiting Medical Marijuana Dispensaries

by Jeff Lysiak

uring their first meeting since the arrival of Hurricane Irma, the Sanibel City Council faced an agenda heavy with a number of significant issues dealing with medical marijuana dispensaries, lease agreements with BIG ARTS, Community Housing and Resources and the Sanibel Historical Museum & Village, along with new ordinances related to formula retail stores, user fees at the Sanibel Recreation Center and an increase for parking permit rates at island beaches.

On October 3, council members weighed two options on how to handle the impending medical marijuana dispensery issue, which they had previously installed a nine-month temporary moratorium that will expire on January 4, 2018. Planning Department Director Jim Jordan explained that the intent of the moratorium was "to provide the city with the opportunity and time to review the impact of changes made to state law, including the 2016 Florida Constitutional Amendment legalizing medical cannabis as well as the impact of medical cannabis dispensing in other

jurisdictions, to determine how such dispensing of medical marijuana should be permitted and regulated within the City of Sanibel.

Jordan presented the council with two options to consider: allowing such businesses any place where local zoning codes would permit a pharmacy as a permitted use, or prohibiting marijuana dispensary businesses entirely.

"As amended, the state statute preempts local governments from creating more restrictive laws for marijuana dispensaries than exist for pharmacies. However, at the same time the bill also gives local governments the authority to completely ban dispensary facilities," a September 26 memorandum from Jordan explained.

While the first option requires medical marijuana dispensaries to be treated the same as pharmacies without denying them entirely, it also requires a 500 feet separation between such facilities and public or private schools. However, the city would not be allowed to apply this same distance separation to residential areas, public parks and/or daycare facilities, nor could it limit the number of dispensaries.

Vice Mayor Mick Denham suggested that his fellow council members consider the second option of prohibiting the dispensaries altogether. "By prohibiting medical marijuana dispensaries, the city can avoid any unintended consequences that permitting the use at this time may cause," Jordan's memo continued. "The prohibition could be reversed if further observation or additional time is deemed to be warranted to see if there are any negative impacts or legal challenges associated with the permitting of such a use within other jurisdictions.

City Attorney Ken Cuyler explained that because the state legislature drafted vague legislation related to the medical marijuana issue, individual cities may apply some local laws in order to regulate them. "If you allow (dispensaries), then you can't limit them," he said, suggesting that the council not consider extending the original moratorium. "I think the legislature threw us a curve when they told us we can't limit the number of them.

Following some additional discussion on the matter, council voted unanimously to approve drafting an ordinance on prohibiting medical marijuana dispensaries on the island. Such legislation will be open for discussion at MacKenzie Hall when the council conducts two public hearings on the

legislation at its November and December meetings.

Councilman Jim Jennings requested that additional research and education of what medical marijuana is and how it differs with traditional cannabis be provided to the council and interested members of the public.

In other business, the council unanimously approved a 30-year lease agreement with BIG ARTS and a fiveyear lease agreement with Community Housing and Resources, Inc., while also agreeing to a month-to-month lease with the Sanibel Historical Museum & Village while members of the city staff and museum board members work on several issues in the proposed lease contract.

The first reading of ordinances dealing with the revised formula retail store legislation and user fees at the Sanibel Recreation Center took place, with the second readings and public hearings scheduled to take place during the November 7 council session.

Members of the council also passed a resolution to establish a revised schedule of rates for the Sanibel sewer system, which will provide a four percent increase in residential, commercial and reclaimed water rates, along with an ordinance to increase the fee for a "B" parking decal from \$99 to \$124, a "BC" parking decal from \$198 to \$248, and the fee at city beach parking lots from \$4 to \$5 per hour. The latter legislation passed 4 to 1, with councilman Chauncey Goss casting the lone dissenting vote.

City Holiday Schedule

he City of Sanibel administrative offices will be closed in observance of the Columbus Day holiday on Monday, October 9 and will resume regular operating hours on Tuesday, October 10.

Refuse, recycling and vegetation waste will have no change in the trash pick-up schedule. If you have any questions, call Advanced Disposal at 334-1224.

The Sanibel Recreation Center will be open on Monday, October 9. The Center 4 Life will be closed on Monday, October 9. Hurricane Irma debris collection will continue a full 12 hours on Monday, October 9.\$

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Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. 8210 Cypress Lake Drive, Fort Myers, annunciation.fl.goarch.org, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS
The Reform Congregation of Bat Yam

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

HISTORIC CAPTIVA CHAPEL BY THE SEA The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 12, 2017 thru April 29, 2018 11580 Chapin Lane, Captiva 472-4646 FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL FELLOWSHIP, sbc Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson 284-6709.

SANIBEL COMMUNITY CHURCH Dr. Daryl Donovan, Senior Pastor Sunday Worship 8 and 11 a.m. Traditional in historic Chapel, 9 a.m. Contemporary and childrens church. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

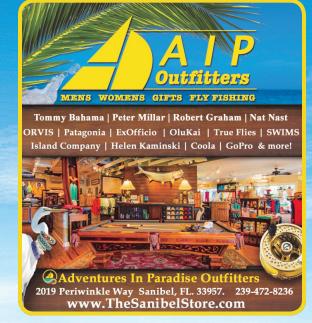
Meets 5 p.m. on the first Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.



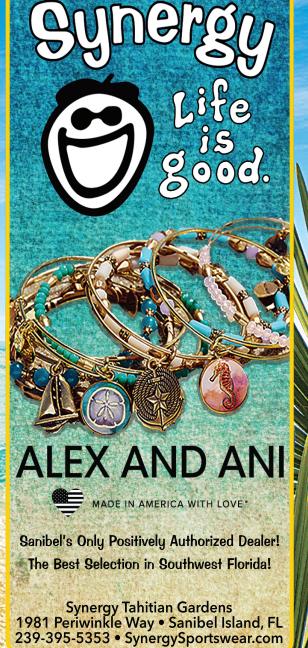
Tahitian Gardens

1975 Periwinkle Way











The three-hour Bunche Beach tour is a highlight of "Ding" Darling Days

photo provided

Reserve Now For 'Ding' Days Birding Tram Tour

he free Bunche Beach Birding Tram will depart from "Ding" Darling National Wildlife Refuge on Friday, October 20 at 7 a.m. for participants to view low tide birding activity. The three-hour tour is an

annual highlight of "Ding" Darling Days, which takes place from October 15 to 21 at the refuge. Spaces are limited, so make reservations with Tarpon Bay Explorers (TBE) in advance at 472-8900.

The Bunche Beach tour is one of a number of special activities scheduled for Friday. Although Wildlife Drive is normally closed on Fridays, the refuge is allowing free admission to cyclists and hikers from 7:30 a.m. to 6:30 p.m. You can also gain admission aboard five special, discounted tram tours that day. Cost is \$9.75 for adults, \$6 for children. Private vehicles are not allowed on the drive that day.

At 10 a.m., Supervisory Refuge Ranger Toni Westland will lead a free, narrated 90-minute bike tour of Wildlife Drive. A free Animal Olympics Games activity will be ongoing at the refuge Bailey Tract campus on Tarpon Bay Road from 10 a.m. to 3 p.m.

At 1 p.m., a free showing of Animal Planet's film The Million Dollar Duck will take place in the "Ding" Darling Visitor & Education Center. Winner of the coveted Audience Award for Best Documentary Feature and the Jury Award for Documentary Feature at the 2016 Slamdance Film Festival, the amusing film follows artists through the trials and tribulations of competing in the "Olympics of wildlife art" and the prospect of earning a million dollars as a result of winning the annual contest. The refuge namesake, Jay Norwood "Ding" Darling, started the federal duck stamp program in 1934.

TBE will offer other discounted kayak and boat tours throughout the day. Check the schedule for times and call 472-8900 for reservations. For a full "Ding" Darling Days schedule, visit www.dingdarlingdays.com or call 472-1100.

Friday, October 20 **Duck Stamp Day**

7 to 10 a.m. - Free Bunche Beach Birding Tram, meet at Education Center flagpole*

7:30 a.m. to 6:30 p.m. – Wildlife Drive is open and free to hikers/bikers only; closed to vehicular traffic except special TBE trams throughout the day

8:30 to 10 a.m. - 25 percent off Breakfast Nature & Sea Life Cruise,

10 a.m. to noon - 25 percent offCommodore Creek Paddle, TBE'

10 a.m., 11:30 a.m., 1 p.m., 2:30 p.m., 4 p.m. – 25 percent off special Friday Narrated TBE Wildlife Drive Tram Tours

10 to 11:30 a.m. - Free Refuge Bike Tour with Ranger Toni, meet at Education Center flagpole

10 a.m. to 3 p.m. - Free Animal Olympics Games at Bailey Tract, Tarpon Bay Road, self-guided and

11 a.m. to 12:30 p.m. – 25 percent off Sea Life & Nature Cruise, TBE*

1 to 2 p.m. – Free showing of *The* Million Dollar Duck film, Education Center auditorium

1 to 3 p.m. - 25 percent off Commodore Creek Paddle, TBE*

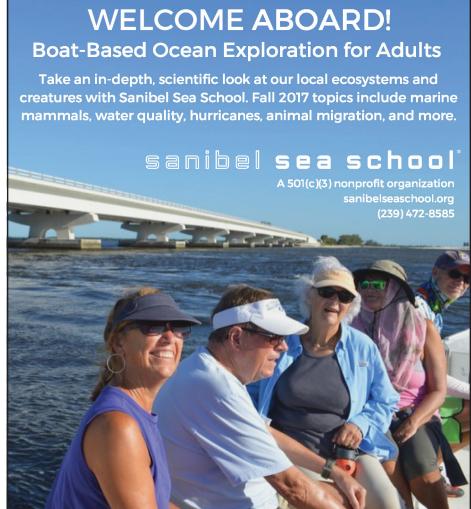
1:30 to 3 p.m. – 25 percent off Sea Life & Nature Cruise, TBE*

5 to 7 p.m. – 25 percent off Sunset Rookery Kayak Tour, TBE* (experience necessary)

5 to 7 p.m. – 25 percent off Evening Sea Life & Nature Cruise,

Call TBE for reservations, **472-8900.**☼





City Of Sanibel Post-Irma Report

he Internal Revenue Service has issued an advisory tax relief for victims of Hurricane Irma in Florida. Included in this advisory are extensions for certain personal and business deadlines for the area as well as casualty losses and other hurricane related relief. To read a copy of the advisory, go to https://www.irs.gov/ newsroom/tax-relief-for-victims-ofhurricane-irma-in-florida. If you have any questions, contact the IRS or your accountant. The City of Sanibel does not respond to questions regarding

At this time Hurricane Irma priorities for the City of Sanibel are: completing debris removal as quickly and safely as possible; full economic recovery for citizens, businesses and the workforce; maximizing recovery of the dollars invested in emergency preparedness prior to the storm as well as clean-up and recovery post-storm.

As of the end of the day on September 30, a total of 43,904.37 cubic yards of vegetative debris have been removed from streets and transported the temporary vegetative debris reduction site located on Island Inn Road. Approximately 40,000 cubic yards of the vegetative waste that has been collected thus far has been converted to mulch.

Some important notes for all property owners of Sanibel:

All Sanibel streets will have at least two "sweeps" of vegetative debris collection, however, no street will have a second sweep before all streets have a "first" sweep:

The city is placing neighborhoods first, thus the piles of vegetative debris at public locations such as city hall, community park and beach parking lots will be collected last:

Crews will be working a full 12-hour day on Columbus Day, Monday, October 9 (a city holiday) on debris collection;

After the large, bulk debris is collected from in front of residences and businesses, property owners or landscapers may bag, containerize or bundle the smaller residual debris and, if left curbside, will be collected as part of the regular weekly horticulture;

City staff is working with non-profit organizations such as FISH of SanCap to establish an alternate route for the annual 10K race this year that will not slow down or hinder the vegetative waste debris collection operation while providing a safe venue for the racers;

You cannot schedule a specific time or an appointment for the collection from your specific property;

Do not approach the operators on the heavy equipment. It is dangerous for you and the operator and it slows down the mission.

Vegetative waste debris removal is scheduled to operate seven days a week from 7 a.m. to 5 p.m. until the task is done. Until the removal of the vegetative debris is completed, users are to refrain from utilizing any of the city's shared use paths where debris is on the path. Co-mingling of pedestrians, bicyclists, runners and heavy equipment is not safe and is to be avoided for the safety of all parties.

If you have containerized, bagged or bundled vegetative waste, it will be collected by your regular horticulture hauler on your regular garbage and recycling collection day. All other vegetative waste generated by the hurricane is to be placed at the side of the road. The vegetation waste need not be bundled. Do not place the vegetative waste next to or over a fire hydrant or utility box such as your water

Plans are finalized to provide free

mulch to the community. Details will be announced soon.

Island Inn Road from the eastern gate to the mid-road cul-de-sac is temporarily closed to motorists, pedestrians and cyclists until further notice. The city will be utilizing the Island Inn Road site that has been pre-approved by the state for volume reduction of the vegetation debris. Once the volume reduction task is completed, the road will be re-opened to pedestrians and cyclists and with the limited access to motorists permitted prior to the hurricane. The method of reduction will be a tub grinder.

If you have questions, email citymanager@mysanibel.com or call 472-6397 or 472-3700.☼

San Cap Motor Club Cruise-In

he next San Cap Motor Club Cruise-In will be held on Saturday, October 7 from 9 to 11 a.m. at Periwinkle Place Shopping Center. No pre-registration is necessary. Club membership dues for the season are \$50 and include a club T-shirt that will be delivered in November. A continental breakfast, coffee and other refreshments will be provided by the Blue Giraffe Restaurant.

There is no better excuse to get that classic out of the garage and show it off," said Scot Congress, club

'Neighbors Helping Neighbors'



Senior Care: New Changes & Choices

Aging Life Care Professionals™ Cindy Auskamp, RN, CMC; Dawn Moore, RN, CMC; and Chris Austin, MA, BSW, CSWCM will lead the discussion. This presentation will provide information on the responsibilities of a caregiver, and the affect that these responsibilities may have on the caregiver.

Aging Life Care Professionals Lee Health Senior Care Choices





DATE: Wed., Oct. 18, 2017, 4:00—6:00, Sanibel Community House RSVP: Kathy Y. Monroe, M.S.G., F.I.S.H. Program Director, 239-472-4775

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Kathy is a native of Charleston, West Virginia and has been a Fort Myers resident for 4 years. She has nineteen years of social services experience, and holds a Master of Science degree from Saint Joseph's University as well as a theological certification from Immaculata University. Currently, Kathy serves on the advisory council for the Alvin A. Dubin Alzheimer's Resource Center.



Kathy Y. Monroe, M.S.G.



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Plant Smart

Clues To A Storm-Resistant Landscape

by Gerri Reaves

7ith Hurricane Irma still fresh in our memories and evidence of her destruction spread across the landscape, what better time to consider the relative storm resistance of the trees in our

Generally speaking, native species do much better than non-native ones. Species recommended for high wind include Geiger tree (Cordia sebestena), live oak (Quercus virginiana), tamarind (Tamarindus indica), gumbo limbo (Bursera simaruba) and the non-native mango (Mangifera indica).

Florida's state tree, the cabbage, or sabal, palm (Sabal palmetto), excels at weathering hurricane winds and flooding.

This native cabbage palm, pictured the day before Hurricane Irma, had been allowed to grow to its naturally spherical form photos by Gerri Reaves

Conversely, non-native species such as gueen palm (Syagrus romanzoffiana), Australian pine (Casuarina equisetfolia), melaleuca (Melaleuca quinquenervia), weeping banyan (Ficus benjamina) and Washington palm (Washingtonia robusta) are among those at risk of toppling in a storm.

The first three in that list are officially listed as invasive in the state – all the more reason to replace them.

Tree location and overall health help determine wind survivability too. Planting trees in groups rather than singly increases a tree's resilience, as do extensive and mature root systems.

Consider removing shallow-rooted risky trees and replacing them with stormresistant ones.

Remove hazardous, decayed, or diseased trees before a storm. Falling trees not only damage structures and other trees but bring down power lines.

As for areas under power lines, plant only species that will grow lower than the

Pruning can increase or decrease a tree's overall health and wind resistance, depending on whether it's done properly. Over-pruning is detrimental, but proper pruning or thinning can enhance the storm resistance of some species. Consult a professional.

A good general rule is to cultivate diversity in your landscape, including trees of various ages, heights and species, and then give them the space and resources to develop strong root systems.

And while you're at it, why not consider benefits to wildlife when choosing trees?

Post-hurricane, the palm showed no ill effects

Finally, if you're dealing with a storm-ravaged yard, give trees a little time before getting out the chainsaw. They can experience shock, just as other organisms do.

Patience and time to recover might make the difference between life and death. Sources: www.edis.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.☆







THERE'S A NEW CLUB IN TOWN! MEMBERSHIPS AVAILABLE



Introducing The Club at Shell Point, located in Fort Myers, just two miles from Sanibel Island. The Club showcases many amenities including championship golf, flavorful cuisine in two tempting dining venues, and a Salon & Spa where you can be pampered and unwind. Members also enjoy tennis, pickleball, a fitness center, and fun-filled social events. Stop by or call for more information on the new club in town!



The Beginning Of Fall Fishing Is Here



by Capt. Matt Mitchell

ornings on the water over the past two weeks have finally began to feel a little bit cooler as we slowly move closer towards fall. Although we rarely ever see a major

cool down living in south Florida until at least late November, this little change is just enough to let the fish know fall is coming.

Our inshore waters are still extremely brown due to the never-ending hurricane Irma run off . The water color around the mouth of the river can only be described as black. What's amazing to me is that in this dark water the bait and wildlife is plentiful. The amount of life around the causeway bridges in this black water at first morning light is as good as we've ever seen it in even the spring or fall. I can't explain the acres of baitfish flipping all over the surface along with diving birds and rolling tarpon that are the last thing you would expect to

see in this nasty stained water.

Snook fishing was my go-to this week and brought us great action on fish of all sizes. Shiner fishing caught us the highest number of fish both on mangrove shorelines and around oyster bars. With snook slowly making that annual move from the beaches and passes towards the back country, anywhere in the middle sound with good-moving current and structure will be holding this species of fish For larger snook, use live pinfish either in the passes or on docks around the intercostal. The mouth of the river during the outgoing tide is also holding some much larger snook if you have large shiners or threadfin herring to free line to them on the deeper mangrove points with fast-moving current.

Redfish fishing also remained consistent with the most productive methods of fishing generally being done one of two ways: either looking for schools on open shallow flats or fishing up under the mangroves on the higher periods of the tide. Finding the roaming schools of redfish required running flats behind the barrier islands and covering lots of ground until they often just pop up as they shower bait fish while grazing. Fishing the schools takes a little more patience to find them, but once you do, it's only a matter of getting a bait out to the schools, and it's



Mary Laser with a 32-inch snook she caught while out with Capt. Matt Mitchell

photo provided

basically a guaranteed hook up.

Fishing the rips and tide lines on the outside of the passes brought a variety of species for anglers looking to catch lots of fish by simply throwing artificial baits including small spoons, jigs and plugs. Ladyfish, mackerel and jacks are out on these tide rips, gorging on all the little bait fish getting sucked in and out of the passes. Often this fishing is as easy as finding the feeding birds that will lead you right to the fish. This type of fishing, although not glamorous, is just plain fun and is awesome for anglers of all skill levels. From trolling spoons to casting a fly rod, the possibilities and different

methods to catch these fish is unlimited. If you want to really get fish jumping out the water, throw out a few scoops of small live shiners for chum and watch the water boil.

Don't let that deceptively ugly-looking brown water fool you. Its' full of life and, with fall in the air, the fishing possibilities are endless

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. 5

Send Us Your Fish Tales

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

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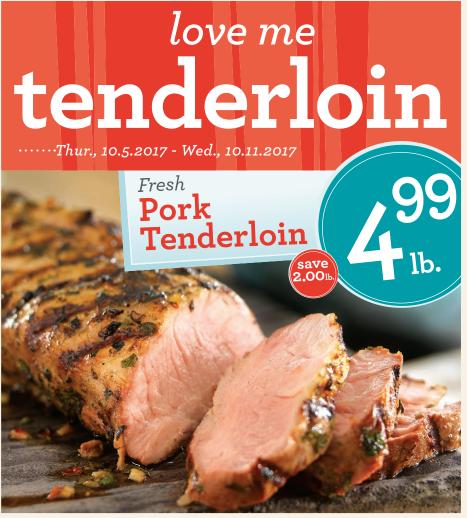
with colorful exotic birds! Stop by and say hello!

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Tea Drillia



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

The Tea Drillia, Cerodrillia thea (Dall, 1884), is another local, small gastropod that may, due to its size, be missed by most casual shell seekers. Its shell reaches 0.5 inch in length and is elongate and attractive. The shell sculpture consists of seven to nine slightly curved, axial (parallel to the main shell axis) ribs. The shell is light-brown ("tea-colored"), with

a very thin grayish-green *periostracum* (outer, preteinaceous shell layer) present mostly between the axial ribs. The species belongs in the family Drillidae, a very diverse group of marine gastropods. Learn more about local mollusks at www.shellmuseum.org/shells/southwest-florida-shells.

Shell Museum Events

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

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

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



The Tea Drillia, *Cerodrillia thea*, from Sanibel Island

photo by José H. Leal

Shell Found



Sheryl Favorite

photo provided

Sheryl Favorite, visiting from Sylvania, Ohio, found an alphabet cone on September 25. She found it partially buried on the beach between the public beach and Sundial Resort & Spa. Favorite has been coming to Sanibel since she was a child.

Adding to the excitement of finding the rare shell, Favorite now joins her two children, Taylor and Troy, and her mother, Carol, who have also been in the newspaper for rare finds in the past.

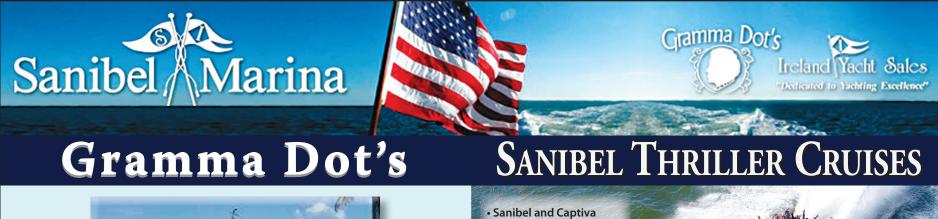
Shell Club To Meet

The first meeting of the season for the Sanibel-Captiva Shell Club will be held at 2 p.m. on Sunday, October 15 in the auditorium on the main level of the Bailey-Matthews National Shell Museum.

Dr. José Leal will be the season's first guest speaker. His presentation is titled Cross-Examining the Usual Suspects: Our Amazing Sanibel Shells. This new program introduces new angles and facts about some common and some not-so-common local species

of mollusks. Dr. Leal's PowerPoint presentation is loaded with fun facts and information, as well as high-quality images of shells and the living creatures.

The meeting is open to the public and is free of charge. Refreshments will be served and door prizes will be awarded.





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CROW Case Of The Week:

Mangrove Fox Squirrel



by Bob Petcher

he mangrove fox squirrel is also known as the Big Cypress fox squirrel (Sciurus niger avicennia) due to its largest protected population known to be residing in Big Cypress

National Preserve in Ochopee, Florida. In fact, the native squirrel has a limited range of habitat that is mainly southwest of Lake Okeechobee and south of the Caloosahatchee.

Prior to the 1970s, the fox squirrel was once hunted as a game species in Florida. Due to the old philosophy of game hunting and an increase in development in the state, this particular mammal has faced threats of extinction. It has been protected in Florida as a threatened species since the Florida Fish and Wildlife Conservation Commission banned Big Cypress fox squirrel hunting in 1972

The mangrove fox squirrel is sometimes referred to as a large tree squirrel that can grow up to 27 inches in length and three pounds in weight. But, unlike a tree squirrel, the mangrove fox squirrel is mainly a ground dweller. Its habitat is forest land, and it is not known to hibernate, but instead stays rather active year-round.

Interestingly, the mangrove fox squirrel is known for its long tail that is nearly the length of its head and torso combined.

At CROW, an adult mangrove fox squirrel was admitted from Fort Myers last week. It had reportedly been chased and cornered in a barn by dogs. The only injury it sustained through its ordeal was a fractured tail.

Unfortunately, due to the severity of the fracture, CROW medical staff had to amputate approximately one third of the patient's tail just above the fracture site. The injury appears to be related to the dog chase.

'Based on the history provided to us, and the nature of the tail fracture (with) one vertebrae crushed and a puncture wound associated with the fracture site, the injury was likely secondary to a dog bite," said Dr. Robin Bast, CROW veterinary intern, who performed the surgery. "If the tail had been caught on something while trying to escape, there likely would have been a different type of injury to the tail – a degloving wound where skin is pulled away."

The fox squirrel received pain and anti-inflammatory medication as well as antibiotics. Its amputation site is being closely monitored on a daily basis to ensure it is healing properly. CROW staff reports the patient remains very bright, alert and aggressive. It is expected to make a full recovery.

The squirrel should still be able



Patient #17-3355 is in the healing process after approximately one third of its tail had to be amputated photo by Brian Bohlman

to function normally, since he is only missing a few inches off the tip of his tail (and) two-thirds of his tail still remains," said Dr. Bast. She explained that a fox squirrel's tail can be used for communication with other animals, while its bushy fur along the tail helps provide warmth.

CROW medical staff stated that the amputation site is expected to be healed within two weeks.

"We anticipate the patient will be

BEACH & GOLF RESORTS

released within 10 to 14 days, as soon as the amputation site is fully healed," said Dr. Bast.

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



CROW Calendar Of Events

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

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

Friday, October 6, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge - Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients

are admitted to the hospital.

Monday, October 9, 11 a.m.,
adults \$12, ages 4 to 12 \$7, age 3 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, October 10, 11 a.m. to **12:30 p.m.**, \$25 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, October 10, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 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.

Wednesday, October 11, 11 **a.m. to 12:30 p.m.**, \$25 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, October 11, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge - Patient Profiles: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Thursday, October 12, 11 a.m. to 12:30 p.m., \$25 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, October 12, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – 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.

LIVE ON THE **ISLANDS**

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

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

Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's John McLane.

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

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

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker. Dusk performs on Saturday. Woody 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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Kern Releases 2018 Sanibel Scenes Calendar

by Jeff Lysiak

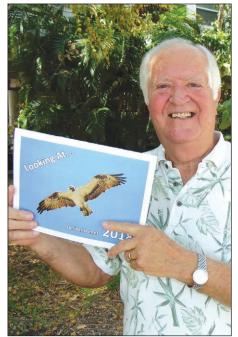
ob Kern, an amateur photographer, handyman and former owner of Island Graphics, has published his fifth calendar filled with images he has taken of local wildlife on and around the island.

The 8.5-inch by 11-inch Sanibel Scenes calendar features some of Kern's personal favorite photographs, including closeup images of an alligator (February), a gopher tortoise (May) and a frangipani in bloom (April), a roseate spoonbill in the JN "Ding" Darling National Wildlife Refuge (January) a fish house south of Useppa Island (November), plus a pair of stunning sunsets (June and December).

For this year's edition, Kern drew upon his ever-growing inventory of nature photographs.

'I've got tons of photos, and I keep them divided into a number of different categories - sunsets, bird, flowers," said Kern, who produced his first calendar in 2014 at the suggestion of Sanibel Public Library Director Margaret Mohundro. "All of the photos used in this year's calendar are new – I probably have an inventory of 250 sunsets."

One of the trademarks Kern is known for are his one-liners, which



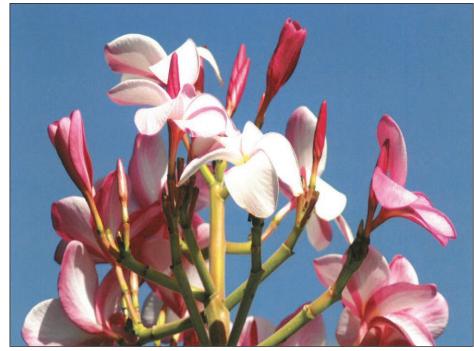
Bob Kern with his 2018 Sanibel Scenes photo by Jeff Lysiak calendar

have frequently been used in the Sanibel & Captiva Island Chamber of Commerce weekly email newsletter. Among his witty remarks included in the 2018 calendar are:

Why don't retirees mind being called seniors? The term comes with a 10 percent discount.

Chicken – The only animal you eat before they are born and after they are dead.

The difference between bird flu and



The image featured during the month of April is a frangipani in bloom

photo provided

swine flu? One requires tweetment and the other requires oinkment.

Some mistakes are too much fun to make only once.

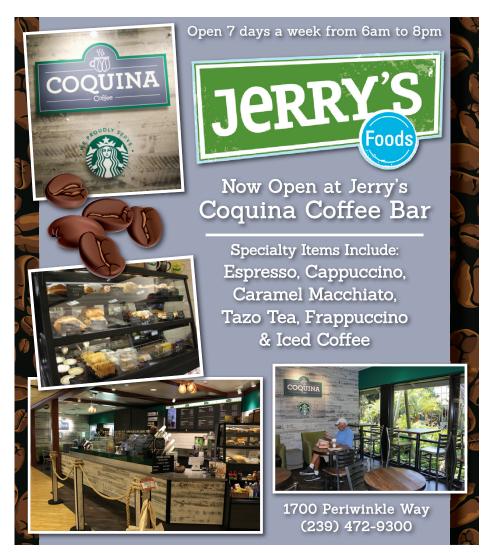
Kern noted that he carries his camera along with him seven days a week. If he is driving around the island and sees something interesting or unusual, he'll stop and take a picture or

"The island provides an unending supply of subjects to photograph,'

added Kern. "I could probably do calendars for the next five years even if stopped taking pictures.

However, Kern has no plans on

stopping.
The 2018 Sanibel Scenes calendar, priced at \$13.95, is available at Bailey's General Store, Bailey's at Sundial Resort, CVS Pharmacy, Doc Ford's Sanibel, Island Pharmacy, Suncatcher's Dream and Beach Stuff.





Recycling Bins Modified To Protect Nesting Birds



Joel Caouette installs a monofilament bin cover on the Sanibel Causeway

photos provided

lear Your Gear, a partnership between seven island conservation organizations, aims to encourage fishing enthusiasts to protect birds and other wildlife by disposing of monofilament line and fishing gear properly. Since 2014, the group has installed and maintained

more than 30 monofilament recycling bins on Sanibel and Captiva islands. In September, they designed and installed covers on these bins to prevent cavity nesting birds from entering.

'Cavities or holes in trees are required nesting sites for at least 25 bird species



Clear Your Gear modified monofilament recycling bins to protect nesting birds

in Florida, some of which are threatened or endangered" said Dr. Heather Barron, hospital director at the Clinic for the Rehabilitation of Wildlife (CROW). She added that dead trees are often removed from forests, parks and yards, forcing cavity nesters to resort to less than ideal man-made cavities. "Some cavity-nesters are very adaptable and, in the absence of appropriate trees for nesting, will choose odd anthropogenic substitutes such as mailboxes, old shoes or monofilament recycling bins.

CROW sees numerous patients in its hospital each year that have been injured by fishing line, hooks and lures, so the idea of birds using the hazardous contents of monofilament recycling bins as nesting material was a cause for concern among

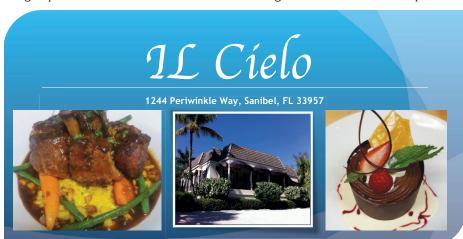
Clear Your Gear steering committee members. "We did some research and came up with a rubber mechanism that has been used successfully in other parts of the U.S. as a wildlife exclusion device." said Barron. "The bin modifications will still allow people to easily discard monofilament line, while better protecting our avian population.

Clear Your Gear participating organizations include CROW, "Ding" Darling Wildlife Society, "Ding" Darling National Wildlife Refuge, Monofilament Busters, City of Sanibel, Sanibel-Captiva Conservation Foundation and Sanibel Sea School. Clear Your Gear would like to thank Michael Scherer for sharing his expertise, and the West Coast Inland Navigation District, San-Cap START, and the Sanibel Island Fishing Club for grant support. To learn more, visit clearyourgear.

Captiva Community Panel To Meet

he Captiva Community Panel will meet on Tuesday, October 10 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. Public participation is invited and encouraged.

The next meeting will be held on November 14. Information and background documents are available online at www.captivacommunitypanel.com.



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Artist Of The Month At Congregational Church

very month throughout the year, Sanibel ■ Congregational United Church of Christ highlights ◆a different artist or group of artists. In October, the paintings of Judy Usavage are on view.
"I've been coloring for as long as I can remember and

painting since my mom gave me her brushes and paints way back when," said Usavage. "It's a different world I'm in where thoughts become reality right in front of my eyes in the painting process.'

Usavage paints with oils and acrylics, with palette knife and brushes. She said, "I like to mix it up to keep my interest and ability on point."

Usavage belongs to the Lee Plein Air group of artists that meet at a different location weekly and posts the results on a Facebook page. She has also participated in Paint the Beach on Fort Myers Beach and entered contests in Punta Gorda. Usavage has donated to Arts for ACT for several years. As a member of Cape Coral Art League, she has shown in its monthly shows, participated in its yearly two-day festival, and hung displays around the Cape. She is currently displaying paintings at the Art Council Co-op at Coconut Point.

In addition to exhibiting with art leagues throughout Lee County and at the Visual Arts Center in Punta Gorda, Usavage also displays and sells her work at outdoor festivals up and down the coast with her husband, who is a novelist. Her work can be viewed online at www.Dailypaintworks.com.

She said, "Painting is a passion for me, and I'm totally



Judy Usavage with one of her paintings

photos provided

delighted when it pleases those who choose to linger and look at my pieces for a moment or a lifetime.

The exhibit is in Fellowship Hall at Sanibel Congregational Church of Christ, located at 2050 Periwinkle Way, across from Periwinkle Place shopping center. The public is welcome to view the exhibit during office hours, when meetings are not in progress, as well as on Sunday mornings. For more information, call the church office at 472-0497.☼

Post-Irma Garden Walk At Bailey Homestead

submitted by Dee Serage-Century, SCCF Living With Wildlife Educator

all is near when the seaside goldenrod begins to bloom. Prior to Hurricane Irma, the wildflower and pollinator garden at the SCCF Bailey Homestead preserve was a mass of five-foot-tall spikes ready to go golden. Following all that Irma wind, garden maintenance was sort of like pickup sticks but also included staking up a few patches ready to bloom so the goldenrod show could go on.

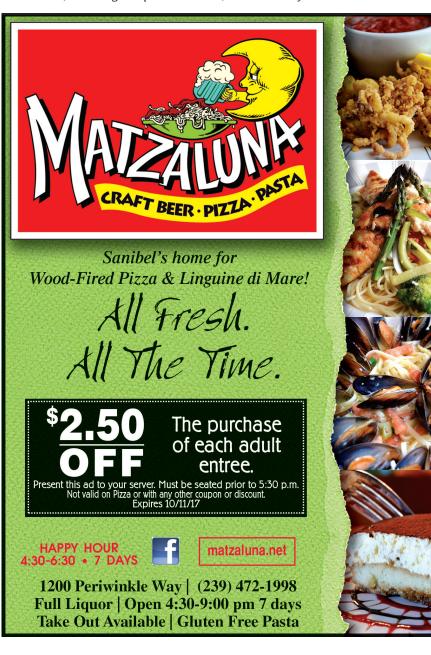
Contrary to popular belief, goldenrod does not cause allergies; its pollen is so sticky that it does not

blow in the wind.

Yellow is now the main color in the garden with the cassias and partridge peas also going into bloom. Only female buzz pollinators like the green orchid bee can shake the pollen of these flowers loose to feed their brood. While picking up sticks, water hemlock and spiderwort were found coming up, another sign of fall in the garden. Water hemlock is a larval host plant for the black swallowtail butterfly, just like parsley. So don't squish those caterpillars.

You do have to look closely to see signs of fall here in the subtropics but it is coming. So goldenrod tea will be served at the weekly Tuesday morning garden walks in October. Join Dee on the Native Landscape and Garden Center porch at 9 a.m. No reservation required. The Bailey Homestead Preserve is located at

1300 Periwinkle Way. 袋





Mamey Sapote





by Resident Chef Jarred Harris

he mamey sapote (pronounced mah-May sap-Poe-tay) is a littleknown tropical fruit native to Mexico and Central America. This fruit, also known as the zapote Colorado and



Mamey sapote

the pumpkin pie fruit, is widely grown throughout the Caribbean and South Florida. It is very popular in Cuban and Jamaican communities.

The mamey sapote is shaped like a football with thin brown skin and a large seed that resembles mahogany. The fruit has the consistency of avocado and

photo provided

tastes like a cross between pumpkin pie, baked sweet potato and carrot cake. The fruit is usually eaten raw or processed in smoothies. I prefer eating the fruit raw, by simply cutting it in half as you would an avocado and scooping out the flesh.

The mamey sapote not only tastes great but has amazing health benefits

that shouldn't be ignored. This fruit is high in vitamins A, B, C and E, as well as potassium, manganese and copper. Eating this fruit helps reduce the risk of colon cancer because it promotes healthy cholesterol levels and protects against heart disease. The fruit is believed to have antiseptic qualities and when eaten, helps calm upset stomachs.

The fruit is harvested twice a year, from January through April and June through September, and can easily be found in Caribbean and Latin markets or even online. If you come across this amazing fruit, you should definitely give it a try and let me know what you think.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@ sanibelcommunityhouse.net or call 472-2155.☆

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Perry Tract Kiosk To Debut This Friday At Gulfside City Park



Artist's rendering of the Perry Tract kiosk

image provided

The public is invited to attend the unveiling of an interpretive kiosk at Perry Tract, the only shoreline property that belongs to the JN "Ding" Darling National Wildlife Refuge complex on Sanibel. The unveiling ceremony will take place on Friday, October 6 starting at 9 a.m. adjacent to the boardwalk at Gulfside City Park. Parking fees will apply.

The four-plus-acre Perry Tract lies adjacent to the park and is named for

The four-plus-acre Perry Tract lies adjacent to the park and is named for ophthalmologist and malacologist Dr. Louise Perry. Upon her passing in 1962, she donated her winter home property to the U.S. Fish & Wildlife Service to maintain as a safe haven for wildlife.

With support from the "Ding" Darling Wildlife Society-Friends of the Refuge and a grant from the Lee County Tourist Development Council, and in partnership with the City of Sanibel, the interpretive kiosk's three panels pay homage to Dr. Perry and identify wildlife, shorebirds and seashells found on the beach and around the property's pond, which is closed to the public. Shell castings and a replicated

sea turtle nest add a hands-on element to the exhibit.

"We are so grateful to our partners and Dr. Perry's family for making possible this opportunity to educate beachgoers about seaside ecology and the importance of conserving it," said Supervisory Refuge Ranger Toni Westland. "We invite attendees to take a beach walk with us following the ceremony at 9:30 a.m." "

From page 1

Learning Lavatories

imagery inside the center's lavatories and on the outdoor wall leading to them. The outdoor mural immerses visitors in a virtual underwater experience where they come eye-to-eye with 3-D manatees and look up to see an alligator and other 3-D wildlife sculptures swimming overhead.

Inside, the lavatories were renovated to green standards and continue the interpretive underwater motif, featuring a photo-tile mangroves mural and more wildlife sculptures. In coming weeks, stall doors will be wrapped with wildlife imagery. The refuge will also add educational teaser messages and an activity sheet to accompany the exhibit. They will be designed to entice visitors into the Visitor and Education Center to learn more.

"We had identified a major missed opportunity for educating visitors," said Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), which facilitated the grant and project. "Whereas we see nearly a million visitors to the refuge each year, only about a quarter of those numbers enter the center. We were finding that many came to use

the restrooms without ever stepping foot inside to see all of our wonderful educational exhibits."

The #LearningLav project showcases the work of two artists. Local artist Andrew Corke fashioned a mother and baby manatee out of recycled bike tires, while North Carolina artist David Williams sculpted other creatures out of foam and fiberglass. Williams painted the lifelike sculptures and one-dimensional aspects of the murals.

"We are proud to say we now have the coolest bathrooms on the island and in the entire national wildlife refuge system," said Miller. "We would like to thank the visionary and hard-working members of our project committees. Our creative team included Andrea Conners, MaryBeth Greenplate, Amy Herd, Marilyn Kloosterman, Emily Koval, Jen McSorley, Toni Ory, Monica Scroggin, Sheridan Snell, Christine Szymanczyk and Ann-Marie Wildman. Thanks to the implementation team, who made it all happen: Carrie Alexander, Nate Caswell, Jeff Combs, Joann Hinman, Sierra Hoisington, Sarah Lathrop, Kathy McCabe, Birgie Miller, Paul Tritaik, Chelle Walton and Toni Westland.

For more information, photos and videos about #LearningLav, visit dingdarlingsociety.org/articles/project-hathroom **



Eleanor Oliphant Is Completely Fine

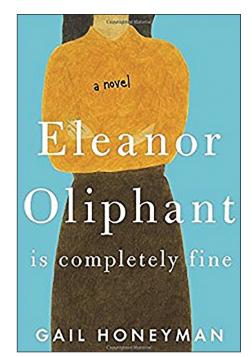


by Di Saggau

This debut novel by Gail Honeyman is delightfully funny even though it's about a woman who had something really bad happen to her. Eleanor Oliphant Is Completely Fine

is about a woman who is convinced that although she may not be great or excellent, she is just fine. She works weekdays and on weekends she relaxes with frozen pizza, two bottles of vodka and drinks and sleeps until time to go back to work again on Monday.

Eleanor narrates the novel in the first person, revealing visits from social workers who have checked on her since the age of 17. Her home is outfitted with secondhand furniture and a plant called Polly that has miraculously survived over the years. We know that something happened to Eleanor and that it was so bad it left a large scar on half her face. She has no friends and lives a reclusive life. The reader doesn't discover exactly what happened until the final pages, which is a bit frustrating but



understandable and well handled by the author.

Looking through Eleanor's eyes is a unique experience. When she opens her mouth to utter one of her many expressions, I found myself laughing out loud many times. Eleanor develops a middle-schooler-type crush on a man she has only seen and never met, and yet she decides he is the one for her. She gives herself a complete makeover, and it's a journey that is a delightful experience for the reader.

The guy is a musician and the one

who motivates her transformation, but it's her relationship with Raymond, the IT guy at work, who transforms her inner self. Eleanor lacks a knowledge of social norms, and Raymond seems to understand her. Eleanor is hilarious at times. I plan to use one of her tricks in the future. When she gets a phone call from a telemarketer, she whispers into the phone, "I know where you live." And then she hangs up very gently. Eleanor and Raymond email quite often. When he responds to one of her emails with a smiley face she thinks, "Twenty-first century communications. I fear for our nation's standards of literacy." On the subject of profanity, she says, "Obscenity

is the distinguishing hallmark of a sadly limited vocabulary."

You are going to love Eleanor, a woman who has no idea who SpongeBob is, or what she should wear to a party or what to say to those in attendance. While she has a lot to learn about the world, there's a lot we can learn from her. Eleanor Oliphant is Completely Fine is the story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey. I'm not only going to recommend it to my book club, I'm going to insist that we read it because the ensuing discussion is bound to be

School Smart



by Shelley M. Greggs, NCSP

Shelley,
My son
is in Kindergarten
and struggling with
coloring, drawing
and writing. He still
doesn't hold his
pencil correctly or
press down hard. Is

this normal? What can I do for him?

Emily P. Fort Myers Beach

Emily,

Learning how to write is a process and has stages just as learning to speak does. Young children progress through stages, from looking at letters on the page of a book during infancy to producing those letters beginning in the preschool years. Learning how to write properly is a developmental milestone, and it is important to remember that, as with all developmental milestones, achievements are expected to occur within a broad range of ages, not at a specific time.

Typically by age 4, a child will have progressed through several types of grasps while scribbling and drawing, from the fist or power grasp to a more developed grasp like the tripod grasp. Kids usually develop this grasp between the ages of 4 and 6, and boys typically develop this later than girls. A less mature grip and light pressure can be a sign of muscle weakness in the wrist and fingers, the very muscles needed





for writing.

The best way to help a child who hasn't mastered this grasp and who needs further development of the muscles used for fine motor activities is through a fun and games approach. There are so many activities for children that help to develop these muscles, such as lacing toys, building blocks, wind-up toys, cutting paper with safety scissors, construction games such as Legos or Tinker toys and tweezer-type activities. Play involving modeling or play clay is also an excellent way to promote finger and wrist strength.

By showing a child how to make different shades of color from the same crayon or pencil, you can help them learn to exert more pressure or reduce pressure on the writing tool depending on what effect your child wants to make. You can demonstrate by shading lightly, shading with more pressure, and then shading with a lot of pressure to show how the color changes. Ask your child to identify which shade goes with which amount of pressure and then have him try to create the different shades when coloring.

Triangular crayons are a great way to promote a mature grasp; they are generally thicker than regular crayons and their triangular shape creates a surface on which to place each finger. There are also triangular grips you can purchase to put on pencils and crayons to help your child learn how to grasp properly.

Remember, have fun with these activities. Learning to write should

not be a stressful experience for your child. If your child isn't having fun with these games or if no progress in several months is made despite implementing these extra activities, you may want to discuss his development with your doctor to see if a referral to an occupational therapist is indicated.

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

Top Ten Books On The Island

- 1. Little Fires Everywhere by Celeste
- Cuban Affair by Nelson DeMille
- The Alice Network by Kate Quinn
- Don't Let Go by Harlan Coben
- 5. The Sanibel Kaleidoscope by Harlan Wittkopf
- 6. A Brief History of Sanibel Island by Marya Repko
 - Woman in Cabin 10 by Ruth Ware Y is for Yesterday by Sue Grafton

Courtesy of MacIntosh Books and Paper.☆

- Land Remembered by Patrick
- 10. Living Sanibel by Charles Sobczak

Refuge Teacher Grants Deadline Extended

ue to Hurricane Irma's interruption of the school year, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and JN "Ding" Darling National Wildlife Refuge is offering a onemonth extension, to November 30, for its 12th annual teacher grant applications.

Up to \$10,000 in grant awards are available to teachers in Lee, Charlotte, Collier, Glades, and Hendry counties this school year for conservation education-related projects. Teachers in the five-county area may apply for grants up to \$1,000 each to purchase teaching aids, books and classroom materials, fund new classroom science projects, take field trips or conduct work projects in the community.

All schools are invited to submit conservation-related proposals by November 30. The approved proposals will be awarded in December 2017 for projects to be completed by spring 2018.

Our normal deadline is October 31 each year," said Wendy Kindig, DDWS environmental education committee chair. "But with the chaos in the wake of the September 10 hurricane, we want to give teachers more time to get their classroom routines renormalized so they can turn their full attention to the grant application process.'

In the past 11 years, DDWS has granted more than \$73,000 to local



Students from Pelican Elementary School in Cape Coral worked on their granted "Celebrating Birds" project last school year photo provided

schools for environmental projects. The teacher grants are funded by DDWS monies received from the DDWS Conservation Education Endowment Fund established by Jay "Ding" Darling's grandson, the late Kip Koss.

To make a tax-deductible donation in support of the fund, contact DDWS Executive Director Birgie Miller at 472-1100 ext. 4 or director@ dingdarlingsociety.com.

For more grant information and an application, visit www.tinyurl. com/dinggrants, or contact Sierra Hoisington at 472-1100 ext. 4 or shois@

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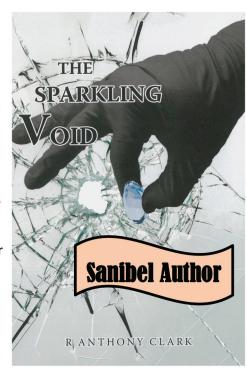
By Tony Clark

Now Available Everywhere

Although this Sanibel financial advisor couldn't have known, the 1990s were the perfect time for a story lover to manage money for

retirees. After all, they were the Greatest Generation and their life stories were the greatest. The author relished blistering descriptions of Normandy on D-Day, Iwo Jima, communist death threats against union leaders in their attempt to control American labor, the creation and loss of fortunes, the genius of invention and the sorrow of heartbreaking loss. For Clark, it was hard to imagine these aged, frail figures were once hardened men of action that is until he's pulled into their world by a client in his time of

Prepare for the most surprising account you never would have suspected from a seemingly feeble old man and his well-meaning broker.



Cephalebrities' Shine At Shell Museum Dinner



The lineup of celebrity waiters was introduced at the start of Monday evening's "Cephalebrity" Island Dinner, a fundraiser for the Bailey-Matthews National Shell Museum. Pictured from left are Joey Almeida, Brendan Albright, Robin Roberts, Calli and Bailie Johnson, Mary Bondurant and Pam Rambo. photos by Jeff Lysiak



Melanie Moraga and Paul Gulbrandsen performing a duet of Summer Nights from the musical Grease



Calli and Bailie Johnson offered dinner patrons a chance to purchase bottles of magical potions (wine)



Ginny Fleming, center, with Chauncey and Allison Goss



Sarah Ashton and Robin Roberts

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Mary Bondurant and Pam Rambo



From left, Kimberley Nealon, Joey Almeida, Dr. José Leal, Dorrie Hipschman and Paul Gulbrandsen



Holli Martin and Fran Peters



Jason Maughan and Mary Schoeffel

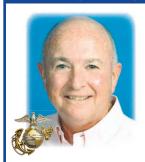


From left, Calli Johnson, Jerry Edelman and Bailie Johnson



Soliciting a few more tips, Robin Roberts grinds black pepper on the salads for guests

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Rotary Happenings

submitted by Shirley Jewell

or Rotary, get-◆ ting back to normal after Hurricane Irma means returning to our regular format for Friday morning meetings. This week, club



president Holli Martin noted that in the past few years, Sanibel-Captiva Rotary has brought in over 25 new members. Such a growth spurt comes at a risk of not getting to know our newer members well and them not getting to know our long-time members and snowbird

Martin started monthly social get-togethers for our membership and these have become popular but she also wants us to get to know the value of each of the professions brought to the table through Rotary membership. This past Friday, we started with short presentations by three Rotarians about their professions.

Jack Alexander, CPA, auditor and audit manager for Stroemer & Company, told us auditors drill down in the process, they test transactions. They are looking to verify the business methods of the company and that financial statements are stated correctly. Audits can provide an opinion, a review, and/or compilation depending on the type of professional services needed. One thing Alexander stated may surprise you: "Audits are not designed to prevent fraud, they are formulated on signed financial statements from the company as a basis for audit."

Gary Dyer, portfolio manager for Investors Security Trust, started with a story about himself when he was in kindergarten and the kids were asked what they wanted to be when they grew up. He said, "financial analysist." Dyer's dad was in financial services dealing with investment portfolios, mergers and acquisitions. Dyer was given his first stock by his dad at age 6 (Steak & Shake).

He enjoys the research done in his position but his true passion is getting to know his clients and positioning their

investments tailored to their financial needs. Each client has their own financial story and depending on their age and amount of investment capital they have, Dyer looks at placing them in their best investment position. He said, "Baby Boomers and the real wealthy like personal contact with their portfolio managers, they like to ask questions and have assistance with managing risk." Millennials seem to be more comfortable with investing online but as they collect wealth, that may change.

John Raho, financial controller, has worked in finance for 30 years, primarily in or with Fortune 500 companies. His latest position as division controller with Corning, Inc. has him working overseas in Greater China, Japan and the UK.

Corning manufactures a product called Guerilla Glass, which is used for screens on mobile electronic devices. Raho was financial controller for this division during developing years.

In early 2000, Apple founder and CEO Steve Jobs wanted to improve on the screen quality of his developing iPhone and contacted Wendell Weeks, CEO of Corning, asking him if he had a product that could serve as cover glass for his new iPhone. Corning had an experimental product not yet being manufactured. Jobs challenged Weeks to start manufacturing that product and have it ready for him in six months. Corning went to work and produced a sample product six months later. Corning is now in its fifth generation of Guerilla Glass. Apple has experimented with other manufacturers over the years but continues to return to Guerilla Glass.

As a financial controller, Raho was charged with pre-budget forecasts, maintaining internal financial control and closing division books.

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

Sanibel-Captiva Rotary Helps With Disaster Relief

ince September 29, Sanibel-Captiva Rotary Club members have donated approximately \$2,000 in hurricane relief funds, which will be matched by the club trust fund and another \$2,000 from Rotarian Richard Mattern's former Rotary home club in Deerfield, Vermont, which has been designated for use in Florida. The club is waiting on information regarding how it can help in Puerto Rico.

Anyone who would like to join Sanibel-Captiva Rotary in this effort can contact Holli Martin by email at holli@ sanibelinsurance.com.

The club has also joined Rotary District #6960 efforts in Bonita Springs by organizing groups of volunteers to help with ripping out sheet rock and building debris. Rotarian Jack Alexander reported that over 1,000 homes in that area have been impacted by flooding.\$

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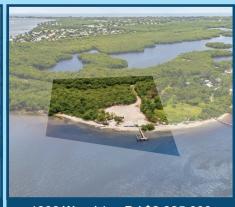
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From left, Nancy Bender, Eric Pfeifer, Heather Chevalier, Ed Ridlehoover and Pete Bender photo provided

Realty Group Sponsoring 10K Race 4 FISH

Teifer Realty Group, a former neighbor of FISH of SanCap, continues its support of the 10K Race 4 FISH. The organization lends a helping hand to those who live, work or visit the islands - something realtor and broker Eric Pfeifer witnessed for nearly

"We believe in the valuable work that FISH does and have been proud supporters for several years," said Pfeifer, owner of Pfeifer Realty Group

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and a Silver Sponsor of the 9th annual 10K Race 4 FISH, a community tradition that draws hundreds of runners from near and far to Sanibel for a good cause. "We saw the faces of those who desperately need the help of FISH every

day."
"It is an honor to have Pfeifer Realty
"Silver Sponsors." Group as one of our Silver Sponsors," added Ed Ridlehoover, race committee co-chairman. "They have been a treasure in our community for many years."

Race day is set for Saturday, October 28, with the start and finish line at The Community House, located at 2173 Periwinkle Way. Registration is now open online at www.fishofsancap.org under the "Our Major Events" tab.

Superior Interiors

Moving Back **Outdoors**



by Marcia Feeney

ur lanais have become an extension of our indoor living spaces, a concept that has become more realistic as many manufacturers of home products develop attractive furniture, lighting,

accessories and appliances for outdoor

Patio furniture has greatly evolved from the folding, vinyl strap versions of the past, to beautiful pieces made of teak, steel, rattan and stone, seamlessly making the transition from indoor spaces to outdoor. Many pieces look very similar to indoor furniture but are designed and constructed to stand up to our Florida elements, while providing a stylish level of comfort and functionality. No, it doesn't have to look 'outdoor' any more.

Outdoor fabrics have finally transitioned from the standard stripes of the past to more current styles and colors that blend with adjacent rooms in the home. Sunbrella features a soil and stain resistant finish and is easy to clean with soap and water. The solution dyed yarns are mildew resistant, but should mildew stains appear,

they can easily be removed with diluted bleach.

A charming addition to any lanai is the addition of outdoor draperies. Jumbo grommets and drapery hardware are now available in either brightly colored plastics or stainless steel to hold up to the elements. Defining the perimeter of the patio with outdoor drapery is another perfect application for the Sunbrella fabrics. With careful planning and installation, the fabric tie-backs can be loosened to provide a bit of protection from the strong Florida sun, and can also be easily removed for the summer stormy months, which is the perfect time to clean and store them for next year.

When creating an inviting backyard space, incorporate various types of lighting for ambience and safety. Landscape lighting will provide the perfect mood, while sconce and overhead lighting add light for Al Fresco dining.

Earth-friendly outdoor area rugs, now made of recycled soda bottles, add color and pattern while being maintenance friendly. Simply hose them off occasionally and the sun will do the rest. Brightly colored wall art completes the space where your friends and family will gather to enjoy our fabulous weather, leaving cold, blustery winter days far behind.

Expand your indoor living to the covered patio or lanai to enhance the Florida experience and don't be afraid to step outside your comfort level to add a little spice to your new entertainment area.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be



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Sand Pointe #122 2737 West Gulf Dr

2nd floor 2 bedroom with gulf view, updated kitchen & baths, & covered parking. Turn-key long-time weekly rental with future bookings. \$699,000 fully equipped



Loggerhead Cay #264 979 East Gulf Dr

Top-floor ~1385 sq. ft. 2 bedroom with courtyard to gulf view. Weekly rentals grossing ~\$60K this year, plus 2018 bookings to convey. \$598,300 furnished



Pointe Santo #C34 2445 West Gulf Dr

Center unit on 3rd floor. Views over lagoon to beach. Roomy 1 bedroom with "happy" beach-style décor in resort-like complex with income. \$589,000 turn-key



Cottage Colony West #119 2255 West Gulf Dr

Investor's dream. Beach-front condo in guaranteed-income nightly-rental program at Casa Ybel Resort with use of amenities. \$674,000, grosses ~\$100K/yr



Ibis #B102 at The Sanctuary 5775 Baltusrol Ct

Easy-access ground-level 2 bedroom with large great room, separate utility room, screened lanai overlooking golf course, & private garage. \$449,900 furnished



Spanish Cay #A7 1610 Middle Gulf Dr

Sanibel's lowest-priced near-beach condo. Residential community borders Sanibel River, beach access across street. 2nd floor 1 bedroom. \$299,000 furnished



Captains Walk #B2 641 Periwinkle Way

East-end ground-level 1 bedroom, formerly an annual rental. New HVAC, updated appliances & bath. Carport, community docks & laundry. \$274,000 partly furnished



Sunset South #6D 1340 Middle Gulf Dr

Top-floor 2 bedroom with elevator, garage, & private storeroom. Overlooks natural area of Sanibel river. Residential complex with gulf/ clubhouse/pool. \$499,900













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Too Many Choices



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

little over 20 years ago, when my wife and I had our first daughter, we hired an au pair from Sweden named Sara. Patti was still working, and we didn't have family nearby to help with our new infant.

You should have seen Sara's face upon entering Publix for the first time. She couldn't believe the vastness of what we considered our every-day grocery store. "In Sweden we have a choice of only three cereals. Here you have hundreds!

Generally speaking, we all like a lot of choices in life. Everything today can be individualized to our own

specifications. You can go online to design running shoes, sunglasses, cars almost everything.

But are all these choices good? Can they become overwhelming?

When considering advanced estate planning strategies, for example, I often tell my clients that there is no "right" way or "wrong" way to achieve goals – whether those goals are to minimize taxes, protect our children's inheritance from predators or creditors or to provide for a surviving spouse. No one knows whether one has made the right decision until after the fact – until everything has happened and we are blessed with 20/20 hindsight.

So, I generally lay out different strategies with explanations of each strategy's unique set of advantages and disadvantages. When one seeks to minimize taxes in larger estates, for example, you may also sacrifice future flexibility as many of those choices involve placing assets in irrevocable trusts that cannot be changed.

Balancing the needs of your surviving spouse who may not be the parent of your children can be delicate when you consider that each dollar he or she consumes is one less dollar that your children will one day inherit. Each year that he or she lives is one more year that your children will wait for their inheritance.

When you consider all of the possibilities to achieve your goal - whatever that goal may be - you may end up being paralyzed by indecision. No decision seems right. Everyone wants that silver bullet that doesn't exist.

To make matters even more confusing, as the attorney/advisor, it's difficult to voice my own preference. First off, it is not my estate that is affected - it is my client's estate. Second, I can't possibly walk in my client's proverbial shoes. I haven't lived his or her life – and I can't get inside of his or her mind to decide who gets priority and in what way.

That's why I typically begin an initial meeting asking what is most important to my client. "Is it most important," I may ask a married couple, "that the survivor of you have complete control over all of your assets and be able to consume every last asset taking care of yourself - or is it more important to leave at least some

amount to your children?" I may ask.

Consider, for example, the client who wishes to retain their Sanibel residence for their children. She may envision multiple generations enjoying the residence as a family vacation and holiday retreat.

What if after the death of one spouse, the surviving spouse wants to move into a Shell Point or Cypress Cove? The buy-ins for those institutions can be several hundred thousand dollars along with a healthy monthly maintenance fee. In return, one is guaranteed life care. This could take a significant burden off children or other relatives - but could also mean the destruction of the dream of the Sanibel residence being held in the family for generations, as it may have to be liquidated to generate the cash necessary to purchase into the life-care community.

You can't let these decisions paralyze you. In most instances, your estate plan can be flexible. Revocable living trusts can be amended – and should be reviewed periodically to ensure that they are up to date with your current situation and with your current goals.

Your choices will also change over time. They may change because your family situation has changed. They may change because your net worth is higher or lower than it was before. The tax and trust laws change. There are a variety of reasons to reconsider the choices that you have when you originally planned or updated your estate.

And as I said, as your situation changes, you are confronted with choices. But consider this - it's usually better to have those choices then to have limited

Sara, our au pair of 20 years ago now is a married mother of three living in Norway. I wonder if her grocery carries more than three different kinds of cereal? ©2017 Craig R. Hersch. Learn more at www.sbshlaw.com.

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American Legion Post 123

American
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123 is serving
barbecued ribs and
chicken from 1 to
8 p.m. this Sunday,
October 8. Cost is
\$12 to \$14.



The Oktoberfest celebration will be on Saturday and Sunday, October 14 and 15. Watch for more details.

The next American Legion general meeting will be held on Wednesday, October 11.

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



The chamber After Hours event at SanCap Gateway Realty

photo provided

Business Members Meet For After Hours Networking

anCap Gateway Realty hosted the monthly Sanibel & Captiva Islands Chamber of Commerce After Hours networking event on September 25, with a turnout of nearly 75 members.

"We were happy to host this event and see our friends and business colleagues, especially after many of us put in extra hours not usually done with hurricane preparation and repairs," said SanCap Gateway broker Lori Shulz.

Appetizers were served compliments of the The Blue Giraffe restaurant,

Visit Our Showroom at 10831 Sunset Plaza Circle #107 Fort Myers FL 33908

located in the Periwinkle Place, and key lime cookies were provided by Totally Baked on Sanibel. Dean of Dusk Duo added musical entertainment.

The September event also raised money for FISH of SanCap, an organization that has been at the forefront of post-Hurricane Irma relief.

"We couldn't think of a better time to have the monies collected go to FISH, as we are happy to help any neighbor in need, especially after so many had financial strains during and after Irma," added Shulz.

The next Chamber After Hours

The next Chamber After Hours will be held from 5:30 to 7 p.m. on Monday, October 16 at The Sanctuary Golf Club. RSVPs are required and can be made by calling 472-1966 or by visiting www.sanibel-captiva.org.

ABWA Women's Night Out

The Sanibel Captiva Charter Chapter of the American Business Women's Association will present Let's Destress! Night on Tuesday, October 10 starting at 5:30 p.m. at The Community House, located at 2173 Periwinkle Way.

In the wake of Hurricane Irma, the executive board of ABWA's Sanibel Captiva Charter Chapter has determined that for at least one night, the women of Southwest Florida should abandon the burdens of work, responsibility and their business attire in favor of tending to themselves, and being served a nice dinner.

Debbie Sheme, owner of Sanibel Pilates and Yoga, will teach simple movements and techniques that can be performed standing or in a chair, to help relieve stress and tension. Sheme has traveled and studied internationally and received her 200 Hour E-RYT certification with Yoga Alliance in Greece. She now is a teacher trainer and an official RYS yoga school with Yoga Alliance.

Participants should wear or bring yoga-friendly clothing; no other equipment is needed. Cost is \$25 and includes networking followed by the activity and dinner created by resident chef Jared Harris.

Visit www.ABWASanibelCaptiva. Eventbrite.com to register.☆



No One Predicted Postseason Play For Both Red Sox And Twins

'f we could turn back the calendar six months to the end of baseball's spring training, no one, absolutely no one, thought Lour two teams that train here, the Boston Red Sox and the Minnesota Twins, would both advance to postseason play.

The Red Sox, yes, as they were the defending American League Eastern Division champions and were the favorite to repeat in 2017. But the Twins, no way, after losing 103 games last season, the worst record in baseball.

As we write this column early this week on the eve of postseason play, the Twins, after winning the American League's second wild card slot, will play the New York Yankees, winners

of the first AL wild card spot, in a one-game, winner-take-all Tuesday night in Yankee Stadium.

And once again, the Twins are given little chance of knocking off the Yanks to advance in the playoffs. Of the 10 teams that earned the right to postseason play, Minnesota is ranked No. 10 according to baseball experts.

They may be proven right. Sure the Twins, with a season record of 85-77 - an improvement from 59-103 a year ago - do have the worst record among the 10 postseason teams. But long-time Twins fans recall 1987 when the club won just 85 games and went on to win the World Series in the magical year.

Here are two more positive factors for Minnesota: Since the July 31 trading deadline, the Twins topped the Major League in runs scored and home runs.

The New York Yankees defeated the Minnesota Twins 8-4 Tuesday night in the one-game American League Wild Card game.

Now to the Red Sox.

By once again winning the American League Eastern Division – the first time in Red Sox history that they won back-to-back division titles – they will face the Houston Astros in the best-of-five division play starting this Thursday in Houston. Boston hopes to eradicate the memories of last year when they were swept by the Cleveland Indians in the division series.

The Red Sox finished just two games ahead of New York to win the division, but once they took over first place in the East on August 1, they never relinquished the lead.

Pitching was the key to Boston's success this year to overcome a less-than-spectacular offense that finished near the bottom of baseball's 30 teams in home runs and slugging

Oh how Boston missed the retired David Ortiz.

Pitching, however, was a different story as Red Sox hurlers combined for a 3.70 ERA, second best in the American League. They also finished near the top of the league in strikeouts and fewest walks allowed.

When Boston's Dave Dombrowski, president of baseball operations, pulled off the biggest trade of the off-season by acquiring Cy Young candidate Christ Sale, he made a deal that was the key to Boston's success this season.

Sale, the former Florida Gulf Coast University star, recorded his first 300-strikeout season, 308 to be exact, and the league's second best ERA at 2.90.

He very well may be the key to Boston's hopes for a fourth World Series title in the

Island Seniors At Center 4 Life

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

The Center 4 Life will be closed Monday, October 9 in observance of Columbus Day.

Trash & Treasures Sale -

Donations of clean "gently used" items are still needed for the Trash & Treasures Sale in November. This annual sale is organized by Island Seniors volunteers at the Center 4 Life. The sale is a huge event for the Island Seniors and all proceeds help support programs such as kayaking, fitness, technology, games, potlucks and the arts. Donations are tax deductible and you may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothes, shoes, computers or old TVs cannot be accepted.

Page Turners with Louise Fitzgerald and Ann Hartman - If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center. The featured book for Wednesday, October 11 at 2:30 p.m. is The Immortal Life of Henrietta Lacks by Rebecca Skloot.

Friday Collage Classes with Bea **Pappas** – October 6, 13, 20 and 27 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.

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

Hand & Foot - Thursday at 12:30

New: Canasta - Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m. Kayaking on Tuesdays - October 10 and 24 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.

Line Dancing Classes on Monday – October 16, 23 and 30 at 11 a.m. Cost is \$2.50 for members and \$5 for non-members.

If you are interested in line dancing, join the group on Monday afternoons during the month of October for an hour of fun. The instructor will review dance steps, then turn up the music. Bring a friend. Register in advance by calling the center at 472-5743.

Miami's Spanish Roots and Little Havana Guided Tour - Wednesday, October 18. Cost is \$89 for members and \$99 for non-members. Includes round trip transportation, lunch at the famous Versailles Restaurant in Little Havana, riding and walking tour with a private guide to learn about Spanish culture in Miami including the Freedom tower, the Miami Circle and "Domino" Park. Limited space available. Depart from Fort Myers location at 7 a.m.

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.



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Resorts Sponsor Fundraiser For Children's Education Center



From left, Sanibel Captiva Beach Resorts Chief Operating Office Doug Babcock, Children's Education Center of the Islands Executive Director Cindy DeCosta and Sanibel Captiva Beach Resorts Chief Executive Officer Toni Lapi

anibel Captiva Beach Resorts has been named a Gold Sponsor for the 3rd annual Pigs in Paradise fundraiser for the Children's Education Center of the Islands (CECI). The fundraiser helps support CECI's scholarship program, allowing all children to attend preschool regardless of their family's financial situation.

SPORTS QUIZ

- 1. In 2016, Toronto's Josh Donaldson became the sixth player in A.L. history to have at least 20 home runs and 80 runs scored by the All-Star break. Name three of the other five to do it.
- 2. Miami's Giancarlo Stanton tied a record in the 2016 All-Star Home Run Derby with 61 home runs. Who had held the mark?
- 3. Cam Newton holds the Carolina Panthers record for most TD passes in a career (136 entering the 2017 season). Jake Delhomme is second (120). Who is third?
- 4. In 2014, Florida's Kasey Hill became the fourth men's freshman basketball player to dish out 10 assists in an NCAA Tournament Sweet 16 game. Name two of the other three to
- $5.\ \mbox{Nashville's Peter Laviolette},$ in 2017, became the fourth NHL coach to take three different teams to the Stanley Cup Finals. Who were the other three?
- 6. In 2016, Ashton Eaton became the third athlete to win back-to-back Olympic decathlons. Name the other two to do it.
- Who are the only golfers to shoot a 63 in a men's major twice?

ANSWERS

(2000). 2. Bobby Abreu hit 41 homers in 2005. 3. Steve Beuerlein, with 86. 4. Magic Johnson (1978). Keith Gatlin (1984) and Jason Kidd (1993). 5. Dick Irvin, Scottly Bowman and Mike Keenan. 6. Daley Thompson (1980, 1984) and Bob Mathias (1948, 1952). 7. Greg Norman and Vijay Singh 1. Lou Gehrig (1936), Ted Williams ('46), Reggie Jackson ('69), Frank Thomas ('94) and Alex Rodriguez



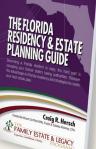
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Friday, November 3

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Doctor and Dietician

Sucralose





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

ucralose, also known as Splenda, is found in so many of the foods and beverages we consume, but its role in glucose levels, weight loss and health is controversial. Various studies have speculated that sucralose changes the way glucose and insulin are metabolized in our bodies, including the possibility that it may actually stimulate glucose and insulin secretion. This means that folks who consume sucralose to reduce sugar intake and lose weight may actually end up gaining weight.

Different studies are contradictory and can be confusing. A recent study in Regulatory Toxicology and Pharmacology showed that sucralose had no effect on blood glucose or insulin, even though it has an increased sweet taste signal. Faster glucose transport and the increased sweet taste

signal was the pathway implicated in the possible glucose and weight increase. Since the sweetener adds no calories to the diet, the researchers concluded that sucralose would be beneficial as a means to reduce sugar intake.

Does that mean sucralose should be consumed freely? Not in our opinion. First, weight gain is not the only concern that shows up in the research. Sucralose has also been said to boost fat build-up in all parts of the body. Additionally, sucralose has been shown to decrease beneficial gut flora, such as lactobacilli, even three months after ingestion. It may also interfere with certain medications and has been shown to be carcinogenic, especially at high temperatures.

Sucralose is a synthetic sweetener. Artificial sweeteners, such as sucralose, are categorized as food additives, and FDA approval for consumption does not guarantee safety in the long run. As always, we encourage healthy diets consisting of fresh, real foods and beverages, and decreasing overall consumption of sweets. When a sweetener is needed, though, try natural sweeteners such as coconut sugar, agave nectar, or raw sugar.

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@

Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

 $\boldsymbol{Q}\boldsymbol{:}$ Is it true that yoga can actually help with depression and addiction?

A: With the rapid increase in yoga over the past two decades, it is true that this ancient tradition has many

positive and valuable aspects. Research shows that yoga asana practices increase flexibility and muscular strength, improve respiratory and cardiovascular function, support addiction recovery, reduce stress, anxiety, depression and chronic pain, improve sleep as well as one's overall general health and well-being. Below are a few tools that are shown through research to be supportive of substance abuse, depression and anxiety:

1. Putting the body in motion. Studies show that just getting the body in motion and moving can be most beneficial with depression and addiction recovery. Yoga is an extension of meditation and an important dimension of mindfulness that is often missing from other types of exercise.

2. Encouraging mindful presence. Yoga supports clients in developing an important skill called interoception, which is the internal sense of body functioning and ownership. This is a body awareness technique that enables one to pay closer

attention to what is going on in the body and adjust as needed.

3. Connecting mind to body for integration. In depression and many types of addictions, people often become cut off from the neck down, experiencing little or no sense of embodiment. The body and mind exist on their own autopilot with no communication between the two. Even the most simple yoga movements, like moving the arms up with the inhale and down with the exhale, can begin to reestablish the mind-body connection. On a physical level, people learn how to find comfort within their own skin. Mentally, this helps to open intuition and carve a deeper connection to our wise mind - the place within that helps support appropriate decision-making.

4. Creating awareness of all sensations in the body. Through more research, we know of the brain's negativity bias, sometimes the first things noticed by a new yoga practitioner are uncomfortable sensations or frustration with certain things like limited flexibility. As practitioners continue to develop their ability to interocept, they also begin to notice other sensations that seem to eliminate discomfort. It helps to listen to the body and adjust accordingly.

5. Yoga helps to regulate emotions. Yoga is an excellent tool for self-soothing. Just being aware of all the sensations in the body and noticing the whole spectrum. Yoga is about being present.

6. Centered and mindful breathing.

These practices in yoga are referred to as pranayama, although people do not need to know the Sanskrit names of the different breaths in order to benefit from them. Recommended breathing exercises

continued on page 40



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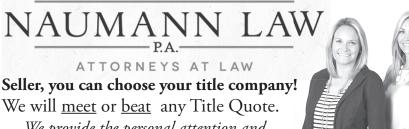
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How Magnesium Helps You Breathe And Be Happy



by Suzy Cohen, RPh

ear Readers: Magnesium participates as a cofactor in more than 300 enzymatic reactions in your body which comes as a surprise to people who think that FDA-approved medications hold a

clinical edge over nutrients. Medications tend to steal the show, but I can't name one drug that functions in 300metabolic processes in your body. Not

Even the National Institutes of Health says magnesium is necessary to help maintain normal muscle and nerve function, keep your heart rhythm steady, support a healthy immune and bronchial system and keep your bones strong so your hip doesn't give out.

According to a survey by the U.S. government, 75 percent of American adults have a magnesium-deficient diet. That's three out of four of you. It's getting worse due to the massive coffee consumption because compounds in coffee are 'drug muggers' of magnesium. Human deficiencies occur more often because the soil is very deficient in magnesium, so the salad that grows in the soil isn't soaking up as much mag as it used to back in the day. When you eat it, it's not as nutritious.

Magnesium levels impact one hugely important organ in your body, your heart. Everyone is so afraid of a heart attack, and yet I bet you don't know that a low level of magnesium is associated with an increased level of C-reactive protein (CRP). CRP is a

marker for type of inflammation and it's a silent killer. High CRP levels are associated with heart disease.

Has anyone ever tested your RBC magnesium levels if you have asthma? The reason I ask is because low magnesium levels have long been associated with several adverse, dangerous lung conditions. Even a recent study confirmed how low levels of magnesium and vitamin D are associated with an increased incidence of severe breathing difficulties. Sadly, most patients are put on inhalers for their entire lifetime without ever getting tested to see if low mag is contributing.

A low magnesium level can damage your brain and mood. In my book, Headache Free, I provided research to show how magnesium can reduce headache frequency, while improving mood and restorative sleep. No surprise there... magnesium is needed to create dopamine, serotonin and other happy brain chemicals. But a very common mistake is taking the wrong form. You will need the kind of magnesium that actually gets into your brain, like the "threonate" form, as opposed to the laxative form of magnesium like "citrate" which slides through your colon.

I have much more to share with you about magnesium's role in women's health, bone integrity and cardiovascular disease so I'm inviting you to my website (www.suzycohen. com) to sign up for my newsletter. When you do that, I'll email the longer version of this article. You do need to read it because three out of four American's are magnesium deficient, so if it's not you, then three of your relatives are deficient and that means their heart and brain are at risk.

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.☆

Aging Life Care Professionals will lead the discussion. The presentation will provide information on the responsibilities of a caregiver, and the effect that these responsibilities may have on the caregiver. It will provide tools to reduce stress on the caregiver and their loved ones alike.

For more information or to RSVP, call Kathy Y. Monroe at 472-4775. RSVPs are required by October 16.☼



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Seminar On Senior Care

NSH of SanCap, in cooperation with Lee Health, will host Senior Care: New Changes & Choices on Wednesday, October 18 from 4 to 6 p.m. at The Community House, located at 2173 Periwinkle Way. Light refreshments will be provided and RSVPs are required. The seminar is funded through the Wells Fargo Community Award Grant.

"Sometimes, being the person responsible for caring for a loved one with physical and mental health problems can be overwhelming," said Kathy Y. Monroe, MSG, FISH program director. "The caregiver can get burned out, become ill themselves or acquire the caregiving role by default. Lee Health experts will discuss methods to recognize and manage these situations."

Cindy Auskamp, RM, CMC; Dawn Moore, RN, CMC; and Chris Austin, MA, BSW, CSWCM from



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PETS OF THE WEEK

PAWS Of Sanibel EMMY



Emmy

photos provided

AWS 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 had been in that area for at least a couple of weeks. She was very lucky to survive that long outside. She has now been spayed, given the necessary immunizations, combo test, worming, etc. She is approximately 1 year old, black petite female with lovely green

If you know who she belongs to, contact Pam at PAWS of Sanibel at 472-4823. PAWS has been looking for her people for quite a while now, and while it would be wonderful to find them, based on past history, they're afraid it's doubtful. She is in a foster home on Sanibel. If you're interested in adopting this lovely little girl, call Pam to arrange a meeting.

Pets Are Not Safe Outside

Unfortunately, the loss of pets that are allowed to roam outside is continuing to increase dramatically. There is hardly a week that goes by without a call from someone missing their pet, mostly cats. Another was lost on Wednesday. Volunteers at PAWS hear the same story over and over: "I've always let my cat go out, I've never had a problem before, I've been here 30 years and it's never been an issue." It goes on and on and on. Some even describe hearing their animal's death scream. Most are just never seen again. You may not have had a problem allowing your animal outside in the past, but now it's a deadly problem. No animal is safe outside unattended.

Pam at PAWS said, "I have a large pool area, screened and reinforced with lattice up three feet from the ground. Just a couple of weeks ago, one of the kitties had just gone out when she shot back to the door. I walked out to look and there was a bobcat in my side yard at 8 a.m. I don't live near any preserve or undeveloped land. I have many pictures and videos of bobcats in my yard. I was walking along the bike path on West Gulf Drive one morning and six bobcats crossed the roadway coming from the beach. This was 7:30 a.m. Unattended animals are not safe outside, day or night. I now walk around my pool area every morning before any cat goes outside. I have a very secure pool area, but I still have never left any animal out on the lanai overnight, or even after dark.

Just a few weeks ago on the evening news, there was a story from Cape Coral about a cat that was taken off a screened lanai by a coyote. The coyote broke through the screen, killed the cat and left its body in the yard. There are so many predators in this area, and this includes bobcats and covotes. They're all out hunting, and if your animal is outside, they will eventually be slaughtered. PAWS does not want to keep getting these phone calls; it's heartbreaking. Please, keep your pets inside.

Haven on Earth Animal League

Cassidy And Sádie

Ti there! ľm 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 1-year



Cassidy

photos provided

old, spayed and up to date on all vaccines. I'm currently residing with a foster family. My adoption

Hello, my name is Sadie. I am a very pretty

tabby girl with a very sweet personality. I even took care of two litters of kittens that weren't mine. I'm 1-year old, spayed 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 Sadie 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.\$

From page 38

Dr. Connie

vary depending on the needs of the individual. Different techniques can help with the hypoarousal of the nervous system that accompanies depression of the hyperarousal of anxiety. For example, when one experiences anxiety, making the exhalation longer than the inhalation can activate the parasympathic nervous system to help

regulate and be calm.

If you are starting yoga, make sure that you go at your pace. You don't have to compare yourself to anyone else. Be with your own comfort level and reap the many benefits that yoga brings.

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 constance-

PUZZLES

Answers on page 45

Super Crossword **PET NAMES ACROSS** 53 Friend of 94 Singer 3 Hunting (for) 46 Actress 83 Puts in peril Peter Pan Griffith 4 Acorn maker 1 "Seinfield" Olivia 84 Signs flashed 5 Oklahomaactor 55 Pulitzer-95 Fail, as a 48 Instigate by Churchill Alexander business to-lowa dir. 50 Grimm brute 85 Brontë winning 6 Per normal William 96 Partner of 6 Jazzed (up) 51 Play lazily, heroine procedures 56 Guevara in hither 7 Rage silently as a guitar Jane 13 Lemon drink 97 Old name of 8 Suffix with **52** Smell, e.g. 87 Darkly evil "Evita" **16** "The Big 57 Work unit 54 Rainbow 89 — -Chinese Tokyo form 9 Title for Bang 58 Lyle Lovett's 99 DeLuise and mnemonic 90 Fictional Finn "lf́ I Had —" DiMaggio Churchill 55 Old-style 91 "That's Theory 59 Wii or Xbox 101 Discontinue 10 Parisian "a" emblem with hadn't airer 19 Surfing site aficionado 102 Observing 11 "Ta-ta!" a motto heard' 20 Actress 61 It's ere noon one's curfew, 12 Big battle on 60 Wonderment **93** TV's 62 Spock player Dillon idiomatically the ground 61 Hazy stuff Anderson 21 24-hour time Leonard 108 Brown and 13 Big whoop 62 Neighbor of 94 Abstaining 22 Pilot's fig. 64 "Isn't that simmer 14 Boat hoist S. Ďak. individual 109 Italy's cont. 98 "Carpe --!" 23 1998 film adorable!" 15 Visor 63 Alternative to 100 Overcome with Joseph 66 Novelist 110 Beseech 16 18th-century "equi-" Fiennes as Joyce Carol 111 With British 64 Baler input 102 Bit of the Bard 65-Down, car exporer **65** See hardware 26 Stew morsel 69 Bad pun tank topper 17 Make dim, as 111-Across with a 27 That ship 72 Words on a 114 Suffix with with tears 66 Like many crosspiece 28 Tennis help-desk fact 18 Commence Netflix flicks **103** — Heep 115 1983's Best (Dickens divider 24 Hit skit show, 67 Alphabet sign 29 Poem form 73 Neonate Picture (and in brief sequence villain) 30 1987 Dustin 76 Hit the roof this puzzle's 25 Onion cousin 68 Walkie-talkie, 104 Strapped Hoffman film 79 Gucci rival theme) 31 See 113-105 Hidden 32 Whom you **80** — board 122 China's Down 70 Old British treasure 33 Buffalo group might have (séance tool) Chou Enrule in India 106 Runs across had your first 81 Words after 123 Academic 34 Dark black 71 U.S. leader 107 Links letters kiss with guilty or ugly email ender 35 City SSW of #44 112 Hand's cost 83 First lady? 124 Become flat 74 Birds of 113 With 39 Pallid Jacksonville 31-Down, 41 Beige shade 86 Formal 125 Big blood 36 Asteroid path myth 75 Mulling 42 Otherwise promise line 37 Comic Nora "Don't go called, briefly **87** 1976-81 skit 126 Albeit, briefly anywhere" 38 Moola maker spice 77 Boxing 43 Magnate series 127 Bread variety 116 Deplore 88 What the forgive those Onassis 128 Backs out place 117 Marshy who ..." **40** "Fer —!" 78 Cancel out 44 Dodged, as Promised 129 Stroll along area 118 Butyl ending Land is said 81 Big name in a duty 47 "Li'l" Al Capp **DOWN** ("Def!") to flow with lightweight 119 Yule quaff 1 Joke around 45 Mild yéllow 120 Hit forcefully character 92 Double metals 82 Be too frugal 121 Cattle call 49 Gerbils, e.g. nature 2 Sore feeling cheese 13 14 15 16 17 22 19 20 21 23 26 27 28 29 30 34 40 44 49 48 51 53 58 59 63 64 67 68 69 72 66 70 73 74 76 77 78 75 79 80 84 83 86 87 88 189 90 92 94 95 96 97 98 99 100 101 102 103 105 106 107 111 112 113 108 110 109 114 115 117 | 118 | 119 120 121 122 123 124 126 127 128

King Crossword **ACROSS** 1 Jail, aboard aida 5 Altar affirmative Mediocre 18 12 Ireland 13 Upper limit 14 One-liner. often 15 Strews about 30 Language of 33 Pakistan 18 Light brown 19 Chapeau 20 Diamond 39 corners Gender Humor 48 49 50 Range 26 Plant 30 October stone Half a dozen 51 Jewels mine 31 Boston Red 52 Reaction to a 10 Faction Sea eagle 34 Payable Seeming conques. 11 Musical 53 Indigent 35 Refined bloke tradiction. number 16 You 35 Magnificent 37 Century frac-36 Ultra-formal **DOWN** 20 Pen name? tions Overconfident Tops Spills everywear 37 "Absolutely" Costa where 39 Sit for a pic-38 Malice Persia, now 22 Candle ture Obtain material 40 Thing Sawbuck Glacier climb- 23 Bribe Comparison Scalding 45 Speck er's tool Bookkeeper word 46 Breaks into 42 Medal earner Pub missile (Abbr.) smithereens Chances, for Rowing need 43 Sandwich 26 Repair Addict short cookie 8 Illegal occu-Raw mineral 44 49 Listener 27 Despot Genetic inits, 46 Red or Black 50 Neighborpants 9 Yours and 29 Nevertheless 47 Spigot hood

HOLDING IT MAGIC MAZE ● **TOGETHER** J G D A X U R O L J G D A X PNKIFCAXNVS HECAXBV(V)ITRPN J H F D B Y X O E P A T TRPOMPKIG LYEDBI ZXWRUTMGN $C \mid T \mid R \mid Q \mid E \mid P$ K O D I A D N A B R E B B U R NCLVJIIILOFGF D C A E R L T E K C A R B G A AYXTSELPATSWVTH RSDARBPONLKJIG Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Rivet

Rubber band

Safety pin

Staples

String

Tack

Velcro

Band-Aid

Bolt Bracket

Brads

Clamp

Hairpin

Glue

Nails

Bot Schwetz,	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! Beseech LOVERG Lithe GAILE Cheery THERAY Safe RESCUE
"You can't miss our house, — it'll be the one with the man cutting the grass." answer on page 46	TODAY'S WORD

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

SUDOKU

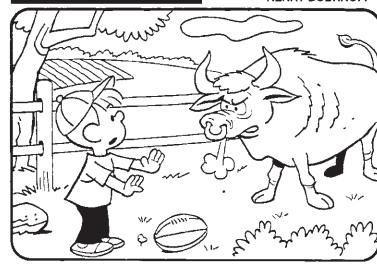
To play Sudoku:

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

answer on page 45

HOCUS-FOCUS

BY **HENRY BOLTINOFF**



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



different. 5. Hom is smaller. 6. Bull's tail is missing. Differences: 1. Cap is missing. 2. Arm is moved. 3. Football is missing. 4. Cloud is

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SATURDAY Mostly Cloudy High: 86 Low: 76



Cloudy High: 83 Low: 73



MONDAY Few Showers High: 84 Low: 74



TUESDAY Scattered T-storms High: 81 Low: 71



WEDNESDAY Mostly Cloudy High: 83 Low: 73



THURSDAY Mostly Cloudy High: 85 Low: 75

Redfish Pass Tides								
<u>Day</u>	<u>High</u>	Low	<u>High</u>	Lo				
Fri	1:35 am	7:48 am	2:34 pm	7:58				
Sat	2:01 am	8:32 am	3:24 pm	8:26				
Sun	2:30 am	9:22 am	4:21 pm	8:55				

I	Day	High	Low	High	Low	Day	High	Low	<u>High</u>	Low
I	₹ri	1:35 am	7:48 am	2:34 pm	7:58 pm	Fri	12:40 am	7:50 am	1:39 pm	8:00 pm
5	Sat	2:01 am	8:32 am	3:24 pm	8:26 pm	Sat	1:06 am	8:34 am	2:29 pm	8:28 pm
5	Sun	2:30 am	9:22 am	4:21 pm	8:55 pm	Sun	1:35 am	9:24 am	3:26 pm	8:57 pm
1	Mon	3:05 am	10:18 am	5:29 pm	9:24 pm	Mon	2:10 am	10:20 am	4:34 pm	9:26 pm
	Гие	3:46 am	11:23 am	7:01 pm	9:56 pm	Tue	2:51 am	11:25 am	6:06 pm	9:58 pm
1	Wed	4:35 am	12:39 pm	None	None	Wed	3:40 am	12:41 pm	None	None
7	Γhu	5:41 am	2:01 pm	10:36 pm	None	Thu	4:46 am	2:03 pm	9:41 pm	None

	Point Ybel Tides									
У	<u>High</u>	Low	<u>High</u>	Low						
	12:40 am	7:50 am	1:39 pm	8:00 pm						
t	1:06 am	8:34 am	2:29 pm	8:28 pm						
n	1:35 am	9:24 am	3:26 pm	8:57 pm						
on	2:10 am	10:20 am	4:34 pm	9:26 pm						
e	2:51 am	11:25 am	6:06 pm	9:58 pm						
ed	3:40 am	12:41 pm	None	None						

Day	<u>High</u>	Low	<u>High</u>	Low
Fri	1:58 am	8:36 am	2:43 pm	8:51 pm
Sat	2:24 am	9:19 am	3:36 pm	9:27 pm
Sun	2:50 am	10:01 am	4:28 pm	10:02 pm
Mon	3:19 am	10:44 am	5:18 pm	10:34 pm
Tue	3:58 am	11:29 am	6:07 pm	11:07 pm
Wed	4:43 am	12:23 pm	7:01 pm	11:42 pm
Thu	5:33 am	1:32 pm	7:59 pm	None

Cape Coral Bridge Tides								
Day	<u>High</u>	Low	<u>High</u>	Low				
Fri	3:45 am	11:04 am	4:44 pm	11:14 pm				
Sat	4:11 am	11:48 am	5:34 pm	11:42 pm				
Sun	4:40 am	12:38 pm	6:31 pm	None				
Mon	5:15 am	12:11 am	7:39 pm	1:34 pm				
Tue	5:56 am	12:40 am	9:11 pm	2:39 pm				
Wed	6:45 am	1:12 am	None	3:55 pm				
Thu	7:51 am	5:17 pm	None	None				

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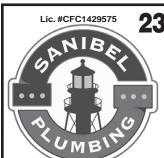


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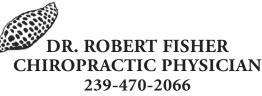
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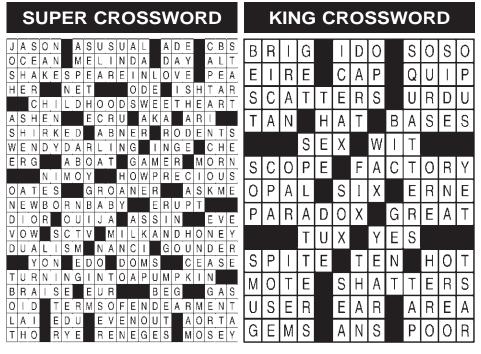
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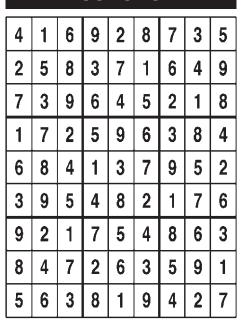
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Today's Word

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My Stars ★★★★

FOR WEEK OF OCTOBER 9, 2017

ARIES (March 21 to April 19) Although you love being the focus of attention, it's a good idea to take a few steps back right now to just watch the action. What you see can help with an upcoming decision.

TAURUS (April 20 to May 20) "Caution" continues to be your watchword this week, as a former colleague tries to reconnect old links. There are still some dark places that need to be illuminated.

GEMINI (May 21 to June 20) Making a good first impression is important. Revealing your often hidden sense of humor can help you get through some of the more awkward situations.

CANCER (June 21 to July 22) Taking that Cancer Crab image too seriously? Lighten up. Instead of complaining about your problems, start resolving them. A friend would be happy to help.

LÉO (July 23 to August 22) A widening distance between you and that special person needs to be handled with honesty and sensitivity. Don't let jealousy create an even greater gap between you two.

VIRĞÔ (August 23 to September 22) Congratulations. Your handling of a delicate family matter rates kudos. But no resting on your laurels just yet. You still have to resolve that on-the-job problem.

LIBRA (September 23 to October 22) You might surprise everyone by being unusually impulsive this week. But even level-headed Libras need to do the unexpected now and

SCORPIO (October 23 to November 21) A period of turmoil gives way to a calmer, more settled environment. Use this quieter time to patch up neglected personal and/or professional relationships.

SAGITTARIUS (November 22 to December 21) A new relationship could create resentment among family and friends who feel left out of your life. Show them you care by making more time for them.

CAPRICORN (December 22 to January 19) Concentrate on completing all your unfinished tasks before deadline. You'll then be able to use this freed-up time to research new career opportunities.

AQUARIUS (January 20 to February 18) You're right to try to help colleagues resolve their heated differences. But keep your objectivity and avoid showing any favoritism 'twixt the two sides.

PISCES (February 19 to March 20) Your personal life continues to show positive changes. Enjoy this happy turn of events, by all means. But be careful not to neglect your workplace obligations.

BORN THIS WEEK: People of all ages look to you for advice and encouragement. You would make an excellent counselor.

THIS WEEK IN HISTORY

• On Oct. 9, 1936, harnessing the power of the mighty Colorado River, the Hoover Dam begins sending electricity over transmission lines spanning 266 miles of mountains and deserts to Los Angeles. At the time, the dam was the tallest in the world.

- On Oct. 10, 1877, the U.S. Army holds a funeral with full military honors for Gen. George Armstrong Custer, who was killed the previous year at the Battle of Little Big Horn. Custer was buried at West Point, where he had graduated in 1861 at the bottom of his class.
- On Oct. 11, 1975, "Saturday Night Live," a comedy sketch show featuring Dan Aykroyd, John Belushi, Chevy Chase and Gilda Radner, makes its debut on NBC. "SNL" would go on to become the longest-running, highest-rated show on late-night television.
- On Oct. 12, 1915, British nurse Edith Cavell is executed by a German firing squad in Brussels after being court martialed for helping Allied soldiers to escape from Belgium during World War I.
- On Oct. 13, 1967, the Anaheim Amigos lose to the Oakland Oaks, 134-129, in the inaugural game of the American Basketball Association. The ABA offered a looser atmosphere than the stodgy NBA. Its cheerleaders wore bikinis, and trash-talking and fights on the court were common.

STRANGE BUT TRUE

• It was anti-apartheid activist, Nobel Peace Prize winner and South African president Nelson Mandela who made the following sage observation: "If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.'

• In 1946, there were only 10,000 privately owned television sets in the United States. By 1952, that number had grown to 12 million.

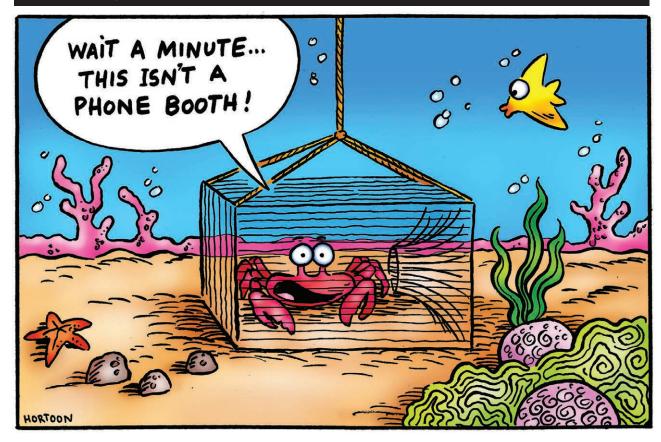
 Those who study such things say that the mouth of an anteater is only an inch wide.

• You might be surprised to learn that there is no such thing as a poisonous snake. Of course, there are venomous snakes. What's the difference, you may ask. Well, something that is poisonous has detrimental effects when you ingest it -- for example, poisonous mushrooms. As a general rule, eating snake meat won't hurt you. Because snakes inject the toxin into your bloodstream, they're venomous

THOUGHT FOR THE DAY

"A writer -- and I believe, generally all persons -- must think that whatever happens to him or her is a resource. All things have been given to us for a purpose, and an artist must feel this more intensely. All that happens to us, including our humiliations, our misfortunes, our embarrassments, all is given to us as raw material, as clay, so that we may shape our art." -- Jorge Luis Borges

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Riverbrooke	Estero	2001	4,001	\$1,399,000	\$1,300,000	235
Cape Coral	Cape Coral	1986	4,673	\$1,350,000	\$1,200,000	77
Burtwood	Fort Myers	2006	5,195	\$1,325,000	\$1,200,000	62
Cape Coral	Cape Coral	2007	4,075	\$1,239,900	\$1,200,000	73
Cape Coral	Cape Coral	2010	4,401	\$1,075,000	\$1,010,000	90
Cape Coral	Cape Coral	1975	2,228	\$879,900	\$812,500	277
Cape Coral	Cape Coral	1984	4,242	\$850,000	\$840,000	84
Glenview	Fort Myers Beach	1962	1,832	\$849,900	\$785,000	221
Mossy Glen	Fort Myers	2006	3,483	\$799,000	\$775,000	108
Grande Estates	Estero	2005	2,981	\$769,000	\$750,000	219

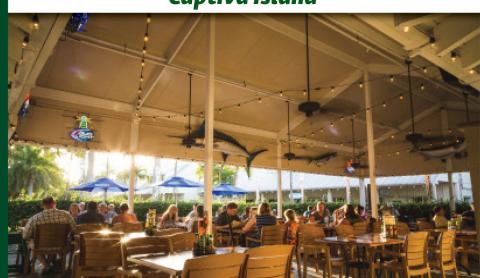


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