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VOL. 26, NO. 11

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 14, 2018

SEPTEMBER SUNRISE/SUNSET: 14 7:13 • 7:35 15 7:14 • 7:34 16 7:14 • 7:33 17 7:15 • 7:31 18 7:15 • 7:30 19 7:15 • 7:29 20 7:16 • 7:28

Celebrity Servers Announced For Benefit Dinner

by Jeff Lysiak

The unofficial first island event of the fall season, the Bailey-Matthews National Shell Museum's 9th annual fundraising dinner, returns on Monday, October 1 at 5:30 p.m. at Traders Gulf Coast Grill and Gifts, located at 1551 Periwinkle Way.

The Celebrity Island Dinner, an evening of dining, dancing, comedy and camaraderie, offers guests a three-course gourmet meal along with karaoke singing and trivia. Paul Gulbrandsen will return as emcee.

This year's staff of "celebrity" servers will include Joey Almeida (Joey's Custard), Mary Bondurant (Bondurant Realty Group and Kingfisher Real Estate), Robin Cook (The Sanibel Captiva Trust Company), Liz Podolsky (Pfeifer Realty Group) and Robin Roberts (RE/MAX of the Islands).

"Last year was my first year of the event, and it was an absolute blast," said Almeida, who recalled growing



During last year's Celebrity Island Dinner, Robin Roberts solicited tips by grinding pepper on salads for guests photo by Jeff Lysiak

up utilizing programs offered at the museum. "Getting to work with the shell museum's staff is always great and they just know how to make things fun.

I couldn't wait to be a part of the event again this year."

Podolsky, a volunteer teacher with the museum's Adopt-A-Class program, also

serves as a shell ambassador. However, she has never attended the Celebrity Island Dinner.

"Becoming a celebrity server is an exciting opportunity for me to extend my support for the shell museum and have some fun doing so," she said, noting that her costume for the night is still in the planning stages. "I enjoy supporting the shell museum because shelling is a hobby that I enjoy and love to share with others. There is also a vibrant energy to the museum and their mission that makes it truly rewarding."

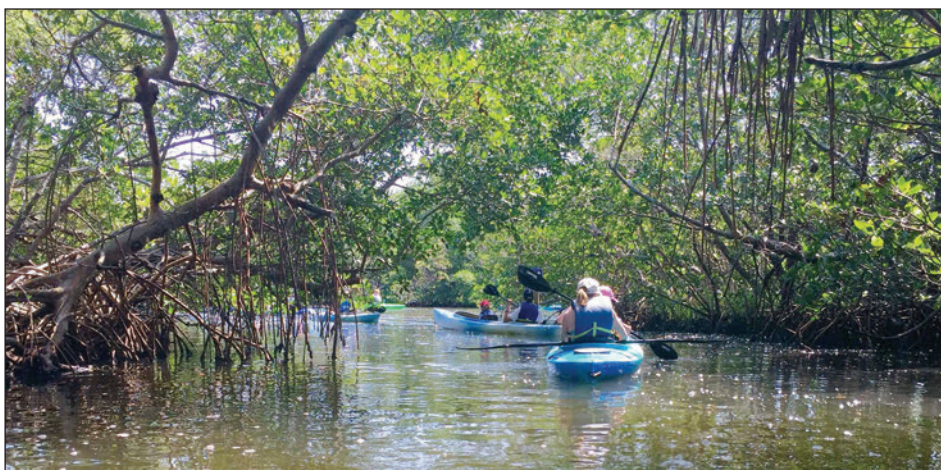
Returning for her third tour of duty as a celebrity server, Roberts reported she loves sharing the information she has learned at the museum and through the Shell Ambassador program.

"I'm honored to have the opportunity to raise funds to support the programs that help educate others about shells," added Roberts. "Shelling is my meditation."

Another Celebrity Island Dinner veteran, Bondurant will again don her mermaid costume that she calls "Shell-tastic!"

"Shelling is one of the reasons I have made Sanibel my home for over 20 years," said Bondurant. "I believe in

continued on page 10



Take advantage of discounts on kayaking tours and rentals on National Public Lands Day photo provided

Free Admission To Wildlife Drive Next Saturday

JN "Ding" Darling National Wildlife Refuge on Sanibel will celebrate National Public Lands Day on Saturday, September 22 with free admission to Wildlife Drive, discounts

at Tarpon Bay Explorers and special activities.

Wildlife Drive opens at 7 a.m. for free touring and closes at 7 p.m. Narrated tram tours will run at normal cost and schedule - 10 a.m., 12:30 p.m. and 3 p.m. The always admission-free "Ding" Darling Visitor and Education Center opens at 9 a.m.

In the Refuge Nature Store, the continued on page 32

Celebration At Children's Hospital



Golisano Children's Hospital of Southwest Florida by Jeff Lysiak

image provided

and other activities.

After earning the title of the most beautiful hospital in the United States, the staff, volunteers and local supporters of the Golisano Children's Hospital of Southwest Florida are planning to hold a celebration that will include refreshments, entertainment, games, crafts

All are welcome to attend the celebration on Friday, September 21 from 5 to 7 p.m. at Golisano Children's Hospital of Southwest Florida, located at 9981 South HealthPark Drive in Fort Myers. Along with hors d'oeuvres and refreshments, the celebration will feature

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High school/college age group from Sanibel Community Church H2O Summer Mission Team
photos provided

Team Ministers In Dominican Republic

This summer, 23 high school teens, youth leaders, family members and friends were sent out from Sanibel Community Church's H2O Youth Ministry to minister and serve in Santiago, Dominican Republic for 10 days. They joined with Mission Twenty-Five 35, a local ministry there.

Mission Twenty-Five 35 gets its name from Matthew 25:35, "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me." Their goal is to be the hands and feet of Jesus to all they come into contact with. This mission is affiliated with the Christian and Missionary Alliance denomination, a denomination whose goal is to spread the gospel of Christ to the whole world.

While there, the team ministered in a local prison, a boys detention center, an old folks home, a cancer hospital, a home for the mentally handicapped, assisted a medical team, held two vacation Bible schools for local children, helped with a baseball ministry, and worked in the local ministry's farm (a ministry to provide work and food to the local people).

"(We) felt called to serve in the Dominican Republic since their country was hit by two major hurricanes last season," Pastor Kevin Schafer said. "After our major hurricane hit last year, we wanted to continue to help others who had experienced what we had experienced. Their country was hit much harder than our area was and we wanted to serve the people there and share the love of Jesus with them."

For many who participated in the trip, this was their first time on an international mission trip outside of the United States. The team was joined by other groups from Pennsylvania, Ohio and Canada.

Almost everyone from the trip took the opportunity to memorize



Teens with some of the vacation Bible school children

Isaiah 58:5-11, another passage that encourages working with the homeless and needy among us. They were able to receive scholarships to assist them in paying for the trip. Many of those who went were encouraged to go on another mission trip, but they also were challenged and excited to come home and serve those in need who live around us. One leader mentioned how she thought this would be her last trip. However, while on the trip, she could hear the Lord encourage her that this is only the beginning, and by the end of the trip her prayer was, "Where next?"

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

Sanibel Community Church is an evangelical, non-denominational congregation, located at 1740 Periwinkle Way. For more information about H2O, contact Pastor Kevin Schafer at Kevin@sanibelchurch.com or call 472-2684.*



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Young students can explore the ocean in Sanibel Sea School's Sea Squirts program photo provided

Day Programs For Youngsters

Sanibel Sea School will once again offer seasonal classes for 4- to 6-year-olds beginning in mid-September. The program is called Sea Squirts. Like the nonprofit's classes for 6- to 13-year-olds, Sea Squirts programs will cover a different topic each week, and activities will include mud walks, fishing with a seine net, exploring the beach,

games and crafts. Led by enthusiastic and knowledgeable instructors, each class will be two hours long. "The idea is to help our youngest students feel comfortable in the water, so they will be ready for things like snorkeling and surfing by the time they turn six and can sign up for our other programs," said Nicole Finnicum, Sanibel Sea School's director of education. To learn more about the program or to register, visit www.sanibelseaschool.org or call 472-8585.✪

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

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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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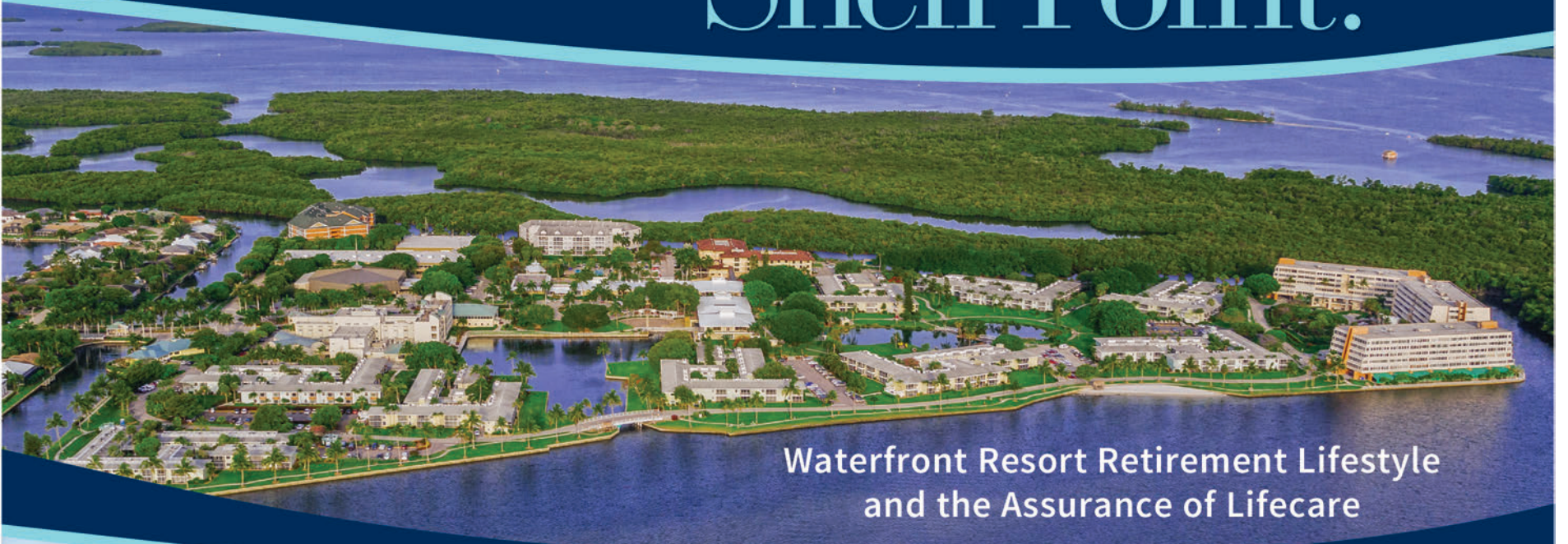


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OBITUARY

BONNEE LUANN CASSEDDY

Bonnee Luann Cassedy of St. Petersburg, Florida passed away on Sunday, September 2, 2018 at the age of 63.

Bonnee was born in Muscatine, Iowa on August 29, 1955. Her parents were Edward K. Cassedy II of Baltimore, Maryland and Donna Cameron Hodge of Muscatine, Iowa. Bonnee graduated from St. Ambrose University in Davenport, Iowa with a bachelor of arts degree in accounting and finance followed by a masters of business administration. Bonnee's education and experience led her to an extensive career working with nonprofits, providing management and consultation in the field of welfare reform, public policy development, and program management and funding. Bonnee's employer for the last 10 years was The Salvation Army at its Florida Divisional Headquarters in Lutz, Florida, as an invaluable member of the social services department as a grants and contracts manager.

Those left to honor her memory include her siblings: Mary Yvonne Aubrey (Glen) of Urbana, Iowa; Jason Chamberlin (Andra) of Canton, Illinois; Cameron Chamberlin of Oskaloosa, Iowa; nieces and nephews Aesia, Whitney, Jon Cameron, Jace, Alex and Madison. Bonnee was preceded in death by her son, Specialist Zachary Thomas-Johnson and her parents.

"A day without a friend is like a

pot without a single drop of honey left inside." – Winnie-the-Pooh

Bonnee leaves a host of friends to honor and celebrate her life. Her other sibling, Lisa Forsyth, will attend to Bonnee's last wishes that she be cremated and her ashes laid to rest in Key West, Florida.

The family is grateful for the condolences, shared memories and kind words. Donations can be made in honor of Bonnee Cassedy to the Sanibel-Captiva Conservation Foundation at: SCCF, P.O. Box 839, Sanibel, FL 33957. Please note: "For Sea Turtle Program" or at www.sccf.org.

OBITUARY

RAY STIDHAM

Lora Raymond Stidham, son of Lora and Martha Stidham, went home to be with the Lord on September 6, 2018, joining his wife of 71 years and his two children, Michael Raymond and Kristi Lynne.

Ray, as most called him, was born on May 7, 1922 in Middletown, Ohio, living there through high school where he met his future wife. He worked at ARMCO Steel until joining the Army Air Force in Dayton, Ohio. While Ray was stationed in Texas for basic training, Luise joined him and they were married on September 12, 1942 in Bonham, Texas. Ray, as first lieutenant, served in two theaters, North Africa and Europe during World War II.

Ray was always thinking of his family. Career decisions were made, sometimes

with a sacrifice on his part but with family in mind. He was a good father to his two daughters, supporting their endeavors, and he was there for them in times of failure. He loved his grandson greatly and enjoyed many wonderful excursions with him, as Ray worked all over Florida and North Carolina.

In their later years, Ray and Luise attended Southwest Baptist Church in Fort Myers. They especially enjoyed the teaching and special music, as Ray played piano when he was young. Ray is survived by his daughter Gretchen, his grandson Byron, and many special cousins. Anyone who spent a lot of time with Ray became a part of his extended "family," including his caregivers of the last one and a half years and his many friends at Bailey's General Store on Sanibel.

The funeral service was held on September 12 at Fort Myers Memorial Gardens, where Ray was layed to rest.

OBITUARY

JOHN FOSTER FREEMAN

John F. Freeman, Jr., age 86, passed away on August 13, 2018 in Fort Myers, Florida. John was the son of John F., Sr. and Kathryn Freeman and grew up in Ft. Lauderdale, Florida. He and his wife Elizabeth (Betty) Freeman spent their 61 years of marriage in Ft. Lauderdale, Sanibel Island (14 years) and Fort Myers, Florida. For many years, summers were enjoyed in the town of Waynesville, North Carolina in the mountains.

John was a proud graduate of the University of Florida and practiced as a CPA in Ft. Lauderdale and Sanibel. He was the past president of Broward County Chapter of the FICPA, a member of the Rotary Club of Sanibel-Captiva, a past elder at Parkway Christian Church in Ft. Lauderdale and an active member at Sanibel Community Church, where he served in many positions. He was also a member of Long's Chapel United Methodist Church in Waynesville, North Carolina. John was proud to have been involved in the leadership of planning and building programs for three different churches. Military service consisted of two years active duty and three years in the U.S. Army Reserves. In retirement, he enjoyed golf, bocce, traveling and fishing the local waters of Southwest Florida.

John is survived by his loving wife and best friend, Elizabeth Freeman of Fort Myers; two daughters, Lori and Jay Richter of Sanibel, Florida; and Lynda and Bill Vargas of Atlanta, Georgia; six grandchildren, Andrew, Jeffrey, Jaime, Jillian, Cara and Matthew; three great grandchildren, Leila, Gabriel and Ayva; as well as many extended family members and friends.

A celebration of life memorial service will be held on Saturday, September 15 at 10:30 a.m. at Sanibel Community Church.

In lieu of flowers, gifts in memory of John may be given to the American Macular Degeneration Foundation, P.O. Box 515, Northampton, MA 01061-0515, or online at <https://www.macular.org/how-donate#memorial> in loving memory of John F. Freeman.



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Straw Ban, Rec Fee Increases Approved

by Jeff Lysiak

Three months after the idea had been brought before the city council, a ban on the distribution of single-use plastic straws on Sanibel was officially approved by a unanimous vote on Tuesday.

“A plastic straw shall not be sold or distributed within the City of Sanibel in or by any commercial establishment or at any city facility or city property or by any special event permittee,” the ordinance reads, in part. Exceptions to the ban would include prepackaged beverages prepared outside of the city, medical and dental facilities, use of straws by disabled people who rely on their use to consume beverages or dietary supplements, multiple use straws or on land owned and managed by the Lee County School Board, Lee County, the State of Florida or the federal government.

The ordinance, which had been proposed by Councilman Jason Maughan, finds “in the best interest, safety and welfare of the citizens and visitors” that (Sanibel) should prohibit the sale and distribution of plastic straws. Enforcement of the ban will become effective after 120 days following passage of the ordinance. The first offense would carry a written warning; second offense a \$50 fine, third offense a \$200 fine; fourth and subsequent offenses a \$500 fine.

The idea of banning plastic straws on Sanibel was brought before the council in June by representatives of Coastal Keepers, whose Strawless On Sanibel (SOS) initiative began last year. Since it started, more than a dozen island businesses had joined the initiative and eliminated using single-use plastic straws.

Prior to approving the ordinance, Councilwoman Holly Smith made note of a letter from a citizen concerned that the ban complies with regulations stipulated within the Americans With Disabilities (ADA) Act. City Attorney



Longtime Sanibel Recreation Department employee Jai Earle, center, was recognized for her 22 years of service to the island community during Tuesday’s city council meeting. Also pictured are, from left, Jason Maughan, Kevin Ruane, Mick Denham and Chauncey Goss.

photo by Jeff Lysiak

John Agnew confirmed that is does. During public comment on the ordinance, resident Steve Maxwell asked a question regarding bringing plastic straws onto Sanibel from an off-island location. “Are you a business distributing straws?” Maughan asked Maxwell, to which he replied he wasn’t. “Then you are exempt.”

Responding to an inquiry about plastic grocery bags, Richard Johnson of Bailey’s General Store stated that his family business has eliminated single-use plastic straws in their catering business, deli, coffee bar and on the shelves of their stores. He also noted that the business distributes canvas grocery bags free to their customers, but requesting a donation to be made to Coastal Keepers.

Following some additional discussion, the ordinance was adopted, 5 to 0.

In other business, councilors approved a two percent across-the-board increase in membership fees for the Sanibel Recreation Center, along with the addition of a monthly installment billing option for resident (individual and family) six-month and annual memberships. Also, several program fees were approved for an increase, including the group land

fitness class held at the Center 4 Life, with the cost for non-members rising from \$7 to \$10 per class.

According to Andrea Miller, recreation department director, the increases that apply to the rec center’s winter camp program were required to bring the costs in line with the facility’s summer camp fees.

Also, an ordinance related to special events held on Sanibel was approved, but not before it was altered to remove a controversial condition regarding off-island advertising.

Mayor Kevin Ruane explained to his fellow councilors that the third condition of the proposed ordinance, which would prohibition event organizers from advertising their events off-island between January 1 and March 31, had drawn much criticism. “I’ve gotten a lot of emails that seem to be 10-to-1 against that (condition),” he said. “No way am I going to go for this, especially with the (economic) condition we’re currently in.”

After Vice Mayor Mick Denham inquired if it would be appropriate to pull the ordinance and do some additional investigation on the legislation, Maughan suggested approving the ordinance with the

condition of banning off-island advertising removed.

The amended ordinance, which was unanimously approved, increases the deadline for special event applications from 30 days prior to the event to 60 days prior to the event. It also increases the cleanup deposit required for event organizers from \$50 to \$100 per event.

Councilors also approved budget appropriating \$1,759,000 in funding related to contractual costs for cleanup of the red tide fish kill on beaches, bays and in canals. Of that total, \$435,000 will be spent for bay and canal cleanup from the city’s General Fund Intergovernmental Grant revenue and \$1,324,000 in beach parking funds – with money from Tourist Development Council (TDC) grants – will be used for beach cleanup.*

City Of Sanibel Approves \$66 Million Budget

by Jeff Lysiak

Noting that property values on Sanibel have reached an all-time high of more than \$5.2 billion, members of the city council adopted on Monday evening approved appropriations and revenue estimates for fiscal year 2019 at \$66,066,165, along with a tentative ad valorem operating millage rate of 1.9139. The city’s millage rate has remained the same for three consecutive years.

The Lee County Property Appraiser preliminarily assessed Sanibel’s property values at \$5,200,016,953, which is 2.96 percent higher than last year’s estimated value of \$5,050,576,425.

“As property values have increased, the city council has continued to focus on setting an appropriate millage rate to deliver maximum efficiency in service to the citizens of Sanibel, while reducing pressure on the tax burden to property owners,” the tentative budget report, presented by Finance Director Steve Chaipel, reads in part. “Total tax rates levied by the city have decreased from 2.8983 mills in fiscal year 2007 to a

Continued on page 36

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The Community House



French chef Andre Gratesol will teach a baking class on October 5

photo provided

Alcohol Inking

Anita Gober will teach a class on Alcohol Inking on Wednesday, September 26 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.

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

New Bible Study

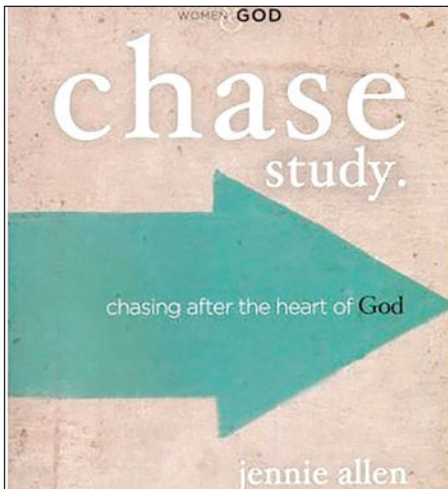


image provided

Sanibel Community Church Women's Ministry invites women of all ages to a new Bible study, titled *Chase* by Jennie Allen, meeting on the first and third Tuesday of the month from 9:30 a.m. to noon beginning September 18. Childcare will be available.

"We're all chasing after something, something that we think will make us happy – comfort, success, a bigger house or someone's approval. But if we are all honest, it feels like trying to catch the wind." – excerpt from Jennie Allen's webpage

To sign up, call 472-2684 or stop by the church office. For more information, contact Beth Burns at burnsamsanibel@comcast.net.✱

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. Register online.

Some scholarships are available, thanks to the Rotary and Kiwanis clubs, as well as private individuals. If you are

interested in donating towards these scholarships, call Teresa at 472-2155.

Baking With French Chef Andre Gratesol

French chef Andre Gratesol will teach a hands-on baking class on Friday, October 5. Using puff pastry dough, learn the chef's methods for making ham and cheese appetizers, tarts with fruit on pastry crème covered with an apricot glaze, and palmiers. Cost is \$50 per class. Sign up online. The next class is scheduled for Friday, October 26.

SCA Kitchen Guild

Sanibel Community Association (SCA) Kitchen Guild members are invited to a session on Canning in the Kitchen

with Chef Jarred Harris on Wednesday, October 10 beginning at 10 a.m. Register online by clicking on the activity date on the calendar.

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.

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



F.I.S.H. SOCIAL SERVICES HELPING OUR NEIGHBORS EVERYDAY

F.I.S.H. Social Services assists individuals and families within our community in an effort to enhance social functioning, self sufficiency and well-being through various programs, services and workshops.

Kathy Y. Monroe, M.S.G., F.I.S.H. Program Director

Kathy has 20 years of social services experience, and holds a Master of Science degree in Gerontological Studies from Saint Joseph's University and a theological certification from Immaculata University.



Nitza Lopez, B.S., F.I.S.H. Case Manager

Nitza received a BS in Education from NOVA Southeastern University. Much of her career has been in Social Services, working with Early Childhood Learning Center for 15 years. She was also a child protective investigator for the Department of Children and Families where she was on the Infanticide review committee and served as a Domestic Violence Advocate.



Maria Espinoza, F.I.S.H. Walk-In Center Manager

Maria is a full time student at FGCU working on her political science degree. Maria was the president of the Helping Hands Club at Cypress Lake High School where she earned more than 550 community service hours and a volunteer within the Lee County School District and the Boys and Girls Club of Lee County. Prior to working with F.I.S.H. she helped Pre-K – 4th grade students with foreign language.



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Golden dewdrops' racemes of lavender-blue flowers bloom year-round in South Florida
photos by Gerri Reaves

Plant Smart

Golden Dewdrops

by Gerri Reaves

Experts disagree on whether golden dewdrops (*Duranta erecta*) is a Florida native, but there's no doubt about its ornamental value and wildlife friendliness.



Birds eat the golden fruit, but it is poisonous to people

This perennial of the verbena family takes the form of a shrub or small tree. Unpruned plants develop into trees up to 18 feet tall.

Branches are arching or cascading and sometimes spiny. Opposite oval leaves are evergreen with serrated edges and measure one to four inches long.

The golden yellow berries inspire the common name, but loose clusters of star-shaped blue or lavender flowers inspire yet another, sky-flower. It is also

called pigeon berry.

In South Florida, plants can bloom year-round, so the berries and tubular flowers are often on the plant simultaneously, creating a beautiful color contrast.

Each fruit is about a half-inch across and covered by a calyx closing into a curved beak.

Although birds like the fruit, they are poisonous to people.

Use this shrub as a background or screen plant or as a nectar source in a butterfly garden. It can also be espaliered on a fence or wall.

Once established, it requires little maintenance.

It has a moderate growth rate and tolerates drought but not salt.

It adapts to various soil conditions and will grow in partial shade but flowers better in full sun.

Propagate it with seeds or cuttings.

There is also a white variety of this pretty flower.

The foliage can cause skin irritation, so handle carefully when pruning.

Sources: *Five Hundred Plants of South Florida* by Julia F. Morton; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden*, by Frederic B. Stresau; *Florida Plants for Wildlife* by Craig N. Huegel; *Gardening for Florida's Butterflies* by Pamela F. Traas; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Waterwise: South Florida Landscapes* by SWFWMD; www.edis.ifas.ufl.edu; and www.floridata.com.

Plant Smart explores the diverse flora of South Florida.✧

From page 1

Celebrity Dinner

education, and there is so much to learn beyond just collecting shells. The museum's education program is so important to our community and everyone who comes here."

"I enjoy supporting the children's educations programs. Shells are Sanibel

and the museum is such an important part of our community," said Cook, who plans on dressing up as The Caped Crusader – Defender of Wealth. "This will be my third time as a server and I enjoy dressing in costume, interacting with the guests and contributing to the success of the event."

Roberts explained that while she normally keeps the identity of the costume she will wear until the night of the event, this year she plans to honor museum marine biologist Rebecca Mensch – who discovered three live junonias during a scientific research expedition in March – by wearing a junonia-themed costume... "with possibly an additional surprise," she promised.

Almeida also noted that he's looking forward to this year's trivia competition. "It's fun to see who knows their Sanibel history and watch the fun competitive spirit of the servers and guests alike," he said. "As always, Traders provides their very best new dishes they will be featuring during season, and as a self-proclaimed 'foodie,' that's always a plus."

On the menu will be a salad course comprised of Mixed Baby Greens, Raspberry Vinaigrette, Gorgonzola and Toasted Pecans, choice of entrees (Grilled Blackened Mahi with a Coconut-Curry Sauce, Mango Salsa served with Black Beans and Rice; Braised Beef Shortrib topped with a Cabernet Demi served with Roasted Garlic Mashed Potatoes; Parmesan-encrusted Breast of Chicken served with Angel Hair Pasta with Lemon-Caper Beurre Blanc; or a vegetarian selection) and dessert featuring Mike's Keylime Pie with Raspberry Sauce.

Tickets are \$75 per person and include a gourmet meal, beer and wine served with dinner, and entertainment by local celebrities. To purchase tickets, call Melanie Moraga at 395-2233 or visit www.shellmuseum.com.

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



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Thanks Gordon



by Capt.
Matt Mitchell

Tropical Storm Gordon proved to be just what we needed to break up and push more of the red tide out of our area. In the days immediately following the strong winds and heavy

rain, the sound was in amazingly good shape, and it was easy to see the vast improvement. Labor Day weekend is usually the last busy weekend before the doldrums of September, but with the red tide and a tropical storm, it turned out to be the slowest holiday weekend anyone can remember.

Post-Gordon fishing continues to keep getting better along with quality bait getting easier to catch. Keeping this pretty bait alive has generally been no problem, though it only takes running through a patch of bad water and all your baitfish can die. Most days I had no issues with this but when returning to Punta Rassa to pick up clients one morning this week, everything went belly up while between Tarpon Bay and the Causeway Islands. Later that day, after a few hours of incoming tide, this same area was fine and no bait died. While

fishing a tournament this past weekend, we ran the whole length of Pine Island Sound and back down Matlacha Pass and did not see a single floating dead fish or have any baitfish die.

This week brought some crazy big high tides, which proved to be the perfect set-up for catching both snook on oyster bars along with redfish under the mangroves. Oyster bars around Buck Key held lots of smaller snook and, once you found them, this bite was on fire. Redfish on the other hand were tough for me this week, though I had reports from Matlacha Pass and the Bokeelia end of Pine Island where this bite went off. Mangrove snapper were the fish of choice for my clients looking for fillets.

Waters around our area were a little busier this week, which is a good thing. I'm seeing people gradually getting back out on the water, and they are being pleasantly surprised at the conditions they are finding. The middle northern sound and Matlacha Pass remain the cleanest water and the better areas to fish. Area beaches are the cleanest they have been in a long time after the massive clean-up operation.

Don't give up hope! Get out on our waters and enjoy.

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.✱✱

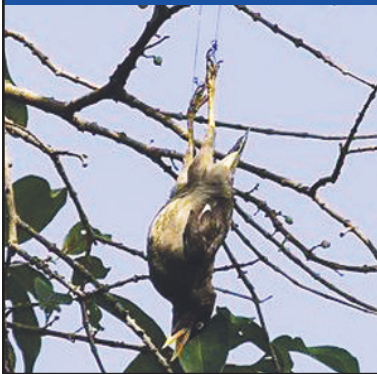


Mary Laser of Sanibel with a snook caught while fishing with Capt. Matt Mitchell this week photo provided

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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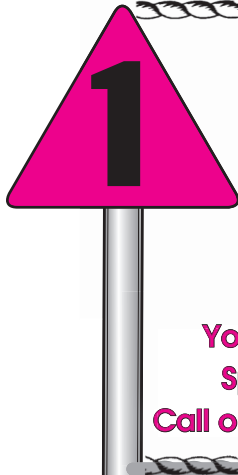


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Shell Of The Week

Fragile Surf Clam (Redux)



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

This column corrects and should replace the one from last week, in which I sent the

incorrect image for the Fragile Surf Clam. The species illustrated in that occasion was the Buttercup Lucine, which will be covered next week.

The Fragile Surf Clam, *Macrotoma 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 the name indicates, have 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.

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk.



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

photo by José H. Leal

Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org

or call 395-2233.

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

Free Time For Creativity

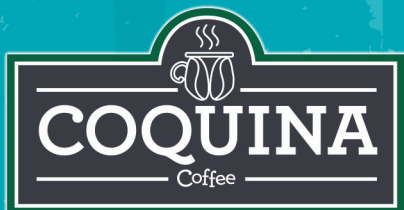


Yari Mendez

photo provided

Yari Mendez painted a picture about putting out the fire during his free time at Summit Christian Preschool, located at Sanibel Community Church. Painting is just one of the many activities the preschoolers enjoy during their free play time at the preschool.

There is still space available for 3- to 5-year-olds. Children who turned 4 by September 1 are eligible for free VPK preschool, which operates Monday through Thursday from 8:30 a.m. to 12:30 p.m. For a tour of the school or more information, call 472-2684.*



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Kayakers taking a peaceful paddle through Commodore Creek

photo provided

Rental Discounts On National Public Lands Day

On Saturday September 22, Tarpon Bay Explorers will be treating visitors to a 25 percent discount on kayak, paddleboard and bike rentals in honor of National Public Lands Day. National Public Lands Day was first launched in 1994 and aims to advocate for public land support, restoration and stewardship through volunteer services. Public lands consist of any federal, state or locally owned land that is for public use. Seeing that Tarpon Bay Explorers operates out of federal land, the company decided to celebrate the day with a discount to encourage visitors and locals alike to explore the land and water the JN "Ding" Darling National Wildlife Refuge has to offer.

"National Public Lands Day is really gaining steam and recognition on a local, state and federal level," said Tarpon Bay Explorers' Program and Education Manager Adam Sauerland. "The day receives recognition at all

levels and we are more than happy to collaborate with the refuge to encourage visitors to explore the public lands Sanibel has to offer in hopes of them gaining appreciation and respect for a beautiful area." Many people visit Sanibel for its beaches, but not all know that a third of the island consists of the JN "Ding" Darling National Wildlife Refuge. In addition to the beaches, the refuge is a huge attraction for Sanibel which the Explorer family wants all visitors and locals alike to experience.

Tarpon Bay Explorers is the concession to the JN "Ding" Darling National Wildlife Refuge, providing low-impact recreational activity and educational opportunities. Fifteen percent of what Tarpon Bay Explorers receives goes back into the U.S. Fish & Wildlife Service, benefiting refuges around the country. To experience the "Ding" Darling National Wildlife Refuge with Tarpon Bay Explorers, visit www.tarponbayexplorers.com or call 472-8900. National Public Lands Day discount cannot be combined with Tarpon Bay Explorers' annual local September discount.

Tarpon Bay Explorers is located at 900 Tarpon Bay Road.*

Few Days Remain To Vote For 'Ding' Restroom

The last day to vote for the Learning Lavatories at the JN "Ding" Darling National Wildlife Refuge Visitor & Education Center in the 2018 America's Best Restroom Contest is September 18. The refuge's restrooms are among 10 finalists the public can vote on at www.bestrestroom.com/us.

You can vote all day every day through September 18. There is no limit to the number of times a person can vote each day, according to the website's contest rules.

"I guarantee, there's no other restrooms like these in the world – so devoted to wildlife conservation and environmental awareness," said Toni Westland, "Ding" Darling supervisory refuge ranger and a driving force behind the artistic, educational restrooms project.

Funded by a \$125,000 grant from the West Coast Inland Navigation District (WCIND) and contributions from private donors, project #LearningLav debuted in October 2017. It features educational imagery inside



#LearningLav features life-size mother and baby manatee sculptures fashioned from recycled bicycle tires by Andrew Corke

photo provided

the lavatories and on the walkway leading to them. The outdoor wall and ceiling mural immerses visitors in a virtual underwater experience, where they come eye-to-eye with 3D manatees

continued on page 16



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Periwinkle Place Shops, along with the Blue Giraffe Restaurant, will host the Florida Association of Chamber Professionals (FACP) dinner on Wednesday, September 19 from 6 to 8 p.m. The public is invited to stop by for an evening of shopping, complimentary refreshments and live music featuring the Malibu Duo, playing the sounds of Jimmy Buffet and Bob Marley, and the Jamie and Shelley Duo, strumming and singing classic rock tunes from the likes of Fleetwood Mac and Creedence Clearwater Revival.

The following offers from select retailers will be available to everyone during the event:

Beach Daisy Boutique: 20 percent off entire purchase. Wine available for customers.

Butterfly Beach: 10 percent off entire purchase.

Classic Collections: 20 percent off any single item, excluding Pandora.

Everything But Water: Store will remain open until 8 p.m.

FantaSea: 20 percent off storewide.

Fresh Produce: 25 percent off entire purchase of \$100 or more. Refreshments provided.

Her Sports Closet, a Lilly Pulitzer Specialty Boutique: 15 percent off entire purchase.



Periwinkle Place Shops

photo provided

Island Style Galleries: Store will remain open until 8 p.m. Wine available for customers.

Island Pursuit: 20 percent off, some exclusions apply.

Naples Soap Company: 25 percent off entire purchase. Refreshments will be provided.

The Original Chico's: Happy 35th Anniversary 35 percent off sale. Refreshments provided.

Paradise Boutique of Sanibel: 50 percent off select merchandise.

Peach Republic: 30 percent off all women's clothing.

Sand Castle Gifts and Gourmet: Free Sanibel shopping bag with a \$10 purchase.

Sanibel Olive Oil Company: 10 percent off storewide.

Sanibel Sunglass Company: Friends and Family 15 percent off almost everything sale. Wine and cheese provided.

Sea Glass Lane: 20 percent off entire purchase, excludes Magnolia

Pearl.

Tiki Jim's: 50 percent off select merchandise.

Toys Ahoy: 20 percent off entire purchase storewide.

Trader Rick's: 10 percent off entire purchase. Refreshments will be provided.

All offers will be available until 8 p.m. when the shops close.

For more information, visit the Periwinkle Place Facebook page at facebook.com/PeriwinklePlace.*

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 14, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, September 14, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory



raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Monday, September 17, 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 18, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other

invertebrates, and they all depend on our sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques.

Wednesday, September 19, 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 19, 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.**Thursday, September 20, 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 20, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

From page 15

'Ding' Restroom

and look up to see an alligator, duck and pelican sculptures swimming overhead.

Inside, the lavatories were renovated to green standards and continue the interpretive underwater motif, featuring a photo-tile mangroves mural and more wildlife sculptures. Close-up photographs of refuge birds wrap stall doors and include identification information. Educational teaser messages were designed to entice visitors into the admission-free Visitor & Education Center to learn more.

"We like to say that the restrooms have turned a 'nature call' into a 'nature enthrall,'" said Paul Tritaik, refuge manager.*

CROW Case Of The Week:

Mange



by Bob Petcher

Mange is nothing to be taken lightly. It is defined as "a skin disease of mammals caused by parasitic mites and occasionally communicable to humans. It typically causes severe

CROW medical staff confirmed the raccoon was indeed suffering from severe sarcoptic mange by examining a skin scraping under a microscope that showed live *Sarcoptes*. The patient was definitely infected by the disease.

"This case of Sarcoptic mange was a very severe one in that the lesions that affected the young raccoon covered the majority of the body. The lesions most commonly present are hair loss and excessive crusting of the skin," said Dr. Abbott. "Mange refers to any disease where mites cause obvious defects in the skin. Sarcoptic mange is common and found around the globe."

Since Sarcoptic mange is a zoonotic disease, meaning it can be spread from animals to humans, the raccoon was taken to a special, isolated quarantine room in the hospital to prevent the spread to other patients. CROW medical staff used extra protection while providing the raccoon with antiparasitic and antibiotic medication to treat the mange, along with nutritional and supportive care.

"For protection against this zoonotic disease, staff wears gowns and gloves when working with the raccoon," said Dr. Abbott. "The raccoon is also housed in a separate room from other patients. This room contains a separate air system from the rest of the hospital which helps prevent the spread of infectious diseases."

"The raccoon has been treated with two different drugs in the same class to kill the mite. One is called Ivermectin and is an injectable medication, and the other is selamectin, commonly known as Revolution, and is a topical medication.

itching, hair loss and the formation of scabs and lesions."

Sarcoptic mange is a form of mange that is referred to as a highly contagious skin disease. It is so called because this type of mange is caused by the *Sarcoptes scabiei* mite.

At CROW, a juvenile northern raccoon was admitted to the clinic after it was found in a supermarket parking lot in Fort Myers and suspected to have mange. The parasitic infection caused the raccoon to experience matted fur, hair loss and bacterial skin infection. Mange can also leave the infected thin and dehydrated.

"Animals become infected with mange after direct contact with another animal with mange or if a mite survives long enough in the environment to travel onto a new host," said Dr. Kyle Abbott, CROW veterinary intern. "*Sarcoptes* mites, however, are not long-lived off their hosts."



Patient #18-3394 suffers through Sarcoptic mange, but recovery is expected

photo by Brian Bohlman

Both are used to ensure the mites are killed and because it was uncertain if this raccoon could effectively absorb either medication through its compromised skin."

Now that the young raccoon has faced the main part of the medical procedure, it is more of a waiting game to see how it responds.

"Once the patient is able to clear the crusted skin lesions, we will test the skin again for live mites," said Dr. Abbott. "If there are none, then the patient will be cleared to move to an outside enclosure where it will continue its rehabilitation until it is ready for release."

After a few more days of getting treatment, there seems to be a light at the end of the tunnel for the patient.

"This raccoon has done well with treatment and is eating well on its own," said Dr. Abbott. "Within a few weeks, it should be ready for release."

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



BOGO BY THE BEACH.

Every Monday, Wednesday and Friday through October 17, buy one entrée from our BOGO menu at **Sea Breeze Café** and get a second entrée of equal or lesser value free.



To view the menu, visit sundialresort.com/dine/sea-breeze-cafe.



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CAPTIVA

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2 p.m. Friday, September 21

Captiva Memorial Library, 11560 Chapin Lane

Bill Metts • Bruce Gallant • David Hintz

DOWNTOWN FORT MYERS

Mike McMillan Host & Supplying Sound

5 p.m. Thursday, September 27

Fort Myers Regional Library, 2450 First Street

Robert Bidney • Carlene Thissen • Mike McMillan



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.

selected by Hannah Star Rogers

Home

by Cameron Hallett,
Sanibel Sea School camper

Today I am coming home
But it is not to a house that I
Return
A place where wonder gets its
Turn
A place where there is always more to
Learn

Today I am coming home
But mountain peaks are not where I
Roam
A place where beauty finds a
Home

A place where water can splash and
Foam

Today I am coming home
But quiet is not what I
Seek
A place that is home to both the great
and
Weak
A place where possibilities abound for
those who under corals
Peek

Today I am coming home
But not to rest and hang
Around
A place where disco fish
Abound
A place where your steady breath is
the only
Sound

Because today, I am coming home
I will return to the water
For when I am in the ocean
I am home

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.✧

Day Trip Destination: Telegraph Creek

by Ocean
Tribe Paddlers

Telegraph Creek is a tributary of the Caloosahatchee, located in Alva, Florida. An

excellent day trip destination from our area, visiting paddlers will be rewarded with wildlife sightings and unique forest views. We chatted with avid paddler Emmett Horvath to learn more.

OTP: Tell us about Telegraph Creek. What is the ecosystem like, is it accessible to beginners, and is there wildlife to look for?

EH: On Telegraph Creek, paddlers will be surrounded by temperate deciduous forest. Trees line the banks, and the foliage and brush get denser the farther upstream you travel. Large oaks extend out over the creek, with tendrils of Spanish moss hanging down. With slow waters and ample shade, the area is appropriate for paddlers of all levels. Watch for turtles, birds, alligators and snakes. There's also a farm along the way with llamas, zebras and bighorn sheep.

OTP: How long is the paddle, and is there a route you recommend?

EH: The paddle can be as long as you want it to be. If you follow the creek to the left from the launch point, upstream, I recommend paddling until you run out of time or get tired. On my last visit, I

paddled for about an hour and a half into Telegraph Creek Preserve, had a picnic lunch, then returned, for a total trip time of about three and a half hours.

OTP: Do you have any other helpful tips for paddlers making the trip?

EH: There aren't many amenities nearby, so come prepared with food, water and any other supplies you might need. If you are allergic to poison ivy, use caution if you choose to exit your craft. Also, take bug repellent during the wet season – there are some mosquitoes.

OTP: What is the best way to get there and launch your vessel?

EH: Head up to exit 141 on I-75N, then hop on FL-80E for a couple miles and take a left on SR-31. After a few miles on SR-31, take a right on FL-78E/ North River Road. The launch site is about four miles down North River Road (if you have a GPS, you can have it direct you 15700 North River Road, the closest address). It's right next to a small bridge over Telegraph Creek. If you pass Traverse Road on your right, you've gone too far. On the right side of the road, before the bridge, the shoulder is wider and there is plenty of space to park. There is a fence around the abutting property with signs posted stating "No Trespassing" and "No Parking," but as long as you park on the shoulder and not on private property, you will be fine. Grab your watercraft, paddles and other gear and head over to the bridge, where there is a little sandy beach to put in on the right side.

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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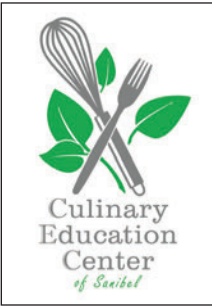
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At Periwinkle & Casa Ybel

The Community House

The Pecan



by Resident Chef Jarred Harris

The pecan tree is a type of hickory that produces a delicious nut every two years. This nut is called a pecan (pih-KAHN or PEE-kan). Pecans are native to the Mississippi valley and have been grown commercially throughout the Southeastern United States since the mid-1800s. The name “pecan” is a Native American word that describes nuts requiring a stone to crack.

There are over 1,000 varieties of pecans and many are named after Native American Indian tribes, including Choctaw, Cheyenne, Sioux, Mohawk and Shawnee.

Eighty percent of the world’s pecan crop comes from the United States, with Georgia and Texas being the largest commercial producers. In fact, the city of Albany, Georgia earned the title of Pecan Capital of the U.S. by having more than 600,000 pecan trees. Pecans are so

popular in Texas that the pecan tree was declared its state tree in 1919. Alabama made the pecan its official state nut in 1982.

Pecans are heart healthy nuts that contain magnesium, iron and vitamin B6. The nuts are also rich in vitamin E, zinc and dietary fiber. Pecans provide nearly 10 percent of the recommended daily allowance for zinc, and one ounce of pecans provides 10 percent of the recommended daily fiber intake. Pecans are so healthy, the Apollo astronauts took pecans into space on two missions.

Butter pecan is my favorite ice cream flavor and it is a Texas invention. Pecan pie is my favorite pie recipe and it was created by the French who had settled in New Orleans.

Here is an easy pecan recipe to try:

Pecan Cookies

Ingredients

- 2 cups pecans (finely chopped)
- 2 cups all-purpose flour
- 1 tbsp. vanilla extract
- ½ cup sugar
- 2 sticks (8 ozs.) butter (softened)
- 1 cup powdered sugar

Method

Pre-heat oven to 325F

Combine the butter and sugar until well blended.

Add the vanilla to the sugar, butter mixture and mix well.

Gradually add the flour and chopped pecans to the mix until a dough is formed.

Gently scoop the dough and form into balls, then place on parchment paper.

Refrigerate for 30 minutes.

Bake in preheated oven until golden, about 15 to 20 minutes.

Remove from oven and cool, then toss in powdered sugar.

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.✪

American Legion Post 123

American Legion Post 123 is having a fish fry this Sunday, September 16 from noon to 8 p.m. The following Sunday, September 23, barbecued chicken are ribs are on the menu from from noon to 8 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.✪

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.

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

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Few Spots Left For CROW Classic Golf Tournament

by Jeff Lysiak

The 5th annual CROW Classic Golf Tournament, the second leading fundraiser for the Clinic for the Rehabilitation of Wildlife behind Taste of the Islands, will return to The Sanctuary Golf Club on Saturday, October 13.

Check-in for the tournament begins at 11 a.m., followed by a boxed lunch served at 11:30 a.m. and the shotgun start at 12:30 p.m. Several of the wildlife clinic's animal ambassadors will be on hand to meet participants, along with CROW staffers sharing information about their mission.

According to event chairman Paul Ben-Susan, only seven foursome spots remain available for this year's golf outing. "In addition to the round of golf, boxed lunch and fun and games with all the players, your donation helps to fund CROW's worthwhile efforts to aid injured wildlife," he said. "Those funds are vitally important, especially since this year we've seen a lot of unusual cases that are due to red tide."



From left, Ron Bourdreux, Paul Ben-Susan, Dave Henrich and Ed Jacobs preparing to tee off on the fourth hole at The Sanctuary Golf Club during last year's CROW Classic Golf Tournament photo by Brian Bohlman

Cost to participate in this year's tournament is \$250 per player, or \$1,000 for a foursome. Each player will receive a round of golf, use of a cart, boxed lunch, \$15 in CROW Bucks (to be used for snacks and beverages) and a one-year CROW Songbird Membership

(\$50 value). Registration deadline is September 17.

"We've had a lot of additional expenses this year, especially for food we're feeding to injured sea turtles," explained Ben-Susan. "Unfortunately, wildlife don't carry insurance cards

and they can't tell you what's hurting. Clearly, red tide has affected a lot of our patients."

In addition, several raffle prizes will be available, including four spring training tickets to a Boston Red Sox game at JetBlue Park in Fort Myers (choice of any game, except vs. New York Yankees), four tickets to any performance at Florida Repertory Theatre in Fort Myers and gift certificates to Jason's Deli.

Mary Schoeffel, CROW's development director, also noted that sponsorships remain available for the upcoming golf outing. The 2018 Hole-In-One Sponsor is Scanlon Auto Group, with the top prize awarded to participants who sink a hole-in-one on The Sanctuary's par three fourth hole. The Beverage Cart Sponsor is Specialized Veterinary Services.

"It's always a great tournament for us," said Schoeffel. "Everybody has a wonderful time."

To sign up to participate in this year's tournament, visit bit.ly/2018CROWGolfRegister. For information about becoming a sponsor, visit bit.ly/2018CROWGolfSponsor or contact Mary Schoeffel at 472-3644 ext. 232 or mschoeffel@crowclinic.org.



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Snapper and Shrimp Scampi

3 tablespoons olive oil
 3 tablespoons butter
 4 cloves garlic, minced
 3 shallots, minced
 1 tablespoon capers
 1 tablespoon pimento, diced
 1/2 cup white wine
 1/2 cup bottled clam juice
 1/2 teaspoon coarse ground black pepper
 4 six-ounce snapper fillets
 1/2 pound medium shrimp, peeled and deveined
 1/2 cup fresh parsley, minced

Sea salt to taste
 12 ounces vermicelli or angel hair pasta, cooked
 Heat the oil and butter in a large sauté pan. Add garlic and shallots and sauté for two minutes over low heat, stirring often. Raise heat to medium, add capers, pimento, wine, clam juice and pepper; simmer for two minutes. Add filets and simmer over medium-low heat for about five minutes. Add shrimp, spreading them evenly over the skillet; simmer for three minutes until filets and shrimp are cooked through. Stir in parsley; add salt to taste. Place fillets and shrimp on pasta on individual plates. Spoon scampi sauce over all and serve.

Yield: six servings.*



Snapper and Shrimp Scampi

photo courtesy Fresh From Florida

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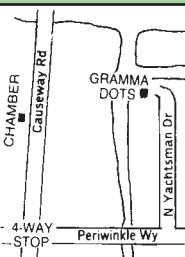
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Sundial Dazzles With New Menu Specials

by Jeff Lysiak

With one of the island's most breathtaking views overlooking the Gulf of Mexico, the Sundial Beach Resort & Spa also offers some of the most delicious dining destinations anywhere in Southwest Florida.

Last week, two of the restaurants located on the property – Sea Breeze Café and Shima Japanese Steakhouse & Sushi Bar – simultaneously announced their new lineup of lunch and dinner specials, coupled with limited time only prix fixe menus.

"We wanted to offer a few new things that would draw more local diners and keep our employees busy during this time of year," said Phillip Starling, Sundial general manager. "Our chef has created some new menu items that offer great value and wonderful flavors."

Sea Breeze Café has introduced a BOGO by the BEACH dinner menu, available on Monday, Wednesday and Friday nights throughout the month of September. The Buy One, Get One Free menu highlights favorites like the No Woman, No Cry burger (a 10-ounce jerk spice-rubbed hamburger topped with smoked jalapeno, Jamaican jerk cheese, tobacco onion crisps and a pickled okra spear, served with house slaw and French fries) and grilled salmon served



Chef James Monahan with two dishes on the BOGO dinner menu, grilled salmon and New York strip

photos by Jeff Lysiak

with onion and herb quinoa, braised bok choy and a pineapple-pepper teriyaki glaze.

"We wanted to add some new items to our menu that give diners good value – comfort foods that are classics, but prepared the right way," said Chef James Monahan, who joined the Sundial staff about six months ago. "We're in a southern coastal region, so dishes like the grilled salmon are perfect. It's got tons of omega-3s, is really high in protein and tastes incredible."

Other new offerings include an Italian stromboli (stuffed with ham, soppressata,



The No Woman, No Cry burger, a 10-ounce jerk spice-rubbed hamburger topped with Jamaican jerk cheese and tobacco onion crisps

pepperoni, parmesan cheese, pesto and roasted tomatoes), a traditional calzone and 12-ounce New York strip, served with grilled potato planks, goat cheese stuffed tomato and asparagus. Prices range from \$9 to 38 for two.

A three-course prix fixe lunch (\$15) and dinner (\$21) menu have also been added at the Sea Breeze Café, with prices in effect through October 17. Lunch choices include Bourbon Street Steak Sandwich, French Onion Triple Grilled Cheese and Mahi Fish Tacos. For dinner, entrée choices include Bronzed Redfish, Sanibel Shrimp Burger, Char



The Italian Stromboli is stuffed with ham, soppressata, pepperoni and parmesan cheese

Grilled Baseball Sirloin and Sauteed Breast of Chicken. All come with your choice of appetizer (Calamari Fries, Apricot BBQ Pulled Pork Biscuits and Island Salad) and dessert (Key Lime pie and cheesecake).

Chef Monahan explained that his restaurants exclusively use locally sourced produce, meats and fish. He emphasized that it is his mission to "make great dishes, but made the right way."

"I don't want to overcomplicate the dish," he said. "Use fresh ingredients

continued on page 24



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Book Review

Saints For All Occasions



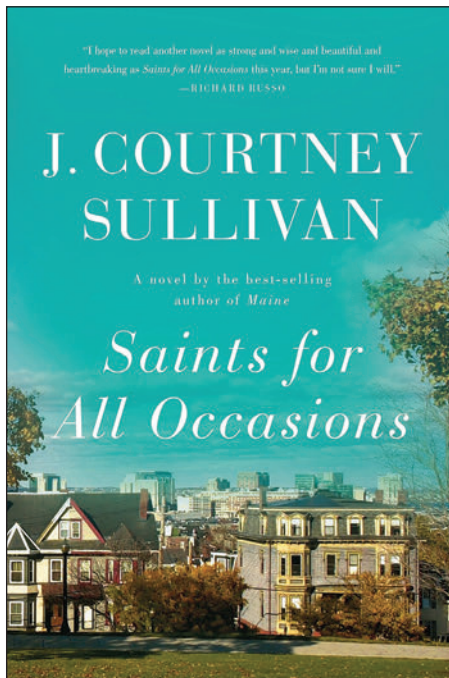
by Di Saggau

J Courtney Sullivan's novel *Saints for All Occasions* is a quiet masterpiece of a book about family. She draws us into the lives of two sisters, Nora and Theresa Flynn. They are 21 and

17 when they leave their small village in Ireland and journey to America.

The book opens in 2009 with Nora in a taxi going to the hospital to identify the body of Patrick, the eldest of her family, who died in a car accident. The time period quickly shifts back to 1957-58 when Nora's father packs her and Theresa into the car that will take them on the first leg of their journey to America.

The rest of the book moves back and forth from Nora and her grown children preparing for Patrick's wake and funeral back to earlier times. Sullivan handles the time shifts smoothly, as we learn the family history of her characters. This is primarily the story of one woman's tireless efforts to control everything about those she loves, including their pasts and their identities. Nora denies her eldest son



has a drinking problem, and the fact that her daughter is a lesbian. She also finds it easier to consider her sister does not exist. This is the main thread of the novel.

We know from the first chapter that Theresa has spent most of her life as a cloistered nun in Vermont, but we're not sure why. Nora is married to Charlie, a marriage that was planned when they were young in Ireland. Eventually the story covers the decades of emotional mysteries and draws us into the 'whys' and 'hows' of what took

place in their lives. Each sister has to confront the choices they made a long time ago. Sullivan has a wonderful grasp of family dynamics as well as imaginative recreations of life in Ireland in the 1950s. *Saints for All Occasions* draws us deep into the qualities of

motherhood and the fascinating, funny and sometimes sad ways a family secret both breaks the sisters and eventually binds them together. The book is a good read and makes you think about why the sisters behave the way they do.✪✪

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Homework can be a hot-button issue for both you and your child. As your children settle into the new school year, homework issues can increase

into frustrating nightly battles. For the next few weeks, I will provide you with some suggestions by age groups that may help to defuse some of that tension and avoid those homework clashes. It's also a way to make sure you and your child both know your responsibilities. We'll look at homework strategies for elementary, middle and high school students as well as some ideas for setting up homework contracts with your children.

Your elementary school child may not be ready to do homework unsupervised, but having you right at the table with him can create too much pressure. Stay nearby and be on hand if he wants you. Having you nearby can help your child feel that you're confident in him, but also that he can reach out if he needs help.

Many kids can feel overwhelmed at the idea of doing all their homework straight through. Encourage your child to take a few minutes off between subjects, to build in a snack break or to get up and move around when she starts feeling restless. Taking a little time to regroup and refresh can make homework hours more productive.

A consistent homework routine can help you and your child stay calmer and avoid homework battles. Setting up a homework station even a portable one, can ease the chaos of trying to find a place for your child to work. A homework station includes a supply caddy with pencils, pens, crayons, scissors, stapler and other necessary tools for completing assignments. A

trifold screen that can help your child screen out visual distractions is also very helpful. You can make one out of cereal boxes, folders or buy one. Then you must have a set time and location for your child to do homework. Let your child pick the location. There may even be several locations that your child might want to use. Letting your child choose where he or she does homework could make them less resistant to actually doing it.

Homework conflicts don't typically appear out of nowhere. Kids usually get upset and complain about doing homework for a reason. Being able to detect what that reason is can help you defuse the struggles before they begin.

To figure out what's upsetting your child, it helps to have a good sense of what his trouble spots are. Then you can address problems specifically: If writing is hard for him and he has a lot of writing homework, help him create a plan of attack. If it's reading he's struggling with, consider reading with him.

Grade-schoolers are just learning how to do homework. They can feel discouraged when it's hard. Encouraging your child means more than just praising her for work well done. It also includes letting him talk through her frustrations and providing her with something to look forward to at the end of his homework session, like an hour of playing video games.

Stand firm with homework rules. By guiding your child through the process, you're helping her learn to take ownership of her homework and how to be self-sufficient.

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

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From page 23

New Menu

and make it taste great."

At Shima Japanese Steakhouse & Sushi Bar, a special two-for-one menu is currently available every night, Tuesday through Saturday, for the month of September. The menu includes several hibachi options (salmon, calamari, chicken or beef), a Teppanyaki vegetarian plate and Shima House Special with prices starting at \$14 for two dinners. All entrees include Shima

soup, salad, vegetables and mushrooms, two shrimp and your choice of fried or steamed rice.

Open seven days a week from 7 a.m. to 10 p.m., Sea Breeze Café is located at the Sundial Beach Resort & Spa, 1451 Middle Gulf Drive on Sanibel. Shima Japanese Steakhouse & Sushi Bar is also located at the Sundial, open Tuesday through Saturday from 5 to 10 p.m. Reservations are suggested and may be made by calling 989-1160 or visiting www.shimasushisteak.com/dinner-reservations.✪✪



Betsy Eidem and Wendy Lambrix demonstrate Mango photos provided

September Programs At Sanibel Library

As Sanibel Public Library enters the next phase its remodel project, parts of the library are being renovated as the facility is open for normal operating hours; Saturday hours are now from 9 a.m. to 5 p.m. Popular services like computers and printers, high speed WiFi, newspapers and reference services are available. The library now has two small



Deanna Evans and Cathy Cameron promoting Talk Like a Pirate Day on September 19

study rooms available; you can reserve rooms online at www.sanlib.org.

This week, there are a large number of used books for sale as well as children's books marked down to 25 cents each, and music CDs priced at three for \$1.

Stop by the library on Talk Like a Pirate Day on Tuesday, September 19 and learn about Mango Languages and enter for a chance to win Mango swag. Mango offers access to 70-plus foreign language courses and 21 English courses (including "pirate"). There is no charge for library cardholders to use Mango, and with the free Mango Languages mobile app, you can download



Hundreds of books, CDs, and audiobooks are on sale at the library

lessons to study later when you don't have an Internet connection.

Weekly Youth Events

Geared specifically for children in fourth through sixth grade, the After-School Clique meets 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 storytime for young readers and their caregivers will be held on Wednesdays at 10 a.m. and on Thursdays at 11 a.m. 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 and crafts, plus a snack provided.

If you love dogs and books, you can read to Bessie, a bearded collie and reading education assistance dog. At 3:45 p.m. on rain-free Thursday afternoons 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.

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Youngsters comparing their wingspans to common bird species photos provided

Walk On The Wild Side At Lakes Park

The Clinic for the Rehabilitation of Wildlife (CROW) hosted Walk on the Wild Side on August 25 at Lakes Regional Park in Fort Myers. The family friendly event, which was part of CROW's ongoing 50th anniversary celebrations, included presentations from staff and volunteers on wildlife topics, wildlife themed activities for children and upcycled crafts such as T-shirt tote bags and newspaper planters. CROW's animal ambassadors Bashful, a Virginia opossum, and Mina, a great horned owl, were on hand to give attendees an up-close encounter with some of Florida's native wildlife.

"A majority of the wildlife patients treated in our hospital come from throughout Lee County," said Rachel Rainbolt, development and education coordinator at CROW. "By hosting this event off-island, we hoped to raise awareness for folks throughout the county about our organization and what to do if they encounter sick, injured and orphaned wildlife."

Although CROW is located on Sanibel, less than 20 percent of the over 4,000 patients seen in its hospital



CROW volunteers Kathy and John Kennedy handed out information and answered questions about CROW

each year come from Sanibel and Captiva islands. If you find an animal needing help, call 472-3644 ext. 222 between 8 a.m. and 5 p.m.

If you missed the event, but would like to learn more about CROW, you can attend one of the daily presentations offered Monday through Friday at 11 a.m. in the Visitor Education Center, located at 3883 Sanibel-Captiva Road.✪



From left, Jan Shephard Caldwell, CROW volunteer; Kyle Abbott, veterinarian intern; and Bre Frankel, rehabilitation manager, with Mina, a great horned owl



Children making upcycled crafts



Bashful, a Virginia opossum, one of CROW's animal ambassadors



Families had fun making upcycled crafts



CROW Volunteer Jordan Donini talking about turtles and tortoises



Lot in Belle Meade, Just Off Sanibel-Captiva Rd

Small community with private sandy roads near Sanibel School & Rec Center. Handy to bike path, wildlife refuge & Sanibel Center shopping. ~79' x 130'. Conservation land across street. \$149,000



Captains Walk #B2, East-End With Canal Access

1st floor 1-bedroom condo in residential community with carports, laundry, & mangrove-fringed docks. Handy to marina, causeway, & beaches. New HVAC, remodeled bath, & more. \$239,000 furnished



Gumbo Limbo Lot, Midway Between Beaches

Left photo looking toward Tarpon Bay, right photo to Gulf of Mexico. Backing to preserved land & sunsets. Wide parcel at ~170' x 155'. Convenient to causeway, shopping, bike path, & more. \$249,000



Pointe Santo #C43, 3-Bedroom Penthouse With Private Roof-Top Deck
Decorator-furnished & in weekly rental program with potential \$100K+/yr. Views of sunrises, sunsets, & tropical lagoon to beach & gulf. Mini-resort community amenities plus WiFi & storerooms. \$1,295,000



1351 Middle Gulf Dr, Beachfront Home With Amenities

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	FRIDAY Mostly Cloudy High: 88 Low: 81		SATURDAY Sunny High: 89 Low: 82		SUNDAY Sunny High: 84 Low: 77		MONDAY Few Showers High: 87 Low: 80		TUESDAY Sunny High: 84 Low: 77		WEDNESDAY Partly Cloudy High: 83 Low: 76		THURSDAY Mostly Cloudy High: 85 Low: 74
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	4:07 am	11:02 am	5:58 pm	10:24 pm
Sat	4:43 am	12:07 pm	7:26 pm	10:55 pm
Sun	5:26 am	1:21 pm	9:28 pm	11:39 pm
Mon	6:23 am	2:40 pm	11:08 pm	None
Tue	7:44 am	1:07 am	11:55 pm	3:51 pm
Wed	9:16 am	2:55 am	None	4:49 pm
Thu	12:26 am	4:12 am	10:31 am	5:35 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	3:12 am	11:04 am	5:03 pm	10:26 pm
Sat	3:48 am	12:09 pm	6:31 pm	10:57 pm
Sun	4:31 am	1:23 pm	8:33 pm	11:41 pm
Mon	5:28 am	2:42 pm	10:13 pm	None
Tue	6:49 am	1:09 am	11:00 pm	3:53 pm
Wed	8:21 am	2:57 am	11:31 pm	4:51 pm
Thu	9:36 am	4:14 am	11:55 pm	5:37 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	4:48 am	11:24 am	5:50 pm	11:23 pm
Sat	5:21 am	12:06 pm	6:31 pm	11:50 pm
Sun	5:50 am	12:56 pm	7:16 pm	None
Mon	6:18 am	12:13 am	8:05 pm	1:58 pm
Tue	6:48 am	12:22 am	9:00 pm	3:02 pm
Wed	7:36 am	12:19 am	10:12 pm	4:05 pm
Thu	9:12 am	3:40 am	11:54 pm	5:11 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	6:17 am	1:12 am	8:08 pm	2:18 pm
Sat	6:53 am	1:40 am	9:36 pm	3:23 pm
Sun	7:36 am	2:11 am	11:38 pm	4:37 pm
Mon	8:33 am	2:55 am	None	5:56 pm
Tue	1:18 am	4:23 am	9:54 am	7:07 pm
Wed	2:05 am	6:11 am	11:26 am	8:05 pm
Thu	2:36 am	7:28 am	12:41 pm	8:51 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 oceann@comcast.net or contact the center.

The featured book for Wednesday, October 10 is *The Light Between Oceans* by ML Stedman. There will be a book discussion at 2:30 p.m.

“In *The Light Between Oceans*, a stoic, fiercely principled, rather solitary man, recently returned from serving in World War I, meets an effervescent young woman who desperately wants to be a mother. After marrying and settling on a remote island off Western Australia, Tom and Isabel suffer through two miscarriages and a stillbirth. She has just buried their dead child when another baby literally washes up on their shore, accompanied by her lifeless father.” – *USA Today*

Leisure Lunchers – Tidewater Bistro – Monday, September 17.

Meet at this new restaurant (formerly Rosie’s) with new ownership and new menu. Chef John Rhodes and owner David Maudlin will talk briefly about their approach. Registration is required.

Separate checks will be provided and transportation is on your own.

Line Dancing Classes – Monday, September 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.

Chicago Bears at the Miami Dolphins – Sunday, October 14. Cost is \$179 for members and \$189 for non-members.

Includes round trip transportation, reserved upper level end zone seat, pre-game lunch and beverage. The Hard Rock stadium recently went through a \$500 million renovation including a sun shade that covers many of the seats. Excessive drinking and use of profanity will not be tolerated. Limited seats available. Depart from Fort Myers location at 7:30 a.m.

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 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 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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Vacation Rental Company Unveils New Brand

Sanibel Captiva Island Vacation Rentals launches September 10 as the newest and one of the largest vacation rental companies on Sanibel and Captiva islands. The brand represents the merger of vacation rental properties from Tween Waters Island Vacation Rentals and RE/MAX of the Islands Vacation Rentals, which occurred earlier this year.

Sanibel Captiva Island Vacation Rentals has been rebranded to reflect the best of both Sanibel and Captiva islands, promoting the dual locations for vacation rentals that the vacation rental company offers. This new branding and business model will include an eight-part Concierge Program for owners and prospective owners, and exclusive Renter's Rewards that reward guests with \$100-plus of discounts, in conjunction with the Sanibel Captiva Beach Resorts brand, to focus on both owner satisfaction as well as guest satisfaction.

"We look forward to making the vacation rental experience the best it's ever been – in service, in revenues and in



From left, Rachel Walsh, Doug Babcock, Sue Plein and Jackie Royka photo provided

guest satisfaction," said General Manager Doug Babcock. "We felt a fresh name with an upscale visual presentation that reflects both islands and both companies was an important step in this process."

Sanibel Captiva Island Vacation Rentals is managed under Babcock, with sales manager Jackie Royka and sales associates Rachel Walsh and Sue Plein.✱

Superior Interiors

Refreshing Details For The Guest Bedroom



by Jeanie Tinch

Having the space to accommodate guests is so satisfying. Not only does it allow you to help friends and family feel more comfortable while visiting, it also gives you the opportunity

to design and spruce up another room in your home. Making even the smallest adjustments to the guest room can completely transform the space and keep your visitors from ever wanting to leave.

While the idea of refreshing this room can sound intimidating and overwhelming, it certainly doesn't have to be. With a few ideas and assistance, you can make your guest room cozier than ever.

Natural lighting has a way of making a room more calm and serene during the daytime – the ideal atmosphere when you're accommodating guests for days at a time. Reconsider your current selection of window treatments for something with more flow that invites the natural light in with ease. Modern lighting fixtures can elevate a room almost instantly, so you may consider this adjustment for the guest space as well.

Does the bedding arrangement in the guestroom have a headboard? If not, now's the time to reconsider. A headboard makes an appealing feature in a bedroom,

offering personality and style. Take things up a notch and invest in a piece that's functional as well – a headboard with a top shelf can save you space along the bed, a detail that's ideal for smaller guestrooms.

Here are six details you should revamp before your visitors make their next trip to town:

It's natural for guests to feel less comfortable when they're not sleeping in their own beds, so try to make the bedding as cozy and inviting as possible. Offer ample blankets and pillows so that your visitors can adjust the bed based on their personal comfort level.

If the space in your guest room allows it, consider adding more furniture than the bed. A stylish lounge chair can accommodate guests during the daytime when they want to relax, and it adds a hint of flare to the space, elevating the room to the likes of a modern-day hotel.

The walls, floors and hard surfaces of the guest room shouldn't be ignored – bareness can make your guests feel less comfortable during their stay. Add accent decor throughout the space that complements the mood you want to achieve. A stylish area rug can help bring the room together and provide comfort to the feet of your guests. Wall art and table-side accessories can brighten up the room and give your visitors something to talk about.

Do you want to go the extra mile and impress your friends and family? Leave toiletries, snacks, beverages and other treats in a basket at the end of the bed to greet guests upon arrival. This makes the perfect finishing touch that's bound to leave quite an impression.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindeciden.com.✱



(FROM TOP LEFT) STEVE BROWN, FOUNDER AND CHAIRMAN - AL HANSER, CHERYL GIATTINI, CEO - TERRY IGO.

(BOTTOM LEFT) GEORGE HEISLER, GINNY FLEMING, HANK HUMPHREY, JIM PIGOTT, VIRGINIA STRINGER, CHUCK KETTEMAN.

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Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotary was honored to have Florida Gulf Coast University (FGCU) Athletic Director Kenneth Kavanagh as our guest speaker recently. Kavanagh has helped the FGCU Eagles – comprised of 15 sports teams representing Florida Gulf Coast University – reach college level athletic successes across the board. Teams include: men's and women's basketball, cross country, golf, soccer and tennis; women's softball, swimming and diving, indoor volleyball and sand volleyball; and men's baseball. The Eagles compete in the NCAA Division I and are members of the Atlantic Sun Conference. FGCU is also notable as the youngest institution competing in NCAA



Division I, officially founded in 1991 and started classes in 1997.

As an athletic director, Kavanagh has supervised athletic programs at the university for the last 10 years with impressive results: the Eagles winning 33 ASUN regular-season titles, 22 ASUN Tournament titles and eight Coastal Collegiate Sports Association (CCSA) championships (swimming and diving). Under Kavanagh's guidance, in just seven years of Division I postseason eligibility entering 2018-19, FGCU has sent 22 teams to the NCAA Tournament, while men's golf (2012, 2013, 2015), swimming (2012, 2013, 2014, 2015, 2016, 2017, 2018) and men's tennis (2014) have had individuals participate in their respective NCAA Championship, bringing the total NCAA appearances for FGCU to an astonishing 33 since 2011-12.

His office is responsible for budgeting, promotion and scheduling for sports teams, and may coordinate with the student academic departments. He organizes transportation, supervisors, coaches, and guides sports teams to

success indirectly. Athletic directors are charged with the task of hiring and firing coaches, as well as other athletic staffers in their organization.

During Kavanagh's tenure, FGCU student-athletes have excelled in the classroom. The approximately 250 student-athletes achieved a record 3.35 term GPA in the Spring of 2018, Eagle student-athletes have exceeded the FGCU undergraduate semester mark (2.99) for 18 consecutive semesters.

The Eagles have also have contributed more than 43,000 hours of community service during the past nine years as part of enhanced efforts within the department's NCAA Life Skills initiatives and have recently initiated the Wings Up Leadership Academy for FGCU student-athletes.

The athletics department of FGCU received national attention.

The Eagles men's basketball team is best known for their run in the 2013 NCAA Men's Division I Basketball Tournament, their first since moving up to Division I. In the Round of 64, the Eagles defeated the number 2 seed Georgetown 78 to 68. It was only the seventh time that a 15th seed has defeated a second seed, and the second highest margin of victory for one. Two days later in the Round of 32, the Eagles defeated the number 7 seed San Diego State 81 to 71, becoming the first time a 15th seed has ever advanced to the Sweet 16. The school was referred to as "Dunk City" or "Florida Dunk Coast" on many media outlets such as ESPN and CBS due to their high-flying athletic

finishing style.

After the Eagles Dunk City winning streak and the publicity the university received from all the media attention, the university saw a 35 percent increase in college applications overall. The athletic department does offer scholarships as part of the recruitment offerings to promising athletes, but grades do matter. FGCU athletes have not disappointed in this department.

Anyone know the name Chris Sale? Yes, that Chris Sale, major league pitcher for the Boston Red Sox, who still is very much connected to FGCU and the athletic leadership team there. Sale isn't the only FGCU baseball program alum in major league baseball. In 2017, Kutter Crawford was drafted in the 16th round draft by the Boston Red Sox.

The FGCU athletic department is high on athletic talent, high on education, high on spirit and on their community. So, support your local college athletic teams and rally around their men's and women's sport teams. Start by buying a couple of tickets for their games and let the fun begin.

Upcoming Rotary club speakers include: Armando Llechu, chief administrative officer, Golisano Children's Hospital of Southwest Florida (September 14); Jordan Patrick, ABC7 meteorologist (September 21); and Amira Fox, Florida assistant state attorney (September 28).

*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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From page 1

Free Admission

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) is giving away a free bottle of Just Water with a purchase of \$10 or more, upon request. This year's National Public Lands Day celebrates the seventh anniversary of the Kick the Bottle campaign to rid the refuge of the disposable plastic bottles that are a scourge to the environment. Just Water comes in a reusable container that consists of 82 percent renewable resources – primarily paperboard sourced from forests where new trees replace those harvested.

The following free and discounted activities will take place from 8:30 a.m. to 3 p.m. at the refuge:

8 a.m. – All day long, Tarpon Bay Explorers offers a 25 percent discount on bike, kayak and paddleboard rentals.

8:30 a.m. – 25 percent off guided kayak tour at Tarpon Bay Explorers. Reservations are recommended by calling 472-8900.

8:30 to 9:30 a.m. Guided tour and clean-up along Indigo Trail to the Wildlife Education Boardwalk. Meet at the parking lot flagpole, and bring water, sunscreen and insect repellent.

9:30 to 11 a.m. Hidden Treasures of "Ding" Caravan. Follow a naturalist along Wildlife Drive and stop for up-close and personal viewings. Meet at the parking lot flagpole, and bring water, sunscreen and insect repellent.

10 a.m.-3 p.m. Make-and-take recycled crafts in the "Ding" Darling Visitor and Education Center classroom.

"Ding" Darling National Wildlife Refuge presents National Public Lands Day with support from DDWS and Tarpon Bay Explorers. For more information, call Monica Scroggin at 472-1100 ext. 237.*



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New Estate Tax Law Exemption Amounts



by Hood
Craddock, CPA,
Director of Family
Office Services

The Tax Cuts and Jobs Act signed into law by President Trump last December ushered in significant changes to the

wealth transfer tax system. The sharp increase in the federal exemption amount means that older wills and trusts may be in need of an update. The law also opens new opportunities for estate planning techniques as well as possible ways to save on future income taxes for your heirs.

What has changed? As of January 1, 2018 and up until the new law sunsets on December 31, 2025, the federal estate, gift and generation-skipping tax exemption amounts have increased to \$11,180,000 per individual (\$22,360,000 for a married couple), more than doubling the previous exemption in 2017 of \$5,490,000 per individual (\$10,980,000 per couple). The tax on assets in excess of these



amounts remains at 40 percent. The graph shows the gradual change in the exemption over the past 15 years and its planned sharp decrease in 2026.

Consider making lifetime gifts and creating trusts now – A married couple can now transfer \$22.4 million during their lifetimes with no additional wealth transfer tax. Consider moving assets out of your estate now in order to use your federal gift-tax exemption instead of waiting to use your federal estate tax exemption at death. Any gifts made now will be grandfathered against the exemption coming back down in 2026. There are many estate planning techniques that can be used to get the most out of the new exemption, including generation-skipping trusts,

spousal lifetime access trusts (SLATs), grantor retained annuity trusts (GRATs), intentionally defective grantor trusts (IDGTs), as well as others.

Income tax considerations – Assets removed from your estate with the above techniques can miss out on a big income tax break, however. When passed directly to heirs after death, assets such as stocks, bonds and real estate get a “step-up” in cost basis to the market value on the day the owner died – so heirs selling those assets would pay income tax only on appreciation after the date of death. Assets gifted today, in contrast, don’t get the basis step-up. Therefore, individuals or couples who have total estate assets below the new exemption

amounts may want to consider leaving those in their estate – being cautious, of course, that the exemption is scheduled to be reduced again in 2026.

Other considerations – Many existing wills and trusts include a provision funding a credit shelter trust or by-pass trust with the maximum current exemption amount. These amounts may not have been available to the spouse at death of the grantor. Therefore, these documents may need to be amended given the size of the new exemption amounts. Consider, too, that certain states do not follow the new federal law when assessing their respective state estate taxes. Any new gifting may still create taxes in states that have their own estate tax.

There are many factors to consider when applying the new estate tax provisions. As part of our comprehensive wealth planning, the trust company can bring together your attorney, CPA and other planners to take advantage of these new laws, transfer the optimum amount out of your estate, achieving positive outcomes for your family and heirs.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**



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Will Power

Gratitude



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

The next time that you feel depressed, angry, envious, unhappy, or are simply having a bad day, try a little experiment by forcing yourself to take stock in those things in life for which you are grateful. You'll find that if you are in a true state of gratitude, you can't experience negative emotions at the same time.

This begs the question – what is true gratitude? A true state of gratitude is proactive. Many confuse reactive gratitude with proactive gratitude.

Reactive gratitude is passive. It occurs when someone does something good for you. It is therefore passive in the sense that you are not the one acting to create the feeling. You respond in a gracious or polite way. You may say “thank you” or write a note to show your appreciation.

I've heard people tell me that they have nothing to be grateful for. They may feel this way because recently no one has done anything noteworthy for them. “My kids didn't send me so much as a birthday card,” or “my boss didn't recognize my achievement at work,” all demonstrate a feeling that the speaker considers gratitude to be something that the world is supposed to create for him or her.

Those people who wait for reactive gratitude continually feel that they exist on the short end of life. While it would be nice if we all received kudos, compliments and favors, the world doesn't tend to work that way.

Proactive gratitude, on the other hand, is a feeling that we create for ourselves. We originate the feeling within our own mind. This happens when we appreciate the value of something. So gratitude and appreciation are intertwined. The word “appreciate” has several meanings in the dictionary. The first meaning is to have increased value. We are all familiar with how investments in stocks appreciate, or that real estate can appreciate in value.

When you feel an appreciation for someone, you feel that they have an increase in value to you. You feel gratitude that this person is a part of your life. It takes no action on their part, the feeling of appreciation starts from within your own mind.

The funny thing about feeling appreciation for someone is that not only do you increase that person's significance and value in your own mind, but by expressing your appreciation and gratitude to that person, you are also likely to increase the value that they feel about themselves and that they feel about you. So this proactive gratitude has a multiplier effect.

A second definition for appreciate is to fully understand. You've probably said to someone in the past that you “appreciate her situation.” This acknowledges that you have listened to her and feel that you fully understand whatever it is that she speaks of. Proactive gratitude may therefore involve fully understanding a situation and being grateful for it. This can include setbacks. Instead of allowing a problem to destroy your day, you could be grateful that it is an experience that you may learn from and improve upon.

Consider, for example, a problem with a co-worker. Your mind might focus on all of the things that he does to thwart your progress or otherwise annoy you. Armed with all of these destructive emotions, you decide to meet with this co-worker to hash out your differences.

If you do so without first establishing your own mindset of gratitude, you probably won't find much success. You've dug a deep hole from which it will be difficult for either party to escape.

Rather, try this exercise: Start by writing down five things that you appreciate about your co-worker. The appreciation exercise may include things that you know about him – that you fully understand what he may be going through at this moment – that may explain the behavior that leads to the problems. This might be difficult to accomplish at first, since you may be initially filled with negative emotions.

But if you can separate out the person's good qualities from the behaviors that you find toxic, then you're on the right path. By de-personalizing the issues, you are making them about the behavior and not about the person. By transforming your thinking, you are much more likely to find success.

Having a mindset that includes proactive gratitude can be powerful. It means that in any situation in life, you can start a value creation and understanding process that increases the value of everything around you. And like your muscles when working out, the more that you practice proactive gratitude, the faster and better you will become in appreciating your blessings in life – and the happier and more content you will be.

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Low Interest Loans Available For Small Businesses

The City of Sanibel has received notice that the U.S. Small Business Administration (SBA) has begun providing low-interest small business loans of up to \$25,000 for small businesses in counties affected by red tide and blue-green algae.

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<https://disasterloan.sba.gov/ela> for all types of SBA disaster assistance loans. The online application is the fastest method to receive a decision about your loan eligibility. You have the option of submitting a paper application by mail. For either application, you must submit the completed loan application and a signed and dated IRS Form 4506-T giving permission for the IRS to provide SBA your tax return information.

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Speaker To Review Issues Facing Voters

On Thursday, September 20, the Democratic Club of the Islands will feature national political consultant Bob Schaeffer, who will address the topic, How to Capture Progressive Victories This November. The meeting will begin at 7 p.m. in the Founders Room at The Community House, located at 2173 Periwinkle Way, and is free and open to the public.

Schaeffer will review recent primary election results and assess the local, state and national races where significant wins are most likely. Among the topics covered will be the many controversial ballot questions facing Florida voters.

A 19-year Sanibel resident, Schaeffer is the president of FairDistrictsNow, the statewide redistrict reform organization, and treasurer of the Progress Florida Education Institute. He is co-author of the book *Winning Local and State Elections* and has consulted for many campaigns around the country and locally through his firm Public Policy Communications.

Previously, Schaeffer was an editorial writer at the NBC-TV affiliate in Boston, research director of the Massachusetts



Bob Schaeffer

photo provided

Legislature's Joint Committee on Human Services and Elderly Affairs, and worked for several years as a research associate in the Education Research Center of the Massachusetts Institute of Technology (MIT), where he was both an undergraduate and graduate student.

Democrats, Progressives and everyone interested in learning more about the ballot issues in Florida are invited to attend. To join the Democratic Club of the Islands, bring your check payable to DCI for \$30 for single or \$60 for family membership. For more information, contact demclubislands@gmail.com or call 634-4295.✱

ABWA Speaker Series Luncheon

The community is invited a discussion with Laurie Verme on Tuesday, September 25 at the Women in Leadership Speaker Series presented by the American Business Women's Association (ABWA). Verme will present The Road to Success is ALWAYS Under Construction, reviewing the business and personal journey that brought her to Sanibel. Verme and daughter Alice are owner and general manager, respectively, of Pinocchio's Original Italian Ice Cream and Geppetto's Beach Foodies.

"All women fighting for success in the business world have experienced ups and downs," said Verme. "I look forward to talking about our story and the most important lesson we have learned along the way: never give up."

Following exhilarating business successes as a McDonald's franchisee in New York coupled with a devastating blow to her boutique hotel on the East Coast of Florida dealt by Hurricane Wilma, Verme followed her own advice and did not give up. She purchased Pinocchio's, the popular Sanibel Island ice cream business and sister shop Geppetto's Beach Foodies, a croissant bakery offering grab and go beach cuisine, as a franchise in November 2017 from Donna and Tom Puma. The Pumas are now officers of the parent company, Gustare Foods, LLC.

The Pumas' focus on handcrafted products, unique presentations, friendly staff and generous portions has not changed, but Verme has added touches of her own that have escalated business success, including extending hours and



Laurie and Alice Verme

photo provided

adding a delivery model in the upcoming season.

"At first we were reluctant to relinquish control of the Sanibel operation; it has been our baby for 12 years," said Puma. "But when we met Laurie and Alice, and saw their tenacity and commitment, we knew the brands were in good hands."

"Verme's inspiring story starts with being told she couldn't succeed in business as a woman," said Gloria Garrett of HMG, president of the ABWA Sanibel Captiva Charter Chapter. "Her journey through the business world from New York to both coasts of Florida is loaded with lessons for all of us, women and men alike."

The meeting will be held at Sundial Beach Resort and Spa, located at 1451 Middle Gulf Drive. Networking begins at 11:30 a.m. with lunch and speaker from noon to 1 p.m. Cost is \$20. RSVP at info@ABWASanibelCaptiva.org or register on Eventbrite at <https://ABWASanibelCaptiva.Eventbrite.com>.✱

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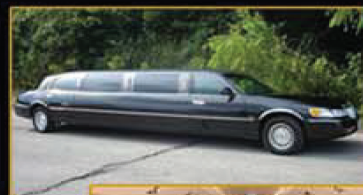
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Twins' Future Brightens With Stars Of The Fort Myers Miracle League Championship Team



by Ed Frank

Despite the disappointing season of the Minnesota Twins, there is a bright light at the end of the tunnel thanks to two youngsters who were first-round draft picks and led the Fort Myers Miracle to the Florida State League Championship recently. The Miracle won the championship Monday night by defeating the Daytona Tortugas, three games to one, with an 8-5 victory in the best-of-five series. Las Vegas oddsmakers don't establish odds for Minor League baseball. If they did, the Miracle would have been long-shots to win the tough Florida State League title.

After finishing near the bottom of the league's south division in the season's first-half, they reversed fortunes in the second-half by winning the south division title on the last day of the regular season. And then the Miracle swept through the playoffs by defeating the Palm Beach Cardinals two games to none and Dayton three games to one. That's a 5-1 post-season record to gain their second league championship in franchise history, the first since 2014. Now back to these two stars of the future: Royce Lewis, the 19-year-old infielder who was the Twins first-round, first overall selection in the 2017 Major League draft, has advanced rapidly in the Twins farm system, starting last year in the Gulf Coast Twins rookie team, moving up to Low A Cedar Rapids and now on the Miracle where he hit .313. And then there is outfielder Alex Kiriloff, 21, taken 15th in the first round of the 2015 draft, who went five-for-five in one of the playoff games. Kiriloff missed the entire 2017 season due to Tommy John surgery. On Monday, the Miracle's Ryan Costello drilled a three-run home run as part of a five-run third inning and teammate Shane Carrier added two RBI on an infield single in a three-run fifth inning for the eight runs. Daytona had jumped out to a 3-0 lead in the second inning on two Miracle errors that led to the three unearned runs. The Tortugas' Ibandel Isabel hit a two-run home run in the eighth inning to close the gap to 8-5, but it was the closest they would come.

With a 65-77 season record and 15-1/2 games behind Cleveland in the American League Central Division at the start of the week, the Twins are certainly a major disappointment this year. And there are rumbles that the new front-office staff of the Twins may want to replace manager Paul Molitor at the end of the season. Lewis and Kiriloff could play a major role in the future of the Minnesota Twins. It's always fun when a local team wins a championship, but that's not the purpose of Minor League baseball. The purpose is to develop minor leaguers to become major leaguers. That's why it's discouraging to local baseball fans to see a favorite player advance to the next level of baseball during a season. But the coming and going of players all season long is the story of Minor League baseball. Each of the 30 Major League teams have more than 200 players in their farm system – developmental programs that cost each team millions of dollars each year. And history shows less than 10 percent will ever make it to the "big show." Congratulations to the Miracle upon winning the league title. But it's doubtful we will see many of the team in a Miracle uniform next year. That's Minor League baseball.✪

Lifeguard Certification Course Offered

An American Red Cross Lifeguard Course will be held at the Sanibel Recreation Center on Friday, September 21 from 3 to 8 p.m., Saturday, September 22 from 8 a.m. to 5 p.m. and Sunday, September 23 from 8 a.m. to 5 p.m. Upon completion of the three-day course, participants will be certified in lifeguarding, first aid, as well as adult and pediatric CPR/AED for the professional rescuer. The American Red Cross now offers course manuals online. Course material

will not be provided. Participants must print a copy of the manual or download it prior to the beginning of class. For step-by-step instructions for downloading and printing the course manuals, as well as swimming ability prerequisites, call the rec center at 472-0435. Course cost is \$210 for members and \$275 for non-members. Must be at least 15 years old to register and able to attend all class sessions. Class size is limited so early registration is recommended. For more information, contact Tasha Maddix, aquatics manager, at tasha.maddix@mysanibel.com. The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available. For more information, visit www.mysanibel.com.✪

SPORTS QUIZ

1. Entering 2018, name the last player to have at least 70 stolen bases in a season.

2. Who was the first National League pitcher to save 50 or more games in a season?

3. Which quarterback holds the NCAA record for most combined yards in a season?

4. Who was the last Milwaukee Bucks All-Star before Giannis Antetokounmpo in 2017?

5. Name the last team before Vegas in 2018 to sweep the Los Angeles Kings in the first round of the NHL playoffs.

6. Before Kyle Busch and Kevin Harvick in 2018, when was the last time that two NASCAR drivers won at least five races each during the first 17 races of the season?

7. In 2018, Roger Federer became the second-oldest male tennis player (36 years, 173 days) to win a Grand Slam when he captured the Australian Open. Who is the oldest to do it?

ANSWERS

1. Boston's Jacoby Ellsbury, in 2009.

2. Randy Myers had 53 saves for the Chicago Cubs in 1993.

3. Texas Tech QB B.J. Symons, with 5,976 yards in 2003.

4. Michael Redd, in 2004.

5. Detroit did it in 2000.

6. Denny Hamlin and Jimmie Johnson, in 2010.

7. Ken Rosewall won the Australian Open in 1972 at the age of 37.

From page 8

Budget

proposed 2.2186 in fiscal year 2019, a decrease of 23.5 percent."

According to the executive summary of the 2019 budget, lowering the overall tax burden to the citizens of Sanibel continues to be a priority for the city, but a number of challenges – including increased public safety expenditures, disaster preparedness and stressed revenue streams – needed to be addressed.

"The city is currently in the application process for reimbursement of approximately \$3.8 million for Hurricane Irma related recovery expenditures from the State of Florida and the Federal Emergency Management Agency (FEMA)," the report reads. "As these reimbursements are still in process, there

is no budgeted receipt of funds in the budget."

In preparation for the potential of additional storms for the current season, the city has secured a \$5 million line of credit with a local financial institution, should the need arise.

"The toxic algae bloom and fresh water releases from Lake Okeechobee had an immediate effect on the financial results in fiscal year 2018," the report concludes. "However, it is important to note that the short-term and long-term effects on property values and the overall Sanibel economy have yet to be fully realized and will need to be continually evaluated as we move into fiscal year 2019 and beyond."

The city's final budget hearing will be held at 5:01 p.m. on Monday, September 24 at MacKenzie Hall, located at 800 Dunlop Road. Participation by members of the public is welcomed and encouraged.✪

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A senior veteran is welcomed home this past May

photos provided

Public Invited To Welcome Home Celebration

Collier-Lee Honor Flight, an organization whose mission is to transport local veterans to Washington, DC to visit memorials and honor their service, invites the public to attend the welcome home celebration at Southwest Florida International Airport on Saturday, September 29 from 9 to 10:30 p.m.

More than 2,000 family members, local service members, law enforcement and well-wishers are expected at the welcome home ceremony for the veterans on the American Airlines flight returning from Washington, DC.

Seventy-five senior veterans will be returning from a one-day trip to Washington DC to visit the World War II Memorial, the Korean War Memorial and the Vietnam Memorial. The trip includes laying a wreath at Arlington National Cemetery. Each veteran will be accompanied by a guardian, a volunteer that has paid for their trip and ensures that every veteran has a safe,

memorable and rewarding experience. Twelve Gold Star family members, families that have lost a loved one in battle, will accompany the veterans as guardians for the day.

An increasing number of WWII veterans are unable to take the flight to Washington, DC due to health issues. Ten of these Honor at Home veterans will be included in the welcome home celebration when the traveling veterans return from their day in Washington.

"These trips are not possible without public support," said Sean Lux, founder and director of Collier-Lee Honor Flight. "Veterans tell us that the Honor Flight is one of the best days of their life. Many had given up hope of seeing the memorials. Now they have hope, but time is running out to give one last thank you to our proud heroes who sacrificed so much to preserve our freedoms."

Two hundred twenty-five veterans will participate in a total of three Collier-Lee Honor Flights in 2018. A single flight can cost more than \$80,000. Support for these trips is provided by donors and volunteers and is at no cost to the veterans. Top priority is given to most senior heroes



A veteran receiving kisses at WWII Memorial Honor Flight

— survivors of WWII and any veteran with a terminal illness. The program also extends to Korean and Vietnam War Veterans as space allows, on a chronological basis.

The next Collier-Lee Honor Flight will take place on Saturday, October 20. The welcome home for the October 20 flight will take place from 8 to 9:30 p.m. at Southwest Florida International Airport. Veterans can apply for

an Honor Flight by visiting www.collierleehonorflight.org/how-to-apply or calling 777-9295.

Collier-Lee Honor Flight is a 501(c)3 nonprofit, 100 percent volunteer organization relying solely on donations. To learn more, visit www.collierleehonorflight.org, email info@collierleehonorflight.org or call 777-9295. Visit on Facebook at [facebook.com/colliercountyhonorflight](https://www.facebook.com/colliercountyhonorflight).

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Tears Of Joy



by Bryan Hayes

We recently received a call from a sweet couple who said they needed a chandelier repaired and hung. We let the couple know that although we would be happy to hang their family

treasure, we would need to find someone who specializes in this type of repair. So after a couple of weeks at the repair shop, it was time to hang their treasure.

While we were preparing to hang their family heirloom, the customer told us how when she was a child, she would go to her grandmother's house for the holidays and would stare in awe at this 100-plus-year-old chandelier. It was at that point that I started getting nervous. Then she proceeded to tell us that it was valued at over \$10,000. Well, the "uh oh" factor reached critical levels.

We were committed at this point and thankfully, it all went well without a hitch. So after many years in storage, she finally had somewhere to hang this beautiful peace of art. She was crying tears of joy when she was able to flip the switch for the first time... while on the other hand, we were sweating bullets.

FYI, I didn't tell Rigo (my man pictured) all of this until after it was securely in place.



Sanibel Air technician Rigo, left, with the appreciative couple photo provided

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

Doctor and Dietician NSAIDs And Joint Injuries



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

Are NSAIDs (nonsteroidal anti-inflammatory drugs) helpful for joint injuries? Anything that decreases inflammation is detrimental to the healing process with regular use. NSAIDs, for example, should only be prescribed when inflammation is the true cause of the problem. In the case of soft tissue injury, inflammation is the solution for the problem. Patients are often prescribed NSAIDs, immobilized with a brace or boot, or told to rest the joint for weeks, to try and heal a sprain or other injury. Nothing could be worse for the articular cartilage of our joints. The articular cartilage can only receive nourishment from the synovial fluid when it is pushed into the joint by weight-bearing and loading. The cartilage

has no blood supply of its own. Moving, exercising and loading the joint will allow the nourishment to get into the articular cartilage and the waste products to get out. NSAIDs and immobilization have a destructive effect on cartilage in the long-term.

What about swelling? Joint swelling indicates that the joint is unstable. The injured person has two choices: change the chemistry that is causing the joint swelling or treat the cause of the joint instability. Medication is a temporary solution that changes the chemistry by blocking the substances that cause the swelling. However, since NSAIDs don't stop the underlying disease process, the joint instability is never resolved. With the body's protective mechanisms of pain and swelling gone, the person puts too much pressure on the joint, creating a vicious cycle of further injury and degeneration until the joint is destroyed and a joint replacement is eventually recommended.

The preferable option to the destructive NSAID cycle is to repair soft tissue injuries with regenerative treatments, like prolotherapy, that are designed to alleviate pain by resolving the underlying joint instability and stop cartilage deterioration.

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.

From page 1

Children's Hospital

face painters, superheroes, princesses and mascots, animals, games, crafts and live entertainment. Reservations are not necessary and there is no charge to attend.

In July, Golisano Children's Hospital was selected the most beautiful hospital in the country, according to Soliant Health's 2018 list of the 20 Most Beautiful Hospitals in the U.S. Soliant Health, an Atlanta-based healthcare staffing company, conducted a month-long national poll of medical facilities across the United States. After all 262,613 votes were tallied, Golisano Children's Hospital of Southwest Florida appeared at the top of the annual rankings.

According to Soliant Health's press release, Golisano's imaginatively-landscaped indoor-and-outdoor gardens and playful multicolored lighting effects across the balconies of its main atrium have helped carry it to the #1 spot. This thoughtful design, created with children and their families in mind, makes Golisano Children's Hospital of Southwest Florida – which received 68,146 votes – one to admire.

The honor is one that everyone at the Fort Myers medical facility considers quite prestigious.

"The community came together to make Golisano Children's Hospital of Southwest Florida a reality, and we are humbled to receive this national honor," said Armando Llechu, chief administrative

officer of Golisano Children's Hospital. "This would not have been possible without the support of our entire staff, who work tirelessly to create an environment where the children and their families can feel at home. Thank you to Soliant for the incredible honor, and we look forward to hosting a community-wide celebration in our garden in the coming weeks."

The family-oriented Southwest Florida medical facility – which opened in 2017 – treats more than 25,000 patients annually, contains 128 patient beds, and is the only accredited children's hospital between Tampa and Miami. This recognition marks the fifth time a Lee Health hospital has been named to Soliant's 20 most beautiful hospitals.

Soliant's top 20 most beautiful hospital list also includes Meadows Regional Medical Center (Vidalia, Georgia), Elmhurst (Illinois) Hospital, Riverview Medical Center (Red Bank, New Jersey), Children's Hospital of Pittsburgh of UPMC, PeaceHealth Sacred Heart Medical Center at RiverBend (Springfield, Oregon), Norton Sound Regional Hospital (Nome, Alaska), Mosaic Life Care (Saint Joseph, Missouri), Intermountain Medical Center (Murray, Utah), Huntsman Cancer Institute (Salt Lake City, Utah), Doctors Memorial Hospital (Bonifay, Florida), Flagler Hospital (St. Augustine, Florida), Valley Children's Healthcare (Madera, California), Broughton Hospital (Morganton, North Carolina), Duncan (Oklahoma) Regional Hospital, Marianjoy

Rehabilitation Hospital (Wheaton, Illinois), La Rabida Children's Hospital (Chicago, Illinois), Providence Regional Medical Center (Everett, Washington), Cassia Regional Hospital (Burley, Idaho) and Sky Ridge Medical Center (Lone Tree, Colorado).

For more information about Golisano Children's Hospital of Southwest Florida, visit www.leehealth.org/facilities/golisano-childrens-hospital.asp.

From page 34

Low Interest Loans

personal, one-on-one help from an SBA representative.

In Lee County, loans can be applied for in person at the Business Recovery Center in downtown Fort Myers (same office location supports both declarations):

Business Recovery Center
Lee County
City/Council Annex Building
1825 Hendry Street
Fort Myers, FL 33901

Hours are Monday through Friday from 9 a.m. to 6 p.m. and Saturday from 10 a.m. to 2 p.m.

For more information, contact the SBA Customer Service Center at 1-800-659-2955 (TTY: 1-800-877-8339) or e-mail disastercustomerservice@sba.gov.

Required Information To Complete The Application

After a presidential disaster declaration, you must first register with the Federal Emergency Management

Agency (FEMA). To obtain a registration number, call FEMA at 1-800-621-3362 (TTY: 1-800-462-7585) or visit www.disasterassistance.gov.

The following information is required to complete the SBA online application: Contact information for all applicants; Social Security numbers for all applicants;

FEMA registration number; Deed or lease information; Insurance information; Financial information (e.g. income, account balances and monthly expenses); Employer Identification Number (EIN) for business applicants.

How To Repay A Disaster Loan
To make a one-time payment or schedule recurring monthly payments, register online at www.pay.gov and select the 1201 Borrower Payments option.

There are several ways you can make a payment on your disaster loan: by phone, by mail or online. To make a payment, contact the SBA disaster customer service center at 1-800-659-2955 (TTY: 1-800-877-8339). There is no fee for this service.

You may also send a check or money order to the SBA. Include your loan number on your check and your payment coupon, if available. Make your check payable to the U.S. Small Business Administration.

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dearRPharmacist

Amazing Health Benefits Of Prunes



by Suzy Cohen, RPh

Dear Readers: Almost everyone knows what prunes are for, they help you get going! Your parents probably kept them in the cabinet, and offered them to you when you were a kid.

Prunes are actually just dried plums, and they're fruits of the tree species *Prunus domestica*, hence the name. Speaking of names, which would you rather eat? Prunes which help with bowel function, or "dried plums?" Honestly, which sound more palatable?! For purely marketing reasons, the name was changed, which offered mass appeal.

What they couldn't change was how shriveled up and sticky these guys are when you eat them. But don't let that hinder you because prunes have been scientifically proven to help soften stools and induce a laxative type effect due to their sorbitol content. Prune juice will not work because the actual fruit provides the fiber, juice does not. Do prunes have other medicinal benefits? Yes, surprisingly important ones too.

Bones

Prunes have been shown in multiple studies to prevent, and even reverse, bone loss in post-menopausal women. They're good for osteoporosis. Prunes work by suppressing the rate of bone turnover. In fact, prominent researchers wrote an article in the *British Journal of Nutrition* and after studying the fruits, they have come to the conclusion that prunes are "the most effective fruit in both preventing and reversing bone loss."

Blood Vessels

A placebo-controlled trial out of

Pakistan showed that eating just one serving of prunes each day could significantly lower blood pressure in hypertensive patients. Those who ate the prunes had a reduction in both their systolic and diastolic blood pressure (top and bottom numbers).

Brain

Eating prunes might preserve your brain. In an animal model study, feeding rodents an extract of plums helped to maintain their cognitive function. Not only was their memory recall improved, there was less formation of beta amyloid plaques, which are the same damaging protein found in patients with Alzheimer's disease.

Even if everything is "moving right along" in your life, consider adding prunes to your diet if only to help you with blood pressure regulation, bone health and memory. It's mind-blowing to think such a simple thing could help so much. As a pharmacist, I see no risk to this, and only benefit. But, of course, don't eat too many prunes or you'll get diarrhea.

If you're constipation is due to opiate usage (such as oxycodone or hydrocodone), then this would require an OTC medication such as MiraLAX. The prunes are fine, but will not be enough. If your constipation is secondary to hypothyroidism, prunes will not be enough. You will need thyroid medication. I have written about this extensively on my website.

Prunes would be fantastic on a salad. Or just eat them whole. Recipes exist everywhere including my website, where I also have a longer version of this article posted. If you simply can't stand prunes, then plums are a great alternative. Plums contain the same anthocyanins that prunes do, and they are even juicier.

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.✱

Lee Health Hospitals Rated High Performing

Lee Memorial Hospital and HealthPark Medical Center earned recognition as a 2018 Best Regional Hospital, ranking No. 12 in Florida out of 250 hospitals evaluated by *U.S. News & World Report*. The hospitals (combined) earned High Performance ratings in six medical procedures and conditions, including chronic obstructive pulmonary disease (COPD), heart failure, hip replacement, knee replacement, lung cancer surgery and heart bypass surgery. The ranking is two spots ahead of 2017.

Cape Coral Hospital and Gulf Coast Medical Center earned High Performance ratings in COPD and heart failure.

"This recognition from *U.S. News & World Report* demonstrates Lee Health's commitment to being a national leader for the advancement of health and healing," said Larry Antonucci,

MD, MBA, Lee Health president and CEO. "As we continue to transform our processes to deliver high-quality, patient-centered care, we look to our 'high performing' areas for inspiration and leadership."

The annual *U.S. News* Best Hospitals analysis reviews facilities' performance in clinical specialties, conditions and procedures. Scores are based on several factors, including patient safety, survival and nurse staffing. Hospitals are ranked nationally and regionally within states and major metro areas.

The annual ratings in procedures and conditions focus on Medicare patients. *U.S. News* profiles and evaluates every hospital in the American Hospital Association's Annual Survey Database. In 2018, *U.S. News* evaluated data on nearly 5,000 hospitals, nearly all inpatient facilities in the country, in 16 adult specialties, nine adult procedures and conditions and 10 pediatric specialties. Only 10 to 20 percent of hospitals were rated High Performing in each of the specialties, procedures and conditions evaluated.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have a roommate who I notice worries about everything. I would like to help her but I am not sure what to say. Can you help?

A: Worry and anxiety are often resistant to change, especially if the worry has been habitual for a long time. If you feel your roommate is a chronic worrier, this emotion is an attempt to gain control and overcome a sense of helplessness about the future. It would help her to realize that there are healthier and better coping mechanisms than worrying.

The usual mainstream treatments, including anti-anxiety medications, psychotherapy and behavioral interventions may be useful for many, however, I prefer to use an approach using a wellness mandala and help the client work through quadrant as a symbol of wholeness and balance in life. If one of these mind, body, spirit and emotional elements is missing, then one is not whole or balanced in life.

For example, if your roommate is dealing with worry and is not aware it is a form of spiritual disengagement or she doesn't know what to do about that, she won't get far on her own. If one is unsure how to find inner calm, being anxious is

a tenuous emotional position that needs additional work.

It would be most helpful for your roommate to have some reprogramming of her biology of anxiety, worry and shift to inner calm. You can suggest to her to seek a meditation class, a holistic practitioner who specializes in this area, or to familiarize herself with some natural remedies such as 5-HTP, calcium/magnesium, or any other natural supplements to calm her nervous system.

Often, when worry is brought to one's conscious attention, worry can be shifted to that inner calm that resides beneath the outer layer of worry. Opportunities are then provided for one's soul to expand and learn. Our intuition is also a calming tool to combat worry.

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.✱

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Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
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Audubon Society	472-3744
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Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
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Horticulture and Tea Society of Sanibel and Captiva	472-8334
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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
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United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
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Sanibel Historical Museum & Village	472-4648
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PETS OF THE WEEK

photos provided

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 Road. 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 this month. 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



Matilda

and someone will be very lucky to have me.

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. I am very sweet and gentle and am now in a foster home. 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 this month. Please consider giving me a forever home.



Sasha

These young cats are extremely sweet and well-behaved. If you are interested in adopting one or both of these beautiful girls, call Pam at PAWS, 472-4823.✱

Haven on Earth Animal League

Charlie Brown And Paige

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



Charlie Brown

Hello, I'm Paige.

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



Paige

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

Lee County Domestic Animal Services

Jack And Cori

My name is Jack and I'm one of the oldies but goodies, about 8 years old. Don't let my age fool you, I still act like a teenager. I'm a petite 12 pounds and super well-mannered. I will sit for a treat and wait patiently for you to give it to me. I am a gentle soul that recently attended an event and got along well with the other dogs of all ages. The best part of my "senior" status is, if you are also of a senior status, my adoption fee is waived.



Jack ID# A752177

not at all happy about being here, but I quickly changed my tune and both my sister and I are now staff favorites. I am definitely more spirited and will have no problem letting you know what I want and when. I have become quite the cuddle bug when I am in the mood. My adoption fee is \$10.



Cori ID# A750789

Cats and kittens are two-for-one; adopt one and you can take home a feline friend at no additional charge.

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.✱

I'm Cori and I came to the shelter with my sister Ginger as supposed "strays." At first, I was

PUZZLES

Answers on page 45

Super Crossword "I MISS YOU GUYS"

- ACROSS
- 1 After, in Paris
- 6 Paparazzi target
- 11 Speedy
- 15 Close loudly
- 19 Instant replay mode
- 20 St. Teresa's town
- 21 Guthrie of folk music
- 22 Snow beast of legend
- 23 Frenetic cartoon marsupial [#1]
- 25 Banging, as a drum
- 27 Bread type
- 28 Caviar eggs
- 29 It's not currently erupting [#2]
- 31 — distance
- 32 Capital of Kazakhstan
- 36 Kia model
- 37 Fragrant compound
- 38 "Just name it and I'll do it" [#3]
- 43 Zine staff
- 44 Sarcastic laugh sound
- 45 Dust bit
- 46 Direction of sunup
- 49 Real guy?
- 52 House-building charity [#4]
- 59 Shouts from cheerleaders
- 60 Recording studio control
- 61 Watch
- 62 Concave
- 63 Sauna spot
- 64 — tai (mixed drink)
- 65 Hive group
- 66 "Sorority Row" actress
- 67 Annual publication of Benjamin Franklin [#5]
- 73 Jonathan Swift's genre
- 75 Ark crafter
- 76 Egg case
- 77 Prefix with con
- 80 Her "Hello" was a big hit
- 81 Horror film helper
- 82 Composer
- 85 Singer Baez
- 86 What a green card grants an alien [#6]
- 89 Dated yet trendy
- 90 Be a vagrant
- 91 "Othello" baddie
- 92 "No kidding!"
- 93 — -jongg
- 96 Available again because folks asked for it [#7]
- 104 Not silently
- 107 August sign
- 108 Old office note-takers
- 109 Ending with ethyl
- 110 Classic song by Rodgers and Hart [#8]
- 114 Platform that runs on Apple devices
- 115 Audiophile's stack
- 116 Certain shore area
- 117 1988 film about an old baseball scandal (and what this puzzle has?)
- 122 Bakery tool
- 123 Brother of Cain
- 124 Comic Anderson
- 125 Passover dinner
- 126 Cruel emperor
- 127 Simple
- 128 Bulges
- 129 Not well-kept
- DOWN
- 1 Wandering
- 2 Seek the approval of
- 3 Capital of Dominica
- 4 Record label for Bowie
- 5 Take off from a high nest, as an eagle
- 6 Academy students
- 7 Mother of Cain
- 8 Ullmann or Tyler of film
- 9 Yale athlete
- 10 Dis-tressed?
- 11 Cloth
- 12 "Am not!" reply
- 13 Serb, say
- 14 Pooch in Oz
- 15 Matches up, as files
- 16 Papal envoy
- 17 Paid (for)
- 18 Tweens, e.g.
- 24 Army denial
- 26 Sicile, e.g.
- 30 Suffix with access
- 33 Sportscaster — Rashad
- 34 Weeper in myth
- 35 Not lifeless
- 39 Letters that follow pis
- 40 Converged
- 41 Tabby sound
- 42 — es
- 47 City in Iran
- 48 Tennis top
- 49 Wifely title
- 50 Ceiling
- 51 Book division
- 52 Brow or lash
- 53 Say for sure
- 54 With 56-Down, entwined like shoelace ends
- 55 Own (up)
- 56 See 54-Down
- 57 With 78-Down, tone deafness
- 58 Pro's vote
- 60 Cost to cab it
- 64 Singer Rita
- 65 Scornful cry
- 66 Dark mark
- 68 Gulf ship
- 69 Playwright William
- 70 Pigeon calls
- 71 Spy Mata —
- 72 Timber tool
- 73 Syrup base
- 74 Sugary drink
- 78 See 57-Down
- 79 1969 Beatle bride
- 81 "— la Douce"
- 82 Lutzes, e.g.
- 83 Bar of gold
- 84 Range
- 85 Taunt
- 87 Eatery check
- 88 Handy-andy's inits.
- 89 Evaluate anew
- 92 Low spirits
- 93 Remit, say
- 94 — -Lorraine
- 95 Schnozz
- 97 Maker of an exact copy
- 98 Brewing pot
- 99 "Sk8er —" (2002 hit)
- 100 Merges
- 101 Crack, as a cipher
- 102 Provided, as with talent
- 103 "— Rides Again" (old Western)
- 105 In — (not yet born)
- 106 "What's the —?"
- 111 Trolley car
- 112 Caftan, e.g.
- 113 Jail division
- 118 Debt doc
- 119 Chewed stuff
- 120 Not square
- 121 Once named

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			
38						39									40					
						44									46			47	48	
49	50	51													53	54	55			
59						60									61					
63						64									65					
						67	68								72					
73	74														76					
80															82	83	84			
86															88					
						90									91					
93	94	95				96				97	98	99								
104						105	106								108					
110															113					
116															117	118	119	120		
122																				
126																				

King Crossword

- ACROSS
- 1 Handle roughly
- 4 Dog bane
- 8 Back talk
- 12 Past
- 13 Peruse
- 14 Clarinet's cousin
- 15 Mansion staff
- 17 Smolder
- 18 Catches some rays
- 19 Playful water critter
- 20 Moral standard
- 22 Own
- 24 Destroy
- 25 Peace
- 29 Inseparable
- 30 Permanent inmate
- 31 "Golly!"
- 32 Snakes
- 34 Chew away (at)
- 35 Gross
- 36 Dentist's suggestion
- 37 Coarse
- 40 Funeral stand
- 41 Sea flier
- 42 Pepper or York
- 46 Kill a bill
- 47 Hexagonal state
- 48 Fresh
- 49 Anytime now
- 50 Huff and puff
- 51 As well
- 10 A few
- 11 Palm reader, maybe
- 16 Futile
- 19 Finished
- 20 Love god
- 21 Melody
- 22 Substantial
- 23 War god
- 25 Go under
- 26 Unknowing
- 27 Earl Grey and kin
- 28 Some evergreens
- 30 Poland's Mr.
- 33 Urban bird
- 34 Merriment
- 36 Battle
- 37 Guns the engine
- 38 Black-and-white snack
- 39 "Do — others ..."
- 40 Cereal choice
- 42 Dine
- 43 Greek vowel
- 44 Keanu, in "The Matrix"
- 45 Pair
- DOWN
- 1 — de deux
- 2 Census statistic
- 3 More deserving
- 4 Swiss money
- 5 Periscope part
- 6 Dine on
- 7 Billboards
- 8 Cushion
- 9 Touch

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A X V S Q T O L J B A H E C A

X V T R P N A B D N O L J H F

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X M V T C A C D Y I A K N R R

P O U E Z M A N N A R L K I O

I G E I E D B Z A A W T E X A

W R L U G T R Q M R L R S C T

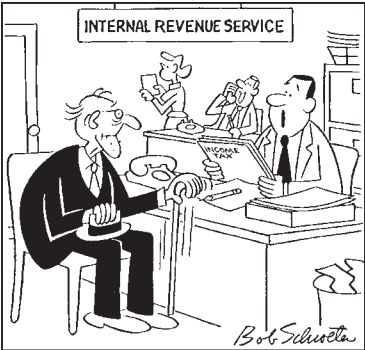
G O N L J L I N R G F N O U I

F D C A Y N E D E W S X I N A

W V T S R D P B G O N L K F J

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

- Austria Croatia Germany Netherlands
- Belgium Denmark Greece Norway
- Brazil Finland Iceland Sweden
- Canada France Italy



"I'm sorry, but the government doesn't let you deduct for depreciation on _____."
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!

Close
BRANEY

Search
FARGOE

Pop
STURB

Mislead
DUELED

TODAY'S WORD

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

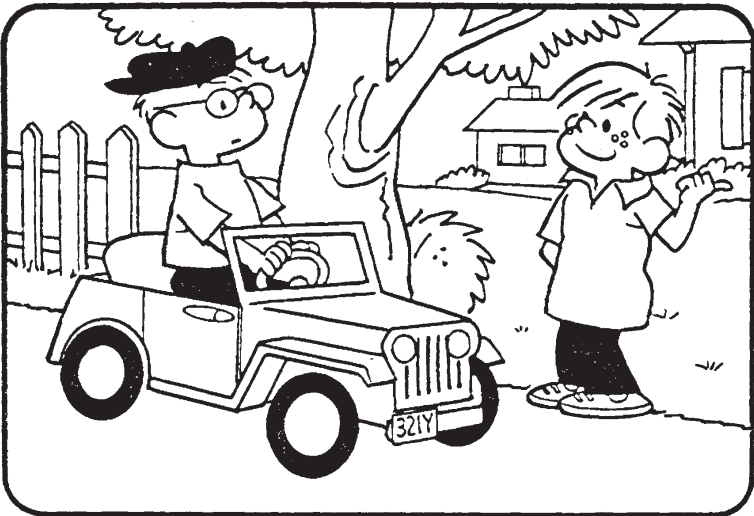
SUDOKU

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.

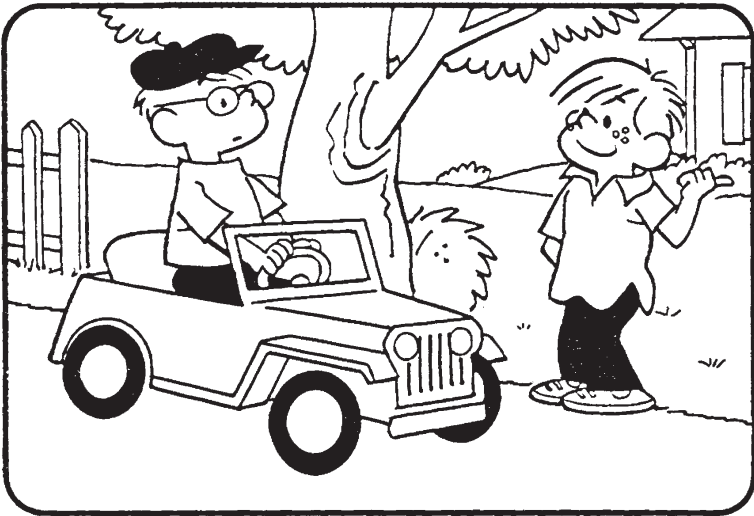
answer on page 45

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence is shorter. 2. Cap is missing. 3. Car door is missing. 4. House is missing. 5. License plate is missing. 6. Shirt is different.

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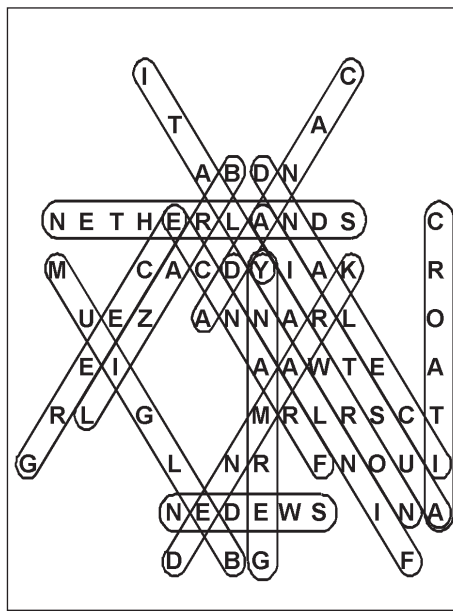
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RYE ROE DORTVOLCANO
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HAR MOTE EAST
MCCOY HABITATFORHUIITY
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KING CROSSWORD

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SERVANTS FUME
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ETHIC HAVE
RUIN SERENITY
ONE LIFER GEE
SERPENTS GNAW
ICKY FLOSS
ROUGH BIER
ERNE SERGEANT
VETO UTAH NEW
SOON PANT TOO

MAGIC MAZE



SUDOKU

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

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REAL ESTATE

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4/29 ★ TFN

COMMERCIAL RENTAL

COMMERCIAL UNIT FOR RENT

East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail. Call Dee at 472-0121, leave a message.

7/13 ★ TFN

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.

8/5 ★ TFN

To advertise in the *Island Sun* and *The River Weekly News* Call 395-1213

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1/26 ★ TFN

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CLOSE TO BOWMAN'S BEACH

3 BR/2BA, fully furnished and equipped, large screened porch, garage. Community pool and tennis. Monthly rental minimum. For more info please email: sblcottage@gmail.com.

6/29 ★ 9/14

ANNUAL RENTAL

ANNUAL RENTAL ON SANIBEL

2 bdrm / 1 bath, East End. 1/2 of Duplex, piling home. Walk to beach. Washer & Dryer in unit, Private sundeck. Includes yard service & pest control. No Smoking / no pets. \$1,750. Call Bob 410-913-2234.

9/14 ★ TFN

SANIBEL ANNUAL RENTAL

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.

7/27 ★ TFN

A+ ANNUAL RENTALS ON SANIBEL!

2/1 apt on quiet Main Street. 1,800/mo Dogs okay.
2/2 apt on Sand Pebble. 2,000/mo Dogs okay.
Call Bridgit @ 239.728.1920

8/10 ★ TFN

ANNUAL RENTAL

SANIBEL

Waterfront – 3/2+ den, dock, Direct access. \$2,950/mo. Gorgeous, Custom home, 3/3.5 F. home, steps to beach, High end everything. \$6,000/mo.

472-6747

Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.
Paul H. Zimmermann, Broker/Owner

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I offer beautiful, local, affordable full-service website design. Call Leah at 310-429-8446.

8/31 ★ 9/21

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Fort Myers, FL 33907
Phone (239) 277-0058 or 472-2000
*costs additional **principal office

9/7 ★ 9/14

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1/25 ★ TFN

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Residential Cleaning to Satisfaction
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1/4 ★ TFN

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Residential-Commercial-New Construction \$120 Window Cleaning. Inside And Out. Single Home Or 10% Off. First Time New. Customers/Free Estimates.
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jccwindowcleaning.com

9/14 ★ TFN

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Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203
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SANIBEL
472-2723

8/17 ★ TFN

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300.
1700 Periwinkle Way

5/6 ★ TFN

PUBLIC SERVICE

PUBLIC SERVICE ANNOUNCEMENT

Narconon reminds families that the opiate problem in the U.S. is continuing to worsen and it's more important than ever to know and understand the signs and symptoms of an opiate overdose. To learn more about how to identify the signs and symptoms of opiate abuse, go to: <http://www.narconon-suncoast.org/blog/how-to-recognize-signs-of-an-opiate-overdose.html>

ADDITION SCREENINGS

Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals.
1-888-824-1621

8/31 ★ TFN

After 9, it's turtle time!



CLOSE CURTAINS & BLINDS OR TURN OFF LIGHTS

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly and Monthly.
Captiva Island 472-5800

1/4 ★ TFN

FOR SALE

2017 YAMAHA 1800-SB FBGLSS HULL INBRD

10'10" & Trailer
Like new. Motor not included.
\$4,000.
314-581-4645

8/31 ★ 10/5

GARAGE SALE

SEMI ANNUAL GARAGE SALE GULF COAST CHURCH OF CHRIST

9550 Six Mile Cypress Parkway
Fort Myers, FL. 33966
239-936-4554
Friday October 5, 7 a.m. to 5 p.m.
Saturday October 6, 7 a.m. to 1 p.m.
Selling: furniture, housewares, clothes, jewelry, purses, holiday decorations (Halloween and Christmas), bake sale items and beverages.

9/14 ★ 10/5

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

My Stars ★★★★★

FOR WEEK OF SEPTEMBER 17, 2018

Aries (March 21 to April 19) Aspects favor new romances for unpaired Ewes and Rams. Already-paired Arian twosomes experience renewed harmony in their relationships. Money matters also take a bright turn.

Taurus (April 20 to May 20) Use that strong Bovine determination to help you keep the faith with your convictions while you move through a period of uncertainty. Things begin to ease by the week's end.

Gemini (May 21 to June 20) Pay attention to your intuition. It could be alerting you to be more careful about accepting a "statement of fact" simply on trust. Don't be shy about asking for more proof.

Cancer (June 21 to July 22) Concern for the well-being of someone in need is admirable. But don't forget to take care of yourself as well. Ask a family member, close friend or colleague to help you.

Leo (July 23 to August 22) It's OK to focus on the demands of your career. But try to avoid misunderstandings by also reaching out to family and friends. Your sharp intuitive sense kicks in by midweek.

Virgo (August 23 to September 22) Keep a rein on that green-eyed monster. Jealousy is counterproductive. Instead of resenting a colleague's good points, concentrate on developing your own abilities.

Libra (September 23 to October 22) Spending time on a creative project during this high-energy week can pay off both in emotional satisfaction and in impressing someone who is glad to see this side of you.

Scorpio (October 23 to November 21) Now is a good time to start planning that trip you've put off because of the demands on your time. Be sure to choose a destination that is new and exciting.

Sagittarius (November 22 to December 21) That upbeat mood in the first part of the week makes you eager to take on new ventures. A more serious note sets in later to help you assess an upcoming decision.

Capricorn (December 22 to January 19) A high energy level gives the Goat the get-up-and-go to finish outstanding tasks before deadline, leaving time for well-earned fun and games with friends and family.

Aquarius (January 20 to February 18) Dealing with disappointment is never easy. But the wise Aquarian will use it as a vital lesson and be the better for it. A close friend has something important to say.

Pisces (February 19 to March 20) Best bet is not to get involved in an argument between colleagues until you know more about who started it and why. And even then, appearances could be deceiving. Be alert.

Born This Week: You have creative gifts that inspire those who get to see this sometimes-hidden side of you.

STRANGE BUT TRUE

• It was beloved American humorist Will Rogers who made the following sage observation: "Everything is funny as long as it's happening to somebody else."

• If you have spent a great deal of time in the Scottish highlands, you might be familiar with the term "sgìomlaireachd." Evidently, the habit of dropping in at mealtimes is common enough there to require a word to describe it.

• The world's most popular fruit is the banana. In the United States, people consume more bananas than apples and

oranges put together.

• How would you like to brush your teeth with salt, chalk or ground brick? The first tooth powders used with toothbrushes were made of just such materials.

• Ever wonder why magazine publisher Hugh Hefner chose a rabbit as the symbol of his *Playboy* magazine? Evidently, when the mogul was a small boy, one of his treasured possessions was a blanket with bunnies all over it.

• Those who study such things say that Italians drink, on average, 26 gallons of wine every year.

• The English word "vegetable" comes from the Latin word "vegetare," which means "to invigorate."

THOUGHT FOR THE DAY

"I divide my officers into four groups. There are clever, diligent, stupid and lazy officers. Usually two characteristics are combined. Some are clever and diligent – their place is the General Staff. The next

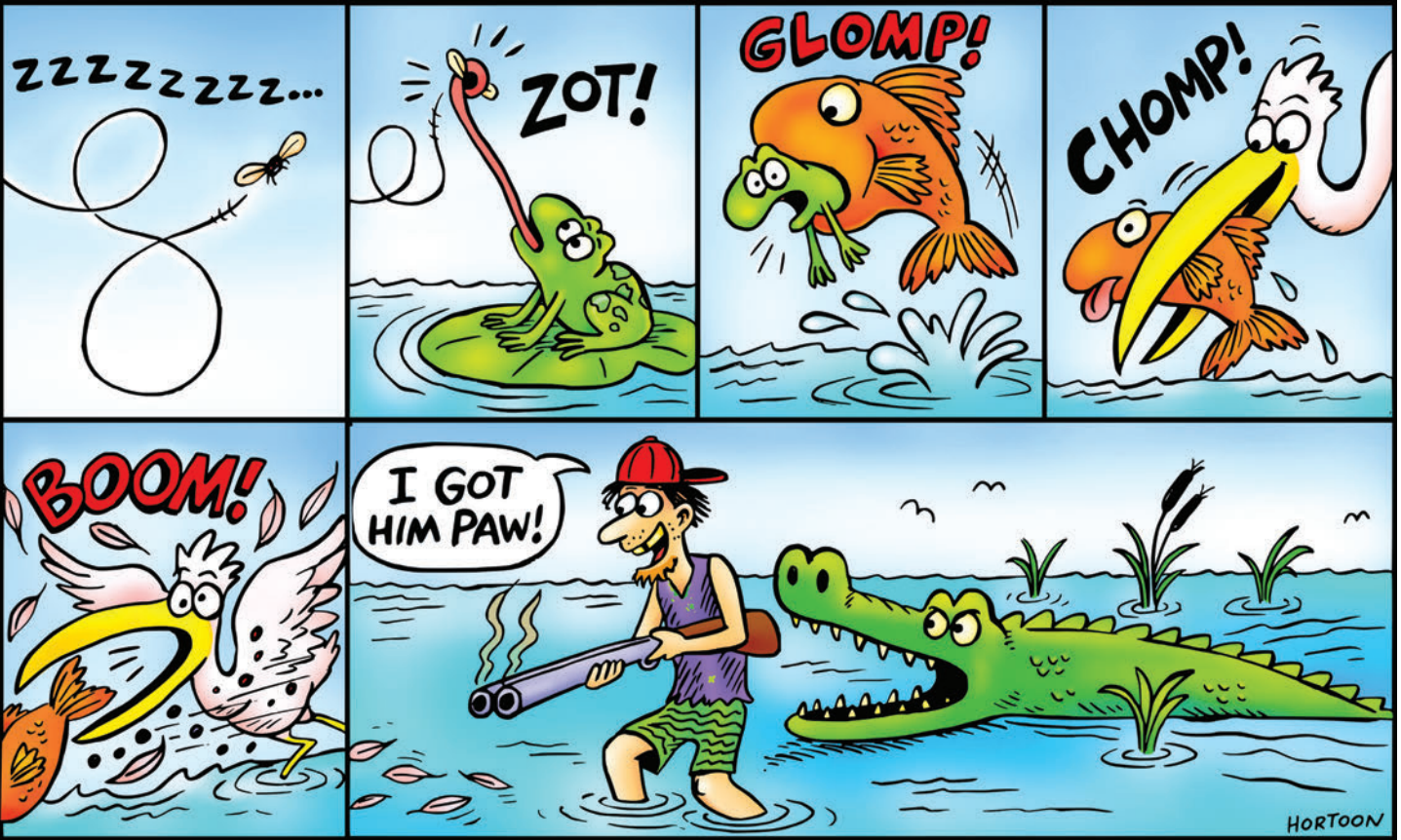
lot are stupid and lazy – they make up 90 percent of every army and are suited to routine duties. Anyone who is both clever and lazy is qualified for the highest leadership duties, because he possesses the intellectual clarity and the composure necessary for difficult decisions. One must beware of anyone who is stupid and diligent – he must not be entrusted with any responsibility because he will always cause only mischief." – Kurt Freiherr von Hammerstein-Equord

SCRAMBLERS

1. Nearby; 2. Forage;
3. Burst; 4. Delude

Today's Word
YOURSELF

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Grand Ole Man	Fort Myers Beach	1987	2,536	\$1,599,000	\$1,400,000	89
Magnolia Bend	Estero	2006	3,580	\$1,425,000	\$1,387,500	4
Sanibel Estates	Sanibel	1969	1,447	\$899,000	\$850,000	238
Oak Bend	Fort Myers	2007	3,877	\$880,000	\$880,000	0
Somerset	Fort Myers	2017	3,936	\$750,000	\$727,500	5
Lexington Country Club	Fort Myers	1997	2,848	\$675,000	\$675,000	4
Siesta Isles	Fort Myers Beach	1969	1,703	\$650,000	\$615,000	202
Sunny Grove	Estero	2008	3,855	\$649,900	\$600,000	102
Cape Coral	Cape Coral	1969	2,002	\$629,000	\$600,000	142
Oaks of Estero	Estero	2018	2,698	\$628,499	\$619,500	154

Support Local Business

Support Local Business

SHOP & DINE
At Periwinkle Place Shops

SEPT 19 | 6PM-8PM

*Exclusive Offers • Live Music
Complimentary Refreshments*



EXCLUSIVE SHOPPING OFFERS!

6PM-8PM | SEPTEMBER 19, 2018

- **BEACH DAISY BOUTIQUE**
20% OFF Entire Purchase • Wine for Customers
- **BUTTERFLY BEACH**
10% OFF Entire Purchase
- **CLASSIC COLLECTIONS**
20% OFF Any Single Item, Excluding Pandora
- **EVERYTHING BUT WATER**
Store Open Until 8PM
- **FANTASEA**
20% OFF Storewide
- **FRESH PRODUCE SPORTSWEAR**
*25% OFF Entire Purchase of \$100 or More
Refreshments Provided*
- **HER SPORTS CLOSET,
A LILLY PULITZER SPECIALTY BOUTIQUE**
15% OFF Entire Purchase
- **ISLAND STYLE GALLERIES**
Store Open Until 8PM • Wine for Customers
- **ISLAND PURSUIT**
20% OFF, Some Exclusions Apply
- **NAPLES SOAP COMPANY**
25% OFF Entire Purchase • Refreshments Provided
- **THE ORIGINAL CHICO'S**
*Happy 35th Anniversary 35% OFF Sale
Refreshments Provided*
- **PARADISE BOUTIQUE OF SANIBEL**
50% OFF Select Merchandise
- **PEACH REPUBLIC**
30% OFF All Women's Clothing
- **SAND CASTLE GIFTS & GOURMET**
FREE Sanibel Shopping Bag With \$10 Purchase
- **SANIBEL OLIVE OIL COMPANY**
10% OFF Storewide
- **SANIBEL SUNGLASS COMPANY**
*Friends & Family 15% OFF Almost Everything Sale
Wine & Cheese Provided*
- **SEA GLASS LANE**
20% OFF Entire Purchase, Excludes Magnolia Pearl
- **TIKI JIM'S**
50% OFF Select Merchandise
- **TOYS AHOY**
20% OFF Entire Purchase Storewide
- **TRADER RICK'S**
10% OFF Entire Purchase • Refreshments Provided

Blue Giraffe Restaurant reopens Saturday, September 15 at 7am for Breakfast, Lunch & Dinner