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VOL. 26, NO. 9

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 31, 2018

AUGUST/SEPTEMBER SUNRISE/SUNSET: 31 7:08 • 7:49 1 7:08 • 7:49 2 7:08 • 7:48 3 7:09 • 7:47 4 7:09 • 7:46 5 7:10 • 7:45 6 7:10 • 7:44



Dr. Kenneth Meyer inspecting the mangrove cuckoo captured and released last week photo by Toni Westland



Research ecologist Gina Kent attaching an identification tag to the mangrove cuckoo's leg photo by Toni Westland



Mangrove cuckoo attached with 2-gram satellite transmitter photo by Aaron Kirk

Researchers Studying Mangrove Cuckoos At 'Ding' Darling

by Jeff Lysiak

Thanks in part to the ongoing development of smaller and more sophisticated telemetry devices, biologists are using one of the latest, state of the art tracking appliances to map the migration movements of mangrove cuckoos.

Last week at the JN "Ding" Darling National Wildlife Refuge, Dr. Kenneth Meyer, executive director for the Avian Research and Conservation Institute (ARCI), along with research ecologist and coordinator Gina Kent, visited Sanibel as part of their continuing efforts to track mangrove cuckoos.

"Our group had done a study on reddish egrets here in the past, and we had some good fortune. This is a great place to study birds," said Dr. Meyer, who has studied the conservation biology of birds for more than 30 years. "Our hope is that the information we get will better protect and manage wildlife."

On the morning of August 20, Dr. Meyer and Kent were joined by Refuge Manager Paul Tritaik and Supervisory Refuge Ranger Toni Westland in their search for mangrove cuckoos along Wildlife Drive. The species, which have a range from the southern portion of the Florida peninsula to the Caribbean, are one of the most difficult birds to find given their tendency to be timid, ability to hide in dense mangrove forests and modest size.

According to the American Audubon Society, the mangrove cuckoo (*Coccyzus minor*) is a climate-threatened species whose population status in Florida is declining due to their habitat being lost to development.

"Birders who seek the mangrove cuckoo in Florida

may have to contend with heat, humidity, mosquitoes and long hours of searching," the Audubon website states, in part. "This bird is a shy denizen of dense mangrove swamps, living in impenetrable tangles, where its presence is often betrayed only by its throaty calls."

Since breeding season represents the best opportunity to hear mangrove cuckoos emit – and respond to – their distinguished mating call, ARCI biologists returned to the refuge for a three-week period during which they hoped to observe, listen to, capture and release the birds with an identification tag and/or tracking device.

"No one has ever determined the wintering destinations of Florida's breeding mangrove cuckoos, or whether they migrate at all," said Dr. Meyer. "This is vitally important information for this species, which is thought to be declining across its small global range."

Study Started In 2015

Officials from Microwave Telemetry Inc. (MTI) contacted ARCI three years ago, requesting that the group assist in the testing of their prototype 2-gram solar-powered transmitter, the smallest satellite-tracking device ever developed. Each of the devices retails for \$4,500.

ARCI had previously used small tracking devices to study the movements of other bird species – including swallow-tailed kites, reddish egrets, peregrine falcons, Southeastern American kestrels and magnificent frigatebirds – to great success, but given the diminutive size of mangrove cuckoos, smaller equipment was required. Kent noted that tracking devices must not exceed three percent of the tagged bird's body weight.

Between the summer of 2015 and this past February, Dr. Meyer and Kent safely deployed MTI's four donated 2-gram satellite transmitters on mangrove cuckoos inhabiting the JN "Ding" Darling National Wildlife Refuge. Officials from the refuge were receptive to participating in the project due to the mangrove cuckoo being considered

"seriously threatened" by the Florida Fish and Wildlife Conservation Commission.

"You know you're talking to a true birder when they ask you about mangrove cuckoos," said Westland, who said the bird is the number one species visitors to the refuge inquire about. However, the bird is also one of the most elusive and seldom seen species. In her 17 years of working on Sanibel, Westland has only seen mangrove cuckoos in close proximity on two separate occasions.

According to the data collected by ARCI, the tracking devices attached to three of the four mangrove cuckoos transmitted over 12 cumulative months of reliable information. Virtually all the satellite fixes for those birds were on Sanibel, suggesting that long-distance migration might not be occurring.

One of those birds, dubbed Indigo East (after the location where it had been captured by the biologists), migrated in a different direction. It quickly traveled six miles north, across a wide channel, finally settling in a small area within the mangrove forest along the western shore of Pine Island.

"This intriguing behavior, although inconclusive, suggested that mangrove cuckoos wintering on 'Ding' Darling NWR may indeed move elsewhere when it comes time to nest, but the distances may be very short," ARCI's April 2018 blog noted. "Was this a rare exception, or is such behavior the rule? Do birds that breed on the refuge move southward off of Sanibel Island for the winter? How many mangrove cuckoos nest on the refuge, and how productive are they? As is usually the case, new information led to still more questions."

A fourth mangrove cuckoo – dubbed Cross Dike – transmitted a signal that followed a path all the way to Cape Coral, where it had settled in the broad mangrove forest on the western shore, a total of 12 miles from its wintering area on Sanibel.

The study gave ARCI some highly consistent

continued on page 16

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Isabelle Quillen and Brynn Selby
photos provided

Work And Play At Summit Christian Preschool

Summit Christian Preschool at Sanibel Community Church kicked off the new school year recently with plenty of activities for the youngsters. Yari Mendez put his creative talents to work while Isabelle Quillen and



Yari Mendez
Brynn Selby used their free play time to pretend they were at work. Summit Christian Preschool offers a free morning program for 4-year-olds as well as a full day program for 3- and 4-year-olds in a combined Christian-based classroom. For a tour or more information, call 677-1440 or the main campus at 482-7007. Summit Christian Preschool at Sanibel Community Church is located at 1740 Periwinkle Way.*



Children having snacks as they learn and play in a new Sunday School classroom
photo provided

Sunday School Begins Soon In New Classrooms

St. Michael & All Angels Episcopal Church invites all children in kindergarten through fifth grades to attend its Sunday Bible School beginning September 16 in its new Sunday School rooms. The school runs concurrent with the Sunday service, held at 9:30 a.m. throughout September and October, and at 10:30 a.m. beginning on November 4. The class is 45 minutes long, after which the children return to the Sanctuary to participate in Holy Communion. The school continues each week through the

end of May. The new Sunday School rooms, a gift from a generous donor, are bright, joyful and inspiring to kids of all ages. From cozy rugs decorated with the colorful words “love,” “Jesus” and “kindness,” to separate cubbies with each child’s name, and a comfy rocking chair, “Our intent is to create a personalized and loving atmosphere to deepen learning about the Christian faith,” said Rector Ellen Sloan. Lessons are experientially based, with hands-on activities, music and items to take home for family involvement throughout the week. Each Sunday, the time together in Sunday School attempts not only to bring the

continued on page 10



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The Community House



Registration is open for Kids Cooking classes, which begin Monday, October 1 photos provided

Closing For Maintenance

The Community House will be closed Monday through Friday, September 10 to 14. There will be no rentals or classes due to annual maintenance.

Alcohol Inking

Anita Gober will teach a class on Alcohol inking on Wednesday, September 12 beginning at 9:30 a.m. She will demonstrate a number of techniques such as sticker, stamping, swiping, blowing by straw/aircan or dabbing. Minimum of three and maximum of 10 participants required for the class. Cost is \$35 per person for members and \$40 for guests. Pre-payment required by preceding Monday at noon.

Yoga And Shell Craft

Yoga classes continue on Tuesdays and Thursdays at 10 a.m. with Dr. Susan Pataky. Shell Craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Shell Crafters are on site until 1

p.m. on Mondays for those who would like to view or purchase their work.

Kids Cooking First Mondays

Kids Cooking First Mondays classes begin Monday, October 1 from 2:30 to 5:30 p.m. at the Culinary Education Center of Sanibel.

Young chefs will learn fundamental nutritional cooking skills, basic kitchen awareness and food preparation. Students will explore different cultures using nutritious whole foods. The first class theme is: Cooking Breakfast. Menu items include apple flapjacks, homemade granola, potato pancakes, omelets and pumpkin muffins. Cost is \$50 per session or \$375 for all eight classes when paid in advance; \$175 for four classes when paid in advance. Visit the website for details.

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

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646

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, 9 and 11 a.m. Traditional in historic Chapel, 8 a.m.

Contemporary and childrens church in the main sanctuary, 9 a.m. Traditional in the main sanctuary, 11 a.m. 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 a.m. Chapel Service and 10 a.m. Worship Service. Sunday School and nursery care at 10 a.m. 2050 Periwinkle Way, www.sanibelucc.org, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. (until May 20). 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 second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.✱

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Group picture at a refugee community

photos provided

Teens Learn About Refugees

This summer, a team of 20 middle school students, leaders and parents from Sanibel Community Church H2O Student Ministry were sent out to serve refugees in Clarkston, Georgia. They toured Renew, a local ministry founded by David Palusky. Renew specializes in developing new ways to promote the gospel around the world. One of its projects is a solar powered video projector that can play Bible videos virtually anywhere throughout the world.

While there, the Sanibel teens lived and ministered in a refugee community for a week with a ministry called Envision. Envision is the youth mission branch for teens and church groups with the Christian and Missionary Alliance denomination, led by Pete and Alice Brokopp, who were missionaries in Burkina Faso in Africa.

While there, the team played soccer, led a Vacation Bible School at one of the local churches, prayer-walked areas of the community, set up a portable clothing sale, and went from home to home meeting families and hearing their stories. They shared the love of Jesus with some of those people. Most of the teens said that their favorite part of the week was meeting refugees, talking to them about Jesus, and praying for them.

Team members also had a significant ministry toward Calvary Missionary Bible Church, and were able to help the church reach the community. They also learned practical methods on how to reach those around them wherever they are. Each day, the team prayed for Pastor Ever, the pastor of the church. On the last day, the team walked around the church and prayed for the Lord to do what only He can in that

church and community.

The students also learned the difference between a "refugee" and an "immigrant." A refugee is someone who has been sent to another country for safety reasons. They are placed in different cities and countries around the world. They are peaceful people who just want a safe place for them and their families to live. The team enjoyed getting to meet them, interact with them, and minister with them throughout the week.

H2O Student Ministries is a youth ministry program for 6th grade through 12th grade young men and women. The group meets on Wednesday evenings from 5 to 7 p.m. for middle school students and 6 to 8 p.m. for high school students and on Sunday mornings at 11 a.m. in the Youth Center at Sanibel Community Church. All students on the island and surrounding communities are welcome.

Sanibel Community Church is an evangelical, non-denominational congregation, located at 1740 Periwinkle Way. For more information, contact Pastor Kevin Schafer at Kevin@sanibelchurch.com or call 472-2684.✱

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Youth Group Kickoff Party



Islanders from the McCallion, Kendall, Day, Sprecher, Crater and Stroud families

photo provided

CREW, the Sanibel Congregational United Church of Christ youth group for middle- and high-schoolers, is having its kickoff party on Sunday September 9 from 6 to 8 p.m. on the east end of Sanibel. There will be pizza and ice cream, and newcomers are welcome.

The group is looking forward to a great year with more service projects. Meeting time will be from 6 to 7:30 p.m.

on Sundays. For those who are new, this group is not Sunday school. It's about fun, service projects (including an upcoming joint project with Bailey's and FISH of SanCap), having a supportive group of friends and adults, and short lessons about faith, character and morals during the sometimes challenging teenage years.

For more information, directions or to RSVP, call 400-1965 or email danacrater@gmail.com.✱

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OBITUARY



STANLEY LAVERE SMITH

Stanley LaVere Smith, 70, of Sanibel Island, Florida passed away in Nice, France, surrounded by family and friends. His heart failed him as he prepared for one of the last days of his and his wife's annual vacation in France and Italy. He has found a new journey to embark upon.

Stanley, known as both Stan and LaVere, is survived by his loving wife, Barbara Heady, three children and children in-laws; daughter Vicki Summers of Montclair, New Jersey;

daughter April Bednarski and son-in-law Jeff Bednarski of St. Louis, Missouri; and son Spencer Smith and daughter-in-law Ikuko Smith of Chapel Hill, North Carolina. Stan is survived by five grandchildren: Av Summers (14), Isaac Bednarski (13), Sean Summers (11), Natalie Bednarski (11) and Rosemary Smith (3). Stan is also survived by his two sisters; Gayle Jordan and Cheryl Shanks, both of Des Moines, Iowa.

Stan was preceded in death by his parents; Stanley and Charlotte Smith of Lorimor, Iowa, and sisters; Mary Ann Trevillyan of Des Moines, Iowa and Carol Schad of Shell Knob, Missouri.

Stan was born in Lorimor, Iowa and was a member of the East Union class of 1966. He played the trumpet in the school band. He married Mary Beth Tyler of Afton, Iowa in 1968. He graduated from Iowa State University in 1970 with a computer science degree and served in the Iowa Army National Guard. He worked for Farm Bureau Insurance in Des Moines, Iowa, where he played an important role in transitioning the company from mainframe to desktop/server networks. He raised his family in Ankeny, Iowa and was a member of the choir at the United Methodist Church.

Stan was divorced in 1991 and married Barbara Heady of Des Moines, Iowa in 2002. They made their home in Des Moines, where they loved to dance, ride bicycles, participate in French clubs, and traveled regularly to France, Italy, New England, Hawaii and Oregon. Stan enjoyed researching his family

history and worked to trace his Spencer side of the family back to England and their eventual arrival in America on the *Mayflower*. He was an avid wildlife and animal lover who counted among his closest friends his childhood dog, Happy, and the dear family beagle, Snoopy. Stan and Barb moved to their dream home on Sanibel Island, Florida in 2015. He loved to walk along the beach and bicycle with Barb as they enjoyed the ever-changing Florida wildlife. He also loved growing tropical plants, flowers and trees in their yard.

One of Stan's greatest joys was flying. He became a pilot and flew regularly out of Todd's Flying Service in Ankeny, Iowa. He was close friends with Allan "Al" Todd and they enjoyed long hours talking about flying. Even after he was no longer able to fly, he enjoyed flying remote controlled planes and flying to beautiful locations around the world with Barb.

A celebration of life will be held for Stan on Saturday, November 24 from 2 to 5 p.m. at Plymouth Congregational Church in Des Moines. All are welcome. The family asks that in lieu of flowers, donations be made to "Ding" Darling Wildlife Society - Friends of the Refuge at www.dingdarlingsociety.org where Stan and Barb rode every day on their bicycles to observe the wildlife.*

American Legion Post 123

There will be a Labor Day potluck from noon to 8 p.m. this Sunday, September 2 at American Legion Post 123.

The following Sunday, September 9, barbecued chicken and ribs are on the menu from 1 to 8 p.m.

The American Legion general meeting will be held on Wednesday, September 12 at 6 p.m.

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.

If you have a flag that needs to be retired, drop it off at Post 123.

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, 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.*



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Leisure Lunchers Group Meets At The Jac



Last Wednesday afternoon, 18 members of the Island Seniors visited The Jac Sanibel Island Grille & Rum Bar as part of their semi-weekly Leisure Lunchers program. Upcoming Leisure Lunchers destinations include Tidewater Bistro (Monday, September 17), Sanibel Public Library Tour/Blue Giraffe (Tuesday, October 9) and Sanibel Sprout (Tuesday, October 23). For more information, call 472-5743. photo by Jeff Lysiak

Historical Recognition Policy Pondered

by Jeff Lysiak

During Tuesday’s Sanibel Planning Commission meeting, the recommended criteria and procedures for appropriately recognizing historical people on the island was discussed at length, and after several commissioners expressed their concerns with the draft policy that had been given to them by city council, the proposed legislation was sent back to that authority for further examination and fine tuning.

Presented by Senior Planner Roy Gibson, also a member of the city’s historical preservation committee, the criteria for naming or renaming streets or other public facilities (i.e. buildings, parks, shared use path rest stops) would require three standards: Historical Basis and Documentation, Public Support for the Naming/Renaming, and

Considerations for Implementation.

According to the draft policy approved by city council on May 5, the criteria for Historical Basis and Documentation would include:

The person(s) have significance or value as part of the development, heritage or cultural characteristics of the city that contributes to civic pride and wider public knowledge and appreciation of the heritage and history of Sanibel, and/or

The person(s) are associated with the events that have made a significant contribution to the broad pattern of local history, and/or

The person(s) are directly associated with an event or events significant to the city’s past, and/or

The person(s) exemplify the cultural, political, economic, social, and/or historic heritage of the community.

Commissioner Karen Storjohann questioned Gibson regarding the investigation into the renaming of streets, particularly those that already may have a historically significant name. She asked who would be

responsible for conducting those investigations, and what cost that might incur the city. Gibson explained that the party who was submitting the application would assume responsibility as well as the burden of expenses.

Vice Chair Dirk deWerff expressed his concern that only a simple majority of affected homeowners, as stated in the draft policy, would be required to approve the renaming of a street. According to the proposed legislation, the naming/renaming of streets should “have broad based appeal.” In the scenario he presented, if there were 100 people living on the street, and 51 people approved of the renaming while 49 people disapproved, it might be subject to hard feelings for those who were against the change.

Chairman Dr. Phillip Marks suggested that a two-thirds majority be required, while Commissioner Chuck Ketteman offered that the city consider a policy which allows dual naming of streets. Of the latter, Gibson noted that dual naming may be problematic when emergency services are summoned to

an address.

“I think there needs to be some more work done on this before we sign off on this,” said Commissioner Richard Johnson.

City Manager Judie Zimomra told the commission that their recommendations would be forwarded to members of the city council for consideration. “I can tell from your discussions that this is not a simple subject,” she said. “I think you’re giving the staff a lot of excellent points (to consider).”

In other business, commissioners unanimously gave final approval for a variance to install a new boat lift at 605 Lighthouse Way. Also approved was a conditional use permit to allow the restaurant at West Wind Inn, located at 3345 West Gulf Drive, to operate without the restriction of limiting its use exclusively to guests of the resort. Commissioners also gave the go-ahead for a variance to install a new dock and boat lift extending farther than the maximum waterward extension limit, replacing the existing dock and boat lift at 1757 Venus Drive.✴

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Simpson stopper's flowers attract bees and butterflies throughout the year
photos by Gerri Reaves

Plant Smart
Simpson's Stopper

by Gerri Reaves

The use of native Simpson's stopper (*Myrcianthes fragrans*) in home and commercial landscapes is on the rise, and it's easy to see why. Among this evergreen's attributes are low maintenance, wildlife friendliness and ornamental beauty. This member of the myrtle family is also known as twinberry or twinberry-stopper and is listed as a threatened species in Florida. Such a species is defined as one whose numbers are in rapid decline, but not sufficiently so as to make it endangered. In the wild, it occurs in coastal and

tropical hammocks, taking shrub or tree form and reaching up to 30 feet tall. The odd name "stopper" comes from the plant's traditional use as a treatment for diarrhea. Stalked clusters of fragrant white flowers appear throughout the year, but most profusely in spring. Their many-stamened "starburst" look attracts various bees and butterflies. Birds love the orange-red berries, which are said to be edible, though not palatable, for humans, minus the seeds. Both fruit and flowers are often on the plant simultaneously. The pale smooth bark is reminiscent of that of the guava tree, with the flaky bark revealing a range of subtle tints in red, green, or tan. The rounded opposite leaves are leathery, aromatic and about an inch or two long.



A variety of birds love the orange-red berries produced by this plant, which is listed as threatened in Florida

Dense foliage and stiff branches provides good cover and nesting sites for birds. This hardy, slow-growing tree is drought and salt tolerant and pest resistant. However, it needs protection from salt spray and long salt-water inundation. Give it a spot in full to partial shade. Propagate it with seeds. It's best to use it in a bird, butterfly, or natural garden, or as a screen. Using it as a hedge and repeatedly shearing off the flowers and fruit reduces the benefit to wildlife. Sources: *Betrock's Florida Plant Guide* by Edward F. Gilman, *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.fnps.org, www.gardeningsolutions.ifas.ufl.edu, hort.ufl.edu, and www.regionalconservation.org. *Plant Smart* explores the diverse flora of South Florida.✱

From page 3
Sunday School

stories of the Bible to life, "but also to help children focus on how to act upon Jesus' message of love in their daily lives," Sloan said. Teachers for the Sunday School program are Donnalee Washburn and Wendy Warner. A veteran educator of young children, Washburn holds both bachelor's and master's degrees. She taught elementary school children at Canterbury School for 23 years. With

nearly 30 years of experience teaching Bible classes to children, she has taught in the Sunday School program at St. Michael's since 2011. Warner, RN, is St. Michael's parish nurse. For years having taken a leading role in Girl Scouts of the USA, she has served as the parish nurse for four years. She and her daughter Meghan teach Vacation Bible School at St. Michael's every summer. To register or for more information, contact Rector Sloan at 896-6468. St. Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way.✱

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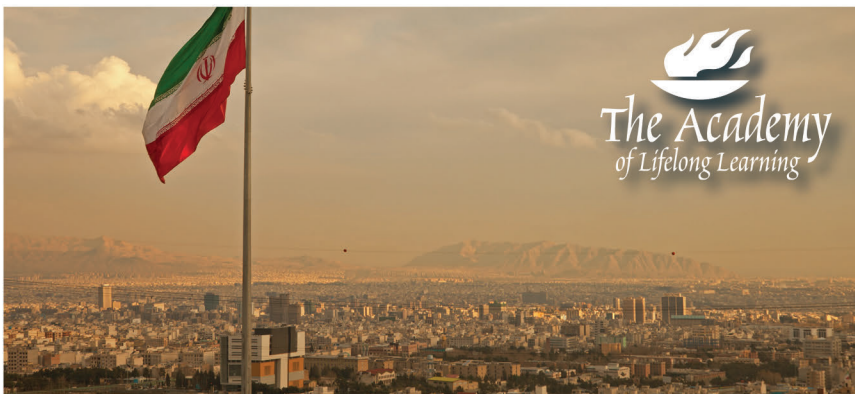
Learn about Shell Point's signature Lifestyle with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131.

September 11 & 18 at 4:30 p.m.

Iran: Its History and Today

Join Professor Adrian Kerr for a two-part discussion about some of the world's oldest continuous civilizations, with settlements dating back to 4,000 BC. Learn how the Indo Europeans established territory in the highlands of Iran and review the rise of the great Achaemenid Empire and the country's radical shift in leadership. **Tickets for each session cost \$10* and may be purchased by calling (239) 489-8472.**

- **Session One – Tuesday, September 11:** An introduction to the beginning of the Indo Europeans in 2,000 BC, this discussion will uncover the rise and fall of the nation of Iran.
- **Session Two – Tuesday, September 18:** Professor Kerr will discuss how the Islamic conquest of c650 was a turning point in Iranian history. He will conclude this two-part discussion with a look at recent times and the major shift in Iranian leadership.

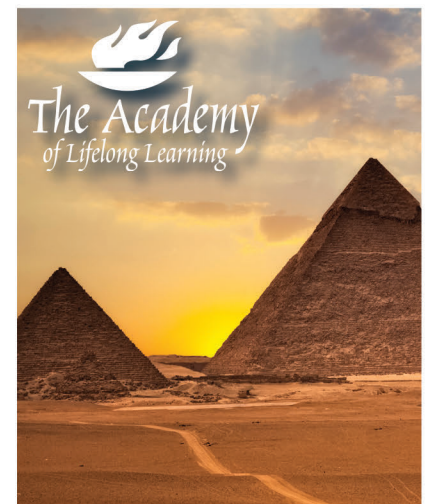


September 25 & 27 at 4:30 p.m.

The Seven Wonders of the Ancient World

The Academy of Lifelong Learning is excited to welcome Professor Adrian Kerr for a two-part journey on the seven wonders of the world. He will investigate their creators, historical and archaeological evidence and also share illustrations from his own personal encounters. **Tickets for each session cost \$10* and may be purchased by calling (239) 489-8472.**

- **Session One – Tuesday, September 25:** Professor Kerr will begin with a look at the phrase "seven wonders of the world" and who coined it. Additionally, he will uncover the significance of ancient Greece and its historical role.
- **Session Two – Thursday, September 27:** To conclude the presentation, Professor Kerr will examine what became of the world's wonders and their creators, and why they still have such a hold on the imagination.



*If you are unable to attend a class that includes a fee, kindly give 24 hours' notice to receive a refund.

**Visit www.shellpoint.org/events
for full listings of this month's events!**

Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

Get Out Of Your Comfort Zone



by Capt.
Matt Mitchell

East winds for almost two weeks have done wonders for pushing the majority of the red tide out of the sound. Sure, in places close to the passes, you will still find a few dead fish floating around, although its getting noticeably less and less everyday. Looking at the Fish and Wildlife Conservation Commission red tide chart, the sound is still experiencing low levels of red tide while Matlacha Pass all the way up to the Mayakka River is still red tide free as it has been for the last month.

If there is any positive note at all from this extreme supercharged red tide it's that it has made me learn to fish areas that I just never go to. Over the past few decades on the water, I very seldom fish the middle to northern end of Matlacha Pass as I just can't seem to find consistent fishing here. This whole

area sees very little angler pressure due to how long of a run it is, and the fact the majority of the water once you leave the marked channel is a year-round slow speed zone. Most of my time on the water this week was spent there from Hell's Gate north of Tropical Homesites all the way up to Smokehouse Bay by Bokeelia. This long stretch of water offers anglers an almost untouched fishery.

The amount of sea life that has been pushed into this summer black water area is amazing. This area of water, which is free of red tide, has been producing a great mixed bag of fish including trout, snook, redfish and even tarpon. Taking what you know about fishing from the sound and taking it to new water involves a learning curve. When everything does line up and you get it right, it's really satisfying. For those of you that are not familiar with Matlacha Pass, it's a very unforgiving place to fish with lots of hard-shell bottoms and oyster bars. The summer black water make it hard to visually see these oyster bars and obstructions.

Matlacha Pass also has lots of healthy grass flats and miles of almost unfished mangrove shorelines. With almost all of the water out of the marked channel being slow speed zones, this area just makes you slow down and really think about what your next move is and where



Capt. Matt Mitchell enjoying a day off by scouting redfish

photo provided

you're going to fish. Areas north of the bridge have had lots of feeding birds that are all over trout and ladyfish along with a few rolling tarpon. On wind blown deeper mangrove shorelines and creek mouths on either side of the bridge, I caught snook and even tied into a few big redfish. At the northern tip of Bokeelia at what is referred to as the 9/11, flat bait has also been plentiful. The more I fish this area the more I am beginning to like it even though it does not give up its secrets easily.

Getting out and fishing somewhere out of your comfort zone is a good

thing. On way too many trips, it's just too easy to fish your usual spots and get in a rut even though these places offer almost guaranteed action. Sometimes it takes something like red tide to make you switch it up. There is just something satisfying as an angler to catch fish in places you have just never fished.

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. **

Send Us Your Fish Tales

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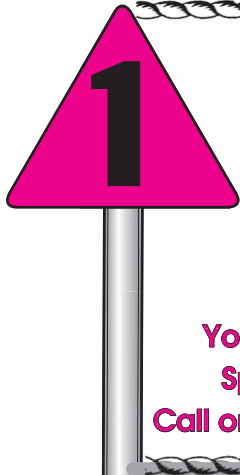


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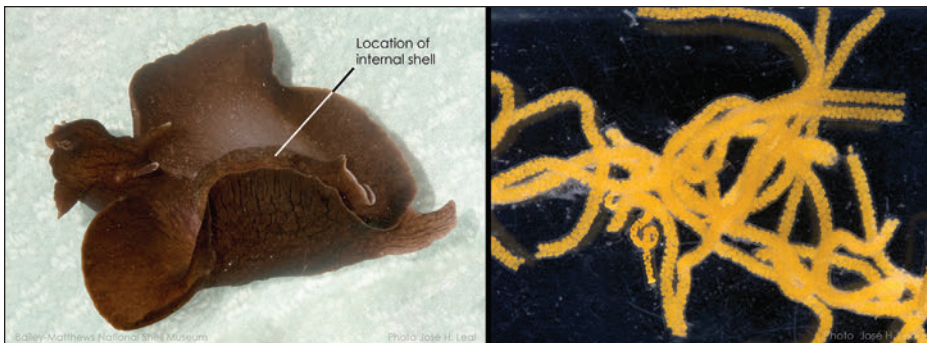
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The Atlantic Black Sea Hare, *Aplysia morio*, from Sanibel
Shell Of The Week

photo by José H. Leal

Atlantic Black Sea Hare



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

The Atlantic Black Sea Hare, *Aplysia morio* (A.E. Verrill, 1901) is a dark-colored, large

(up to 40 cm, or 16 inches) sea slug (a gastropod mollusk without an external shell) that presents the typical, wing-like parapodia and internal shell characteristic of the genus *Aplysia*. Sea hares are active swimmers, using their parapodia to perform wing-like motions. They are

voracious macro-herbivores, consuming large quantities of seaweed daily. Their eggs are laid in long, gelatinous strings that form tangled masses. The species may be distinguished from the Mottled Sea Hare, *Aplysia fasciata* Poiret, 1789 by, among other features, the darker coloration and larger size. The sea hare in the photo was collected in early 2017 on Sanibel and maintained in captivity by R. Mensch. Learn more about the species at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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

Discounts For Residents At Tarpon Bay

Tarpon Bay Explorers is offering 25 percent discounts on all rentals and tours for local residents of Lee, Charlotte and Collier counties during the month of September. Paddle a kayak through the mangrove tunnels, ride a bike through the heart of the refuge on Wildlife Drive, look for dolphins and manatees with a bird's eye view on a paddleboard or go fishing on a pontoon boat in the back bay waters of the JN "Ding" Darling National Wildlife Refuge. Tarpon Bay

Explorers also has new Hobie fishing kayak rentals for the avid angler.

What better way to enjoy the off-season by exploring local waters within one of the most beautiful places in Southwest Florida without the crowds or lines. Rentals of kayaks, canoes, paddleboards and bike rentals are first come, first served. Reservations are required for Hobie fishing kayaks and pontoons. Reservations are recommended for tours as well.

Construction is still being conducted in the parking lot so launching of personal watercraft (kayak, canoe, SUP or anything motorized) has been suspended until the completion of the project.

Bring your Florida ID to verify your residency. For reservations, call 472-8900.✱

Captiva Cruises And McCarthy's Marina Sold

The McCarthy family and the estate of Paul F. McCarthy, owners of Captiva Cruises and McCarthy's Marina, have sold both companies to the Captiva Cruises Management Team. Paul McCarthy founded Captiva Cruises in 1986 and McCarthy's Marina in 1991. McCarthy served as sole owner of both companies until his death in 2016.

Since his passing, the management team and staff, whom McCarthy considered family, have carried out his legacy by continuing to operate Captiva

Cruises with excellence and embracing the company culture of environmental stewardship. The Captiva Cruises Management Team formally approached the McCarthy family with a proposal to buy the companies. McCarthy's family wished to honor his long-time intent to one day sell the businesses to the team, and accepted the offer.

The Captiva Cruises Management Team consists of Brad Junghans, Bob Rando and Jenny Rando, who bring a combined 63 years of experience serving as key managers for Captiva Cruises.

The McCarthy family wishes the team at Captiva Cruises good fortune and looks forward to seeing Captiva Cruises and McCarthy's Marina continue to thrive, grow and prosper for many years to come.✱

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Team members, from left, Salli Kirkland, Preston Schuetz, Clare Harris and Ryan Markosky (not pictured, Maureen McEleney, Andrew Long, Sean Pierce and Beth Traucht) photo provided

Raffle For Electric Bike To Help Fund Children’s Camp

A team of eight from Billy’s Bike Shop and Billy’s Rentals is training and raising funds for the 8th annual Camp Boggy Creek Challenge Ride on September 8.

“We are not all cyclists” said Clare Harris, Billy’s Bike Shop manager. “We really are taking on a challenge; our motivation is that we will be helping a child with a serious illness to attend Camp Boggy Creek for free.”

Camp Boggy Creek, located outside of Mt. Dora, Florida, is specifically designed for children with chronic or life threatening illnesses and allows them to enjoy the activities of a traditional camp in a safe, medically-sound environment. Children whose lives have been a series of medical procedures and hospital stays

are transformed into just kids. They have a chance to be with others coping with the same illness or condition, and realize they are not alone.

The team is raising funds with two different raffles. Tickets to win an electric bike donated by Billy’s Bike Shop will be offered to anyone donating \$100. Only 100 raffle tickets will be available. The pedal assist electric bike by Easy Motion has a \$2,999 value.

Other local businesses have donated prizes and gift certificates for a multiple prize raffle. Tickets are four for \$10 or 10 for \$20.

All tickets can be purchased at Billy’s Bike Shop or Billy’s at Bailey’s with all proceeds funding Florida children at the camp.

Donations can also be made online. Visit Team Billy’s fundraising page at <https://challengeride.everydayhero.com/us/team-billy> and donate directly to your favorite team members.

Call Clare Harris at 472-3620 for more information.*

CROW Calendar Of Events

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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, August 31, 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.

Friday, August 31, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them

continued on page 20



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From page 1

Mangrove Cuckoos

movement data, inspiring the biologists to expand their data collection scope into the middle of the mangrove cuckoo breeding season – the month of August.

How To Capture A Bird

Early last Monday morning, the biologists and refuge staff headed out onto Wildlife Drive to survey the next portion of the preserve for mangrove cuckoos. Using a device that emits the mating call of the bird (which is used with permission for purposes of the ARCI study), the foursome listened closely and awaited the return call of a live cuckoo.

Finally, they heard a sound. The return mating call of a mangrove cuckoo, which they hadn't even seen yet.

"We played the call again and then backed away," recalled Kent. "We kinda let the bird meander towards the sound."

Knowing the mangrove cuckoo was in close proximity, the foursome helped erect a large, 25-foot long and 20-foot high fine netting used to capture birds without any physical harm. They could tell the bird was nearby, but



Dr. Kenneth Meyer and Gina Kent setting up a net in an attempt to capture a mangrove cuckoo

photos by Toni Westland

had no indication if it would continue to approach the sound of the decoy cuckoo placed in a tree on the opposite side of the netting.

"When they're curious about

something, they will approach it," Kent explained. "This one wasn't timid at all."

"That bird just kept staring at us," added Westland.

After losing track of the bird, all hope had apparently been lost of capturing the cuckoo.

"But then, sort of miraculously, it popped out of the woods," said Kent. "It flew towards us, then took a sudden left turn towards the decoy."

Now trapped in the net, the team worked quickly to safely remove the bird.

"Paul grabbed the pole to keep the net steady while I lowered the net," said Westland.

After placing the mangrove cuckoo in a small bag, which helped keep it calm, Dr. Meyer and Kent weighed and measured the bird, took feather samples and recorded the relative data. But because the bird was too small for the MTI satellite transmitter, it was fastened with an identification tag before being released back into the wild.

Both ARCI biologists called the capture-and-release successful, while Westland said the experience will be a "lifelong career memory."

In addition to MTI, Dr. Meyer and Kent thanked local aviary study



Dr. Kenneth Meyer placing a decoy mangrove cuckoo on a tree branch

partners "Ding" Darling Wildlife Society-Friends of the Refuge, Sanibel-Captiva Audubon Society and Sanibel-Captiva Conservation Foundation (SCCF).

"Mangrove cuckoos are only found in a very small geographic area, but we still don't know very much about their movement. Do they migrate elsewhere in the winter, and if so, where do they go?" asked Dr. Meyer, who will be speaking during "Ding" Darling Days on Sunday, October 14 at 2 p.m. in the Visitor & Education Center auditorium. "A study like this is important because if these birds were to diminish in population, we might not know why until it was too late."

"Do they go down to the (Florida) Keys for the winter? To the Ten Thousand Islands? We just don't know," added Kent. "That's why we're here at 'Ding' Darling, which is sort of the perfect learning lab for us to do this study."

Avian Research and Conservation Institute (ARCI) is a 501(c)3 nonprofit that has gained attention and respect for accomplishing difficult, problem-solving research on rare and imperiled birds to stimulate and inform management and conservation action. For more information, visit www.arcinst.org.



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CROW Case Of The Week:

Barred Owl



by Bob Petcher

The barred owl (*Strix varia*) is a good-sized owl with a large round head without ear tufts. It gets its name from the sides of its head which are barred with light and dark colors.

The woodland bird has wide dark eyes that it utilizes to hunt from its tall perch when it preys on amphibians, reptiles, invertebrates and other small mammals.

Barred owls are one of the most vocal of its species, sending resounding "hoos" to either communicate with others or as a mating ritual. The nocturnal owls prefer to nest in a tree hollow or hole and are known to be very aggressive when defending their nests.

At CROW, an adult barred owl was admitted to CROW after flying into a truck on Highway 31 in North Fort Myers. Upon intake, the owl was noted to have a depressed mentation and was only standing with the support of the towel and box it arrived in. Veterinary staff found that the patient had some mild retinal hemorrhage in both of its eyes, a sign that it had suffered head trauma from the collision.

"Any time head trauma is suspected for a patient, the fundus – the back of

the eye which includes the retina and optic nerve – is checked for evidence of trauma," said Dr. Malka Spektor, CROW veterinary intern. "With a case of head trauma, bleeding can be seen back there, or in severe cases, retinal detachment, which can cause blindness. In this case, there was bleeding in the back of the eye, but it was a mild amount, with no other signs of trauma noted in the back of the eye."

The owl was given pain medications, iron and B12, and an intraosseous (IO) catheter was placed to administer fluids.

"The iron and B12 were actually given because the patient presented mildly anemic. Iron and B12 help the body regenerate red blood cells, and upon a recheck of the owl's bloodwork a few days later, the anemia had resolved," said Dr. Spektor. "An intraosseous catheter is placed when a patient is critical and venous access cannot be gained. After multiple unsuccessful attempts to place an IV catheter due to poor blood perfusion, access was gained through a bone with the intraosseous catheter to save its life. Fluids and other medications to decrease brain swelling are administered using this catheter."

The patient was then placed in an oxygen chamber to help in its recovery.

"When patients have head trauma, oxygen delivery to the brain can be compromised. To combat possible brain damage due to lack of oxygen, supplemental oxygen is provided," said Dr. Spektor. "Additionally, some patients with head trauma have compromised respirations, so supplemental oxygen is



Patient #18-3255 is in full recovery from head trauma

photo by Brian Bohlman

used to help make breathing easier."

Surviving head trauma is never easy for an animal. Many times, head trauma can lead to fatality. Fortunately, for this barred owl, the trauma was mild and a full recovery is expected.

"The patient has been doing great," said Dr. Spektor on Monday. "The catheter was removed and the patient is now standing and eating on its own. It was moved to an outside enclosure on August 24, where it is flying normally.

After a few days outside building up flight muscles, the patient should be ready for release."

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

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Sarah Lathrop, left, associate executive director of the "Ding" Darling Wildlife Society, moving boxes out of her office with assistance from Toni Westland, center, and Sierra Hoisington photo by Jeff Lysiak

Associate Director Leaving Post, But Not The Island

by Jeff Lysiak

While Sarah Lathrop, associate executive director for the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), may be moving on from the nonprofit group she joined five years ago, she actually won't be moving at all.

On August 28, Lathrop officially stepped down from the position she was appointed to in 2016 in order to join her alma mater – Hanover College, located in Hanover, Indiana – as their major gifts officer, a fundraising role for which she will perform via telecommuting.

"I'll be able to work from my home right here on Sanibel," said Lathrop, who graduated from Hanover College in 2013 after majoring in Spanish and taking part in their business scholars program. "I'll be connecting with and building relationships with donors who live in Florida. Financially, it made sense to have me here in Florida rather than having to fly back and forth all the time."

A native of Indianapolis, Indiana, Lathrop initially searched for a job in the hospitality industry. Following an internship working at a resort in Mexico, she decided that she wanted to apply for jobs in a city where she had either family or friends established.

One of the resumes Lathrop sent out went to Shell Point Retirement Community in Fort Myers, and while the position she had applied for had already been filled, her resume found its way into the hands of Birgie Miller, DDWS executive director.

"Birgie's sister, Inga, worked at Shell

Point. She passed my resume along to her and said, "Here's a Hanover alumni that might be a good fit at the refuge," recalled Lathrop. "I had never heard of 'Ding' Darling, but I had been to the beach on Sanibel before. So I did some research about the refuge and took a six-month internship here."

Initially, Lathrop's responsibilities with DDWS included assisting the organization with a redesign of their website and assisting with fundraising efforts. It wasn't long before she fell in love with her new job.

"During my six-month internship, I realized what an incredible place Sanibel was," said Lathrop, who was hired on full-time as associate director of DDWS in 2014. Less than two years later, she ascended to her role as associate executive director.

During her tenure, Lathrop handled several large fundraising campaigns including Wulfert Bayous, Conservation 20/20 and the #LearningLav bathroom renovation, the latter of which she said was the most rewarding. "The bathroom project was a huge success," she noted. "They turned out beyond what we could've ever expected."

Last week, as she began clearing out the last few personal items from her office, Lathrop began to reminisce fondly of the people she's worked with and the accomplishments DDWS had made during her time there.

"Ding' will always have a special place in my heart. Being a part of this place for the past five years has changed the direction of my life," she said with a smile. "Conservation is near and dear to my heart. It has totally impacted my life in a positive way. And I'm going to stay involved with the refuge in whatever way I can as a volunteer."

Lathrop then paused a moment before adding, "They can't get rid of me that easily!"*

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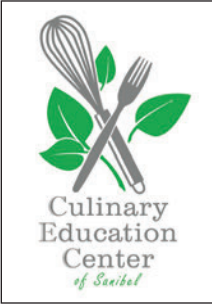
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Bell Peppers



by Resident Chef Jarred Harris

The bell pepper is a member of the nightshade family. It is related to tomatoes, potatoes and chili peppers, all of which are native to Central and South America. Also called sweet peppers or capsicums, bell peppers are eaten as vegetables, however, the bell pepper is actually a fruit. It is produced from a flowering plant and contains seeds. Bell peppers come in a wide variety of colors, from green, which is the most common, purple, black, brown, red, orange and yellow. Red, yellow and orange bell peppers are the riper versions of the green bell pepper. As bell peppers mature, their sugar and nutritional content also increases, that's why red bell peppers are sweeter than green bell peppers. Unlike their fiery cousins, the chili peppers, bell peppers do not contain capsaicin. Capsaicin is the chemical that makes chili peppers hot. Bell peppers were named "capsicums"

by Spanish explorers searching for peppercorn plants to produce black pepper. Christopher Columbus took bell pepper seeds back to Europe for cultivation. The success of the plant made it possible for other Spanish and Portuguese explorers to introduce the bell pepper to different parts of the world during 16th and 17th centuries. Using green bell peppers is a good way to add flavor to a dish. If you want to make your dishes sweeter and healthier, try brighter colored bell peppers and eat them raw. Colored bell peppers contain vitamins A and C. They also contain the antioxidant lycopene, which is not found in the green bell pepper. Here is a simple recipe to try: **Gazpacho**
Yield: 4 cups
Ingredients
1 green bell pepper, about 1 cup (fine diced)
1 yellow bell pepper, about 1 cup (fine diced)
4 large tomatoes, about 1½ pounds (seeded and roughly diced)
2 cloves garlic (minced)
4 ozs. olive oil
2 tblsp. red wine vinegar
3-inch piece of stale baguette (cut into cubes and soaked in water)
2 tsp. fresh chives (chopped fine)
½ cucumber (peeled seeded and finely diced)
Salt and pepper
Method
In a food processor or a blender, add the first five ingredients and pulse until roughly blended.

Add the baguette pieces to the mix and puree until smooth. Remove the puree from the food processor and strain into a bowl. Cover the mixture and refrigerate for at least three hours. Serve in chilled bowls and garnish with the cucumber, chives and olive oil. 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.*

From page 15
CROW Calendar

some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present. **Monday, September 3**
Closed – The Visitor Education Center will be closed in observance of Labor Day
Tuesday, September 4
Closed – The Visitor Education Center will be closed for fall cleaning
Wednesday, September 5
Closed – The Visitor Education Center will be closed for fall cleaning
Thursday, September 6
Closed – The Visitor Education Center will be closed for fall cleaning.*

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. 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. Dean Winkelmann plays on Wednesday. Woody Brubaker returns on Thursday. Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.*

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Senator Tours The Islands' Impaired Waters

by Jeff Lysiak

Last Friday morning, United States Senator Marco Rubio visited Sanibel and Captiva, taking a boat tour of some of the islands' areas devastated by red tide, blue-green algae and red drift algae with Sanibel City Council members Jason Maughan and Holly Smith and James Evans, director of the city's Department of Natural Resources.

Jensen's Twin Palm Resort & Marina donated the use of a pontoon boat, which brought the group around the islands to witness ongoing beach cleanup efforts. They also visited the flats between Captiva and Pine Island before returning to shore.

"Seeing it firsthand is really knowing our plight and listening to the economic harm from local businesses really brought this disaster home for the senator," said Maughan.

According to Smith, Evans was able to share valuable science-based information about the impaired water conditions with Rubio. Following



From left, Holly Smith, Senator Marco Rubio, Dave Jensen, Jason Maughan and James Evans standing in front of Jensen's Twin Palm Resort & Marina on August 24

photo courtesy Jason Maughan

up on the conversations the senator had with Sanibel's representatives in Washington, DC earlier this month, Maughan and Smith discussed the LORS (Lake Okeechobee Release

Schedule) 2008 regulations, passing the Water Resources Development Act (WRDA) and expediting the Everglades Agricultural Area (EAA) storage reservoir project.

Later, Rubio and the Sanibel contingent were joined by Senator Lizbeth Kelly Benacquisto, State Representatives Ray Rodrigues and Dane Eagle, and Lee County Commissioner Cecil Pendergrass for lunch at Tween Waters Inn, where a roundtable discussion on the water quality crisis took place.

"Very thankful to our local, state and federal leadership as we all work to a common goal - improving our water quality and equitable water quantity throughout the year," added Smith, who credited Mayor Kevin Ruane for his leadership and efforts in educating municipalities throughout the state about the impacts impaired water quality can have. "Less (Lake Okeechobee discharges) in wet season and how we can accomplish that and more as we need in the dry season for the health of our environment and the survival of our dependent economy throughout Southwest Florida."

It was also discussed with the senator that Sanibel has spent approximately \$1,324,000 on cleaning local beaches and approximately \$435,000 on cleaning island canals. The city is expecting to receive full reimbursement on those expenditures from Lee County.*



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1 pound rock shrimp, cooked, peeled and deveined
 1 15-ounce can black beans, rinsed and drained
 1 8¾-ounce can whole kernel corn, drained
 ½ cup red bell pepper, chopped
 ½ cup celery, chopped
 ¼ cup red onion, chopped
 ¼ cup cilantro or parsley, chopped
 3 tablespoons green onions, chopped
 1 jalapeño pepper, seeded and finely chopped
 ¼ teaspoon cumin

Iceberg lettuce, shredded
 1 avocado, sliced
 1 cup vinaigrette dressing
 In a medium bowl, combine all ingredients except avocado slices, lettuce and dressing; pour ½ cup of vinaigrette dressing over mixture and refrigerate for one hour.

Serve on shredded lettuce garnished avocado slices. Serve with additional Red Wine Vinaigrette Dressing. May also be served on lettuce in a taco salad shell.

Red Wine Vinaigrette Dressing

½ cup olive oil
 6 tablespoons red wine vinegar
 6 tablespoons lime juice
 2 teaspoons Dijon mustard
 2 teaspoons honey
 2 teaspoons Italian seasoning
 ½ teaspoon salt
 ½ teaspoon pepper
 In a small bowl, combine all ingredients; mix well.*



Over The Border Rock Shrimp Salad

photo courtesy Fresh From Florida

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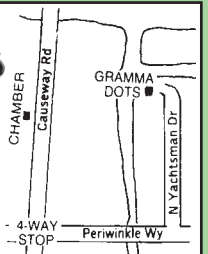


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Sanibel Sea School campers visited South Water Caye in Belize for a week of coral reef exploration photo provided

Sea School Hosts Belize Expedition

submitted by Leah Biery

Sanibel Sea School campers recently embarked on a 10-day expedition to Belize, a small Caribbean nation located in Central America. Participants ranging from 15 to 18 years old spent three days in the rainforest before venturing to a field station on South Water Caye to explore the Belize Barrier Reef and its surrounding habitats.

Upon arriving in Belize, the group boarded a bus for the six-hour ride to Blue Creek, a small Mayan village near the country's southern border. There they stayed in rustic accommodations and learned about the plants, animals and people that call the area home. "A local

shaman led us on a hike through the forest and showed us the plants traditionally used to treat different ailments, such as snake bites, dizziness and fever," said Emily Roudebush. Campers also went snorkeling in a cave, tasted local delicacies like fry jacks, and visited Mayan ruins. "One morning we looked for howler monkeys and were able to hear them, but it started pouring rain, so unfortunately we didn't get to see one up close," added Roudebush.

After a few nights in the humid jungle, often with large spiders as roommates, everyone was ready to travel to their next destination. South Water Caye is a marine reserve surrounded by mangrove islands, healthy seagrass flats and beautiful coral reefs. Participants had multiple opportunities to snorkel each day, and many saw spotted eagle rays, sea turtles, moray eels, parrotfish, bonefish and so much more. Each camper was asked to

study and present about one species in the evening, and to complete a creative project of their choice during the week.

Other highlights from the expedition included a night snorkel with sightings of squid, plankton, shrimp and octopuses, exciting game nights and a colorful holi powder ceremony to celebrate the high school seniors who are graduating from Sanibel Sea School this year.

"This is really designed as our capstone program," said Sanibel Sea School Director of Education Nicole Finnicum. "We take a deeper dive into coral reef ecology and conservation, and we try to incorporate everything the campers have learned with us. Many of them have been attending our programs since they were young children, and have built up quite a bit of knowledge," she added.✽

What's In A Lesson?

by Ocean Tribe Paddlers

With just one paddle and a board to maneuver, a stand up paddleboarding lesson can seem unnecessary at first. However, after a few years of teaching, we have found that most students enjoy and benefit from the opportunity to master the basics or take their skills to the next level. Most instructors are also avid paddlers themselves, and are often able to share



helpful tips and tricks that are relevant to your local area.

Before you schedule a lesson, look for a SUP instructor certified by the American Canoe Association, or ACA. These individuals have participated in an intensive, multi-day training session and are well versed in effective teaching and student safety. It is usually possible to find an instructor online, or you can call your local paddle shop and ask for a recommendation.

A beginner lesson will usually take place in a calm area, protected from wind and waves. You will learn about your equipment, how to adjust the paddle properly, and how to position your body on the board for optimal balance. Next, your instructor will demonstrate basic skills like how to use your paddle efficiently, how to turn, and how to stay safe during your time on the water. You should leave a beginner lesson with enough knowledge and confidence to start enjoying the sport independently.

More experienced paddlers can request lessons tailored to their existing skills and specific paddling interests. A good instructor can help you learn to improve the efficiency of your paddle strokes, prepare for a race, or even master SUP surfing. We would highly recommend investing in a lesson or two if you are serious about exploring our local waters by paddleboard.

Happy paddling!

Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org or follow on Facebook to learn more.✽

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Book Review

Something Fishy

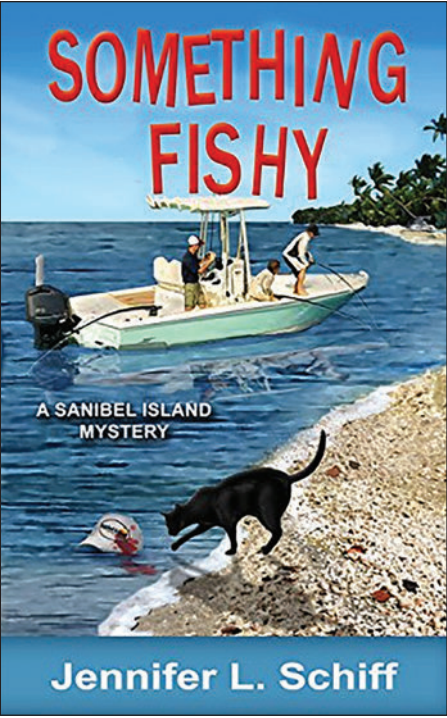


by Di Saggau

Jennifer L. Schiff is back with another Sanibel Island mystery book. *Something Fishy* again features adventurous reporter Guinevere Jones, in her purple Mini Cooper, working to solve a murder case that could involve

her ex-husband Art. He's on Sanibel for a sales conference. We learn early on that Art is having problems at his job with Rick, his rival for a big promotion. Rick is a man who makes deals that encroach upon the business territories of other guys in the firm, so he's not exactly popular. When he falls overboard while on a fishing boat and goes missing, Art is the main suspect. When he is later found dead, Art, still the main suspect, is released into protective custody under Guin's care, much to her dismay.

Guin's beau of two months, Dr. Harrison "Harry Heartthrob" Hartwick isn't happy that Guin is helping out her ex-husband, nor does he like the fact that she is meeting with a handsome police detective who is working the case. Art left Guin for a much younger woman. Now that affair is over, and he's interested in getting Guin back. She makes sure everyone knows he is her ex-husband but some old feelings are reawakened when



he's around her. She is determined to reel in her emotions and focus on finding the real killer.

A lot of Guin's old friends make an appearance in *Something Fishy*, along with some new ones. The characters are interesting and of various personalities. Her best friend Shelly, who makes jewelry out of local shells, is always there to give her support. Of course her cats Flora and Fauna are also in the picture. In true cat owner fashion, Guin talks to them, a lot. We understand.

Schiff covers a wide variety of Sanibel eateries and other popular spots, which adds to the story. It's easy to picture her scooting around the island as she pursues the case. Eventually we find out who did it and why, along with some other tasty bits of information. And then there's the epilogue that really brings everything to a close. *Something Fishy* is a great read, and there's good news. Book Three in

the Sanibel Island Mystery Series, *In the Market for Murder* will be available this December on Amazon and on Sanibel.

The author is having a book signing on Saturday, September 1, from 3 to 5 p.m. at MacIntosh Books and Paper, located at 2330 Palm Ridge Road in Palm Ridge Place Shopping Center. For more information, call 472-1447.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My third and fifth grade kids want to participate in lots of extracurricular activities. We really cannot handle as many as they want

to attend. Do you have any suggestions or recommendations about the best way to approach this issue?

Samantha D Fort Myers

Samantha,

Go for quality, not quantity. Your children will benefit most from one or two activities that are fun, reinforce social development and teach new skills. Too much scheduled time can be stressful, especially for young children, and may make it harder to concentrate on schoolwork. Consider your family schedule and personal energy level when evaluating extracurricular activities.

Multiple activities per child may be too much to manage, particularly if the activities have overlapping times, disparate locations, require your attendance, or disrupt the dinner hour. Select activities where you have someone with whom you can carpool. Even if you are available to drive most days, you will need backup sometimes. Choosing activities that occur onsite after school will also minimize driving. Find out from the school or teacher which days will be heavy

homework or test study days and schedule extracurricular activities accordingly. If your children do not want to participate in regular, organized extracurricular activities, you may want to consider other options to help build interests and social skills such as community volunteer work.

You can encourage your children to participate in community activities that may help them develop positive behaviors, such as being thankful and having gratitude. In particular, volunteer activities may encourage the development of positive behaviors.

Participate as a family in community events or encourage your children to participate in extra-curricular activities in the community to increase their connectedness with community members, including other children and adults alike. This will increase your children's well-being, achievement, and create a sense of community, safety and security amongst adults and children.

Seek out support systems available in the community to help your child learn new skills and thrive, such as tutoring or mentoring programs. Even young children can learn to lend a helping hand. It's never too early to learn about collaboration and its benefits.

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

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Superior Interiors

Minimalism Versus Maximalism



by Trinette Nelson

Decorating your home is a simple yet bold way to highlight your personality, style and taste to guests. This isn't easy for everyone: If you don't have a knack for design, you might find it

difficult to arrange furniture, paint the walls, hang decor and place accessories precisely to ensure the space becomes stylish without cramping on comfort and cohesion.

If you find yourself believing that less is more, you may want to consider a minimalist design approach. On the other hand, if it's harder for you to set boundaries when it comes to decor, maximalism might be the route for you. Not sure if you have a preference yet? Don't worry. We'll dive deeper into the differences between minimalism and maximalism so you have a better idea of how you want to decorate your home.

Think of minimalism as an "only the essentials" take on home decor. You're not interested in cluttering a room with as many pieces of furniture, decorations and accessories you can fit. Instead, you want to keep things simple, serene and refreshing. A two-toned color scheme

will please you, followed by a sofa, coffee table, area rug and accent wall art. You're less interested in showcasing your possessions. Rather, you want to highlight a few, prominent statement pieces.

Architect Lucien Rees Roberts told *Architectural Digest* that minimalism allows beautiful objects to be seen in their most sculptural and pure form whether they are modern or antique. What is essential, though, is that a space be comfortable and warm – a chair should have a lamp nearby for good light for reading and sitting areas should be conducive to good conversation," said Rees Roberts. Minimalism is all about simplicity. If "less is more" is your mantra, this is likely the style for you

On the opposite side of the spectrum, maximalism has no rules. It's about making use of different colors, patterns and textures in design, and utilizing bold fabrics, statement furniture and accessories, but in a way that forms a cohesive connection, not a disorderly headache. Take advantage of the opportunity to juxtapose materials and styles, because maximalism doesn't expect you to match. Remember: With a maximalist design scheme, there are no rules. Think of it as organized chaos.

Architect Kelly Wearstler told *Architectural Digest* that maximalism is an opportunity to design with no boundaries. "There is a joy in designing a space without limitations and restrictions, where excess is encouraged, and unlikely pairings create beautiful and unexpected harmonies," said Wearstler. Maximalism celebrates expressive taste. If "more is

more" fits your personality, this might be the route to take.

So, whether you've fallen in love with the simplicity of minimalism, can't wait to show off your maximalist style or still need guidance between the two, now is time to turn your home into the personal sanctuary you've always wanted. Can't

Youth Programs At The Library

Parts of the Sanibel Public Library are being renovated during normal operating hours. Saturday hours are now 9 a.m. to 5 p.m. Services like computers and printers, high speed WiFi, newspapers, Reading Porch and reference services are available.

On August 25, families celebrated the end of the Summer Reading Program with the Donut Drop In. More than 230 children earned 1,202 books for their home library and for patients at Golisano Children's Hospital.

Family Story Time for young readers and their caregivers will be held on Wednesdays at 10 a.m. and on Thursdays at 11 a.m.

The After-School Crew (for children in kindergarten to third grades) will meet at 3 p.m. on Thursdays. There will be favorite books, never-knew-existed books, games, crafts and a snack provided. If you love dogs and books, you can read to Bessie, a bearded collie and reading education assistance dog. At 3:45 p.m. on rain-free Thursday afternoons, children can sign up on-the-spot, finishing by 5 p.m.

Geared specifically for children in fourth

decide? At the end of the day, it's your home and a design consultant is going to find a way to meet you in the middle and develop a plan that transforms your dreams into a reality.

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



Nolan Baker having a donut at the end-of-summer party photo provided

through sixth grade, the After-school Clique will meet on Tuesdays at 3 p.m. for crafting, building and playing, and a snack.

The library will be closed Monday, September 3 in observance of Labor Day. For more information, call 472-2483 or visit www.sanlib.org. ✨

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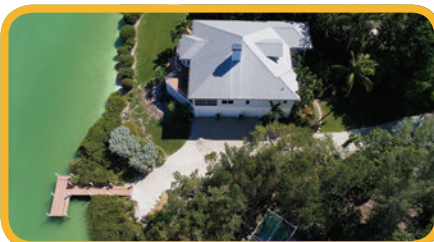
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Surge Protection



by Bryan Hayes

Although the rainy season is behind us, we hope, we still have some storms rolling in and the threat of tropical weather for another month or two. It is still a good time to

talk about surge protection. The photo with this article is of a surge protection device that did its job. You may or may not be surprised by this, but the number one cause of downtime for your central cooling system is not refrigerant related. The most common cause is actually electrical, with the average home experiencing over 300 surges per year.

For those of us who live on Sanibel, we know that it's a constant battle



Surge protection can help prevent damage to small and large electrical appliances in your home photo provided

for the power company to keep the grid in good working order. Many major home appliances, including our

air conditioners, rely more on solid state electronics to operate than ever before. While the luxury of it all might be very convenient, it still comes with a price. These controls are also more susceptible to power fluctuations than ever before. So to reference the title, the way to protect your expensive investment is to use surge protection.

Surge protection can be achieved through many different ways. You can buy those little surge protection strips for your pluggable appliances at most stores, and they will do a marginal job. However, for the larger stuff such as your air conditioner, you would want an electrician to install an inline surge protection system. If you really like the

idea, you can even take this one step further and have a surge protection system installed for your entire house. That will cover all the circuits in your home.

As you may already know, I like talking about saving money. Surge protection is an additional cost, of course, but spending some money now can definitely save you from spending significantly more later. Consider it as an investment and insurance all in one.

As always, thanks for reading.

Bryan Hayes is a Sanibel air conditioning contractor. He also owns, with his brother Todd, an electrical business on Sanibel. He can be reached at Bryan@Sanibelair.com.✱

September Programs At Captiva Library

The Captiva Memorial Library is offering the following free programs for all ages in September:

Adult Programs

Checkers – September 1 to 29.

Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to 5 p.m.

Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

Coloring for Grownups – September 1 to 29. Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to 5 p.m.

The repetitive motion involved in coloring has a calming effect and adults have found this childhood activity a refreshing way to reduce anxiety, create focus or bring about more mindfulness. Participants may bring their own materials or use those provided.

Children's Programs

A Healthy Breakfast: A Great Way to Start the Day – September 1 to 8. Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to 5 p.m.

Drop in to see the breakfast picture book display and make a paper pancake craft.

Checkers – Saturdays, September 1 to 29, 9 a.m. to 5 p.m. Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

Honey Bees and Honey – September 11 to 18. Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to 5 p.m.

September is National Honey Month.

Drop in and see the honey and honey bee book display. Make a honey bee out of a toilet paper tube.

Talk Like a Pirate – 2 to 4 p.m. Wednesday, September 19. Pirate storytime and craft. See a pirate.

Pirates of the High Seas – September 20 to 29. Available during normal library operating hours: Tuesday, Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday, Saturday from 9 a.m. to 5 p.m.

Check out books from the pirate book display. Make a paper plate pirate.

Teen Programs

Checkers – Saturdays, September 1 to 29, 9 a.m. to 5 p.m. Play classic checkers "the game of games" or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

Make a Cosplay Mask – Friday and Saturday, September 28 and 29, 9 a.m. to 5 p.m. Drop in and make a cosplay mask. Wear it to the 3rd annual Comic Fest scheduled for noon to 4 p.m. Saturday, October 13 at the Fort Myers Regional Library. All supplies will be provided.

The Captiva Memorial Library is located at 11560 Chapin Lane. For more information, call 533-4890. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information about a specific program.✱

Top Ten Books On The Island

1. *Crazy Rich Asians* by Kevin Kwan
 2. *Three Days Missing* by Kimberly Belle
 3. *Ghosted* by Rosie Walsh
 4. *Origin* by Dan Brown
 5. *Watch Me Disappear* by Janelle Brown
 6. *Girl in Disguise* by Greer McCallister
 7. *Other Woman* by Daniel Silva
 8. *Southernmost* by Silas House
 9. *The Cafe by the Sea* by Jenny Colgan
 10. *He Said She Said* by Erin Kelly
- Courtesy of MacIntosh Books and Paper*✱

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Belle Meade Lot

At 9270 Kincaid Court, on private road just off San-Cap Rd & opposite preserve land. Near refuge, school, rec center. \$149,000



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East-End Ground-Level Condo With Carport & Canal Access in Residential Complex

Long-known as one of the islands conservative associations, Captains Walk works well for a residence or vacations. It's pet-friendly, cozy, & convenient. #B2 is a 1 bedroom with new HVAC, impact windows, updated bath with walk-in shower, & galley kitchen. \$239,000 furnished



Delightful Big 2nd Floor 1 Bedroom Condo at Spanish Cay #A7

Sellers so enjoy this near-beach location next to the Sanibel River that they bought a larger unit here. Now motivated to move this ~950 sq. ft. rental-ready apartment which has booked as much as \$20K/ year in seasonal rentals (2-week minimum applies). Cute beachy décor. Community pool. \$265,000



| | | | | | | | | | | | | | |
|--|--|---|--|---|--|---|--|---|---|---|---|---|--|
|  | FRIDAY Partly Cloudy High: 89 Low: 81 |  | SATURDAY Mostly Cloudy High: 86 Low: 78 |  | SUNDAY Mostly Cloudy High: 89 Low: 81 |  | MONDAY Mostly Cloudy High: 88 Low: 80 |  | TUESDAY Few Showers High: 90 Low: 78 |  | WEDNESDAY Few Showers High: 84 Low: 76 |  | THURSDAY Few Showers High: 86 Low: 78 |
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| Redfish Pass Tides | | | | |
|--------------------|----------|----------|----------|----------|
| Day | High | Low | High | Low |
| Fri | 4:21 am | 10:40 am | 5:14 pm | 10:37 pm |
| Sat | 4:57 am | 11:45 am | 6:25 pm | 11:10 pm |
| Sun | 5:41 am | 1:03 pm | 8:05 pm | 11:49 pm |
| Mon | 6:36 am | 2:30 pm | 10:18 pm | None |
| Tue | 7:45 am | 12:42 am | 11:56 pm | 3:52 pm |
| Wed | 9:05 am | 2:06 am | None | 5:01 pm |
| Thu | 12:45 am | 3:36 am | 10:24 am | 5:58 pm |

| Point Ybel Tides | | | | |
|------------------|---------|----------|----------|----------|
| Day | High | Low | High | Low |
| Fri | 3:26 am | 10:42 am | 4:19 pm | 10:39 pm |
| Sat | 4:02 am | 11:47 am | 5:30 pm | 11:12 pm |
| Sun | 4:46 am | 1:05 pm | 7:10 pm | 11:51 pm |
| Mon | 5:41 am | 2:32 pm | 9:23 pm | None |
| Tue | 6:50 am | 12:44 am | 11:01 pm | 3:54 pm |
| Wed | 8:10 am | 2:08 am | 11:50 pm | 5:03 pm |
| Thu | 9:29 am | 3:38 am | None | 6:00 pm |

| Punta Rassa Tides | | | | |
|-------------------|---------|----------|----------|----------|
| Day | High | Low | High | Low |
| Fri | 4:55 am | 11:16 am | 5:35 pm | 11:13 pm |
| Sat | 5:08 am | 11:54 am | 6:18 pm | 11:34 pm |
| Sun | 5:28 am | 12:44 pm | 7:07 pm | 11:56 pm |
| Mon | 5:59 am | 1:52 pm | 8:02 pm | None |
| Tue | 6:40 am | 12:23 am | 9:07 pm | 3:05 pm |
| Wed | 7:35 am | 1:00 am | 10:34 pm | 4:17 pm |
| Thu | 8:50 am | 2:21 am | None | 5:33 pm |

| Cape Coral Bridge Tides | | | | |
|-------------------------|----------|---------|----------|---------|
| Day | High | Low | High | Low |
| Fri | 6:31 am | 1:22 am | 7:24 pm | 1:56 pm |
| Sat | 7:07 am | 1:53 am | 8:35 pm | 3:01 pm |
| Sun | 7:51 am | 2:26 am | 10:15 pm | 4:19 pm |
| Mon | 8:46 am | 3:05 am | None | 5:46 pm |
| Tue | 12:28 am | 3:58 am | 9:55 am | 7:08 pm |
| Wed | 2:06 am | 5:22 am | 11:15 am | 8:17 pm |
| Thu | 2:55 am | 6:52 am | 12:34 pm | 9:14 pm |

Island Seniors At Center 4 Life

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

The Center 4 Life will be closed on Monday, September 3 in observance of Labor Day. Regular operating hours will resume on Tuesday, September 4.

Donations Needed for Trash & Treasures Sale – Clean, gently used items are needed for the annual Trash & Treasures Sale. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. A tax deductible receipt will be provided for your donation. Books, clothing, shoes, computers or old TVs cannot be accepted. If you have any questions, call 472-5743.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email oceann@comcast.net or contact the center.

The featured book for Wednesday, September 12 is *Killers of the Flower Moon* by David Grann. There will be a book discussion only at 2:30 p.m.

Leisure Lunchers – Tidewater Bistro – Monday, September 17.

Meet at this new restaurant (formerly Rosie's) with new ownership and new menu. Chef John Rhodes and owner David Maudlin will talk briefly about their approach. Registration is required. Separate checks will be provided and transportation is on your own.

Line Dancing Classes – Monday, August 27, September 10 and 17. Cost is \$2.50 for members and \$5 for

non-members. Join the group on Monday morning for an hour of fun. The instructor will review dance steps then turn up the music for dancing. Bring a friend.

Trip to IKEA – Monday, September 10. Cost is \$5 for members and \$10 for non-members.

Trip includes round trip transportation. Lunch is on your own at the IKEA Café. This will be an all-day shopping spree at IKEA in Plantation. Advance registration is required by Friday, September 7.

Seven-Day Christmas Trip to New Orleans – Sunday to Saturday, December 2 to 8. Cost is \$1,364 for members (per person, double occupancy) or \$1,774 (single occupancy). Non-members are \$1,389 (per person, double occupancy) or \$1,799 (single occupancy). Includes round trip bus transportation, six-night accommodations including four nights in the heart of New Orleans, Oak Alley Plantation, New Orleans Cooking School, Mardi Gras Museum, World War II Museum and Mississippi Jazz Brunch Cruise. Advance registration required, while spots last.

A Southern Christmas: Savannah & St. Simon's Island – Tuesday to Friday, December 11 to 14. Cost for members is \$574 (per person, double occupancy) or \$774 (single occupancy). Non-member are \$599 (per person, double occupancy) or \$799 (single occupancy). Includes round trip bus transportation, three-night accommodations (one in St. Simon's Island and two at the Holiday Inn Express in Savannah), five meals (three breakfasts, two dinners), the live Savannah Theater Christmas Show, tours and other attractions. Advance registration required, while spots last.

The Magic of the Keys – Tuesday through Thursday, January 22 to 24. Cost is \$574 for members (per person, double occupancy); \$844 single. Non-members are \$599 (per person, double occupancy); \$869 single.

Includes round trip transportation, two nights at the Hyatt Place in Marathon, five meals (two breakfasts, two lunches and one dinner), Schnebly Winery tour and tasting, and lunch, full day in Key West with private tram tour and all-day hop-on/hop-off privileges, and tour of Dolphin Research Center. Advance registration required on a first come basis.

Gelli Printing with Bea Pappas – Fridays, August 31, September 7 and 14. Cost is \$20 for members and \$25 for non-members. Beginners welcome.

You can do monotype or make papers for collage use. Supplies needed: paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies.

Games – Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Bridge – Monday and Wednesday. Registration begins at noon; the game begins at 12:30 p.m.

Mahjongg – Monday and Thursday at 12:30 p.m.

Hand & Foot – Thursday at 12:00 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – September 11 and 25 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, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel,

hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is 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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From left, Calli Johnson, Bailie Johnson, Richard Johnson and Teresa Riska-Hall photo by Jan Rimmel

Over \$13,000 Raised At Islander Wine Dinner

The Islander Wine Dinner, hosted by Bailey's General Store, raised more than \$13,000 for The Community House on Sanibel.

Ben McClure, a certified wine specialist and brand ambassador of Talbott Vineyards, was the featured speaker. The sold out, six-course dinner

virtually transported 66 guests to Talbott's California vineyards. Locally sourced cuisine, prepared by Sanibel Catering Company's Chef Karl, was paired with Talbott's 100 percent estate grown wines, including those from their famous Sleepy Hollow Vineyard.

"We are so appreciative of Bailey's and Sanibel Catering for being such a wonderful partner and donor of The Community House. The wine dinners are something we envisioned for some time, but they really bring the idea to life," said Teresa Riska-Hall, executive director of The Community House.✽

Rotary Happenings

submitted by Shirley Jewell

Each year, the Sanibel-Captiva Rotary Club – through its giving entity, the Sanibel-Captiva Rotary Trust Fund – provides grants to local nonprofit organizations as part of its community grants program. In the 2017-18 Rotary year, our club awarded nearly \$50,000 in community grant funding and \$50,000 in global grants. The majority of this grant money is provided by fundraising events, primarily the Sanibel-Captiva Rotary Arts & Crafts Fair in February.



At last week's club assembly, our trust fund board member and secretary, Dorrie Hipschman, announced the new grant process. The following information has been sent out by mail to nonprofits on the island and is now posted on the club's website at www.sanibelrotary.org. Under Charitable Grants, scroll down to Applying for a Grant for this new grant process. If you have any questions, email our trust board president, Bill Rahe, at wrahe@earthlink.net.

Lee Almas, co-chair of our scholarship committee, also announced that the club will award college scholarships this year in the amount of \$10,000. Details of these awards will be announced soon.

The guest speaker for the August 31 meeting will be Tamara Pigott,

executive director of Lee County Visitor & Convention Bureau. She will present a program, entitled The Value of Tourism. The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.✽

Workshop On Financial Health

FISH of SanCap, along with Fifth Third Bank, is offering a community presentation, entitled Taking Charge of Your Financial Health, on Thursday, September 13 from 5:30 to 7 p.m. at Sanibel Community Church. This workshop will help individuals and families learn how to do basic budgeting, slash their debt and boost their credit score.

FISH Facilitator, Program Director Kathy Y. Monroe, said, "This session will help individuals develop a plan for budgeting and saving which can lead to boosting their credit score while helping to eliminate debt. Financial health is just as important as physical health, because lacking the first can have an impact on the latter. The presenter, Ruben Perales, financial relationship manager from Fifth Third Bank, will introduce this information in a very interesting and interactive manner. Persons will leave this session knowing how to create a budget, interpret a credit score and manage debt."

The seminar is open to the community and snacks will be provided. To RSVP, contact Kathy Y. Monroe at 472-4775. For additional information, visit www.fishofsancap.org.✽

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New Technology Coming To Chamber Welcome Center



Doug Ralston and John Lai

photo provided

The Sanibel & Captiva Islands Chamber of Commerce is renovating its welcome center, which hosts more than 100,000 visitors annually, to offer modern technology for today’s traveler while keeping its coastal feel. Members heard from Doug Ralston, president of the company installing that technology, Omni Experience, during the August business luncheon hosted at the Captiva Island Yacht Club.

“Doug has been crucial in planning where everything will be laid out to improve the flow of the welcome center and use of the technology,” said Chamber President John Lai. “Our objective is to begin immediately following Labor Day and be completed by mid-November.”

The 90-day project includes complete interior renovations of the ground floor and digital displays that can change dynamically versus the current static displays. Ralston discussed the next generation of traveler and the use of interactive technology in personalizing each visit. He explained that visitor engagement through technology drives

experience, which results in revenue. “We will be able to better understand the travelers walking through the doors of the welcome center,” said Ralston. “This will help us know what to do better and different as a destination. Ultimately, what we are introducing into the new welcome center is value to the traveler – mixing online with offline.”

Ralston has 19 years of experience in the technology and digital industry, focusing his career on creating impactful products in order to redefine brand experiences. His industry-wide background in commerce solution, sales, social and digital strategy also equipped him to work with some of the biggest brands in travel, hospitality and retail commerce.

“We are very excited about this project, as it is unlike anything you have ever seen,” said Lai.

The September business luncheon will be held on Tuesday, September 11 at Sundial Beach Resort & Spa with guest speaker Jeff Mielke of Lee County Sports Development. It will be sponsored by the Sanibel-Captiva Lions Club.*

Shell Point To Host Classes On History Of Iran

The Academy of Lifelong Learning at Shell Point Retirement Community invites the Southwest Florida community to attend its September Academy classes, which will feature informative discussions on some of the world’s oldest continuous civilizations and archaeological history. Florida SouthWestern State College professor Adrian Kerr will present.

The first two-part series, entitled Iran: Its History and Today, will take place on Tuesday, September 11 and Tuesday, September 18, both at 4:30 p.m. Tracing some of the world’s oldest settlements dating back to 4000 BC,

the first session will introduce the Indo-Europeans and uncover the rise and fall of the nation of Iran. The second session will discuss how the Islamic conquest of AD 650 was a turning point in Iranian history. Kerr will conclude this two-part discussion with a look at recent times and the major shift in Iranian leadership.

A second two-part series, entitled The Seven Wonders of the Ancient World, will be offered from 4:30 to 6 p.m. on Tuesday, September 25 and Thursday, September 27. During this dual discussion, Kerr will investigate the “wonders” and its creators, historical and archaeological evidence, and will also share illustrations from his own personal encounters.

Tickets to attend each session are \$10, and can be purchased by calling 489-8472. To learn more, visit www.shellpoint.org.*

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Empty Nest



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

Regular readers of this column are somewhat familiar with my family as I write about them often. As you read this, I will have just returned from dropping our youngest (of three) daughters off for her freshman year at Elon University.

Yes, Patti and I are officially empty nesters. I write this with a lump in my throat. Five years ago, we embraced our eldest daughter, Gabrielle, as we moved her into her dorm at Brandeis University outside of Boston. Today, Gabi, having earned bachelor's and master's degrees, now works full time in New York City.

Three years ago, during a steamy August afternoon in Gainesville, I schlepped clothes, lamps, linens and supplies into the Broward Hall dormitory at my alma mater, the University of Florida, as our middle daughter, Courtney, began her collegiate studies. She's now a senior, who will graduate this May, and then plans to further her studies towards earning a doctorate in physical therapy.

And now it's Madison's turn. Our youngest. She's a spitfire, in a good sense, and I know will do just fine at Elon. I'm not at all worried about her adjustment to college life. She, like her sisters, for several years attended summer sleepaway camp for a month while growing up. Last summer, she completed an overseas Spanish immersion study program outside Madrid. Being away from home for extended periods of time is nothing new to my daughters, and they've never shied away from it.

In fact, I believe they enjoyed having a little time away from their mom and dad. In a way, it made us all appreciate one another a little bit more when we're together.

No, I'm not worried about Madi. It's me I'm worried about. With each daughter's departure, I felt as if a little piece of my heart left with them.

Patti and I hoped to raise – and are very proud that we did raise – three alert, smart, kind, confident and independent daughters. The price one pays, however, for such success, includes children who aren't afraid to venture far from home. Children who'd rather intern in some far away city over the summer break. Children who will likely settle (as one already has settled) nowhere near the sleepy resort community where they grew up.

When our daughters were toddlers, we commonly heard the refrain, "Enjoy them now, as they grow up fast!" When you're in the middle of raising kids, putting up with bouts of strep throat, late nights of homework, scraped elbows, disappointments with

friends, and the many other things that go along with that adventure, it seems like childhood will last forever.

Except, as I drive with my daughter in her Honda from here to North Carolina, I can't believe that we're at this crossroads. Wasn't I recently complaining about the cost of her dance recital dress? That was 11 years ago now? Really?!

Intellectually, I know that this is the result we were after. I also understand that there are many good times ahead of us. We have more college graduations to attend, careers to launch and weddings to throw. Our oldest daughter, Gabi, has been in a serious relationship for quite a while, for example. Will this guy be the one? I hope so. I like him. But then, one thing I've learned raising three daughters is to keep a healthy distance from matters of the heart. That's something they must work out for themselves.

Many of my clients tell me that grandparenthood is even better than parenthood. I'm sure that there will be many benefits and I'm looking forward to seeing the next generation come into being. Although, frankly, I'm not anxious for that either. Not yet, at least.

No, for now I celebrate triumphs and new beginnings. But I also mourn a loss. My young family has disappeared. It's morphed into something else. Something greater.

Even so, I still see, in my mind's eye, the face of my little girl in pigtails, even though that's not really the person who attends her first college lecture in a matter of days.

©2018 Craig R. Hersch. Learn more at www.sbshlaw.com.✧

Residents Create Running Club

by Jeff Lysiak

One of the ways Eva and Evan George, who moved to Sanibel only five weeks ago, decided they would become better acquainted with their new community was to find something in common with them. The Georges, formerly of Gainesville, are both competitive runners, so it seemed natural to them that they would join one of the local running clubs.

However, there was one problem. Sanibel doesn't have a running club. "We called the Sanibel Health Club and asked them about joining one of the island's running clubs, but they told us there wasn't anything like that here," said Eva. "So, since we both run, we decided that we'd create our own club."

Open to amateur, novice and advanced runners of all ages, the Georges are

hoping that their newly created group will attract people who are looking to run together as a group on a weekly basis.

"We'd like the club to be rather easy-going, with runners who'd like to push themselves a little bit," explained Eva. "We'd like to help people set their own personal goals and try to help them reach those goals."

Eva, who works as a pathologist at a Fort Myers dermatologist, and Evan, an immigration lawyer, have been running competitively for years. After starting her running career on her high school track and cross country teams, Eva moved to New York while in college and recalls running through Central Park in Manhattan. The couple has also taken part in half-marathons in the United States and in both Iceland and Scotland.


"I feel like I've been running my entire life," said Eva. "Now that we're on Sanibel, we'd like to meet some people who are interested in running, too."

"We'd also like to see the club grow," continued on page 35



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Zontians Make A Splash At International Convention



At the international convention in Yokohama, Japan: Zontians, from left, Linda Robison from Sanibel; Jackie Beaudry, chair of the Centennial Anniversary Endowment Campaign; outgoing Zonta International President Sonja Schough; and Nancy Dreher and Karen Pati from Sanibel

photo provided

submitted by Sue Denham

Members of the Zonta Club of Sanibel-Captiva made the long trip recently to Yokohama, Japan to attend the 64th Zonta International (ZI) Convention. All are standouts, not just for their success with the local club, but also for contributions on a stage that ranges from local to regional to international.

The event is held every two years and attracts thousands of Zontians from all over the world, joining together for education, inspiration, sharing of ideas and conducting Zonta business. The local club, one of more than 1,200 worldwide, received recognition in Yokohama in several areas, and members contributed expertise, both before and during the event.

Linda Robison, San-Cap member, was installed as incoming governor of District 11, which comprises more than 40 clubs in the southeastern United States including Florida and the Caribbean; she also chaired the District 11 meeting at the convention. San-Cap member and former District 11 governor Karen Pati served as convention protocol chair, and at the last minute, stepped in to organize the traditional flag ceremony, which opens the convention and honors each of the 66 countries worldwide that currently have a Zonta club. Aided by Linda Robison and San-Cap member Nancy Dreher, she pulled off a successful event.

Zonta San-Cap was also among 19 clubs recognized for increasing membership, largely due to successfully

launching a new Zonta club in Cape Coral, headed by Nancy Dreher, immediate past president of the local club and now Area 6 director.

And during a special reception hosted by the Zonta International Foundation, Sanibel-Captiva also received recognition for its financial contributions to ZI projects. Karen Pati commented, "We were very proud to be one of the top 15 clubs in the world for our foundation giving. We would like to take this opportunity to thank the Sanibel community, businesses and individuals who helped us raise the funds that will support the important global initiatives of Zonta International." A signature ZI project, for example, is a program to reduce early marriage and early pregnancy – a form of gender-based violence – in Niger, for which ZI has committed \$1 million. Niger has the world's highest child marriage rate with 77 percent of girls married by age 18, and 30 percent by age 15.

Local Zontians are now busy planning the annual District 11 annual conference, to be held September 28 to 30 at the Sanibel Harbour Marriott Resort, bringing to the area Zonta members from as far away as Tennessee and Alabama. Also, planning is under way for the 18th annual Peek at the Unique, which will raise funds to support Zonta International and for grant awards to local nonprofits whose programs serve women and girls. The next "Peek" is set for Saturday, March 16. For more on Zonta, visit www.zontasancap.com.✱

Road, along West Gulf Drive to Tarpon Bay Road, then back up Sanibel-Captiva Road) or a back-and-forth to Captiva along Sanibel-Captiva Road.

"We'll let our members determine the workouts, the routes and the pace," said Eva. "We want it to be flexible, based upon the group's wants and needs as runners."

"We hope it'll be a great way to meet people on the island, have fun and be outside," added Evan. "We have three kids who love running; it's a wonderful activity the whole family can enjoy."

For more information, call the Sanibel Recreation Center at 472-0345.✱

From page 34

Running Club

added Evan. "There are so many people we've met on the island who are very active. This club could be a great thing for the community."

Looking to organize their first group run in early September, the couple noted that their runs will be held each Friday morning at 8 a.m., starting from the parking lot of the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. Some of the routes being considered are a local six-mile loop (down Sanibel-Captiva Road to Rabbit

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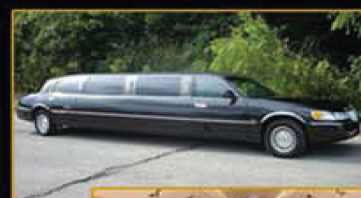
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Sports Shorts: Miracle Baseball, Red Sox, Senator McCain And More



by Ed Frank

This week it's a week of sports shorts rather than concentrating on one specific subject. We will begin with one local team:
Fort Myers Miracle – Although stumbling this past week losing four of six games, the Miracle began the week just 1 ½ games behind first-place Charlotte in the Florida State League South Division with seven games to play – all home games. Should the Miracle win the division title in this last week of the regular season, they would face the Palm Beach Cardinals, winners of the season's first-half in the first round of postseason play.

The final seven games began Monday with a four-game series against Bradenton, all with 7 p.m. starts. And the regular season concludes this weekend with three against Clearwater. Tonight, Friday's game, has the first pitch at 7 p.m. followed by Saturday's game at 6 p.m. and the Sunday finale at 12 noon.

Regardless of the outcome in this final week of the season, the Miracle played much better baseball in the second half compared to the season's first-half when the team recorded a 28-40 record, finishing in fifth place in the division. It was a first good season for rookie Miracle manager Ramon Borrego.

Boston Red Sox – After writing last week that the Red Sox had an outside chance to make baseball history by winning more than 116 games this season, Boston went into a big slump and were swept by Tampa Bay to see their lead over the New York Yankees shrink to six games in the American League Eastern Division.

The BoSox were 4-6 in the last 10 games as the week began, and any chance of breaking that 116-win record appeared slim at best.

Late Senator McCain And NBA Rookie Lauri Markkanen
We know that the late Senator John McCain touched the lives of many over his long illustrious career, and one of those is Chicago Bulls rookie Laurie Markkanen. When the talented Markkanen was having visa problems during his one year of college basketball at the University of Arizona, McCain stepped in to help the youngster.

"I will be forever grateful for you helping me, a kid from Finland, get a visa to live out my dream of playing basketball in the States," Markkanen tweeted upon the Senator's passing.

SPORTS QUIZ

1. In 2017, Chris Sale became the first Boston Red Sox pitcher to strike out 10 or more batters in 12 games before the All-Star break. Which Boston pitcher did it in 11 games?
2. For six consecutive years (1926-31), Babe Ruth led the American League in home runs. Who broke the streak in 1932?
3. Who holds the NCAA football record for most career receiving yards?
4. New Orleans' Anthony Davis set a record in 2017 by scoring 52 points in an NBA All-Star Game. Who had held the mark?
5. The Toronto Maple Leafs last reached the Stanley Cup Finals in 1967. How many times since then have they made the conference finals?
6. In 2018, Carli Lloyd became the sixth American woman to score 100 international soccer goals. Name two of the first five.
7. Which trainer holds the record for the most wins at the Kentucky Derby?

ANSWERS

1. Pedro Martinez, in 1999. 2. Philadelphia's Jimmie Foxx, with 58. Ruth hit 41 home runs that season. 3. Corey Davis of Western Michigan, with 5,278 yards (2013-16). 4. Philadelphia's Will Chamberlain had 42 points in the All-Star Game in 1962. 5. Four times (1993, '94, '99 and 2002). 6. Abby Wambach, Mia Hamm, Kristine Lilly, Michelle Akers and Tiffany Milbrett. 7. Ben Jones, with six wins.

Was Urban Meyer's Three-Game Suspension Adequate Or Just A Slap On The Wrist?

It undoubtedly will be debated for weeks and months to come, but there are wide-ranging opinions whether the three-game suspension for former University of Florida football coach was adequate. As has been documented, Meyer failed to notify school officials at both Florida and Ohio State of domestic abuse allegations by one of his assistant coaches, Zach Smith, against his ex-wife.

The three-game penalty was handed down by Ohio State after a quick two-week investigation.

Many feel his illustrious record at both schools, two national championships at Florida and one at Ohio State, may have been a factor in the light penalty.

The Season For Firing Baseball Managers

With the last month of the regular season upon us, rumors already are flying regarding which managers are on the hot seat.

Here are the four managers listed by www.mlb.com as most likely to be axed: Mike Shildt – St. Louis. Former Yankee manager Joe Girardi could get the job.

Buck Showalter – Baltimore. With the worst record in baseball and 52 ½ games behind Boston, what else would you expect.

Ned Yost – Kansas City.

Mike Scioscia – Los Angeles Angels.✴

Realtors Address Water Quality

Over 20 members of the Sanibel and Captiva Islands Association of Realtors attended the annual Florida Realtors Convention and Expo August 8 through 10 in Orlando. The convention included continuing education classes, national speakers and some magic to go along with Florida Realtors' theme for 2018, Make Magic. Members also spent time in committee meetings on topics such as professional development, land use and water quality. A special meeting was held on water quality that specifically addressed the concerns that island realtor members and realtors throughout the state have with the water releases, red tide and blue-green algae problems plaguing waterways and beaches.

In response to this and other meetings and requests by realtors throughout the state, Florida Realtors, which works on behalf of more than 185,000 realtors in Florida, and is represented by 54 local realtor boards, drafted a letter to members of Congress. On August 18, the Sanibel and Captiva Islands Association of Realtors joined with Florida Realtors in signing the letter to lend strong support for HR 8, the Water Resources Development Act (WRDA) of 2018. This legislation includes funding authorization for critical pieces of the Central Everglades Restoration Plan (CERP), which will help address the blue-green algae blooms and the contaminating of Florida's waterways and beaches.

If the WRDA legislation is brought to the U.S. Senate floor, and ultimately

passed, it would assist with the algae crisis by advancing the planning, design and construction of the reservoir project within the Everglades Agricultural Area. Furthermore, this legislation will add treatment and water storage lands for Lake Okeechobee and the surrounding estuaries, as well as expedite the completion of needed projects like the bridging of Tamiami Trail and repairs to the Herbert Hoover Dike.

The Sanibel and Captiva Islands Association of Realtors has continually supported water quality initiatives. In partnership with Florida Realtors, the association created a campaign in 2008 for clean water with the Ollie the Otter Clean Water Oath. This advertising campaign, developed to help educate the public on how to protect and preserve clean water, has simple reminders including limiting the use of certain lawn fertilizers and rethinking daily habits that could reduce water pollution. The association has continued to share this message over the past 10 years by posting it at state meetings, handing out flyers, and advertising in monthly publications and newspapers. This past May, the association turned its annual golf outing and auction into a fundraiser benefitting the water quality efforts of the Sanibel-Captiva Conservation Foundation and raised over \$14,000 to aid in marine research and public policy. The association also continues to redistribute all of the City of Sanibel Call for Action emails and letters to its members and the public. If you would like more information on what is being done or for a copy of the Clean Water Oath, reach out to a Sanibel-Captiva realtor.✴



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Lions Hear About Latest In Cancer Treatments

Dr. Michael Cullen, featured speaker at the August 15 Sanibel-Captiva Lions Club dinner meeting, wants everyone to know more about cancer. "Getting cancer is a big scary deal," Cullen said, "but there are things people should know before they make decisions."

The founder and chief executive officer of Sun BioPharma, Inc., Cullen is an expert on some of the latest cancer drug therapies and cutting-edge clinical trials, in which his company specializes. His talk, entitled Pancreatic Cancer and Clinical Trials: Information for Patients and Families, served as a primer for the journey through cancer treatment and provided important information on the advantages of clinical trials.

"If you get a new diagnosis and start standard treatment, clinical trials for new drug therapies may not be available to you," Cullen said. "Standard treatment is fine for many cancers. But for pancreatic cancer, it is less amenable."

Cullen cited statistics for success rates of a variety of cancers. "The five-year survival rate for women with breast cancer is now almost 99 percent," he said, "and lung cancer survival, which



Lions Club President Bob Kern, far right, introducing Dr. Michael Cullen

photo provided

used to be in the single digits, is now up to 18 percent.

"Pancreatic cancer is the reason I am not spending my retirement years fishing," Cullen said. "Its survival rate is only eight percent."

Sun BioPharma has just opened a study of its lead drug compound, which is designed for patients with previously

untreated metastatic pancreatic cancer. Such new trials as this one are critical, "because the incidence of pancreatic cancer is going up steadily. Smoking, drinking, genetics and diabetes are all contributors," Cullen said, adding, "it's just going the wrong way."

Pointing to the famous case of Supreme Court Justice Ruth Bader

Ginsberg, Cullen asserted that pancreatic cancer can be successfully treated surgically, but not medically. "Ginsberg had been diagnosed with colon cancer. Pancreatic cancer was found, incidentally, during her follow-up testing for colon cancer. The pancreatic tumor that they found was still in early stages, so surgery provided the cure," he said. "If she hadn't had colon cancer, she would have died from pancreatic cancer."

The bottom line, Cullen said, is that "standard treatments for some cancers are very effective, but for pancreatic cancer, my top recommendation for patients is a clinical trial."

"Even though a cancer diagnosis is shocking," Cullen said, "it is the time to search for your options. Perhaps a clinical trial is just the thing for you."

For more information, Cullen offered some resources, which include www.clinicaltrials.gov, www.cancer.net and www.pancan.org. He also recommended the National Comprehensive Cancer Network, and the Lustgarten Foundation for Pancreatic Cancer Research.

The next Sanibel-Captiva Lions Club dinner meeting will be held on Wednesday, September 19 from 6 to 8 p.m. at The Community House. The guest speaker will be Jan Manarite, executive vice president of Prostate Cancer International.

For more information about the club, visit www.sanibelcaptivalions.org.✱

Doctor and Dietician

Joint Instability And Chronic Pain



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

Every day people come into our office wracked with chronic joint pain that did not respond to traditional treatments like cortisone injections and because they want to avoid surgery, or even a second or third surgery. Chronic pain continues until the root cause is eliminated. What do we see as the root cause of most joint pain? Joint instability! Most patients are not even aware that they have it and are shocked to find out. Sometimes I will quiz patients about what they think caused their pain. They usually blame an MRI finding, like a bulging disc or bone spur. That is incorrect. As a physician and educator, I want to help patients understand how and why their conditions developed. With the average attention span dwindling, I

realize my window to teach patients is small. Not everyone finds joint instability as fascinating as my team does, but that is why patients seek our help... because we've done all the homework.

Joint instability occurs due to damaged or weakened ligaments whose job is to stabilize our joints, including the vertebrae. Ligaments connect bone to bone and should be tight and strong to allow surrounding muscles to move the joint. When ligaments are loose, damaged, or weak, abnormal forces are transmitted through the joint. As the unstable joint is used during daily activities or athletics, abnormal forces progress into destructive joint motion. This progressive disorder eventually begins to kill cartilage cells, allows discs to bulge, pinches nerves, causes bone spurs and other degenerative changes that are eventually seen on X-ray and MRI.

Joint instability can be diagnosed by ultrasound and physical exam. To alleviate the root cause of joint instability, and the resulting chronic pain conditions, ligaments must be repaired. Regenerative injection treatments, like prolotherapy, are the treatment of choice for curative ligament repair.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✱

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From left, Melissa Rice, Christina Zeller, Melanie Congress, City of Sanibel Councilwoman Holly Smith, Doreen Ruane and Diane Silhavy photos provided

Give Back Wednesday At Matzaluna

Community Housing and Resources (CHR) held its latest Give Back Wednesday (#GBW) fundraiser at Matzaluna on August 22. The event drew a large crowd of supporters who enjoyed an evening of great food and camaraderie. Melissa Rice, executive director of CHR, thanks everyone who came out to support CHR, and to Matzaluna for being part of the #GBW, where a portion of the night's proceeds will be donated to CHR. The next event will be held on September 5 at Thistle Lodge.*



Cassandra and Alex Werner with their children, Liliana and Benjamin, and Karen Storjohann



From left, John and Jane Henshaw with Sandy and Roger Grogman



From left, Diana Taylor, Leslie Adams, Patty Zimmer, Jayne Lumley, Calli Johnson, Jackie Royka, Diane Cortese, Diane Weir, Barb Marti, Alan Marti and Greg Cortese



MaryAnn Bell and Charles Manzella



Morton and Jill Kanner



From left, David Muench, Leslie Adams and Linda and Tom Uhler



From left, Diane Weir, David Klemt and Steve and Jackie Royka



From left, Paul Johnson, Karen Bell, Tim Schladand, Dan Schuyler, John Bell, Sharon Schuyler and Meredith Bell

dearRPharmacist

Ways To Reduce Dangerous Homocysteine



by Suzy Cohen, RPh

Dear Readers: Most of you understand that homocysteine is a toxin that, when elevated, increases your risk for heart attack and stroke. This is well-documented,

but what is shocking is how dangerous a neurotoxin this compound is. It has been implicated as a contributing factor in neurological and psychiatric disorders such as major depressive disorder, aggression,

schizophrenia, bipolar, psychosis, Alzheimer's disease and Parkinson's disease.

The other shocking surprise is that homocysteine can increase in your blood stream if you have mild kidney disease. Your first clue to this might be unexplained itching, or mild swelling in your feet after a shower or prolonged sitting.

Excessive homocysteine can destroy your life and cause you to get diagnosed with multiple conditions that require expensive medications. If you'd like the extended article I've written, I'll send it via email if you sign up for my free newsletter. Now, here are some ways to reduce homocysteine:

Minimize Meat – Methionine is the primary building block for homocysteine, so one quick way to reduce the formation of homocysteine, is to cut back on red meat which is high in methionine. Just think of it as "meat-thionine" and reduce intake for a few weeks.

B Complex Vitamins – These include B6, B12 and B9 (methyl folate).

This is what's needed to break down homocysteine. It works for some people, but it triggers other people causing them to over-methylate. It's not my favorite approach because it's very hard to find the perfect ratios of each B vitamin (which is different for everyone). I prefer throwing a "wet blanket" on top of the fire so continue reading.

Bifidobacterium – Intestinal flora that has healthy amounts of Bifidobacterium longum can help reduce homocysteine. It works because the probiotic goes on to produce folate in the gut, and folate is needed to break down the homocysteine.

Prunes – In last year's issue of *Food and Chemical Toxicology*, researchers noted that homocysteine responded to antioxidant compounds found in prune extract. Granted, this was not a human study, but still the prune extract was given by injection, and it significantly decreased homocysteine levels. We can joke about it all day long, but you need to know that the prunes have a beneficial effect on homocysteine.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Are there any studies of digital toxicity and overuse? My husband never gets off the computer except to sleep for a few hours. I have told him this is very unhealthy but he

won't listen.

A: I believe our culture is starting to become aware of the overuse and toxicity of technology, and there will be more studies in the coming future. We are a culture that feels compelled to stay connected in our 24/7 "plugged in" state.

Don't get me wrong, technology is good in many ways, however, between social media, phones, laptops, ipads, etc., we are consuming much more time with devices than we are with our loved ones and friends. I am concerned with our youth and the fact that we may have lost our humanness. Many of us have work that demands we are glued to technology. Let's take Facebook for example; every time you get a "like" on a post, you get a hit of dopamine, a

neurochemical released in the pleasure center of the brain. It's time we all learn to set healthy boundaries with ourselves and others. We need to educate ourselves on the hazards of using too much digital tech. Consequences of overuse can result in carpal tunnel syndrome and "tech neck." Many of our children are already becoming sedentary because they are sitting and playing video games! What happened to the outdoor days of riding bikes and climbing trees? So how do those overusers break free? For some users, it may take going away for a week to a retreat center and totally unplug. It would be best where there is no WiFi or cell phones. Remember the day of the land line? If you have an emergency, there will be a mode of communication. If that seems beyond stressful to you and you have the sweats just thinking about it, then you need it the most! Or simply do an activity for a day that frees you up from taking a phone. It will also improve your eyesight and even sleep for we are a nation of insomniacs. There is also something called "limbic resonance," which can only happen between face-to-face communication. Using your senses around another person releases neurochemicals in the limbic area of the brain, the area having to do with emotions and is necessary for emotional and physical well-being.

Start by setting aside your digital devices for one hour each day and see

if you can increase this each week. Be here, present, for the things you enjoy in your life. Listen when someone is talking to you and give your full attention to all of those around you. Learn to enjoy activities wholeheartedly without your devices around.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 9 a.m.

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.

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| Library - Captiva | 239-533-4890 |
| Post Office - Sanibel | 472-1573 |
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| CLUBS & ORGANIZATIONS | |
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| Angel Flight SE | 1-877-4AN-ANGEL |
| Audubon Society | 472-3744 |
| CHR Community Housing & Resources | 472-1189 |
| Community Foundation of Sanibel-Captiva | 274-5900 |
| COTI Committee of the Islands | coti@coti.org |
| CROW - Clinic For The Rehabilitation of Wildlife | 472-3644 |
| Democratic Club of the Islands | Demclubislands@gmail.com |
| FISH OF SANCAP Neighbors Helping Neighbors | 472-4775 |
| FISH. OF SANCAP 24-hr service | 472-0404 |
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| Horticulture and Tea Society of Sanibel and Captiva | 472-8334 |
| Kiwanis Club | 677-7299 |
| League of Women Voters | sanibelLWV@gmail.com |
| Lions Club, Jeff MacDonald | 302-521-1158 |
| Master Gardeners of the Islands | 472-6940 |
| MOAA - Military Officers Assoc. of America, Alex MacKenzie | 395-9232 |
| Newcomers | 472-9332 |
| Notre Dame Club of Southwest Florida | 768-0417 |
| Optimist Club | 472-0836 |
| PAWS | 472-4823 |
| Rotary Club | 472-7257 or 472-0141 |
| Sanibel Bike Club | sanibelbicycleclub.org |
| Sanibel Beautification Inc. | 470-2866 |
| Sanibel-Captiva Orchid Society | 472-6940 |
| Sanibel-Captiva Power Squadron | www.usps.org/localusps/sancap |
| Sanibel-Captiva Republican Caucus | 395-1202 |
| Sanibel-Captiva Shell Club | facebook.com/sancapshellclub |
| Sanibel Youth Soccer | www.sanibelsoccer.org |
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PETS OF THE WEEK

photos provided

Haven on Earth Animal League

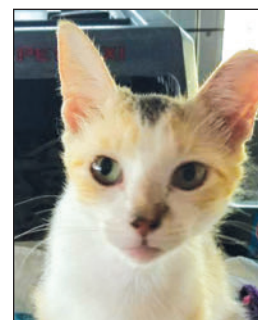
Charlie Brown And Paige

Hil! I'm Charlie Brown. I am a handsome, 4-year-old male tabby with a very sweet personality. I am looking for a quiet home with someone who wants to give me lots of affection. I'm currently living with a foster family. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$75.



Charlie Brown

Hello, I'm Paige. I am a beautiful, calico female kitty, not even 2 years old. I am very affectionate, and I even get along with friendly dogs. I have been fully vetted and brought up to date on all vaccines. I tested positive for FIV, but I'm told that I can still live a long, happy life once I find my forever home. I am currently staying with a foster mom and am not real crazy about the other cats in the house, so I would like to be an only cat. My adoption fee is \$75.



Paige

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.✱

PAWS Of Sanibel

Matilda And Sasha

Hi, my name is Matilda. My foster mom calls me Tilly for short. I'm about a year old and was found in the area of East Lake Road, off Casa Ybel. Some kind people took me in. The lady from PAWS took me over to Coral Veterinary Clinic in Fort Myers to have them look me over. I have been combo-tested (negative), had FVRCP and rabies immunizations, was treated for fleas and will be spayed the first week in September. I did not have a microchip. PAWS was not able to find my people, and I am now available for adoption. My foster mom loves cuddling with me. She says I'm such a sweet girl and someone will be very lucky to have me. If you are able to give me love and a new forever home, call Pam at PAWS at 472-4823.



Matilda photos provided

Hello, I'm Sasha. I was picked up on Airport Road off Casa Ybel by the Sanibel Police after a call from a local resident. I am approximately 1 to 2 years old, have no microchip and am a tan/black tabby. It appears I am not yet spayed. I am very sweet and gentle. I just found out that I am going to a foster home. I will be so happy to get out of the cage at Coral Veterinary Clinic.



Sasha

I am such a sweetheart that the staff at Coral Vet moved me into the surgical area where they spent a lot of time. They loved holding me and loving me in their free time. My combo test for FIV/FelV/Heartworms was negative. I have been given immunizations for FVRCP, FelV, rabies, and given a heartworm and flea preventive. I will likely be spayed the first week in September. Please consider giving me a forever home. If you're interested in adopting me, call Pam at PAWS at 472-4823.✱

Lee County Domestic Animal Services

Hansen And Tommy Boy

Single, handsome and debonair, Hansen is a 3-year-old male pit bull who seeks a loving and lifetime companion to share long walks on the beach and Netflix and chill at the end of a long day. As you can see he takes great pictures as well. He is available to meet you Monday through Saturday.



Hansen ID# A748578

His adoption fee is \$75.

Tommy Boy is a 4-year-old male domestic short hair who is a striking young man that can be very inquisitive. He loves attention which makes him a very lovable cat to be around. He will take long cozy cat naps with you from sun up to sun down. If you are looking for a new house pet, he is perfect and will stay right by your side. Tommy Boy is your typical lover, not a fighter. He enjoys roaming around our cat room and watching the younger kittens play. He would enjoy being in a home where

he could live with another feline friend. If you do not already have one LCDAS cat, adoptions are always BOGO!

His adoption fee is \$10.

Our cats and kittens are 2-for-1; adopt one and you can take home a feline friend at no additional charge. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Our team of volunteers and staff are waiting to introduce your new family member to you. Just stop by our adoption center 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com to see pets available for adoption. Check the website to be sure pets are still available.



Tommy Boy ID# A749904

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.✱

PUZZLES

Answers on page 45

Super Crossword

HOPPER IN THE SOOT

- ACROSS
- 1 Whip material

8 Complain

14 Publisher Ochs

20 Red-faced

21 Fly a 727, e.g.

22 "Heat" co-star Robert

23 Start of a riddle

25 One running away to wed

26 Title for Tennyson

27 Roadside stopover

28 Old Glory's land

29 Desktop machines

30 Riddle, part 2

39 Chop into small cubes

40 Fit to be donned

41 Tire-trapping furrows

42 Sharp nudge

45 Tot's "piggies"

47 Glass parts

48 End of many 28-Downs

49 — -Pro

50 Riddle, part 3

57 — suit (1940s outfit)

59 Football Hall of Famer Junior

60 Precipitates cold flakes

61 Ram's partner

62 Equine animals

65 Bert's buddy

68 Turned in for the night

70 Riddle, part 4

74 Signaled incorrectly, as an actor

77 Substitute for chocolate

78 Force of rotation

82 System of beliefs

83 Horse noise

86 Virginie, par exemple

88 "Gross!"

89 Riddle, part 5

95 "Dark" quaff

96 Kit —

97 As regards

98 Vague sense

99 Pop

100 Suffix with prank or trick

102 Swiss franc divisions

106 Squishy ball brand

108 End of the riddle

114 With 24-Down, drilling structure

115 Lady-Tramp link

116 Sargasso Sea fish

117 Woody Guthrie's son

118 Future revealer

120 Riddle's answer

127 Mosey along

128 With milk, French-style

129 Leading female role

130 Service songbook

131 Artifacts

132 Result of an absent goalie
- DOWN
- 1 "A Natural Man" singer Lou

2 Put on — (act)

3 "Void — prohibited"

4 Picked up and gave to

5 "— Believer"

6 Dawn beads

7 Old Tokyo

8 "Catch my drift?"

9 Broad street

10 Pre-2001 space station

11 Big mouth

12 H, to Homer

13 — gestae

14 "— Fideles" (carol)

15 Put off action

16 Yoko of song and art

17 Cosmetic to enhance the kisser

18 Trimmed to size in advance

19 Equine animals

24 See 114-Across

28 Virtual address

31 Falafel wrap

32 Revered one

33 Essentialities

34 Boat cover

35 Singer India

36 Really denounces

37 "Peer Gynt" playwright

38 Frizzy dos, informally

42 Dixieland or bebop

43 Emollient plant additive

44 Oozy lump

46 Like chiffon

48 Sam's Club competitor

51 50+ org.

52 — Wars (Rome-Carthage conflicts)

53 Actress Diana

54 Nest sound

55 Have debts

56 Poet Hughes

58 — II (Gillette brand)

63 Summer appliance, for short

64 Charlie of "Spin City"

66 — rut (stuck)

67 Marsh bird

69 "Just doing my best"

71 Hippie-style "Got it"

72 Tiniest bit

73 Channel for hoops fan

74 1/1,000 inch

75 Prefix with lateral

76 Fire safety device

79 College area

80 Coll. near Beverly Hills

81 Managed, with "out"

84 Rat race

85 Tip-offs

87 "For — is the kingdom ..."

90 Kid's racing vehicle

91 Basic street layout

92 Powerful auto engine

93 Wild goat of Eurasia

94 Former Ford auto, in brief

100 Nike symbol

101 Six times five

102 Howard of sportscasts

103 Slice of time

104 Like a utopia

105 Ream's 500

107 Perfume bottle

109 Writer Cather

110 Bridge writer Culbertson

111 "Argo" actor Alan

112 TV actress

113 Sacred choral piece

119 Cell dweller

120 Hertz rental

121 Shade

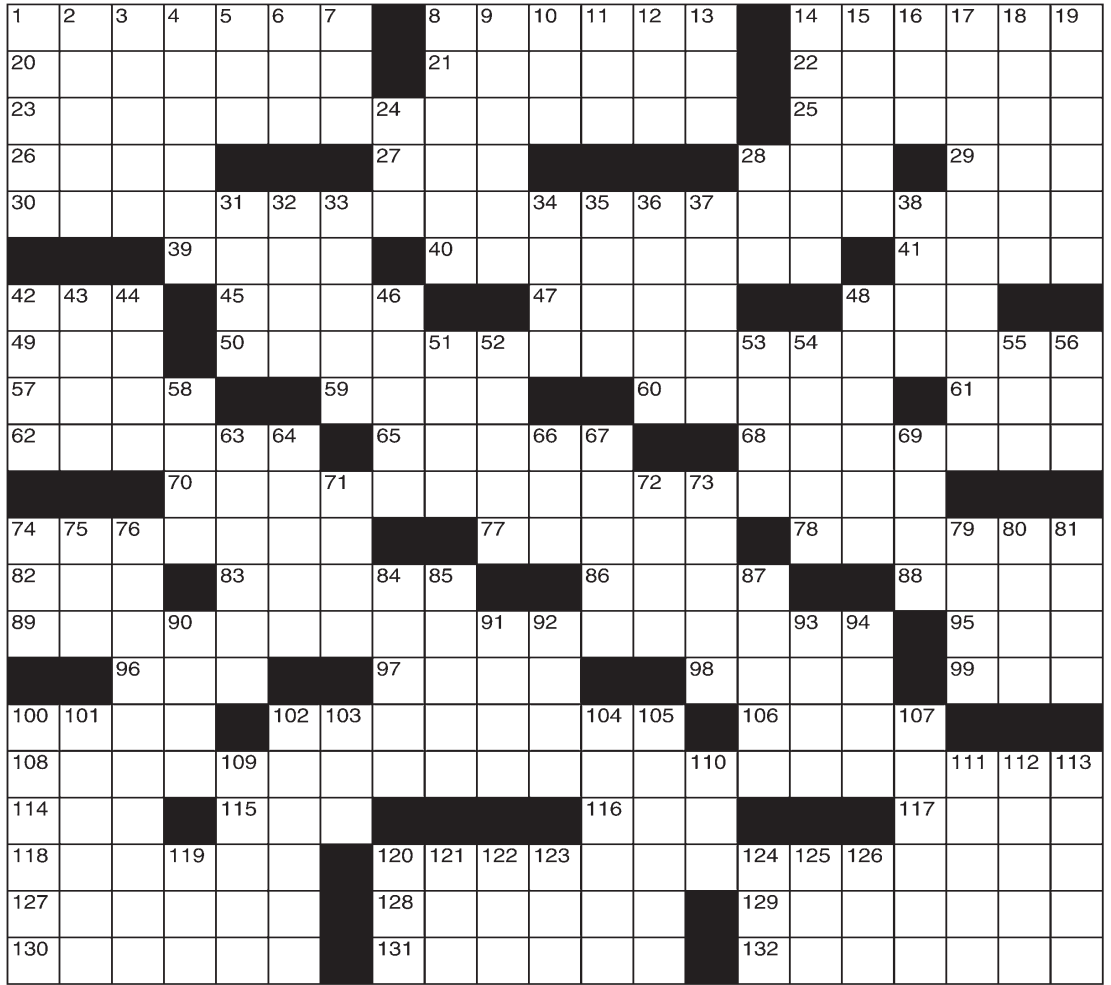
122 Not well

123 — tai

124 Margaret of stand-up

125 Congress mem.

126 Mad feeling



King Crossword

- ACROSS
- 1 — -relief

4 "Conan" net-work

7 Easter flower

8 Baby's ailment

10 Traffic cone

11 Moon mission name

13 Shakespeare's best-known query

16 "I'll take that as —"

17 Carolers' tunes

18 Vast expanse

19 Coloring agents

20 For fear that

21 Corporations

23 Paperhanger's need

25 Scrawny

26 Dull sound of impact

27 Performance

28 Show smug satisfaction

30 Pi follower

33 TLC make-over series

36 Abrade

37 Film

38 Shocking weapon

39 State

40 High deg.

41 Aviv lead-in candy

9 Storage area

10 Bake sale org.

12 Not just plump

14 Shad delicacies

15 Chow down

19 Parched

20 "Acid"

21 Botanist for whom a reddish-purple flower is named

22 Unbroken

23 Excellent, in

24 Self-service diner

25 Pussy foot?

26 Carrier

28 Grind the teeth

29 Ran easily

30 Make merry

31 Barber's concern

32 Raw rock

34 Snare

35 Worked on a loom
- DOWN
- 1 "The Hobbit" hero

2 Lotion additive

3 Thesaurus entry

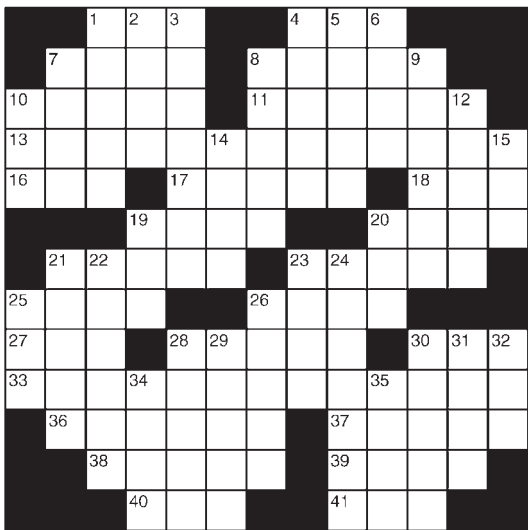
4 "Fiddler on the Roof" star

5 Rorschach pictures

6 Riverbed deposit

7 Rhone city

8 Christmas



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

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

- Awl
Chisel
Cleaver
Clippers
- Drill
Gouge
Hacksaw
Hatchet
- Hoe
Ice pick
Knife
Machete
- Razor
Scissors
Sickle



"Who do I see about my
_____ husband?"
answer on page 47

SCRAMBLERS

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

Decipher
DODECE _____ _____

Campaign
SARDUCE _____

Ancestral
NEGCITE _____ _____

Exact
RECIPES _____

TODAY'S WORD

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

SUDOKU

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

answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF

FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Picture is missing. 2. Skirt is different. 3. Card is different. 4. Neckline is different. 5. Card sign is missing. 6. Envelope is missing.

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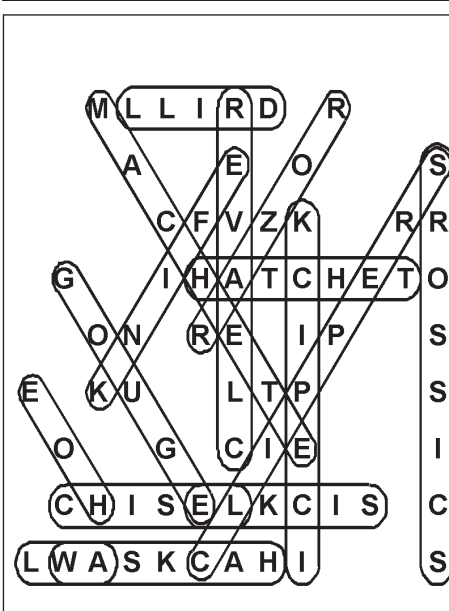
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SCRAPE MOVIE
TASER AVER
PHD TEL

MAGIC MAZE



SUDOKU

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

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My Stars ★★★★★

FOR WEEK OF SEPTEMBER 3, 2018

Aries (March 21 to April 19) A little “wool-gathering” for the usually productive Lamb is all right if it helps you unwind. But be careful; too much daydreaming can put you behind schedule in your work.

Taurus (April 20 to May 20) A work problem is close to being resolved. Now you can go ahead and celebrate the week, accepting invitations from friends who enjoy your company.

Gemini (May 21 to June 20) Getting your new plan accepted won't be a major hassle if you have the facts to back it up. Your supporters are also prepared to help you make your case. Good luck.

Cancer (June 21 to July 22) Dealing with a pesky job problem might be time-consuming but necessary. The sooner you get this situation settled, the sooner you can move on to other matters.

Leo (July 23 to August 22) Career advancement is favored thanks to your impressive work record. On the personal side, you should soon hear some good news about an ailing family member.

Virgo (August 23 to September 22) There might be mixed signals from a certain someone who doesn't seem all that certain about their intentions. Best to sort it all out before it becomes more confusing.

Libra (September 23 to October 22) Get all the facts about that investment “opportunity” before you put even one dollar into it. There could be hidden problems that could prove to be costly.

Scorpio (October 23 to November 21) Compromising on a matter you feel strongly about not only ends the impasse, but can be a win-win deal for all. Remember: Scorpions do well with change.

Sagittarius (November 22 to December 21) With all the demands you currently have to deal with, accepting the help of family and friends could be the wisest course to take at this time.

Capricorn (December 22 to January 19) Recent upsetting incidents might have left you with a big gap in your self-assurance. Refill it by spending time with those who know how worthy you really are.

Aquarius (January 20 to February 18) A dispute about money needs to be resolved quickly, before it festers into something more serious. Consider asking an impartial colleague to mediate the matter.

Pisces (February 19 to March 20) A soft approach could be more effective than

making a loud demand for the information you need. You might even find yourself with more data than you expected.

Born This Week: You're sought out for the wonderful advice you're able to offer to others. And sometimes you even take it yourself.

STRANGE BUT TRUE

• It was American author, journalist and psychoanalysis researcher Judith Viorst who made the following sage observation: “Infatuation is when you think that he's as sexy as Robert Redford, as smart as Henry Kissinger, as noble as Ralph Nader, as funny as Woody Allen, and as athletic as Jimmy Connors. Love is when you realize he's as sexy as Woody Allen, as smart as Jimmy Connors, as funny as Ralph Nader, as athletic as Henry Kissinger and nothing like Robert Redford – but you'll take him anyway.”

• Records show that during the last seven

months of Elvis Presley's life, he had 5,300 different medications prescribed for him.

• Those who study such things say that Labor Day is Americans' third most favorite holiday, ranking only after Christmas/Hanukkah and Memorial Day. Also, a quarter of Americans are expected to travel out of town over the holiday weekend, with the most popular destinations being New York City, Los Angeles, Las Vegas, Orlando and Chicago.

• In the TV show *Charlie's Angels*, it was a requirement that each of the stars had eight different outfits for each episode.

• The country of South Africa has a grand total of 11 official languages.

• Now that fall is approaching, here are a couple of interesting tidbits for parents: In the United States, the average K-12 student has \$688 in back-to-school expenses. For the average college student, that goes up to \$970.

• You may be surprised to learn that the

first Caesar salad was actually created in Tijuana, Mexico.

• For reasons that aren't quite clear, in Sweden, it's illegal to train a seal to balance a ball on the tip of its nose.

THOUGHT FOR THE DAY

“The most dangerous strategy is to jump a chasm in two leaps.” – Benjamin Disraeli

SCRAMBLERS

1. Decode; 2. Crusade;
3. Genetic; 4. Precise
- Today's Word
ESCAPED

HORTOONS



Top 10 Real Estate Sales

| Subdivision | City | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|-------------------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Colony Beach Estates | Sanibel | 1989 | 3,240 | \$2,495,000 | \$2,400,000 | 131 |
| North Captiva Dunes | Captiva | 1996 | 1,705 | \$1,900,000 | \$1,100,000 | 26 |
| Bonita Beach | Bonita Springs | 2004 | 3,680 | \$1,749,000 | \$1,595,000 | 26 |
| North Captiva Dunes | Captiva | 1996 | 2,634 | \$1,300,000 | \$1,100,000 | 26 |
| Holiday Heights | Fort Myers Beach | 1996 | 2,023 | \$994,800 | \$910,000 | 195 |
| Tidewater Island | Fort Myers | 1997 | 2,396 | \$899,000 | \$847,000 | 29 |
| Castaway Key Unrecorded Subdivision | Captiva | 2003 | 2,388 | \$899,000 | \$850,000 | 26 |
| Corkscrew Shores | Estero | 2017 | 2,852 | \$799,000 | \$780,000 | 89 |
| McGregor Isles | Fort Myers | 2003 | 2,887 | \$797,000 | \$765,000 | 126 |
| Chapel Ridge | Estero | 2007 | 2,714 | \$792,000 | \$770,000 | 154 |

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