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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 7, 2018

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Jensen Advances To International Blues Challenge

by Jeff Lysiak

Performing on stage since age 5, musical prodigy Johnny Jensen has played his guitar alongside such prestigious acts as Elvin Bishop, Matt Schofield, Bryan Lee and local favorites The Marty Stokes Band and The Troublestarters. But early next year, the Captiva native will grace the stage at one of the world's most acclaimed blues festivals in Memphis, Tennessee.

On August 26, Jensen was selected as the Youth Solo Showcase winner of the International Blues Challenge 2018 Regional Competition, held at the Rhythm House Dinner Club in Fort Myers. That earned him the opportunity to represent Southwest Florida at the illustrious international blues showcase.

"I really enjoyed it," said Jensen, 14, who noted he performed seven songs in 20 minutes before a panel of judges from the Southwest Florida Blues



Johnny Jensen performing at last year's Sanibel Blues & Jazz Festival photo by Jeff Lysiak

Society at the regional competition. "I performed there last year, but I only had a week to prepare for it. This year, I was definitely better prepared."

Jensen performed five original songs, along with two covers (Matt Schofield's *Livewire* and Eric Clapton's *Further On Up The Road*) at last month's

blues showcase. The Marty Stokes Band – comprised of guitarist/vocalist Marty Stokes, bass guitarist Daryl Best, saxophone player Jennifer Mazziotti and drummer Dave Murphy – also performed there, winning the People's Choice Award.

"This was the fourth time we've won the People's Choice Award (at the regional competition), and in 2016, we won the International Blues Challenge in Memphis," said Stokes. "We really enjoy the experience every time we do it."

According to Stokes, he is getting ready for this year's 3rd annual Sanibel Blues & Jazz Festival, which will be held on Sunday, November 4. Headlined by Louisiana Music Hall of Fame inductee Kenny Neal, a three-time Grammy Award nominee, the all-day festival will include guitarist JP Soars, The Marty Stokes Band, Johnny Jensen and the FGCU Jazz Ensemble.

Jensen, currently a high school freshman at Canterbury School in Fort Myers, said he is looking forward to taking part in the highly touted blues competition in January, and feels incredible honored to represent the

continued on page 8



On August 24, refuge staff planted about 9,500 plugs of native marsh cordgrass (spartina) in preparation for the Bailey Tract reopening

photo provided

Bailey Tract And Tarpon Bay Ramp Now Open

The JN "Ding" Darling National Wildlife Refuge reopened both the Bailey Tract and the boat ramp at the Tarpon Bay Recreation Area on September 1.

The trails at Bailey Tract are open to hikers and bicyclists following a three-month marsh habitat restoration project. Because of the tract's popularity, the refuge had opted to do the work during the slower summer months, but has now reopened it for full, free public use.

The project included hydrologic enhancements that benefit most of the wildlife that inhabits the tract. Species

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'Ding' Darling Days Amateur Photo Contest Deadline Nears

September 15 marks the deadline for the 26th annual "Ding" Darling Days Amateur Nature Photography Contest. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days from October 12 to 14.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 13 during "Ding" Darling Days.

Entries must be delivered by email to ddamateurphotocontest@gmail.com by Saturday, September 15. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail.

There is a \$25 per person entry fee that provides you with a membership to the refuge and is used to defray the cost of the contest. Each person may enter up to two photos but is eligible to win

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Linda Kruleski from Beverly Hills, Florida took third place in 2017 with her portrait *Hawk with Snake* photo provided

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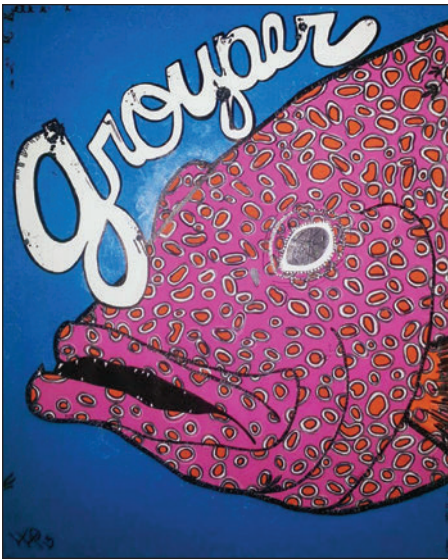
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Grouper by Lora Lea Plummer

images provided

Art Exhibit At Sanibel Church

Each month throughout the year, Sanibel Congregational United Church of Christ exhibits the work of one or more fine artists with local ties. Paintings by Lora Lea Plummer will be on view in Fellowship Hall throughout the month of September.

Plummer, a Florida native, received a degree in graphic design from SouthWest Florida State College and ever since has been using her talent and skills to create paintings with materials that include



Roseate Spoonbill by Lora Lea Plummer

acrylic paints, beads, and colored glass and techniques that give her work a multi-dimensional aspect.

The first thing people notice when viewing her collection is the intense bright colors. Her style has a sense of whimsy, a bit of the abstract, and a ton of passion. In addition to pursuing her love of art, Plummer is a teacher at Sanibel Christian Preschool.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. The paintings are for sale, with a portion of the proceeds benefiting the church. The exhibit may be viewed during office hours when Fellowship Hall is not otherwise being used and on Sundays after the 7:45 and 10 a.m. services.

For more information, call the church office at 472-0497 or visit www.sanibelucc.org.

Preschoolers Have Fun Putting On Their Best Angry Face



From left, Brynn Selby, Truman Jones, Yari Mendez, Hudson Hanni, Taylor Szymanczyk and Blake Walsh practicing their angry face photo provided

Students at Summit Christian Preschool had fun learning the letter A recently; they practiced "A is for Angry face." The youngsters attend the VPK program at the preschool, located at Sanibel Community Church.

There are still spots available for the free VPK program as well as the full day program. Call Leslie Celestin at 677-1440 for a tour of the school. To register, visit the main campus at 1740 Periwinkle Way or call 482-7007.

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The Community House



From left, Owen Russell, Resident Chef Jarred Harris and Audrey Mulka
photo 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 classes begin Monday, October 1 from 2:30 to 5:30 p.m. . Classes are held on the first Monday of the month, October through May.

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 more 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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Women’s Ministry Offers New Bible Study Series

Sanibel Community Church Women’s Ministry invites all women to join with Women of HIS Word in the study of 1st Samuel, verse by verse. The study begins Wednesday, September 12. In the study time, ladies will discuss the Bible passage, seeking application to their own lives.

This ongoing study group is open to one time visitors and regulars alike. Bible verses and questions are posted in the women’s weekly e-newsletter prior to the study. To sign up for the e-newsletter, send your name and email address to cyndie@sanibelchurch.com.

There are three opportunities to attend: Wednesdays beginning September 12 – 7:15 to 8:45 a.m. (breakfast provided at 7 a.m., love offering received); and 9:30 to 11 a.m. (coffee available). Both studies will be held in Room 130 at the church.

Thursdays beginning September 13, 10 a.m. to noon; Shell Point Retirement Community, Sabal Room in the Woodlands Building.

All of these studies are open to women of all ages, levels and backgrounds. Bring your Bible. For more information, contact Elaine Donovan at smilesalot7@comcast.net or Sharon Bugler at sharonbugler@hotmail.co.uk.

Sanibel Community Church is an evangelical, non-denominational congregation located at 1740 Periwinkle Way.*

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Happy preschoolers practicing the letter A photos provided

Creative Writing Kicks Off New School Year

It is the start of a new school year, so Sanibel Christian Preschool is starting with the letter A. Students were all smiles as they worked with Director Ana Abella and teacher Ms. Plummer to color, trace and copy their letters to learn how to write.

Contact Ana Abella at 472-0497 for more information about the 2-, 3- or 4-year-old and VPK programs.

Sanibel Christian Preschool is located at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. ✨



Men's Bible Study Resumes

After a summer break, the Men's Bible Studies at Sanibel Community Church will resume on Wednesday, September 12, meeting weekly. The men will begin a new study of *1 Samuel*, digging in verse by verse. All men of the community are welcome.

There are four opportunities to connect in a study group; Wednesdays at 6:30, 7:30 and 8:30 a.m., gathering in the Fellowship Hall. A full breakfast buffet is available (suggested \$7 donation). A fourth opportunity for men gathers off-island at the Perkins Restaurant on San Carlos Boulevard at 8 a.m. each Thursday. Men order from the menu and have breakfast while studying the Bible. Each session lasts about one hour.

Sanibel Community Church is an evangelical, non-denominational

congregation, located at 1740 Periwinkle Way. For more information, call 472-2684 or visit www.sanibelchurch.com. ✨

Fun Day At Rec Center

Register your children now for the upcoming Fun Day at the Sanibel Recreation Center on Monday, September 10. The Fun Day will offer a variety of athletic games, craft projects and special entertainment. Enrollment is available for children in kindergarten through eighth grade. This program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks will be provided.

Cost for member is \$36 and non-members are \$48.

Call 472-0345 or visit www.mysanibel.com. ✨

From page 1

Photo Contest

only one award. One \$25 fee covers two entries per person.

Only amateur photographers of all ages are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date.

Each photo must be a jpeg file of at least 3,000 by 2,400 or four megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

Judging criteria includes:

- 1) Technical excellence (sharpness, lighting, composition, exposure)
- 2) Originality/creativity

3) Interest

4) Ability to be reproduced for publication

Only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

First, second and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's weeklong celebration held in October. Cash prizes will be awarded; first place \$250, second place \$150, third place \$100, honorable mentions \$25.

There are three judges: a refuge staff person, a professional photographer and a member of the Sanibel community. ✨

Our email address is press@islandsunnews.com

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Bailey's Center

Islander Bikes 90 Miles To Celebrate His 90th Birthday

submitted by Vance Carlson,
Park Rapids (MN) Enterprise

Fred Nordstrom developed a love of biking at an early age.

Eight decades later, Nordstrom is still an avid bicyclist.

"I started biking in the 1930s. We lived on a farm in Iowa and I would bike to school every day," said Nordstrom. "I still bike twice a week with the Hubbard Bicycle Club (in Park Rapids, Minnesota). I've been very fortunate I've had good health to do this."

To demonstrate his good health, Nordstrom completed a 90-mile bike ride to commemorate his 90th birthday. Nordstrom broke the ride into six 15-mile trips, completing the final leg on August 24 on the Heartland Trail.

The challenge to bike his age began 15 years ago when Nordstrom's friend Bill Skelton challenged him to bike 75 miles in one day to commemorate his 75th birthday. Skelton golfed 75 holes on his 75th birthday, so Nordstrom accepted the challenge to bike 75 miles during the Headwaters 100 to celebrate his 75th birthday.

The two duplicated those feats on their 80th birthdays, with Skelton golfing 80 holes and Nordstrom biking 80 miles in a single day. Nordstrom continued the challenge every five years since, although it took Nordstrom 2½ days to bike the 85 miles five years ago. The 90 miles took a little longer.

"I go a little slower now," said Nordstrom. "It takes a little more time now."

Nordstrom and his wife, Marj, were original members when Curt and Ruth Bakken formed the Hubbard Bicycle Club in 1996. The Bakkens were avid bikers in Europe and several members of the club decided to join them on the first of several international biking adventures. The first trip was to Portugal in 1996, and the Nordstroms attended yearly biking trips to Germany, Czechoslovakia, Holland, Hungary, France and New Zealand before making their final biking trip overseas to Norway in 2008. Those trips consisted of 40-mile bike rides each day.

In addition to those yearly trips overseas, the Nordstroms biked every Monday afternoon and Friday morning with their fellow Hubbard cyclists. Marj retired from biking last year at the age of 90, but Fred is still going strong.

"I try to go 10 to 15 miles," said Fred. "The younger 70-year-olds go 20 to 25 miles."

With another challenge complete, Nordstrom is looking ahead to continuing the trend and biking 95 miles for his 95th birthday in 2023.

"Every year is another challenge," said Nordstrom, who still rides the same bike he used on his 75th birthday. "So far, I have no balance problems. As long as I have my balance, I'll continue to bicycle."

(Note: Fred and Marj Nordstrom are longtime Sanibel Island residents and active members of the Sanibel Bicycle Club.)**



Fred Nordstrom

photo by Vance Carlson



Sanibel-Captiva Boy Scout Troop 1740 raises the flag at the refuge

photo provided

Refuge To Host Boy Scout Merit Badge University

On Saturday, November 17, the JN "Ding" Darling National Wildlife Refuge on Sanibel will host its first Merit Badge University for registered Boy Scouts of America. Support for the program comes from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers, the refuge's recreation concession.

Scouts from around the nation will have the opportunity to earn up to two

out of six badges being offered that day. They include Bird Study, Fish and Wildlife Management, Cycling, First Aid, Fishing, and Environmental Science.

Class sessions run from 9 a.m. to noon and from 1 to 4 p.m. The non-refundable, non-transferrable cost is \$20, which includes classes, badge workbooks and materials, lunch, goodies and snacks. Each class is limited to 15 scouts on a first-signup basis. To register, call 472-1100 ext. 249.

"We are looking forward to working more closely with scout groups," said program organizer Ranger Monica Scroggin. "If our first Badge University goes well, we hope to expand to more opportunities for boy and girl scouts."**

DO YOU KNOW YOUR BIRTHSHELL?



September: The Limpet Shell, Sapphire

The Limpet shell is truly unique in that though it houses a sea snail, it is not a coiled shell. Characterized by clear thinking and individuality, those born to this shell are often seen as having enhanced mental clarity, a meticulous attention to detail and an analytical and reliable nature.



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Jordan Marsh Water Quality Treatment Park

image provided

City Begins Work On Water Quality Treatment Park

The City of Sanibel's contractor, Wright Construction Group, began construction on the Jordan Marsh Water Quality Treatment Park on September 4. The water quality treatment park will be located in the vicinity of Periwinkle Way and Casa Ybel Road, on six acres of city-owned land known as the Jordan Marsh Preserve and 1.3 acres of land within SCCF's Bob Wigley Preserve.

The primary goal of this project is to improve water quality in the Sanibel Slough to help meet Florida water quality standards. Secondary goals of the project are to enhance existing wildlife habitat on

the site, provide recreational opportunities, and educate park visitors on the various Best Management Practices (BMPs) used to improve water quality.

The project is being funded in part by the South Florida Water Management District Cooperative Funding Program, Lee County Community Park Impact Fees and city budgeted funds.

The project is anticipated to be complete by January 2, 2019. A temporary stop sign and stop bar will be placed on the Shared Use Path along Casa Ybel Road at the construction entrance. The public is reminded to use caution when traveling through the construction zone and to adhere to all posted signage until construction is complete.

Contact the City of Sanibel Natural Resources Department at 472-3700 if you have any questions regarding this project.✱



Receiving the People's Choice Award at last month's International Blues Challenge Regional Competition, from left, Jennifer Mazziotti, Dave Murphy, Daryl Best and Marty Stokes of The Marty Stokes Band

photo by Mike Danley

From page 1

Blues Challenge

region where he's grown up.

"It's the best blues music and the best blues musicians from all over the world," he said with excitement. "The talent that's going to perform at that showcase is ridiculous."

This past June, Jensen had the opportunity to perform at two music venues in Nashville, taking the stage at Douglas Corner Café and Brown's Diner. There, he met several industry representatives who expressed an interest in his music. He also played alongside Bryan Lee, the legendary blind guitarist known as "The Braille Blues Daddy."

"(Lee) said 'Who's that on stage with me?'" Gina Jensen recalled from the moment her son shared the stage with the Bourbon Street icon. "Because I'm liking what I'm hearing."

In addition to January's International

Blues Challenge show, Jensen is also looking forward to the upcoming release of his first album, titled *What I Call Me*. The five-song EP will be available on September 10 at his live performances and via music service platforms, including Amazon, iTunes and Spotify.

On Saturday, September 22, Jensen will be performing at Jensen's Twin Palm Cottages & Marina, located at 15107 Captiva Drive. He will take the stage around 5 p.m. For additional information, visit Johnny Jensen Music on Facebook.

"If he stays focused, Johnny's really going places," added Stokes. "It's a great opportunity for him to brush elbows with some incredible blues musicians."

The Marty Stokes Band will be performing at George & Wendy's Sanibel Seafood Grille, located at 2499 Periwinkle Way, on Friday, September 21 at 9 p.m. For more information, visit <https://martystokesband.com>.✱

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Virginia pepper is common throughout the state. The leaves, roots and seeds are said to be edible. photos by Gerri Reaves

Plant Smart

Virginia Pepperweed

by Gerri Reaves

Virginia pepperweed (*Lepidium virginicum*) is a native wildflower of the mustard family that grows throughout the state.

Commonly considered a weed, this



This native wildflower blooms year-round and is a host plant for the checkered white and the great southern white butterflies

useful pretty plant grows up to three feet tall. It's found along sidewalks and roads, in undeveloped lots and yards, and in disturbed areas and fields.

It prefers dry conditions and full sun.

Also called peppergrass and poor man's pepper, it is a veritable salad unto itself and is highly nutritious.

The rosette of leaves on the ground can be eaten as salad greens or cooked greens. They taste a bit peppery or watercress-like, thus another common

name, Virginia cress.

Once a plant has bloomed, the leaves up the stalk are tough and bitter, however.

The pungent seeds can be sprinkled on greens, and the white root can substitute for horseradish when ground up and vinegar is added.

Dense spikes of tiny white flowers bloom year-round. Clusters measure about four inches long, and each four-petaled cross-shaped flower has two stamens.

The lobed leaves are linear, lance-like, or elliptical and narrower on the upper stalk.

The rounded flattened seed pods are about one-eighth of an inch wide.

This herb is a host, or larval, plant for the checkered white and the great southern white butterflies.

It is used as a diuretic and as a treatment for scurvy, coughs and asthma.

The seed stems can be dried and used in flower arrangements.

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *Florida's Incredible Wild Edibles* by Richard J. Deuerling and Peggy S. Lantz, *National Audubon Society Field Guide to Florida, Wild Plants for Survival in South Florida* by Julia F. Morton, *Wildflowers of Florida*

by Jaret C. Daniels and Stan Tekiela, <http://floridawildflowerfoundation.blogspot.com>, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.*

Bonsai Society To Meet

The Bonsai Society of Southwest Florida will meet at the Berne Davis Botanical Garden on Saturday, September 15. Coffee and greetings begin at 9 a.m.

Phil Krieg and Martha Goff will demonstrate how to construct a display using accent plants in preparation for the November show. The public is invited; information and help with bonsai trees is available. Parking is free.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers.*

From page 1

Bailey Tract

such as secretive marsh birds, the Sanibel Island rice rat and others dependent on cordgrass marsh habitats will benefit as a result, officials say.

The project partially restored the historic hydrology and original marsh habitat of the Bailey Tract, a unit of the refuge located on Tarpon Bay Road. Volunteers can help out at the next scheduled cordgrass planting on Friday, September 7 starting at 8 a.m. at the Bailey Tract. An RSVP is required to assist in the planting; call 472-1100 ext. 237.

At the Tarpon Bay Recreation Area, the boat ramp is open for non-motorized (\$7 fee) and motorized (\$10 fee) boat launching available through Tarpon Bay Explorers, the refuge's recreation concession.

The ramp had been closed for nearly two years because of conflicts associated with the construction of the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab and replacement of two sea walls and a boat dock at Tarpon Bay Explorers. The new lab, a partnership between the refuge and SCCF to enhance water quality monitoring in the refuge and beyond, was completed in August along with the sea walls and dock.*

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Snook And Redfish Still Closed To Harvest



by Capt. Matt Mitchell

Usually during the first week of September I would be writing about the opening of snook season but, on August 30, the FWC temporarily made both snook

and redfish catch and release only from Manatee county to Collier County. This executive order is in response to the red tide we have experienced and is in effect until at least the next FWC meeting Sept 26.

The fact that these fisheries are closed to harvest is a good thing. Both snook and redfish fisheries have taken a hit by this never-ending red tide. These iconic species of fish need protection and are way too valuable to be seen as just a plate of food. On the down side though, this news-making closure will only bring another wave of negative press and more

miss information, further grinding our tourism to even more of a halt than we have already experienced.

While getting out on the water this week, I'm finally seeing a few more boats out than in the past several weeks. Conditions have rebounded and, although there is little to no work for any of our area fishing guides or basically any water-based business, fishing was good. After catching shiners in the middle sound, we easily caught limits of large mangrove snapper and also released a dozen or so snook while just out playing around. Jacks and grouper also bent the rods while bouncing spot to spot.

Bait and bird life is slowly getting back to normal with certain places just alive with life. In the northern sound, once you make the turn north past the powerlines, the sound was free of dead fish. Areas around the Sanibel Lighthouse are still a little littered with a few floating fish. I think it is more due to the east winds and strong tides pushing floating fish in and out. With 140 miles of our coastline experiencing effects of this supercharged red tide, it's just going to take time to clear out.

Cancellations have affected both hotels and every fishing guide as northern and european clients who normally book us throughout the summer have been lead to believe the



Still catching a few redfish though, now they are all catch and release photo provided

red tide is of Biblical proportions and will make them sick. Misinformation is all over with people believing there is no sea life left. When I have boated clients out on the water, they are amazed how good our fishing and ecosystem is after reading and watching the shocking news reports. After the slowest August and Labor Day weekend for business anyone can remember, September bookings are thankfully up.

Government, along with the FWC, need to come to the realization that a red tide bloom of this size is not naturally occurring and that making the levies

round Lake O stronger to hold more water iisis not the solution as it will only allow them to hold more water for farm interests and increase the nutrient rich water releases. Something really drastic needs to happen before all the sea life in our beloved estuary is destroyed for future generations.

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

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

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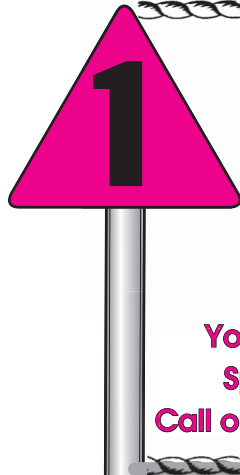


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Dave Doane

Community Support Made Camp A Success

submitted by Leah Biery

The current red tide bloom presented many challenges for Sanibel Sea School's summer camp team, with water conditions unsafe for swimming in many locations around the island. During the last four weeks of camp, counselors made frequent last minute changes to the schedule to ensure that campers would have a safe and enjoyable experience. They received an outpouring of support from local businesses and fellow nonprofit organizations to make the end of summer a success.

"We are all about experience based learning at Sanibel Sea School, and most of our summer camp activities are water based," said Director of Education Nicole Finnicum. "The impacts of red tide made it very difficult to host a great ocean-themed camp, since we couldn't engage in our usual favorite pastimes like snorkeling and surfing. I am so proud of our staff and our community for making it happen," she added.

Campers were treated to land-based activities and field trips, including visits to the Bailey-Matthews National Shell Museum, JN "Ding" Darling National Wildlife Refuge and Visitor Center, and Periwinkle Park. They were also invited to explore some of the Sanibel-Captiva Conservation Foundation (SCCF)



Sanibel Sea School campers exploring a marsh on SCCF property

photo provided

land, and had a chance to cool off at the Sanibel Recreation Center's pool facility.

A trip to create chalk art for Bailey's General Store patrons was a favorite among participants, as was a stop at Dairy Queen for some cold, delicious ice cream.

"We are so grateful for the support,"

said Finnicum. "I can't believe how lucky we are to live and work in a place where people are there for one another even during the hardest times."

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. To learn more, visit www.sanibelseaschool.org.

Young Professionals Coastal Cleanup

The Young Professionals Association of Sanibel & Captiva (YPASC) invites the island community to attend two events in September. Bring a friend, network and volunteer with a group of young professionals on the islands.

The group will hold a Coastal Cleanup on Saturday, September 15 at 9 a.m. on Sanibel Causeway Span B. If you plan to attend, contact the group on its Facebook page so they can gauge how many volunteers they will have. Visit www.facebook.com/YPASC.

On Wednesday, September 19, the YPASC will conduct its monthly After Hours Networking event from 5:30 to 7 p.m. at The Jac Sanibel Island Grille & Rum Bar, located at 1223 Periwinkle Way. There will be drinks and appetizers.

YPASC After Hours are held on the third Wednesday of each month from 5:30 to 7 p.m. The group's Raise the Bar event will be held on Tuesday, October 9. The Basic Investing Seminar will be held at The Sanibel Captiva Trust Company, located at 2353 Periwinkle Way. The YPASC Experience event will take place on Wednesday, December 19 at the Sanibel Historical Museum & Village, located at 950 Dunlop Road.



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Shell Of The Week

Fragile Surf Clam



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

The Fragile Surf Clam, *Mactrotoma fragilis* (Gmelin, 1791) is a local clam of the surf

clam family Mactridae that may reach about 45 mm (about 1.8 inches) in length. Fragile Surf Clams, as its name indicates, has a thin, but relatively resilient shell, with characteristic ridges on the posterior end. The *periostracum*, or outer, dark shell layer, is more predominant on the posterior end, and the shell never completely closes in that area. Learn more about the species at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

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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.✱



The Fragile Surf Clam, *Mactrotoma fragilis*, from Sanibel

photo by José H. Leal

Alligator Harvest Under Way

Florida's statewide alligator harvest, nationally and internationally recognized as a model program for the sustainable use of a renewable natural resource, began August 15. The

Florida Fish and Wildlife Conservation Commission (FWC) issued more than 7,500 permits, including an additional 1,313 county-wide permits, as a method to help manage the alligator population.

Alligators are a conservation success story in Florida. They were included on the original federal endangered species list in 1967. Conservation efforts allowed

the population to rebound, and they were removed from the list in 1987. Today, the state's alligator population is estimated at 1.3 million alligators and has been stable for many years.

For over 30 years, the Statewide Alligator Harvest Program has been providing sustainable hunting opportunities throughout the state. The FWC establishes management units with appropriate harvest quotas based on research and proven science to ensure the long-term well-being of the alligator resource.

Recreational alligator hunting is just one part of the FWC's overall approach to managing the species. The FWC's Statewide Nuisance Alligator Program (SNAP) is another. People who believe a specific alligator poses a threat to people, pets or property should call FWC's toll-free Nuisance Alligator Hotline at 866-FWC-GATOR (866-392-4286). When someone concerned about an alligator calls the Nuisance Alligator Hotline, a FWC-contracted nuisance alligator trapper will be dispatched to resolve the situation.

In addition, as part of a comprehensive effort to achieve alligator management goals, the FWC has issued an additional 21 Targeted Harvest Area permits that encompass 79 new areas. THA permits allow a managing authority to work directly with a designated FWC-contracted nuisance alligator trapper, making the process for removing nuisance alligators more proactive and streamlined.

THA permits, which have been in use for almost two decades, define the area's boundaries, the duration of the permit and how many alligators can be removed.

continued on page 20

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CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida. For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. 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, September 7
Closed – The Visitor Education Center will be closed for fall cleaning.

Monday, September 10, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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

Tuesday, September 11, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily



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

Wednesday, September 12, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, September 12, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

Thursday, September 13, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, September 13, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Vote For The Environment

submitted by
Bruce Neill, PhD

Ordinarily, this space is used to talk about all the wonders, benefits and techniques of paddling. But these are not ordinary times.

Last Sunday morning, I arose before dawn to watch the full moon set, then go for a sunrise paddle, which is typically a great experience – a bit of the best of both worlds. However, the Gulf of Mexico was too toxic for a safe paddle, red tide concentrations were high and an onshore wind was blowing brevetoxins into the air. Undaunted, I moved to San Carlos Bay to launch there, only to find the beach littered with freshly dead fish and many more on the surface.

Ordinarily, I am not easily deterred from a paddle. In fact, very few conditions keep me on shore. But the combination of the toxins and the stench of decomposing



fish, after nearly three weeks of similar conditions, did the trick. I went back home and did other things.

We need to use the harmful algal blooms of this summer to recall that we are all in this together. We all must shoulder the burden of blame, and we all have the ability to effect the change we would like to see. All too often, we want to blame corporations, industry and someone else.

It's time we realize that our most powerful tool to help fix the water problems we face is the ballot. We must select our elected officials based on how well they have or will maintain the natural resource base that we all rely on. Ask questions about how they plan to correct current problems, and prevent future ones. Be certain that environmental issues are high on their priority list, and that they understand that the issue is really an economic one that will guide Southwest Florida's future. Let's vote to ensure we can always paddle on our waters.

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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CROW Case Of The Week:

If You Care,
Leave It There

by Bob Petcher

Animal lovers with good intentions should be praised for their caring ways. But sometimes, people who believe they are rescuing animals that have appeared to go

astray can be doing more harm than good.

This theory especially applies to baby animals. CROW officials admit that one of the busiest places in the clinic is the baby room. During spring months, the room is filled with baby mockingbirds, baby mourning doves and other baby bird species. This time of year, the room is filled with baby eastern gray squirrels.

Unfortunately, most of these young squirrels have reportedly fallen from their nest or been dislodged during strong storms. In many of these cases, the immature mammals are in good health and are brought to CROW unnecessarily.

CROW officials are currently very busy with the intake of baby squirrels and would like the public to know about the If You Care, Leave It There program.

"Currently, there are 45 baby squirrels in hospital, with more being admitted each day during the height of baby

season," said Dr. Robin Bast, CROW's staff veterinarian. "Squirrel moms are very devoted. They often have 'back-up' nests made so that if something happens to one, they can just move their babies immediately to a new safe place. If babies fall from the nest, mom will usually retrieve them and put them back in the nest."

Caring for a high number of baby squirrels is time-consuming due to the necessity of numerous feedings and incubator cleanings throughout the day. As squirrels get bigger, they are transitioned from a specialized milk diet onto a diet of solid food such as fruits, nuts and vegetables. Once old enough, they are moved to an outdoor enclosure until they are ready for release.

"Baby care is very time intensive. In addition to the staff and students, CROW has trained, dedicated volunteers that care for the babies every day. Some babies are so young that they need feedings very late in the evening or early in the morning – almost around the clock," noted Dr. Bast. "It is important to keep their incubators and enclosures clean to prevent incidence and spread of disease. Babies can be very messy, especially when learning to eat food on their own. If left unattended, that mess would be a great place for bacteria to grow and infection could occur."

Before calling a rehabilitation clinic, finders are asked to leave these little animals alone unless there appears to be a clear injury or a fallen nest.

"If the original nest was destroyed and/or you cannot reach it if it is too high up in the tree, you can put the



A baby squirrel is fed at the clinic

photo by Brian Bohlman

babies in a faux nest as close to the original nest as possible, and mom will retrieve the babies and continue to care for them," said Dr. Bast. "To make a simple temporary nest, take a small plastic container, poke small holes in the bottom to allow for drainage if it rains, place some nesting material (like pine straw, leaves, or grass inside, and secure this to the tree trunk or nearby bush, then place the babies inside. Putting the nest as high as you can reach may help prevent certain predators, such as feral cats, from discovering and disturbing the temporary nest until mom moves the babies.

"If you care, leave it there' is the best

rule to go by when it comes to baby animals. Most babies that are found outside of the nest are still receiving care from the parents, and may be going through normal development phases of exploration. These babies are often inadvertently 'abducted' by a concerned person who does not realize that the parents are still providing care for the babies. Although our nursery is staffed with trained caregivers, there is no substitute for the real parents – in addition to providing feeds, the real parents 'teach' natural species behaviors which are important for survival and which we cannot fully mimic in a nursery

continued on page 25

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Refuge Issuing Free Passes For Fourth Graders

As part of the federal Every Kid in a Park initiative, JN “Ding” Darling National Wildlife Refuge on Sanibel is participating by issuing free annual passes to any fourth grade student and homeschool equivalent in the U.S. during the 2018-19 school year.

The passes are available and valid through August 2019 at any national wildlife refuge, national park or forest, and other federal land and provide free admission for every fourth grader, accompanying siblings up to age 15, and up to three accompanying adults.

“The Every Kid in a Park program is part of an ongoing effort to get kids outside and enjoying nature,” said Toni Westland, supervisory refuge ranger at “Ding” Darling. “That has been our goal for years, so we are taking it a step further to encourage fourth graders and their families.”

Obtaining the free annual pass – a value of \$80 – requires fourth grade students to print out a voucher at www.everykidinapark.gov. Fourth graders should complete the voucher and take it to front



Fourth-grade students from The Sanibel School with their one-year free passes

photo provided

desk at the admission-free “Ding” Darling Visitor & Education Center or the fee booth on Wildlife Drive to receive their pass. They must present a completed printed voucher; electronic forms are not accepted.

“We are working with local schools to promote this program,” said Westland. “We will be further promoting it at

National Public Lands Day at the refuge on Saturday, September 22 and “Ding” Darling Days’ free Family Fun Day on Sunday, October 14. We are shooting to issue the most passes of any national wildlife refuge, and there are more than

550 of them.” Support for promoting the passes comes from the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS).

For more information, call 472-1100 ext. 237.*

Thrift Shop Accepting Donations



Noah's Ark is one of Sanibel's most popular shopping destinations

photo provided

Noah's Ark, the popular island thrift shop and charitable outreach program of St. Michael & All Angels Episcopal Church, is accepting donations again in order to prepare for its season reopening on Tuesday, October 2. The shop remains closed to shoppers throughout the month of September.

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

During October, store hours are Tuesdays and Fridays from 9:30 a.m. to 12:30 p.m. From November to the end of May, the winter season's full operating schedule resumes, Monday through Friday and the first Saturday of each month from 9:30 a.m. to 12:30 p.m.

Noah's Ark volunteer Susie Scutakes reports that the Ark's loading dock fills every day with donated goods. “We have some wonderful items ready to be taken home,” she said. “Our island neighbors have been very generous with their lightly

used possessions. This will be one of our best years ever.”

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

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

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

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



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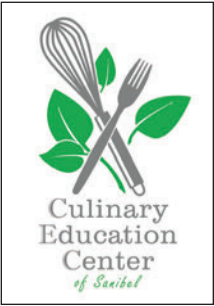


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The Community House

Mushrooms



by Resident Chef Jarred Harris

Mushrooms are one of the most interesting edible things in the world. They are neither plant nor animal, they are “fungi.” There are over 150,000 varieties of mushrooms, but only 10,000 of those varieties are edible. These edible varieties have been used as a food source and as medicine in many cultures for centuries.

The three most common varieties of mushrooms found in supermarkets are the portabella mushroom, button mushrooms and white mushrooms. All three are the same mushroom, but at different stages of maturity.

Ancient Egyptians referred to mushrooms as the plant of immortality in hieroglyphics over 4,600 years ago. They believed mushrooms grew by magic, because of the way they could appear overnight. Mushrooms were used as food, exclusively for royalty and so prized in Egyptian society that commoners were forbidden to touch them.

Mushrooms are an extremely underrated superfood. They are a good source of selenium, zinc and vitamin D. In fact, when exposed to sunlight, mushrooms generate vitamin D. Some create as much as a bottle of vitamin D supplements. The chaga mushroom is extremely high in antioxidants and contains betulinic acid, which is an anti-tumor compound.

The turkey tail mushroom has been shown to strengthen immune systems of women with breast cancer. The king stropharia mushroom can filter E. coli bacteria from water and the oyster mushroom can break down oil from spills. The chicken of the woods mushroom is my favorite variety and it tastes just like chicken.

Here is an interesting recipe to try:

Wild Mushroom, Spinach and Goat Cheese Strudel

Ingredients

- 1 pound mixed wild mushrooms (sliced)
- 2 tbsp. olive oil
- 1/2 medium onion (finely diced)
- 1 clove garlic (minced)
- 3 sprigs thyme (leaves removed)
- Salt and freshly ground black pepper to taste
- 1/4 cup white wine
- 1/2 pound goat cheese (crumbled)
- 2 tsp. flat leaf parsley
- 4 tbsp. bread crumbs
- 3 sheets phyllo dough
- 1/4 cup butter (melted)

Method

In a pan over medium heat, heat the oil and add the mushrooms, onions, garlic, thyme, salt and pepper.

Cook until the mushrooms begin to

brown, then add the wine and cook until completely evaporated. Remove from heat.

Stir in the goat cheese, parsley and bread crumbs, then set aside to cool.

Place 1 sheet of phyllo dough on top of a piece of parchment paper.

Brush the phyllo with butter and place another phyllo sheet on top. Brush that sheet with butter and top with the last sheet.

Spoon the mushroom filling down the center of the phyllo. Roll the phyllo over and fold the sides under. Brush with the remaining butter and bake at 350F for 35 minutes or until golden brown.

Remove from the oven and cool slightly before slicing.

Serve with salad.

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 14

Alligator Harvest

Currently, there are 260 THA permits issued that cover 1,460 sites throughout the state with more THAs expected to be added.

Serious injuries caused by alligators are rare in Florida. The FWC works diligently to keep Floridians and visitors informed about safely coexisting with alligators, including providing informational tools such as a video, infographic and brochure online at <https://bit.ly/2Mpd16A>.*

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.

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@islandnews.com or 395-2299.*

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Pure Imagination Coming To Herb Strauss Theater

Creative Theater Workshop, a nonprofit children's theater based on Sanibel, held its first rehearsals for the upcoming production of *Willy Wonka Jr.*, coming to the Herb Strauss Theater in October.

"We have 50 kids representing over 23 Lee County schools," said Michelle Hamstra, artistic director for Creative Theater Workshop. "We would love to see this beautiful theater continue to serve the community for years to come."

Willy Wonka Jr. opens on Friday, October 19 at 7 p.m. and will run for two weekends. Tickets range from \$10 to \$20 and may be purchased online at www.ctwththeater.com/ticket-sales.

"We have many island kids and a good representation of Sanibel School kids in the production," added Hamstra.✧



Cast and crew of *Willy Wonka Jr.* at the Herb Strauss Theater

photo provided



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20 three-inch bamboo skewers

Canola or olive oil for cooking

Sea salt to taste

Fresh ground pepper to taste

1/2 avocado

2 limes, juiced

1/2 red bell pepper, diced fine

Preheat a medium-sized sauté pan over medium-high heat. Skewer each lobster bite onto the bamboo skewers and lightly season with salt and pepper.

In a blender or food processor, add avocado, lime juice and season lightly with salt and pepper. Puree the avocado mixture until smooth, adding 1

tablespoon of water at a time until the desired thickness of avocado puree is reached. The avocado puree should be smooth and creamy and should be thin enough to pour into a small bowl or shot glasses.

Add 1 tablespoon of the cooking oil to the hot pan. Carefully add the skewered lobster bites to the hot pan being careful not to over crowd the pan. Cook lobster bites for just 30 seconds on each side. The lobster bites will cook quickly so it is important to keep a close eye on them. Once the lobster bites are cooked, remove them from pan, and let drain on a paper towel. Repeat the cooking process until all the lobster bites are cooked. This cooking process can be done ahead of time and the lobster can be served cold if desired.

To serve, arrange the lobster bites on a plate with a bowl of avocado puree, or add a small amount of avocado puree into the bottom of several shot glasses and top each glass with the cooked lobster bites. Garnish the lobster bites with the fine diced red pepper.

Yields four to six servings.✱



Lobster Bites with Avocado-Lime Puree

photo courtesy Fresh From Florida

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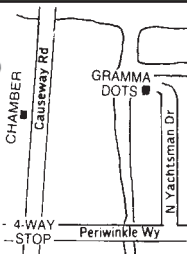
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After School Programs Offered By Sea School

by Jeff Lysiak

Now that school is back in session, local students who may be looking for some fun activities to engage in before they set about the task of doing their homework need look no farther than Sanibel Sea School, which is offering a variety of recreational and educational classes as part of its weekly after school programs.

Every Tuesday during the month of September, the school will offer After School Surfing for students age 6 to 13. During each session, staff will instruct students on proper paddling techniques, how to turn the surfboard, how to "pop up" (moving from the paddling to standing position) and how to catch a wave.

"We'll go over everything from the anatomy of a surfboard to the basics of surfing," said Shannon Stainken, marine science educator. "We like bringing kids outside to let them play in the water. We'll also challenge them to show off the skills they've learned or test their knowledge of surfing."

Upcoming After School Surfing sessions will be held from 3:30 to 5:30 p.m. on September 11, 18 and 25. Cost is \$20 per session.

Given the concerns of the recent red tide and blue-green algae outbreaks, the school has planned safe alternatives to



Sanibel Sea School is offering surfing classes after school every Tuesday in September

photo courtesy Sanibel Sea School

getting into local waters for campers and staff.

"Obviously, safety is the number one concern for our clients and our staff," said Stainken. "We monitor water conditions every day. And we understand that if it's not safe, we're not going into the water. That's why we've planned some alternative activities."

Among the alternative options for after school sessions will be some science-based educational classes (i.e. botany, biology, physics and chemistry) with hands-on learning that will be both educational and fun, along with some recreational activities

that will bring kids outdoors. These include How to Snorkel (dates and pool locations to be determined), Properties of Water, Polymer Chemistry (i.e. how to make slime/gak) and Coconuts 101. Classes will be held at the school's flagship campus, located at 455 Periwinkle Way.

"We'll dissect a coconut, we'll eat them and we'll paint them," Stainken said. "We'll even let kids send a coconut through the mail to a loved one or friend up north."

During the month of October, youngsters will have the opportunity to learn how to fish using a cast net. After

School Cast Netting classes will teach the basics of the time-honored tradition of cast netting.

"Cast netting is something that definitely takes some practice," explained Stainken, who noted that students will also learn how to sight fish for forage fish. "Sometimes it can be frustrating for kids, but that's what makes it a challenge. The hardest part of throwing a cast net is getting it to open up all the way."

After School Cast Netting sessions will be held on Tuesdays from 3:30 to 5:30 p.m. on October 2, 9, 16 and 23. Cost is \$20 per session or \$75 for the four-week class.

From the last week in November through the week before Christmas, Sanibel Sea School will again be offering After School Ocean Art sessions. Using some natural materials – including sea shells, branches and twigs, coconuts and other materials gathered outdoors – and lots of creative energy, participants will make their own holiday-themed craft, suitable for gift-giving or to keep.

"We'll be making shell ornaments and wreaths again, because they're the most popular crafts each year," added Stainken, who noted that all art supplies and craft materials are provided.

After School Ocean Art sessions will be held on Tuesdays from 3:30 to 5:30 p.m. on November 27 and December 4, 11 and 18. Cost is \$20 per session or \$75 for the four-week class.

To register for any of the upcoming programs or for more information, call 472-8585 or visit www.sanibelseaschool.org.

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Book Review

The Other Woman



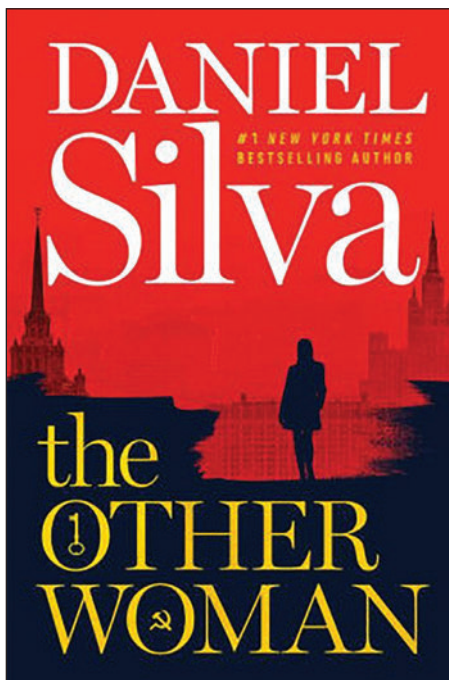
by Di Saggau

I've read that Daniel Silva publishes one book a year. I race to read it when it comes out because he is one of my favorite authors. He delivers again in *The Other Woman*, his 18th

novel featuring Israeli art restorer and spy Gabriel Allon. Israel's intelligence division is running an operation to save Konstantin Kirov, a blown Russian agent and one of Israel's most valuable resources. They want to bring him to sanctuary in the U.K.

Gabriel and his team are drawn into a carefully planned mission when the operation goes bad. Both MI6 and the CIA are involved, to unearth one of the Kremlin's highest-placed moles, code named Heathcliff. Silva depicts a world in which communist true believers are dying out, while far-right populists around the world look to the New Russia as a triumph of hard-line nationalism.

Meanwhile, in Andalusia, a French journalist starts writing a memoir called *The Other Woman*, which contains the key to the mystery that Gabriel must solve. Kim Philby, British intelligence agent who defected to the Soviet Union



in 1963 and died in Moscow in 1988, turns out to be at the bottom of the mystery. Silva's depiction of him is fascinating. Readers will be enthralled by both the history and the up-to-the-minute plot that he spins.

Midway in the book we learn about files of the Middle East from 1956 to 1963. Silva describes it as "a time when Britain was fading, America was rising, the Russians were encroaching, the youthful State of Israel was flexing its newfound muscle, and the Arabs were flirting with all the failed isms,

Pan-Arabism, Arab Nationalism, and Arab Socialism that would eventually lead to the rise of Islamism and jihadism and the mess of the present."

It's spy versus spy in *The Other Woman*, a heart-pounding thriller, which some call his most enthralling

novel to date. Twists and turns and nonstop action fill every page and Silva, one of the finest writers working today, creates the kind of conundrum where readers are dying to know what happens but don't want the story to end.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, School has been in session for only a few weeks, and my kids are already disorganized. We need to fix this as soon as possible.

Suggestions, please!!

Lexi Z, Cape Coral

Lexi,

With our busy lives, it is difficult to stay organized but there are strategies that both you and your kids can use to keep track of things from classwork to sports gear. One easy way to keep track of things is through the use of color-coding. Here are some suggestions.

Color-code the family calendar – Consider investing in a giant wall calendar. You can use a different color for each family member as you write in events. For example, one child's lessons and appointments could be marked in green and another child's in purple. Your own meetings and classes might be red, and so forth. This can make it easier for your child to focus on what their own commitments are and to learn to keep their schedules straight. If your family uses a joint digital calendar (like Cozi or Google Calendar), you can also assign colors to events. Check under "settings."

Use different-colored supplies for each school subject.

When each class has its own color, it can make it easier for your children to see if they have everything they need in their backpack. Use red, for example, for reading folders, textbook cover and notebook. Blue could be for math, and so on. Older kids can also use color-coding on digital folders on their computers.

Encourage your children to take notes in "home" and "school" colors.

Some kids find it helpful to distinguish what they learned in class from the teacher from what they learned studying at home. Whether your children take notes by hand or on the computer, suggest that they use different colors. For example, they could use a black pen or font for class notes and blue for notes she takes at home. That way if they have a question about something in their notes, they

know where they learned it.

Create a highlighter or color-coded underlining system for note-taking.

When each color has a specific purpose, your children can scan a page and know where to look for what they need. For example, they can mark all new terms or vocabulary words in yellow, the main topic in green and each subtopic in pink. This works whether they're studying textbooks, handwritten notes or printed-out notes. This approach tends to work best for shorter assignments. It could be visually overwhelming to do this throughout big chunks of text. Most word-processing software has highlighter functions, so they can use this technique on the computer, too.

Use different-colored bags for different kinds of gear.

Try organizing your kids' activities by color. Use large washable sacks in different colors. For example, you can keep all soccer supplies in a yellow bag, the ballet gear in a red one, and so on. To make the contents even more recognizable, you can customize each bag with the name of its sport or activity. This makes it even easier for your child to know she's grabbing the right one on her way to practice.

All this color coding will take some time to set up, but the results will be worth it.

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.✪

Gulf Coast Writers To Meet

The Gulf Coast Writers will hold a meeting at Zion Lutheran Church on Saturday, September 15 from 10 a.m. to noon.

The guest speaker will be national award-winning writer MA Appleby. Learn how she turned her tragedy into triumph. First time guests are admitted free.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, visit www.gulfwriters.org or call 770-906-7885.✪

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Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development
By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [*Female Pioneers of Fort Myers*] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

Our email address is press@islandsunnews.com



Drew and Felix Taylor having snacks at Sanibel Public Library photo provided

Youth Programs At Sanibel Library

As Sanibel Public Library enters the next phase of Your Library Reimagined remodel project, parts of the library are being renovated as the facility is open for normal operating hours. Saturday hours are now 9 a.m. to 5 p.m. Popular services like computers and printers, high speed WiFi, newspapers, Reading Porch, used books for sale and reference services are available.

Weekly youth events in September: Geared specifically for children in fourth through sixth grade, the After-school Clique will meet on Tuesdays at 3 p.m. through October 2. The group will be crafting, building, making and playing, with books and a snack thrown in.

Family story time for young readers

and their caregivers will be held on Wednesdays at 10 a.m. and at 11 a.m. on Thursdays in September. This program helps develop pre-reading skills through songs and stories.

The After-School Crew (for children in kindergarten to third grades) will meet at 3 p.m. on Thursdays in September. There will be favorite books, never-knew-existed books, games, crafts, plus a snack provided.

If you love dogs and books, you might can read to Bessie, a bearded collie and reading education assistance dog. At 3:45 p.m. on rain-free Thursday afternoons this month, kids can sign up on-the-spot, finishing by 5 p.m.

Weekly children's programs are listed on the library's online calendar. No registration is required for these programs.

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

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken this Sunday, September 9 from noon to 8 p.m. The following Sunday, September 16, there will be a fish from noon 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.

From page 17

CROW Case

environment. If you find a baby animal, do not assume it is orphaned. Please call CROW and we will work with you to determine if re-nesting is possible or if medical care is warranted based on the individual situation."

If a finder ever needs advice on what to do if you find a baby squirrel or how to construct a faux nest, call CROW at 472-3644 ext. 222.

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.

Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to Islandsunpoetry@gmail.com. Each week, an individual poem will be showcased.

One More Miracle Down The Drain

by Ashley Waters

My body glows against the dimmed summer light
The day is rising in optimism
Covers warm my clammy feet

Beep, beep, my pulse creates
A beat in my life, slip, slipping
Away like a bird, flying away

I watch, bleary eyed,
My younger sister's hope, slip, slipping

Away like a race-car, speeding away

A tear hits my immobile toe,
Poking out, facing the chilled air,
"Leukemia," the doctor sighs,
One more miracle down the drain.

The world kneels at my feet,
Life slip, slipping
Away like a horse, sprinting away

A beat drums on no longer
A pulse no more

Life slip, slipping
Away like a basketball, bouncing away

Robbery – life stolen
This thievery should exist no more.
"She was only seven," the doctor sighs,
One more miracle down the drain.

Hannah Star Rogers holds an MFA from Columbia University and a PhD from Cornell University. Her writing has appeared in the Kenyon Review, LA Review of Books, Carolina Quarterly and Southern Women's Review.✧

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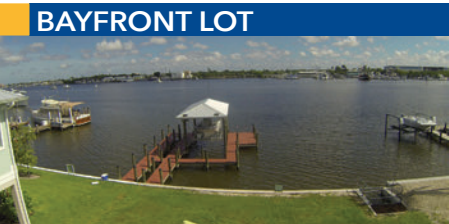
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1501 MIDDLE GULF DR. #E104, SANIBEL
• Sensational Gulf Views
• Spacious 2 BR, 2 BA + Den
\$850,000 MLS 218013189
Brian Murty 239.565.1272



COMPASS POINT
1299 MIDDLE GULF DR. #232, SANIBEL
• Inviting 2 BR, 2 BA Condo
• Warm Gulf Breezes from Screened Lanai
\$659,000 MLS 218005862
Tracy Walters 239.994.7975



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1272 PAR VIEW DR., SANIBEL
• Fantastic 4th Fairway & Green View, Near Beach
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\$365,000 MLS 218035315
John Nicholson 239.849.3250



BAYFRONT LOT
327 FAIRWEATHER LN., FORT MYERS BEACH
• New Boathouse, Lift & Seawall
• Across the Street from Beach
\$995,000 MLS 216080428
Tracy Walters 239.994.7975



THE DUNES
9027 MOCKINGBIRD DR., SANIBEL
• Fantastic Lake View, Gorgeous Sunsets
• 4 Bedrooms, 3 Bathrooms
\$849,000 MLS 218050671
Jamie Gates 239.910.2778



COCONUT CREEK
12431 COCONUT CREEK CT., FORT MYERS
• 3 BR, 3.5 BA + Den/Office, Family Room, Pool
• Spacious Floor Plan w/Amazing Lake Views
\$649,000 MLS 218038803
Linda von Wowern, McMurray & Nette 239.223.3382



SANIBEL VIEW
20051 SANIBEL VIEW CIR. #103, FORT MYERS
• 2 BR, 2 BA, Overlooking San Carlos Preserve
• Unobstructed Gulf Breezes from Spacious Lanai
\$298,900 MLS 218032303
Jason Lomano 239.470.8628



TURTLE GAIT
3009 TURTLE GAIT LN., SANIBEL
• Island Ambiance, Euro. Design & Quality
• Situated on 1.3 Acres, New Concrete Construction
\$2,795,000 MLS 217063310
McMurray & Nette 239.281.4435



BEACHVIEW CC ESTATES
1304 EAGLE RUN DR., SANIBEL
• 3 BR, 3 BA + Den, New Build on Golf Course
• Open Concept for Indoor/Outdoor Living
\$1,100,000 MLS 218054747
Andre Arensman 239.233.1414



OCEAN'S REACH
2230 CAMINO DEL MAR. #3A1, SANIBEL
• Massive Rentals, Ground Floor Walk-Out Unit
• Completely Remodeled & Updated
\$982,289 MLS 217047642
Shane Spring 239.229.3242



OCEAN'S REACH
2230 CAMINO DEL MAR DR. #4B1, SANIBEL
• 1 Bedroom, 1 Bath, Direct Gulf Front
• Beautiful Updates, Excellent Rental Income
\$777,777 MLS 216019723
Cindy Sitton 239.810.4772



SUNDIAL BEACH RESORT
1501 MIDDLE GULF DR. #H108, SANIBEL
• 1 BR, 1 BA, Newly Remodeled
• Phenomenal Rental Opportunity
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- Awesome Roosevelt Channel "point" location
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- Super Private setting offering magnificent Dinkins Bayou views
- Walk to Beach & restaurants. Incredible Location.
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- Newly remodeled 6BR/6BA premier golf course residence
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Realtors Hold Tournament To Benefit Water Quality Efforts



Cornhole finalists, from left, Tracy Walters, Jr., Sean Radigan, Nichole Tyler and Bob Radigan photos provided

On August 18, members of the Sanibel & Captiva Islands Association of Realtors (SCIAR), along with other District 5 members from Bonita Springs and Naples, came together for a friendly cornhole competition to

benefit the Sanibel-Captiva Conservation Foundation (SCCF) and its ongoing efforts to improve the water quality of the local waterways and beaches. The tournament raised \$1,000 for the cause. With that donation, SCIAR – thanks to its

September Programs At Captiva Library

During the month of September, the Captiva Memorial Library is offering a number of programs and activities, including:

- Adults**
Island Hopper Festival – Friday, September 21 from 2 to 3:30 p.m. featuring musicians Bill Metts, Bruce Gallant and David Hintz.
Metts was influenced by the music of Taj Mahall, Mississippi John Hurt, Doc Watson and others. Metts' original songs are down home finger-picking style.
Gallant has been writing songs for over 30 years. His songs are a reflection of

- different times in his life and he considers his songs his journal.
Hintz writes from his heart; his songs and performance are sure to be a direct line to yours.
For more details, visit www.americanacma.org or www.americanacma.org/event/acma-island-hopper-festival-show-captiva-library.
Coloring For Grown-Ups (All library hours) – Coloring books are no longer just for kids. In fact, adult coloring books are all the rage right now. Researchers and art therapists alike have touted the calming benefits for over a decade, with researchers at Johns Hopkins University to the editors of *Yoga Journal* suggesting coloring as an alternative to meditation. Like meditation, coloring allows the brain to switch off other thoughts and focus. Coloring has therapeutic potential to



From left, board president Dustyn Corace, Sharon Krispinsky and Kasey Albright

members and the island community – has contributed over \$15,000 this year to SCCF to aid water quality research and awareness.
The tournament was held at Marlins Brewhouse, where 16 teams played while onlookers enjoyed local beer, food and conversation. The winning team, Tracy Walters, Jr. and Nichole Tyler, took home gift cards as prizes and bragging rights for

the next year.
The Sanibel & Captiva Islands Association of Realtors would like to thank everyone who came out and participated, as well as the tournament sponsors: Insurance & Risk Management Services, Lake Michigan Credit Union, Rosier Insurance, Private Client Insurance, Superior Title Services and Zampogna Law.✱

- reduce anxiety, create focus or bring about more mindfulness. Participants can bring their own materials or use those provided.
Checkers (All library hours) – Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Or reverse the field and play Tic Tac Toe or Super Tic Tac Toe.
Youth
A Healthy Breakfast: A great way to start the day. (All library hours) – September 1 to 8. Drop in to see a picture book display on breakfast and make a paper pancake craft.
Honeybees and Honey (All library hours) – September 11 to 18. September is National Honey Month. Drop in to see honey and a honeybee book display, and make a honeybee.
Talk Like a Pirate Day – Wednesday, September 19 from 2 to 4 p.m. There will be pirate story time and a craft. Meet a real-life pirate.
Pirates of the High Seas (All library hours) – September 20 to 29. Check out books from the pirate book display. Make a paper plate pirate.
Teens

- Make a Cosplay Mask – Friday, September 28 and Saturday, September 29 from 9 a.m. to 5 p.m. Stop by and make a cosplay mask. Supplies provided. Masks may be worn to the 3rd annual Comic Fest at the Fort Myers Regional Library on Saturday, October 13 from noon to 4 p.m.
Online
At the Lee County Library System website (www.leegov.com/library), patrons can click on What To Read Next and the link to Staff Recommended Newsletters. Then under Kids and Teens, click the link to Exploring with Ms. Naomi where she celebrates National Honey Month in September. The Buzz About Honey includes stories about bees, bee health, honey production, pollination and grassland ecosystems.
Stop by to read a favorite magazine or newspaper, find a good book, DVD or music CD, color, create a craft or play a game of checkers.
Captiva Memorial Library is located at 11560 Chapin Lane. Open Tuesdays and Thursdays from 10 a.m. to 6 p.m., Wednesdays from noon to 8 p.m., Fridays and Saturdays from 9 a.m. to 5 p.m. Closed Sundays and Mondays.✱

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Sunset South #6D - Riverside Penthouse With Elevator & Garage

Top-floor 2 bedroom with semi-private elevator from garage. Remodeled top-to-bottom this year with raised ceilings & wood-like tile throughout. All new kitchen & baths with high-end white custom cabinetry, new fixtures, & stainless steel appliances. Washer-dryer hook-up in master suite too. Beach & clubhouse with pool across street. \$699,000 with new furnishings



Moonshadows #2C - Almost East-End & Right on the Beach

1/2 duplex with 3,000+sq. ft. of living space on 2 levels. Spacious great room with glassed balcony overlooking gulf, 3 bedrooms, 3 full baths, family room with beach-side lanai, bright white updated kitchen, glassed air-conditioned back-entry porch, separate utility room, parking below for 3+vehicles & storage. Shared pool & tennis. \$1,695,000 furnished



Captains Walk #B2 - Easy-Access Condo Living With Carport

In residential 48-unit community midway between gulf & bay. Handy to causeway, on bike path, close to marina, & with canal access. 1st floor 1 bedroom with remodeled bath, new HVAC, impact windows. Pet friendly. Ready for year-'round owner, snowbird, vacationer, or investment rental seasonally or annually (monthly minimum). \$239,000 furnished



Pointe Santo #C43 - Top-Floor Fully-Equipped 3 Bedroom

Expansive water views over tropical lagoon to beach & gulf. Resort-like amenities with central island clubhouse with children's activities, hot tub, pool, & sun deck. Also tennis courts, bbq areas, shuffleboard, wi-fi, elevators, & assigned, plus guest, parking. On-site management office too. Weekly rentals, potential \$100K+/yr. \$1,295,000 turnkey



Spanish Cay #A7 - Roomy 1 Bedroom Across Street From Beach

Vacation & rental-ready 2nd floor unit with screened balcony & open front deck with Sanibel River view. Deeded beach access is steps away, plus community pool. In Royal Shell's rental program with future bookings to convey (2-week minimum applies). Sellers bought another unit here & it is nearly ready for occupancy so ready to move this one. \$259,000 furnished



9441 Peaceful Dr in Gumbo Limbo

Convenient to bay & gulf beaches, shopping, & easy on-/off-island access. Extra wide parcel (~170' x 155') next to conservation land & with sunset views. \$249,000

9270 Kincaid Ct in Belle Meade

On private road off San-Cap Road near bike path, school, rec center, & wildlife refuge. ~79' x 130'. Preserve land across street. Excellent value at \$149,000








2242 Periwinkle Way
Sanibel Square Suite 3

More listing info & real estate blog at SanibelSusan.com

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Looking for listings! Inventory is low going into the busiest time. Free no-obligation proposals.

 FRIDAY Mostly Cloudy High: 90 Low: 82	 SATURDAY Mostly Cloudy High: 89 Low: 81	 SUNDAY Sunny High: 88 Low: 80	 MONDAY Sunny High: 91 Low: 82	 TUESDAY Sunny High: 89 Low: 81	 WEDNESDAY Mostly Sunny High: 88 Low: 80	 THURSDAY Partly Cloudy High: 89 Low: 81
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:17 am	4:48 am	11:32 am	6:45 pm
Sat	1:43 am	5:49 am	12:32 pm	7:27 pm
Sun	2:06 am	6:42 am	1:26 pm	8:03 pm
Mon	2:27 am	7:33 am	2:17 pm	8:34 pm
Tue	2:48 am	8:23 am	3:07 pm	9:03 pm
Wed	3:11 am	9:13 am	3:58 pm	9:30 pm
Thu	3:37 am	10:05 am	4:53 pm	9:56 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:22 am	4:50 am	10:37 am	6:47 pm
Sat	12:48 am	5:51 am	11:37 am	7:29 pm
Sun	1:11 am	6:44 am	12:31 pm	8:05 pm
Mon	1:32 am	7:35 am	1:22 pm	8:36 pm
Tue	1:53 am	8:25 am	2:12 pm	9:05 pm
Wed	2:16 am	9:15 am	3:03 pm	9:32 pm
Thu	2:42 am	10:07 am	3:58 pm	9:58 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:10 am	4:41 am	11:29 am	6:41 pm
Sat	1:03 am	6:26 am	12:48 pm	7:37 pm
Sun	1:42 am	7:32 am	1:46 pm	8:25 pm
Mon	2:19 am	8:28 am	2:41 pm	9:08 pm
Tue	2:57 am	9:18 am	3:37 pm	9:46 pm
Wed	3:36 am	10:03 am	4:26 pm	10:21 pm
Thu	4:13 am	10:44 am	5:10 pm	10:53 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:27 am	8:04 am	1:42 pm	10:01 pm
Sat	3:53 am	9:05 am	2:42 pm	10:43 pm
Sun	4:16 am	9:58 am	3:36 pm	11:19 pm
Mon	4:37 am	10:49 am	4:27 pm	11:50 pm
Tue	4:58 am	11:39 am	5:17 pm	None
Wed	5:21 am	12:19 am	6:08 pm	12:29 pm
Thu	5:47 am	12:46 am	7:03 pm	1:21 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.

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 oceanann@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 – Mondays, 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, 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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Ribbon Cutting For New Eatery

The Sanibel & Captiva Islands Chamber of Commerce celebrated the opening of Paper Fig Kitchen with a ribbon cutting ceremony on August 23 at the eatery located in Tahitian Gardens shopping center.

"We are pleased to welcome Chef Jeramie and Debra (Campana) to the island business community," said Chamber President John Lai.

The couple believes in dishes that are creatively crafted, fresh and delicious – every item made from scratch. Seasonal fare, daily specials and sweet treats fill the menu. Chef Jeramie's career in the kitchen began in the United States Coast Guard and took him to opening Wild Asparagus outside of Chicago.

He and Debra eventually realized their goal to sell the boutique custom catering and events company to begin their decade-long dream of a "foodie" venture on Sanibel. In May 2017, they secured the shop space and are embracing the philosophy of inspired fare, glorious presentation and old-fashioned hospitality.

"I am excited to bring my flavors and style to the island and share my love for the culinary arts," said Jeramie, who enjoys any projects in the garage when he is not cooking.

Debra, who tries not to be in the kitchen, began her career as a meeting and event planner. She often



Chamber members and guests with Paper Fig Kitchen owners Debra and Jeramie Campana, center

photo provided

coordinated, tented, styled, staffed and plated several events for up to 1,500 guests in a single weekend.

"Meeting Jeramie took my life in a whirlwind planning direction, which included private parties, weddings and fundraisers," said Debra. "I fully

enjoyed meeting with every single client personally."

They bring their combined 35 years of culinary, food styling and planning experience, along with their determination to redefine and inspire take-along cuisine, to create Paper Fig

Kitchen. It is their dream come true.

Paper Fig Kitchen is open Tuesday through Saturday from 9:30 a.m. to 5:30 p.m.; closed Sunday and Monday. Catering is available seven days a week. Visit www.paperfigkitchen.com or call 887-0050 for more information.✧

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Superior Interiors

Printed Paradises



by Barb Cacchione

Prints can undoubtedly be a challenging field to navigate through, but when done correctly the results are beyond satisfying. Watching a room come together as the complementary

styles and patterns merge to create a cohesive space is something special. A dull room begging for a new look is something everyone can relate to. We all need to change it up every once and a while... why should our homes be any different? Oftentimes, patterns and prints are the perfect solution. Mixing patterns adds ample interesting dynamics of character that can make or break a room. When choosing prints to make your paradise complete, one must consider scale, space, proportion and color. Some go-to print-partnerships include solids and soft patterns, which create a calm and inviting space, but when going about selections on your own, it is important to stick to the staple process. Because using patterns that have the potential to clash with each other is a dicey scene, one point should be the leader. This print will guide the others in terms of color coordination and scale. The first pattern should be the boldest. From there, select a pattern that is

considerably smaller or larger than the primary piece. Now would also be the time to switch it up, so if a floral was already chosen, opt for a geometric print with a similar color scheme this time around. The next patterns should pull from the colors and styles of the ones that have already been selected, like a smaller floral or geometric print with a complementary pattern. From pinstripes and chevron to solid colors and textures, the perfect combination of prints transforms a dull room into a dream room. Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coinedcnden.com.✽

Top Ten Books On The Island

- 1. Watch Me Disappear by Janelle Brown
 - 2. Last Mrs. Parrish by Liv Constantine
 - 3. It's Always the Husband by Michelle Cambell
 - 4. If the Creek Don't Rise by Leah Weiss
 - 5. Next Year in Havana by Chanel Cleeton
 - 6. Marsh King's Daughter by Karen Dionne
 - 7. Origin by Dan Brown
 - 8. Ghosted by Rosie Walsh
 - 9. Mars Room by Rachel Kushner
 - 10. Shades by Evgenia Gitkowitz
- Courtesy of MacIntosh Books and Paper.✽

Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotary Club President John Danner has used our Rotary International President Barry Rassin's motto, Be the Inspiration, to open our Friday morning meetings each week by featuring his own inspirational provocateurs. This week it was Senator John McCain's final letter to America. Here is an excerpt from that letter: "We are 325 million opinionated, vociferous individuals. We argue and compete and sometimes even vilify each other in our raucous public debates. But we have always had so much more in common with each other than in disagreement. If only we remember that and give each other the benefit of the presumption that we all love our country, we will get through these challenging times. We will come through them stronger than before, we always do."

Many things can inspire a person or organization to accept a challenge; challenges that sometime seem out of reach. Rotary took on the challenge to rid the world of polio and has reduced polio cases by 99.9 percent worldwide. Rotary also has an interest in providing significant funding for Alzheimer's disease research, making it a focus for many clubs here in North America. The Sanibel-Captiva Rotary Club participated in fundraising for the Alzheimer's Research Trust a few year's ago by partaking in their CART (Coins for Alzheimer's Research Trust) fundraising effort and did so successfully. The club is now reinstating our CART fundraising effort led by Rotarian Eldon Bohrofen. At this time, CART will be an internal fundraising effort for Rotarians and friends. Donations will be collected each week for Alzheimer's research during our Happy Bucks meeting segment. Bohrofen got the donations rolling with a gift of \$1,000 and a match challenge for an additional \$1,000. Club members responded to the challenge and the club is off to a great start. It won't be very long before we meet his \$1,000 challenge.

Challenges come in many forms, just ask our guest speaker from last Friday, Tamara Pigott, executive director of Lee County Visitor & Convention Bureau (VCB). The VCB serves the broader interests of the economy of Lee County by acting as a marketing, sales and services organization. Its mission is multifaceted; promote our destination globally, support tourism industry development, assist with preserving and protecting the area's unique attributes, and activate the community in support of tourism. By showcasing what makes the area special from other sun and sand destinations, VCB sales, marketing, media relations and visitor services work together to deliver messages to the traveling public to inspire them to choose Lee County as their destination for vacations, meetings and group events.

Pigott brought to our attention right away that the VCB works four months in advance of each season for marketing our destination. The current red tide and

green algae problems will change their approach to marketing slightly for the upcoming season and marketing will focus on what is great about Lee County. The beautiful drone shots of the beaches will be saved for future marketing campaigns and replaced with short action focused videos and print ads. Attention will be drawn to things like outdoor adventures along the extensive bike paths of Sanibel, birding and "Ding" Darling National Wildlife Refuge, visits to Matlacha, Captiva and Fort Myers Beach, the Edison Ford Winter Estates and downtown river district nightlife, golf and tennis facilities, and spring season baseball and sporting events.

The value of tourism in Lee County is immense. Numbers for 2017: visitors to Lee County were 4,797,394; visitor Expenditures \$3.1 billion; tourist tax revenue \$39.8 million; jobs 58,632. Hurricane Irma weakened the numbers, but those numbers bounced back. Currently, we are feeling the effects of our water quality crisis and this season the statistics will show a major dip in tourism dollars in the area, reflecting lost tourism dollars for our beach communities.

Careful study and planning go into the marketing strategy to promote Lee County throughout the states and overseas. Statistics now indicate that the strongest tourism market for Lee County is the Midwest for winter season and the Northeast in the spring. Outside the states, Canadians are number one in winter and Germany in spring. On average, winter 2018 visitors stayed in Lee County for about nine days. The majority indicated they came to Lee County for a vacation (85 percent) and two in five were visiting with friends or relatives (38 percent). Four-fifths of visitors were repeaters (82 percent), an increase over last winter (73 percent). These repeat visitors averaged five trips to Lee County in the past five years.

Good Luck, Tammy. This year will be a challenge for the Lee County VCB; let's hope Mother Nature will give us another chance and the powers that be clean up their act. Businesses and residents of Lee County depend on you.

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





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**ISLAND SUN BUSINESS
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Kingfisher Real Estate



Valerie Tutor

Mary Bondurant

The top producers at Kingfisher Real Estate for the month of August were: Valerie Tutor, top selling agent; and Mary Bondurant, top listing agent.✽



A busload of happy Peekers during last year's home tour

photo provided

New Ways To Secure Seats For Zonta Home Tour

submitted by Sue Denham

Saturday, March 16 is the 18th annual A Peek at the Unique, the record-setting home tour and signature fundraiser for the Zonta Club of Sanibel-Captiva and the Zonta Foundation of Southwest Florida. It is a sought-after day out for islanders, seasonal residents and visitors.

As planning gets under way, Zonta is introducing two new ways to purchase tickets – and a great way to gather your neighbors or church group, tennis or golf buddies, writer's group or book club to enjoy A Peek at the Unique together.

The first is Buy a Bus, which is exactly what it sounds like. How it works: Any time during the month of November, groups can get together and purchase all the seats on a Peek bus, prior to the time tickets go on sale online:

1. Gather a group of 24, 27 or 39 Peekers (bus sizes vary).

2. Have one individual pay for the bus in full (\$100 per person) by November 30, with no service fees or extra charges of any kind. The Peekers then reimburse that individual.

3. As a bonus, each Peeker on the bus receives one free Chance at the Unique raffle ticket (value \$10).

4. Buses will be assigned on a first come, first served basis; specific departure times cannot be guaranteed.

The second opportunity is Buy a Block:

1. During the second half of November (November 15 to 30), anyone can reserve six seats or more on a bus prior to the time the tickets go on sale online.

2. As above, gather your group of six or more, have one individual pay for all the seats (no service fees) by November 30. Each block of seats will be assigned on an available bus on a first come, first served basis; specific departure times cannot be guaranteed. Visit www.zontasancap.com for complete details.

"While these ticket purchase options do not begin until November, it is not too early to start getting your group together now," said Peek chair Susan Tucker.

If you have questions, send an email to peektickets@gmail.com. For more information about Zonta, its programs and the event, go to www.zontasancap.com. As always, all proceeds from the Peek are awarded in grants to organizations that help to empower women and girls, including Zonta International.✴

upcoming workshops on a number of panel initiatives, a discussion of red tide and Lake Okeechobee releases, plus committee reports and update from other island organizations.

The next Captiva Community Panel meeting has tentatively been scheduled for October 9. Information and background documents are available online at www.captivacommunitypanel.com.

CEPD Budget Hearings

Upcoming dates to remember for the Captiva Erosion Prevention District:

CEPD board meetings will be held on Thursday, September 27 at 3 p.m.; Wednesday, October 10 at 1 p.m.; Wednesday, November 14 at 1 p.m.;

continued on page 38

FISH Hosting Community Workshop On Financial Health



Ruben Perales

photos provided

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



Kathy Y. Monroe

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 more information, visit www.fishofsancap.org.✴

Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel is set for Tuesday, September 11 beginning at 9 a.m. in the Cone Rooms at South Seas Island Resort. The meeting is open to all interested islanders and the public.

Among the agenda items will be a discussion about a proposed panel Advocacy Committee, an update on a proposed request for county funding to support the ongoing Captiva Code work, discussion of scheduling

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Will Power

Spoiling The Grandchildren



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

Having just sent my youngest off to Elon University in North Carolina, I've been reflecting on their time at home. In particular, when my wife and I have a cross word with one of our daughters, it wasn't uncommon for them to secretly get on their cell phones to dial Grandma from the privacy of their bedroom to complain. They get to vent about what rotten parents Patti and I have become – and how we are being so unfair or otherwise overly demanding of them. Imagine asking your daughter to pick up that wet towel off of the floor of her room for the hundredth time. How

unreasonable!

But having caring and loving grandparents is good. It balances out the family dynamic. Grandparents tend to provide a broader, calmer perspective. They're not in the heat of the battle, and they've been through those battles before.

So it's interesting for me as an estate planning attorney to see how, in their estate plans, grandparents treat their grandchildren. A predominant school of thought is to leave everything to the children and let them take care of the grandchildren. Sometimes, however, the grandparents want to include the grandchildren directly in the estate plans.

And here's where it gets interesting. Suppose that son Liam has two children and the other son Noah has three. So if Grandpa leaves each grandchild \$10,000, then Liam's side of the family receives an extra \$20,000 of bequests, while Noah's side of the family receives \$30,000. So is that unfair?

It's all how you look at it. If you are trying to treat Liam and Noah equally, you could argue that Noah is getting more. But is he really? My experience with these issues is that grandparents tend to change their perspective on treating grandchildren "equally" over time. Allow me to explain.

While the grandchildren are young (from birth through high school or college age), the grandparents tend to think of the grandchildren as extensions of their children. In other words, Noah's children should only get \$6,667 each while Liam's children each get \$10,000 so that both sides (Liam and Noah) are treated equally – a total of \$20,000 to each "side" of the grandchildren.

As the grandchildren exit college, however, the grandparents tend to think of them as their own individual unit with no difference as to whether they are offspring of one son or the other. In other words, as the grandchildren enter young adulthood, anecdotally, I would tell you that in my experience the \$10,000 bequest to each grandchild doesn't seem to bother Grandma and Grandpa as much. They think of their grandchildren more as independent young adults and less as extensions of one side of the family or the other.

It gets trickier when there are stepchildren involved. Blended families are much more common today than they were a generation or so ago. And in many cases, the step-grandparents have a close relationship with their step-grandchildren. Here, the grandparents have to make a decision whether the step-grandchildren should receive anything at all, or if they do, whether they receive the same amount as the biological grandchildren.

Complicating matters further is that many don't understand how the law works. When you leave amounts to a child per stirpes, and if that child predeceases you,

then unless you have a specific provision to the contrary, that deceased child's stepchildren do not receive amounts from your estate. If, on the other hand, your child has legally adopted the step-grandchildren, then they are no longer step-relations. Adopted grandchildren are treated under the law the same as biological grandchildren.

You can decide to treat step-grandchildren (who have not been adopted) the same as biological grandchildren by so stating in your will or trust. But you actually have to make an express statement in your estate planning documents to have them treated that way.

Often, grandparents don't know what they should do about step-grandchildren. Should they be treated the same as biological grandchildren? Should they be treated half as well? Should they not be mentioned at all? Will their child be offended if their stepchildren are not provided for the same way as the biological grandchildren are treated?

There are no right or wrong answers. Each family is different. The relationship between the grandparents, the parents and the grandchildren will usually dictate how this all plays out. I usually encourage my clients to talk to their children to get their feelings on these matters. But ultimately, it is the decision of the client what they want to put into their will or trust. The best way to approach these issues is to look into their own hearts to decide what's best for them and their families.

Because how you decide to treat your family – blended family and all – in your estate plan is how you feel about those who are close to you. Whether you have a large estate or a more modest estate, it really doesn't matter.

What matters most are the relationships that you enjoy through the years. Because I know that when my kids feel upset with Patti and me – our parents feel warm and special that our kids want comfort from them.

And all of that means more than anything a will or trust can say.

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Investment To Solve Phosphorus Pollution Globally

The Everglades Foundation recently applauded the announcement of a \$1 million investment from the State of Florida to solve worldwide phosphorus pollution through competition and innovation. As a part of the state's partnership, the Florida Department of Environmental Protection (DEP) and the St. John's River Water Management District (SJRWMD) will provide funding, the host site location and technical expertise to support the George Barley Water Prize. The partnership is for the final stage of the prize's multi-year innovation competition, where the final four teams will travel to Lake Jesup from across the globe to see whose technologies can tackle phosphorus in the most cost-effective and scalable way.

"The Everglades Foundation is thrilled to have the State of Florida support the George Barley Water Prize to help solve global phosphorus pollution," said Eric Eikenberg, CEO of The Everglades Foundation. "We are excited that, with the support of Governor Scott, the Department of Environmental Protection and the St. John's River Water Management District, the solution will likely be

discovered right here in Florida at Lake Jesup."

The George Barley Water Prize is the first water prize of its kind – a \$10 million competition that has drawn innovators from all over the world to pursue their unique solutions to make the problems Florida is experiencing today in the Everglades and Lake Okeechobee a thing of the past.

"The George Barley Water Prize is our best hope for Lake Jesup, the Great Lakes, our coastal estuaries, the Everglades and waterways across the globe that are suffering from excess phosphorus," said Eikenberg, "Thank you to Governor Scott and Secretary Valenstein for their \$1 million commitment to solving the worldwide phosphorus pollution through competition and innovation."

The Everglades Foundation and its board of directors conceived the \$10 million George Barley Water Prize seven years ago in order to incentivize the private sector to develop more cost-effective technologies to remove phosphorus pollution from waterbodies. The board realized that the situation affecting the Everglades and Lake Okeechobee is something communities all over the globe were experiencing, and the best way to drive the cost down was to incentivize innovation. The Everglades Foundation just finished the pilot stage of testing in Ontario, Canada.✪

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Johnson Kicks Off Women In Leadership Series

by Jeff Lysiak

During last week's monthly meeting of the Sanibel-Captiva Charter Chapter of the American Business Women's Association (ABWA), Calli Johnson, wine manager for Bailey's General Store, kicked off the club's Women in Leadership Speaker Series with an informative and entertaining presentation on customer service.

"You might see wine manager next to my name, but our store really doesn't have job titles," said Johnson, speaking in front of more than 40 club members and invited guests. "We all do what needs to be done... but I also order the wine."

Engaging the group in an interactive discussion, Johnson asked people to share one of the positive customer service experiences they've had at Bailey's. Robin Cook, executive vice president and wealth services advisor for The Sanibel Captiva Trust Company, talked about hiring Sanibel Catering Company by Bailey's for a family event. "I cannot say enough about how much above and beyond they went," said Cook. "They made us feel like we were their only customer."

According to Johnson, customer service is the top priority of her family's business, followed closely by their mission to offer top quality products at reasonable prices. But when confronted by a customer who might have been displeased or wants to return an inferior product, she pointed out that maintaining a calm demeanor and listening intently to the problem often makes conflict resolution attainable.

"It's better to treat somebody with respect, because you're not just somebody that's standing between that person and a refund," said Johnson. "We want to encourage people to give us an opportunity to do better. We're always working on being better."

Johnson, who attended the meeting with other members of the family who help run the business – including parents Richard and Mead and siblings



Calli Johnson speaking at last week's ABWA meeting photos by Jeff Lysiak

Bailie and Dane – also talked about interacting with multiple generations of employees and customers on a daily basis. "We all have something to learn, no matter what generation we're from," she said, a fact confirmed by testimonials from ABWA members around the room.

"We are a 119-year-old business that embraces technology," said Richard Johnson.

"Slowly but surely," quipped daughter Bailie, which drew a round of laughter.

Later, Calli talked about the work involved in ordering wine. "A lot of work goes into the logistics of getting your product from point A to point B," she said, noting the increased popularity of wine has led to the establishment of the Island Wine Society. In addition, Bailey's General Store holds several wine tasting events throughout the year. "We work really hard to provide good wine at reasonable prices."

Gloria Garrett, president of the ABWA Sanibel-Captiva Charter Chapter, oversaw the meeting and thanked Johnson and her entire family for attending. She also acknowledged several representatives from the City of Sanibel – including City Manager Judie Zimomra, City Clerk Pamela Smith, Deputy City Clerk Scotty Lynn Kelly, Recreation Department Director Andrea



Members of the Johnson family, from left, Bailie, Richard, Mead, Calli and Dane

Miller and Sanibel Police Department Officer Grace Towler – thanking the staff for their exceptional crisis management performance over the past year in the wake of Hurricane Irma.

Kira Dworkin of KM Gems provided a display featuring her line of jewelry at the vendor table while Lisa Newmeyer-Cochrane won \$210 in the 50/50 drawing; she donated her prize back to ABWA.

The upcoming schedule of guest speakers for ABWA's Women in Leadership Speaker Series includes Laurie Verme, owner of Pinocchio's

Original Italian Ice Cream and Geppetto's Beach Foodies, on September 25; Dorrie Hipschman, executive director of the Bailey-Matthews National Shell Museum, on October 23; and Sandy Stilwell-Youngquist of Stilwell Enterprises & Restaurant Group, on November 27.

Monthly meetings are held on the fourth Tuesday from 11:30 a.m. to 1 p.m. in the Waterview Room at the Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel. For more information, visit <http://abwasanibelcaptiva.org>.✱



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The Country Lost An American Hero And Arizona Lost Its No. 1 Sports Fan



by Ed Frank

Sometimes lost in the millions of words that have been written and spoken in reverence to Senator John McCain was his love for sports – particularly Arizona sports.

Yes, we lost a true American hero with his passing, but the sports world also lost one of its greatest fans. McCain was a huge Arizona Diamondbacks baseball fan from the very first day in 1998 when the team began play. The sight of him sitting in the stands became so commonplace that few fans seemed to even notice.

He would shake hands with fans, pose for pictures, but mostly he was there just to be a loyal fan.

“John McCain has always been a member of the D-backs’ family and one of our biggest fans from day one,” said team President and CEO Derrick Hall.” He was in attendance at the expansion draft, the World Series and countless other games, remaining a fan through thick and thin.”

When the announcement of his passing on August 25 was shown on the video board during the Diamondbacks-Mariners game, the crowd rose to give a standing ovation.

He also loved his Arizona Cardinals football team and became a close friend of Cardinals receiver Larry Fitzgerald, who spoke so eloquently at the Senator’s funeral service.

“Rest in peace to an American hero, statesman, servant of the people and dear friend,” the football star said.

His love for sports wasn’t limited to the Diamondbacks and Cardinals. When the former owner of the Arizona Coyotes hockey team was threatened with bankruptcy, the senator worked to keep the team in the Valley of the Sun.

And when the Arizona Suns basketball team celebrated its 50th anniversary, McCain and his wife, Cindy, donned orange shirts to celebrate with the rest of the fans.

The state’s No. 1 sports fan extended that love for sports to his support to Arizona State and the University of Arizona athletics as well.

Now here’s an item that few of us knew or remembered.

McCain was an undersized boxer at the Naval Academy in the 1950s and understood how pugilists are often exploited financially.

He helped create and pass in Congress the Muhammad Ali Boxing Reform Act to protect boxers from unscrupulous individuals and to provide medical protection. The law was enacted in 2000.

His humor and sharp questioning during Congressional hearings were legendary. In June 2017, just before he announced that he had been diagnosed with brain cancer, McCain’s questioning of former FBI director James Comey during a Senate Intelligence Committee hearing appeared inconsistent and confusing at times. “Maybe I shouldn’t stay up late watching the Diamondbacks night games,” he said afterwards. Senator McCain will be missed worldwide, but none more than his sports faithful in his home state of Arizona.

Miracle Win Second-Half Divisional Title

On the last day of the regular season last Sunday, the Fort Myers Miracle baseball team won the Florida State League’s South Division title for the season’s second-half by defeating the Clearwater Threshers in a thrilling 2-1 victory. It marked the second straight year that the Miracle won the second-half title. Fort Myers and Charlotte finished the second-half with identical 40-29 records, but the Miracle owned the tiebreaker due to the head-to-head record in the second-half. Charlotte lost to the Florida Fire Frogs on the last day of the season. The Miracle opened the post-season divisional series against the Palm Beach Cardinals Tuesday night at Hammond Stadium, winners of the division’s first half. The best-of-three series then moves to Palm Beach for Game Two and Game Three if necessary. The Miracle went 4-11 against Palm Beach during the regular season.*

City Seeking Fitness Instructor

The City of Sanibel is seeking a fitness instructor for fiscal year 2019 (October 1, 2018 through September 30, 2019) to instruct the 7 a.m. Monday, Wednesday and Friday Low Impact Land Aerobics classes at the Sanibel Recreation Center. Instructors must be able to meet the various needs and fitness levels of users. The selected instructor must submit to and pass a criminal background check. Interested fitness instructors must submit the following information:

- Copy of current group fitness certification(s) and/or specialty training certification(s);
 - Copy of current AED/CPR/First Aid certification;
 - Copy of current liability insurance;
 - A minimum of three references;
 - College degree earned in a health/fitness related field or equivalent work experience in the field.
- Email, mail or submit in person to the City of Sanibel, Recreation Department, Attn: Andrea Miller, Recreation Director, 3880 Sanibel Captiva Road, Sanibel, FL 33957, or send an email to andrea.miller@mysanibel.com.*

SPORTS QUIZ

1. In 2017, the University of Florida became the fourth Division I school since 1954 to win championships in men’s basketball, football and baseball. Name two of the other three to do it.
2. Who held the New York Yankees record for most home runs by a rookie (29) before Aaron Judge hit 52 home runs in 2017?
3. Name the first player in the Super Bowl era to score on a run, a catch and a kickoff return in an NFL postseason game.
4. How many times has the University of Cincinnati’s men’s basketball team won 30 or more games in a season?
5. How many games did Chicago Blackhawks play to start the 2012-13 NHL season before they suffered a loss in regulation?
6. Who is the only female skier to win three alpine gold medals in a single Olympics?
7. Name the last male golfer to win the U.S. Open in consecutive years before Brooks Koepka did it in 2017-18.

ANSWERS

1. Michigan, Ohio State and UCLA. 2. Joe DiMaggio, in 1936. 3. New England’s Dion Lewis, in 2017. 4. Three times (2001-02, 2016-17, 2007-18). 5. Twenty-four. 6. Croatia’s Janica Kostelic, in 2002. 7. Curtis Strange, in 1988-89.

Golf Tournament To Benefit Heights Foundation

The Heights Foundation 3rd annual benefit golf tournament will take place at Heritage Palms Golf and Country Club on Friday, September 28. Registration begins at 11:30 a.m. There will be a shotgun start at 1 p.m., while the dinner, auction and awards ceremony will be at 6 p.m. Proceeds of the event support The Heights Center’s programs that work to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers. “The poverty rate for children in

Harlem Heights is more than twice the county average,” said Jim Sanger, chief operating officer of The Heights Foundation. “This tournament will help support programs at The Heights Center including School Success and our enriching summer camp.” Sponsors include Owen Ames Kimball, Five County Insurance and Jul Andre Fragrances. Additional sponsorships that include golf packages and recognition are available. Sponsorship deadline is September 14. Tournament registration is now available. Entry fee for a foursome is \$600 and two golfers are \$300. Golfer registration deadline is September 21. For more information, visit www.heightsfoundation.org/golf or contact Jim Sanger at 482-7706 or jim@heightsfoundation.org.*

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Workshop Answers Building Better Balance

by Jeff Lysiak

FISH of SanCap hosted a 90-minute workshop recently at The Community House called A Balancing Act: I Might Wobble, But I Won't Fall Down. The workshop was facilitated by Rachel Tritaik, PT, LMT, CLT of Island Therapy Center.

A capacity crowd attended the workshop and luncheon, with sandwiches, bagged chips and bottled water provided by FISH. Tritaik's PowerPoint presentation included information on the three causes for falls (individual, environmental and situational), what can be done to prevent falls, methods for standing up following a fall and exercises for improving overall balance.

"We're supposed to wobble, but our bodies are supposed to have a balance reaction," Tritaik told the audience of approximately 50 islanders. "We see a lot of cases at the clinic where people had an accident which caused them to fall. But in many of those cases, those falls were preventable."

After showing a short video called *Why Worry About Falling*, provided by the National Council on Aging, Tritaik noted that every 11 seconds, a person visits an emergency room due to an injury related to a fall. She then pointed out that among the individual



Rachel Tritaik, right, speaking to a capacity crowd gathered at The Community House last week to hear her lecture on preventing falls and improving balance photo by Jeff Lysiak

causes for falls were being sedentary, having a recent illness or injury, fatigue, low blood sugar or low blood pressure, alcohol abuse, reduced reaction time, poor use of an assistive device and systemic problems (caused by medical issues or medications).

Environmental causes of falls include home and community hazards such as electrical cords and wires, uneven floor surfaces or insufficient lighting. She suggested making sure floors and staircases are kept clear of clutter, removing potential obstructions from pathways (especially between your bed and bathroom) and installing safety

devices such as grab bars, non-skid mats and raised toilet seats.

Situational causes of falls include external distractions (phones, barking dogs or traffic), negotiating tables, chairs and aisles, moving or carrying items, rushing and weather (wind, rain, ice and sun glare).

Tritaik then shared a video of her demonstrating a number of techniques people can use to get up and off the floor, while she also stressed that it was very important to get off the floor following a fall as quickly as possible. One of the methods she demonstrated was called the "book technique," in

which the person who has fallen uses objects nearby – in this case, books – and, one-by-one, props themselves higher and higher on a stack of books until they reach a height where they can stand or sit themselves on a chair, sofa or bed.

"I was talking with my son about putting together a list of fall prevention tips to share at this workshop," Tritaik told the audience. "He looked at me and said, 'You mean hacks.'" The entire crowd chuckled.

Later, Tritaik demonstrated several simple exercises – including sit-to-stand using only your legs, chair push-ups, standing tall for posture, standing on one leg, blind spot reach and a back and hip stretch – that will improve one's balance. She noted that people wanting a personal evaluation or additional information on improving mobility may contact Island Therapy Center at 395-5858 or visit www.IslandTherapyCenter.com.

Kathy Y. Monroe, representing FISH, also shared with the audience that her organization can arrange for telephone reassurance calls for island residents who may have limited mobility and/or are susceptible to falls. She explained that a volunteer may visit that person's home or FISH may request the Sanibel Police Department to conduct a wellness check. FISH also provides loans of medical equipment – including canes, walkers and wheelchairs – as well as non-emergency transportation to medical appointments.

For more information, call 472-4775 or visit www.fishofsancap.org.

Bag Restrictions At School District Athletic Events

The School District of Lee County is no longer going to allow backpacks and other large bags into athletic stadiums, gymnasiums and theaters.

"In light of recent events, we feel it is important to take this proactive step to make sure our students, staff and guests feel safe at athletic, arts and other events," said Superintendent Dr. Greg Adkins.

All guests attending an event will be subject to a search. Prohibited items

inside stadiums, gymnasiums and theaters include, but are not limited to: book bags, backpacks, duffel bags or large purses; any type of weapon; any item that could be used as a missile; cans/bottles; coolers; fireworks; horns/lasers.

These changes implement a policy similar to what the NCAA, professional sports teams, large arenas and theaters require of their guests. Principals have been notified so they can immediately implement the policy, and messages are being sent to parents.

At this time, the new policy applies to high schools. After a meeting with law enforcement, it will be determined if the policy will also apply to middle and elementary schools.

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Doctor and Dietician

Prolonged Sitting



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

Sitting is a difficult position to avoid. We sit while driving, in front of our desk at work, while traveling on planes and buses, and at home in front of the TV. But sitting for long, uninterrupted stretches can cause early death. Excess sitting has been linked to health conditions such as obesity, high blood pressure, heart disease, varicose veins, weakened bones, diabetes, cancer, dementia and depression.

Our bodies are designed to move and be active. Being sedentary immobilizes muscles and slows down circulation. Inactivity is a problem in itself. But the health conditions from prolonged sitting are also due to the actual act of prolonged sitting, which appears to change the way insulin

and hormones work. When we stand, the muscular and cellular systems are activated by carrying our own bodyweight.

Will working out counteract the effects? Nope. Even if you work out seven hours a week, the cumulative ill effects of prolonged sitting for seven hours at a time can't be reversed. Those glued to a seat still die earlier than those who aren't, even if they exercise. That's not an excuse to skip the gym though. Prolonged sitting is like smoking. It's always bad for you.

Move throughout the day to lower your risk of health problems and an early death due to prolonged sitting. During long drives, make regular stops to walk around and stretch. If you frequently game or work at a computer, use a standing desk unit. If you binge watch TV, move around between episodes, or try watching an entire one while using an indoor bike or standing. Take a brief walk in the sunshine during your work breaks. Reduce sitting, little by little, each week. As you get used to sitting less, moving becomes more natural and promotes a healthier you.

*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.**

Strengthening Work Force Skills

In an increasingly competitive world, America needs as many of its people workforce-ready. With assistance from the FISH of SanCap Continuing Education Program, adults who may have missed out on higher education opportunities are given a second chance to follow their dreams.

Those who enroll in adult education programs are often working multiple jobs and juggling many responsibilities and commitments. They make the time to attend classes because they understand that education is what they need to better their life and the lives of their families. The FISH Continuing Education Program assists those who qualify with tuition, materials and/or fees for continuing education. The intention of the program is for participants to continue their education and increase their marketability in the job market by developing new skills or knowledge necessary for career development or transition, which can lead to household sustainability and self-sufficiency.

"Adult education can be a path from low-income jobs and unpromotable futures to family sustainability," said Maggi Feiner, FISH president and CEO. "It builds stronger communities and can put adults on sustainable paths while opening up opportunities for financial security."

"I meet with many individuals that are under-employed because they lack a certain degree and/or skill in their field of work. They come to me 'stuck' in a job that will never advance them to where

they want to be. As their case manager, I am happy to be able to offer assistance through this program," stated Nitza Lopez, FISH social worker. "We have had many applicants graduate from various programs and move into a job they are passionate about and love doing. It's great to see our neighbors spread their wings and fly."

Funding for this program is made available through private donors. Scholarship assistance is evaluated on a case by case basis. The FISH Social Services Department determines eligibility for need-based financial assistance through a review of income and expense documentation. Scholarship amounts vary depending upon financial status and type of program. Available funding is limited, and scholarships will cover only a portion of the program cost.

For more details about the program, contact Nitza Lopez at 472-4775. For additional information, visit www.fishofsancap.org.*

Hope Hospice Expands Services

For nearly 40 years, Hope Hospice staff and volunteers have served as doulas to support people throughout their end-of-life journey. Now, as this role becomes more recognized, Hope's doula program has significantly expanded in size and scope to offer even more support to families during the final days and hours of life.

More than 30 Hope volunteers have completed a specialized hospice doula educational program, where they learned

Beautifulife: What Makes You Feel Beautiful?



by Kay Casperson

Is it a product that promises a more youthful look, a new hairstyle or maybe, the perfect outfit? Or, is it something less tangible, like a positive state of mind, an uplifting emotion or a great mood?

If you're like me, it's probably a delicate balance of many different things. My work and life experiences have taught me important lessons, but one thing I know for sure is that the best way to feel beautiful is to explore new ways to appreciate beauty – within myself, in the people around me and in the world.

Here are three affirmations that have always helped inspire me to feel beautiful – mind, body, and soul:

I Discover More Of My Natural Beauty Every Day

Explore the ideas and activities that enhance what makes you naturally beautiful, inside and out. Whether it's taking good care of your skin, exercising and eating healthful foods, focusing on positive affirmations, or

trying new looks and trends, find your favorite ways to feel balanced and beautiful and make them a part of your life every single day.

I Think Beautiful Thoughts And Radiate Beautiful Energy

No matter what you look like or what you're wearing, no matter where you are or who you're with, no matter the environment or circumstances you're in, always try to keep your thoughts and feelings focused within a beautiful, positive mindset. It can be challenging, especially in a sometimes seemingly ugly world, but when you think beautifully and feel beautiful, it will inspire beautiful thoughts and feelings in those around you.

I Choose To See Beauty First

Always look for the beauty in everything you see and experience, and stop paying so much attention to what you perceive as imperfections. When you look at your reflection in the mirror, focus on your uniquely beautiful features instead of wasting energy fretting about flaws. The same goes for your life – find the beauty in your everyday life and stop worrying about how your unique journey compares to the lives of other people.

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.*

about creating and maintaining a sacred space by using sound, touch, color and other sensory experiences to alleviate pain and anxiety. Doulas can also offer legacy projects that serve as emotional touchstones and family keepsakes.

"Much in the same way a doula helps a new mother navigate childbirth, end-of-life doulas help enhance Hope's holistic, personalized approach by facilitating a gentle, tranquil and meaningful passing whether in a hospice house, the hospital or home," said Hope Healthcare President and CEO Samira K. Beckwith.

Hope Hospice honors each person's beliefs about life, death or the afterlife. Doulas are non-denominational and work with all faith traditions, as well as with those who are not religious.

The National Hospice and Palliative Care Organization recognizes the value of end-of-life doulas, who enrich the experience for patients, family members and friends, and strengthen the relationship between medical and nonmedical end-of-life support.

For more information, call 482-4673 or visit www.hopehcs.org.*

From page 33

Community Panel

and Wednesday, December 12 at 1 p.m.

The 2018 budget hearings will be held on Thursday, September 13 at 5 p.m.; and Thursday, September 27 at 5 p.m.

Board meetings are held at the South Seas Island Resort Conference Center, located at 5400 Plantation Road. The public is welcome. Call the CEPD at 472-2472 or go to www.mycepd.com for more information.

New Snook, Red Drum Rules Issued

The Florida Fish and Wildlife Conservation Commission (FWC) has issued a Temporary Modification of Regulations for Red Drum and Snook in Southwest Florida, available online at <http://myfwc.com/media/4483041/eo18-38.pdf>. For more information, contact the FWC at 850-488-4676.

Blind Pass Study Online

The Blind Pass Inlet Management Report has been issued and is now posted online at www.leegov.com/naturalresources/Pages/Blind-Pass-2016-Inlet-Management-Plan-Study.aspx.

Galloway Captiva Tri Update

The Galloway Captiva Tri will be held on Saturday and Sunday, September 15 and 16 with a sprint-length triathlon on Sunday morning after a kid's triathlon on Saturday morning (three different age groups available).

Given the ongoing red tide concerns, a final decision on the status of the swim portion of all the events will be made approximately a week prior to the races. If the gulf is deemed unsafe for swimmers, the races will be converted to a duathlon (run/bike/run).

Details are online at www.captivatri.org. As in years past, proceeds will benefit Community Cooperative's School Pantry program.*

dearRPharmacist

Cayenne Pepper Stopped My Bleeding



by Suzy Cohen, RPh

Dear Readers: You read all kinds of things on Dr. Google, eh? For sure I do while I'm researching what I'm going to write for you each week. I read some interesting articles last year that I made a mental

note of. One was about cayenne pepper and how it could stop bleeding. I stored this fascinating detail in the back of my mind should I ever cut myself again in the

kitchen... which tends to happen more frequently than I care to admit.
It came to pass one night when I was in a hurry again. I cut myself on an onion. The month before it was from cutting bread with a serrated knife that slipped. As a writer, you'd think I'd wear gloves or slow down. I did my usual things:
Held my arm above my head
Put an ice cube on it
Took a Tylenol to dull the aftermath
Squeezed my finger
Wrapped it in a cold, wet towel
Ran around the house yelling, "I'm bleeding!"
Prayed
Found Sam and whined that I was in a hurry again
Promised myself I would slow down in the kitchen
Swore like a trucker
Nothing worked this time, the bleeding was pretty ugly. But then I remembered

the cayenne pepper stories that I read on Dr. Google (lol!) and found a bottle of cayenne liquid extract in my supplement cabinet. It's sold with a dropper. I drew up a dropperful of this, closed my eyes and waited for the burn, then squeezed it onto my bleeding finger. Nothing happened. I tried again. It was an epic fail.
Then I thought of using the actual cayenne pepper and rummaged around my spice cabinet to find my cayenne pepper (powdered). Mind you, I'm doing this all left-handed because my husband Sam was too freaked out and more in favor of driving me to an urgent care center. But I'm a little doctor-phobic, so instead, I dumped a generous amount of cayenne pepper onto a paper towel.
Here's where I found my bravery SNP, because as this is happening, I'm noodling this thought, "Who in their right mind would literally pour cayenne pepper onto a painful, oozing cut?" After 30 minutes of fussing with it, feeling like I have nothing

to lose at this point, I went ahead and did the unthinkable. I dipped it!
It stung, no lie. So for the first 15 seconds, I continued ONLY with the last two usual things listed beforehand. By second 30, the bleeding had almost completely stopped. I couldn't believe it. Cayenne pepper has been studied for its medicinal actions on prostate or breast cancer, multiple myeloma, migraines, psoriasis, neuropathy and more. I'll share more details if you sign up for my free newsletter. Peppers are a nightshade so if you're allergic to those, please avoid. In the meantime, you should start sprinkling cayenne pepper onto your eggs and avocado toast. Keep it in a safe place in case you need it for a minor finger cut.
*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What are the most common fears?
A: Statistical surveys indicate that public speaking tops the list. For many, it's scarier than even death, which

comes in at a close second. Other fears include getting sick or obese, being financially insecure and fear of flying. Psychologically, fear arises from how we were programmed in our early years of development by family and society. This includes exposure to abuse, violence and other trauma. The good news is that these fears can always be conquered when you're motivated despite what you have endured. I have counseled countless clients who have been driven by fear. Fear is darkness, and it's when you allow yourself to illuminate light that the fear dissolves. My approaches in working with clients in fear are the following:

- 1. First distinguish irrational fears from rational ones using your intuitive gifts.
 - 2. Take appropriate steps to heed protective fears and transform the others with courage.
- At times, you may feel real danger, however as a general rule of thumb, train yourself to question fears related to low self-esteem. For example, you may question the fear that you are too emotionally damaged to love; yet even the severely wounded can eventually open their hearts again, and there are wonderful techniques to use in order for this to happen. Below are some guidelines on how to distinguish fear from intuition:
- Reliable Intuition**
 - Feels right in your gut
 - Has an affirming tone
 - Conveys information on a neutral ground, unemotionally
 - Gives a clear impression that is "seen" then "felt"
 - Irrational Fear**
 - Highly feels emotionally charged
 - Has cruel or unusual content
 - Conveys no gut-centered confirmation or on-target feeling
 - Reflects past psychological wounds
 - Diminishes centeredness and perspective
- There are questions you can ask yourself to transform fear.
- 1. What are my top five fears? Rank

- from highest to lowest and begin with tackling your lower ones first.
- 2. Where is the origin of these fears? Review your life to find out their internal stimulus.
- 3. What people or situations set off your fears? Know what and who pushes your buttons so you are not lured into the same negative reactions.
- 4. What changes can I make to be freer? Now is your chance to do things differently. It's okay to admit that you have insecurities as we all do. Then get the courage to replace the fear with a positive alternative.

Take the pressure off yourself by setting healthy boundaries – how far we will go with someone and how far we will let them go with us.
If these questions stir up emotions, then you will have a starting point of what you need to face and transform.
*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.**

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Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
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Sanibel-Captiva Art League	sancapart.com
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CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc . . .	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers 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
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Charlie Brown And Paige

Hi! 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.

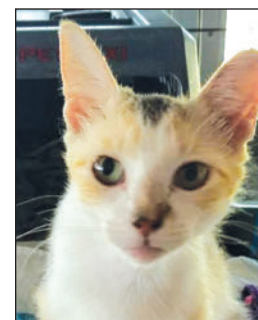
Hello, I'm Paige. I



Charlie Brown

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

T-Bone And Pooh Bear

Lee County Domestic Animal Services is rocking the "oldies but goodies" and the youngest at heart. There are several senior dogs on the floor that were recently taken on a field trip to the Jamaica Bay Community to see what they would like in their retirement home.

Hello, my name is T-Bone. I am a 10-year-old male Jack Russell terrier who is a fun-loving little guy that likes to check everything out on my daily walks. I was a fan of Jamaica Bay's tennis courts to run around on and especially enjoyed walking around the community's lake and taking in the view. Sitting next to my person at the end of the day would be my idea of living the high life.

My adoption fee is \$25 - free to anyone age 65 and older - and includes a year supply of heartworm and flea prevention.

Hi, I'm Pooh Bear. I'm a 5-year-old male



T-Bone ID# A749899

domestic medium hair who is stunning in black and white. I have the perfect in-between-length coat that you just can't resist. My adorable freckled face and golden eyes will pull you in as soon as you meet me. Within minutes, you will fall for my irresistible personality. I am definitely a charmer. I like to play and cuddle - what more could you ask for in a companion?



Pooh Bear ID# A751028

My adoption fee is \$50, and cats and kittens are 2-for-1, which means 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. The LCDAS team of volunteers and staff are waiting to introduce your new family member to you. Check the website to be sure pets are still available.

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

GRAIN SUBSTITUTES

- ACROSS
- 1 Back muscles, informally
- 5 Future doc's program
- 11 Edison rival Nikola
- 16 Flat-fixing gp.
- 19 "Out of Africa" writer Dinesen
- 20 French playwright Jean
- 21 Made from a certain wood
- 22 Coffeehouse dispenser
- 23 Cereal grain for a special event?
- 26 Found groovy
- 27 "Goodbye, mon ami"
- 28 Forever, seemingly
- 29 Canonized woman of Fr.
- 30 Little tales
- 31 Paid up
- 33 Sleep with a cereal grain on one's blanket?
- 37 Augustus' son-in-law
- 41 Shoulder decoration
- 42 Performing in a film
- 46 "Unh-unh!"
- 48 Fierce fire
- 51 Easily seen cereal grain?
- 55 Skill in darts
- 56 Plaster the roof of
- 57 See 85-Down
- 58 — -fi
- 59 Pagan religion
- 61 Car roller in winter
- 64 Person threshing a cereal grain?
- 68 "Good for life" pet food
- 69 "Spanglish" actress Téa
- 70 Plenteous
- 71 Using a cereal grain as fuel?
- 75 Final chance to order a drink
- 79 Newspaper sections
- 80 Pro in first aid
- 81 Body design, briefly
- 82 Sills solo
- 83 "— in Black"
- 84 Have a boxing match in an arena
- 85 Covered with a cereal grain?
- 90 Carroll of "All in the Family" inventor
- 94 Old TV dog
- 95 — oxide (laughing gas)
- 98 Word-for-word
- 100 Response after being gifted with a cereal grain?
- 103 Charms
- 108 Roof feature
- 109 — rule
- 110 See 5-Down
- 113 Wild fight
- 114 Dream Team's land
- 115 Useful material for processing a cereal grain?
- 120 Rocker Vicious
- 121 Pop/rock singer Mann
- 122 Layered eye part
- 123 DVR option
- 124 Timeline segment
- 125 Muscle woe
- 126 Starts using
- 127 Glimpsed
- DOWN
- 1 Cash in Turkey
- 2 Whisper for the audience
- 3 Implied
- 4 Clay target shooting
- 5 With 110-Across, NFL all-star game
- 6 Like many gory films
- 7 Comeback?
- 8 Expression
- 9 Right fielder Slaughter
- 10 Final mo.
- 11 On the nose
- 12 Soften
- 13 Do moguls
- 14 Zodiac sign
- 15 TV's Jillian
- 16 Channel in a recording studio
- 17 West Indies vacation isle
- 18 Inner turmoil
- 24 University in New Orleans
- 25 Long-running CBS show
- 30 Unshackled
- 32 Like custard
- 33 Nonclerical
- 34 Toe feature
- 35 Desert sight
- 36 Polar drudge
- 38 Combined
- 39 Pan relatives
- 40 Letter before omega
- 42 Basic lesson
- 43 French city
- 44 Nirvana, e.g.
- 45 It "blows no good"
- 47 Ship again
- 49 Friendly
- 50 Epps of films
- 52 Like Vikings
- 53 Brazilian palm berry
- 54 Short while
- 59 Float easily
- 60 Thick polar coverings
- 62 New Mexico resort
- 63 Unruly tyke
- 64 Less dry
- 65 Clod buster
- 66 Great anger
- 67 — and hers
- 69 Gyro meat
- 71 Singer Perry
- 72 Gp. for Iran
- 73 City near Lake Tahoe
- 74 Eligible for Soc. Sec.
- 75 Hanukkah pancake
- 76 Olympic god
- 77 Leslie Caron musical film
- 78 Behind
- 81 Razz
- 84 Israeli dance
- 85 With 57-Across, easily attached patches
- 86 Whopper
- 87 Kimono sash
- 88 Gusto
- 89 Sub meat
- 91 Evening, in some ads
- 92 To the — degree
- 96 Arbitrary decrees
- 97 Methodology
- 99 Soften
- 100 Employ anew
- 101 PLO's Arafat
- 102 Clodhopper
- 104 Goes soft
- 105 Iran-Contra figure North
- 106 Superman portrayer
- 107 Determined to do
- 110 Born and —
- 111 Quarterback Graham
- 112 Thrash
- 115 Ford fluid
- 116 Put tears in
- 117 "— believer!"
- 118 "— pro nobis"
- 119 Pas' mates

1	2	3	4		5	6	7	8	9	10		11	12	13	14	15		16	17	18
19					20							21						22		
23					24							25						26		
27						28						29						30		
31					32					33				34	35	36				
				37			38	39	40			41								
42	43	44	45			46				47		48						49	50	
51						52						53	54					55		
56						57						58					59	60		
61					62	63				64	65			66	67					
				68						69							70			
71	72	73					74					75						76	77	78
79							80					81						82		
83						84	85					86	87				88	89		
90				91	92					93							94			
				95						96	97		98				99			
100	101									102				103			104	105	106	107
108							109					110	111	112			113			
114					115	116	117					118					119			
120					121							122						123		
124					125							126						127		

King Crossword

- ACROSS
- 1 Edinburgh resident
- 5 Letterman's network
- 8 Tibetan priest
- 12 Unaccompanied
- 13 Illustrations
- 14 Acknowledge
- 15 Feedback contents
- 16 Neither partner
- 17 Transaction
- 18 Sloshed
- 20 Portent
- 22 What Sedaka said was "hard to do"
- 26 Side road
- 29 Tex- — cuisine
- 30 Historic time
- 31 "So be it"
- 32 Dr.'s study
- 33 Work units
- 34 Hockey venue
- 35 Author Fleming
- 36 Beginning
- 37 Recording
- 40 Sea eagle
- 41 Humans
- 45 Short skirt
- 47 Trawler need
- 49 Sailor's jail
- 50 Probability
- 51 Mai — (cocktail)
- 52 Protracted
- 53 Swanky
- 54 Curved line
- 55 Rams' mates
- 7 Caressed
- 8 Burdened
- 9 Comic-book team, with "The"
- 10 Extinct bird
- 11 Piercing tool
- 19 Attempt
- 21 Blend
- 23 Alter a text
- 24 Incite
- 25 History
- 26 Fisherman's supply
- 27 Village People hit
- 28 Saturdays and Sundays
- 32 Purplish-red shade
- 33 Dignify
- 35 Hostel
- 36 Have bills
- 38 Hibernian
- 39 Eye-related
- 42 Front of a ship
- 43 Profession
- 44 Omelet basis
- 45 Swab
- 46 Altar affirmative
- 48 Corn spike
- DOWN
- 1 No neatnik
- 2 Furnace fuel
- 3 Aware of
- 4 "No nukes" agreement
- 5 Hiawatha's transport
- 6 Buddy
- 101 PLO's Arafat
- 102 Clodhopper
- 104 Goes soft
- 105 Iran-Contra figure North
- 106 Superman portrayer
- 107 Determined to do
- 110 Born and —
- 111 Quarterback Graham
- 112 Thrash
- 115 Ford fluid
- 116 Put tears in
- 117 "— believer!"
- 118 "— pro nobis"
- 119 Pas' mates

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W T Q N K H D A X U R P M R J

G D A X V S P Q (BOUNCE) P

N K I F D A X A V R T Q O P I

M J H F C A Y W E U A S R M K

P N L J H F D B G L Z C X A S

V T R Q O H M K I N D U E C H

F G N I V A S D T N I R P S B

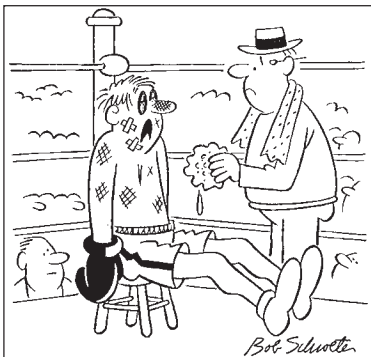
Z Y W V T R V A U L T R U S H

Q O N L K I H O D S F Y P H D

C A Z X W V B U E D I R T S S

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

- Bounce Leap Scurry Streak
- Bound Race Skip Stride
- Dash Rush Spring Vault
- Hurdle Scamper Sprint



"Boy, his _____ must
be hurting like crazy"
answer on page 47

SCRAMBLERS

Unscramble the CAPITAL letters below to form four ordinary words. Then rearrange the boxed letters to form the mystery word to complete the gag!

Parcel
DUBLEN _____

Bent
WEAKS _____

Chide
CLODS _____

Peep
QUEKES _____

TODAY'S WORD

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

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.

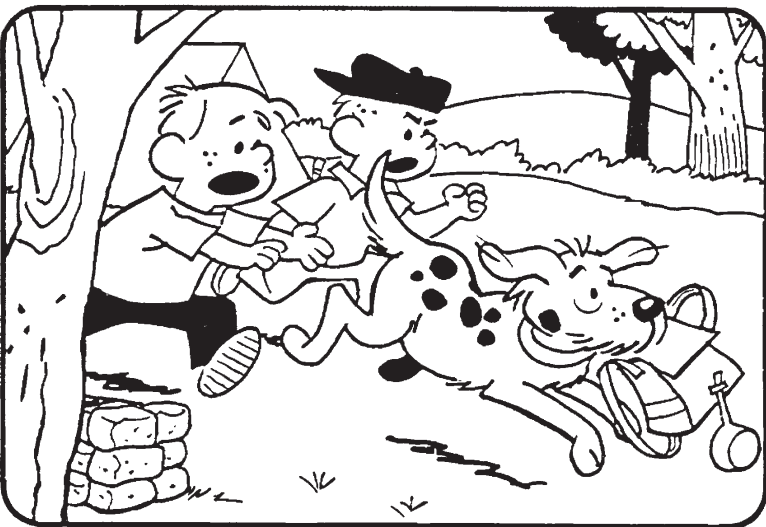
answer on page 45

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Shirt is different. 2. Firewood is missing. 3. Arm is moved. 4. Hot dogs are missing. 5. Trash can is missing. 6. Strap is shorter.

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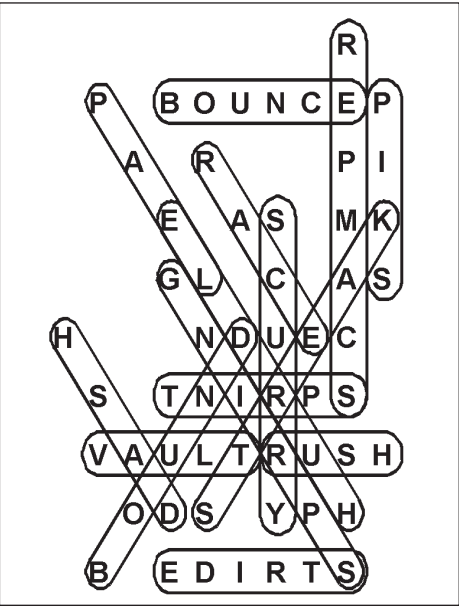
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ADIEU	EONS	STE	FIBS
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	AGRIPPA	EPAULET	
ACTING	NOSIR		INFERNO
BARLEY	NOTICEABLE		AIM
CEIL	ONS	SCI	WICCA
SNOWTIRE	WHEAT	WHACKER	
	IAMS	LEONI	RIFE
CORN	OPERATED	LAST	CALL
OPEDS	EMT	TAT	ARIA
MEN	HIT	BELOW	THE
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MAGIC MAZE



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

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Canal front home 3 bedrooms, 2 bath pool home in Shell Harbor - close access to the beach and causeway on the East End of Sanibel. Perfect location - \$3,800 per month. Call or text Rose at 239-851-5188.
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PUBLIC SERVICE ANNOUNCEMENT

Narconon reminds families that the opiate problem is continuing to get worse and is now considered a "syndemic." More than ever before, communities need to come together and educate parents and their children about the dangers of drug use.

To learn more about the Nation's drug crisis, go to:
<http://www.narconon-suncoast.org/blog/opioid-crisis-now-considered-a-syndemic.html>

ADDICTION SCREENINGS

Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals.
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9/7 ★ TFN

Shore Fishing:



Don't Harm The Fish by Capt. Matt Mitchell

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

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

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

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

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

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

Island Sun
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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

My Stars ★★★★★

FOR WEEK OF SEPTEMBER 10, 2018

Aries (March 21 to April 19) With your Arian charm quotient at an almost all-time high this week, plus all the facts to back you up, you just might win over the last doubters to your proposal.

Taurus (April 20 to May 20) You might be in line for that job change you applied for. But be advised that you could be called on to defend your qualifications against supporters of other applicants.

Gemini (May 21 to June 20) Creating a new approach to an old idea is one way to get beyond that workplace impasse. No such problems in your personal life, where things continue to flow smoothly.

Cancer (June 21 to July 22) Be more forthcoming about your feelings concerning a proposed change either in your workplace or in your personal life. Your opinions are valuable. Don't keep them hidden.

Leo (July 23 to August 22) A changing situation in your life needs more patience than you appear to be willing to offer. Allowing it to develop at its own pace is the wisest course you can take at this time.

Virgo (August 23 to September 22) With more stability in your life – on both personal and professional levels – this could be a good time to strengthen relationships with both friends and colleagues.

Libra (September 23 to October 22) People have always relied on your integrity not only to get the job done, but to get it done right. So don't be pressured by anyone into cutting corners to save time.

Scorpio (October 23 to November 21) While others might get rattled over unexpected changes, your ability to adapt calmly and competently helps you make a positive impression during a crucial period.

Sagittarius (November 22 to December 21) A changing environment might be daunting for some, but the adventurous Sagittarian takes it all in stride. A friend from the past could awaken some meaningful memories.

Capricorn (December 22 to January 19) With your self-assurance rising to full strength, the bold Goat should feel confident about opening up to new ventures as well as new relationships.

Aquarius (January 20 to February 18) Reaching out to someone who has been unkind to you might not be easy. But in the long run it will prove to have been the right thing to do. A friend offers moral support.

Pisces (February 19 to March 20) Your

keen insight once again helps you work through a seemingly insoluble problem in your workplace. The weekend offers a good chance to develop new relationships.

Born This Week: You have a knack for finding details that others would overlook. You would make a fine research scientist.

STRANGE BUT TRUE

- It was Scott Adams, best known as the creator of the *Dilbert* comic strip, who made the following observation: "Give a man a fish, and you'll feed him for a day. Teach a man to fish, and he'll buy a funny hat. Talk to a hungry man about fish, and you're a consultant."
- According to the Oxford English Dictionary, the word that has the largest number of different meanings is "set"; it takes 26 pages to detail them all.
- As fall approaches, here's some good news: Except for the queens, all wasps die in

- the autumn.
- There are those who feel that we should adopt the metric system of measurement, claiming that our current system is outdated and archaic. To go truly archaic, though, we could start measuring things in flags, baronies, falls, roods, townships and hides. Yes, those are actual terms of measurement. They equal, respectively, 25 square feet, 4,000 acres, 342 square feet, a quarter of an acre, 36 square miles and 10 acres.
 - Do you suffer from misoneism? Quite a few people these days seem to; it's a hatred or fear of change or innovation.
 - Between Memorial Day and Labor Day, it's estimated that Americans eat a whopping 818 hot dogs *every second*.
 - In 1938, *Fortune* magazine published a prediction that, in hindsight, turns out to have been rather egregiously off the mark: "Few scientists foresee any serious or practical use for atomic energy. They regard

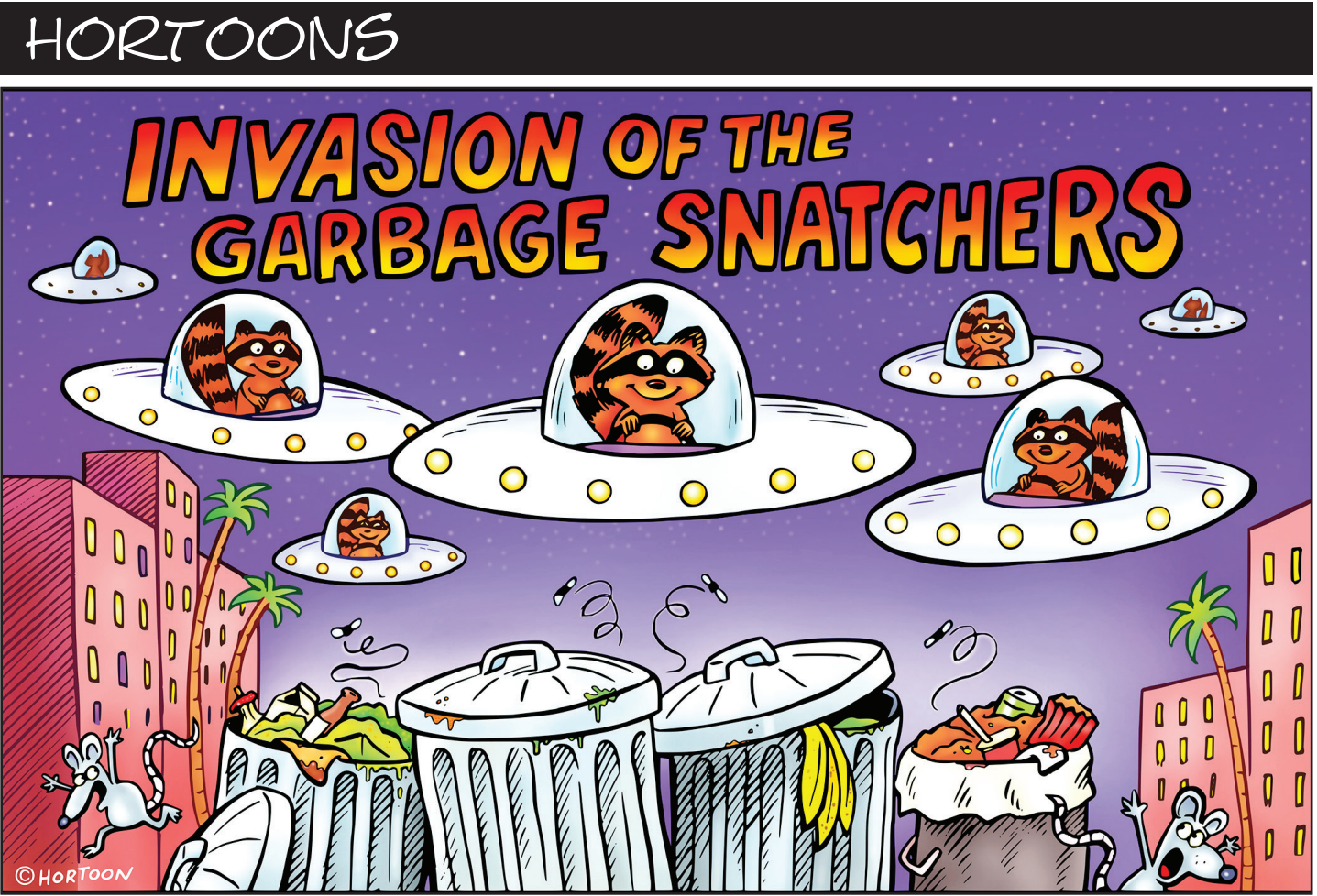
the atom-splitting experiments as useful steps in the attempt to describe the atom more accurately, not as the key to the unlocking of any new power."

THOUGHT FOR THE DAY

"Should you shield the canyons from the windstorms, you would never see the true beauty of their carvings." – Elisabeth Kubler-Ross

SCRAMBLERS

1. Bundle; 2. Askew;
3. Scold; 4. Squeek
- Today's Word
 KNUCKLES



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Salerno	Miromar Lakes	2015	3,934	\$2,174,000	\$1,990,000	326
Captiva Beach	Captiva	1981	1,879	\$2,050,000	\$1,800,000	223
Laurel Oaks At West Bay Club	Estero	2010	4,250	\$1,749,000	\$1,687,500	167
Costa Amalfi	Miromar Lakes	2013	2,586	\$1,599,000	\$1,550,000	3
Yachtsmans Cove	Sanibel	1981	3,121	\$1,195,000	\$1,030,000	231
Vittoria	Fort Myers	2006	3,449	\$949,900	\$920,000	42
Buttonwood Harbor	North Fort Myers	2003	4,452	\$899,000	\$850,000	120
Ascot	Bonita Springs	1995	3,059	\$889,800	\$850,000	114
Grande Estates	Estero	2006	2,860	\$874,500	\$850,000	27
Sanibel River	Sanibel	1985	2,094	\$799,000	\$774,000	57



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