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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 28, 2018

SEPTEMBER/OCTOBER SUNRISE/SUNSET: 28 7:19 • 7:19 29 7:20 • 7:18 30 7:20 • 7:17 1 7:21 • 7:16 2 7:21 • 7:15 3 7:22 • 7:14 4 7:22 • 7:13



Dr. Jose H. Leal and Rebecca Mensch of the Bailey-Matthews National Shell Museum aboard the *RV Weatherbird II* research vessel photos courtesy Rebecca Mensch

Museum Scientists Attend Research Expedition

by Jeff Lysiak

For the second time in 2018, Bailey-Matthews National Shell Museum Marine Biologist Rebecca Mensch was invited to participate aboard a research

cruise into the deep waters of the Gulf of Mexico. But during the most recent excursion, she was joined by Dr. Jose H. Leal, the museum's science director and curator, who attended the four-day specimen recovery expedition from September 13 to 17.

Sailing aboard the *RV Weatherbird II*, Mensch and Dr. Leal joined Dr. Gregory Herbert, associate professor at the University of South Florida (USF) School of Geosciences and USF's Florida Institute



Scientists and students sifting through marine material brought up by the dredge

of Oceanography, as well as a scientist from the Florida Fish & Conservation Commission (FWC) and several USF college students. The group ventured far into the gulf as part of Dr. Herbert's ongoing project mapping the mollusk community of the Florida Continental shelf.

"Unlike the first trip I went on, the weather this time was really nice," said Mensch, who previously joined Dr. Herbert on a research excursion from February 22 to 26, during which three live junonias were recovered and subsequently given to

continued on page 35



CROW staff and board of directors thank everyone who donated to meet the challenge

photo provided

Endowment Fund Challenge Met

The Clinic for the Rehabilitation of Wildlife (CROW) challenge to raise \$50,000 to match a gift to CROW's

Endowment Fund, made anonymously in January, has been met.

Nearly 50 contributions – from across the country – helped to reach the goal. Thanks goes out to The AWC Family Foundation, whose donation on September

continued on page 37

'Ding' Darling Days Coming Soon



Take a free beach walk at Perry Tract with educator Sara Hallas

photo provided

Let's Get Outside Day kicks off this year's weekend-long "Ding" Darling Days on Friday, October 12 at the JN "Ding" Darling National Wildlife Refuge on Sanibel. A free Bunche Beach Birding Tram departs from the refuge at 8 a.m. to experience low tide at the

active birding park across the causeway. The three-hour tour is an annual highlight of "Ding" Days, and spaces are limited, so make reservations with Tarpon Bay Explorers (TBE) in advance at 472-8900.

The Bunche Beach tour is one of a continued on page 36

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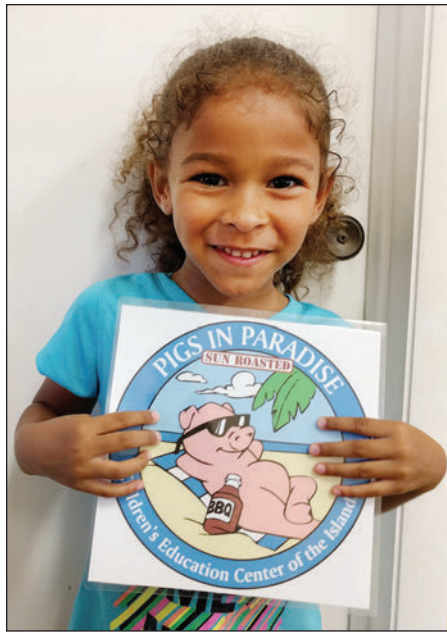
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Reserve Early For Pig Roast At Children's Center

The Children's Education Center of the Islands (CECI) invites community members to its 4th annual Pigs in Paradise pig roast on Saturday, October 20 from 4 to 7 p.m. at the center, located at 350 Casa Ybel Road. The family-friendly evening will feature pigs roasted in two different styles by CECI parents and staff. Admission will include roasted pork, sides, beverages as well as a milkshake and cookie bar. Beer and wine will also be available. There will be a silent auction and 50/50 raffle.

Tickets are \$30 in advance, \$35 at the door and \$10 for children ages 13 to 18. Children 12 and under are admitted at no charge. Advance ticket sales are encouraged so the cooks have an accurate head count. Sponsorships are available and include tickets to the roast and display in promotional materials. Proceeds from the event will help fund student scholarships as well as capital improvements to the facility.

The preschool, which opened in 1974, is a nonprofit parent co-op



Athaliah Rosa is ready to celebrate at the preschool's fall fundraiser photo provided

that serves families who live or work on Sanibel and Captiva. It is open to children ages 12 months to 5 years. To register your children for preschool, buy event tickets, become a sponsor or donate items to the silent auction, call Cindy DeCosta at 472-4538.✪



Members of Lee County Supervisor of Elections staff photo provided

Voter Registration Services At Sanibel Library

From 9:30 a.m. to 3:30 p.m. on Monday, October 1, Lee County Supervisor of Elections staff will be at the Sanibel Public Library providing voter registration services.

Weekly youth events run now through October 3, and resume on the week of October 16. Geared specifically for children in fourth through sixth

grade, the After-school Clique will meet on Tuesday, October 2 at 3 p.m. The group will be crafting, building, making and playing, with books and a snack thrown in.

Family story time for young readers and their caregivers will be held on Wednesday, October 3 at 10 a.m. This program helps develop pre-reading skills through songs and stories.

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

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



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A new microscope will support science and technology education for Lee County students photo provided

Sanibel Sea School Receives Grant From LCEC

Sanibel Sea School has been awarded a grant by the Lee County Electric Cooperative (LCEC) to purchase a new stereomicroscope, which will allow students to magnify and better observe specimens found in the field during the organization’s educational marine science programs.

“Having this type of microscope available makes it possible for us to apply scientific tools to our ocean discovery,” said educator Nicole Finnicum. “Kids are amazed when they see the contents of

sand up close, or when we use the scope to display a sea cucumber dissection on our large TV screen.”

The microscope will be used primarily for Sanibel Sea School’s outreach programs, which bring landlocked children from throughout Lee County and the Southwest Florida region to participate in meaningful ocean education. “It is so important to engage these students in science education to help prepare them for future careers and success in our technology-driven world,” said Finnicum. “We are so grateful to LCEC for making this addition to our lab possible.”

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

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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack. www.batyam.org, 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

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

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SANIBEL COMMUNITY CHURCH

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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. Workshop 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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The Community House



French Chef Andre Gratesol

photos provided

Kids Cooking First Mondays

Kids Cooking classes begin Monday, October 1 from 2:30 to 5:30 p.m. Classes are held on the first Monday of the month, October through May.

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

Some scholarships are available,



Resident Chef Jarred Harris

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.

Cooking With Chef Jarred

Resident Chef Jarred Harris will hold a hands-on cooking course on Thursday, October 4 beginning at 10 a.m. Learn to make: Beet, Goat Cheese and Caramelized Onion Tart; Asparagus and Pumpkin Risotto Cakes; Chargrilled Vegetable Cassoulet; and Classic Chocolate Tart and Winter Berries. Cost is \$50 for members and \$60 for guests.

There will be a cooking demonstration with Chef Jarred on Thursday, October 11 at 4 p.m. featuring: Mussels in White Wine, Garlic, Shallots and Cream; Crispy

Polenta Fries; Osso Bucco; Horseradish Dumplings; and Cranberry Pear Charlotte with Cinnamon Ice Cream. Cost is \$35 for members and \$50 for guests.

On Thursday, October 25 at 4 p.m., watch and learn as Chef Jarred prepares: Lentil Paté; Toasted Brioche and Pear Chutney; Seafood Stew and Grilled Focaccia; and Frozen Lemon Soufflé. Cost is \$35 for members and \$50 for guests. Online payment available for cooking classes.

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.

Upcoming Classes And Events

There will be a parent/child cooking class for young children on Wednesday, October 17. Smoke on the Island BBQ is scheduled for Saturday, October 20. Pumpkin decorating with Chef Jarred will be held on Tuesday, October 30. On Wednesday, October 31, bring the whole family for the Halloween/Fall Festival Candy and Costume Carnival.

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

Wednesday Prayer Group

Mothers and grandmothers are invited to pray scripturally for their children, grandchildren and their schools beginning Wednesday, October 3 from 3:45 to 5 p.m., and continuing every Wednesday through the school term. Meetings will be held in the prayer room off of the main sanctuary at Sanibel Community Church, located 1740 Periwinkle Way.

For more information, contact Lori Richter at lorilee87@gmail.com.*

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City Council Divides Water Quality Duties

by Jeff Lysiak

Following a discussion on focus areas for ongoing water quality initiatives and calls to action, the Sanibel City Council approved informally designating each member’s target groups and topic responsibilities during Monday’s special workshop session.

Just hours before the city filed a joint petition – along with the City of Cape Coral and the Town of Fort Myers Beach – to challenge the proposed amendments to Rule 40E-8.221(2), approved earlier this month by the South Florida Water management District (SFWMD), members of the council approved designating responsibilities for each member.

Challenging that the SFWMD’s proposed rule “is not an invalid exercise of delegated legislative authority,” the 30-page petition notes four significant changes that were approved on September 13. These include increasing minimum mean monthly flows out of Lake Okeechobee from 300 cubic feet per second (cfs) to 400 cfs; eliminating as a MFL (Minimum Flows and Levels) exceedance any daily salinity exceedance of 20 parts per thousand (PPT); eliminating a unit of measurement for salinity; and requiring salinity measurements occur at mean low water.

“Although the first of these four enumerated changes... is a modest improvement for the Caloosahatchee River Estuary (CRE) and petitioners, the improvement is not enough to make a meaningful difference,” the petition reads in part. “The remaining three enumerated changes are all to the clear detriment of the CRE and petitioners.”

The petition makes note of blue-green algae flowing down the Caloosahatchee from Lake Okeechobee as well as a more persistent red tide intruding from the Gulf of Mexico as contributing factors to the impaired water conditions throughout Southwest Florida. “The toxins from these harmful algal blooms are negatively impacting human health and keeping them away from the water,” the petition noted.

Under a matrix proposed by Mayor

Kevin Ruane, the assigned target groups and topic responsibilities would include:

Ruane – U.S. Army Corps of Engineers, Department of Environmental Protection, Lee County Board of County Commissioners, legislative initiatives; Vice Mayor Mick Denham – Municipalities, best practices; Councilman Chauncey Goss – SFWMD, chamber of commerce, Horizon Council; Councilman Jason Maughan – Department of Agriculture, health impacts; Councilwoman Holly Smith – Tourist Development Council, realtors association, hoteliers association, Visit Florida, advocacy groups.

“This has grown bigger than I could’ve imagined, and I think it has the potential to grow even bigger,” Ruane said of the city’s efforts to promote water quality issues at the regional, state and federal levels. “I want as much help as humanly possible.”

Several members of the council offered their support for the mayor’s initiative. Although absent from the workshop session, Denham pledged he was “All in,” according to City Manager Judie Zimomra.

“This hits all of the big user groups,” James Evans, director of the city’s natural resources department, said of the proposed responsibilities matrix. “It’s a pretty good natural breakdown.”

According to Ruane, he and four additional Southwest Florida mayoral representatives went on the record at the SFWMD meeting opposing the district’s decision to increase discharges out of Lake Okeechobee. Prior to the meeting, members of the district appeared to indicate they were in favor of decreasing discharges west of the lake during the rainy season.

Of the petition filed on September 24, Ruane expressed his gratitude for the mayors from several surrounding communities for their support.

“In summary, there is no doubt petitioners are substantially affected by the proposed rule and all other laws and rules related to or affecting water quality in Southwest Florida. The shortfalls of the proposed rule are certain to result in continued significant harm to the CRE and directly-correlated economic interests of petitioners and Southwest Florida,” the petition concludes.

The state’s Division of Administrative Hearings has 10 days to respond to the petition.✧

Proposed Residential Plan To Be Revised

by Jeff Lysiak

During Tuesday’s Sanibel Planning Commission meeting, the issue involving four variances and a development permit for a proposed single-family residential development of a three-lot property on Woodring Road was tabled following a lengthy discussion involving landscaping, setbacks, driveways, pool cages and boat ramps.

According to Roy Gibson, senior planner for the city, applicant William Jacobelli of WAJ Design Services and SAM Builders on behalf of property owners the Rebecca L. Monroe Trust submitted a request to approve four variances. They included allowing portions of the roof, railings and other features to be constructed above the angle of light height limitations; allowing the new residence to encroach within the minimum required 50-foot setback from the centerline of Woodring Road; and allowing an elevated swimming pool to exceed the maximum coverage and developed area permitted for the Mangrove Forest Ecological Zone.

According to Gibson’s staff report, the 1.54-acre property – located at 1898 Woodring Road – is comprised of three separate lots platted prior to the city’s 1974 incorporation. An existing single-family residence, a detached storage/garage building, a boat dock, an onsite septic system and associated site improvements currently exist onsite. The applicant proposes to redevelop the property by removing all existing structures (except for the boat dock) and construct a new single-family dwelling with an elevated swimming pool.

Following detailed presentations by both Gibson and Steven C. Hartsell, attorney for the property owner, members of the commission poured over several concerns raised by planning department staff. Among them were an insufficient plan to properly landscape the property, objections to the size of the driveway and the proposed addition

of a screened pool cage and whether the residence complies with the city’s Land Development Code Section 86-43, which deals with the appearance, size and mass of structures.

Hartsell, who noted support had been received from three neighboring properties, explained that his client was requesting a pool cage out of concerns for safety and fear of contracting the Zika virus, transmitted through the bite of the mosquito. Commission Chairman Dr. Phillip Marks assured Hartsell that the Zika virus typically is transmitted by mosquitoes found in more urban areas, like the City of Miami.

“This is a very challenging parcel of property to build upon,” commented Commissioner Karen Storjohann.

Hartsell offered that the submitted development plans for the property demonstrated that they would meet the city’s variance standards, but further suggested that a number of modifications could be made and brought back before the commission to reconsider “in a month or so.” Commissioner Matt Kirchner said that he would look forward to reviewing a 3-D rendering of the revised property plans.

Gibson requested that staff would need 10 days prior to the next planning commission meeting to review the adjusted variance and development permit applications. City Attorney John Agnew suggested that the commission postpone action on the matter until the October 23 session.✧

Sanibel Budget Approved At \$65.8M

by Jeff Lysiak

Two weeks after introducing a preliminary budget estimate of \$66,066,165, members of the Sanibel City Council approved the final budget for fiscal year 2019 at \$65,810,780, more than one quarter of a million dollars less based upon a \$200,000 decrease in transportation capital expenses and an anticipated

continued on page 10

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Plant Smart

American Evergreen

by Gerri Reaves

American evergreen (*Syngonium podophyllum*) is a member of the Arum family and one of the most recognizable of traditional houseplants. Its relatives include elephant ear and anthurium.

Credit this vine's decades of popularity to an ability to grow and spread so easily – the same characteristics that helped it to become a category-1 invasive pest plant in Florida.

The Florida Exotic Pest Plant Council defines category-1 species as ones that “are altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives.” The definition is based on “the documented ecological damage caused.”

Nearby Miami-Dade County has taken a firm stand on American evergreen and labeled it a “controlled landscape plant,” meaning that it cannot be planted within 500 feet of native plant communities because of its invasive potential.

A native of Central America, this fast-growing succulent vine is an epiphyte, or air plant.

Epiphytes are not parasites; they use their supporting plants as platforms to gather sunlight and nutrients. Orchids are among the best known epiphytes.

American evergreen develops fleshy stems that can be wrist-thick and quickly climbs trees with aerial roots. Its weight can threaten native trees with toppling.

It also can shade out natives and is known to be a particular threat to several endangered native ferns.

When restricted to the ground, it forms a thick cover that can overtake other plants.

One of its distinctive features is the difference between young and old leaves. Young arrowhead-shaped leaves inspire an alternate common name, arrowhead



Invasive thick-stemmed American evergreen easily climbs trees, which can topple under the vine's weight in the treetops

photos by Gerri Reaves

vine. At that stage, the plant is also called *Nephtytis*.

Older leaves, on the other hand, have three to five leaflets on long stems. Mature leaves can develop a whorl of up to 12 lance-shaped leaflets with the largest one in the center.

Leaves are large and all green or sometimes variegated in lighter grayish green. Many cultivars exist.

The rooting stems and the leaves exude a milky sap that can irritate the skin.

Contributing to the plant's popularity is its ability to grow even in bad conditions, such as low light and poor soil. Specimens kept indoors with little light retain the arrowhead-shaped leaves in a perpetual youth.

It blooms infrequently, but when it does, the whitish or greenish flowers are similar in structure to those of spathe lily (*Spathiphyllum*) or anthurium (*Anthurium andraeanum*) – a fleshy spike embedded with flowers and sheathed in bracts.

This vine easily roots from cuttings, but given its invasive status, think twice about



The stems, leaves, and roots of this epiphyte exude a milky sap that can irritate the skin

propagating it. It is not recommended for landscape use in Florida.

If it's in your yard, consider removing it, taking care to properly dispose of all plant parts that might propagate.

Sources: *Five Hundred Plants of*

South Florida by Julia F. Morton, *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, www.edis.ifas.ufl.edu; and <https://mrec.ifas.ufl.edu>.

Plant Smart explores the diverse flora of South Florida.✱

Sea School Scavenger Hunt

On Saturday, November 3, Sanibel Sea School will host the 1st annual Flip Flop Family Scavenger Hunt, a fun family-friendly event. Teams of up to eight participants can register to participate, and all proceeds will support the nonprofit's scholarship fund, which provides meaningful ocean experiences to thousands of children in the region each year.

“We host Octifest every spring, but it is mostly geared towards adults. We have always wanted to plan a fundraiser that community members of all ages can attend and enjoy,” said Sanibel Sea School Development Director Chrissy Basturk. “In the past, we have offered a scavenger hunt as an Octifest live auction item, and the winners have always loved it.”

At check in, each scavenger hunt team will be given a book of clues and challenges, each worth a set amount of points. They will have to use their knowledge of the island, marine biology and local folklore to earn as many points

SAVE THE DATE



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NOVEMBER 3RD
10:30AM

sanibel
sea school

as possible before the end of the day.

“Sometimes the team will have to take a photo to prove that they completed a challenge, or they might have to bring us a certain type of shell or another artifact,” added Basturk. Past clues have required players to visit restaurants, pose for photos with island celebrities, or figure out where to find a certain colorful bird.

No matter what, there are guaranteed to be lots of laughs and, at the end of the day, participants will be invited to attend a beach bonfire in celebration of ocean love. Tickets are \$25 per person and can be purchased online at www.sanibelseaschool.org/flipflopfundraiser or by calling 472-8585.✱

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From page 8

Sanibel Budget

\$55,385 in lost revenues from the Lee County Department of Transportation in toll revenues.

During a brief meeting on Monday afternoon, council members approved an ad valorem operating millage rate of 1.9139, the same millage rate for three consecutive years. The final operating millage rate exceeds the rolled-back rate of 1.8721 mills by 2.23 percent.

Previously, it had been noted that property values on Sanibel had reached an all-time high. 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 part of the adopted budget package, the final sewer voted debt service millage rate was approved at 0.1394 mills, the final land acquisition voted debt service millage rate was approved at 0.0598 mills, and the final recreation center voted debt service millage rate was approved at 0.1055 mills.

Councilors also approved a resolution amending the classification plan and pay schedule for city employees, eliminated the environmental biologist position while establishing an assistant natural resources director position, and reclassified the position of the deputy public works director to the deputy community services director/public works operations.✱

Sea School Offers STEM Classes

by Jeff Lysiak

In response to the ongoing impaired conditions of local waterways and concerns for the potential health hazards that red tide may have on students and staff, the education team at Sanibel Sea School has developed an alternative curriculum of classroom-based STEM (Science, Technology, Engineering and Mathematics) classes, which will begin next week.

"Sanibel Sea School has been severely economically impacted by red tide and the stigma of red tide," said Dr. Bruce Neill, executive director and co-founder of the school, whose flagship campus is located at 455 Periwinkle Way. "When our business was hit hard, we scrambled to find some alternative activities for kids."

Previously, the school had planned to conduct cast-netting classes during its weekly after school programs throughout the month of October. However, due to the continued concerns for the negative impacts red tide might present, the organization revamped its curriculum to provide STEM-based education.

"We've developed some STEM courses, each of which has four to six individual sessions," said Shannen Stainken, director of education. "It's fun, Bill Nye the Science Guy type of stuff. Experimental and interactive."

According to Neill, the new STEM curriculum, which Sanibel Sea School plans to continue offering in the future, will fill the needs of the community without having students in contact with potentially impaired waters. "It's a shift in the way we do business," he added. "Simultaneously offering field-based programs and classroom experiences."

Between October 9 and November 13, participants will be engaged in STEM classes focused upon physics, Newton's Laws of Motion (three weekly



Campers made slime during Wiggly Worm Week. This experiment is a wonderful way to explore the chemistry of polymers. photos courtesy Sanibel Sea School

sessions), buoyancy and pressure. Stainken offered that these programs will include egg-drop experiments, building boats from recycled materials (which will be sailed), building rockets and building a catapult, using these student-made machines to demonstrate all three laws of motion.

"Hopefully, this will transform the way people think of Sanibel Sea School," Neill said of the additional emphasis of a STEM-based curriculum. "All of our staff love science as much as they do being advocates for the ocean. It's like we're putting the 'school' back in Sanibel Sea School."

After School STEM classes will be held on Tuesdays from 3:30 to 5:30 p.m. on October 9, 16, 23 and November 6 and 13. Cost is \$20 per session.

From the last week in November through the week before Christmas, Sanibel Sea School will again be offering After School Ocean Art sessions. Using some natural materials

– including sea shells, branches and twigs, coconuts and other materials gathered outdoors – and lots of creative energy, participants will make their own holiday-themed craft, suitable for gift-giving or to keep.

During the first session of Ocean Art, on November 27, campers will be creating sand casting artwork that will be decorated with shells and sea glass. The following week, on December 4 is Beach in a Bottle. Participants will make colored sand and then decorate



A Sanibel Sea School instructor teaching a student about sea urchin embryology

their own glass bottles. On December 11, campers will create clay pots and yarn paintings. During the last session, on December 18, kids will make their own holiday ornaments with an ocean-inspired theme.

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

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

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Life Rebounds In The Sound



by Capt.
Matt Mitchell

This week proved to be one of the more memorable weeks of fishing on the sound than I have had in months. Bait birds and feeding fish have returned and,

for now, things are looking so much better. In the middle sound just past Red Light Shoals, schools of feeding ladyfish and diving birds were a very welcome sight of normality.

Fishing with longtime clients, the Naylor family from England, we went and gave shark fishing a go. After heading up to Rocky Channel on the low incoming tide, it did not take long to catch our first shark of the day. We caught blacktip sharks in the three- to four-foot range, basically one after another, as we watched quite a few tarpon rolling around the boat. About an hour into the trip, Gary Naylor was lucky enough to hook one of these

tarpon that made a crazy long run and had us thinking it was another shark until it leaped sky high. After chasing this fish around, Gary did a great job and managed to mark tarpon off his bucket list.

With all the schools of ladyfish and bait in the sound, the fall run of tarpon we get to enjoy should only get better and better. Once you locate these fish, you can generally return to them day after day or as long as the conditions remain the same. Fall tarpon fishing is my favorite fishing of the whole year as not only do these fish have very little angler pressure, they seem to feed better as they are packing on fat before the water temperature drops and they migrate south.

Taking a stay-cation this weekend and heading up to Little Palm Island for a few days, I had a chance to see not only the condition of Pine Island Sound but also Charlotte Harbor and Lemon Bay. From Sanibel Lighthouse all the way north to Boca Grande, it was dead fish free and odor free. Once past Boca Grande, things were not so great at the northern most point of our trip, Lemon Bay. It was full of dead fish and the strong smell of red tide. Riding outside down the beach of Gasparilla and Little Palm Island, the red tide was really bad with cloudy water and no life.



Gary Naylor's bucket list tarpon comes boat side while fishing with Capt. Matt Mitchell this week photo provided

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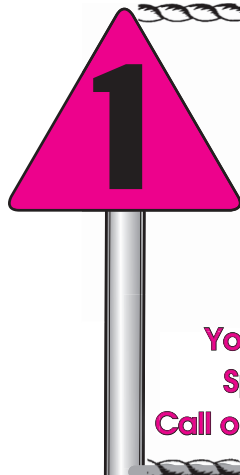


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Dave Doane

Sanibel Goes Strawless

submitted by Sam Lucas,
Coastal Keepers

Over 500 million plastic straws are used in the United States annually, making them one of the most common trash items collected on beaches. Not only can they be unpleasant to look at on our beaches, they are also sometimes ingested by wild animals. But perhaps the largest issue is the deposition of millions of pounds of plastic into the natural world that will take millennia to decompose.

We are finding that as plastics break apart into smaller plastic particles, they are becoming integrated into the food web, creating unnatural and unhealthy chemical infusions in animals. We are altering the physiology of the animals we rely on to support human life.

Coastal Keepers, formerly the Sanibel-Captiva Chapter of START, is a group of island citizens that create and implement local conservation initiatives that promote and improve the future of marine resources, and our coastal heritage. We want to make our lives on the islands just a little better and make the world a better place for future generations.

We saw a way to help our island community reduce the plastic load we leave to our children, so Coastal Keepers launched an initiative, Strawless on Sanibel, in February 2018. Strawless on Sanibel was designed to reduce the use of single-use plastic straws on our island and to educate locals and visitors about the threats single-use plastics pose to future generations.

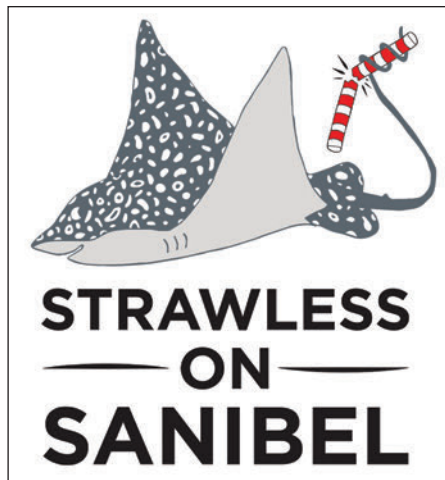
Coastal Keepers partnered with 12 businesses who recognized that they were contributing to the global plastic load, and diminishing the experience of their customers by doing so. Together, they pledged to transition away from plastic straws. Coastal Keepers provided support and guidance throughout the implementation process. With the Strawless on Sanibel coalition, Coastal Keepers urged the Sanibel City Council to regulate plastic straws on our sanctuary island. In response, the City of Sanibel researched and drafted an outstanding plastic straw ordinance.

The ordinance does not permit the distribution or sale of single-use plastic straws by commercial entities on Sanibel. Residents are encouraged to go strawless or to utilize environmentally-friendly alternatives such as reusable straws or straws made of paper or compostable materials. The ordinance will go into effect in 120 days, beginning in January 2019. In the meantime, the city will focus on educating commercial establishments, and helping identify alternative options as needed.

After the transition period, if businesses do not comply with the ordinance, penalties will be issued. The penalty schedule is included in the ordinance.

The goal of the ordinance is to help enrich the lives of our citizens, while ensuring for a healthy and vibrant environment for future generations. Some of the exclusions to the ordinance include:

The use of a plastic straw by any disabled person that requires or relies on



the use of a straw to consume beverages and/or food supplements;

Pre-packaged beverages with plastic straws sold or distributed within the city, provided that such beverages are prepared and packaged outside the city and are not altered, packaged or repackaged within the city;

Medical or dental facilities;

A plastic straw that is included with and manufactured as a part of, or in combination with, a re-usable beverage container and is intended for continued and multiple uses with such container;

Land or facilities owned and managed by the Lee County School Board, Lee County, the State of Florida or the federal government.

Single-use plastic straws are not the only source of plastic we are leaving to our future generations, but their elimination is a great first step. Conservation often starts with small steps in the right direction.

Globally, the straw movement is building, and awareness is spreading; individuals and businesses are more frequently evaluating their plastic habits, and finding ways to become better environmental stewards. Our small step is worth celebrating as the City of Sanibel continues to protect our sanctuary island for future generations.

Coastal Keepers has purchased reusable stainless steel straws and is more than happy to supply them to anyone who would like to own their own sustainable straw.

To receive a straw, learn more about Coastal Keepers, or to get involved with our efforts, call 472-8585, email coastalkeepers@sanibelseaschool.org or visit www.sancapcoastalkeepers.org.

Bonsai Society Meeting

The Bonsai Society of Southwest Florida will meet at the Berne Davis Botanical Garden on Saturday, October 20 at 9 a.m. The group will discuss displays, pots and stands for the November 3 to 4 show. There will also be slides shown from the 2017 show.

The public is invited; admission and parking are free, and advice will be available on trimming and maintaining your tree.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers. For more information, visit www.bonsaiswfl.org.



Dorrie Hipschman

photo provided

Natural History Museum Seminar This Sunday

No matter where they are or what their focus, natural history museums are a valuable source of knowledge, insight and enjoyment for all ages. On Sunday, September 30 at 9 a.m., Dorrie Hipschman, executive director of the Bailey-Matthews National Shell Museum, will join the Rev. Dr. John H. Danner, senior pastor of Sanibel Congregational United Church of Christ, for a presentation at the church about these museums in all

their variety. They'll discuss the importance of the facilities in today's world, including the museums' ability to raise public awareness of issues that impact the environment.

This seminar will be in Heron Hall, on the lower level of the church, and is free and open to the public.

At 10 a.m., immediately following the presentation, the church will offer a traditional Sunday worship service during which Pastor Danner will speak on The Wisdom of James. Special music will also be a part of the service.

The church is located at 2050 Periwinkle Way. For more information, call the church office at 472-0497 or visit www.sanibelucc.org.

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Shell Of The Week

The Chalky Lucine



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

The Chalky
Lucine,
*Pegophysema
schrammi*, (Crosse,
1876) is the largest

of the local species of the diverse bivalve family Lucinidae. It commonly reaches 80 mm (about 3.1 inches) in length. Its shell is very inflated (“fat”) and similar to the also local Buttercup Lucine (*Anodontia alba*), but it lacks the smooth, bright-yellow inner shell surface of this species. Instead, the inside surface of the Chalky Lucine’s valves is whitish and very rough, almost pebbly. Lucinids, such as the Chalky Lucine, are mostly filter-feeders that also host symbiotic bacteria in their gills, which provide them with an additional source of food. Learn more about this and other local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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The Chalky Lucine, *Pegophysema schrammi*, from Sanibel.

photo by José H. Leal

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.✱

Coastal Keepers Fundraiser November 17

Coastal Keepers will hold a second rendition of its annual fundraiser, The Launch, on Saturday, November 17 from 6 to 10 p.m. at The Community House. The evening will include cocktails, dinner, live and silent auctions, a 50/50 raffle, and a few surprises – all in support of local conservation initiatives.

“We held our inaugural event in the spring, and the funds raised have allowed us to make significant progress on a few exciting island campaigns,” said event coordinator Sam Lucas. “Going forward, we have decided to move the event to the fall, so if you missed it earlier this year, or just want to join us for a second round of fun for a good cause, this is the perfect opportunity to participate.”

Tickets to The Launch are \$100 per person, including dinner and drinks. For more and reservations, contact Coastal Keepers at 472-8585 or visit www.sancapcoastalkeepers.org/the-launch.

Coastal Keepers, formerly the Sanibel-Captiva Chapter of START, creates and implements local conservation initiatives that promote and improve the future of marine resources, and coastal heritage. Visit www.sancapcoastalkeepers.org.✱

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CHEF PAT SHEERIN

Passed Hors d'oeuvres:

Date Glazed Snake River Pork Belly, Chinese Banana Mustard, Cashews

1st Course:

Smoked Skuna Bay Salmon, Everything Spice, Red Onion Yogurt, Tito's and Tonic pickled Cucumbers, Buckwheat Nest.



CHEF ED SURA

Passed Hors d'oeuvres:

Cauliflower, Gruyere Truffle

2nd Course:

Miso Sweet Corn Custard, Edamame, Smoked Peanuts, Shiso



CHEF PAUL VIRANT

Passed Hors d'oeuvres:

Chicken Sausage Beignets, fermented Cherry Bomb Aioli

3rd Course:

Pompano En Papillote, Spinach, Black Truffle, Celery Root Remoulade



CHEF ANDREW ZIMMERMAN

Passed Hors d'oeuvres:

Pork and Shrimp Shu Mai, Smoked Trout Roe, Sweet Soy

4th Course:

Creekstone Farms New York Strip, Wagyu Beef Cheek Pastrami Hash, Fondant Potatoes, Green Peppercorn Sauce



CHEF MELISSA AKIN

Passed Hors d'oeuvres:

Roasted Corn Blini, Avocado Crème Fraiche, Local Caviar

5th Course:

Duck Confit Ravioli, Smoked Duck Breast, Foie Gras Ganache, Coffee Sand, Pomegranate-Cranberry Syrup

PASTRY CHEF LEV DALKE

6th Course:

Biko Cake, Corn whipped Panna Cotta, Sesame Nougatine, Puffed Rice, Kabuso Sauce



CHEF PAT SHEERIN

City Mouse, Ace Hotel Chicago
Chef/ Managing Partner Trencherman, Chicago
Executive Chef, Signature Room, Chicago
French Culinary Institute Degree, New York
Bachelor of Arts Michigan State University



CHEF ANDREW ZIMMERMAN

Sepia and Proxi Restaurants, Chicago
5 Time James Beard Foundation
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French Culinary Institute Degree, New York
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Iron Chef American Winner, Battle Cream Cheese
Michelin Star holder at Sepia since 2011



CHEF ED SURA

Chef de Cuisine, Uchiko, Austin
2016 Semi-finalist James Beard
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Great Lake Culinary Institute 2009
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CHEF PAUL VIRANT

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CHEF MELISSA AKIN

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Host Pastry Chef James Beard Foundation 2017
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PASTRY CHEF LEV DALKE

Graduated French Pastry School,
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From left, Cole Fields, Preston Hanni, Heidi Hall, Katie Doster and Kennedy Hanni
photos provided

Youth Ministry Holds Back To School Bash

The H2O middle school and high school youth ministry from Sanibel Community Church held its annual Back to School Bash on August 29. It was a great night of fun. Teens tackled the blow-up obstacle course, Gladiator Joust and Velcro Wall, and shared plenty of laughs while taking pictures in the photo booth. They dined on “walking tacos” and Joey’s Custard. There were many giveaways as well, with the grand prize being a GoPro. It was a night for the students to reconnect after a busy summer, and gear up for the fall youth group.

Teen Challenge gave emotional testimonies and ministered to the young people all evening. Teen Challenge is a local ministry from Fort Myers that ministers to men and women of all ages, providing Christ-centered, faith-based solutions for youth, adults and families struggling with life-controlling problems, such as addiction.

Caitlin Ross, a high schooler from the island who graduated from The Sanibel



Jessica Chavez and Kristian Schafer on the Velcro Wall

School, gave a powerful testimony as to how the Lord has worked in her life, and Pastor Kevin Schafer demonstrated the gospel in a live presentation.

H2O Student Ministries is a program for sixth through 12th grade young men and women. The group meets on



From left, Henry Whitman, Kristian Schafer, Wyatt Whalen and Landon Williams



From left, Brent Patton-Roark, Mason Macalka, Luke Jankauskas and Kayla Nette



Front row from left, Faye Cole, Caitlin Ross and Izzy DeCosta. Back row from left, Savannah Nippa, Isabella Sbarra, Carley Ross and Jianna Senkeleski

Wednesday evenings from 5 to 7 p.m. for middle school students, from 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 with the church campus at 1740 Periwinkle Way (next to Jerry’s Market). For more information, contact Pastor Kevin Schafer at Kevin@sanibelchurch.com or call 472-2684.✪



From left, Lily Lockard, Marit Foster, Mason Macalka, Ben Lejeune, Will Lejeune and Kenny Kouril

CROW Case Of The Week:

Cooper's Hawk

by Bob Petcher



A Cooper's hawk (*Accipiter cooperii*) is a medium-sized hawk that is about the size of a crow. Like many other birds of prey, males are generally smaller than females. Both

genders do have long tails and small but strongly hooked bills.

An adult Copper's hawk has reddish eyes compared to a juvenile's yellow eyes. Adults also have more mature upperparts with reddish-barred chests in contrast to juveniles' brown upperparts and brown-streaking, white underparts.

Copper's hawks sport a flap-flap-glide flight pattern, not a consistent flapping sequence. The wing beats become more aggressive if this hawk is in pursuit of prey. This hawk doesn't mind crashing through tree branches in pursuit of birds, its primary source of food. In fact, Copper's hawks are not known to be fish-eaters. They prefer mourning doves, jays, robins, pigeons or game birds such as grouse, pheasants and quail. While smaller birds are usually not targeted, the so-called chicken hawk does attack small mammals like mice, squirrels or chipmunks, rabbit and bats.

At CROW, an adult Cooper's hawk

was admitted to the clinic from Cape Coral on September 20. The finder reportedly discovered the hawk on the ground in his backyard. Its wings had been splayed for more than 12 hours.

When the patient arrived at the clinic, it received diagnostic tests including an intake exam, radiographs and blood work. The intake exam did not reveal any obvious signs of trauma, but the hawk was a bit thin, dehydrated and unable to stand. X-rays did not show any broken bones or other abnormalities. Blood work was noted to be within normal limits, which was said to reduce the chance that toxicity, such as rodenticide, was the issue.

While red tide poisoning was not totally ruled out, it does seem unlikely, according to Dr. Malka Spektor, CROW veterinary intern.

"No testing was done to look for brevetoxicosis, but it would be extremely unlikely because Cooper's hawks eat birds and small mammals, not fish or shellfish," she said shortly after the patient's intake. "It is still on the list of possibilities, but very low down."

CROW medical officials believe that the hawk possibly experienced some kind of trauma, leaving it temporarily stunned. It was given fluids, started on a re-feeding plan and given some time to rest. It was reassessed daily for further neurological symptoms.

"Wild birds are very good at hiding signs of pain or injury as a survival mechanism," said Dr. Spektor. "As far as visual signs of trauma, if they are there, we generally find them thorough physical



Patient #18-3731 appears to have recovered from a traumatic experience

photo by Brian Bohman

examination and radiographs.

"Generally, a patient that is temporarily stunned will recover within 24 to 48 hours. The patient has shown neurologic improvement, and is now using its feet more than it was on intake. No other neurologic symptoms have developed."

After more tests, medical treatment and rest during the weekend, the patient appears to be doing much better.

"Based on the diagnostics, we were able to eliminate a number of potential causes. It is most likely that the hawk sustained some swelling near its spine as the result of a trauma, such as a window

strike. As the swelling reduced, it was able to regain function of its legs," said Dr. Spektor. "After the weekend, the hawk has shown great improvement and is not only standing, but is also flying. It will likely be released in the next couple of days."

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

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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 28, 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 28, 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, October 1, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers

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

Tuesday, October 2, 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, October 3, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, October 3, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3

and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

Thursday, October 4, 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.

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Paddling Club Meet-Ups Return

by Ocean Tribe Paddlers

The Ocean Tribe Paddlers' monthly meet-ups have been on hiatus for the past few months, but will return on Tuesday, October 9 with a group paddle on beautiful San Carlos Bay. Participants are invited to meet on the west side of Causeway Island A at 4:45 p.m., then paddlers will depart to enjoy about an hour on the water together.

"Our meet-ups are designed to give paddling enthusiasts an opportunity to hang out, share ideas and meet new paddling friends," said Johnny Rader, who will lead the October event.

Paddlers are encouraged to bring their own paddle craft, but a limited number of stand up paddleboards are available for loan if reserved in advance.

"We want to make it easy for everyone to attend, even new paddlers who do not have their own gear yet," added Rader.

Each participant's first Ocean Tribe Paddlers event is free – after that, paddlers are asked to purchase an affordable annual membership, which includes events, activities, retail discounts



and club logo wear. Any weather-related changes will be announced via the Ocean Tribe Paddlers Facebook page on the day of the event.

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.✱

American Legion Post 123

American Legion Post 123 is serving chicken parmesan this Sunday, September 30 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.✱





Chef Andrew Zimmerman prepares plates at last year's James Beard Foundation Celebrity Chef Tour Dinner at Il Cielo photo provided

Tickets For Celebrity Chef Tour Available

Tickets are now available for the 2nd annual James Beard Foundation (JBF) Celebrity Chef Tour Dinner at the award-winning Il Cielo restaurant on Sanibel, to be held on Thursday, November 29. The tour brings a taste of what happens at the James Beard House

in New York City to more than 20 cities across the country each year.

Hosted by Il Cielo's Chef Melissa Akin, the dinner begins with a cocktail reception featuring Tito's Vodka and hors d'oeuvres from 5:30 to 6:30 p.m., followed by a one-night-only, multi-course dinner with wine pairings. JBF nominees will be preparing specialty and signature dishes during each course. The culinary experience ends with a decadent dessert course by Pastry Chef Lev Dalke, who graduated from The French Pastry School in Chicago.

This year will also feature a chef meet-and-greet on Wednesday, November 28 from 5:30 to 7:30 p.m.

Tickets are \$275 per person for the two-night event or \$225 for the Celebrity Chef Tour Dinner only, and can be purchased at Il Cielo, by calling 472-5555 or online at www.jamesbeard.org/events/sanibel-island-fl-2.

"The opportunity for us to host a second James Beard Celebrity Chef Tour event at Il Cielo is something we are looking forward to," said Marcus Preece, Il Cielo's general manager. "For just one night, we will be hosting award-winning chefs from across the country who, in turn, put together a six-course meal that everyone can enjoy."

Participating JBF nominee chefs include Pat Sheerin (City Mouse, Ace Hotel, Chicago), Ed Sura (Hai, Austin), Paul Virant (Vie, Western Springs, Illinois and Vistro, Hinsdale, Illinois), and Andrew Zimmerman (Sepia and Proxi, Chicago).

The James Beard Foundation's mission is to celebrate, nurture and honor chefs and other leaders making America's food culture more delicious, diverse and sustainable for everyone.

Il Cielo is located at 1244 Periwinkle Way on Sanibel. For more information, call 472-5555 or visit www.ilcielosanibel.com or www.jamesbeard.org/events/sanibel-island-fl-2.

Shell Found



Debe Gassman photo by A. Ziehl

Debe Gassman, visiting from Louisville, Kentucky, found a Junonia butterfly south of Bowman's Beach on September 18 while staying at Nerita. "It only took 20 years!" she said.✱

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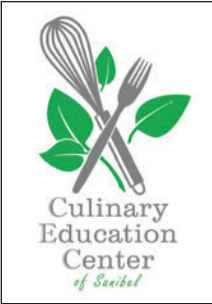
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The Community House
Basil



by Resident Chef Jarred Harris

Basil is one of the most popular herbs in the world. Not only can it be used in pesto, tomato sauce, salad dressings, smoothies and desserts, basil is used in folk medicine to treat fever, upset stomach, anxiety and depression.

Native to India and Asia, basil is a member of the mint family and has been cultivated for over 5,000 years. The term basil originates from the Greek word “Basileus,” which translated means “king.”

Basil has been found in mummies in Egypt. The herb was used in embalming by ancient Egyptians. The ancient Greeks and Romans were very superstitious about basil. They believed the herb would only grow if you screamed and shouted while sowing the seeds. They also believed if a basil leaf was left under a pot, it would turn into a scorpion. During British Colonial rule in India, magistrates would make defendants swear on basil leaves, because the herb was considered holy.

It was also used as an antidote for snake bites and was believed to give strength during religious ceremonies.

Basil contains high levels of vitamin K, manganese, iron, magnesium, vitamins A, C and B6. It contains anti-inflammatory and antibacterial properties, and also acts as a natural adaptogen.

In addition to its culinary and medicinal purposes, basil is used in the production of shampoos, soaps, perfumes and dental products. Basil contains chemicals that repel insects. In fact, basil is toxic to mosquitos.

Here is an interesting recipe to try:
Basil and Berry Sorbet

- 1 cup sugar
 - 1 cup water
 - 1 cup fresh basil (lightly packed)
 - 6 cup frozen mixed berries
 - 1 cup lemon juice (about 6 lemons)
- Method

Place the first three ingredients into a sauce pan and bring to a simmer, stirring until the sugar has dissolved. Remove from heat and discard the basil. Cool the liquid over an ice bath and set aside.

In a blender, puree frozen berries, lemon juice and cooled basil syrup until smooth.

Pour the mix into an ice cream maker and freeze according to manufacturer’s instructions.

*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.**



The H2O Youth Group with restaurant owner Sandy Stilwell, center, and Mike and Sharon Bugler, right photo provided

Dollars Donated
To Help Feed
The Hungry

On September 15, members of the H2O Youth Group from Sanibel Community Church gathered to harvest \$1,850 from the walls of the restaurant Cantina Captiva on Captiva. The owner of the restaurant, Sandy Stilwell, gave permission to gather those dollars to donate to hungry neighbors

through the Feed The 5000 Now Christian Initiative.

Feed The 5000 Now was launched in 2011 by Sanibel residents Michael and Sharon Bugler after Michael was compelled to fast for three days. Towards the end of the fast, they realized how blessed they are to know where their next meal is coming from. Many people in Southwest Florida are not so fortunate.

The money raised is given to organizations who use the Harry Chapin Food Bank, where they are able to turn each \$1 into \$8 worth of food. By simply

continued on page 24

Community Housing & Resources is excited to announce our new fundraising series
GIVE BACK WEDNESDAYS #GBW

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WEDNESDAYS #GBW

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SEPT 5
Thistle Lodge
BEACHFRONT RESTAURANT

SEPT 19
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RESTAURANT & FISH MARKET

OCT 3
paper fig kitchen
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OCT 17
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OCT 31
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Sanibel Blues And Jazz Fest Set For November 4

The Sanibel Blues and Jazz Festival will return to the backyard at Bailey's Center on Sunday, November 4 from noon to 7 p.m. The Sanibel-Captiva Optimist Club fundraiser features award-winning musicians. Past festivals have been a huge success and have provided funding for the many charitable endeavors of the Optimist Club including its six college scholarships and Sanibel Recreation Center summer programs for youth.

The Sanibel Blues and Jazz Festival lineup is as follows:

Noon – FGCU Jazz Ensemble. Gradually becoming one of the top collegiate ensembles, this group has been featured at the Landings Music Festival and the Sanibel Blues and Jazz Festival. The ensemble performs a variety of styles pertaining to the jazz idioms. The small chamber group is composed of the top players in the school and performs for various campus events including the Celebration of Excellence Ceremony.

1 p.m. – Johnny Jensen, local Captiva talent, who began drumming at the age of 4. He discovered the guitar four years ago and counts Stevie Ray Vaughn and Eric Clapton among his musical influences. He practices his craft locally at his family's Captiva resort and at Fort Myers Music Walk, held monthly in the city's historic river district. Last



The festival draws hundreds of music lovers from Southwest Florida

photo provided

year, Jensen was the opening act for this festival and later played with headliners Elvin Bishop and Matt Schofield, both hall of famers.

2 p.m. – JP Soars, an encore performance from the 2016 festival. Soars is not a typical blues guitarist. He has a diverse musical background that encompasses a multitude of influences. Soars toured the globe and recorded several records with some of the most extreme metal bands in the world before finding his home in the blues.

3:30 p.m. – Marty Stokes Band. The local band performs in clubs around Florida and has travelled to compete in the annual IBC competitions, capturing the Peoples' Choice Award four times, placing in both the South Florida,

as well as Suncoast Blues Societies, and winning in both of the 2013 and 2014 competitions, sponsored by the Southwest Florida Blues Society.

5 p.m. – Kenny Neal. Born in New Orleans and raised in Baton Rouge, Neal began playing music at a young age and is known as a modern swamp-blues and multi-instrumentalist that draws from the sizzling sounds of his native Louisiana. Neal has won many awards and was nominated three times for a Grammy, the most recent for Best Contemporary Blues Album. He also won 2 BMAs (Blues Music Awards); one for Best Contemporary Blues Album and the other for Best Contemporary Male Blues Artist. A true living blues legend, Neal is more poised than ever to deliver the blues

like no one else can.

6:30 p.m. – Closing Band Jam.

Ticket donations are \$40 for general admission and \$125 for VIP admission. Tickets are limited; purchase online at www.eventbrite.com or at Bailey's General Store, Sanibel-Captiva Community Bank, George and Wendy's Seafood Grill and at the festival entrance.

VIP admissions include reserved seating, VIP ticket holder reserved parking, a festival T-shirt, meet the bands opportunity, free raw bar, Champagne bar, food and beverages.

General admission participants are reminded to bring their own chairs. Fine food and a range of beverages, including beer and wine, will be available for purchase. No food or beverages may be brought into the grounds by attendees.

For all attendees, on-island parking will be available at The Community House (2173 Periwinkle Way), Sanibel Congregational United Church of Christ (2050 Periwinkle Way), SunTrust Bank (2408 Periwinkle Way), Sanibel U.S. Post Office (650 Tarpon Bay Road). Shuttle service to the festival grounds will be available. For VIP ticket holders only, parking is available across the street from the festival grounds at Bank of America (2450 Periwinkle Way). Handicap vehicle parking is available at Bailey's General Store (2477 Periwinkle Way). Valet bicycle parking will be offered at the festival grounds.

For more information, visit www.sanibelbluesandjazzfest.org or on Facebook at www.facebook.com/sanibelbluesandjazzfestival.



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Lobster Quiche

- 1 9-inch pie shell, uncooked
- 1½ cups lobster meat, cooked and sliced
- ½ cup Swiss cheese, shredded
- ¼ cup sharp Cheddar cheese, shredded
- ¼ cup Parmesan cheese, grated
- 4 eggs, well beaten
- ¼ cup white wine
- 1 cup half and half
- ½ teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- ½ cup scallions, chopped
- ⅛ teaspoon black pepper
- ½ teaspoon salt
- ½ teaspoon nutmeg

Preheat oven to 350 degrees F. Spread lobster meat in the pie shell; top with cheeses. Combine eggs, wine, half and half, Worcestershire sauce, mustard, scallions, salt and pepper. Pour mixture over lobster and cheeses. Sprinkle top with nutmeg. Bake at 350 degrees F for 40 minutes until custard is set. Cool for 10 minutes before cutting. Serve hot or at room temperature as an appetizer or main dish.

Yield four servings.*



Lobster Quiche

photo courtesy Fresh From Florida

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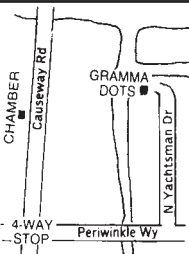
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Book Review

When Life Gives You Lululemons



by Di Saggau

Few can forget *The Devil Wears Prada* by Lauren Weisberger. It was made into a fabulous movie, and now the author is back with *When Life Gives You Lululemons*, which picks up

where *Prada* left off. Emily Charlton has left *Runway* magazine, moved to Los Angeles, where she is chain-smoking, depressed and dissatisfied with her career as a celebrity stylist and image consultant. She knows everyone from the Kardashians to the Clooneys, but she's not a happy camper. The novel opens with her watching her husband, Miles, standing in an infinity pool with a topless girl on his shoulders.

Emily gets a phone call that ends up taking her to New York on a publicity emergency for one of her clients, a rapper named Rizzo, who is a real piece of work. She visits her friend Miriam, a married mother of two in Greenwich, Connecticut, who enlists Emily's help for a former supermodel named Karolina Hartwell, who has been charged with DUI. Karolina has been wrongly accused. Her husband is a handsome senator from New York, and the bad publicity jeopardizes his presidential aspirations so he wants to dump Karolina, which will cause her to lose custody of a stepson she adores.

Emily has lost a few clients and is hopeless with social media. She needs a big opportunity. Emily finds her comeback opportunity in Karolina. Emily, Karolina and Miriam band together to navigate the

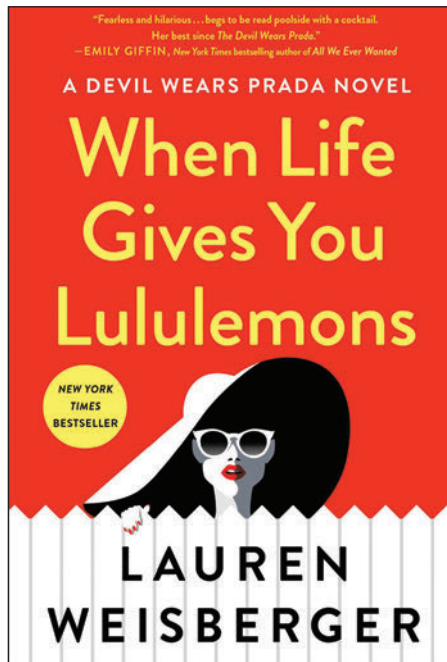


image provided

social land mines of suburban Greenwich. They reveal the truths and the lies that simmer just below the glittering surface. Along the way, an indispensable ally emerges in one Miranda Priestly.

So many designer labels fill *Lululemons* that it's like *CliffNotes* for the upper class. Frette makes the best towels, Matouk are the chic sheets, et cetera. Emily is introduced to "sip 'n' see parties," where the Greenwich housewives sip wine in honor of a newborn, but the baby never makes an appearance. Emily gets a real education at these parties.

When Life Gives You Lululemons gives readers an alluring look into a sexy, over-the-top world, with Weisberger's signature wit. I sure loved the book and hope it's made into a movie. Did anyone else have to Google Lululemons to see what they were? It's never too late to learn something new.✱

From page 20

Feed The Hungry

putting aside \$1 a day, it is enough to feed a hungry person for a day.

The summer months, in particular, are challenging in this area as many people leave to go north and food pantries that to help feed hungry neighbors are often depleted.

The Buglers extend their thanks to Stilwell and her staff for allowing the group

to do this. Stilwell owns many restaurants and businesses but still finds the time to help those in need.

To make a donation to Feed The 5000 Now, send a check – made payable to SCC with Feed The 5000 Now written on the memo line – to Sanibel Community Church, 1740 Periwinkle Way, Sanibel, FL 33957. Every dollar is spent on food; no administration costs.

For more information, contact Michael and Sharon Bugler at www.thebuglers@hotmail.com.✱

School Smart



by Shelley M. Gregg, NCSP

Dear Readers, This is the final article about homework, at least for a while, and it's about writing a homework contract with your child. It can be hard to get

on the same page with your child about everyday trouble spots like homework and numerous other behaviors like cell phone use. But when you both develop and agree to something in writing, sticking with it can be much easier.

Homework contracts should be written as formal documents with specific behaviors clearly outlined for each party as well as rewards and consequences for following or not following the contract. Both parents and child should sign the document and include a review date as well.

Here is a sample document for elementary-aged students adapted from www.understood.org that may be helpful in writing your own contract.

This contract between "child's name" and "parents' names" and begins on _____. We agree to look at it again after ____ weeks.

For Student To Fill Out

Getting Ready for Homework (check all that apply) I will:

Write assignments in my notebook.

Put worksheets in my homework folder.

Check to make sure I have the materials I need before I leave school.

Ask my teacher if I can't remember what the homework assignment is.

Doing My Homework (check all that apply) I will:

Work at the spot we've chosen for homework.

Let my parent know if I need more or new materials.

Stick to this homework schedule (write in times)

Spend at least ____ minutes on my homework.

Take a ____ minute break if I get frustrated or can't concentrate.

Ask for help only after I try to do my homework on my own.

Getting My Homework to School (check all that apply) I will:

Ask my parent to check over my homework.

Pack my homework in my homework folder and backpack.

Put my supplies back where they belong.

For Parents To Fill Out

I will (check all that apply):

Check my child's assignment notebook daily.

Provide the necessary supplies.

Provide a quiet area as a homework spot.

Be available to answer questions during homework time. If I cannot be available, I will make sure my child knows who will be able to answer questions as they come up.

Help my child as needed by demonstrating how to find the answers and providing guidance.

Check in with my child's teacher about any questions or concerns that come up during homework time.

Allow my child to take breaks as needed.

Check over homework when it's done.

Provide the rewards or consequences agreed to in this contract.

Rewards and Consequences

For following this contract and finishing my homework, I will get the following rewards:

At the end of the day:

At the end of the week:

If we don't follow this contract and I don't get my homework done, the consequences will be:

For student:

For parents:

Signatures and date.

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

Sanibel Poet Receives Grand Prize Award

Lorraine Walker Williams was awarded a Grand Prize in the 25th annual Artists Embassy International's Dancing Poetry Contest for her poem, *Two Braids: A Sestina*, on September 15 at The Palace of the Legion of Honor in San Francisco, California. A total of 660 poems were submitted by 168 poets from 34 states and six countries in this contest.

Her work was honored by the Poetic Dance Theater Company who created costumes, music and choreography to bring the poem to life on stage in the Florence Gould Theater in San Francisco. She also read her ArtPoem, *Barns*, which also received recognition.

Walker Williams is the author of five books of poetry: *Simply Sanibel Poems*, *Split Poems*, *Fire in the Grass*, *Paradise Found* and *Near Water*. Nominated for the Pushcart Prize twice, she has received first place awards for her poetry from the National League of American Pen Women, Gulf Coast Writers and Sanibel Writers Conference, and has read at the Library of Congress, the Palace of the Legion of Honor and PBS Arts Edition.

Walker Williams is a member of Island Writers and has read her poems at many Writers Reads. She is the recipient of two Geraldine R. Dodge Foundation Grants in poetry. Creator of ArtPoems, a collaboration of artists and poets, she was named Literary Artist of the Year 2009 by the Alliance for the Arts in Fort Myers.✱



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Captiva Triathlon Raises \$45,000 For Food Pantry

Despite challenges with red tide concerns and canceling the swim portion of the annual race, the Galloway Captiva Triathlon for charity was a huge success at South Seas Island Resort on Captiva. It involved competition, sportsmanship and giving back to the community. This year's event brought in over 650 competitors from throughout the state of Florida and from 15 different states nationwide. In total, over \$45,000 was raised to support the School Mobile Food Pantry program at Community Cooperative, whose mission is to end hunger and homelessness in Lee County.

"The success of this event is due to the outstanding coordinated efforts of the event planning team of Ken and Kate Gooderham and Angie Ferguson as well as our volunteers, sponsors and, of course, the race participants," said Tracey Galloway, CEO of Community Cooperative. "Every year this event outpaces our expectations, and we couldn't be more pleased with this



Participants of the 2018 Galloway Captiva Triathlon

photo provided

year's results, and we are already excited for next year's race."

"Having a great charity to support helps people get and stay involved – and getting to see that support help the community really inspires us and our athletes," said Ken Gooderham of Gooderham & Associates and Southwest Florida Events.

More than 500 adults and 150 children competed in the biking and running portions of the triathlon, with

some 70 volunteers working the two-day event, handing out 100 trophies and plaques to both winners and sponsors.*

October Programs At Captiva Library

The Captiva Memorial Library is offering the following free programs for adults and children in October:

Adult Programs

Checkers – October 2 through 31. Available during normal operating hours.

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

Coloring for Grown-ups – October 2 through 31. Available during normal operating hours.

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

Children's Programs

Apple Picking Time – October 2 through 13. Available during normal operating hours.

Stop in and see a book display about apples.

October 2 through 6 – Color a paper apple to add to the apple garland, which will hang in the Children's Room.

October 9 through 13 – Complete activity sheets and make a paper caramel apple to take home.

Checkers – October 2 through 31. Available during normal library operating hours.

Play classic checkers, or try other versions such as Fox and Geese, Give

Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.

Time for Pumpkins – October 16 through 20. Available during normal operating hours.

See a book display about pumpkins. Make a friendly scarecrow craft.

Have a Non-Scary Halloween – October 23 through 27. Available during normal operating hours.

Explore book displays on fall and Halloween. Make a friendly ghost craft.

Pumpkin Time – Tuesday, October 30 from 10 a.m. to 6 p.m.

There will be Halloween books on display with activity sheets to complete. Make a paper jack-o'-lantern craft.

Normal library operating hours are: Tuesday and Thursday, 10 a.m. to 6 p.m.; Wednesday, noon to 8 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.

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

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711, or jla Guardia@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.*

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The Timbers Hosts CHR Fundraiser

Community Housing and Resources (CHR) held another Give Back Wednesday at The Timbers on September 19. Melissa Rice, CHR executive director, said, "It's so great to see the community supporting our local restaurants while supporting CHR. The food was amazing as always. This is a great way for islanders and visitors to support our local businesses." The establishment of the day donates a portion of its proceeds to CHR, Sanibel's affordable housing program.

Upcoming events: October 3, Paper Fig Kitchen; October 17, Sanibel Sunglass Company; and October 31, Halloween party at Lily & Co. Jewelers.✱



A group of CHR supporters with Matt Asen, owner of The Timbers restaurant, back right

photos provided



Melissa Rice and Mark Blust



Trish and Jamie Phillips



Michelle and Grace Finley



From left, Phillip Marks, Dorothy Donaldson and Norm Essey



Susan and Art Cassell



Kirk and Lisa Williams



Bill and Shelley Greggs



Paul and Kathy Harris



From left Jean Baer, Carla DeRebrosy Christina Zeller, Tracy Mitchell and Betsy Ventura



From left, Mando and Mari Rivera with David and Irene Fernandez, from San Antonio, Texas



View of Bay & Summer Sunsets

Mariner Pointe 2nd floor ~1,130-sq. ft. 2 bedroom in innermost area of peninsula. Private entry deck, updated interior, glass-enclosed balcony. Close to boat docks, pool, & fishing pier. Currently a vacation retreat, but easily could be a residence or investment rental. \$599,000 furnished



Beachfront Home, This Gulf View

Almost east-end & near Sanibel Golf Club, Moonshadows is a delightful community of just 12 owners. They share pool & tennis. Only 4 of the homes are right on the gulf, including this one. Remodeled spacious 3 bedroom 3 bath with great room plus family room. \$1,695,000 furnished



Rare 3 Bedroom With Great Income

Pointe Santo penthouse with this private roof-top deck plus screened balcony below. Resort-like amenities include clubhouse with pool, spa, sundeck, & organized children's activities; tennis, shuffleboard, bbq areas, & WiFi. Income close to \$100K with owner use. \$1,295,000 turnkey



Garage, Storeroom, Elevator, & View

Sunset South offers residential living with home-like features. This top-floor riverside 2 bedroom was just remodeled. New open kitchen with stainless steel appliances, remodeled baths with showers, wood-like tile floors, & washer/dryer hookup. Beach, pool, & clubhouse too. \$699,000 as viewed



Coastal-Chic Bayfront 2 Bedroom

Unique ground-level Mariner Pointe 2 bedroom with water views from the front door right through the brand new kitchen & great room to the waterside lanai. Both baths remodeled too. Cheerful bright white & blue décor with beadboard; new lighting, doors, appliances, & more. \$499,900



Lowest-Priced Sanibel Condo

Captains Walk east-end easy-access ground-level furnished unit with carport, remodeled bath, new HVAC, updated appliances, & more. Residential community near Sanibel Marina with docks on mangrove-fringed canal. Community kayak/canoe racks & laundry. \$239,000



Oversized Lot in Gumbo Limbo

Tucked away on the back inner circle of the community, this parcel overlooks conservation land to the west, offering a peaceful vista toward sunsets. The community mid-island location is favored by families, year-rounders, snowbirds, & visitors. Handy to causeway. \$249,000



Build in Belle Meade

Single-family home lot midway down private sandy Kincaid Ct. Across street is preserved land. Convenient to school, rec center, & wildlife refuge. Just up San-Cap Rd to shopping & post office. \$149,000



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 FRIDAY Mostly Sunny High: 91 Low: 81	 SATURDAY Sunny High: 90 Low: 80	 SUNDAY Sunny High: 92 Low: 78	 MONDAY Mostly Sunny High: 88 Low: 80	 TUESDAY Sunny High: 86 Low: 76	 WEDNESDAY Sunny High: 87 Low: 77	 THURSDAY Sunny High: 88 Low: 78
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	2:54 am	9:34 am	4:23 pm	9:15 pm
Sat	3:26 am	10:27 am	5:25 pm	9:43 pm
Sun	4:04 am	11:31 am	6:50 pm	10:13 pm
Mon	4:52 am	12:49 pm	9:00 pm	10:49 pm
Tue	5:54 am	2:14 pm	None	None
Wed	7:20 am	3:33 pm	11:38 pm	None
Thu	9:02 am	2:32 am	None	4:37 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	1:59 am	9:36 am	3:28 pm	9:17 pm
Sat	2:31 am	10:29 am	4:30 pm	9:45 pm
Sun	3:09 am	11:33 am	5:55 pm	10:15 pm
Mon	3:57 am	12:51 pm	8:05 pm	10:51 pm
Tue	4:59 am	2:16 pm	None	None
Wed	6:25 am	3:35 pm	10:43 pm	None
Thu	8:07 am	2:34 am	11:10 pm	4:39 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	3:24 am	10:20 am	4:42 pm	10:18 pm
Sat	3:41 am	10:56 am	5:27 pm	10:42 pm
Sun	4:08 am	11:37 am	6:14 pm	11:05 pm
Mon	4:45 am	12:29 pm	7:06 pm	11:30 pm
Tue	5:28 am	1:42 pm	8:06 pm	None
Wed	6:20 am	12:00 am	9:11 pm	2:57 pm
Thu	7:38 am	1:47 am	10:25 pm	4:05 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	5:04 am	12:05 am	6:33 pm	12:50 pm
Sat	5:36 am	12:31 am	7:35 pm	1:43 pm
Sun	6:14 am	12:59 am	9:00 pm	2:47 pm
Mon	7:02 am	1:29 am	11:10 pm	4:05 pm
Tue	8:04 am	2:05 am	None	5:30 pm
Wed	9:30 am	6:49 pm	None	None
Thu	1:48 am	5:48 am	11:12 am	7:53 pm

Island Seniors
At Center 4 Life

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

The center will be closed on Monday, October 8 in observance of Columbus Day. Activities will resume on Tuesday, October 9.

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.

Sanibel Public Library Tour and Blue Giraffe – Tuesday, October 9 at 10:30 a.m. Take a tour of the newly renovated library. Everyone is encouraged to bring their iPhone, iPad or other devices, and staff will assist with the download of apps for the library catalog, eShelf services (eBooks, streaming videos, online magazines, etc.). They will also issue cards to those who may need them.

Afterwards, drive over to the Blue Giraffe for lunch, located in Periwinkle Place shopping center. Separate checks will be provided. Registration is required. Transportation is on your own.

Line Dancing Classes – Mondays,

October 1, 15, 22 and 29 at 11 a.m. Cost is \$2.50 for members and \$5 for non-members. Join the group 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.

Let's Write with Vicky Lettmann – Mondays, October 29, November 5 and 19 from 10 a.m. to noon. Cost for members is \$15 per class; non-members are \$20 per class. This class is for anyone who wants to write. During class, you will look at short examples of effective, engaging writing and then plunge into your own writing using exercises, prompts and various jumpstarts. Bring a notebook and pen. Space is limited, so sign up early.

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 – October 9 and 23 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles

and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

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

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor

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

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

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

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

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



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From left, singer-songwriters Bruce Gallant, Bill Metts and David Hintz photo by Jeff Lysiak

Captiva Hosts Island Hopper Musicians

by Jeff Lysiak

Last Friday afternoon at the Captiva Civic Center, Island Hopper Songwriter Fest began its 5th annual appearance in Southwest Florida with a free 90-minute concert featuring musicians Bill Metts, David Hintz and Bruce Gallant, who performed a handful of original songs along with a few classic folk tunes.

The trio, all members of the Americana Community Music Association (ACMA), shared the stage while performing their music on various acoustic guitars and banjo. According to Metts, ACMA's mission is to support independent music and musicians with programs that expand community appreciation and education.

"We want to bring Americana music to the people," Metts said. "We also have songwriter circles, during which we listen, teach and encourage our fellow musicians."

About 40 people attended the September 21 gathering, with Metts, Gallant and Hintz exchanging turns behind

the microphone, sometimes singing a solo song while sharing the spotlight on a number of duets. Original tunes performed included *Baby, You're Alright*, *A Conversation With Death*, *What's On My Mind* and *The River*, a sobering song penned by the late Tommy Powell. Metts noted that he received permission to record that tune by Powell's widow, and \$1 for sales of his self-produced CD will be donated to Captains for Clean Water.

Throughout the concert, audience members tapped their toes and clapped along to the witty and whimsical Americana songs, which contained elements of folk, blues, country, R&B and bluegrass. A heartfelt round of applause followed each song as well.

After kicking off on Captiva Island last weekend, with performances at venues including Cantina Captiva, The Crow's Nest, Doc Ford's, Key Lime Bistro, The Mucky Duck, RC Otter's, South Seas Island Resort and Tween Waters Island Resort & Spa, the 10-day Island Hopper Songwriter Fest will wrap up with performances on Fort Myers Beach this Friday through Sunday, September 28 to 30.

For more information and a schedule of concerts, visit www.islandhopperfest.com.✱

Top Ten Books On The Island

1. *Fear* by Bob Woodward
2. *Sold on a Monday* by Kristina McMorris
3. *Bookshop* by Penelope Fitzgerald
4. *In Pieces* by Sally Field
5. *Seaweed Chronicles* by Susan Hand Shetterly
6. *Where the Crawdads Sing* by Delia Owens
7. *Animal Dreams* by Barbara Kingsolver
8. *Ghosted* by Rosie Walsh
9. *Lying Game* by Ruth Ware
10. *Marsh King's Daughter* by Karen Dionne

Courtesy of MacIntosh Books and Paper.✱

Our email address is press@islandsunnews.com

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.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker. Dusk performs on Saturday. Woody Brubaker returns on Wednesday.

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

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NEWSMAKERS

Pfeifer Realty Group

Jennifer McSorley was the top producer for August at Pfeifer Realty Group on Sanibel. McSorley has been a member of the Pfeifer Team for over a decade.✱



Jennifer McSorley

RE/MAX of the Islands



Les Pendleton



Chuck Andrews

The top producers at RE/MAX of the Islands for the month of August were: Les Pendleton, most productive sales associate; and Chuck Andrews, top listing marketer.✱

Rotary
Happenings

submitted by Shirley Jewell

Weather, clean water and politics have been front and center throughout the summer here in at Southwest Florida. Sanibel-Captiva Rotary tries to bring in speakers from the community on trending topics with long-range significance for our local communities. The exception has somewhat been regarding politics. We pretty much try and stay away from that, but on September 28, the club will have Amira Fox, Florida's chief assistant state attorney, as guest speaker. Her topic is yet to be announced, but it should be interesting and hopefully not to controversial.

Our speaker on September 21, Jordan Patrick, ABC7 meteorologist, was a darn good speaker. From the get go, he brought out some significant facts. So far, during the 2018 hurricane season, the U.S. has had 10 named Atlantic tropical storms with potential to develop into hurricanes. The west coast of Florida was threatened by subtropical storm Alberto on Memorial Day and subtropical storm Gordon on Labor Day. We have just passed the peak for hurricane season, but it's not over until November. Luckily, Florence didn't affect the west coast of Florida but brought about intense weather with hurricane rains and winds to North and South Carolina and



Jordan Patrick photo provided

states beyond. Flooding was and continues to be the major concern from these areas with death tolls rising, along with substantial property damage.

Atlantic Hurricanes typically develop off the coast of West Africa from prevailing winds across the Sahara Desert over warm ocean waters where they gather strength as tropical waves. High pressure areas over the western Atlantic Ocean or over the U.S. east coast will keep these storms

moving west. There are then two areas of development beyond; one over the Caribbean Sea and another off the east coast of the U.S. Air flow around high pressure systems and toward low pressure areas influence hurricane tracks.

Hurricanes are unpredictable, and Jordan emphasized the need to prepare for these storms. Get your hurricane supplies ready; food, water, batteries, lights, radio, medicines, money, gas for your car and pet supplies. Take pictures of your property both inside and out. Know what hurricane zone you're in, know where hurricane shelters are located, get out early, don't wait. Carry with you all forms of identification including your passport and insurance papers.

There was a question from one of our Rotarians regarding the effect weather has on red tide. Jordan's answer was that the rains from large storms flush fertilized water from inland farms and residential areas into the Okeechobee and Caloosahatchee. Fertilizer runoff fuels many harmful algal blooms. Though Florida red tides start offshore, away from coastal nutrient sources, blooms can drift toward shore and use both natural nutrients and man-made runoff. Fertilizer runoff fuels harmful algal blooms.

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

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

History

by Carlie Hoffman

The summer before, we found an otter dried up on the wharf.

You scoured its oiled fur with the tip of a kitchen match, the eyes already picked clean by gulls.

Don't look, which meant all I could have done was watch you as you lifted the dark carcass into a trash can. Light it,

which meant Stay until the sun orphaned the landscape

and we stood in the dangerous glow of the sun we'd made.

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

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Sanibel Public Library District Board of Commissioners, from left, Sandy Zahorchak, Nicole Decker McHale, Dan Moeder, Melanie Congress and Tom Krekel photo provided

Sanibel Public Library Board Adopts Budget

The Sanibel Public Library District Board of Commissioners unanimously approved a final millage rate of 0.4350 at its budget hearing on September 20. A mill is \$1 per every \$1,000 of taxable valuation. The library's tax revenue budget is \$2,180,924 for fiscal year 2018-19, which starts October 1.

According to Dan Moeder, the board treasurer, as part of the budget, the

library commissioners approved a plan to slowly build back the reserves grown over the past 20 years through grants, patron gifts and tax revenues, following the one-year Your Library Reimagined renovation that is near completion. "This renovation was required to replace our 25-year-old infrastructure for items such as air conditioning, electrical, plumbing, data wiring and fire suppression equipment," said Moeder.

The library has increased its budget for both print and digital collections, according to Margaret Mohundro, library executive director. "Access is everything. Reading, viewing, downloading, and streaming remain popular and growing;

and we continue to see demand for specialized database access such as online language learning and ancestry/genealogy information," she said.

The Sanibel Public Library District is an independent district serving Sanibel Island. The library ranks at or near the top among all Florida public libraries for

checkouts, visits, program attendance and Internet use; and regularly is awarded high rankings among the 9,000-plus public library systems in the U.S.

For more information, call the library at 472-2483 or visit online at www.sanlib.org.

Realtors Make Donation



From left, Bill Tomlinson, Valerie Tutor, Phaidra McDermott, Amy Costello, Kate Stone, Fred Bondurant, Mary Bondurant and Robyn Moran photo provided

Kingfisher Real Estate and its associates made their first donation to the Sanibel-Captiva Conservation Foundation recently to

assist with the foundation's efforts to protect the waterways and ecosystems on the islands.



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<p>3941 Coquina Dr.</p>  <p>REDUCED</p> <p>New! New! New! 3 BR/2 BA, great room, fire place, impact glass and enclosed salt water pool. \$899,000</p>	<p>Seashells of Sanibel #43</p>  <p>2BR/2BA with 3-day minimum rentals. Quiet location, deeded beach access close by. A great investment opportunity. \$379,000</p>	<p>Seashells of Sanibel #36</p>  <p>REDUCED</p> <p>Easy walk to beach from this 2BD/2BA second floor condo. Great rental income. 3-day minimum rentals. \$380,000</p>	<p>3790 West Gulf Dr.</p> 
<p>836 Donax St.</p>  <p>REDUCED</p> <p>Sanibel Shores opportunity. 3 BR/2BA single family with WEEKLY RENTALS. Community pool and easy walk to beach \$599,000</p>	<p>9248 Kincaid Ct.</p>  <p>REDUCED</p> <p>Perfect investment opportunity. 2 BR/1BA; Close to school and Rec Center; Move in ready! \$429,000</p>	<p>3832 Coquina Dr.</p>  <p>West Rocks w/deeded beach access, 3-BD en-suites, open great room. Private elevator, large studio/workout area. Enclosed lanai overlooks pool with beautiful lake views. \$1,100,000</p>	<p>Across From Beach! Fabulous renovation of this 3 BD, 2-1/2BA plus office elevated home Great room with gas fireplace. Kitchen, dining and master all access the screen enclosed deck overlooking the oversized salt water pool \$1,699,000</p>

Will Power

Ghosts To Ancestors



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

“**W**ork to turn the ghosts that haunt you into the ancestors that accompany you.” – Bruce Springsteen
I was inspired to write this after midnight from our hotel room in New York City after my wife and I enjoyed Springsteen on Broadway, an amazing show by The Boss himself covering his life and music. The quote above is not from the performance; rather it’s from his autobiographical book, *Born to Run*, which serves as the material on which the production is based.

Attending college and law school throughout Springsteen’s heyday in the 1980s, his music was an important part of my youth. From *Tenth Avenue Freeze Out*, my fraternity’s theme song, to “*My Hometown*,” covering race relations and economic hardship, and *Born to Run*, an anthem of restless youth, I identified with his lyrics and message. Not to mention the rollicking good times my friends and I experienced at his energetic, pulsating, three-hours-plus concerts.

Springsteen is now 68 years old, ancient by rock and roll standards. It was clearly evident the importance he placed on telling his personal story, and the desire he has to show the depth of his music and lyrics beyond Top 40 fodder. The production features Springsteen on acoustic guitar and piano, rearranging his hits to sound more like Bob Dylan or Arlo Guthrie than what you might remember emanating from your stereo speakers so long ago.

In the book and during the show, he speaks of the troubled relationship he had with his alcoholic, bi-polar father. When Springsteen was only 19 years old, his father moved his mother and youngest sister across the country from their longtime home in Freehold, New Jersey to San Mateo, California. His parents essentially abandoned him. It would be years before his fame and fortune. His 17-year-old pregnant sister was also left behind to fend for herself.

He covers the painful feelings over his mother’s ambivalence about how the move would tear the family apart. Knowing this, she went along out of devotion to her husband. Yet, as the book progresses through his life’s journey, Springsteen reveals how he came to terms with his family’s good and bad, and how grateful he was for his life experience. Had events not unfolded as they did, he may not have become the reverential figure of today.

I feel much the same way about my upbringing. I was born to a 24-year-old father and a 22-year-old mother, both of whom then lacked the maturity and economic wherewithal to support a son, and then, nearly three years later, a daughter. Like Springsteen’s family, my parents, running from their demons, moved from Indianapolis to Clearwater when my sister and I were teens. Unlike Springsteen’s family, however, we all moved. My parents seemed to lurch from one tragedy to the next, not learning from their youthful mistakes. Despite this, they remained devoted to one another, their marriage lasting more than 54 years until my mother’s death two years ago.

So strong was my parents’ devotion to one another, and so difficult was their struggle

to make ends meet, that my sister and I became tertiary figures to the play that became our life. Both of us suffered lasting emotional scars. But, just as Springsteen states, without those scars I wouldn’t have become the man that I am.

I wanted a different upbringing for my three daughters, and my sister and her husband successfully raised a son and daughter as well. We’ve learned valuable lessons from our parents’ shortcomings. I wasn’t perfect raising my family, as I’ve made my share of mistakes. They were mostly different mistakes, although I’ll admit to repeating some.

“A man learns fatherhood through his father’s actions,” Springsteen said during the performance.

Like Springsteen, I realize that if I don’t turn the ghosts that haunt me into ancestors that accompany me, I’ll just transfer my baggage to the next generation. “I decided between my father and me that the sum of our troubles would not be the summation of our lives together... There are irretrievable lives and unredeemable sins, but the chance to rise above is one I wish for yours and mine,” he writes.

Near the end of the show, Springsteen speaks glowingly of his now deceased father. Before launching into *Dancing in the Dark*, he describes his 93-year-old mother, who is “seven years into Alzheimer’s.” He uses the song to tell us about his mother’s love for dance and her positive influence on his life.

Anyone who’s both suffered through childhood trauma and then later raised a family of one’s own can identify with the powerful emotions conveyed during this show’s two and a half hours. I’m just happy that I had the opportunity to reflect on words of wisdom uttered by one of my boyhood heroes, who, as it turns out, is so much more than a rock and roll legend.

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CARD OF THANKS

Well, it wasn’t a tri, but it still was a lot of fun.

Red tide may have kept competitors out of the water for the Galloway Captiva Triathlon, but it could not keep them from doing their best and having a good time the entire race weekend. Whether it was the kids and adults trying a tri for the first time or the seasoned competitors enjoying the race one more time, there were plenty of smiles mixed in with the sand and sweat.

Amid beautiful weather, the kids’ race on September 15 and the sprint event on September 16 went off gloriously. The athletes certainly won and so did spectators, but the big winner were Lee County’s hungry kids served by Community Cooperative’s Healthy School Pantry and Backpack program. Among other things, this program sends backpacks home with kids on weekends so they have food to eat (breakfast and lunch) when school isn’t in session. The \$45,000 donation from this year’s Galloway Captiva Tri will fund more than six months of that program.

All this was made possible by the registration fees, our fantastic volunteers and our terrific sponsors:

First, the Galloway Family of Dealerships, our title sponsor again this year; Lee County Sports Development, our sprint event sponsor; Attorney Jason

Gunter, the children’s event sponsor; South Seas Island Resort, the official resort; Geared Up Multisport Specialists, the official coach; Lee Health, swim caps sponsor; Jason’s Deli, food sponsor; LCEC; Sanibel-Captiva Beach Resorts; Billy’s Bike Rentals (also offering good deals on race rentals); Suncoast Beverages (beer provider); Key Lime Bistro and Cantina Captiva; Trek Bicycle Store (also offering good deals on race rentals); Doc Ford’s Rum Bar & Grille; Jensen’s Twin Palm Cottages and Marina and Jensen’s on the Gulf; Sunset Grill; RS Walsh Landscaping; Sunny Island Adventures.

We were kept safe by the Lee County Sheriff’s Department, the Captiva Fire District, Lee County EMS, and lifeguards from Lee County Parks and Recreation.

In particular, we want to thank the residents of Captiva, who are so generous to let us close their road for two hours during the race; the Captiva and Sanibel athletes who participated this year; the volunteers and the Captiva sponsors. It takes a community to run (yes, pun intended) a great triathlon(or duathlon), and we saw that community spirit again this year.

– Kate Gooderham, race director; Angie Ferguson, race director; and Ken Gooderham, race organizer

Galloway Captiva Tri and Southwest Florida Events✧

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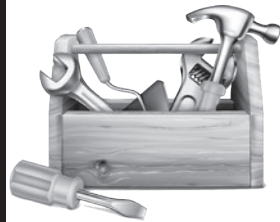
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United Way 5K Registration Open

Registration is open for the 7th annual LCEC Goblin Gallop 5K Walk/Run benefiting the United Way of Lee, Hendy, Glades and Okeechobee counties. This year’s race will be held at the Lee Civic Center on Saturday, October 27. Registration begins at 6:30 a.m. and the race starts at 7:30 a.m.

A Kids Fun Run for children age 12 and younger will immediately follow the 5K. Cost is \$25 for ages 18 and older before October 10 and \$30 thereafter, \$20 for ages 13 to 17 and \$30 after

October 10, and \$15 for the Kids Fun Run.

All 5K participants registered before October 10 will receive a race shirt and gift bag. All children registered before October 10 will receive a race shirt and ribbon. Participants who register after October 10 will receive shirts and bags as supplies last. Packet pickup will be from 10 a.m. to 8 p.m. at Smoothie King at 1806 Del Prado Boulevard South in Cape Coral.

Lee Civic Center is located at 11831 Bayshore Road in North Fort Myers. For race and sponsorship information, visit www.uw.lcec.net/sitepages/5k.aspx, www.athlinks.com/event/lcec-goblin-gallop-5k-for-united-way-240151 or call 656-2380.✧

Superior Interiors

Spruce Up Your Front Entryway



by Marcia Feeney

The front entryway of a home makes the first impression on guests, neighbors and passers-by. There is simply no excuse to neglect this space. With the daily activities of friends and neighbors passing your home, it is vital to put forth the effort to make the front entryway just as endearing and welcoming as the main attraction.

Take advantage of seasonal splendors and spruce up your entryway by using nature as your inspiration. Transform your outdoor space and give your neighbors something to talk about, with a few helpful hints.

If the stairs and railings are outdated and make the rest of the space look uninviting, now's the time for an upgrade. A more modern finish on both pieces can bring the front entryway back to life. If you'd rather not turn this into a large project, just spruce up the current setup. A fresh coat of paint or an arrangement of fresh flowers can

easily transform the stairwell.

Beyond functionality, lighting can make or break the mood of your front entryway. If the single pendant light fixture isn't doing it for you anymore, consider a different style, such as sconces. Add some flare by stringing lights through the railing to guide guests up to your home.

A bright, beautiful bench is a staple front entryway piece – if space allows for it, of course. If there is no room to accommodate a full bench, add a small chair with a stool that acts as a side table.

What better way to welcome guests with open arms than by embracing the natural elements in front entryway decor? Plant fresh, seasonal flowers in the flower bed. Place potted plants near the doorway or pick up a few hanging arrangements from the local florist. Don't forget to hang a gorgeous wreath on the front door. This is a simple way to freshen up an entryway, just make sure to regularly maintain the greenery.

Beyond the natural features, don't forget about the accent pieces that complete the entryway. A welcome mat that greets guests at the door, or a sign that can be seen from the edge of the driveway can emphasize the desired feeling of an inviting oasis.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeden.com.✱

From page 1

Expedition

the Bailey-Matthews National Shell Museum for further examination and study. "(Dr. Herbert's) been working on this research for the past 10 years, and he still gets excited about it."

This past winter, Mensch took part in a research expedition which made headlines locally and in the international shelling community. After performing 30 dredges of marine material virtually around the clock some 100-plus miles out into the Gulf of Mexico, at depths of 65 to 1,100 feet, the marine biologist returned to Sanibel with three live junonias.

Still thriving in museum research tanks, the live junonias (*Scaphella junonia*) continue to be monitored and studied, although they spend most of their day buried in the sand. And while the live mollusks aren't on public display at the museum, they are being featured in videos and photo galleries posted on the museum's website, www.shellmuseum.org/junonia.

Earlier this month, the USF research excursion ventured out into gulf waters "at least 100 miles offshore," Dr. Leal noted. "We were well north of Tampa in an area called the Florida Middle Grounds. That area is filled with lush, diverse coral reefs."

The RV *Weatherbird II* is equipped with advanced laboratories, oceanographic devices and sensor technology designed to enable scientists and students to study and learn about various aspects of the ocean's biological, chemical, geological and physical characteristics.

Using a three-foot wide dredge haul

operating nearly 18 hours a day, the scientists and students sifted through marine material pulled up from the bottom of the sea floor. Depths that materials were dredged from ranged from between 200 and 800 feet.

"The deeper you go, the longer it takes," explained Mensch.

"You never know what you're going to pull up," added Dr. Leal.

During the most recent four-day expedition, the dredge yielded one live junonia, although the specimen perished before it could be brought back to shore. The shell will be dissected and further studied at the museum, continuing the historically significant research being conducted on the elusive junonias. Also found were two other *Scaphella* genus mollusks, discovered at depths of 750 and 800 feet, respectively, and a rare *Sconsia striata*, a relative of the common Scotch bonnet.

"I thought Greg's leadership was amazing," said Dr. Leal, who was also impressed with the quality of USF's Florida Institute of Oceanography research vessel as well as the intelligence of the USF students attending the excursion. "The whole thing was really smooth and well run."

On Sunday, October 14 beginning at 2 p.m., Dr. Leal will be discussing his experiences attending the research expedition at the Sanibel-Captiva Shell Club monthly meeting, held at the Bailey-Matthews Shell Museum, located at 3075 Sanibel Captiva Road. For more information about the club, contact Joyce Matthys at 503-871-1082 or joycematthys1@gmail.com.✱

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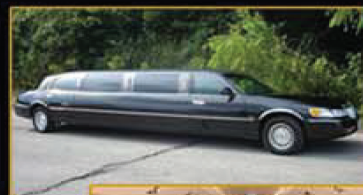
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Golf Legend's Victory Called Greatest Comeback In Sports History



by Ed Frank

In the annals of sports, there have been hundreds, even thousands, of stirring comebacks. What about the 2004 Boston Red Sox, down three games to none to the New York Yankees in the America League Championship Series, who went on to win four straight from the Yankees and then four straight from the St. Louis Cardinals to capture their first World Series title in 86 years. That is known as the greatest comeback in baseball history. And then there is the 2017 Super Bowl Champions New England Patriots, who overcame a 25-point deficit to the Atlanta Falcons to take the game to overtime, and then win it 34-28 in the first OT series.

The 31 unanswered points cemented the Patriots legacy as the greatest comeback in Super Bowl history. These are just two of so many stirring comebacks in sports history. But none compare to what we witnessed last weekend when Tiger Woods, at age 42, overcame the adversity of four back surgeries, including back fusion surgery, to capture the Tour Championship for his first tour victory in more than five years and his 80th triumph on the PGA tour. This amazing win before a bedlam gallery at East Lake Golf Club in Atlanta, and viewed by millions worldwide on television, already is being called "the Greatest Comeback in Sports History." This reporter spoke to several viewers afterwards, not all golf followers and not all sympathetic to Tiger's personal life travails, who admitted they had tears in their eyes when he sank that final put on the 18th hole to win the prestigious tournament. You've got to remember that as recently as a year ago he was facing the possibility of never playing golf again. In fact, he wasn't sure if he'd ever live without pain the rest of his life let alone swing a golf club. "I couldn't sit, I couldn't walk. I couldn't lie down without feeling the pain in my back and my leg. If this was to be how the rest of my life was going to be, it was going to be a tough rest of my life," he said after last Sunday's Tour championship victory. But a never-give-up attitude and a ruthless work ethic has returned Tiger to the pinnacle of golf and has given the game a well-needed shot in the arm.

Since Woods had last won a tournament, the 2013 Bridgestone Invitational, 119 players have won on the PGA Tour and 16 have won Major tournaments. Most grew up watching Tiger dominate the game year after year. But we must not forget his 80th tour victory last weekend edged him within two of Sam Snead's all-time victory count. And even more incredible is the fact that when Tiger returned to competitive golf in his first comeback appearance at the Hero World Challenge in the Bahamas, he was ranked 668th in the world. His tie for second in the Valspar earned him enough points to vault to 149, and his win last weekend jumped him to No. 13. One more strong finish could move him to the top 10 and within reach of No. 1 – a ranking he once held for a cumulative 683 weeks. There will be many, many comeback heroics in sports in the years ahead. But Tiger Woods' Tour Championship last Sunday will always rank phenomenal.✪

From page 1 'Ding' Days

number of special activities scheduled that day. Although Wildlife Drive is normally closed on Fridays, the refuge is allowing free admission to cyclists and hikers from 7:30 a.m. to 6:30 p.m. You can also gain admission aboard five special discounted tram tours that day. Cost is \$9.75 for adults, \$6 for children. Reservations are recommended. Private vehicles are not allowed on the drive that day. At 9 a.m., Conservation Educator Sara Hallas leads a free Beach Walk at Perry Tract, adjacent to Gulfside City Park (city parking fees apply). Ranger-led tours include a 9:30 a.m. free Refuge Birds & Wildlife Tour Caravan with Ranger Jeff Combs, a 10 a.m. free bike tour of Wildlife Drive with Ranger Toni Westland, and a 1 p.m. free Hike & Storytime at Wildlife Education Boardwalk with Ranger Monica Scroggin.

At 1 p.m., a free showing of Animal Planet's film *Million Dollar Duck* takes place in the "Ding" Darling Visitor & Education Center (EC). Winner of the coveted Audience Award for Best Documentary Feature and the Jury Award for Documentary Feature at the 2016 Slamdance Film Festival, the amusing film follows artists through the trials and tribulations of competing in the "Olympics of wildlife art" and the prospect of earning a million dollars as a result of winning the annual contest. The refuge's namesake, Jay Norwood "Ding" Darling, launched the Federal Duck Stamp program in 1934. TBE will offer other discounted kayak and boat tours throughout the day. See the following schedule for times, call 472-8900 or visit www.tarponbayexplorers.com for reservations. For a full "Ding" Darling Days' October 12 to 14 schedule, visit www.dingdarlingdays.com.
Friday, October 12 – Let's Get Outside Day

7:30 a.m. to 6:30 p.m. – Wildlife Drive is open free to hikers/bikers only; closed to vehicular traffic except special, discounted TBE trams throughout the day;
8 to 11 a.m. – Free Bunche Beach Birding Tram, meet at EC flagpole;
8:30 to 10 a.m. – 25 percent off Breakfast Nature & Sea Life Cruise, TBE;
9 to 10 a.m. – Free Beach Walk at Perry Tract with Conservation Educator Sara Hallas. Meet at Gulfside City Park pay station, city parking fees apply;
9:30 to 11 a.m. – Free Refuge Birds & Wildlife Tour Caravan with Ranger Jeff Combs, meet at EC flagpole;
10 a.m. to noon – 25 percent off Low Tide Paddling Tour, TBE;
10 a.m., 11:30 a.m., 1 p.m., 2:30 p.m., 4 p.m. – 25 percent off special Friday Narrated TBE Wildlife Drive Tram Tours;
Ongoing 10 a.m. to 3 p.m. Free Animal Olympics Games at Bailey Tract, self-guided, Tarpon Bay Road;
10 to 11:30 a.m. – Free Refuge Bike Tour with Ranger Toni Westland, meet at EC flagpole;
11 a.m. to 12:30 p.m. – 25 percent off Sea Life & Nature Cruise, TBE;
1 to 2 p.m. – Free Showing of *Million Dollar Duck* film, EC Auditorium;
1 to 2 p.m. – Free Hike & Storytime at Wildlife Education Boardwalk with Ranger Monica Scroggin, meet at EC flagpole;
1 to 3 p.m. – 25 percent off Commodore Creek Paddle, TBE;
1:30 to 3 p.m. – 25 percent off Sea Life & Nature Cruise, TBE;
5 to 7 p.m. – 25 percent off Sunset Rookery Kayak Tour, TBE (experience necessary);
5 to 7 p.m. – 25 percent off Evening Sea Life & Nature Cruise, TBE.
"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) presents "Ding" Darling Days with support from TBE, the U.S. Fish & Wildlife Service, and other private and business partners.✪

SPORTS QUIZ

1. Baltimore's Zach Britton set an American League record in 2017 by converting 60 consecutive save opportunities. Who had held the A.L. mark?
2. Which two teammates on the 1986 New York Mets' World Series winner also were members on the New York Yankees team that went on to win the 1996 World Series?
3. When was the last time before 2016 that the University of Hawaii football team won a bowl game?
4. In the franchise history of the Los Angeles Clippers, name the two players who surpassed 10,000 career points.
5. Who was the only NHL player in the 2017-18 season who played at least 1,500 regular-season minutes at age 40 or older?
6. Name the Olympic athlete who has won the most career medals in women's speedskating.
7. Sei Young Kim set an LPGA tournament record in 2018 by shooting a 31-under 257. Who had she been tied with at the old record of 27-under par for a tournament?

ANSWERS

1. Tom Gordon of the Boston Red Sox (1998-99), with 54 consecutive saves. 2. Dwight Gooden and Darryl Strawberry. 3. It was 2006. 4. Randy Smith (12,735 points) and Blake Griffin (10,863). 5. Boston's Zdeno Chara. 6. Ireen Wust of the Netherlands, with 11 (2006-2018). 7. Annika Sorenstam.

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Lions Club Sponsors Monthly Business Meeting

The Sanibel-Captiva Lions Club sponsored the Sanibel & Captiva Islands Chamber of Commerce monthly luncheon, a networking opportunity for members, held on the second Tuesday of each month. Meetings feature a guest speaker, refreshments, lunch and dessert at a local establishment.

"The islands have a wonderful business community, which regularly shows its support as sponsors and through volunteerism," said Bob Kern, club president. "We were delighted to be a sponsor of the chamber's luncheon."

The Sanibel-Captiva Lions Club has reached a golden milestone – 50 years as an active group determined to make a difference in their island community. Since the club's chartering in December 1967, its members have worked on a variety of projects and developed many prosperous fundraisers such as selling Christmas trees and holding an arts and crafts fair.

Sight is undoubtedly one of the Lions' defining causes. Sanibel-Captiva Lions Club members collect thousands



Sanibel-Captiva Lions Club President Bob Kern, right, with chamber board member Aaron Pruss photo provided

of used eyeglasses each year, and offer complimentary glaucoma and retinal screenings. The Lions Club International, simultaneously celebrating its 100th anniversary, is the world's largest service club with a network of 1.4 million men and women worldwide. Lions serve where they live, as well as globally.

The Sanibel-Captiva Lions meet the first and third Wednesday of each month at The Community House, where the club was chartered 50 years ago. For more information, visit www.sanibelcaptivalions.org.✱

From page 1

Endowment Fund

17 reached the mark needed to complete the challenge. Over the decades, the foundation has supported CROW's mission through funding, particularly for education. Following Hurricane Charley, the foundation was instrumental in the construction of CROW's public building, The AWC Family Foundation Visitor Education Center.

"Thank you to all that are a part of reaching this goal," said Linda Estep, executive director at CROW. "The donations to our endowment will ensure CROW has a future in saving wildlife through state-of-the-art veterinary care, research, education and conservation medicine."

The challenge gift of \$50,000 was made anonymously by longtime supporters of CROW to mark its 50th

anniversary of service to Southwest Florida wildlife. As part of the gift, they challenged other supporters to give their version of 50 within 50 weeks with the goal of raising CROW's Endowment Fund by \$100,000. In directing their gift to the endowment, they are looking forward to CROW's next 50 years.

CROW's Endowment Fund was established in 2016 with an initial gift from Roberta and Philip Puschel. Endowments are strategic, long-term views that enable the continued support of programs that are making a lasting impact. Income from this endowment will supplement funds that are raised annually to ensure continuous service of environmental education and patient care.

To contribute to CROW's long-term future through the endowment fund, visit www.crowclinic.org/donate/endowment-fund.✱

Doc Ford's Returns As Silver Sponsor



From left, George Campean, race committee member; Doc Ford's team members Blake Colbert, manager; Marty Harrity, owner; Kim McGonnell, general manager; Tyler Wussler, manager; Katy Forett, manager; and Pete Bender, race committee member photo provided

Doc Ford's Rum Bar & Grille returns as a silver sponsor of the 10th annual 10K Race for FISH, a race that draws hundreds of runners including Doc Ford's Rum Runners, the staff team of 25 to 30 runners.

"We are proud to be a supporter of an organization that helps not only our local families, but those visiting the islands," said Doc Ford's General Manager Kim

McGonnell. "It's an event our employees throughout the company look forward to every year. It's fun for us and a great way to show our support for the community."

The race is set for Saturday, October 27 beginning at The Community House. To learn more about sponsorships, contact Pete Bender at benderlaw@juno.com or Diane Cortese at drcortese@embarqmail.com.✱

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From left, Diane Cortese, race committee chair; Richard, Baillie and Calli Johnson of Bailey's General Store; and Ed Riddlehoover, race committee co-chair photo provided

Bailey's Supports Race 4 FISH

Bailey's General Store, The Coffee Bar at Bailey's and Sanibel Catering Company are taking part in the 10th annual 10K Race 4 FISH, which will be held on Saturday, October 27 beginning at The Community House. They will once again be the providers of fruits, bagels and toppings, coffee service, energy bars and water to fuel the runners and their supporters.

Bailey's General Store is providing backpack style bags to carry race day treats for runners, something the long-established grocery and hardware store has done since the inaugural run.

"Bailey's and Sanibel Catering Company look forward to supporting FISH and their runners on race day," said Calli

Johnson of Bailey's General Store. "I will be running in the event myself to show how much we are about this important island nonprofit."

"Since 1895, the Bailey family has been working to build the community on our island," said Johnson. "Three generations later, that drive and will to improve without harming our little piece of paradise still goes on today. The third generation is proud to play a part in that and is planning for the fourth generation to carry on that tradition."

"We appreciate Bailey's General Store, The Coffee Bar at Bailey's and Sanibel Catering Company, who donate so much of their time and efforts to FISH and the community at large," said Ed Riddlehoover, race committee co-chair.

Registration is open online at www.fishofsancap.org under the "Our major events" tab.*

Volunteers Sought For Tax Assistance

The United Way of Lee, Hendry, Glades, and Okeechobee is seeking volunteer tax preparers, interpreters and greeters to help the Volunteer Income Tax Assistance (VITA) sites during the 2018 tax season. An orientation and training class for new volunteers will be offered on Saturday, November 17 at Florida Gulf Coast University. For tax professionals or experienced volunteers, an online training and certification tool is available.

With the support of trained, IRS-certified volunteer tax preparers, VITA sites provide free tax preparation to individuals and families earning less than \$66,000 per year throughout the five county area of Lee, Hendry, Glades, Okeechobee and Charlotte counties.

Volunteers of all ages and levels of experience are welcome, though all volunteers need to be comfortable working with a computer. There is a special need for bilingual Spanish speakers. Flexible hours are available January through April. Volunteers will receive specialized IRS certified training including learning how to prepare basic tax returns, using online tax preparation software, and learning about tax deductions and earned income tax credits that benefit eligible taxpayers. In addition, experienced agents, certified financial planners and non-credentialed tax return

preparers can earn continuing education credits when volunteering as a VITA tax preparer.

"For the past 11 years, VITA volunteers have made a real difference in the lives of people in our community," said Cliff Smith, president of United Way. "Volunteers who come back year after year tell us the VITA program is very rewarding because they connect with members of our community and empower families to achieve economic success."

Last year, 150 volunteers helped file nearly 5,000 federal tax returns, bringing over \$6.7 million dollars in federal tax refunds back to the local community through the United Way VITA program. In addition, United Way VITA clients saved the cost of tax preparation by a commercial service which totaled over \$1.2 million.

Interested volunteers can register online at www.unitedwaylee.org/ become-vita-volunteer, contact Patrice Cunningham at patrice@unitedwaylee.org or call 433-7557.*

Drink Pink Campaign

An estimated 266,120 new cases of invasive breast cancer will be diagnosed among women in 2018. Among men, another 2,550 new cases are expected, according to the American Cancer Society. The team at CONRIC PR & Marketing relates to this staggering

Doctor and Dietician

Gluten-Free Italian Pasta Salad



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

When you try to lower carbs in your diet, sometimes you miss simple pleasures like pasta. But now, there are many more available pasta options that are higher in protein and fiber and much lower in carbs than traditional pasta. For instance, Banza is a brand made from chickpeas. It contains twice the protein, four times the fiber and about half the net carbs as regular pasta. Chickpeas are also a wonderful gluten-free option. Check it out at www.eatbanza.com. You can swap any veggies in this recipe for ones you have available.

Ingredients:
1 12-ounce package of gluten-free, high protein pasta
4 or 5 slices of Italian salami, finely diced

1 can tuna, drained and flaked
1 can of cannellini beans
1 bell pepper, chopped
1/2 red onion, chopped
3 stalks of fresh broccoli, chopped
2 carrots, chopped
6 ounces of black olives, chopped
1 Tbsp. capers (optional)
Juice of 1 lemon, plus some zest
Approximately 1/2 cup EVOO
Approximately 1/4 cup red wine vinegar
1 Tbsp. sugar
1 to 2 Tbsp. Italian seasoning
Your choice or cheese, such as grated Parmesan, fresh mozzarella, or Daiya Havarti with jalapeño
Optional: Chopped fresh basil and/or oregano

What to do:
1. Bring a large pot of lightly salted water to a boil, add pasta and cook until tender, approximately 6 minutes. Drain. Drizzle with EVOO and toss, sprinkle with a little kosher sea salt.

2. Mix olive oil, red wine vinegar, lemon juice and zest, sugar, spices and set aside. Adjust to your own taste.

3. Add the veggies and meats to the pasta and toss.

4. Add dressing and toss. Season with salt and pepper. Add cheese. Toss. For best results, make this salad 24 hours ahead of serving.

*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.**

statistic through family experiences spurring the launch of the inaugural Drink Pink campaign in honor of national breast cancer awareness month in October.

The firm is challenging local restaurants to offer a signature Drink Pink beverage that will incite people to "Cheers for Change" all month long. Participating restaurants are encouraged to donate a minimum of 10 percent of revenue from their signature pink drink sales in October to a nonprofit breast cancer organization of their choice. CONRIC PR & Marketing has identified four nonprofit organizations in Southwest Florida that support breast cancer patients: Cancer Alliance of Naples, Partners for Breast Cancer Care, Bosom Buddies Breast Cancer Support and From Our Hearts.

Breast cancer knows no boundaries, but early detection and treatment can be the key to a healthy prognosis. The campaign seeks to increase awareness of the disease and raise money for local organizations that offer services to support patients. Everyone is welcome to take part by simply having a signature beverage at a participating restaurant and sharing a photo on social media with the hashtag #DrinkPink.

The following establishments are already on board: Azure Restaurant (15301 McGregor Boulevard, Fort Myers); Boat House Tiki Bar & Grill, (17101 State Road 31, Fort Myers); Boat House Tiki Bar & Grill (5819 Driftwood Parkway, Cape Coral); Bubba's Roadhouse & Saloon (2121 Southwest Pine Island Road, Cape Coral); Downtown Social

House (1406 Hendry Street, Fort Myers); Fathoms Restaurant & Bar (5785 Cape Harbour Drive, Cape Coral); Gather (5971 Silver King Boulevard, Cape Coral); Keylime Bistro (11509 Andy Rosse Lane, Captiva); Luna Rossa Italian Grill (10801 Corkscrew Road, Estero); Point 57 Kitchen & Cocktails (3522 Del Prado Boulevard South, Cape Coral); Prawnbroker Restaurant Group (7790 Cypress Lake Drive, Fort Myers) RC Otter's Island Eats (11506 Andy Rosse Lane, Captiva); Society Restaurant + Lounge (13499 Bell Tower Drive, Fort Myers) The Jac Sanibel Island Bar & Grille (1223 Periwinkle Way, Sanibel); and The Firestone Grill Room, Martini Bar & Skybar (2224 Bay Street, Fort Myers). For more information, visit www.conricpr.com/drink-pink.*

Complimentary Bodywork Sessions

Marva Sletten, PT, CMPT, CLT-LANA, LMT, will provide brief individual sessions on the Trager Approach from 10:30 a.m. to noon at The Community House on Thursdays, October 4, November 1 and December 6. The Trager Approach is a unique bodywork and movement awareness method that promotes relaxation, pain relief and freedom of movement.

Call Sletten at 910-7577 to schedule your complimentary session. For more information, visit www.thenatureofwellnessflorida.com.*

dearPharmacist

Six Powerful Benefits Of Papaya Enzyme



by Suzy Cohen, RPh

I'm sure you've heard of those delicious orange fruits called papayas. Papayas themselves have all kinds of health benefits. For one, they are extremely fiber-rich. Also, the antioxidant content

is extraordinarily high and fantastic to help with the maintenance of healthy cholesterol levels and atherosclerosis (the build-up of plaque in the arteries).

Let's focus on papain, the highly beneficial compound found in the leaves and fruit of the papaya. Papain is an enzyme which means it helps drive reactions in your body. For example, if you eat a hamburger,

protease enzymes are secreted during digestion that help break down the meat, turning it into smaller protein molecules called amino acids. Enzymes that break down proteins are termed "proteolytic" enzymes. Papain is also a proteolytic enzyme and it's commonly found in meat tenderizer. Here are five other powerful benefits of papaya and papain:

Heal Your Skin and Wounds – Papaya fruit and leaf can both be applied to minor burns and wounds to speed up the healing process. We use a lot of triple antibiotic ointment in the United States, however, where drugs are not heavily promoted or allowed, families use natural remedies. As an example, in Latin America, Hawaii and Tahiti, papain leaves are used commonly for burns. There are certain gels sold commercially.

Address Sinus and Breathing Problems – Papain can thin mucus, specifically by diluting sinus mucin, a glycoprotein found in mucus. In this way, papain could be great for helping you with chronic sinus infections.

Reduce Bloating and Diarrhea – In a case study, a male patient with gluten

intolerance added papain once daily, every day, for one month (while eating a gluten-free diet) and experienced better digestion, as well as improved stools, dramatically less diarrhea and an obvious decrease in bloat.

Improve Antioxidant Capabilities – Papain contains compounds that make it a potent antioxidant, helping to protect your body from cellular damage caused by free radicals. Papain, in fact, is an antioxidant on par with strong antioxidant vitamins like vitamins C and E.

Fight Cancer – The specific action papain has on cancer cells is by dissolving the thick protein coating around the cancer cell called fibrin. Other studies suggest that papaya juice has anti-proliferative effects, which means it might slow metastasis. Finally, it can induce apoptosis that, essentially, makes cancer cells run and hide.

Papaya is obviously loaded with medicinal benefits. I recommend it so long as you're not allergic to it, to its skin or to the pineapple enzyme called bromelain (there's a cross-sensitivity).

It's easy to incorporate papaya and papain into your life. Supplements are

widely available too. Supplementation might be a good idea if supported on acid-blocking drugs or PPI ulcer and reflux medications. If you sign up for my free newsletter at www.suzycohen.com, I will send you a longer version of this article, and explain more about this. I'll also share my recipes, a papaya tea recipe and more medical information.

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.✴✴

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.southwestfloa.org.

Sanibel Community Church is located at 1740 Periwinkle Way.✴✴

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can hypnosis help reduce anxiety?

A: Living in this 21st century can be a barrage of anxiety and worry: violence, workplace stress, global issues, environmental

stressors including natural disasters, crime, poverty, financial tension, aging and health issues, and so on. It seems as though daily we are faced with something that promotes anxiety and worry.

Common causes of anxiety can be reactionary to situational stressors and/or a biochemical imbalance.

With the culmination of any of the above, it's no wonder at least 40 million Americans are diagnosed with chronic anxiety disorders. At least four million of those take medication to combat their anxiety.

When we become anxious, we are out in the future anticipating something that has not yet happened. However, it stirs up intensified emotions that largely anticipate the thought of danger, rather real or imagined.

Many of us often ask the question, "What will happen if...?" rather than being present, right here, right now. It is in the present moment that we can experience the art of calm.

The good news is that integrative approaches utilizing other options are available, one being hypnosis.

What exactly is hypnosis? While definitions can vary, the American Psychological Association describes hypnosis as a cooperative interaction in

which the participant responds to the suggestions of the hypnotist.

Hypnosis is safe, relaxed, focused concentration. All hypnosis is self-hypnosis. When one is in a relaxed state, the subconscious mind – which we operate from at least 90 percent of the time – surfaces and has the ability to absorb, retain and accept post-hypnotic suggestions, which are positive statements for change to occur, namely anxiety reduction and elimination of fear.

The hypnotherapist serves as a guide or facilitator to assist the subject to relax through the art of diaphragmatic breathing (belly breathing). As the hypnotherapist guides the subject through relaxation techniques, often a body scan with some guided imagery, the subject may begin to experience two different streams of activity – conscious and subconscious – whereby the flow may feel like the subject is drifting in and out of an altered state.

Hypnotherapy is very individualized. Some subjects feel a heaviness, others a lightness or tingling. There is no right or wrong way to experience, it's your way. Research indicates the more open one is to hypnosis, the tendency is a better response and outcome.

The majority of subjects report a "relaxed/calm" feeling and, if their session is recorded, the more they listen to the recording, the more cumulative effect it will have for their desires to manifest.

It's important to note that the hypnotherapist has absolutely no control over the subject. The subject is always in control, safe and protected. The hypnotherapist cannot perform actions against your will.

As a holistic health clinician, I like to present anxiety as an opportunity to open yourself up to expansion of your soul that lies beneath your day-to-day worries. The calm you can feel from

hypnosis can be an opening to your heart and soul, an expansion way beyond your outer layer of troubled thoughts occurring in your mind.

Hypnosis can bring you back to your center, the core essence of who you are.

When you begin to feel anxiety coming on, return to the breath and that

begins your art of calm.

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

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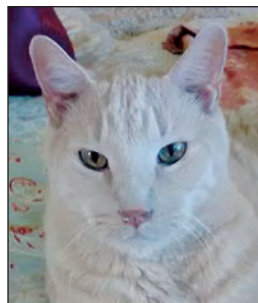
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PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Pud And Della



Pud



Della

Hi! I'm Pud. I am a handsome, declawed, 14-year-old male champagne 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 \$50. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

Hello, I'm Della. I am a beautiful tabby girl who recently had a litter. I'm only 1 year old and very sweet. I have been fully vetted and brought up to date on all vaccines. Come see me at PetSmart on Six Mile Cypress. My adoption fee is \$100. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

Haven on Earth Animal League, Inc. is a 501c3 nonprofit animal rescue organization in Fort Myers, operated completely by volunteers. Its mission is to rescue, house, rehabilitate and re-home abused, unwanted, neglected and homeless animals into forever, loving homes.

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

Lee County Domestic Animal Services

Aliyah And Madonna

Hello, my name is Aliyah. I am a 3-year-old female terrier mix who is a medium-size sweetie that recently had a royal spa day at TenderCare Grooming. I was one pampered pooch and loved every minute of it. If you are looking for a dog that will be your constant companion and ready to hop in your lap at a moment's notice, look no further. My perfect person will be someone that can be home with me and give me the attention I have been missing. Stop by today to meet me - you won't be sorry. My adoption fee is \$15.



Aliyah ID# A753608

Hi, I'm Madonna. I am a 1-year-old stunning Maine Coon that is as gentle as I am beautiful. I will curl up next to you to let you know it is 'Madonna time.' I am friendly with other cats and am content to just watch them run around

and play. I will sit nicely while you brush my coat, which is a definite plus for a Maine Coon.

My adoption fee is \$10.

Through September 30, the adoption fee for all cats and kittens will be reduced to just \$10 and dogs and puppies to just \$15. Adoptions include: sterilization; age appropriate vaccinations; county license; microchip ID; de-worming; flea treatment; a heartworm test for dogs; feline AIDS and leukemia test for cats; and a 10-day health guarantee. This is a \$500 package. The team of volunteers and staff are waiting to introduce your new family member to you. Check the website to be sure pets are still available.



Madonna ID# A752767

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.✧

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



Matilda

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 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.✧

PUZZLES

Answers on page 45

Super Crossword

ALIVE PARTNER

- ACROSS

1 Elite names in show biz

6 Food-cooling chest

12 Impetus

20 Make allusion (to)

21 Long rant

22 Evenly paired

23 French cabaret figure

25 IRS probe

26 Acey- —

27 All right

28 Three-time Frazier foe

29 Airport area

30 Using a blast furnace for

32 Mia Hamm, for one

37 — Rose” (“The Music Man” song)

38 Old brand of hair remover

40 Calhoun of old Westerns

41 Get sour

42 Bronco

45 Singer Zadora

46 Wear for nighty-night

49 Movie units

50 Suffix with trick
- 51 Rant, maybe

52 “That feels ni-i-ice!”

53 Duncan toy

55 Unborn child

60 In the capacity of

63 “Jay — Garage” (CNBC series)

66 Seasonal tunes

67 Hawaiian goose

68 Boxers and briefs, briefly

70 Something associated with eight answers in this puzzle

72 Squirrels’ cheekfuls

74 Vast time stretch

75 Dashing actor Flynn

76 Proclaims, in the Bible

78 Australian Open unit

79 Fifth-degree black belt, say

83 “The Daily Show” host Trevor

85 Ending for Peking
- 86 Graph line

87 Island with Pearl Harbor

90 Sporty 1980s Pontiac

94 Rouge color

95 Barber’s job

96 It’s just been fired

100 Yuletide tree

101 Richard of “Chicago”

102 Victim of Cain

103 — Ana County, New Mexico

104 One giving up gambling, maybe

109 With all in agreement

111 “Jenny” actor Alda

112 See 96-Down

113 She clucks

115 Associated with bribery

116 Rolling Stone interviewee

119 Laced holiday quaff

123 String in a sneaker

124 Family divisions, in taxonomy

125 French for “queen”
- 126 Donations

127 Attached with rope, e.g.

128 X-ray, e.g.
- DOWN

1 Pigskin path

2 Source of element #82

3 In case it’s necessary

4 In a way not related to religion

5 Piece of land

6 — be my honor”

7 What a U.S. spy may be

8 “Cubsmith” Rubik

9 Spine sites

10 Lyric work

11 Kid of a boomer

12 Of varied character

13 TV studio alert

14 Oaxaca loc.

15 Plato’s “H”

16 Nutty treat

17 The present time

18 Put together

19 Taxi fixture

24 TLC series about a tattoo studio

28 Land division

30 Bit of slander

31 Liam of films

33 Bobby of ice hockey

34 Bus. entities

35 Go to press

36 Reluctant

39 Over — top

43 “— Mio” (Italian tune)

44 Ball in space

45 Bic buys

46 Superheroes have them

47 Actress Dru

48 Most mousy

51 Russian river

54 “Of course”

56 Low joint

57 Young guy, in hip-hop

58 Cravings

59 Composer Brian

60 Giant in oats

61 Disquiet

62 Truly loved

64 Sticky pods

65 Dated letter opener

69 Win — walk

71 Military bed

72 From — Z

73 Irritate

75 Let out

77 Hardens (to)

80 Left unsaid

81 Wealthy

82 Mythical flier

84 Secret treasure

88 “I get it now!”

89 Very hot pepper

91 Self-esteem to a fault

92 Skedaddle

93 Put — act

96 With 112-Across, blind alley

97 Irritate

98 Get the point

99 Mitten’s kin

100 Snitched

101 Sci-fi and mystery, e.g.

104 Strident

105 Lanai “Hi!”

106 Brunch meat

107 Jerk the knee, e.g.

108 Ruhr’s outlet

110 Pola of silent films

114 Barely made, with “out”

117 — -pitch softball

118 Plato’s “T”

119 SFPD rank

120 Architect I.M. —

121 Fouts of football

122 “Hot diggity!”

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

King Crossword

- ACROSS

1 — up (invigorates)

5 Alphabet start

8 "Pygmalion" writer

12 Spine component

14 Unadulterated

15 Language of Zagreb

16 Rod's partner

17 Cudgel

18 Wedding-related

20 Pirate flag symbol

23 Tempo

24 Grow weary

25 AT&T competitor

28 Coatrack piece

29 Oyster's gift

30 Mediterranean, for one

32 Porch

34 Blueprint

35 "Sad to say ..."

36 Combination of tones

37 Desert fox

40 — carte

41 Out of control

42 Exact

47 Streamlet

48 Taboo

49 A Great Lake
- 10 Neighbor-hood

11 Healthy

13 And others (Lat.)

19 Bar

20 Fuel additive brand

21 Capital of Ukraine

22 Incite

23 Rosary components

25 Large blood vessel

26 Capital of Norway

27 Approach
- 29 Wan

31 Additionally

33 Irritate

34 Lighthouse of Alexandria

36 Organization

37 Passenger's payment

38 Eastern potentate

39 — me tangere

40 Farm measure

43 Animation frame

44 Consumed

45 Golf gadget

46 Conclusion
- DOWN

1 Piping material, for short

2 Always, to a poet

3 Paid athlete

4 Horse's hang-out

5 Somewhat

6 Lingerie item

7 Capital of Australia

8 Perfume application

9 Colored

MAGIC MAZE ● AMY —

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

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

- Adams

Brenneman

Fisher

Grant
- Irving

Jo Johnson

Lee

Lowell
- Poehler

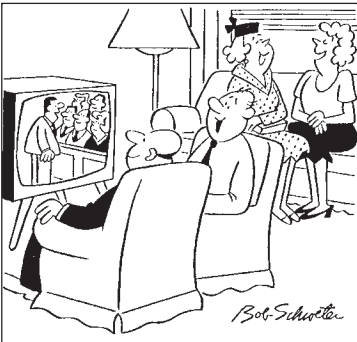
Pond

Ryan

Sedaris
- Smart

Tan

Winehouse



"They could never get our wives on jury duty — can you imagine, two weeks of just _____!"
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!

Piece _____
TENMEGS _____
Delay _____
RINGLE _____
Mean _____
DINES _____
Keep _____
TRAINE _____

TODAY'S WORD

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

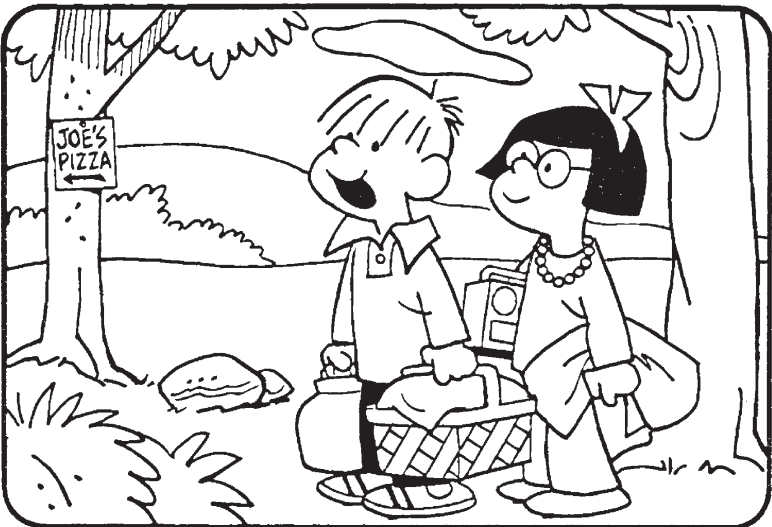
SUDOKU

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

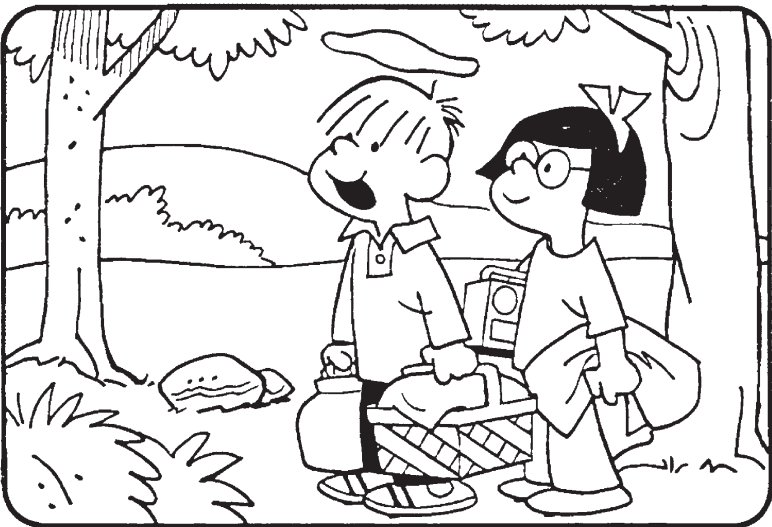
answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sign is missing. 2. Collar is different. 3. Cloud is different. 4. Basket weave is different. 5. Beads are missing. 6. Sleeve is shorter.

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PUZZLE ANSWERS

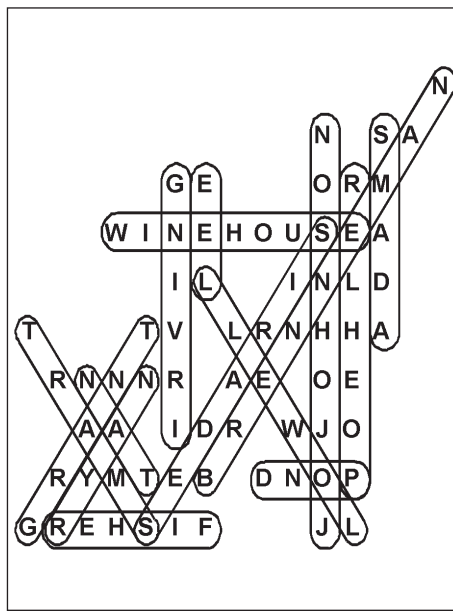
SUPER CROSSWORD

A	L	I	S	T	I	C	E	B	O	X	M	O	M	E	N	T	U	M		
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C	A	N	C	A	N	D	A	N	C	E	R	T	A	X	A	A	U	D	I	T
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Q	U	A	L	E	N	O	S	N	O	E	L	S	N	E	N	E				
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KING CROSSWORD

P	E	P	S		A	B	C		S	H	A	W
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C	R	O	A	T	I	A	N		R	E	E	L
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MAGIC MAZE



SUDOKU

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

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The Island Sun and The River Weekly News are community newspapers,
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Free copies are available at newsstands. For more information, call 239-395-1213.

September 14, 2018

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4/29 ★ TFN

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

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Old Florida charm with all new updates! Ground-level cottage on private lane, short walk to beach, 2BR/1.5BA, sleeps 6. Fully furnished/equipped, separate exercise room and inside laundry, wooded backyard w/ privacy fence, outside H/C shower. Bikes, beach chairs, umbrellas, beach wagons, towels provided. Pets w/approval. Min one month - Nov/Dec 2018 still available! Contact Chris: 314-406-7058 cgbeckner@yahoo.com for pictures and price.

9/21 ★ 9/28

ANNUAL RENTAL

NEWLY REMODELED

1/1 on Main Street, Sanibel Island. Dogs okay. \$1,200/month
Call/Text Bridgit @ 239.728.1920

9/21 ★ TFN

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

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SANIBEL

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Paul H. Zimmerman, Broker/Owner

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7/27 ★ TFN

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Call Bridgit @ 239.728.1920

8/10 ★ TFN

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9/28 ★ TFN

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9/28 ★ 10/19

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9/21 ★ 9/28

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8/17 ★ TFN

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9/28 ★ TFN

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9/21 ★ 9/28

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8/31 ★ 10/5

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9/28 ★ 10/5

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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

My Stars ★★★★★

FOR WEEK OF OCTOBER 1, 2018

Aries (March 21 to April 19) You might need to get more facts to help you work out those problems with your new project. As always, a friendly approach shows the charming Arian at his or her persuasive best.

Taurus (April 20 to May 20) Information is what energizes ambition, and this is a good time for the ambitious Bovine to expand his or her range of knowledge and to be ready for the challenges that lie ahead.

Gemini (May 21 to June 20) This is a good time to consider making some long-overdue decorating changes at home or in your workplace. A splash of color can help raise spirits, even on the grayest day.

Cancer (June 21 to July 22) Learn more. Earn more. That's the formula for Moon Children looking to expand their career horizons. Investigate the best places to get those training courses you'll need.

Leo (July 23 to August 22) Your creative side helps gain attention for many of your ideas. But don't neglect the practical aspects involved in implementing their move from paper to production. Good luck.

Virgo (August 23 to September 22) A health problem should not be ignored. The sooner you check it out, the sooner you can deal with it and then move on. Some job advice comes from an unlikely source.

Libra (September 23 to October 22) A relationship takes an unexpected shift that could leave you puzzled and hurt. Asking for an explanation could help uncover the reason for this sudden turn of events.

Scorpio (October 23 to November 21) Your busy schedule has drawn down much of your energy levels. Restore them by spending a well-earned time out enjoying the arts – perhaps with that special someone.

Sagittarius (November 22 to December 21) Make that presentation with confidence. Remember: When you show you believe in yourself, it helps persuade others that you truly know what you're doing.

Capricorn (December 22 to January 19) Although you usually prefer doing things on your own, a group effort might be advisable at this time. Try to keep an open mind about suggestions from colleagues.

Aquarius (January 20 to February 18) This could be a good time to reassess some of your recent decisions and see if any adjustments should be made based on facts that you might have just uncovered.

Pisces (February 19 to March 20) An emotionally charged situation creates uncertainty about the future of your

relationship. Best advice: Talk things out while there's still time to reach a new understanding.

Born This Week: You tend to act on matters of principle despite what others might advise.

STRANGE BUT TRUE

- It was 19th-century English naturalist and biologist Charles Darwin who made the following sage observation: "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

- In Nazi Germany it was illegal to name a horse Adolph.

- If you grew up with the Girl Scouts decades ago (as I did), you might be surprised to learn about a new badge they're offering: cybersecurity. Yep, that's right. The national organization worked with a security company to come up with a curriculum,

and now Girl Scouts everywhere can earn a badge for learning about cyberattacks, online safety and computer networks.

- In 1950, 70 percent of all the cars, buses and trucks in the world could be found in the United States.

- Statisticians claim that the more money a man makes, the more likely he is to cheat on his spouse.

- On at least one early map of the New World you'll see the name "Codfish Country" on the area now known as the United States.

- Between 1960 and 2006, the average American's production of solid waste – including everything from paper packaging to lawn clippings – increased by 150 percent to 4.5 pounds every day.

- Those who study such things say that the tradition of a bride and groom exchanging wedding rings originated in the Middle East.

- Farmers in Turkey marched on both

the American and Soviet embassies in 1967, demanding reparations for crops that they lost to floods. Why were the Americans and Soviets to blame for floods in Turkey? The farmers claimed that the flights of spacecraft created "holes in the sky."

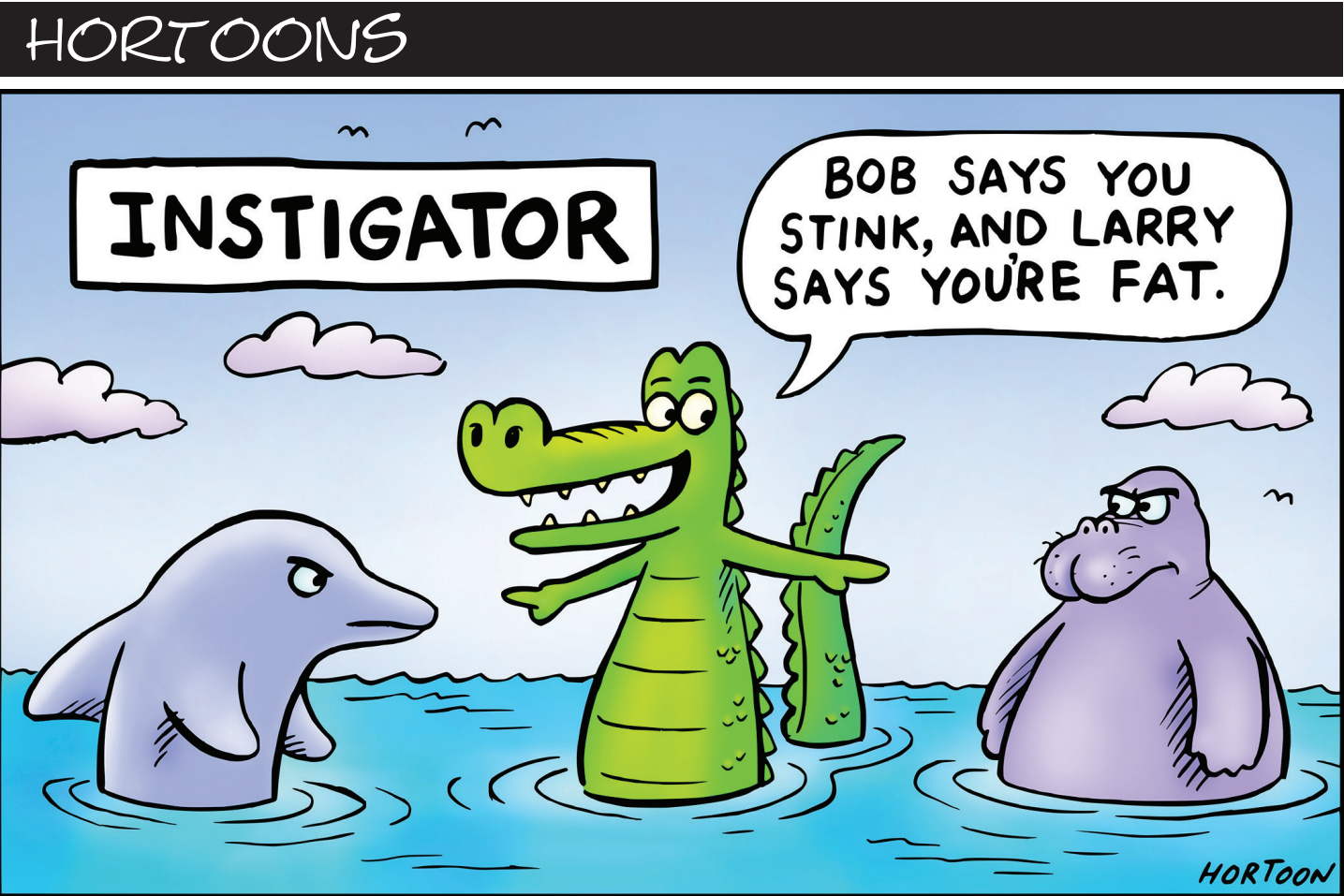
THOUGHT FOR THE DAY

"The first symptom of love in a young man is timidity; in a girl, boldness." – Victor Hugo

SCRAMBLERS

1. Segment; 2. Linger;
3. Snide; 4. Retain

Today's Word
LISTENING



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Westlake Court	Estero	2018	3,017	\$1,610,000	\$1,610,000	0
Tidewater Island	Fort Myers	1996	4,325	\$1,299,000	\$1,200,000	71
Sunset Cove	Fort Myers	2005	3,967	\$1,196,000	\$1,167,500	13
Jose's Hideaway	Captiva	1981	792	\$1,150,000	\$750,000	751
Horse Creek	Fort Myers	2018	3,457	\$1,094,300	\$1,094,300	0
Heron Point	Estero	2001	3,015	\$968,000	\$900,000	0
Cedar Glen	Estero	2000	2,793	\$959,000	\$915,000	100
Not Applicable	North Fort Myers	2001	3,989	\$935,000	\$899,000	70
Sanibel Isles	Sanibel	1964	2,176	\$910,000	\$840,000	0
Arlington Oaks	Fort Myers	2007	3,309	\$825,000	\$780,000	4



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& we just want to say
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