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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 27, 2019

SEPTEMBER/OCTOBER SUNRISE/SUNSET: 27 7:19 • 7:21 28 7:19 • 7:19 29 7:20 • 7:18 30 7:20 • 7:18 1 7:21 • 7:16 2 7:21 • 7:15 3 7:21 • 7:14

Eagle Scout Begins Project To Honor Veterans

by Jeff Lysiak

By the time the City of Sanibel hosts its annual Memorial Day Service next spring, the garden area around the city hall flagpole will have a completely different appearance thanks to the patriotic plan put forward by island teenager Kenny Kouril.

During the September 9 city council meeting, Kouril delivered a PowerPoint presentation with details of his upcoming Eagle Scout project. His plan includes raking and/or replacing the shellrock pathway, cleaning up the existing flagpole area of overgrown vegetation and realigning the coral rock border surrounding it, installing a small boulder with an attached bronze plaque honoring the country's five military branches (Army, Navy, Air Force, Marines and Coast Guard), adding a pair of stone benches and planting new native plants around the memorial.

"My project is going to be a little



Kenny Kouril

photo by Jeff Lysiak

memorial for the five branches of the military, thanking them for what they do for our country and for our freedoms," Kouril told the council. "Since we do our Memorial Day ceremony there every year,

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Flip Flop Family Scavenger Hunt Next Saturday

Tickets are still available for Sanibel Sea School's 2nd annual Flip Flop Family Scavenger Hunt, to be held on Saturday, October 5 starting at 10:30 a.m. at Saint Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel. At check-in, each scavenger hunt team – comprised of up to eight individuals – will be given a book of clues and challenges, each worth a set amount of points. The clues can be solved by anyone in the family, no matter their age.

Throughout the hunt, participants will have to use their knowledge of the island, marine biology and local folklore to earn as many points as possible before the end of the game. Along the way, teams will visit a number of Sanibel locations, where they may be asked to take a photograph at a location to prove they completed the challenge or bring back a specific shell or artifact.

The island-wide scavenger hunt will be full of laughs and challenges for



A previous scavenger hunt participant bobbing for apples

photo courtesy Sanibel Sea School

participants of all ages. All proceeds from the event will support the organization's scholarship fund to provide meaningful

continued on page 6



Eldon Bohrofen

photos provided

Rotary Club Pitches In For Coastal Cleanup

Fifteen Sanibel-Captiva Rotary Club members met last Saturday to lend their support to this year's International Coastal Cleanup. The global coastal cleanup effort is coordinated locally by



From left, John and Jane Henshaw, Sandy Grogman, Scott Mowry, Darrin Grotrian, Don Russell, Rebecca Grotrian, Roger Grogman, Roger Triftshauser, Eldon Bohrofen, John Raho, Jack Alexander and Chef Sadler. Not pictured: Joleen Raho and Logan Lee.

Sanibel-Captiva Conservation Foundation (SCCF) and Keep Lee County Beautiful.

"Once a month, our club meets to clean a section of the freeway that spans from the Lighthouse Restaurant to the toll booth," said John Henshaw. "And several sections include waterways. It seems a natural way

to coordinate our efforts to protect our local wildlife and essential water resources."

Darrin Grotrian chairs the effort, dubbed Road Kill, one Saturday each month beginning at 8 a.m. He provides tools to keep the club members safe and picks up the bagged refuse from various drop points

for disposal.

If you would like to help out with this ongoing project, contact a local Rotarian.

"It's always fun to determine who found the most interesting item," said Roger Triftshauser. "It's that old feeling of anticipation with a little scary."✱

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Earn Community Service Hours With FISH

As community service volunteers, island youth lead and take part in several community service projects and events throughout the year on behalf of FISH of SanCap. At the walk-in center, they assemble and distribute holiday baskets, sort and stock the food pantry, and pack and inventory backpack contents. In the community and at school, they hold canned food drives, man 10K race water stations, clean and stock equipment, make cards for island seniors, and participate in Islands Night and the July 4 Independence Day parade. Island youth exemplify The Sanibel School slogan "Unite, Inspire and Empower."

"We love working with the kids; it's a great bonding opportunity," said Maria Espinoza, FISH Walk-In Center manager. "We hope they are learning the value of volunteering, that it's about giving, contributing, and helping other individuals and the community at large. Our community service volunteers are working with others to make a meaningful contribution to better our community, and we couldn't be more proud of them."

FISH has many community service volunteers throughout the year who assist in various capacities. Jessie, who helps in the food pantry by sorting and stocking products, said, "Once you start to help others, it makes you better as a person. If you do well, then others will too and it makes the world a better place."



Jessie helping stock shelves in the food pantry photo provided

Jessie attends The Sanibel School and is completing her required community service hours at FISH. Other community service volunteers include Cub Scouts, Girl Scouts and church youth group members.

"We cannot thank our community service students enough for their dedication to our community. They truly are an asset to our organization, and the volunteers of tomorrow. Thank you for all you continue to do for FISH," said Espinoza.

To learn more about community service volunteering, call Maria Espinoza at 472-4775. For additional information, visit www.fishofsancap.org.✧

Community House

Cooking Classes

Cooking classes resume in October. The schedule is:

Monday, October 7, 2:30 to 5:30 p.m. – Kids Cooking First Monday. Cost is \$50.

Thursday, October 10, 10 a.m. to noon – Culinary social, demonstration on soups and stews. Cost is \$24 for members and \$30 for guests.

Saturday, October 12, 5 to 8 p.m. – Christmas in October. Cost is \$15 in advance, \$20 at the door.

Friday, October 18, 9 a.m. to noon – Hands-on cooking, desserts. Cost is \$45 for members and \$55 for guests.

Community Social

The first community social of the season will be an Octoberfest Feast on Wednesday, October 23 from 6 to 8 p.m. Cost is \$15 in advance, \$18 at the door, if seats are available. Additional \$5 donation for ice cream sundae bar.

Soups and Stews

Orders are now being taken for soups and stews, for pick up in November and December.

Fall Festival

The Fall Festival will take place on Thursday, October 31 from 5 to 7 p.m. Sponsorships and candy donations are needed.

Shell Crafting

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.

Honey, Pickles and Jellies

Locally harvested honey is for sale, as well as chutneys, pickles and jellies made by Chef Jarred Harris.

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

Top 10 Books On The Island

1. *Secrets We Kept* by Lara Prescott
 2. *Death of Mrs. Westaway* by Ruth Ware
 3. *Three Women* by Lisa Taddeo
 4. *Woman 99* by Greer MacAllister
 5. *Guest Book* by Sarah Blake
 6. *Where the Crawdads Sing* by Delia Owens
 7. *Queen Bee* by Dorothea Benton Frnk
 8. *Testaments* by Margaret Atwood
 9. *Bookish Life of Nina Hill* by Abbi Waxman
 10. *Spark of Light* by Jodi Piccoult
- Courtesy MacIntosh Books and Paper.✧



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Mary Hennings and Catherine Becker

Captiva Island Historical Society

Looking Back: Gardening

This week's image shows the Beckers and Hennings working on their garden; Mary Hennings and Catherine Becker were sisters.

The History Gallery, developed by the Captiva Island Historical Society (CIHS),



photo courtesy CIHS Archives

features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information.

Visit the website at www.captivaishistoricalociety.org/archives/research to view many more images to bring you closer to Captiva.✱

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

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. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday 11 a.m. November 10, 2019 thru April 26, 2020. 11580 Chapin Lane, Captiva, 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and

Children's Church in Main Sanctuary; 11 a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 7:45 a.m. Full service at 10 a.m. with Sunday school and nursery care provided, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Pastor Rev. 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 (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 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. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.✱

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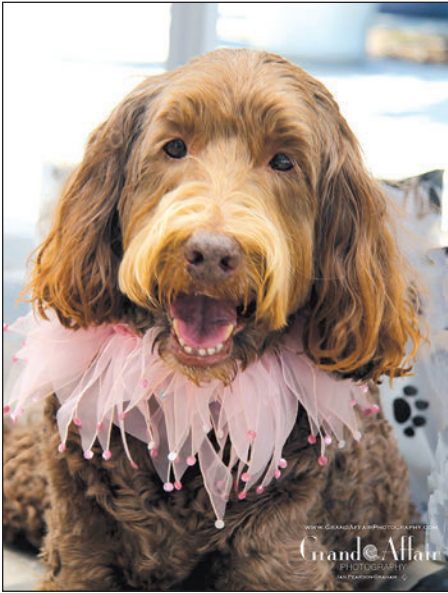
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OBITUARY



LILY BELL

Lily Bell, island diva, entrepreneur and philanthropist, went to the Rainbow Bridge on July 26, 2019. Lily was surrounded by her mom, family and friends who shared stories of her many escapades.

Lily's first job was at Island Paws with Trasi and Liza. It helped her with her later retail career. Lily began her modeling career at age 1 ½. Her picture could be seen gracing the

covers of many magazines throughout Southwest Florida.

Lily's career skyrocketed when she joined her mom, Karen Bell, and Dan Schuyler as a founding partner of the Lily & Co. Jewelry Gallery. Lily acted as spokesdog along with her lifelong friends, Gracie and Angel. Together they graced magazine, newspaper and billboard advertisements throughout the area.

Throughout her life, Lily was very aware of the plight of less fortunate animals. Among her many philanthropic efforts, Lily created the Lily Birthday Bash that served as a wonderful party for island residents and their dogs but also raised thousands of dollars for animal charities such as the Animal Refuge Center (ARC) and Gulf Coast Humane Society.

Lily was preceded on her trip to the Rainbow Bridge by her longtime boyfriend Emmett, her very good friend Gracie and her cousin Lucy. She is survived by her mom, Karen Bell, her brother Leo, friends Dan and Sharon Schuyler and their dogs Angel and Jewel, Maga – Rita, aunts, uncles and cousins as well as many other wonderful and caring family members and friends.

Please remember Lily's life philosophy: Do everything at full speed, do not hold back, be as dramatic as possible and most importantly – Love unconditionally and with your whole heart.✧

A Trip Down Memory Lane



If you recognize anyone in this vintage photo from the Children's Education Center of the Islands, call 472-4538 photo provided

The Children's Education Center of the Islands (CECI) is celebrating 45 years of dedication to education. Staff have been digging in lots of deep, dark corners and finding all kinds of pictures and memories from past years.

They need your help identifying who the children are and when the photos were taken. If you have any memories you would like to share, email cindy@childrenseducationcenter.com or call 472-4538.✧

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What are Class 1 Pedal Assist Electric Bikes?

Electric Bikes (eBikes) are gaining significant traction as a recreational means of transportation. Class 1 Pedal Assist (PAS) eBikes have a battery-powered electric drive system that is **ONLY** activated through a pedaling action by the rider and **DOES NOT** utilize any sort of throttle.

The amount of assistance is selected by the rider and ceases when the bike reaches a speed of 20 MPH.

Why should Sanibel continue to allow Class 1 Pedal Assist Electric Bikes to utilize our shared-use paths?

- Sanibel roadways have no 3ft Bike Lanes or shoulders to safely accommodate Class 1 eBikes or conventional bikes on our streets.
- Class 1 (PAS) eBike riders are cyclists who have chosen an eBike option over a conventional bike and would be on our shared use path anyway - meaning no incremental traffic or crowding of our paths.
- Class 1 (PAS) eBikes make cycling more inclusive and allow people to continue to cycle longer in life.
- When used as a replacement for motor vehicle trips, Class 1 (PAS) eBikes benefits accrue thru a reduction in emissions and roadway congestion.
- There are numerous studies and statistics that conclude that Class 1 (PAS) eBikes are as safe as conventional bikes.
- Class 1 (PAS) eBikes benefit the Sanibel community that prioritizes safe mobility and access for an aging population.
- In the interest of increased safety for all riders, helmets should be required on the shared-use path regardless of what type of bike is being ridden.
- Florida Statute 316.003(4) defines BICYCLE as a generally two wheeled vehicle propelled "solely by human power" or "by a combination of human power and electric helper motor" up to a speed of 20MPH on ground level..." Electric bikes are allowed on "any road, path or way that is open to bicycle travel."



One of the popular attractions at Noah's Ark is the Barnes and Noah book nook photo provided

Noah's Ark Thrift Shop To Reopen For Season

Noah's Ark, the popular island thrift shop and charitable outreach program for St. Michael & All Angels Episcopal Church, reopens for business for the winter season on Friday, October 4. The shop has been closed for six weeks for maintenance and restocking.

During October, store hours are Tuesdays and Fridays, 9:30 a.m. to 12:30 p.m. From November to April 30, the winter season's full operating schedule resumes, weekdays and the first Saturday of each month, 9:30 a.m. to 12:30 p.m. This year the Ark will add evening hours monthly beginning November 12, on Tuesdays, from 5 to 7 p.m. These hours will give working customers more purchasing flexibility.

Due to overwhelming donations, the Ark will now accept donations only during daytime business hours at the shop's loading dock.

The Ark offers for sale, at bargain prices, merchandise including women's and men's apparel, children's clothes, bedding, bicycles and sports equipment, kitchen goods and housewares, furniture and home furnishings, and books including great vacation reading, in its own book station, Barnes and Noah."

The Ark's chair, Adele Mattern, reports that donations to the Ark are substantial again this year. "We have some wonderful items ready to be taken home. Our island neighbors have been very generous with their lightly used possessions. This should be one of our best years ever," said Mattern.

In operation for more than 50 years,

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

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

For more information, call 472-2173. St. Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel. Visit online at www.saintmichaels-sanibel.org.

After School Science Class At Sea School

On Tuesday afternoons during the month of October, Sanibel Sea School will offer a series of science themed learning opportunities for elementary and middle school students. The after school program is designed to help participants develop a deeper understanding of STEM topics through fun, interactive activities. The topic this month will be magnets, and students will be exploring the fascinating forces that attract and repel.

Students ages 6 to 13 may sign up for individual classes, or for the entire four-week series. Sessions are \$20 each and will be offered on October 1, 8, 15

and 22.

Scholarships are available upon request. To register, visit www.sanibelseaschool.org/afterschool or call 472-8585.

From page 1

Scavenger Hunt

ocean experiences to those in need.

Tickets are \$25 per participant, and individual and business sponsorship opportunities are still available. For more information and sign up, visit www.sanibelseaschool.org/flipplopfundraiser or call 472-8585.

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

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Commissioners OK Pool Variance

by Jeff Lysiak

During Tuesday’s Sanibel Planning Commission meeting, the request for a variance to build a swimming pool and attached deck exceeding the maximum allowable coverage area with impermeable surfaces continued deliberations that began at last month’s session.

On August 13, commissioners pondered a variance request made by Lisa and Nathaniel Bradley, property owners of an elevated single-family residence at 1870 Woodring Road. They were seeking permission to install a 27-foot by 51-foot at-grade swimming pool and deck, which would require a variance since the property is located in the Lowland Wetland zone.

According to the initial staff report prepared by the city’s planning department, impermeable coverage and developed area in the Lowland Wetland zone is limited to 15 percent and 20 percent of the net parcel area, respectively. In the Bradleys’ case, a total of 3,512 square feet of impervious coverage and 4,682 square feet of developed area is allowed.

“The property currently exceeds impervious coverage and developed area limitations by 627 square feet (18 percent vs. 15 percent allowed), and 1,855 square feet (28 percent vs. 20 percent allowed), respectively,” the staff report stated.

Steve Hartsell, the attorney representing the Bradleys, told commissioners last month that when the couple purchased their home in 2010, they hadn’t considered an onsite pool a priority. However, since Lisa had a knee replacement, her daily aquatherapy treatments require her to use a pool for rehabilitation. He also noted that swimming pools in this neighborhood are “anticipated and common.”

Following a lengthy discussion, Hartsell requested that commissioners continue the variance hearing until their next meeting, which would allow some alterations to the originally submitted site plan.

City planner Josh Ooyman presented

a new staff report on Tuesday, noting several adjustments to the Bradleys’ application. They included a revised site plan depicting a reduced pool area footprint, including an 11-foot by 32-foot pool shell surrounded by a pervious pool deck sodded with grass, and a one-foot-wide concrete footer around the perimeter to support a screen enclosure encapsulating the pool and grass pool deck.

“The applicant’s revision and redesign to the subject variance application has reduced the amount of impermeable coverage and developed area requested. The previous proposal furthered the subject site’s nonconformance to impermeable coverage limitations, and the revised proposal decreases that nonconformance,” Ooyman read from the staff report. “Notwithstanding these reductions, staff still questions whether the absence of a swimming pool denies a property owner the reasonable use and enjoyment within the subject neighborhood.”

During deliberations on the variance request, Commissioner Eric Pfeifer said that he was struggling with the applicant’s claim that not being able to install a pool on their property was a hardship. Hartsell responded that because adding a pool to their property was a reasonable use, the Bradleys would be “deprived” if their request were denied. He also reported the support of neighboring property owners, and the amended application would bring the site into better conformance.

Following some additional debate, Commissioner Roger Grogman made a motion to approve the variance request. The motion passed by a 3 to 1 vote, with Pfiefer dissenting and Commissioners Karen Storjohann and Paul Nichols absent and excused.

Chain Business Concern

Prior to the close of the meeting, island resident Claudia Burns asked to speak on the matter of the Sanibel Custard Shack permits that were approved earlier by the commission, without public comment allowed since the hearing was closed. She told commissioners that she was concerned that a “large chain restaurant” would be allowed to operate their business on Sanibel simply by changing their name and not having similar uniforms to the

other outlets.

“This is exactly why an ordinance was created, to prevent something like this from happening,” said Burns. “This will open the door for other chains to come here.”

On September 10, planners approved the conditional use and development permits for a new fast food establishment to be called Sanibel Custard Shack. The restaurant is owned by Charles and Lisa Whitman, who operate a chain of frozen custard shops across the United States. That fact triggered some controversy, with several speakers voicing concerns over allowing a large corporation to move its business to Sanibel.

Burns reiterated the previously aired concerns, calling for the commission to consider strengthening the current ordinance prohibiting chain businesses from operating on the island.

“I think that would be greatly appreciated by the community,” she added, noting that an online petition had garnered more than 3,800 signatures of people who objecting to the approval of the Whitmans’ application.✪

From page 1

Eagle Scout

I thought it would be nice to make it look better.”

According to Kouril, a high school sophomore at Canterbury School, the project would begin in November, with work continuing until next year on Saturdays, Sundays and potentially Tuesday afternoons, when members of Troop 1740 meet.

“The majority of the beautification part will be done by 20 to 30 people that I will ask to volunteer to help me, including my troop,” he explained. “I have also asked for assistance from RS Walsh in the beautification part of the project.”

In her letter to the city, Lisa Walsh of RS Walsh Landscaping shared how their business will contribute to the project. “We will be lending guidance in the selection of plants and materials for the project and answering questions (Kouril) might have on the process,” said Walsh.

According to the Scouting.org website, the following is required for an Eagle Scout project: “While a Life Scout, plan, develop and give leadership to

others in a service project helpful to any religious institution, any school or your community. The project must benefit an organization other than Boy Scouting. A project proposal must be approved by the organization benefiting from the effort, your unit leader and unit committee, and the council or district before you start.”

Following his presentation, Vice Mayor Mick Denham quickly made a motion to approve Kouril’s project. That motion passed unanimously.

Councilman Jason Maughan, who also serves as Scoutmaster, offered his support for the project.

“I want everybody here to know that the senior patrol leader is one of the finest examples of young men that Sanibel has to offer,” Maughan said of Kouril. “I’m a great believer in sort of a Norman Rockwell approach to a community, and without the Boy Scouts and the Girl Scouts, I don’t really feel that you are a community.”

Kouril’s goal is to have his Eagle Scout project done by the beginning of April so that he can submit it to National BSA (Boy Scouts of America) for final approval before Troop 1740’s final awards ceremony on April 28, 2020.

“My fundraising efforts for this project involve reaching out to the islands’ community service organizations, including the Kiwanis, Rotary and Lion’s clubs,” said Kouril, who noted that he hopes to raise approximately \$5,000 for the completion of the project.

“Let us help you in any way we can,” added Mayor Kevin Ruane. “Don’t be shy... the Sanibel community is great at stepping up to the plate more than you could ever imagine.”

As of last week, a number of private donations had already been received. To make a donation, call Kenny Kouril at 336-4161 or email kennycoral2018@gmail.com.

Asked what it will mean to complete this project on behalf of the community he’s grown up in, the 15-year-old smiled and explained that it would be very fulfilling personally.

“It will be a relief in a way, but also a great honor,” said Kouril. “I know it’s a big responsibility and I’ll be really proud when this is done. It will be a longstanding reminder of the work done by our veterans and the respect we have for their service.”✪

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Sanibel & Captiva Islands

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Josh Stewart attended CECI, and now his children, Parker and Penelope, attend the preschool and camps photos provided

Preschool Alumn All Grown Up

submitted by Cindy DeCosta, Director, Children's Education Center of the Islands

As many of us know, living on Sanibel is quite special. But growing up on Sanibel, now that is completely amazing.



Returning full circle, CECI alumn Josh and his wife, Audrey, and his children, Penelope and Parker, current CECI preschooler and campers

Now, imagine that you grew up on Sanibel, went away to college and then returned to raise your own family on this beautiful island. Josh Stewart has done just that.

The Stewart family has deep roots in the Sanibel community, and specifically the Children's Education Center of

the Islands (CECI). Josh attended CECI from 1988 to 1990. He said that his favorite memory is "riding full blast on the coveted Big-Wheel bike, shredding the figure-8 race track on the playground."

Stewart added, "Aside from the large wheeled racing excitement, I became

friends with fellow CECI kids and remained friends all the way through high school."

And really, isn't that what preschool should be about? Playing (while learning), developing social skills and making lifelong friends.*

Limited Tickets Available For Wine Tasting

A limited number of tickets are on sale for the Patz and Hall Winery tasting on Tuesday, October 22 from 5:30 to 7:30 p.m. at The Community House. Hosted by Bailey's General Store, there will be luxury wines, light hors d'oeuvres, education by a wine industry expert and discounted wine prices.

Patz and Hall Winery specializes in single vineyard chardonnay and pinot noir, which are food-friendly wines often served with Thanksgiving dinner. Wayne Ballard, business development director for brands including Patz and Hall, Champagne Nicholas Feuillatte and Stag's Leap Wine Cellars, will be the guest speaker. Chef Karl Hamme of Sanibel Catering Company by Bailey's will entertain guests with a live cooking demonstration.

Tickets are \$20 per person and reservations can be made online at www.baileys-sanibel.com/purchase-tickets-now. For more information, contact Calli Johnson at cjohnson@baileys-sanibel.com.

The Community House is located at 2173 Periwinkle Way on Sanibel.*

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Plant Smart

Weeds To Live With?

by Gerri Reaves

We've all heard that catchy definition of a weed – a plant in the wrong place.

But before you douse one with herbicides or rip it out, consider whether you might be just as well off leaving it be.

Pictured here are just three of the very common plants generally treated as weeds to banish. But these Florida natives also have positive attributes that might surprise you.

These species not only cost nothing to obtain but they thrive with no maintenance – and a low- or no-maintenance groundcover can't be all bad.

They also self-propagate, are wildlife friendly, and have medicinal and/or culinary uses.

Thin-leaved clear weed (*Parietaria floridana*) likes shade and moisture and often grows near walls and rocks. It reaches about six inches in height.

The common name derives from the four-angled or rounded translucent stem.

A member of the nettle family, it is a larval host for the red admiral butterfly.

This herb is also called Florida pellitory and cucumber weed, the latter because when crushed it emits a cucumber-like odor.

The heart-shaped leaves are edible cooked or raw and can be used for seasoning too. However, use caution, for ingestion gives some people an "itchy"



Manyflower marshpennywort, aka the much-maligned dollarweed, typically appears in over-watered lawns

photos by Gerri Reaves

allergic reaction.

Capeweed (*Phyla nodiflora*) has several common names, but none do justice to its lovely, albeit diminutive, flowers.

This mat-forming member of the verbenaceae family is a nectar source for various butterflies and is a larval plant for the common buckeye, phaeon crescent and white peacock butterflies.

At the top of each flower stalk is a cylindrical flowerhead with a deep purple center surrounded by yellow-throated white or lavender flowers.

Tea, leaf paste and root juice from the plant are used to treat wounds, hookworm, fever, ulcers and other conditions.

That weed with the pretty umbrella-like leaves is usually called dollarweed, but this member of the carrot family deserves to be



Clear weed prefers shade and moisture and often grows near walls



Capeweed is a larval host for three butterfly species

called one of its prettier names, such as manyflower marshpennywort (*Hydrocotyle umbellata*).

Many homeowners hate it, but its appearance is simply a sign of over-watering or leaking pipes.

When this herb grows in a body of freshwater, those pretty scalloped leaves become quite large and resemble lily pads. Long stems attach to the center of the round leaf for an umbrella effect.

The plant produces spherical clusters of

small white or greenish flowers that attract wasps and other pollinators.

Sources differ on whether this species is edible. Some recommend it as a salad green or potherb, but others caution that ingesting it can induce nausea.

Before you determine a plant has got to go, think again. Maybe it's a species you can live with.

*Plant Smart explores the diverse flora of South Florida.**

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CROW Case Of The Week:

Red-Eyed Vireo

by Bob Petcher



The red-eyed vireo (*Vireo olivaceus*) is a small songbird that gets its name from its red iris, which begins with a brown color at birth, then slowly moves to dull red before a more

crimson color. This chirper is olive-green in color on the top side and white on its underbelly. It sports a gray crown with a blackish stripe across the eye area.

Due to the color of their upper side, red-eyed vireos have the ability to hide in trees thick with green leaves. That suits them well since they like to slowly forage for caterpillars on upper or lower parts of leaves.

Red-eyed vireos are known as “tireless songsters” due to their persistent chirping when searching for a mate. In fact, someone actually recorded a vireo and counted more than 22,000 songs in a 14-hour period.

At CROW, a red-eyed vireo was admitted on September 9 after striking a window. The finder reported that the bird had blood in its mouth and an injured wing.

Upon intake, the bird no longer had blood in its mouth, but veterinarians noted a significant wing droop on its

left side. Given the bird’s history of a window strike causing blunt trauma to the head and shoulder girdle, veterinarians suspected the bird might have a clavicle or coracoid fracture. Unfortunately, due to the small size of the bird as it weighed in at only 14 grams, veterinarians were unable to use radiographs to confirm the diagnosis. The bird was given pain medications and strict cage rest in hopes that the injury would heal on its own.

“A body wrap wasn’t necessary in this case since the wing droop was only mild, and cage rest was sufficient for the injury to heal,” explained Dr. Robin Bast, CROW staff veterinarian. “In general, tiny songbirds such as this one are difficult to get adequate images (from an x-ray machine) with the appropriate detail. On our machine, we can take sufficient images of slightly larger songbirds – such as blue jays and mockingbirds – with minimal issue.”

After 11 days of rest, the bird was given a flight test and passed it. At times, patients just need time to heal wounds such as this one, according to Dr. Bast.

“Often with supportive care, pain medication and a period of rest followed by physical therapy, patients such as this may regain their flight ability,” she said. “Flight tests involve taking the patient to an outdoor enclosure and gently tossing it into the air to assess if it is able to fly, whether or not they can extend the wings fully or if a droop is noted after a period of exercise.”

The red-eyed vireo was successfully



Patient #19-3861 is migrating south after rehabilitation

photo by Brian Bohman

released on September 20 to continue its migration south for the winter.

“Vireos commonly winter throughout the Amazon basin in a variety of habitats at elevations under 10,000 feet,” added Dr. Bast. “This little one has recovered enough to be released and is hopefully on its way to completing its long migration journey!”

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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Windy Start To Fall



by Capt.
Matt Mitchell

This week seemed like day after day of strong east winds that just would not give us a break. Luckily, if its going to blow 20 to 30 mph, east winds are one of

the easier wind directions to hide from. Our mornings would start out choppy, then winds would ramp up as the day progressed. Anywhere on the eastern side of the sound depending on the stage of the tide was the only show in town and basically the only place to keep your clients comfortable.

Flats around Demere Key in roughly three to four feet of water held a wide variety of fish including trout, ladyfish, jacks and snapper. This area in the eastern middle sound has been my "busy place" for at least the last month. It has been a great stop to keep the rods bent with fish often coming on what seemed like every cast at times. Locating the feeding birds in this area was the telltale of what these fish are doing from day to day.

Anywhere from the very outer bar in to the tip of Demere Key offers a few square mile area which, on a east wind, is very sheltered and holds lots of fish. Water color on this side of the sound has remained clear compared to the stirred up middle- to west-side of the sound. Some days, it can take a little moving around to get these

fish dialed in. This entire area offers both deeper sand holes and shallower grass flats, all within a few hundred yards of the marked channel. On the higher stages of the tide, I've been fishing over the grass. On lower stages of the tide, I've been fishing the deeper sand holes.

On a windy day charter over the past weekend, we opted to stay close to St. James City and spent much of our time fishing St. James Creek. If you are not familiar with this creek system, it starts in the southern end of Matlacha Pass and works its way up through many shallow bays north. Many of the channels and creeks that connect these bays are solid oyster shell bottom and have extremely fast-moving current. While spending a few hours tucked away, we caught good numbers of snook, redfish and mangrove snapper, all while casting live free-lined shiners. This whole creek system sees very little boat pressure and is very fishy.

With daylight savings time not coming to an end for more than a month, November 3 can't get here soon enough for me. If you have not noticed, it's still dark out in the mornings until 7 a.m. This has made catching bait before picking up clients a real scramble the last few weeks. Our bait fish just do not appear in any kind of numbers until the sun rises. The cooler mornings with less humidity, though, have been a very welcomed change as summer is now officially over.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.✱



Mark Stockdale from Panama City with a redfish caught while fishing with Capt. Matt Mitchell this week

photo provided

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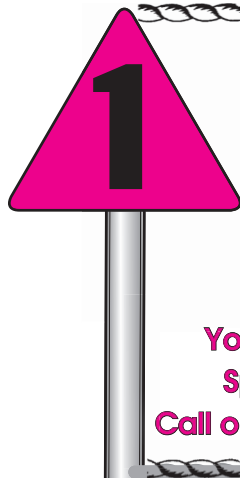
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Dave Doane

Busy Summer For Students In Optimist Programs

While other summer activities may have been slow on the islands, children were kept busy with programs offered by the Sanibel-Captiva Optimist Club.

Several activities took place at the Sanibel Recreation Center. The Optimists' Junior Anglers, composed of 15 to 20 youth in fourth and fifth grades who were registered for the rec center summer session, spent eight Mondays beginning in June learning and perfecting their fishing skills. Although most days were fishing from the shore on the island, there were three boat trips. Counselors from the rec center and the Optimist Club chaperoned and helped baiting hooks, casting and reeling in fish.

The last day, as has been the yearly custom, a picnic on a causeway island was held for the campers, counselors, staff and volunteers. Tarpon Bay Explorers provided the fishing tackle and boats on two occasions, Adventures in Paradise provided one of the boat trips and Bailey's General Store supplied the bait.

Every Friday of the summer season at the rec center, the Optimists provided pizzas for lunch to the campers, counselors and staff. This year, 153 pizzas were prepared by Sanibel Deli



Junior Anglers with some of the fish they caught during the summer program offered by the Sanibel-Captiva Optimist Club

photos provided

and Coffee Factory and provided by the Optimist Club.

Back to school gift cards were also handed out. Prior to school starting, the Optimist Club provided gift cards to all students (kindergarten through high school) living in a Sanibel Community Housing and Resources (CHR) unit. The gift cards were to purchase back to school supplies, redeemable at Walmart, especially for use during the tax free days provided by the State of Florida.

Beginning in August, the rec center begins a basketball program open to

registered students, K-8, on the Lightning team. The Optimist Club provides funds for equipment, uniform jerseys and for the end of season awards banquet.

A fall program for older students registered at the rec center teaches the fundamentals of archery. The Optimist Club provides partial funding for equipment and other expenses as required by the recreation staff.

The Sanibel-Captiva Optimist Club provides funding to support, educate and promote all aspects of life for youth. In addition to activities, the Optimist Club

funds six four-year college scholarships for local high school graduates. Funds are received by donations from businesses and attendees at functions such as the upcoming Sanibel Blues & Jazz Fest on Sunday, November 3, the Sanibel Uncorked Food and Wine Fest in the spring, and the longest running Independence Day tradition on Sanibel, the Fourth of July Road Rally.

The Optimist Club is a 501(c)3 charitable organization. For more information, visit www.sancapoptimist.org or call 472-0836.*

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Shell Of The Week

The White Triphora



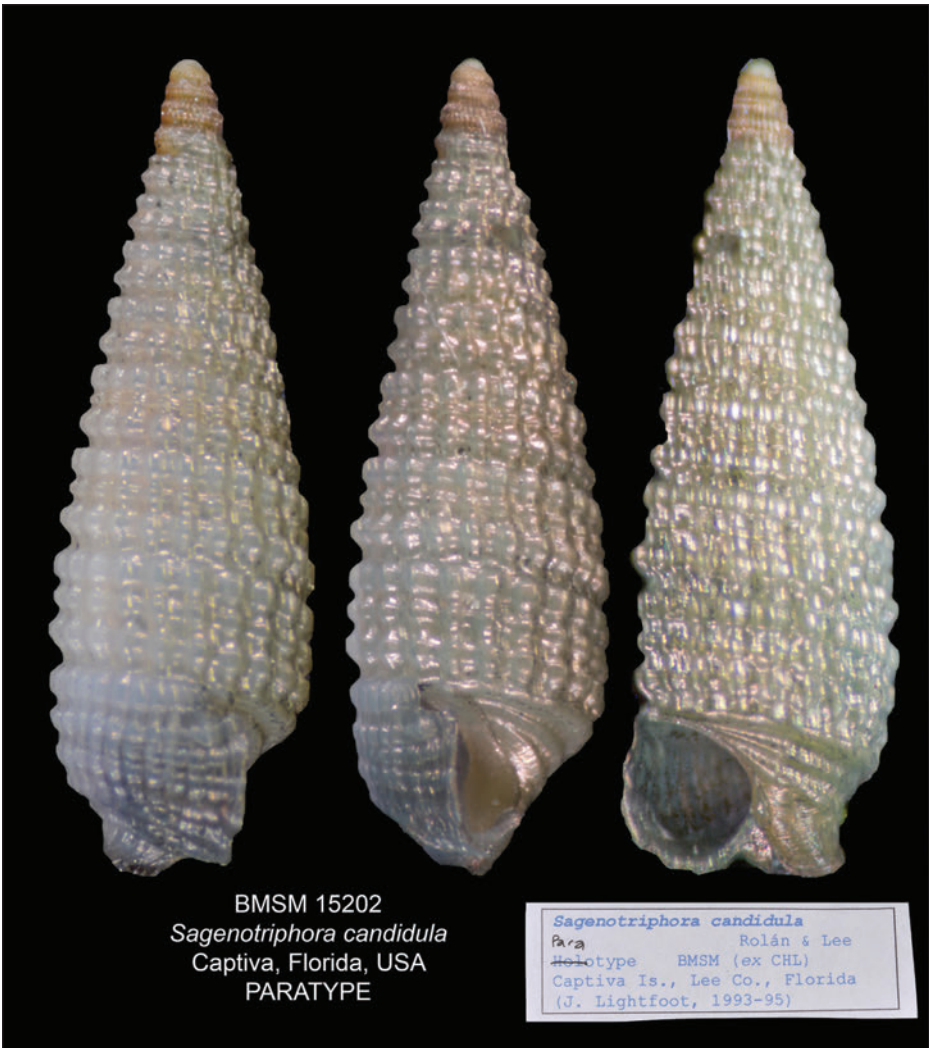
by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

Sagenotriphora candidula Rolán & Lee, 2008 is a Floridian species of the family Triphoridae, a

group of microgastropod mollusks known to inhabit sponge colonies. Triphorids are almost always left-handed. The 5-mm (about 0.2 inch) White Triphora is characterized by its pure white color and a multispiral (many-whorled), translucent-brown protoconch (larval shell), with a reticulated sculpture on its first whorl. Other features of shell and radula also distinguish this species from its closest relatives. The shell illustrated was collected on Captiva Island by Joan Lightfoot, and is a paratype, one of the specimens studied and illustrated by Emilio Rolán and Harry G. Lee in the original species description. (The shell has been coated with metal for scanning electron microscopy.) Read more about local mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Shell Museum Events

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



The White Triphora, *Sagenotriphora candidula*

photo by Patricia A. Starkey

our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org or call 395-2233.

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

American Legion Post 123

American Legion Post 123 is serving stir fry this Sunday, September 30, from noon to 8 p.m.



Every third Thursday of the month is Open Mic Night from 6 to 9 p.m.

The 9 Ball Pool Tournament begins at 5 p.m. on Monday nights.

On Tuesdays, tacos are served all day. Spaghetti and meatballs are 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, you can drop it off at Post 123.

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.*

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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 the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel Captiva Road.

Friday, September 27, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 27, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

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



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

Monday, September 30, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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.

Monday, September 30, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Wading Birds (daily presentation).

Wading Birds fill the shallows of waters all across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries! Come to CROW to learn the differences between herons and egrets, some of their unique hunting

styles, and the many species native to Southwest Florida. One of CROW's Animal Ambassadors will be present.

Tuesday, October 1, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Tuesday, October 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.

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

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

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

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

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Paddle The East End Canals



by Kealy McNeal

On Thursday, October 3, the Ocean Tribe Paddling Club will host an afternoon paddling excursion through Sanibel's east end canals. We will start our journey from the Sanibel

Boat Ramp and paddle across a short stretch of San Carlos Bay, where we might spot dolphins or manatees on our way to the canal entrance. This paddle will take us through an area that is often overlooked by paddlers, but is rich in local flora and fauna.

Those interested in joining the group should meet at the Sanibel Boat Ramp at 3:45 p.m. The paddle will begin at 4 p.m. and will last approximately one and a half hours. Participants are invited to bring their own vessel, or a limited number of loaner vessels can be reserved in advance by contacting oceantribepaddlers@sanibelseaschool.org.

org. Any weather related updates or schedule changes will be posted on the Ocean Tribe Outfitters Facebook page at least one hour prior to the event.

Our paddling community is open to everyone, and your first event is always free. After that, we request that you purchase a club membership via our website.

*Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org, or follow on Facebook or Instagram to learn more.**

Conservation Group To Host Fall Fundraiser

Coastal Watch will hold its annual fundraiser, called The Launch, on Saturday, November 16 from 6 to 10 p.m. at The Community House. The evening will feature dinner, drinks, live and silent auctions, and a 50/50 raffle, all for a good cause.

The goal of Coastal Watch is to increase awareness of the impacts that

humans have on beaches, water quality and marine habitats in the region, and to help citizens become more effective stewards of the ocean.

Proceeds from this event will support local conservation initiatives such as the ongoing Bring Your Own Bag (BYOB) campaign. With help from local businesses and organizations, Coastal Watch distributes free reusable canvas bags at events and stores throughout the island. To date, over 19,000 bags have been distributed. A new initiative will be launched this fall to help the local community lead more sustainable lives. It came to the organization's attention that best practices for recycling and yard waste disposal are not clear; to help out, "Bin it, Don't Bag It" was created. More details will be announced in the coming weeks.

Tickets to the The Launch are \$100 per person and will include an annual membership. To learn more and reserve your spot, call 472-8585 or visit www.sancapcoastalwatch.org/the-launch.

Coastal Watch operates as a branch of Sanibel Sea School to create and implement local conservation initiatives that promote and improve the future of marine resources and coastal heritage. Visit www.sancapcoastalwatch.org.*

SCCF Nature Center Closed For Renovations

Due to ongoing interior renovations, the Sanibel-Captiva Conservation Center (SCCF) Nature Center, located at 3333 Sanibel-Captiva Road, will be closed for educational programs until further notice. Administrative offices remain open for meetings and other business activities. The trails behind the Nature Center will also stay open for visitors.

"We hope to unveil the refreshed Nature Center as soon as possible," said SCCF Facilities and Events Manager Jeff Siwicke. "Until then, all of SCCF's public trails will still be open to explore. While the renovations are under way, all SCCF events and educational programs will be held at the Bailey Homestead Preserve."

Detailed information about the open trails at SCCF's six public preserves can be found at www.sccf.org/preserves. The SCCF Native Landscape & Garden Center will maintain its regular retail schedule within the Bailey Homestead Preserve, located at 1300 Periwinkle Way. Call 472-1932 for more information about garden center operating hours and programs.*



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The Community House

Beetroot



by Resident Chef Jarred Harris

Beetroot, also known as red beet, table beet and sugar beet, is the taproot part of the beet plant. It is a vegetable that has recently become trendy, is very tasty and good for you. This vegetable can be found in several colors and every part of the beet is edible, which makes it very versatile. The leaves are great in salads and the root can be steamed, roasted, fried, pickled, juiced or eaten raw.

Beets were first cultivated over 2,000 years ago in Mediterranean regions and used mainly for treating headaches, toothaches and other medicinal purposes. Today, beets are grown around the world and used in various applications such as sugar production, animal feed, hair dyes and wine making. Yes, wine making. Beetroot has one of the highest sugar contents of any vegetable, which makes it an excellent ingredient in wine making. The wine taste similar to port.

Beetroot juice contains powerful

antioxidants and is an excellent source of naturally occurring nitrates, which helps improve blood circulation. The beet greens and the root both have high amounts of manganese, potassium, copper and vitamins A, B and K.

Beets have been called nature's Viagra because of the high amounts of boron the vegetable contains, which is directly related to the production of human sex hormones. The Ancient Romans were the first to discover this. Beets also contain betaine, a substance that relaxes the mind and is used in other forms to treat depression.

Here is a simple recipe to try:

Chocolate and Beet Muffins

Ingredients

¾ cup beet (grated)
6 ozs. butter (softened)
1 cup brown sugar
¾ cup granulated sugar
1 tsp. pure vanilla extract
2 large eggs
2 cups all-purpose flour
⅔ cup unsweetened natural cocoa powder

Directions

Preheat oven to 350 degrees F. Oil the bottoms and sides of pans and set aside. In a mixing bowl, cream together the butter and both sugars. Beat on medium speed until pale and fluffy, about 3 to 5 minutes. Add the vanilla and mix until combined. Add the eggs, one at a time until completely incorporated, then add the beets and mix until combined.

In a separate bowl, whisk together the

flour, cocoa powder, baking soda, baking powder and salt.

Add half of the dry ingredients to the butter and egg mixture. Slowly add the milk until just incorporated, then add the other half of the dry ingredients. Mix until ingredients are incorporated. Muffin batter will be thick.

Divide the batter between the prepared muffin pans. Bake for 23 to 25 minutes. Muffins are done when a toothpick

inserted in the center comes out with a few tender crumbs attached (not completely clean.) Set on a wire rack and cool completely in pans.

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.✧

Soprano To Sing At Society Lunch

The Southwest Florida Symphony Society invites music lovers to its monthly luncheon and program at The Landings Yacht, Golf & Tennis Club on Friday, October 4. Doors open at 11:30 a.m.

Coloratura soprano Julianna Padilla will be the featured artist. She is the recent winner of several scholarship awards, including the Rising Star Award of the Jillian Prescott Scholarship Competition and a Ruth Ann DeMasters Young Singers Scholarship through the Fort Myers Symphonic Mastersingers.

A Cape Coral resident and student, Padilla has been performing as a vocalist and actor since age 6, including numerous roles in area community theater productions. She has worked with two orchestras and shared the stage with Broadway veterans Lisa Vroman and William Michals. She is currently studying classical voice under Lynn Martindale. In addition to her passion for opera, Padilla has studied trumpet extensively, and enjoys



Julianna Padilla

photo provided

playing guitar and songwriting.

The public is invited to attend the luncheon. Advance reservations are required. Cost is \$25 person, payable by cash, check or credit card at the door. Call 666-1230 to reserve.

The Landings Yacht, Golf & Tennis Club is located at 4425 South Landings Drive in Fort Myers. ✧

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Superior Interiors

How To Decorate Around The Pool



by Barb Cacchione

The pool makes a lovely focal point in your backyard, especially during our season. This spot is often the center of attention when guests come over, encouraging them to make a splash and relax near the water. It's important to create a space that makes it easy for family and friends to get comfortable. The right furniture, accessories and decor can elevate your pool area to the next level, allowing you to create your own backyard oasis.

Beyond the pool, your guests will be most concerned with where they can relax after a nice swim. Provide various seating arrangements in the backyard to encourage family and friends to gather and converse, such as lounge chairs and sectional outdoor sofas. You can also hang a hammock between a few trees for those looking for some peace and quiet to themselves.

The party doesn't necessarily have to end when the sun goes down. If you want your guests to stick around for a while, hanging string lights around the patio space can encourage a late night affair.

You can also place citronella candles around the border of the patio area or deck to keep the mosquitoes away. These small touches of light will illuminate the space and give it a cool and intimate vibe on those warm nights.

When you need a break from the sun and don't want to go inside, a cabana saves the day. This space offers shade and privacy after a swim and makes a stylish resort-like statement in the backyard. For additional flare and seclusion, drape sheer window treatments over the sides.

What's a pool party without a couple of fresh seasonal cocktails – or mocktails – in hand? Wow your guests by dishing out customized drinks at your own outdoor bar. You can do something as simple as using a bar cart filled with cute beverage accessories, glasses and your favorite drinks, or you can go all out with a permanent liquor lounge under the cabana.

It's always easier to design an outdoor layout when you have a theme in mind. One easy outdoor option is beach style, decorating with soft blue, white and sandy neutrals. Or you can follow a modern outdoor theme with sleek lines and monochromatic decor. Once you have a theme, you may find it easier to pick out throw pillows, outdoor area rugs and tabletop accessories that make the space feel cozier and more inviting. With a little thought to detail, you'll enjoy your expanded living space for years to come.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindceden.com.



From left, FISH race committee member Pete Bender, IL Cielo General Manager Marcus Preece and FISH race committee co-chair Ed Riddlehoover photo provided

Restaurant Named Premier Sponsor Of Race

IL Cielo is the premier sponsor of the 11th annual 10K Race 4 FISH, scheduled for Saturday, October 26, in support of FISH of SanCap.

"We are delighted to support such an amazing organization as FISH," said IL Cielo General Manager Marcus Preece. "We are a small team of passionate

people and understand the importance of the services FISH provides. Plus, the 10K is a fun event that seems to grow in popularity each year."

IL Cielo is under construction and will reopen in the fall with a new kitchen, enclosed patio with seating, redesigned dining room and a refreshed menu of creative American cuisine.

"Marcus and his team at IL Cielo have been very supportive of FISH through the 10K for the past few years and we are grateful for them," said race committee co-chair Ed Riddlehoover.

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Mushroom Bisque

2 pounds mushrooms (mixed varieties), roughly chopped
 1/2 onion, diced
 2-3 cloves garlic, minced
 2 quarts vegetable broth
 1-2 cups heavy cream (depending on how creamy or thick you like)
 1 tablespoon all-purpose seasoning blend (your favorite)
 2 tablespoons butter
 5-8 sprigs of fresh thyme, leaves removed

Canola oil, for sautéing
 Sea salt and fresh ground pepper, to taste

Melt the butter and oil together in a large soup pot over medium-high heat. Add the diced onions and sauté until translucent (about 5-8 minutes). Add in the minced garlic and continue to cook



Mushroom Bisque

for another minute. Reduce the heat to medium and add in the chopped mushrooms and the thyme leaves. Cook until the mushrooms release some of the water content, stirring frequently, about 10 minutes. Next, add the vegetable broth, heavy cream, all-purpose seasoning blend, sea salt, and fresh

ground pepper. Cook this mixture for an additional 10-15 minutes then reduce the heat to low. Blend the soup using an immersion blender, or use a counter-top blender and blend in small batches. (If using the counter-top blender, use caution when blending hot liquid). Serve warm.✱

photo courtesy Fresh From Florida

LIVE ON THE ISLANDS

Island Cow has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. Dan Confrey performs on Sunday.

The Jac Sanibel Island Bar & Grille has live entertainment on Friday with David & Mitch. Jory Lyle plays on Sunday. Tribal Love performs on Monday.

Traders Coastal Cuisine has live entertainment Tuesday and Thursday with Danny Morgan and Friends. Chris Workman plays on Wednesday.

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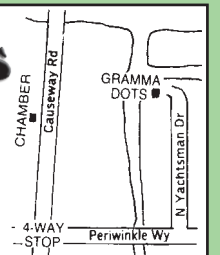
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Retailer Details The Most Important Thing

by Jeff Lysick

At last week's monthly meeting of the American Business Women's Association (ABWA) Sanibel Captiva Charter Chapter, Evelyn Stewart, co-owner of Adventures In Paradise and AIP Outfitters, was the guest speaker for ABWA's Women In Leadership Speaker Series. Her lecture, entitled The Most Important Thing, shared some of her personal background in retail sales and management, along with a history of her family business that has been a staple on Sanibel for the past three decades.

"To pursue your most important thing, you need to know how to tell your story," said Stewart, a strong advocate for mentoring to help people learn to clearly articulate their ideas. "I always liked pretty things, so long ago, I opened a shop and have been in retail one way or another ever since."

A lifelong adventure seeker, Stewart began her presentation recalling a memory about her grandfather asking for her help milking the family cow, Bessie, and the work it took to process the milk, separating the cream and churning butter. "My grandfather had this wonderful sense of kindness and good humor," she added with a smile. "He's been an inspiration all my life."

During her college years, Stewart



Evelyn Stewart

photo by Jeff Lysick

began working her first full-time job while studying both business administration and English literature. The experience of working in a retail setting taught her better time management and earned her better grades, along with a bit of money to spend. She advised college students, "Take as many (class) hours as you can manage and you'll be out in four years... push yourself as hard as you can."

After working in merchandising at Bloomingdales and Macy's in New York City, Stewart returned to Oklahoma and opened a store of her own at age 23. Not too long later, she met and married Craig Stewart. Together, they fell in love with the island lifestyle during their honeymoon in Tahiti.

Beginning their retail career, the

couple started selling nautical lamps in an advertisement in the back of a boating magazine. They moved to Annapolis, Maryland, where they opened a high end European clothing store. But moving to a warmer climate remained their mutual goal, and soon a trip to Southwest Florida would lead to learning about a special little island called Sanibel.

After Craig took the advice of a friend in Naples and drove up the coast to Sanibel, he called Evelyn from a phone booth outside the convenience store and told her, "Honey, I've found where we are going to live!"

"When I first got to Sanibel, I thought I had died and gone to heaven," Stewart said.

In 1986, the Stewarts started Adventures In Paradise. Today, the business – which also includes AIP Outfitters, located in Tahitian Gardens Shopping Center – includes four sailing vessels offering a variety of sightseeing and fishing excursions, trolley tours and experiences that can be personalized for any occasion.

"My advice is to be a mentor to young people, offer encouragement to others, and love what you do," added Stewart. "Personal-wise, be honest with integrity. Business-wise, persevere with integrity."

At the end of her presentation, Stewart informed the audience that Adventures In Paradise would host a sunset cruise for ABWA members on Thursday, October 17. The 49-person vessel will leave "G" dock at Port Sanibel Marina, located at 14341 Port Comfort Road in Fort Myers, at 6 p.m. The theme of the cruise is

Celebrate The Generations, and – as a gift to the ABWA membership – admission is free. To make reservations, email info@ABWASanibelCaptiva.org.

Following Stewart's lecture, ABWA Sanibel Charter Chapter President Gloria Garrett announced that the next quarterly Southwest Florida Council board meeting will be held on Saturday, October 12 at the Fort Myers Downtown Library, located at 2450 First Street in Fort Myers. The gathering will run from 9:30 to 11:30 a.m. The following Sunday, October 20, ABWA's Lehigh Acres Chapter will host a Wine, Cheese and Murder party at Heritage Palms Golf & Country Club in Fort Myers. The fundraiser will begin at 4 p.m. For more information, visit <http://ABWASWFL.org>.

The next ABWA Women in Leadership Speaker Series luncheon will feature guest speaker Kari Cordisco, GM/CAM, Sanibel Moorings Resort, Gardens and Condo Association on Tuesday, October 22. That meeting will be held at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel. Networking starts at 11:30 a.m., with the lunch and speaker from noon to 1 p.m. Cost is \$25 per person. Upcoming guest speakers also include Wendy Schnapp, co-owner and general manager of Tarpon Bay Explorers and co-owner of George & Wendy's Seafood Grille, on November 19 and Emilie Alfino, executive director of the Sanibel Historical Museum & Village, on December 17.

For more information, visit <https://ABWASanibelCaptiva.org>.✱

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Book Review

One Good Deed



by Di Saggau
David Baldacci's latest novel *One Good Deed* introduces an unforgettable new character, Aloysius Archer. He's a straight-talking man who fought in Europe for the

Allies in World War II, and soon after returning back home, found himself imprisoned for a crime he did not commit. The book opens with the words, "It was a good day to be free of prison." It's 1949 when Archer is released early from Carderock Prison for good behavior and is sent to the small town of Poca City on parole with a long list of don'ts and a short list of do's.

Not yet 30, he looked older, aged by being in prison. He was now a hardened man but in ways that might work out in his favor some day. Archer wants to follow the rules. His parole officer, Ernestine Crabtree, is a woman with her own hidden dark secrets and agenda. She is strict and wants everything to be on the straight and narrow. No bars and no women.

His search for gainful employment, and a stiff drink, leads Archer to a local bar where he is offered what seems like a simple job. Hank Pittleman, a powerful

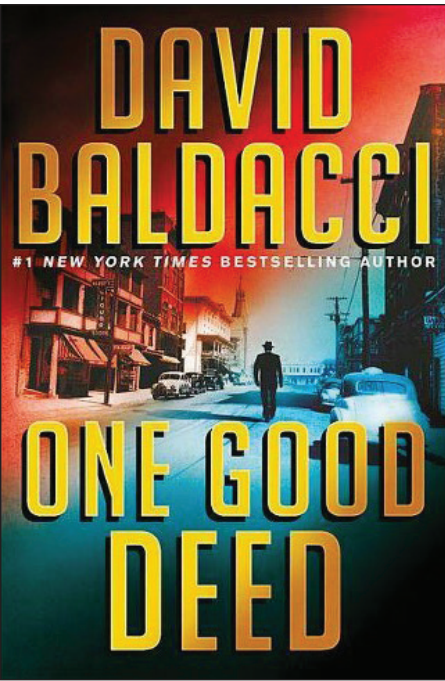


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local businessman, offers Archer a chance to earn some money. It involves taking possession of a Cadillac owned by Lucas Tuttle, which was used for collateral. What seems like a simple job turns into a huge challenge. Also, in the bar he meets Jackie Tuttle, estranged daughter of Lucas Tuttle and mistress of Pittleman.

Archer soon realizes that recovering the debt will not be easy. Others have tried and never been seen again. There is a furious grudge between Hank and Lucas, who refuses to pay. The situation

soon becomes more complicated and dangerous than Archer could have imagined. When a murder takes place, police start to suspect the ex-convict, and Archer realizes that the crime could send him back to prison. To avoid this, he has to use every skill he has to track down the real killer.

Baldacci is a master storyteller.

With a sympathetic hero and a cast of mysterious citizens he once again creates a novel that doesn't disappoint. I loved the dialogue and look forward to seeing Archer in future books. Another Baldacci book – *A Minute to Midnight*, an Atlee Pine thriller – will be released on November 19. You'll be hearing from me on that one too.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My first-grade daughter does not like math and is not doing very well with it. She gets so upset when I try to help her with her homework, and we usually end up arguing. What can I do?
Joanne B, Fort Myers

Joanne,
Your daughter may be experiencing something more than just a dislike of math; she may be experiencing math anxiety. Math anxiety is a real condition and can make any personal or academic work with numbers very difficult for the person who experiences it. Math anxiety is often seen with math avoidance behavior. Dr. Mark H Ashcroft defines math anxiety as "a feeling of tension, apprehension, or fear that interferes with math performance." Other studies indicated that for a person with math anxiety having to do math increases their stress and elevates their anxiety level. When the anxiety increases, it reduces the working memory needed to learn and to solve problems. There is also strong evidence that family members and elementary school teachers can influence primary students with math anxiety if they suffer from it as well.

Noted author and math teacher Marilyn Curtain-Phillips says, "Children learn best when math is taught in a

way that is relevant to their everyday lives. Children enjoy experimenting. To learn mathematics in any depth, students should be engaged in exploring, conjecturing and thinking, as well as in rote learning of rules and procedures."

Here are some activities you can do with your child, so that they see math as something useful and a part of their daily lives:

Grocery shopping – Enlist your child to help you count out the things you need at the grocery store. For example, "We need eight potatoes, can you help me find eight?"

Cooking – Cooking is a great way to put math to use in the real world. If your child is just beginning to play with numbers, try writing out a really simple recipe for a favorite fruit salad. Let her help you count 20 blueberries, 15 grapes, etc.

Paying for small items – If your child is a little further along with math, let her help you pay when you run errands. Show her how to figure out which coins you need and put her in charge of a little coin purse for small purchases.

You might want to start with a low-pressure situation like paying for ice cream, as it will likely take her a while at first and a long line of people waiting for him or her to finish at the grocery store may be too much pressure.

Play a game – Many games children love include numbers. Try Simon Says ("Simon says jump three times") or Hide and Seek (make sure to count to at least 50 before you look for me). Many board games also include counting spaces. You could even make your own board game together, writing out the numbers on the

continued on page 26

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A Night At The Cinema With CHR

Sanibel's Community Housing and Resources (CHR), the island's affordable housing program, begins a year-long celebration of the organization's 40th anniversary on Wednesday, October 2 with An Evening at Island Cinema.

Sponsored by Bailey's General Store, the cinema event will take place beginning at 5 p.m. at Island Cinema, located at 535 Tarpon Bay Road in Bailey's Shopping Center. Prior to the movie, there will be complimentary hors d'oeuvres and refreshments, including wine and beer, provided by Bailey's. The movie presentation kicks off at 6 p.m. starting with a short video presentation by CHR highlighting the history of the nonprofit organization.

The featured movie for the evening is *The Art of Racing in the Rain* starring Kevin Costner, Amanda Seyfried, Milo Ventimiglia and a lovable golden retriever. Based on *The New York Times* best-selling book of the same name, the movie tells the story of Denny Swift, an aspiring Formula One race car driver, and his dog, Enzo. Through his bond with his owner, Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

Popcorn and soda will also be provided by Bailey's General Store, and included in the price of admission.

Along with CHR Executive Director Melissa Rice, the volunteer committee has a total of four events planned over the next six months including an Eco Tour at Sanibel Island Golf Club (November 30), a Captiva Crawl to include three dining establishments (January 10), and a Rauschenberg Estate Tour (early April).

Tickets for An Evening at Island Cinema are \$40 and on sale now, with all proceeds benefiting CHR. To reserve your tickets, stop by the CHR offices, located at 2401 Library Way on Sanibel, or visit www.SanibelCHR.org. You can also call 472-1189 or e-mail info@SanibelCHR.org to reserve your spot.

The City of Sanibel will read a proclamation in honor of CHR's 40 years at the next city council meeting, taking place on Wednesday, October 2. Prior to the meeting, the city has planned a congratulatory pastry and coffee reception at city hall, located at 800 Dunlop Road, beginning at 8:30 a.m. The public is welcome and encouraged to attend in support of CHR.

Established in 1979, CHR relies on the generosity of the community to fund the nonprofit organization. Currently, CHR provides housing to an average of 150 people per year, including island full time workers, as well as retired and disabled residents. Additional information on CHR and each of the four anniversary events are available by calling 472-1189 or visiting www.SanibelCHR.org.



From left, Eldon Bohrofen, Scott Mowry, John Henshaw, Dorrie Hipschman, Barbara Ellis and Clark Rambo photo provided

Rotary Board Of Trustees Allocates Funds

The Sanibel-Captiva Rotary Trust Fund board trustees have just closed the Sanibel-Captiva Rotary grant distribution cycle – July 2019 to September 2019 – with a total distribution value of \$91,610. Funds available in this account are made

possible by club fundraising activities held throughout the year, the generosity of members, and the many friends of Sanibel-Captiva Rotary. The \$91,610 includes funds for specific projects during this time period such as the Rotary Club Scholarship Awards, CART/Coins for Alzheimer's Research Trust and Bahama Disaster Relief.

Notice of grant money available the for first grant cycle of the Rotary year was announced in July with applications continued on page 28

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Logo Unveiled For 10K Race To Benefit FISH

Last week, Hortoons creator Dave Horton revealed the 11th annual 10K Race 4 FISH logo depicting his lovable animal characters including a tortoise and hare, representing the famous Aesop's fable of a race between unequal partners. He has created the past nine race logos – all marked with his wit. Horton has been crafting amusing cartoon drawings for newsprint since he was in high school, starting with his school newspaper and eventually landing a deal with Hallmark when he was just a teenager. He submitted a few ideas to the company and, to his surprise, one was chosen to be incorporated in a Charles Schultz greeting card. "I had the great pleasure of meeting Mr. Schultz and he signed my original card, which amazed my peers because it



From left, FISH of SanCap Board Chair Nicole McHale, race committee co-chair Ed Riddlehoover, cartoonist Dave Horton, race committee co-chair Diane Cortese and race committee member Roger Timms photo provided

was rumored he didn't often sign things," said Horton. "I guess he realized how important it was to me." A native of Illinois, Horton studied visual arts at Illinois State University, where he worked on the design of the

newspaper and created a weekly cartoon strip called Fubarfun, a humorous take on college experiences by two roommates. It won best cartoon strip for Illinois colleges. "That was a big deal to me back then," said Horton. He also published the popular *Welcome To Florida* book that is filled with brilliant, zany and irreverent cartoons about Southwest Florida and inadvertently created the popular WTF bumper sticker. "Dave is a multi-talented artist and we are grateful to have him design our race logo each year," said race committee co-chair Diane Cortese. "His artistic talent and sense of humor are undeniable." The Hortoon 10K logo will appear on the front of T-shirts worn by runners, on race posters and make an appearance in qualifying sponsor announcements. The

race will begin at 7:30 a.m. on Saturday, October 23, with the start and finish line at the historic Community House, located at 2173 Periwinkle Way on Sanibel. This year's race will feature a kid's run for those 10 years and younger at Sanibel Community Park. It is free of charge, but registration is required. Registration is open at www.ftmyertrackclub.com or print an entry form at www.fishofsancap.org. Cost is \$40 for those who register before October 20, \$45 from October 21 through 25, and \$50 on race day.✪

Remaining Private Parcel On Mound Key Purchased

The Lee Board of County Commissioners recently agreed to purchase a 9.57-acre parcel on Mound Key for the Conservation 20/20 Land Acquisition Program. The property is the last remaining privately held parcel on Mound Key and is adjacent to the boundaries of Mound Key Archaeological State Park. Mound Key is located in Estero Bay and is accessible only by boat. The island is a significant archaeological site, thought to have been the cultural hub of the native Calusa people. The privately held land also includes a dock and has been used in recent years to pasture goats, which would be removed prior to the purchase closing. For more information, visit www.Conservation2020.org.✪

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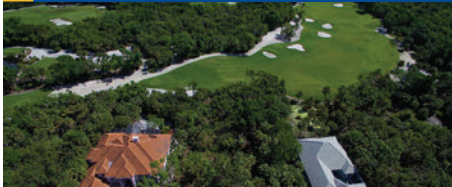
- Added Privacy, High Ceilings, Top Floor
 - 2 BR, 2 BA w/Westerly Views
- \$739,000 219051837**

Vicki Panico & Fred Newman 239.980.0088

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- Gorgeous Views of Gulf of Mexico
 - 1 Bedroom, 1 Bath
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- Lovely Golf Course Views
 - Overlooks 15th Fairway
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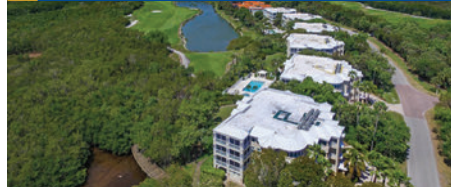
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:15 am	6:02 am	12:42 pm	7:12 pm
Sat	1:35 am	6:53 am	1:38 pm	7:46 pm
Sun	1:56 am	7:43 am	2:32 pm	8:16 pm
Mon	2:18 am	8:33 am	3:27 pm	8:42 pm
Tue	2:43 am	9:25 am	4:25 pm	9:07 pm
Wed	3:13 am	10:20 am	5:33 pm	9:29 pm
Thu	3:46 am	11:21 am	7:03 pm	9:49 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:20 am	6:04 am	11:47 am	7:14 pm
Sat	12:40 am	6:55 am	12:43 pm	7:48 pm
Sun	1:01 am	7:45 am	1:37 pm	8:18 pm
Mon	1:23 am	8:35 am	2:32 pm	8:44 pm
Tue	1:48 am	9:27 am	3:30 pm	9:09 pm
Wed	2:18 am	10:22 am	4:38 pm	9:31 pm
Thu	2:51 am	11:23 am	6:08 pm	9:51 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:51 am	6:35 am	12:56 pm	7:30 pm
Sat	1:25 am	7:35 am	1:52 pm	8:15 pm
Sun	1:58 am	8:28 am	2:48 pm	8:56 pm
Mon	2:31 am	9:17 am	3:43 pm	9:35 pm
Tue	3:07 am	10:02 am	4:34 pm	10:10 pm
Wed	3:46 am	10:45 am	5:19 pm	10:44 pm
Thu	4:26 am	11:28 am	6:03 pm	11:16 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:25 am	9:18 am	2:52 pm	10:28 pm
Sat	3:45 am	10:09 am	3:48 pm	11:02 pm
Sun	4:06 am	10:59 am	4:42 pm	11:32 pm
Mon	4:28 am	11:49 am	5:37 pm	11:58 pm
Tue	4:53 am	12:41 pm	6:35 pm	None
Wed	5:23 am	12:23 am	7:43 pm	1:36 pm
Thu	5:56 am	12:45 am	9:13 pm	2:37 pm

Island Seniors At Center 4 Life

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



Donations
Needed For Trash & Treasures Sale – Island Seniors, Inc. is looking for donations of clean, gently used items for the fall Trash & Treasures Sale, to be held on Saturday, November 9 from 9 a.m. to 2 p.m.

Priced items at the center are available for purchase. All proceeds help support programs at the center. Donations are tax deductible and you can drop them off at the center Monday through Friday between 8 a.m. and 3 p.m. Books, clothing, shoes, computers or old TVs are not accepted. If you have any questions, call 472-5743.

Kayaking on Tuesdays – September 24 at 8:30 a.m., weather permitting. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, 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 required.

Gelli Printing with Bea Pappas – Friday, September 27, 12:30 to 3:30 p.m. Cost is \$20 for members and \$25 for non-members.

Choose mono type or make papers for collage use. Beginners welcome. Supplies needed: paper towels, acrylic paints, water container, one-inch brush. The instructor will provide all other supplies.

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 9 is *The Secret Keeper* by Kate Morton. Book discussion will begin at 2:30 p.m.

BBQ Blast at Rosie's – Friday, September 27. Transportation is on your own. Separate checks provided.

Rosie's Café & Grill, the award-winning Sanibel restaurant is back, and offers a large selection of breakfast, lunch and dinner favorites. Menu will include your choice of ribs or chicken with coleslaw and corn muffin. Advance registration is required.

Alliance for the Arts: Engagement Rules – Sunday, October 6. Cost is \$22 for members and \$27 for non-members. Carpool arrangements for transportation.

Have brunch at Cristof's on McGregor (on your own). Then venture across the street to the Alliance for the Arts to see *Engagement Rules*.

Broadway Palm Dinner Theatre Performance of Dames at Sea – Wednesday, October 9. Cost is \$53 for members and \$63 for non-members. Includes lunch and performance. Advance registration is required. Transportation is on your own.

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. Game begins at 12:30 p.m.

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

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.
Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Cardio Combo – Monday, Wednesday and Friday at 8 a.m.

Keep your brain fit, and your heart, lungs and muscles strong. Hand weights, stretch cords, stability balls and your body weight will be used. The format is 30 minutes of cardio dance and 30 minutes of balance exercises, core strength, flexibility exercises and mat work.

50/50 Cardio Sculpt – Monday,

Wednesday and Friday at 9:30 a.m. This class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

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.✱

From page 22

School Smart

spaces and using stickers to signify the meaning of different spaces for added fun.

Think out loud – We use numbers all of the time in everyday life, but it's often automatic and done all in our head so our children have no idea. Try to notice when you're counting or doing a calculation in your head and say it out loud instead. Even if your child doesn't understand what you're talking about, you're getting her used to the language of math.

The most important thing when supporting any academic skill at home

with younger children is to keep it fun. If they feel too much pressure, they may shut down. Try to make numbers a part of your everyday conversation, and your child will have the familiarity and easy feeling about math when she or he studies math in school.

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



WEEKLY RENTAL LICENSE 836 Donax Street Is Offered At \$575,000

This 3BR/2BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with abundant natural light. Community pool and easy walking distance to beach access. Great rental opportunity with the weekly rental license!



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Bayfront with pool at 1238 Isabel Dr in Sanibel Harbours. Boat dock too. \$3,495,000



Luxury lakeside villa home in Gulf Harbour at 11245 Bienvenida Ct #102. \$499,000



Shellers' delight, beachfront income-producer, Sanibel Arms West #E2. \$849,000



Gulfside Place #222, in stand-alone tier, just remodeled, & facing gulf beach. \$1,429,000



Easy 1-level lakeside home, cul-de-sac privacy, 9448 Begonia Ct, Gumbo Limbo. \$649,000



Spacious split-plan pool home with million dollar views, 1558 Sand Castle Rd, The Dunes. \$699,000



Remodeled pool home with 140' on deep-water canal, 842 Limpet Dr, Shell Harbor. \$2,195,000



Lowest-priced near-beach lot, 4566 Buck Key Rd in Sanibel Bayous. \$149,000



Deep lot (~200') for single-family home at 898 Rabbit Rd in Windrow. \$170,000



Lot, one of last chances to build villa home in The Sanctuary, 5737 Baltusrol Ct. \$299,000

Will Power

Other Side Of The Desk



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

Throughout my more than 30 years of practice, there've been times that have illuminated my understanding as to what it feels like to be "on the other side" of my desk.

I've written before, for example, about my mother's battle with leukemia, and the resulting (and surprising) difficulty when acting as my parents' trustee during their time of need. See the preface to my book *Selecting Your Trustee* for that story.

I've also written about my experience when I was nearly killed by a hit-and-run driver while bicycling, leading to my firm's Client Care Program that makes your health care surrogate, living will and other important directives available 24/7.

Very recently, in fact, I received another important lesson. On my 30th wedding anniversary date, at age 55, I underwent a triple bypass open heart surgery. All this despite my normal weekly workouts consisting of 100-plus miles bicycling, 6,000 yards-plus swimming and three separate one-hour circuit training sessions.

Three years ago, I even underwent a complete cardiac check-up including a nuclear stress test prior to competing in an Ironman distance triathlon race. "You have the heart of a 35 year old," I was then told.

Luckily, I heeded warning symptoms and got to the ER before suffering a heart attack. So, all of my heart tissue is fine, and my prognosis is great. I'm off work for another couple of weeks but will be back soon.

I frequently lecture others how important it is not only to have an estate plan, but to keep it up to date. There are too many individuals who consider themselves young (isn't 55 still young?!) but who have never completed their estate plan. An equal number of individuals signed a simple will 20 years ago when their children were young but haven't updated since.

Bad idea. The doctors tell me that I'm lucky I didn't have a major incident from my condition before it was discovered and corrected. Apparently, God didn't think it was my time yet. We've all heard of luminary figures like Jim Fixx, the marathon runner, who appeared to be in perfect health yet dropped dead from undiagnosed heart disease.

Worse, I've had clients come to me even after suffering a major illness or setback, only to let drafts sit on their desks for weeks or months before coming

in to review and sign the documents. A new estate plan isn't valid until it's been properly signed and funded, even if you've clearly expressed your wishes to your estate planning attorney.

Know also that Florida does not generally recognize handwritten wills as valid testamentary documents, or notes written in the margins or your will or trust as valid. There are definite rules Florida law imposes upon any document that contains a testamentary (after death) disposition of assets or property.

A final thought on ignoring symptoms related to heart attacks. For weeks during my workouts, I experienced short periods of tightness in my chest and/or shortness of breath. "I'm just out of shape," I'd explain to myself or, "I've been traveling a lot," were common self-justifications.

The day I finally went to the ER, something completely different occurred. First, I had an incident during my morning workout. Then, for the first time, I experienced chest tightness and pain in my left jaw while working in the office, and not exerting myself. That was the day I finally made it to the ER and discovered a life-threatening condition.

At the first sign of something odd, get it checked out.

As I said earlier, the great news is that I'm fine, recovering completely, and the docs expect me to enjoy a full life expectancy. I have many more years to work and to serve my clients, which I am very much looking forward to.

Take care of yourselves and God Bless.

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From page 23

Rotary Board

closing in September. A new grant cycle will start February 2020.

The vetting procedure was conducted by our board trustees John Danner, Babara Ellis, Dorrie Hipschman, Clark Rambo, Chris DeCosta, John Henshaw, Scott Mowry, and Eldon Bohrofen. Announcement of grant recipients will be published at a later date.

To date, the club has collected

\$10,000 for hurricane relief in the Bahamas. Donations will be sent to Rotary District 6990/Grand Bahamas (\$5,000) and Rotary District 7020 Nassau and Abaco (\$5,000). These funds will be applied for both immediate and long-term recovery of the islands.

Sanibel-Captiva Rotary is still collecting donations for Bahama Disaster Relief and can be sent c/o John Henshaw, John Henshaw & Associates, Inc. 1101 Periwinkle Way, Suite 101, Sanibel, FL 33957 with Bahama Disaster Relief in the memo line.✧



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836 Donax Street



This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

\$575,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

\$1,329,000

Seashells of Sanibel #36



2-BD/2-BA second floor unit! Great rental income with 3-day minimum rentals! Conveniently located and just a short walk from the beach, this complex is an ideal West Gulf Drive location.

\$380,000

678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

\$699,900

Sandalfont #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

\$674,000

4014 West Gulf Drive



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Sanibel Public Library Programs

Weekly children's programs with Youth Service Librarian Deanna Evans continue this fall at Sanibel Public Library. The full event schedule is on the calendar at the library's website at www.sanlib.org.

Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. Family Storytime helps develop pre-reading skills through songs and stories. The storytime schedule is online.

The After-School Crew for kindergarten through fifth graders will meet at 3 p.m. on most Thursdays. There will be new books, puzzles, games, crafts and snacks. Refer to the calendar online for exact dates.

Families are invited to play in the Library's Think Tank from 10 a.m. to 4 p.m. on Fridays. The MagixBox projects interactive images from the ceiling to the floor. Stay as long as you choose at this self-directed program.

Experiment with the virtual reality Oculus Go headset from 3 to 4 p.m. on Friday, September 27. First come, first served, ages 10 and older.

The public is invited to these library programs. There is no registration required and no additional cost to participate.

The library's new meeScan self-check station is located by the east service desk. Patrons are welcome to use it whenever they wish to borrow materials. In addition to using the new



Tom Toering using the new meeScan self-checkout photo provided

self-check station, meeScan also offers a self-checkout app that lets you check out library items using your personal smartphone or tablet anywhere in the library. Available for download on iOS, Android and Blackberry platforms, meeScan is user friendly and simple to set up. In addition to a quicker, simpler and more private experience, meeScan will help patrons stay green and keep track of their checkouts by sending them an email receipt for every transaction. The meeScan system was funded as a pilot program through the Sanibel Public Library Foundation. Stop by the library to learn about this new service.

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

Programs At Captiva Library

The following programs and activities are being offered at the Captiva Memorial Library during the month of October:

Adults

Coloring for Grownups (regular library hours), October 1 to 31. Experience the latest trend in relaxation, adult coloring books. Researchers and art therapists alike have touted the calming effects of coloring, and adults have found this childhood activity a refreshing way to release their creativity, relieve stress and meet other participants. Coloring pages are designed especially for adults, as well as colored pencils, provided.

Checkers (regular library hours), October 1 to 31. Play classic checkers "the game of games" or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers, or Goban. Instructions included. Or reverse the field and play Tic Tac Toe or Super Tic Tac Toe.

Youth Services

October is National Cookie Month (regular library hours), October 1 to 5. Calling all cookie lovers. There are cookie picture books on display. Make pretend cookies from playdough.

Cool Reptiles (regular library hours), October 8 to 12. Read about slithery snakes, lizards and other reptiles. There

are reptile books on display. Make a frilled lizard paper craft.

Pasta Everyone! (regular library hours), October 15 to 19. Picture books on pasta are on display. Make a fish craft with pasta.

Friendly Monsters! (regular library hours), October 22 to 26. Friendly monsters and other non-scary creatures will be featured in a book display. Make monsters out of toilet paper tubes.

Nocturnal Animals (regular library hours), October 29 to 31. There will be a book display about nocturnal animals. Play in the sensory bin with pretend black bowtie pasta bats and orange rice. Make hanging paper bats.

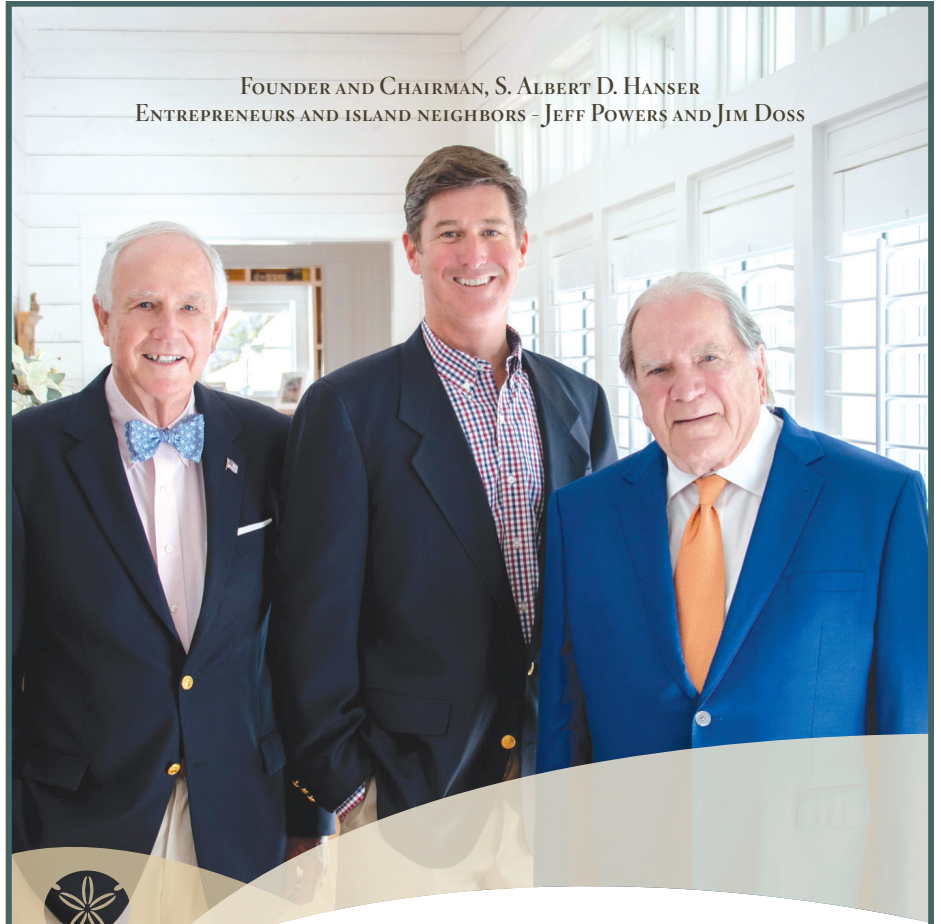
Online

Exploring with Miss Naomi – Visit www.leegov.com/library, click on "What to Read Next" and the link to "Staff Recommended Newsletters" then under "Kids and Teens" click the link to "Exploring with Miss Naomi" to find Miss Naomi's book recommendations to "Think Positively" including not giving up, spreading kindness and self-acceptance.

Stop by to read a favorite magazine or newspaper, find a good book, check out a DVD or music CD, color, create a craft, do a puzzle or play a game of checkers. Regular library hours are: Tuesday and Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday and Saturday from 9 a.m. to 5 p.m.; closed Sundays and Mondays.

Captiva Memorial Library is located at 11560 Chapin Lane on Captiva.✱

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Frankly Speaking



by Howard Prager
The good, the bad and the ugly.
Good – Amazing comeback by UCLA from 32 points down in an offensive thriller against Washington State. There were 100 yard runs,

great special teams and lots of exciting plays on both sides. Pitt's trick play to upset UCF is what sports is all about and why fans need to stay through the end – you never know what will happen.

Bad – Is there any other way to describe Antonio Brown? How about bizarre? How about self-centered, egotistical? How about alleged abuser of others? How about gone? I had written in an earlier column saying how strange that he was signed by the Raiders but never played for them, working out a deal with the Patriots as soon as he was released. The Patriots dumped him one week later after learning about the latest allegations. This type of person and his behavior does not belong playing in the NFL.

Ugly – First to the Tampa Bay Bucs fans; I don't know what to say. A Giants rookie QB creating so many comeback plays for them despite the Bucs leading up by 18 at the half. Then, after losing the lead 32-31 and then driving down

the field with seconds remaining, to have Bucs kicker Matt Gay miss a potential game-winning 34-yard field goal as time expires. That is ugly.

Ugly is also my Chicago Cubs losing six games in a row by one run, including four in a row to the St. Louis Cardinals, the first time in 98 years the Cards have swept the Cubs at Wrigley Field, where the Cubs played an almost league best 51-30 record this season. And in every game with the Cardinals, the Cubs grabbed a lead and then lost it. What to say to a team that won the World Series just a few years ago? Where's the pride, the motivation, the inner gumption and desire to win, to get back there? Kris Bryant, 2 for 20. One of your best. Joe Maddon used every pitcher and changed them more frequently than I change TV channels to catch multiple games. A Cubs team had an overall batting average that was higher than the Cardinals, yet on the field it looked like the opposite. This time, the Cards came to play, to get back to the top, where they were before the Cubs burst onto the scene as contenders just a few years ago. It's time to back up the truck and load it up. The Cubs will surely go through some serious rebuilding in the offseason. But they traded many of their promising draft choices away who are showing great promise elsewhere, such as Eloy Jimenez of the White Sox who is hitting 30 dingers as a rookie and Jorge Soler hitting a record number 45 homers as of this writing for the Royals. The Cards have many of their promising draft picks playing at the Major League level. In

addition, the Cubs succumbed to the trade deadline with some signees; the Cards resisted believing in their talent. It shows. Who will come back for the Cubs, who will retire, and who will be traded? For the Cubs, and the many clubs that don't make the playoffs, the excitement is sadly just in the offseason moves. (By the way, I just noticed that Cubs is basically Bucs spelled backwards and vice versa – coincidence?)

In the meantime, time to celebrate the winners in baseball and move towards the postseason. We will know next week who is in the wild card – will Tampa Bay make it against Cleveland and Oakland? We'll see what the teams who have been winning their divisions by a landslide since before the All-Star Break do when

it counts. It's all a question of who's hot in October.

Feel good story of the week – Remember when I talked earlier about the Florida elementary student whose homemade UT shirt made a sensation after he was bullied about it? He's been awarded a scholarship to The University of Tennessee Knoxville should he apply and be admitted in 2028. The university said it would cover tuition and fees for the boy "in recognition of his Volunteer spirit." Now that's a happy ending.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.✴

SPORTS QUIZ

1. Name either of the two Canadian-born major-league pitchers to toss a complete-game no-hitter.
2. Who was the first Houston Astros pitcher to win at least 20 games in a season?
3. How many times has a Penn State football player gone No. 1 in the NFL Draft?
4. Before San Antonio in 2008, name the last NBA playoff team with only one player (minimum 10 games played) who averaged 12 or more points a game during the regular season.
5. Hall of Famer Red Kelly won eight Stanley Cups during his 20-season NHL playing career. With which two teams did he win them?
6. In 2019, Kyle Busch tied a NASCAR Cup record by posting 11 consecutive top-10 finishes to open a season. Who else did it?
7. Who was the last British female tennis player before Johanna Konta in 2019 to reach the French Open semifinals in singles?

ANSWERS

1. Dick Fowler (1945) and James Paxton (2018). 2. Larry Dierker, who recorded 20 victories in 1969. 3. Twice – Ki-Jana Carter in 1995 and Courtney Brown in 2000. 4. The 1953-54 Minneapolis Lakers. 5. Detroit and Toronto (four each). 6. Morgan Shephard, in 1990. 7. Jo Durre, in 1983.

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dearRPharmacist

Deficiency In B Vitamins Evident In The Potty



by Suzy Cohen, RPh

Dear Readers: When you think of B complex, you probably think of it as one B vitamin, but B Complex refers to a group of B vitamins consisting of B1, B2, B3, B6 and others.

The B Complex available as a dietary supplement is intended to fill a nutrient gap that some people develop from malnutrition. This is fine, however most people can eat their way to better B status.

The concerns about B vitamin deficiency are frequently overlooked by the most caring practitioners. Remember, the mindset in today's atrocious health care system is to medicate you, so you're bound to get a drug for a symptom, even if that symptom stems from a nutrient deficiency. But that's what you have me for; I have written articles for 20 something years to help you identify nutrient depletion and proper ways of restoration.

Here are some signs and symptoms of B deficiency: fatigue, anemia, diarrhea, hypothyroidism, burning mouth, nerve pain, memory issues, depression, vision/hearing difficulty, hair loss, confusion, agitation and numbness. Do you have a lot of those?

One thing that leads to B vitamin deficiency is being a fussy eater. There's a new case study about a boy who was

so fussy about his food that all he ate was fries, white bread, potato chips, slices of ham and sometimes sausage.

Perhaps you know a child or adult who has a limited diet? According to the case study published in the *Annals of Internal Medicine*, the teenager impacted his hearing and vision. So profound was his B12 deficiency, injections of it could not save his sight.

As adults, B deficiencies could be even more profound due to the oxidative damage that occurs from drinking alcohol, smoking and taking medicines, which deplete B vitamins. Medications that are known to lower B vitamins include oral contraceptives, blood pressure pills, metformin, antibiotics and acid blockers.

The first sign of B12 deficiency could be apparent in the potty. I'm referring to diarrhea or loose stools. If you suddenly have this problem, and it's not related to food poisoning or antibiotic use, then consider a B vitamin deficiency.

A balanced diet will give you the full range of B vitamins, so don't worry if you eat eggs, vegetables, salad, fruits, chicken, seafood, red meat, dairy and nuts. If you have a limited diet for some reason, and you decide to supplement, buy a B complex that offers the B nutrients in their body-ready, biologically active form. For example, "methylfolate," not folic acid, and "pyridoxal phosphate," not pyridoxine.

Most people don't realize that some of the most important B vitamins are manufactured in the GI tract by our own microflora (probiotics help restore healthy microflora). So a deficiency in biotin, B12 and other B's could indicate that you've stripped your gut of healthy probiotics. This contributes to the diarrhea, or for some, constipation alternating with diarrhea. If you have pins/needles or neuropathy, or you take the medication

metformin, then B vitamins are essential for you.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Is it true that meditation can help you lose weight?

A: Meditation is a tool to help with weight loss especially if you have chronic stress. This is the stress that is day in, day

out that takes a physical toll on your body. Our stress hormone, cortisol, can cause blood sugar imbalances and lead to additional pounds especially around the midsection. So check in with your stress levels and weight gain because this type of weight gain can lead to the manifestation of physical issues such as diabetes type 2. So managing your stress is essential to your overall health and well-being.

What can help with your stress reduction is meditation. Meditation can be as little as a few minutes to get your

breath in sync to an hour or more of just being. You don't have to think of anything or do anything. Meditation can help you get calm, thus reduce your stress hormone levels resulting in shedding those pounds. The paradox here is sitting can help you lose weight.

When your mind and body are calm and tranquil, your cortisol levels lower and this even reduces cravings for unhealthy food.

Some guided meditations specific for weight loss can be helpful to get you started, especially if you are new to meditation. There is an app called Insight Timer that has many guided meditations for you to follow. Start meditating and start losing those unwanted pounds.

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

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 p.m. and on Fridays at 4 p.m.

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

Sanibel Community Church is located at 1740 Periwinkle Way.✱

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Doctor and Dietician

Strawberry Avocado Pecan Kale Salad



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

On sweltering hot days, there is something so refreshing about a salad with fresh strawberries. This salad is one of my favorite crowd pleasers and has been enjoyed by many “picky eaters” I know too.

Ingredients:

Baby kale or spinach – large bunch, washed and dried

1 pint strawberries, washed and sliced

½ cup chopped pecans

2 ounces of goat cheese, in crumbles

2 scallions, chopped

1 ripe avocado, chunked

Dressing: (I like to make extra because it's so tasty.)

1 cup extra virgin olive oil,
cold-pressed

Juice of one lemon, plus some grated zest

¼ cup apple cider vinegar

3 cloves garlic, minced

1 tsp. ground pepper

1 Tbsp. Dijon mustard

2 Tbsp. maple syrup

Optional: 1 shallot, minced

Place all salad ingredients in a bowl (feel free to change it up as you wish – blue cheese instead of goat cheese, walnuts instead of pecans, or even try adding blueberries or different fruit).

Mix dressing ingredients together in a shaker jar. You'll want to drink it! If you are not a lemon fan, omit the lemon and double the apple cider vinegar.

Toss together and enjoy. Yum!

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.

Help Line For Alcohol Abuse

Are you concerned with a friend or family member's drinking?

Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.

Volunteers Sought For Income 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 2019 tax season. 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.

“Volunteers are the key to the success of the United Way VITA program. VITA volunteers not only make a financial but social impact in the lives of people in our community,” said Jeannine Joy, president of United Way. “So many of our volunteers return year after year because of the rewarding experience and the gratitude of the



VITA volunteer Rita T. reviewing a return
photo provided

clients.”

Last year, 187 volunteers helped file more than 5,500 federal tax returns, bringing over \$7.4 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 \$1.4 million.

An orientation and training class for new volunteers will be held at Florida Gulf Coast University on Saturday, November 16. For tax professionals or experienced volunteers, an online training and certification tool is also available. For more information, register online at www.unitedwaylee.org/become-vita-volunteer, or contact Patrice Cunningham at patrice@unitedwaylee.org or 433-7206.

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PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Peyton And Waffles



Peyton ID# A792184

Hello, my name is Peyton. I am a 3-year-old male pit bull who is a beautiful tricolor pit bull with a curiosity for life. I tilt my head at everything that makes me wonder. I will chase after a ball for hours as long as you throw it for me. The volunteers at the shelter think I am good looking enough for a magazine cover, but I haven't let that go to my head. I am still a humble and loving boy waiting for my family to come and find him.

My adoption fee is \$10.

Hi, I'm Waffles. I am a 3-year-old female hound mix who is as sweet as I look in my picture. I came to LCDAS with my pup Pancake. Both of us were very shy and needed some TLC to come out of our shells. Pancake has been adopted, and now I am ready to find my special person. I am a



Waffles ID# A791208

petite gal that loves to play or just sit next to you and relax.

My adoption fee is \$10.

It's 'Game On' at Lee County Domestic Animal Services for Football Season in September. As football fans prepare for the season, Lee County Domestic Animal Services suggests adopting a special four-legged friend to help cheer on the home team. Adoption fees will be reduced for the entire month of September. Adopters will draw mini footballs for reduced adoption fees. Adoption fees will range from \$10 to \$40 depending on if someone scores a first down or a touchdown. All 'Pet of the Week' featured pets will be touchdown adoptions at just \$10.

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/animal-services or call 533-7387.*

Haven on Earth Animal League

AbbyCaDabby And Winter



AbbyCaDabby



Winter

Hi, I'm AbbyCaDabby. After six years, my family decided they didn't want me anymore. I have a beautiful snowshoe coat and piercing blue eyes. I'm up to date on all vaccines and very healthy. I just need someone to give me a chance. My adoption fee is \$100.

Hello, I'm Winter. I'm a 4-year-old female with a sad story. My owner died, and the family surrendered me. I am very sweet and really need to find someone to love me forever. I'm up to date on all vaccines and healthy. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more information,

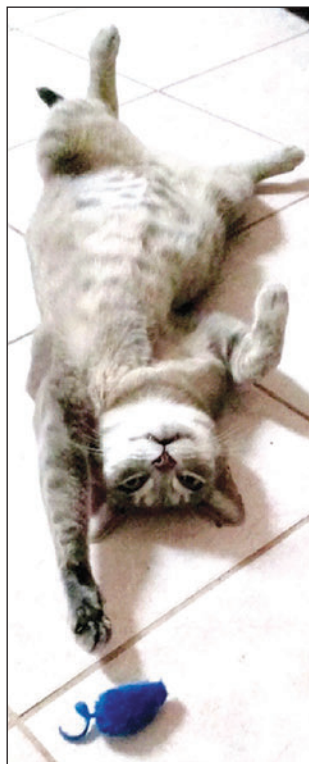
call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.*

PAWS Of Sanibel

Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.*



Sweetie Pie

Island Sun
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On Call Captiva Deputy	477-1000
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Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
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Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
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Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
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CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc ..	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie ..	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
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SCCF Sanibel-Captiva Conservation Foundation	472-2329

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PUZZLES

Answers on page 39

Super Crossword

SETTING OUT
TO SIEGE

- ACROSS
- 1 Dwelling place: Abbr.

4 Mocking wd.

7 Fail to mention

11 Prez Lincoln

14 Bar checks

18 Artificial fat

20 Relatives of allegories

22 To — (precisely)

23 Mocking remarks from Pluto's master?

25 Burnett of CNN

26 — Spumante (wine)

27 Schubert's "The — King"

28 Manet's forte

29 Actor Claude

30 "No, we're not going to give the employee a raise"?

37 I, to Franz

40 "Mazel —!"

41 Fed. crash-probing org.

42 Countertenor

43 Very small toll to drive on a road through the Alps?
- 48 Present from birth

52 To a foreign country

53 Fair-hiring inits.

54 "Der —" (Konrad Adenauer)

56 Ruin totally

57 Fragment

58 Use stitching

60 Quips about a Civil War general?

64 — Boothe Luce

66 Yuletide quaff

68 "— be great if ..."

69 Leeds lav

70 Miser's reformation into a generous person?

77 Santa —

78 Polly's "Alice" role

79 — -TURN (street sign)

80 Wafer brand

82 Verbal noun the nitwit uses a lot?

88 Actress Thurman

90 Be inclined

91 British noble

92 "Why Can't — Friends?"
- 93 Deutsch article

95 Develop

97 Painting on plaster

99 Concert tour during which a Muppet opens for the "Open Arms" band?

103 Singer Amos

105 Tap-in, e.g.

106 Suffix with north or west

107 Opposite NNW

108 "Stop grazing and return to your barn"?

115 Bedeck

116 Air safety org.

117 Stimpy's pal

118 Close

122 Certain Slav

123 Very inexpensive part of a ship's hull?

129 Different

130 Maryland suburb of D.C.

131 Motorist's guide

132 Inuit's ride

133 1040 org.

134 With 11-Down, "Don't drop your guard!"
- 135 Tent stake

136 Gold, to Spaniards
- DOWN
- 1 City in Italia

2 Yalies

3 Religious faction

4 Enjoyed food

5 Sahara-like

6 1567-1625 king of Scotland

7 Great riches

8 Some parents

9 Infuriation

10 — Mahal

11 See 134-Across

12 Big — (WWI gun)

13 Kin of -trix

14 Korean martial art

15 Upper heart chambers

16 Living thing

17 Taste, e.g.

19 Power tool brand

21 Trounce

24 Mork's home planet

29 Env. notation

31 R&B singer — James

32 Frogs' kin

33 Group values
- 34 Ad Council ad, for short

35 "Son of," in Arab names

36 Property transferor

37 Windows ad catchphrase

38 Steel-gray metallic element

39 "Woo-hoo!"

44 — Dame

45 — the scene (having recently arrived)

46 Flower plot

47 Shade tree

49 Totally fine

50 Ascot, e.g.

51 USNA grad.

55 Perfumed powder

59 Make furious

61 Find by chance

62 Archaic verb ending

63 "Benny & —" (Johnny Depp film)

65 & others

67 Become liberated

71 Not given under 112-Down

72 Winter woe

73 Logical

74 OPEC ship
- 75 Gathers bit by bit

76 Tickles a lot

81 Without batting —

82 Furry TV alien

83 Opposite of 118-Across

84 Lofty verse

85 Place to find pearls

86 Peter out

87 Sudden —

89 Squirrel's bit

94 Put between

96 Ladder step

98 Quarter, e.g.

100 Tach reading

101 "For shame!"

102 Dada artist

104 Less certain

108 Valises, e.g.

109 Novelist Scott

110 Eponymous code creator

111 Balsa boats

112 Witness' promise

113 Cousin, for one: Abbr.

114 Sooner city

119 Sailors' saint

120 Lab medium

121 Debtor's woe

123 DOJ agency

124 "Certainly!"

125 May hrs.

126 Harem room

127 — v. Wade

128 Duffel or tote

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	
							</													

King Crossword

ACROSS

- 1 Salary
- 4 Homer's out-cry
- 7 Duck
- 12 Position
- 13 Exist
- 14 Eye surgery device
- 15 Grecian vessel
- 16 Syrian capitalist?
- 18 Encountered
- 19 Step
- 20 Boast
- 22 Compass pt.
- 23 Distort
- 27 Paul Newman movie
- 29 Crooner Vic
- 31 Dope
- 34 Steer
- 35 Maiden
- 37 Needlefish
- 38 Bat a gnat
- 39 Praise in verse
- 41 Young horse
- 45 Good, in Guadalajara
- 47 To and —
- 48 Sinner's fate
- 52 Vat
- 53 Hunter in the sky
- 54 Prime meridian hrs.
- 55 Recede
- 56 Madrid mother

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		

- 57 Ultramodern-ist
- 58 Aye undoer
- 17 On in years
- 21 Specter
- 23 Blue cartoon character
- 24 Japanese pond carp
- 25 Conclude
- 26 Teensy
- 28 Multipurpose truck
- 30 Khan title
- 31 Egos' counterparts
- 32 Margery of rhyme
- 33 "— Little Teapot"
- 36 LummoX
- 37 Human — Project
- 40 Condescend
- 42 Frequently
- 43 Caribbean resort island
- 44 Theater vestibule
- 45 Poison
- 46 Aware of
- 48 Comical DeLuise
- 49 Coach Parseghian
- 50 Central
- 51 Neither mate

MAGIC MAZE

MOVE LAST TWO
LETTERS TO THE
FRONT TO MAKE
A NEW WORD

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

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

- Bowel
Braze
Cedar
Demo
- Dentin
Eddy
Glean
Holdup
- Ideas
Listen
Loyal
Ringer
- Ripest
Sonar
Verse

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"We really need to expand the
_____!"
answer on page 38

SCRAMBLERS

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

Hitch
RECUSE

Braid
WITTS

Origin
COURSE

Berate
CLODS

TODAY'S WORD

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

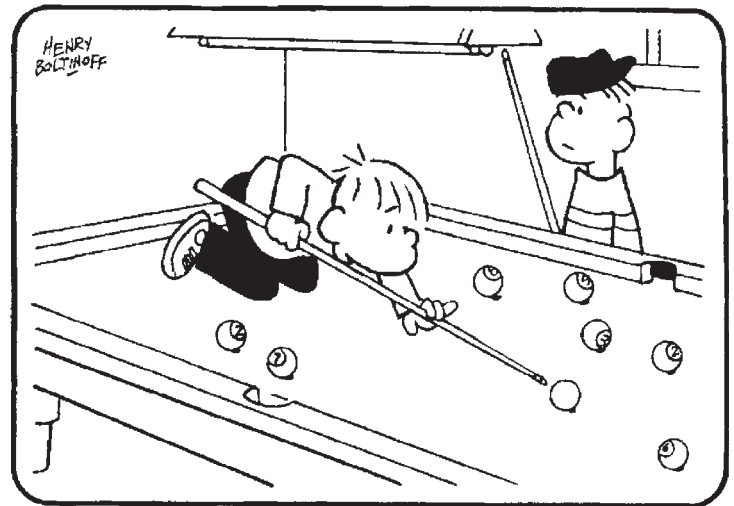
SUDOKU

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.

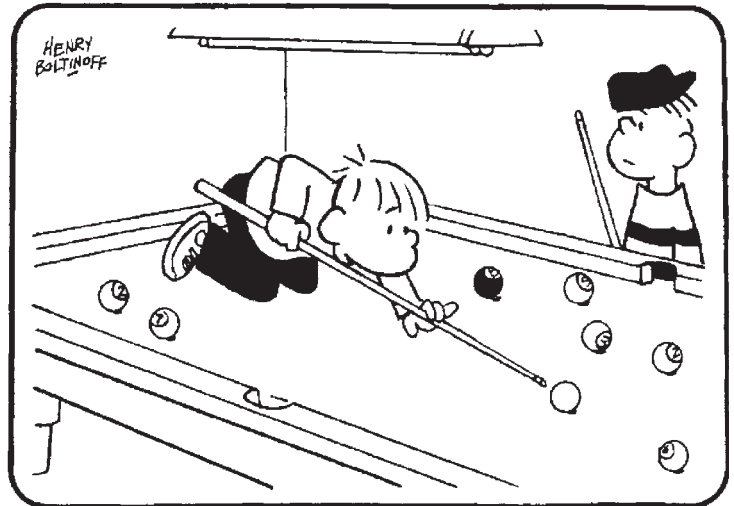
answer on page 39

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Eight ball is black. 2. Boy's shirt stripe is black. 3. Boy's cue stick is shorter. 4. Balls #2 and #7 have moved. 5. Window is missing. 6. Boy standing has moved.

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FOR WEEK OF SEPTEMBER 30, 2019

Aries (March 21 to April 19) Travel plans could be interrupted by the re-emergence of a workplace problem that was never quite fully resolved. Deal with it at once, and then take off on that well-deserved trip.

Taurus (April 20 to May 20) Aspects favor cultural activities for sensuous Bovines. Attend a concert or an art show. Better yet, create something yourself (a poem, perhaps?), and dedicate it to someone special.

Gemini (May 21 to June 20) Respect any doubts you might now be feeling about a new situation. They could be reflecting your inner awareness that some essential information might be missing. Check it out.

Cancer (June 21 to July 22) It's important to start the new month with as clean a slate as possible. Either complete

all those unfinished tasks or pass them on to others who would be more than happy to take them on.

Leo (July 23 to August 22) This is a good time to cut down on expenses and tame that urge to splurge. Applying some financial discipline now could help the Big Cat ride out a possible monetary crunch later on.

Virgo (August 23 to September 22) Money matters are dominant this week. Recheck your accounts and make sure they're up-to-date. Also, pay more attention to personal issues before they become major problems.

Libra (September 23 to October 22) You might be tempted to employ the same tactics as your adversary, but that could backfire. Better to use the same balanced approach that has worked for you before and could again.

Scorpio (October 23 to November 21) A changing workplace environment could stir up confusion as well as

apprehension. Best to ignore the rumors and get the facts. You could find that the changes bring positive elements.

Sagittarius (November 22 to December 21) Communication is easier this week with people ready and eager to hear what you have to say. Also, check for possible technical problems before you start your new project.

Capricorn (December 22 to January 19) Aspects favor change for the usually traditional Goat. Opening your mind to possibilities you had ignored could lead you to make decisions you once considered improbable.

Aquarius (January 20 to February 18) Making personal as well as professional adjustments to changing conditions might be easier with more information explaining the "hows" and "whys" of the situations in question.

Pisces (February 19 to March 20) With a growing tide of positive reactions to buoy your confidence, this could be the

right time to put the finishing touches to your new project and get it well and truly launched.

Born This Week: You have a gift for setting an example of quiet, calm reasoning in the midst of chaotic conditions.

STRANGE BUT TRUE

- It was Democratic governor and presidential hopeful Adlai Stevenson who made the following sage observation: "A free society is a place where it's safe to be unpopular."
- In proportion to its size, the strongest muscle in the human body is the tongue.
- Beloved children's author Dr. Seuss had a hobby that few people were aware of: He collected hats.
- If you're planning a trip to Kentucky anytime soon, you'd better keep a close rein on your interactions with strangers. It seems that flirting there is illegal and could get you 30 days in jail.

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SCRAMBLERS

1. Secure; 2. Twist;
3. Source; 4. Scold

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• It's well-known that Albert Einstein won the Nobel Prize, but most people are misinformed about what he won it for. He didn't receive the award for his theory of relativity, but for his explanation of the photoelectric effect.

• The name of one of the most popular early video games, Pac-Man, comes from the Japanese words for "to eat." "Isuzu" means "50 bells" in Japanese, and "Atari" means "prepare to be attacked."

• The lyrics to that favorite Irish ballad *O Danny Boy* were actually written by an Englishman.

• Hong Kong is not a city – it's an island. The name of the city commonly known as Hong Kong is actually Victoria.

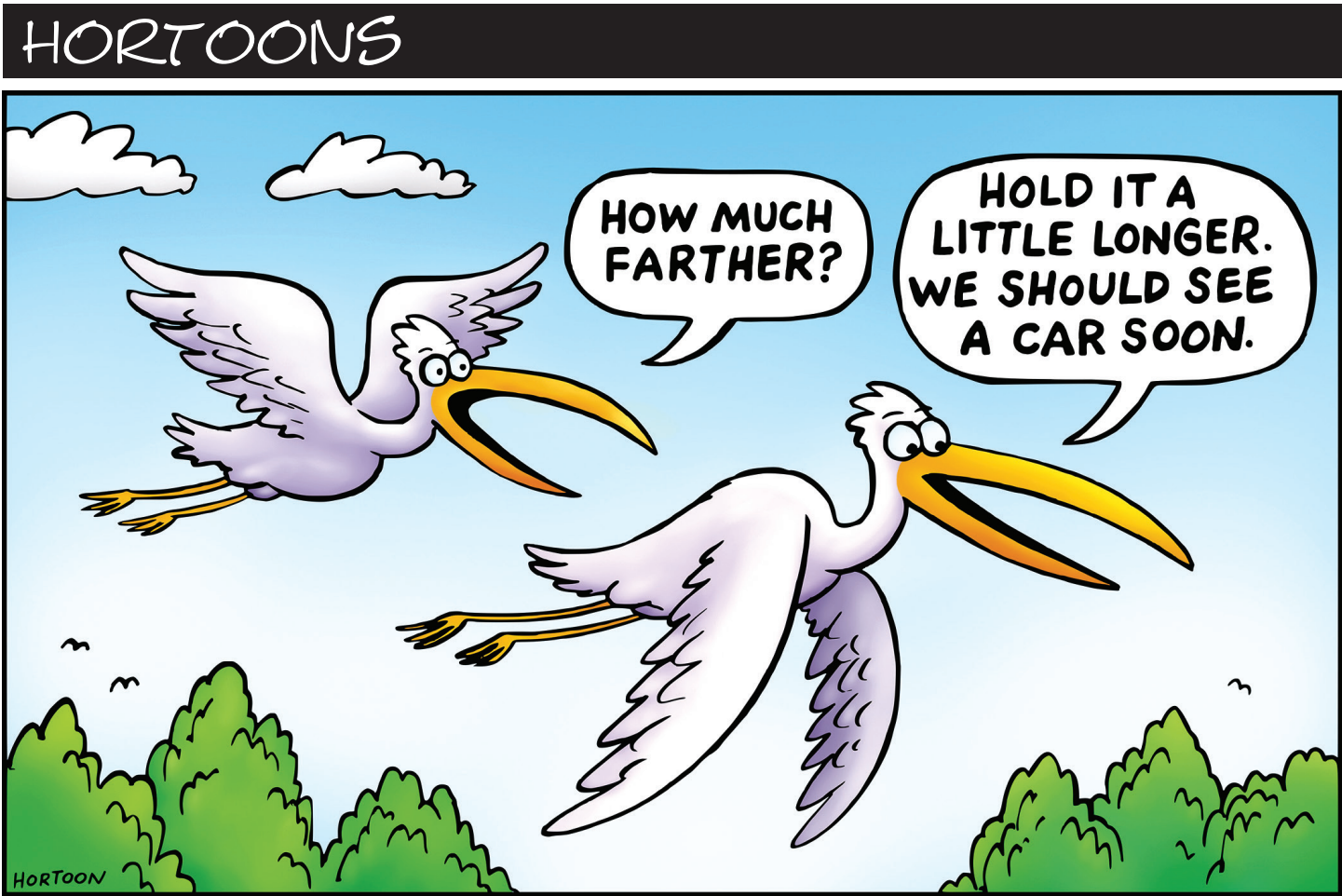
• A study conducted by the Environmental Conservancy shows that Viagra is having a beneficial effect on the environment, especially in Asian countries. It seems that even though the drug costs \$10 a pill, it's still cheaper than bear's gall bladder and other supposed remedies.

• In ancient Rome, slaves with red hair commanded a higher price from buyers.

• Actress Meg Ryan's given name was Margaret Mary Emily Anne Hyra.

THOUGHT FOR THE DAY

"The trouble ain't that people are ignorant; it's that they know so much that ain't so." – Josh Billings



PUZZLE ANSWERS

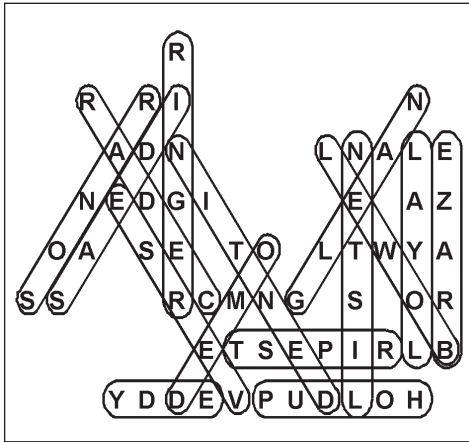
SUPER CROSSWORD

RES	ADJ	OMIT	ABE	TABS
OLES	STRA	PARABLES	ATEE	
MICK	EYMO	USEJEERS	IN	
ASTI	ERL	ART	AKINS	
	LETS	KEEPI	TTHAT	WAGE
ICH	TOV	NTS	SB	ALTO
MOUNT	AIN	CHANGE	INN	NATE
ABROAD	EEO	ALTE	DOIN	
PART	SEW	SHERMAN	JOKES	
CLARE	NOG	ITD	LOO	
THE	TURN	OF	THE	SCROOGE
	ANA	FLO	NOU	NILLA
AFOOL	SGER	UND	UMA	LEAN
LADY	WEBE	EIN	CREATE	
FRES	CO	BERT	AND	JOURNEY
	TORI	PUTT	ERN	SSE
COME	IN	FROM	THE	RANGE
ADORN	F	AA	REN	NEAR
SERB	FIFTY	DOLL	ARBIL	GE
ELSE	BETH	ESDA	ROAD	MAP
SLED	IRS	STAY	PEG	ORO

KING CROSSWORD

PAY	DOH	ELUDE	
LIE	ARE	LASER	
URN	DAM	ASCENE	
MET	STAGE		
BRA	G	ENE	SKEW
	HUD	DAM	ONE
IDIOT		GUIDE	
DAMSEL		GAR	
SWAT	ODE	FOAL	
	BUENO	FRO	
DAMN	NATION	TUB	
ORION	GMT	EBB	
MADRE	NEO	NAY	

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Marina Isle	Bonita Springs	2002	3,573	\$1,495,000	\$1,350,000	138
Harbour Preserve	Cape Coral	2000	2,985	\$1,299,000	\$1,175,000	219
Beachview Country Club Estates	Sanibel	2002	2,470	\$1,169,000	\$1,106,500	54
Horse Creek	Fort Myers	2019	2,856	\$1,020,600	\$1,020,600	0
Sanibel Estates	Sanibel	1968	1,913	\$899,000	\$825,000	68
Cape Coral	Cape Coral	2019	2,454	\$799,900	\$770,000	142
Vista Wildblue	Fort Myers	2019	2,395	\$798,588	\$735,000	78
Palmetto Pine Estates	Cape Coral	2001	4,322	\$759,901	\$650,000	123
Nature's Cove	Estero	2002	3,201	\$749,900	\$705,000	383
River Reach Estates	Bonita Springs	2007	3,293	\$749,900	\$725,000	135

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