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VOL. 26, NO. 12

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 21, 2018

SEPTEMBER SUNRISE/SUNSET: 21 7:16 • 7:27 22 7:17 • 7:26 23 7:17 • 7:25 24 7:18 • 7:24 25 7:18 • 7:22 26 7:18 • 7:21 27 7:19 • 7:20

Sidekicks Shaving Heads For Cancer Awareness

As part of childhood cancer awareness month, Golisano Children's Hospital of Southwest Florida Chief Administrative Officer Armando Llechu, alongside more than a dozen others including doctors and team members, community leaders and influential individuals from Southwest Florida, will have their heads shaved by pediatric cancer patients on Friday, September 28 in the main atrium of the children's hospital.

To raise awareness and drive philanthropic support that will help local children with cancer, these "hero sidekicks" are asking the Southwest Florida community to come together and make donations to Barbara's Friends – Golisano Children's Hospital Cancer Fund. For more than 20 years, Barbara's Friends has supported lifesaving cancer care for children from across Southwest Florida at Golisano Children's Hospital. The pediatric hematology/oncology program is

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Armando Llechu, center, with patients at Golisano Children's Hospital

photo provided

Songwriter Fest On Captiva



Dylan Altman is one of the performers
photo courtesy www.formyers-sanibel.com

The Island Hopper Songwriter Fest is kicking off its fifth year with an impressive lineup of talented singer-songwriters.

The festival begins on Captiva with performances on Friday, September 21
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Sheldon spent over three years being rehabilitated at CROW

photo provided

CROW Animal Ambassador Released

A gopher tortoise and animal ambassador at the Clinic for the Rehabilitation of Wildlife (CROW) for the past three years, has been returned to the wild at Perico Preserve in Manatee

County after being deemed rehabilitated and capable of survival by state officials.

Sheldon, an adult male gopher tortoise, first arrived at CROW's wildlife hospital on July 4, 2015 after being struck by a vehicle and dragged along the pavement for a short distance. As a result of the incident, Sheldon suffered carapace (upper shell) fractures, loss of a majority of his front claws and 70 percent of his

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Lemonade Sales Benefit Wildlife

by Jeff Lysiak

Back on September 1, eight local youngsters decided to operate a lemonade stand, with proceeds from sales of the sweet beverage being donated to the Clinic for the Rehabilitation of Wildlife (CROW).

According to mothers Beth Anne Whalen and Amy Selby, their children – Wyatt, Lydia and Camille Whalen, along with Ava, Brooks, Chloe and Brynn Selby – and neighbor Heidi Hall spent much of their Saturday running a lemonade stand at the corner of Periwinkle Way and Sable Street.

"The kids were getting down about the conditions on the island caused by red tide," said Beth Anne Whalen. "Being island kids, so much of their daily lives and activities revolve around the water – swimming in the gulf, playing on the beach, fishing and kayaking."

After learning that patient admissions at the wildlife hospital were up by nearly 25 percent, the children decided to sell lemonade and bottled water, with all of their proceeds
continued on page 25



From left, Wyatt Whalen, Lydia Whalen, Heidi Hall, Brooks Selby, Brynn Selby, Ava Selby, Camille Whalen and Chloe Selby at their lemonade stand
photo by Beth Anne Whalen



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New Bibles For Chapel Time



From left, Taylor Szymanczyk, Yari Mendez, Brynn Selby, chapel teacher Holly Patton-Roark, Truman Jones and Blake Walsh photo provided

Summit Christian Preschool students received new Easy Reader Bibles for their chapel time on Monday mornings at Sanibel Community Church. The students will study from their Bibles each week. The VPK class enjoys their time on Mondays inside the 100-year-old historic chapel.

If you are interested in a tour of the school or for more information on registration, call 472-5500 or 472-2684.*



From left, Kayla Schuneman, Allison Quillen, Carol Plassard, Emma Hall, Amy Selby, Kari Wheeler, Christine Szymanczyk, Buffy Doster and Jessica Kerscher photo provided

Meetings On Motherhood Resume

The groups MOPS and MOMSnext are on a mission to celebrate motherhood. The goal is to build circles of women who love each other like family, because raising children is beautiful and difficult, and having each other to lean on is life-giving. The groups connect moms who meet together to laugh, cry and embrace the journey of being a mom.

The next meeting will be held on Tuesday, September 25 from 9 to 11:15 a.m. in Room 107 of the Family Life

Center at Sanibel Community Church.

A MOPS/MOMSnext meeting includes practical teaching through speakers, demonstrations and videos. Food is also provided. All mothers are welcome to join in for honest conversations with other moms who understand the joys and frustrations of motherhood.

Meetings are held on the second and fourth Tuesdays of every month, September through May. Child care is available for those moms with children ages infant to 6.

Sanibel Community Church is located at 1740 Periwinkle Way, next to Jerry's market.

For more information, contact group coordinator Christine Szymanczyk at christine.s.parker@gmail.com.*



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Discussion On Sukkot At Sunday Seminar Series

Rabbi Stephen Fuchs of Bat Yam Temple of the Islands will join the Rev. Dr. John H. Danner, senior pastor of Sanibel Congregational United Church of Christ, for a presentation about Sukkot, sometimes called the Festival of the Booths, on Sunday, September 23 at 9 a.m. This session in the Sunday Seminar Series will be held in Heron Hall, on the lower level of the church.

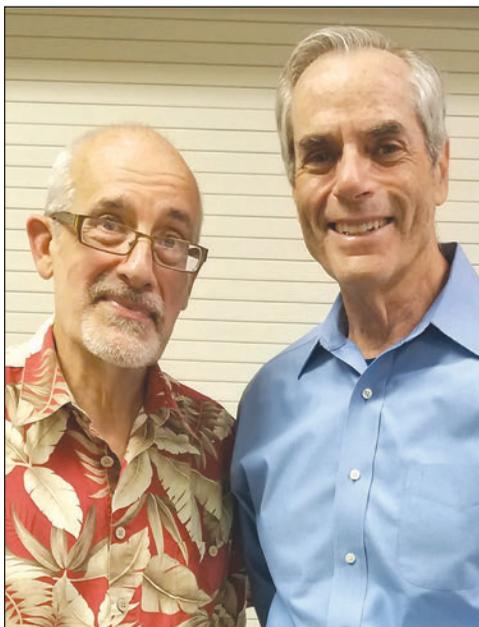
Rabbi Fuchs will explain the origins of this pilgrimage festival and some of its theological significance. He will discuss the various practices which surround it, including the building of booths, or huts – temporary shelters – reminiscent of the wandering of the Israelites for 40 years after their escape from slavery in Egypt.

Rabbi Fuchs and Pastor Danner will both reflect on the significance of Sukkot and its theological themes in terms of environmental stewardship.

All are also invited to attend the 10 a.m. worship service which follows, when Pastor Danner will speak on The Wisdom of James. Music will also be a part of the service.

Following the service, everyone will be invited to join in a special time in the sukkah that members of Bat Yam will have created in the courtyard of the facility that both congregations share. Refreshments will be served. Sukkot lasts from September 23 to September 30 this year.

All Sunday morning programs and services are free and open to the public. The church is located at 2050 Periwinkle Way. For more information, call 472-0497 or visit www.sanibelucc.org.



The Rev. Dr. John H. Danner and Rabbi Stephen Fuchs photo provided

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646
FIRST CHURCH OF CHRIST, SCIENTIST Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8, 9 and 11 a.m. Traditional in historic Chapel, 8 a.m. Contemporary

and childrens church in the main sanctuary, 9 a.m. Traditional in the main sanctuary, 11 a.m. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor, 7:45 a.m. Chapel Service and 10 a.m. Worship Service. Sunday School and nursery care at 10 a.m. 2050 Periwinkle Way, www.sanibelucc.org, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.*

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The yellow banded millipede is a common find on the playground photos provided

The Beauty Of A Nature School Curriculum

The preschoolers at the Children's Education Center of the Islands found mushrooms and millipedes on a hike recently. They collected the millipedes, measured them and had races with them. They explored the area where the mushrooms grew and turned their discoveries into a class project.

An emergent curriculum is used to build upon the interests of the children. They learn through discovery and investigation, social interactions, art, music and play. The "typical" skills that a preschool child would learn – like letters and numbers – are woven into these activities naturally. This type of learning is both developmentally appropriate and allows for incorporating the unexpected learning moments.**



Evette George and Hunter Bailey used observation skills to watch the yellow banded millipede cross the bike path



An unidentified fungus became a class project

The Community House

Alcohol Inking

Anita Gober will teach a class on Alcohol Inking on Wednesday, September 26 beginning at 9:30 a.m. She will demonstrate a number of techniques such as sticker, stamping, swiping, blowing by straw/aircan or dabbing. Minimum of three and maximum of 10 participants required for the class. Cost is \$35 per person for members and \$40 for guests. Pre-payment required by preceding Monday at noon.

Kids Cooking First Mondays

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

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

Some scholarships are available, thanks to the Rotary and Kiwanis clubs, as well as private individuals. If you are interested in donating towards these scholarships, call Teresa at 472-2155.

Baking With French Chef Andre Gratesol

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

SCA Kitchen Guild

Sanibel Community Association (SCA) Kitchen Guild members are invited to a session on Canning in the Kitchen with Chef Jarred Harris on Wednesday, October 10 beginning at 10 a.m. Register online by clicking on the activity date on the calendar.

Yoga And Shell Craft

Yoga classes continue on Tuesdays and Thursdays at 10 a.m. with Dr. Susan Pataky. Shell Craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Shell Crafters are on site until 1 p.m. on Mondays for those who would like to view or purchase their work.

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



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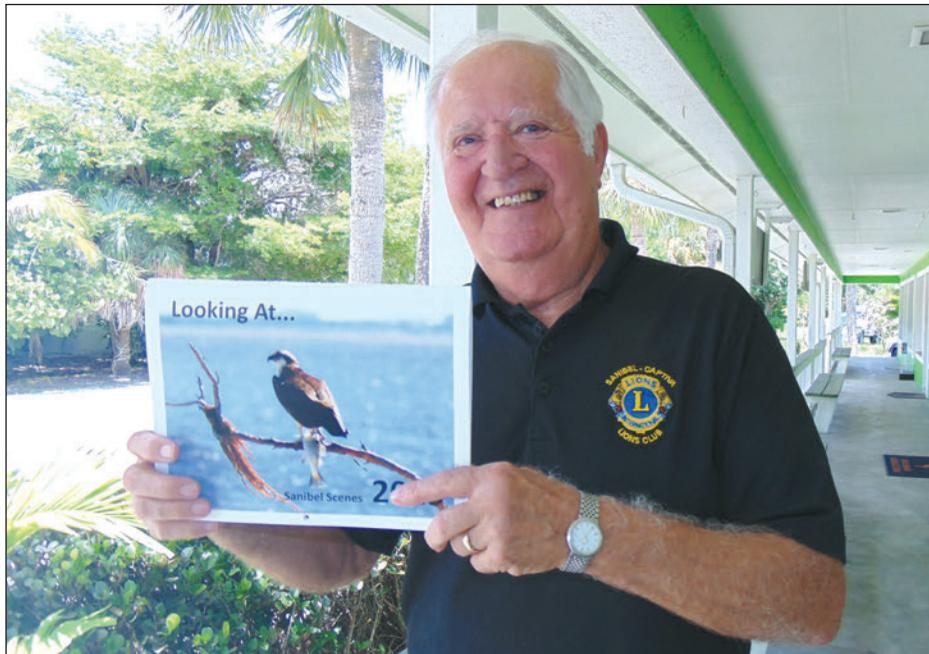
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Bob Kern pictured with his 2019 Sanibel Scenes calendar photo by Jeff Lysiak

Sanibel Scenes Calendar An Island Tradition

by Jeff Lysiak

For the sixth consecutive year, one of the island's best known Lions, handymen and amateur photographers has self-published his own calendar, 12 months of photographs that capture some of Sanibel, Captiva and the surrounding area's most magnificent sights of nature and wildlife.

Bob Kern, former owner of Island Graphics, recently released Sanibel Scenes

2019, an 8.5-inch by 11-inch calendar featuring some of his personal favorite photographs. They include closeup images of an orchid in bloom (April), a pair of young anhingas feeding (February) and upside down pelicans flying into the water (October), a juvenile alligator (July), a flock of roseate spoonbills (January) and three stunning sunsets (May, August and November).

For this year's edition, Kern again drew upon his ever-growing inventory of nature photographs.

"I think after six years, it's kind of a nice tradition," said Kern, who produced his first calendar in 2014 at the suggestion of Sanibel Public Library Director Margaret Mohundro. "I enjoy taking pictures, and I like the process of putting the calendar



Featured during the month of February is a pair of young anhingas photo by Bob Kern

together every year."

One of the trademarks Kern is known for are his one-liners, which have frequently been used in the Sanibel & Captiva Islands Chamber of Commerce weekly email newsletter. Among his wittier remarks included in the 2019 calendar are:

"I stayed up all night to see where the sun went, and then it dawned on me."

"Broken pencils are pointless."

"I did a theatrical performance about puns. It was a play on words."

"Some things are better left unsaid... and I usually realize it right after I say them."

Kern noted that he carries his camera along with him seven days a week. If he is driving around the island and sees something interesting or unusual, he'll stop

and take a picture or two. He also said that he enjoys hearing feedback from people who purchase his calendar every year.

"The first time people flip through it, they notice the photographs. But after they hang it on their wall or fridge, then they'll see the quotes," added Kern. "Some people ask me where I get that stuff. Any time I hear or think of something funny, I'll write it down. Then I pick the best ones for the calendar; I never use the same quote or the same photograph twice."

The 2019 Sanibel Scenes calendar, priced at \$13.95, is available at Bailey's General Store, Bailey's MarketPlace at Sundial Beach Resort & Spa, CVS Pharmacy, Doc Ford's Sanibel, Island Pharmacy, Suncatchers' Dream and Beach Stuff. ✨

From page 1

Awareness

the only program of its kind in Southwest Florida, and no child is denied treatment or turned away as a result of their family's inability to pay for care.

Llechu will have his head shaved by McKenzie Hummer. Ten years ago on January 29, 2008, 8-year-old McKenzie was diagnosed with an aggressive, cancerous brain tumor called

medulloblastoma that would threaten to end her life way too early. Twenty surgeries, 30 radiation treatments, 10 months of chemotherapy, numerous hospital stays and doctor visits would follow. Over the last few years, she has battled late-effect complications as a consequence to the treatments she received to save her life. She is a strong young hero that continues to defy the odds every day. Her strength comes from her faith in God, a fire deep inside to win this battle and a contagious smile.

"McKenzie has been an inspiration to me. From the moment I met McKenzie, I knew she possessed more strength and courage in her little body than I could ever hope to. I was simultaneously encouraged by her strength and saddened by the struggle that is so real in the lives of those we serve," said Llechu. "I knew that day that in order to really care for our patients and families, we needed to connect with them and show our support and solidarity in a fun, yet meaningful way. Through this head-shaving event, we can show these

children that bald is beautiful, and while we may never have the strength they do, we are with them in their journey."

Celebrity barber Yoshi of Blackbeard Company will donate his skills to clean up the sidekicks. For more information about helping kids with cancer in your community, call Lee Health Foundation at 343-6950. To make a donation, visit www.leehealthfoundation.org/clipsforcancer. For more information on the children's hospital, visit www.golisanochildrensswfl.org. ✨

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Plant Smart

Yellow Milkwort

by Gerri Reaves

Native yellow milkwort's (*Polygala rugelii*) natural habitat is wet pine flatwoods and prairies, where it grows up to three feet high.

This wildflower is endemic to Florida, meaning that it's found only in this state. Florida has more than 20 native milkwort species.

The word *Polygala* comes from a Greek word meaning "many or much," and *gala* means "milk." It was once thought that cows that eat the plant produced more milk, thus the name milkwort.

The word *rugelii* refers to Ferdinand Rugel, a botanist who collected plants in Florida in the early 1800s.

The wildflower's showy lemon-yellow flowers are borne in a thimble-shaped dense head an inch to an inch-and-a-half in diameter.

The solitary flowers top the slender grass-like stems and bloom mainly in summer and fall, although they can occur throughout the year. Large lateral sepals are at the base of the flower cluster.

The alternate lance-shaped upper leaves are small compared to the larger spoon-shaped ones at the base. The lower leaves, which form an irregular rosette, are usually gone by the time the plant blooms.

The Institute for Regional Conservation lists this herb as an imperiled species. Although it is not



Endemic yellow milkwort's flowerheads are densely packed with tiny flowers

photo by Gerri Reaves

typically cultivated or found in nurseries, you might spot it in wild areas. If so, do not gather plants or seeds from wild specimens.

Sources: *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida, Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.flawildflowers.org, and www.floridasnature.com.

Plant Smart explores the diverse flora of South Florida.✳

City Establishes New Department

by Jeff Lysiak

During its September 10 session, members of the Sanibel City Council voted unanimously to establish a Community Services Department, a reorganization of city staff effectively combining the city's planning, public works and building departments into a single entity.

After City Manager Judie Zimomra introduced the concept of the new department at the August 7 council meeting, a resolution to approve the pay grades, job titles and pay ranges for positions within the new department was introduced last week.

According to the resolution, an official classification plan for all city positions for fiscal year 2018-19 was proposed for the Community Services Department. That plan included eliminating the senior administrative assistant, planning technician, senior planner and planning director positions in the city's former planning department. It also establishes the new positions of support services supervisor and planning supervisor in the planning branch and reclassifies the public works director position to community services director.

In addition, the Community Services Department will establish a Tradesworker II position, the recreation department will eliminate the senior lifeguard/instructor and fitness contracts coordinator positions, and the police department will establish a police corporal position.

"One of the reasons we're doing this is to improve the efficiency of the organization," Vice Mayor Mick Denham said last month. "We're trying

to make it more friendly to our citizens and the community."

Following a brief discussion, Councilman Chauncey Goss made a motion to approve the resolution, which was seconded by Denham before being approved, 5 to 0. The resolution will become effective on October 1, the beginning of the first pay period in fiscal year 2018-19.✳

Vegetation Committee Members Sought

Are you interested in Sanibel's unique plants and habitats? Would you like to help educate residents, visitors and landscape professionals about the city's vegetation standards and benefits of native plants? The City of Sanibel is looking for members to serve on its vegetation committee.

Responsibilities include:

Attend committee meetings on the first Thursday of each month at 1:30 p.m. in MacKenzie Hall at city hall;

Appointees must earn a passing score on the city's Vegetation Competency exam;

Assist in the administration of the city's Vegetation Competency class and exam for landscape professionals. The class and test are offered four times per year; in January, April, June and October, on the first two Friday mornings of the month;

Assist the city's planning and natural resources departments with vegetation inspections.

Any resident wishing to serve can apply online at www.mysanibel.com. There is no submission deadline.

If you have any questions, contact the city manager's office at 472-3700.✳

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After School Cast Netting Lessons



Sanibel Sea School will offer cast netting lessons in October

photo provided

On Tuesday afternoons in October, from 3:30 to 5:30 p.m., Sanibel Sea School will offer cast netting lessons for students ages 6 to 13. Participants will have an opportunity to learn how to throw a cast net for the first time, or to improve their existing skills. In case of poor water quality conditions,

alternative science-themed activities will be offered. Pick up and drop off for this program will be at Sanibel Sea School's Flagship Campus, located at 455 Periwinkle Way. The cost is \$20 per child per session. For more information or register, visit www.sanibelseaschool.org or call 472-8585.✪

From page 1

Release

plastron (under shell) was degloved, or scraped away.

With time, veterinarians at the wildlife hospital were able to repair his shell fractures, but Shelldon's front claws, which are vital to gopher tortoises ability to dig a burrow, never grew back and his plastron left him vulnerable to injury. Since his old burrows had likely been destroyed during his time in the hospital and he was unable to dig a new one, Shelldon was determined to be non-releasable and became an animal ambassador at CROW.

As an animal ambassador, Shelldon became a favorite for all ages who visited CROW's Education Center or met him at outreach events around the county. He helped teach thousands of people about his species and the important role they play in the environment as a keystone species. When not on the job, he spent time in his man-made burrow or grazing on hibiscus flowers brought to him by CROW volunteers. It was only in recent weeks that Shelldon began exhibiting behavior the staff had never seen from him before. He began to dig.

At first, it was mere scrapings in the dirt, but Shelldon was determined to dig his own burrow. Gradually, his scrapes turned to divots and the divots turned into holes.

"Eventually, he was able to dig a deep enough burrow that he could fit inside," said Dr. Heather Barron, medical and research director at CROW. "After more than three years in our care, his plastron has healed to where it is hard enough to protect him and once he showed us he



Shelldon on his way to a new home, which will be monitored by staff at the preserve

photo provided

was capable of digging his own burrow, we knew he was ready."

State officials were contacted to consent to his release, and working with Florida Fish and Wildlife biologists, it was arranged for Shelldon to be released on August 27 to a starter burrow at Perico Preserve in Manatee County. This 175-acre park has undergone extensive restoration efforts since 2012, transforming abandoned coastal farmland into a landscape with native habitats.

While Perico Preserve offers the ideal habitat for a gopher tortoise to thrive, it also offers an added benefit for Shelldon. His new burrow will be monitored by staff at the preserve to ensure he is adapting well to his new home.✪

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Good Water, Bad Water



by Capt. Matt Mitchell

All in all, it was a good week on the water with more boats and anglers out on it than I have seen in the past six weeks. Fishing in most parts of

water was a joy as you could see mangrove snapper, sheepshead, gag grouper, snook and nurse sharks. The water in the majority of the places I have been fishing is as perfect as we ever see it. Big live shrimp and live shiners had these mangrove snapper going nuts. Over the past weekend, my clients quickly had their limits of mangrove snapper all measuring over 12 inches within the first hour of fishing and, often, all at the first stop of the day.

Catch-and-release snook fishing in and around the passes was also on fire when the passes were free of red tide. During the first 30 minutes of a low incoming tide while finishing a four-hour charter in Blind Pass one day this week, we basically had every bait we cast get hit. Most of these snook were 20 to 26 inches, but we did manage one larger 30-inch fish. Getting on a nonstop snook bite like this brought a glimmer of hope that hopefully our fishery will be ok again.

I returned several days in a row this week to get on the snook action in Blind Pass. Then just a couple of days later, the whole pass was full of dead fish floating everywhere. The latest red tide report shows the majority of our water is getting better. All I can think

of the sound was awesome although in a few places we are still experiencing fish kills caused by red tide. Clients have gradually started returning, and business is finally a little bit better than it has been. Without our water quality issues being sensationalized all over the national news, customers who did get out on the water this week were impressed and happy at the state of our fishery despite what they had previously heard.

Limits of mangrove snapper came easy all week long in the clean waters of the middle to northern sound. Fishing in five to seven feet of clear



Will Naylor visiting from England got in on the catch-and-release snook action while fishing with Capt. Matt Mitchell this week photo provided

of to explain this big fish kill is that the fish choking red tide must have pushed in from the Gulf on the incoming tide then moved right back out on the falling tide. While in the pass, all the bait I had in my livewell was surprisingly unaffected, which leads me to believe the red tide had come and gone.

The rest of the entire sound has been free of dead fish for the past few

weeks.

It's really heart-breaking to watch our marine life being wiped out as it gets suffocated by red tide fueled by polluted water discharges. What makes it worse yet is to know that nothing at all is being done short term and, that no matter how much attention we bring to this problem, nothing changes. Adding

continued on page 24

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Dave Doane

AIP Outfitters Expanding North

by Jeff Lysiak

One of the island's most accomplished businesses catering to adventurers, travelers and poolside loungers who think "outside the box" is hoping to replicate their success in another city. The Stewart family, owners/operators of Adventures In Paradise Outfitters to the Outsiders (better known as AIP Outfitters), recently announced they will be opening a second store location in St. Petersburg.

"We want to create an ambiance that mimics the Sanibel experience in a store that makes you feel like you're at home," said AIP Outfitters co-owner Josh Stewart. "The store is located right on Beach Drive in an area that reminds you of downtown Naples... it's got a real friendly vibe with a lot of popular stores and restaurants nearby."

Located in the Tahitian Gardens shopping center on Sanibel, AIP Outfitters opened in 2010. The business offers quality, stylish apparel for men and women, footwear, hats, books, mugs, Tervis Tumblers and island-themed gifts. The Stewart family has also operated nature cruises, fishing excursions, trolley tours and private tours on Sanibel since 1986.

According to Stewart, the newest AIP Outfitters location will open sometime around the second week of October. "In fact, we're gonna be able to go out our front door, look down towards the marina



Josh and Audrey Stewart, high school sweethearts and Sanibel locals, will be opening up shop in downtown St. Petersburg photos provided

and see the new Doc Ford's restaurant," he said, noting the fourth location of the Doc Ford's franchise will be opening in the St. Petersburg Pier District in 2019. "I keep getting email alerts from the City of St. Pete and the chamber of commerce. There are a lot of things that are happening up there, so it's kind of exciting to be a part of that."

Like the Sanibel location, AIP Outfitters' new northern locale will offer

top name brands like Tommy Bahama, Patagonia, Orvis, Island Company and Olukai, in addition to new merchandise from Vineyard Vines, Southern Tide and Faherty. It will also be designed similar to its flagship store, which has the ambiance of a relaxed rec room, complete with a library, bar and billiards table.

Brooke Mason, who began her retail career as a sales associate at AIP Outfitters, has been named the new store



Parker Stewart inspecting the new site

manager. "Her parents used to live next door to my parents," noted Stewart. Bianca Ferrara will serve as manager-on-duty in St. Petersburg. She attends the University of South Florida St. Pete campus, a five-minute bike ride from the store.

"We're hoping to bring a little taste of Sanibel to the St. Petersburg store," added Stewart. "I was 8 months old when my family moved to Sanibel, so I've got the islands in my bones."

The new AIP Outfitters will be located at 40 Beach Drive NE in St. Petersburg. For more information, call 472-8236 or visit www.thesanibelstore.com.

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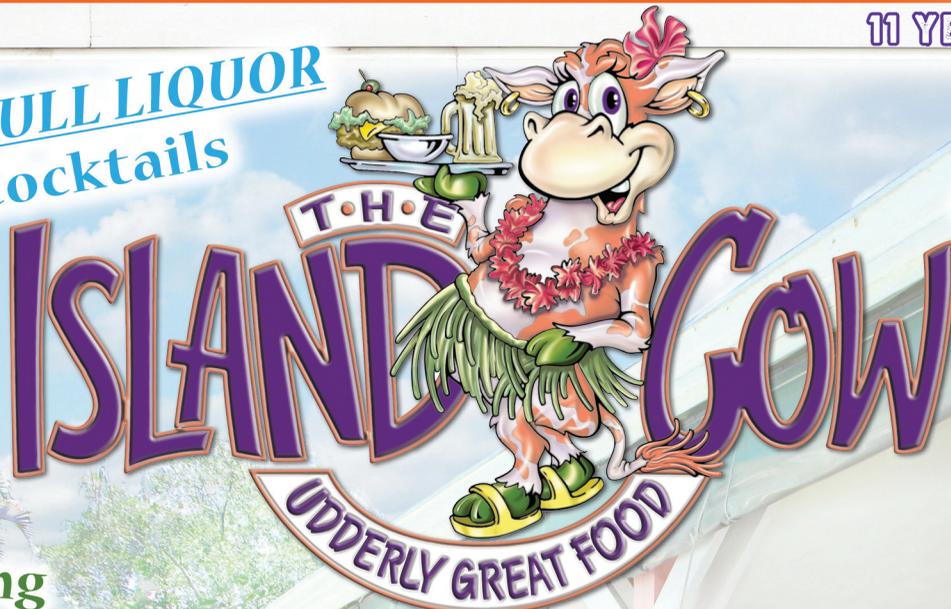
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Shell Of The Week

The Buttercup Lucine



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

The Buttercup Lucine, *Anodontia alba* Link, 1807 is a local clam belonging to the diverse family Lucinidae. Its shell may reach about 50 mm (about two inches) in length, and is circular, inflated, with many fine, *commarginal* (concentric) growth lines. The color is mostly dull-white, and the internal surface of the shell valves is bright-yellow to orange. Lucinids are mostly filter-feeders that also host symbiotic bacteria in their gills, which provide them with an additional source of food. The Buttercup Lucine is no exception to that. Learn more about the species at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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The Buttercup Lucine, *Anodontia alba*, from Sanibel.

photo by José H. Leal

www.shellmuseum.org or call 395-2233.

Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.*

The Bailey-Matthews National Shell Museum is located at 3075

Launch Ramp At Tarpon Bay Open

Earlier this month, the JN "Ding" Darling National Wildlife Refuge reopened the public launch ramp at Tarpon Bay. Due to the construction of the Sanibel-Captiva Conservation Foundation's new marine lab, along with upgrades to the Tarpon Bay seawall and dock, the public launch ramp was closed to all personal vessels. The construction restricted parking capabilities and room for safe launching operations.

Visitors are now allowed to launch nonmotorized and motorized vessels up to 25 feet. A fee of \$7 and \$15 is assessed for nonmotorized and motorized vessels respectively. Launchers can put in as early as 8 a.m. but must return a half hour before Tarpon Bay Explorers closes (5 p.m. October through mid-April, and 6 p.m. mid-April through September).

Tarpon Bay Explorers is happy that they will be able to accommodate all visitors for the foreseeable future. "We want to spread the word as much as possible. A lot of people bring their kayaks or paddleboards from far away to paddle here. It is a gorgeous place to be on the water, so we are really happy we can now allow everyone to enjoy the bay," said Adam Sauerland, program and education manager at Tarpon Bay Explorers.*

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Celebrity Chef Tour Dinner Returns To Il Cielo

The award-winning Il Cielo restaurant on Sanibel will host its second James Beard Foundation (JBF) Celebrity Chef Tour Dinner on Thursday, November 29. The tour brings a taste of what happens at the James Beard House in New York City to more than 20 cities across the country each year. Tickets for the two-night event will go on sale soon.

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

"The opportunity for us to host a second James Beard Celebrity Chef Tour event at Il Cielo is something we are looking forward to," said Marcus Preece, Il Cielo's general manager. "For just one night, we will be hosting award-winning chefs from across the country who, in turn, put together a six-course meal that everyone can enjoy." This year will also feature a chef meet and greet on Wednesday, November 28 from 5:30 to 7:30 p.m.

The James Beard Foundation's mission is to celebrate, nurture and honor chefs



Chef Melissa Akin photos provided



Chef Ed Sura

and other leaders making America's food culture more delicious, diverse and sustainable for everyone.

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

For more information, visit www.ilcielosanibel.com or www.jamesbeard.org/events/sanibel-island-fl-2.



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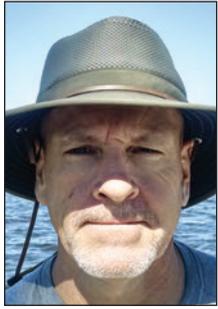
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CROW Case Of The Week:

Double-Crested Cormorant



by Bob Petcher

The double-crested cormorant (*Phalacrocorax auritus*) is the ultimate waterbird since it is usually found floating low on a water surface or diving underwater to snag fish with its hooked bill. When not submerged, the brown-black, long-bodied bird can be seen on the water's edge spreading its wings to dry its feathers after swimming.

At CROW, an adult double-crested cormorant was admitted from the Sanibel Isles neighborhood on Sanibel after it was found near the side of the road. Upon its intake exam, medical staff noted the bird to have clinical signs of brevetoxicosis, or red tide poisoning, which include mild ataxia, dehydration and thin body condition.

Veterinarians also noted that the patient's left wing had poor range of motion. X-rays showed the cause was from an old injury. During healing of the past injury, the patagial tendon – a tendon in the wing that is key to successful flight – had adhered to the radius of the bird's wing. After a few days of treatment to stabilize the bird from the effects of brevetoxicosis, it underwent surgery to address the tendon adhesion injury. Surgery was performed on September 13 to separate the tendon from the radius.

"The surgery involved making a small incision through the skin allowing access to break down scar tissue from the skin that had adhered to the underlying bone and tendons. These tissues being connected prevented normal extension and use of the wing," said



Patient #18-3575 sporting a wing bandage and unable to fly as of midweek photo by Brian Bohlman

Dr. Kyle Abbott, CROW veterinary intern. "This surgery was intended to loosen the tendons from the scar tissue and result in better movement and wing extension."

A non-adherent material was placed between the tendon and the radius to prevent adhesion from reforming.

"A human product named Seprafilm was placed

between the tendons and bone to prevent further adhesions from forming. If these tissues were to re-adhere, the initial issue for which surgery was performed would return," said Dr. Abbott. "The goal of this surgery was to return this bird's normal wing extension and help it attain as normal flight as possible. There are a number of steps that need to be done first before determining if flight is possible, but it is looking promising. Physical therapy will be important to help its recovery. There is potential with all this care that it may not be able to fly again."

The double-crested cormorant is still undergoing treatment for brevetoxicosis and rehabilitation from surgical procedures.

"The patient is receiving daily physical therapy and is recovering steadily from the red tide poisoning," said Dr. Abbott. "We are having challenges with the surgery site healing without forming excessive scarring. This is the most likely complication to occur. Currently, we are attempting to stretch out the skin, which had contracted down with this injury."

Even while red tide is reportedly being pushed off to sea with decreased concentrations being observed in this area, clinic signs of brevetoxicosis are still present within wildlife.

"CROW continues to see suspected brevetoxicosis patients. At least 20 new suspected red tide cases were admitted in the last week – between September 10 and September 16," said Dr. Abbott. "Tests continue to show some areas with high concentrations of *Karenia brevis* organisms, but even if the bloom subsides, toxins can persist in the food chain and continue to affect wildlife."

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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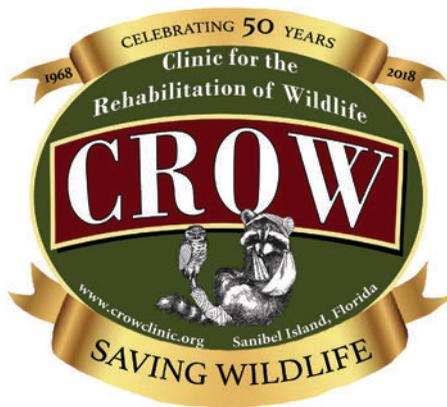
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CROW Calendar Of Events



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

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

Friday, September 21, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, September 21, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, September 24, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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

be present.

Tuesday, September 25, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

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

Wednesday, September 26, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, September 26, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only

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

Thursday, September 27, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, September 27, 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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Paddling For Peace Of Mind

by Ocean Tribe Paddlers



It is a well-known fact among paddlers that the sport has many physical benefits. Paddling regularly will lead to improved strength and balance over time. Perhaps less widely appreciated is how paddling affects the mind.

Studies have shown that paddling reduces stress. This effect has been linked to both exercise and the calming influence that many water-based activities have on the brain. Paddlers also experience improved moods, lower rates of depression and higher confidence than non-paddlers.

Spending time in nature promotes relaxation, and being surrounded by blue – the color of water – may amplify the brain's response. Blue is known to send the mind into a meditative state, encourage creative thinking, and boost health and happiness. In the past, some doctors even prescribed time near the ocean to heal a variety of illnesses. There is a group of researchers studying this phenomenon, led by Wallace J. Nichols. To learn more, we recommend reading his book, titled *Blue Mind*.

It is also possible to enter a meditative state while paddling, and meditation is linked to a whole collection of mental and emotional health benefits – relief from anxiety, enhanced self-awareness, increased attention span, a lower risk of memory loss, and the list goes on. The most important thing to know about meditation is that there is no right or

wrong way to meditate. While paddling, we suggest tuning in to the rhythm of your paddle strokes and to the sights, smells and sounds of nature around you. With each exhale, try to push any "clutter" out of your mind. Let go of your to-do list and your worries while you paddle, and focus only on your connection with the world around you.

After completing a mindful paddle, we often find ourselves feeling more energized and ready to face any challenges that are presented to us during the day ahead. Give it a try next time you're on the water – if you like it, make it a habit and enjoy the lasting benefits. Happy paddling!

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

Parking Fees Waived Through September 30

The City of Sanibel reported that the suspension of parking fees at all Sanibel beaches, in place since August 24, will continue through September 30.

Over the last week, beach conditions on Sanibel have continued to improve. The City of Sanibel has not received any reports of fish kills on Sanibel beaches or in canals in over a week, as of September 12. There have been additional sporadic reports of dead turtles washing ashore on Sanibel, including three turtle carcasses on September 11 on the west end of the island.*



Kay Casperson, right, with staff at Sundial Beach Resort & Spa

photo provided

Spa Owner Offers Discount For Locals And Visitors

Locals and visitors will be able to take some much needed time to care for themselves now through the end of the month. The Kay

Casperson team is extending 50 percent off of all spa, salon and boutique purchases until the end of September. "We are hoping to see our local friends take advantage of this opportunity to rest, relax, refresh and rejuvenate before things get busy again," said Casperson. "We know how easy it is to get caught up in taking care of everyone else, and we are hoping people stop for just a day

or two to take care of themselves." Casperson and her team are inviting locals and visitors to come and experience massages, facials, natural and Shellac manicures, pedicures, hair cuts and color as well as waxing. Also included in the sale are skincare, haircare, bodycare, cosmetics, vitamins, essential oils, candles, room sprays, home accessories and apparel.

LIVE ON THE ISLANDS

Il Cielo has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

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



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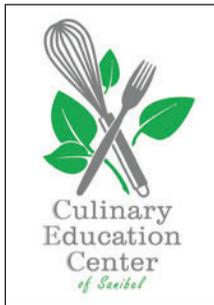
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The Community House
Squash



Cucurbitaceae family. This family also includes cucumbers, melons, pumpkins and gourds.

Squashes are categorized into two types, summer and winter squashes. Summer squashes are fast maturing, have thin rinds that can be eaten, but can't be stored for long periods of time and are picked when immature. Winter squashes take longer to mature, have thick rinds that need to be peeled, are picked when completely mature and can be stored for several months.

The U.S. is actually the world's largest importer of squash, with 95 percent of it coming from Mexico. Florida leads the United States in squash production, followed by New York, California and North Carolina.

Squash is an excellent source of vitamin A, vitamin C, potassium and manganese. It's also a good source of calcium, magnesium, vitamin E, thiamin, niacin, vitamin B6 and folate.

Here is a simple recipe to try:
Butternut Squash And Roasted Garlic Hummus With Goat Cheese

- Ingredients**
 2 pounds butternut squash
 4 tbsp. olive oil, plus extra to rub on the squash and garlic, and to serve
 2 whole garlic bulbs
 Zest and juice of 1 lemon
 2 tbsp. tahini
 10 sprigs of fresh thyme (leaves removed)
 ½ bunch of flat-leaf parsley (finely chopped)
 2 ozs. goat cheese
 Salt and black pepper
- Method**
 Preheat oven to 375F. Cut the

by Resident Chef Jarred Harris

The squash is one of the oldest crops in the world. There is evidence of squash cultivation dating back at least 10,000 BC in Central Mexico, Peru and the Eastern United States. During that time, squash, corn and beans formed the staple diet of many native Indian tribes throughout the Americas. Squash comes from the Narragansett Indian word "askutasquash." This roughly translates into "eaten raw or uncooked." The squash was prized by early Native Americans, because the entire plant is edible. The shoots, leaves, flowers, seeds, tendrils and stems can all be eaten.

Northeastern Native American tribes grew turban squash, pumpkins, yellow crooknecks, patty pans and Boston marrows, which is the oldest squash variety still sold in America. Southern tribes raised winter crooknecks, cushaws, green and white striped sweet potato squashes.

All squash are members of the

butternut squash in half and remove the seeds. Rub it with olive oil and a pinch of salt and pepper. Bake in the oven for 45-60 minutes, or until tender.

Split the garlic into individual cloves but keep the peel on. Rub them with a little olive oil and bake for around 20-25 minutes beside the squash. Keep an eye on the garlic cloves; they should be tender and golden, not hard and burned.

Scoop out the flesh of the butternut squash and peel the garlic cloves. Place both in a blender and add the lemon zest, juice, tahini and half the parsley. Pulse until the garlic and squash are well combined. Transfer to a bowl.

Add chopped parsley and season to taste with salt and pepper. Serve with crumbled goat cheese and a splash of olive oil on top.

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.*

meaningful ocean experiences to those in need.

Tickets are \$25 per participant, and individual and business sponsorship opportunities are available. To learn more and sign up, call 472-8585 or email info@sanibelseaschool.org.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time.*

American Legion Post 123



American Legion Post 123 is serving barbecued chicken and ribs this Sunday, September 23 from noon to 8 p.m. The following Sunday, September 30, chicken parmesan is on the menu from from noon to 8 p.m.

On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

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

Sea School Scavenger Hunt

Sanibel Sea School will hold its 1st annual Flip Flop Family Scavenger Hunt on Saturday, November 3 beginning at 10:30 a.m. The island-wide scavenger hunt will be full of laughs and challenges for participants of all ages, and will end with a bonfire celebration on the beach. All proceeds will support the organization's scholarship fund to provide

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At Periwinkle & Casa Ybel



Baked Vegetable Tortilla Towers

- 12 flat hard shell corn tortillas (tostada size)
- 1 tablespoon vegetable oil
- 1 red onion, thinly sliced
- 2 cups mushrooms, thinly sliced
- 2 carrots, sliced as thin as possible
- 1 medium zucchini, thinly sliced
- Kosher salt and fresh ground pepper, to taste
- 1½ cups low-fat jack cheese (or your favorite), grated
- 1 cup homemade vegetable salsa (or your favorite store-bought)
- ¼ cup low fat sour cream
- ½ cup scallions, chopped

Pre-heat oven to 400 degrees. Heat oil over medium-high heat in a large sauté pan. Add onion and sauté, stirring frequently for 3 to 4 minutes. Add all other vegetables and continue cooking, stirring occasionally, until vegetables are crisp-tender, about 5 minutes. Remove from heat and season with salt and pepper.

Place four tortillas on baking sheet. Evenly distribute spoonfuls of the sautéed vegetables on each tortilla, then add a small amount of the cheese. Repeat so that you have four stacks with three tortillas each. Make sure to save some cheese for the top of the last layer.

Bake for 6 to 10 minutes until the stacks are heated thoroughly. Garnish the top of each stack with salsa, sour cream and scallions. Serve warm.*



Baked Vegetable Tortilla Towers

photo courtesy Fresh From Florida

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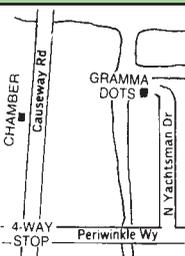
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Temporary Closure Of Sanibel Library

As Sanibel Public Library continues its renovation project, the facility will be closed to the public from Friday, September 21 through Tuesday, September 25. Crews will be delivering and installing bookshelves and other large furniture during that time.

This temporary closure will allow work to be expedited while maintaining safety to the public. Library staff will be working during that time, and will be answering the phone. Patrons can call 472-2483 if they need assistance. There will not be overdue fines assessed for materials returned late during this time. The book drop is located outside of the building to allow patrons to return DVDs, magazines, books and any other library material.

The Library's eShelf, for eBooks and downloadable audiobooks, movies, music and magazines will be available even when the library is closed. For printing, fax and notary services on the island, contact SanCap Pak-n-Ship or Qwik Pack & Ship. The Sanibel & Captiva Islands Chamber of Commerce website has a list of locations with public WiFi, including the Captiva Memorial Library.

Weekly youth events run from September 26 through October 3:

Geared specifically for children in fourth through sixth grade, the After-school Clique will meet on Tuesdays at 3 p.m. The group will be crafting, building,



Murray Lewis moving bookshelves

photo provided

making, and playing, with books and a snack thrown in.

Family story time for young readers and their caregivers will be held on Wednesdays at 10 a.m. and on Thursdays at 11 a.m. This program helps youngsters develop pre-reading skills through songs and stories.

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

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

Weekly children's programs are listed on the library's online calendar. The weekly youth schedule resumes on October 16. No registration is required for these programs.

For more information, visit www.sanlib.org.

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following classes and workshops:

Intermediate Tap with Bobby Logue – Fridays, October 5 through 26, 9 to 10:30 a.m.

Hip Hop/Jazz with Bobby Logue – Fridays, October 5 through 26, 10:45 to 11:45 a.m.

Adult Tap with Bobby Logue – Tuesdays, October 9 through 30, 12:30 to 2 p.m.

Beginner Tap with Bobby Logue – Tuesdays, October 9 through 30, 2:15 to 3:15 p.m.

BIG ARTS Concert Band practice with Mike Lamade – Mondays, October 15 through April 19, 6 to 8 p.m.

BIG ARTS Community Chorus rehearsal with Ellen Whitten – Tuesdays, October 16 through December 11, 6:30 to 8:30 p.m.

Paint with Friends (open studio) with Jane Hudson – Wednesdays, October 17 through March 27, 1 to 4 p.m.

HD Live at the Met Lecture on *La Fanculla del West* with Tom Cimarusti – Friday, October 26, 1 to 3 p.m.

Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. Preregistration is recommended. For complete course descriptions and the full season's workshops and class schedules, visit www.bigarts.org/workshops, or email info@bigarts.org.



BOGO BY THE BEACH.

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



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Book Review

Ted Baker in
Terrorist Gold

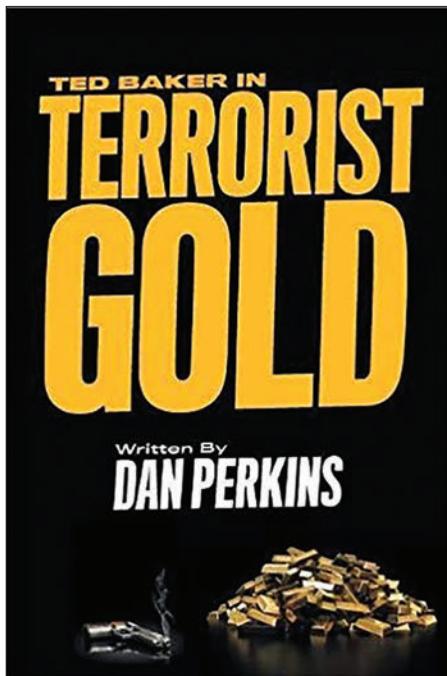
by Di Saggau

Dan Perkins, has written a trilogy on *The Brotherhood of the Red Nile*, and fans have asked for another book because members of the Pathfinders (the good guys) have become their friends,

and they want to know what happens to their relationships. In *Terrorist Gold*, Perkins brings closure to some subjects while opening the doors for the next book in the series. If you have not read the trilogy, don't worry. While it helps to know the back story, this book does stand on its own.

It opens with Viktor Antipova in Moscow, listening to the United States president deliver an address, that ends with him saying, "And to the terrorists, keep this in mind that we are coming to get you wherever you are. We will take your money; we will take your weapons; and if we have to, we will take your lives." Victor, who has trillions of dollars at stake, vows not to give up without a serious fight.

President Jordan wants America to become the low cost provider of energy to the world. Meanwhile, 6,000 miles from Moscow in Sanibel, home of Mike Ridley, the five Pathfinders are excited because the



president has said the government will give them the money needed to find the source of the terrorist groups' funding. They know that Antipova, a Russian oil billionaire, has somehow corrupted a United States senator and that he is connected to one member of the Brotherhood of the Red Nile terrorist group.

The Pathfinders first job is to try and figure out how he corrupted Senator William Wild, who recently lost his bid for president. Eventually they think Antipova is blackmailing Wild, but why is what they have to find out. They begin by examining his bank records and campaign finances.

Meanwhile, Mike suffers a massive heart attack and that results in Ted Baker taking his place to lead the Pathfinders. It also strains his relationship with Hadar, now that he is her boss. A beautiful young woman named Natasha adds a complicated dimension to the plot, especially as to her relationship to Antipova.

The Pathfinders learn that the Brotherhood is planning a new attack on

the United States using the MERS virus. If this biological attack works, tens of millions of Americans will die. They begin to work out a plan to defuse this attack. *Terrorist Gold* is fast-paced and the characters are very engaging. It also opens doors for Perkins next book in the series *Russian Escape*. But he says it will have to wait its turn until he finishes his first historical fiction, *Abraham Lincoln and the Second Assassin*, due out later this year.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

For many teens and especially those with learning and attention issues, homework can be a challenge. And for their parents, battles over homework

can seem almost as challenging. Here are some ideas to help with those homework fights and make the process easier for everyone.

A homework contract may be an excellent solution for you. A homework contract is an agreement that outlines what you and your child will do to make sure his or her homework gets completed on time and well. It addresses the issues that are specific to your child's homework struggles.

For example, if your child has issues with time management, you can specify the time of day he or she will do homework. If he or she leans on you for help more often than you think he or she should, you can outline when and how you'll help with homework.

Your child's homework contract may also outline rewards and consequences for following or failing to follow the contract.

Agreeing on a homework contract can ease the tensions that lead to homework battles. A contract can outline a clear set of rules for both of you, based on what you need from each other. Here are some additional suggestions to think about for your child's contract.

If your child waits until the last minute to ask for materials he needs for a project, the contract can specify that he must give you three days' notice. If you don't usually check homework until morning, the contract can say you have to review it the night before.

You might want to include whether your teen is allowed to study with friends in the contract. Some teens do work better with friends. They may find it easier to understand something when a "study buddy" explains it. Of course, your child may tend to goof off with some of his friends, so studying together may not be a good idea and your contract can include that.

Sometimes kids need a little more help than a study buddy can provide. And if you and your child battle over homework, it may be a good idea to enlist someone else to work on his studies with him.

One option is to get him a tutor. Talk with the teacher or school counselor for tutoring suggestions. You can hire a tutor or your child may even qualify for free

tutoring services. You might also consider online tutoring or ask his school about peer tutoring programs. Some teachers will provide a study space during, before or after school and may offer extra help.

Emails, social media and cell phone calls should be prohibited during study time although some technology can help your child with his homework. Some kids listen to music to reduce other distracting sounds. Others find typing easier than writing and may use graphic organizer software to keep track of their thoughts. Many teachers also require technology to complete homework, even if only to type up assignments. Identify in the contract what and when technology is allowed.

For kids who have trouble with time management, cell phone alarms and timers may be helpful. Electronic planners can let them stay on top of assignments more easily. There are also apps to aid with writing and apps to help with math. So, while social media isn't helpful for studying, there are many ways technology can be of great assistance.

Shelley Greggs is former faculty at Florida SouthWestern State College where she taught 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 or at www.schoolconsultationservices.com. Not all questions submitted can be addressed through this publication.✪

From page 12

Capt. Matt

more to the frustration is that the solution is just so simple: Stop the water releases coming down the Caloosahatchee river from Lake Okeechobee by flooding the land south of the lake and restore the natural water flow to the Everglades. This supercharged red tide bloom is larger than we have ever seen, and it continues to be fed by the nutrient rich water coming down the river.

Fisherman naturally are optimists although its tough to be optimistic when there is no solution in sight for our water quality issues that have not been addressed for decades. Elected politicians in the pocket of Big Sugar show no urgency to stop the water releases bringing irreversible damage to our estuaries.

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.✪

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Poet's Corner



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

One night I dreamed I was
a caught mermaid netted

inside a ship's hull. Another,
the three of us cast
in an emergency of waves,

woken just before the drowning.
I learned how not
to be the vanished sister.

To suck meat from crab legs,
peel out the eyes for otters,
place the shells carefully

into the yellow bucket.
To speak as though nothing
and everything was crucial,

as though the wish for two souls
like gulls returning to rock
was possible, night workers
swarming

the dock, reeking of fishwater.

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

selected by Hannah Star Rogers

ALASKA

by Carlie Hoffman

For weeks I've envisioned an iceberg
on the cusp of breakage. A north
star stitched
overhead, calling.

My sisters stand in a frame
of black ribbon, pretty
as two distant hills.

Eleven barefoot summers we
scanned
the wharf for snowshoe hares,
watched gulls cut through wind

in reckless vicissitude.

From page 1

Lemonade Sales



From left, Camille Whalen, Chloe Selby, Dr. Robin Bast, Brooks Selby, Wyatt Whalen and Lydia Whalen at CROW photo by Beth Anne Whalen

donated to CROW.

After setting up their stand, the children took turns holding up signs to passing motorists and people using the shared use path. At the same time, others served the cold beverages.

"It was so fun to see how many people got excited about helping CROW," said Ava Selby. "Everyone is affected by the red tide, so it's something we all care about."

"A few months ago, we took a snake that was caught in a net to CROW,"

added Lydia Whalen. "We got to stay and watch the doctors save him, and that was pretty cool."

For their efforts, the group raised more than \$200. The children presented the money to CROW last week.

"The response for passers-by was very positive; most everyone stopped and supported their cause," said Beth Anne Whalen. "Some of the kids got to take the money to CROW and meet veterinarian Dr. Robin Bast. The whole CROW team was very grateful." ✨

SONGWRITERS AT THE LIBRARY



CAPTIVA

Bill Metts Host & Supplying Sound

2 p.m. Friday, September 21

Captiva Memorial Library, 11560 Chapin Lane

Bill Metts • Bruce Gallant • David Hintz

DOWNTOWN FORT MYERS

Mike McMillan Host & Supplying Sound

5 p.m. Thursday, September 27

Fort Myers Regional Library, 2450 First Street

Robert Bidney • Carlene Thissen • Mike McMillan



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From left, Melissa Rice, Arlene Dillon and Kevin Greten

photos provided



From left, Antonette and Bruce McDonald with Ken and LeAne Suarez

Give Back Wednesday At Thistle Lodge

Melissa Rice, executive director of Community Housing and Resources (CHR), thanks the community for being part of the local #GBW (Give Back Wednesday) fundraiser at Thistle Lodge earlier this month.

“Without the help and support of our community, many of the employees who serve us all here wouldn’t be able to afford to live close to work,” said Rice. “The average rent on Sanibel is \$2,400 a month and that’s been steadily increasing. CHR bridges the gap by providing housing to our workforce at an affordable monthly rent of just 30 percent of their income, which is the nationally recognized amount anyone should pay



Calli Johnson

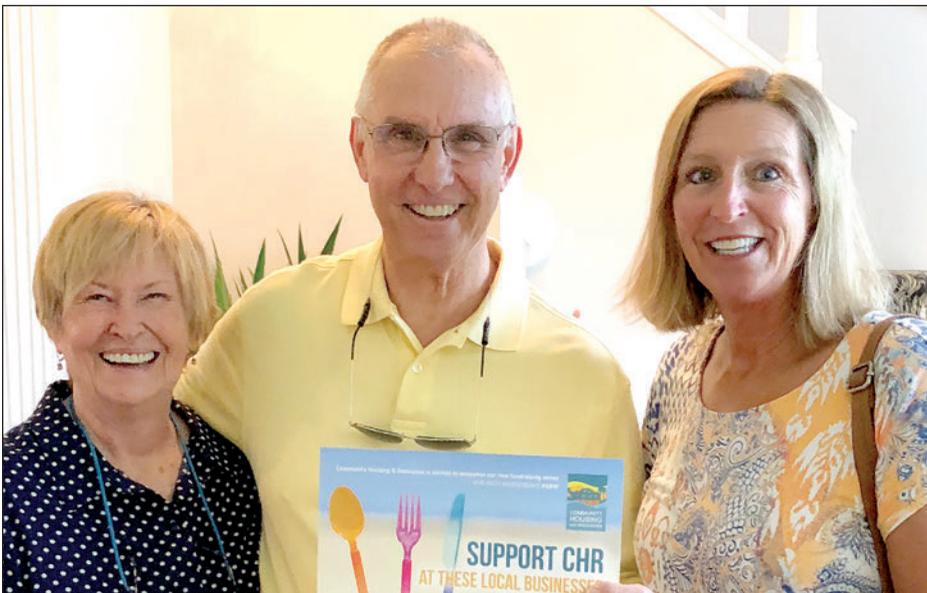
for housing. Thank you for supporting local and supporting CHR, a needed island nonprofit.”*✱



Kimberly Salerno and Stephanie Mincy



Sharon Schuyler and Elizabeth Boone



From left, Sandy and Les Boyle with Diane Silhavy



From left, Jayne Lumley with Barb and Alan Marti



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More listing info & real estate blog at SanibelSusan.com

 FRIDAY Sunny High: 90 Low: 80	 SATURDAY Mostly Sunny High: 88 Low: 78	 SUNDAY Partly Cloudy High: 90 Low: 80	 MONDAY Sunny High: 87 Low: 77	 TUESDAY Sunny High: 89 Low: 75	 WEDNESDAY Mostly Sunny High: 88 Low: 78	 THURSDAY Partly Cloudy High: 90 Low: 76
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:50 am	5:05 am	11:28 am	6:14 pm
Sat	1:09 am	5:47 am	12:15 pm	6:46 pm
Sun	1:24 am	6:24 am	12:55 pm	7:13 pm
Mon	1:37 am	6:58 am	1:33 pm	7:38 pm
Tue	1:50 am	7:32 am	2:10 pm	8:01 pm
Wed	2:06 am	8:09 am	2:49 pm	8:24 pm
Thu	2:28 am	8:49 am	3:33 pm	8:49 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	10:33 am	5:07 am	None	6:16 pm
Sat	12:14 am	5:49 am	11:20 am	6:48 pm
Sun	12:29 am	6:26 am	12:00 pm	7:15 pm
Mon	12:42 am	7:00 am	12:38 pm	7:40 pm
Tue	12:55 am	7:34 am	1:15 pm	8:03 pm
Wed	1:11 am	8:11 am	1:54 pm	8:26 pm
Thu	1:33 am	8:51 am	2:38 pm	8:51 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:03 am	5:00 am	None	6:13 pm
Sat	12:45 am	6:12 am	12:14 pm	7:02 pm
Sun	1:16 am	7:05 am	1:02 pm	7:42 pm
Mon	1:45 am	7:50 am	1:42 pm	8:18 pm
Tue	2:13 am	8:30 am	2:24 pm	8:52 pm
Wed	2:41 am	9:08 am	3:09 pm	9:23 pm
Thu	3:05 am	9:44 am	3:56 pm	9:51 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:00 am	8:21 am	1:38 pm	9:30 pm
Sat	3:19 am	9:03 am	2:25 pm	10:02 pm
Sun	3:34 am	9:40 am	3:05 pm	10:29 pm
Mon	3:47 am	10:14 am	3:43 pm	10:54 pm
Tue	4:00 am	10:48 am	4:20 pm	11:17 pm
Wed	4:16 am	11:25 am	4:59 pm	11:40 pm
Thu	4:38 am	12:05 pm	5:43 pm	None

Island Seniors At Center 4 Life

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

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

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

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

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

Line Dancing Classes – Monday, September 24 at 11 a.m. Cost is \$2.50 for members and \$5 for non-members.

Join the group on Monday morning for an hour of fun. The instructor will review dance steps then turn up the music for

dancing. Bring a friend.

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

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

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

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

The Magic of the Keys – Tuesday

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

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

Let's Write with Vicky Lettmann – Mondays, October 29, November 5 and 19 from 10 a.m. to noon. Cost for members is \$15 per class; non-members are \$20 per class.

This class is for anyone who wants to write. During class, you will look at short examples of effective, engaging writing and then plunge into your own writing using exercises, prompts and various jumpstarts. Bring a notebook and pen. Space is limited, so sign up early.

Games

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

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

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

Hand & Foot – Thursday at 12:00 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – September 25, October 9 and 23 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug

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

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

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

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

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

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

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

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



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Speaker Shares Impact Of Sports Tourism

The Lee County Sports Development (LCSD) office was created in 2003 to meet the growing demand for a dedicated sports development agency. Its executive director, Jeff Mielke, spoke to Sanibel & Captiva Islands Chamber of Commerce business members during the monthly luncheon.

"We are responsible for bringing sporting events to fill facilities, which brings tourism," said Mielke. "As one of the states' 28 regional sports commissions, we perform a number of important community functions."

The LCSD, a partner with the Lee County Visitor and Convention Bureau, uses sports as a vehicle to diversify the county's tourism industry. It solicits state, regional, national and international sporting events, thus creating an increase in economic impact from sports tourism. Last year, the LCSD made a direct economic impact of nearly \$66 million with 144 events. There were a reported 150,670 hotel room nights sold and 90,000 spectators.

There is a diversification in the types of sports, from youth bowling tournaments and figure skating competitions to professional baseball. The warm weather and an international airport certainly aid in attracting



Jeff Mielke photo provided

sporting events, but Mielke says it's mostly the facilities.

"Facilities make the difference when soliciting for events," said Mielke, who credits customer service as the number one reason for the agency's success. "Our facilities are county owned and operated by the Lee County Parks and Recreation Department, which gives us an advantage for a better economic impact."

Sundial Beach Resort & Spa hosted the luncheon, which is a networking opportunity for members on the second Tuesday of each month, and features a guest speaker.

Luncheon sponsor was the Sanibel-Captiva Lions Club, which is celebrating its 50th year of serving the islands and

the 100th anniversary of Lions Club International.

"We appreciate the support of our members, luncheon host and sponsor," said Chamber President John Lai.

Superior Interiors Shine On With Metallics



by Linda Coin

Metallics have made appearances in many scenes around the decorating world, and for good reason. These shining accents add elements to a room like few other materials

can do. Classic metals instantly add an industrial feel to an abode, but the use of a glimmering throw pillow or blanket brings a style of elegance to a room.

The vast world of metallics is generally divided into two categories: warm or cool. Cool pieces include silver, platinum and stainless steel, while gold, copper, brass and bronze are considered warm. Each variation has the power to make a space unique.

Cool-toned metals are often found in the kitchen and bathroom, but adding copper or brass light fixtures and accessories offers an inviting feel to normally stark settings. On the other side of the spectrum, opting for stainless steel

"We also appreciate Jeff Mielke taking his time to be our guest speaker. He presented interesting facts and figures on our county's sports tourism industry." ✨

or silver pieces will lend a space more towards a contemporary style.

Accessories such as metallic frames and fabrics add a dose of luxury to any room, but why stop there? Metallics can take center stage in the form of wall coverings or coffee tables. Whatever form it may be in, metallics will bring everything and more. From industrial to luxurious, the shine of this up-and-coming staple may even bring the feel of the glimmering beach right into a home.

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

Top Ten Books On The Island

1. *Fear* by Bob Woodward
 2. *Brain on Fire* by Susannah Cahalan
 3. *Leopard at the Door* by Jennifer McVeigh
 4. *Ninth Hour* by Alice McDermott
 5. *Bookstore* by Deborah Meyler
 6. *In Pieces* by Sally Field
 7. *Vox* by Christina Volcher
 8. *Florida* by Lauren Groff
 9. *Boomer 1* by Daniel Torday
 10. *Next Year in Havana* by Chanel Cleeton
- Courtesy of MacIntosh Books and Paper. ✨

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Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotary was in action this past week. We inducted two new members into the club, Alan Cook and Charles Whitman. We labeled children's dictionaries/almanacs for third grade Dictionary Day (October 15) at The Sanibel School and Ft. Myers Beach Elementary, and helped host this month's regional business networking meeting for Rotary Means Business at Tartini's in Fort Myers.



From left, Sanibel-Captiva Rotary Membership Chair Eldon Bohrofen and new club members Charles Whitman and Alan Cook photo provided

of new and emerging areas of care, and helping fundraise for a \$15 million overage cost for building the new hospital. Happily, that number is only \$2 million away from goal.

Llechu gave us the following information on the hospital from 2017: the hospital had 4,370 inpatient admissions; 30,038 emergency department visits, 11 percent of which resulted in admission; and 3,823 surgeries. The hospital cared for 711 premature babies in the only state-designated regional perinatal intensive care unit with 64 private rooms and space for parents to spend the night. The unit has the capabilities of caring for the tiniest premature newborns.

The hospital employs 400 specially trained pediatric nurses, 93 physicians and 38 advanced providers who have advanced training to treat children and adolescents.

After accidents, cancer is the second leading cause of death in children ages 1 to 14. In recent decades, more than 80 percent of children with cancer

now survive five years or more. At the Golisano Children's Hospital, that number is 84 percent.

Llechu expressed gratitude to the residents and businesses in Southwest Florida for helping raise funds to build the Golisano Children's Hospital by matching the generous \$20 million donated by Tom Golisano, founder and chairman of Paychex, Inc., and for their

continuing financial support. The hospital has a dedicated pediatric emergency department with its own ambulance entrance and is staffed by pediatric emergency physicians 24/7. Three transport ambulances and a pediatric and neonatal team are always "at the ready" to transport critically ill children from anywhere in the region.

Rotary clubs in the area participated in raising funds for the building of the hospital.

There is more to come on the need to reconfigure space within the hospital for more rooms, and plans for an eight-bed inpatient psychiatric unit and outpatient mental health services. The hospital treated 119 children last year who eventually needed involuntary mental health evaluation under the state's Baker Act.

In today's society, opioids have an effect on the well-being of a number of children treated at the hospital. They are the cause of many premature births. Wrap-around care for expectant mothers can provide a means to prevent negative outcomes for children.

Upcoming speakers: Jordan Patrick, ABC meteorologist (September 21); and Amira Fox, assistant state attorney (September 28).

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

National Merit Scholarship Semifinalists

Fort Myers High School seniors Dahlia Dry, Devin Mix, Timothy Robertson, Ryan Schmelzle and Cynthia Sheng were named semifinalists in the 2019 National Merit Scholarship Program.

"We, as the Green Wave family, are extremely proud of the accomplishments of our five National Merit Scholarship semifinalists," said Fort Myers High School Principal Dr. Robert Butz. "They have proven what hard work and dedication, through their high school career, can accomplish. They are our future, and our future looks very bright."

National Merit Program semifinalists

represent less than one percent of all high school seniors. To be chosen, they must have an outstanding academic record throughout high school, be endorsed and recommended by a high school official, write an essay and earn SAT scores that confirm the student's earlier performance on the qualifying test.

The National Merit Scholarship winners will be selected in the spring from this group of semifinalists. On a state-representational basis, there will be 2,500 National Merit Scholarships awarded in the amount of \$2,500 each. About 1,000 corporate-sponsored Merit Scholarship awards will be provided by approximately 230 corporations and business organizations. In addition, about 180 colleges and universities are expected to finance some 4,000 college-sponsored Merit Scholarship awards for finalists who will attend the sponsor institution.*

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From left, Dr. Eric Eason, Zac Syska and Armando Llechu photos provided



Lee County Department of Public Safety provided AED training to school faculty

without prior symptoms or warning. Thankfully, an AED and trained operator saved Zac's life. He is our inspiration. The devices being donated today will make the schools in our region safer and the training provided by our EMS partners will help staff better prepare for potential life-threatening emergencies. A heartfelt thank you to the Golisano Children's Hospital donors and all of our community partners who made today possible," said Armando Llechu, chief administrative officer of Golisano Children's Services.

Every school also has a team of three to five staff members who underwent training on the proper use of the devices and how to implement an emergency plan at their schools. As schools are often used as shelters or host visitors, the AEDs are equipped with both pediatric and adult-size pads.

"The immediate use of an AED can be lifesaving if needed during an emergency cardiac response," said Sue Grohs, assistant director of health services for The School District of Lee County. "Only high schools were equipped with an AED, and now all elementary schools, middle schools and special centers will also have an AED in a quickly accessible location. The district is very grateful to Golisano Children's Hospital for this very generous gift."

Initiatives like Project Adam are funded through Lee Health Foundation's Little Red Wagon Fund.*

Lifesaving Devices Installed In County Schools

Lee Health and The School District of Lee County recently installed automated external defibrillators (AED) in all county middle and elementary schools. The AEDs were purchased with a \$150,000 donation from Golisano Children's Hospital of Southwest Florida, and every school in the district has earned the Project Adam Heart Safe designation.

Project Adam began in 1999 following the death of a student in Wisconsin who suffered from sudden cardiac arrest while playing basketball. To earn the Heart Safe designation, schools must implement an awareness, training and response program to be prepared in case of a cardiac episode. The initiative to install the devices and train response teams in Lee County was a team effort between Lee Health, The School District of Lee County, Project Adam and the Lee County Department of Public Safety. Last December, Fort Myers High School freshman Zac Syska suffered from a sudden cardiac arrest while running with his team, and his life was saved by an AED. As part of his Eagle Scout service project, Syska spent his summer vacation this year assisting the school district in earning the Heart Safe designation.

"More often than not, sudden cardiac arrest in children and adolescents occurs

ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate



McMurray and Nette



Andre Arensman



Tracy Walters

The top producers for the month of August at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray and Nette, top listings producer team; Andre Arensman, top listings producer individual/partners; Lomano-Nicholson Team, top sales producer team; and Tracy Walters, top sales producer individual/partners.*



Jason Lomano



John Nicholson

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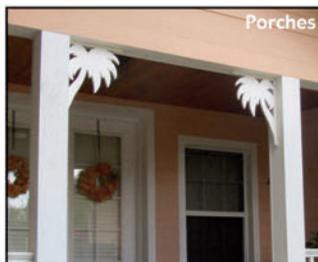
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Résumé Virtues Vs. Eulogy Virtues



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

A few years ago, *The New York Times* columnist David Brooks wrote about two different sets of virtues, the résumé virtues and the eulogy virtues. The résumé virtues are the skills you bring to the marketplace. The eulogy virtues are the ones that are talked about at your funeral – whether you were kind, brave, honest or faithful. Were you capable of deep love?

As an estate planning attorney, the meaning of eulogy virtues appeals to me. Prior to reading Brooks' column on the subject, it never occurred to me how our society has tipped the scales so far over to what he calls résumé virtues.

What does Brooks refer to when he writes about eulogy virtues? We've all run across a person who radiates an inner light. These people can be in any walk of life. They seem deeply good. They listen well. They make you feel funny and valued. You often catch them looking after other people and as they do so, their laugh is musical and their manner is infused with gratitude. They are not thinking about what wonderful work they are doing. They are not thinking about themselves at all.

Whenever I meet such a person, it brightens my whole day. I'll even brag that my middle daughter possesses such characteristics. But I confess I often have a melancholy thought: It occurs to me that I've achieved a decent level of career success, but I have not achieved that. I have not achieved that generosity of spirit, or that depth of character, at least to the degree that I hope for.

We all know that the eulogy virtues are more important than the résumé ones. But our culture and our educational systems spend more time teaching the skills and strategies you need for career success than the qualities you need to radiate that sort of inner light. Many of us are clearer on how to build an external career than on how to build inner character.

But if you live for external achievement, years pass and the deepest parts of you go unexplored and unstructured. You lack a moral vocabulary. It is easy to slip into a self-satisfied moral mediocrity. You grade yourself on a forgiving curve. You figure as long as you are not obviously hurting anybody, and people seem to like you, you must be OK. But you live with an unconscious boredom, separated from the deepest meaning of life and the highest moral joys.

Gradually, a humiliating gap opens between your actual self and your desired self, between you and those incandescent souls you sometimes meet. This transcends one individual and speaks to our society. Rabbi Jonathan Sacks writes that society needs more than the free market and the liberal democratic state. He says that it needs us to accept moral responsibility for our own lives and for the common good. The truths of what Brooks and Sacks write about is that the strains of the résumé virtues show up in populism, identity politics, the culture of victimhood, and the rise of both the far left and far right – the politics of anger.

I write this column during the Jewish High Holy Day season, the time between Rosh Hashanah and Yom Kippur. This year, it began on September 9 and lasts until September 19. Since I am of the Jewish faith, this is the time that I reflect on what I can do to become a better person, and to lead a better life. This doesn't necessarily mean for myself, but how I can do more for others.

The High Holy Day service prayers tend to summon us to dedicate ourselves

individually and collectively to justice, compassion, the sanctity of life and the dignity of the individual. God does not ask us to be perfect. Rather, he asks us to try our best to love Him, our neighbor and the stranger. When we fail, as we all do one way or another, He asks us to acknowledge our failures and try again.

So, this is what I will pledge to do, and hope that I build more of my eulogy virtues. Just before Rosh Hashanah, Patti and I were in New York visiting with our eldest daughter and her boyfriend. It is comforting to me that our daughter values her relationship as much as we value ours with her. It makes me feel that we've done a few things right.

Now that Patti and I are empty nesters, I'm sure we'll have a greater opportunity to build our eulogy virtues. You may have read my column on the difficulty I'm having transitioning to this new stage of my life. It's fortuitous that the High Holy Days follow on the heels of this change, and that I have the opportunity to reflect on my hopes and wishes for the coming seasons.

Whether or not you're of my faith, I wish you and yours a healthy and happy upcoming season, and that collectively our nation renews our values of inclusion, hope and justice for all of our citizens. Whenever each and every one of us commits a small act of kindness, it matters. If enough of us begin to think this way, I believe it will make a real difference.

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Nominated Tarpon Bay Explorer employees at the Lee County Visitor and Convention Bureau's E-Awards

photo provided

Employees Nominated For VCB Awards

Eight employees from Tarpon Bay Explorers were nominated recently for the Lee County Visitor and Convention Bureau (VCB) E-Awards based on superior customer service.

"This year – especially this summer with water quality issues – presented new challenges," said Adam Sauerland, assistant manager at Tarpon Bay Explorers. "Water activities are our bread

and butter, so when poor water quality takes that away, we need to work even harder to provide our visitors with a positive experience."

E-Award nominations are given when a visitor feels that someone went above and beyond their expectations to provide a bolstered, rewarding experience as a result of that person's outstanding customer service. "We are very proud of all our employees who were nominated this year and hope to continue this trend for years to come," said Sauerland.

Tarpon Bay Explorers is the concession to the JN "Ding" Darling National Wildlife Refuge.✧

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From left, Nicole McHale, Pete Bender, Willy Ocasio, Rob Lisenbee, Diane Cortese and Ed Ridlehoover photo provided

Bank Returns As Silver Sponsor

Bank of the Islands shows its support of the 10th annual 10K Race 4 FISH as a silver sponsor. The race draws hundreds of runners each year and benefits FISH of SanCap.

"FISH is there day in and day out to address unmet challenges facing our neediest neighbors. That life-affirming work is often performed in a confidential and respectful way, so it can be invisible to others," said Bank of the Islands President Robbie Roepstorff. "The 10K race is a great way to shine a spotlight on the problems being tackled by FISH, and the ways in which we all can help."

Bank of the Islands has baskets

for dropping off non-perishable food donations at its locations on Sanibel and Captiva to help with FISH Food Pantry collections. "It gives a whole new meaning to the idea of stopping by the bank to 'make a deposit,'" said Roepstorff.

"We genuinely thank Bank of the Islands for its wonderful contribution to the FISH 10K race," said Diane Cortese, co-chair of the 10K committee. "Bank of the Islands' philanthropic support touches many worthy organizations, such as FISH. It's investing in the well-being of our community."

The race is set for Saturday, October 27 beginning at The Community House. If you are interested in becoming a race sponsor, contact Diane Cortese at drcortese@embarqmail.com or Pete Bender at benderlaw@juno.com.✪

ABWA Lifetime Achievement Award Nominee

Lisa Newmeyer-Cochran, owner of Dorado Property Management on Sanibel, has been nominated for the Lifetime Achievement Award by the Sanibel Captiva Charter Chapter of ABWA. The award recognizes service to the community as well as leadership in ABWA and is presented by the organization's Southwest Florida Council. Cochran will compete for the award with nominees from a five-county area.

"Looking back on 22 years in ABWA, participation in the organization has had a profound impact on my life," said Newmeyer-Cochrane. "Mentoring others has been the most rewarding part."

Newmeyer-Cochrane has also supported multiple community organizations over the years, including American Cancer Society, Sanibel-Captiva Conservation Foundation, The Community House, Shell Islands Garden Club, Lee County Tennis League and has been an affiliate with the Sanibel and Captiva Islands Association of Realtors for over 10 years.

"Lisa is a stellar contributor in mentoring, encouraging others, fundraising and education," said Gloria Garrett, local ABWA chapter president. "She has held many leadership roles and currently is serving again as membership chair."

Lifetime Achievement candidates must



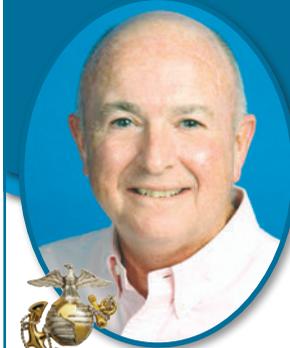
Lisa Newmeyer-Cochrane photo provided

be associated with ABWA for at least 15 years. Nancy Barnes of Bob's Island Graphics joined the chapter 35 years ago and is currently the sole local ABWA Lifetime Achievement Award winner.

The Sanibel Captiva Charter Chapter of the American Business Women's Association celebrates 40 years supporting professional growth through leadership, education, networking support, and national recognition. Meetings are held on the fourth Tuesday of the month from 11:30 a.m. to 1 p.m. at Sundial Beach Resort & Spa. More information, visit www.abwasanibelcaptiva.org.✪

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Red Sox Certain To Finish With Best Record In History Of The Franchise



by Ed Frank

Red Sox fans – Do you realize that your 2018 Red Sox are on pace to win the most games in the 117-year history of this iconic franchise?

Through Monday of this week, the Red Sox had a 103-47 record with 12 games to play. Only three other Boston teams finished with more than 100 wins: 1912 – 105-47; 1915 – 101-50; and 1946 – 103-47.

The Red Sox need to post only a 3-9 record in those final 12 games to become the all-time winningest team in franchise history.

When Boston left here at the end of Spring Training, the odds-makers listed them as one of the three or four best teams in baseball. But no way were they expected to win more than 100 games, and to run away with the American League Eastern Division title.

The Red Sox had a whopping 11 ½ game lead over their bitter rival New York Yankees as the week began and, with their “magic number” down to two, they are expected to clinch the title during a three-game series with the Yankees in New York that began Tuesday.

Boston has won three World Series in the last 15 years, but those teams didn’t come close to the season record of the 2018 Red Sox. Boston won the 2004 World Series after a 98-64 regular season record. Their record was 96-66 when they won it all in 2007, and 97-65 in 2013.

There are many, many reasons for the current Boston success. First, we must give credit to Dave Dombrowski, president of baseball operations. Dombrowski was hired in 2015 with the team facing last place division finishes three of the last four years.

He is known as an old-school believer in scouting as well as a modern-day believer in the analytical importance of the game.

The Red Sox did win the AL East in 2016 and 2017 but were knocked out of the playoffs in the first round. Dombrowski fired manager John Farrell after last season and hired Houston bench coach Alex Cora. The rookie manager has guided a record-setting team which is now the World Series favorite, according to several Las Vegas oddsmakers.

Perhaps Dombrowski’s biggest and most successful move was the signing this year of slugger JD Martinez. Just look at his stats as the week began: He led the American

League in RBIs, 122; first in hits, 176; third in runs scored, 106; second in home runs, 41; and trailed teammate Mookie Betts in batting average, .328 to .337. Those certainly are records of worthy MVP consideration.

But there is so much more to the astounding 2018 Red Sox. They have led the division all season with solid pitching, outstanding defense and great power led by Betts and Martinez.

However, Dombrowski, Cora and every member of the Bosox will tell you it won’t be a successful season without a deep post-season run. With the division all by wrapped up, Cora is certain to rest many of his players these final two weeks to prepare for that post-season run.*

ABWA Luncheon Date Change

Speaker Laurie Verme, owner of Pinocchio’s Original Italian Ice Cream and Geppetto’s Beach Foodies, will present on Thursday, September 27 at the ABWA luncheon this month rather than September 25 as previously announced. Verme’s talk, The Road to Success is ALWAYS Under Construction, reviews the inspiring business and personal journey that brought her to Sanibel. Verme’s daughter Alice is the general manager of the island eateries.

The luncheon will be held at Sundial Beach Resort and Spa, located at 1451 Middle Gulf Drive. Networking starts at 11:30 a.m. with lunch and speaker



Laurie and Alice Verme photo provided from noon to 1 p.m. Cost is \$20. RSVP at info@abwasanibelcaptiva.org or register on Eventbrite at <https://ABWASanibelCaptiva.Eventbrite.com>.*

Session Begins For Barre Fitness

Registration is open for the September/October session of Barre Fitness classes at the Sanibel Recreation Center. Cost is \$55 for members and \$73 for non-members for the full six-class session. Class size is limited to 10 participants. Register in advance to reserve your spot.

Classes will be held on Thursdays, September 20 and 27, and October 4, 11,

18 and 25 at 5:30 p.m.

A Barre workout combines functional strength, dance, Pilates and yoga concepts into a series of movements designed to strengthen the entire body. Participants will primarily utilize bodyweight for resistance while focusing on alignment and posture with the goal of enhancing body awareness, coordination, balance and strength.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com.*

Adult Co-ed Softball League

The fall Sanibel Adult Co-ed Softball League is now forming. Games will be played at The Sanibel School ball fields on Wednesday nights. The league will start on October 3. Teams need to be registered no later than Wednesday, September 26. T-shirts and team trophies will be awarded to top teams. The fee is

\$520 per team. There will be a mandatory coaches meeting on Wednesday, September 26 at 6 p.m. at the Sanibel Recreation Center.

For more information, or if you are looking for a team, contact Char Durand at the Sanibel Recreation Center, 472-0435.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit www.mysanibel.com.*

SPORTS QUIZ

1. Who was the oldest catcher to hit a home run in the All-Star Game before St. Louis’ Yadier Molina (34 years, 363 days) did it in 2017?
2. When was the last time before August 2017 that the Los Angeles Dodgers were 50 games over .500 during a season?
3. Between the 2000 and 2017 NFL seasons, how many teams other than New England and Pittsburgh won the AFC Championship?
4. When was the last time before 2018 that the West Virginia men’s basketball team was ranked as high as second in The Associated Press Top 25 poll?
5. In 2018, Tampa Bay’s Mikhail Sergachev became the youngest player in team history (19 years, 300 days) to score an NHL playoff goal. Who had been the youngest?
6. When was the last time for 2018 that Germany’s men’s soccer team was eliminated in the first round of the World Cup?
7. In 2018, Gennady Golovkin tied the record for most title defenses as a middleweight. Who else holds the mark?

ANSWERS

1. Yogi Berra of the New York Yankees (34 years, 83 days old), in 1959. 2. It was 1953.
3. Four – Baltimore (twice), Indianapolis (twice), Denver (twice) and Oakland. 4. It was December 1, 1959. 5. Jason Wermer (20 years and 2 days old), in 1996. 6. It was 1938. 7. Bernard Hopkins (1996-2005).

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LeAne Taylor Suarez



Larry Hahn



Debbie Hahn



Evan duPont

The top producers at John Naumann & Associates for the month of August were: LeAne Taylor Suarez, top listing agent; Larry and Debbie Hahn, top listing team; Evan duPont, top sales agent; and Larry and Debbie Hahn, top sales team.*



Lazy Flamingo group with 10K Race 4 FISH committee members Pete Bender, Ed Ridlehoover and Nicole McHale, right photo provided

Lazy Flamingo Sponsoring Race

Lazy Flamingo has signed on as a silver sponsor of the 10th annual 10K Race 4 FISH, which will be held on Saturday, October 27 beginning at The Community House.

"It is always important to support nonprofit organizations in our

community," said General Manager Ron Rich said. "These organizations and the people they assist are an integral part of what makes Sanibel and Captiva islands so unique."

Guests who want to remember the unique Lazy Flamingo experience can take home a souvenir – one of their colorful Frisbees, which will be included in the race day goodie bags for runners. "The Lazy Flamingo is a strong

advocate of our community," said FISH of SanCap Board Vice Chair and 10K Committee Co-chairman Ed Ridlehoover. "Their support of the 10K race helps us continue our mission of lending a helping hand to those in need and we are grateful."

Sponsorships are still available. For more information, email Diane Cortese at drcortese@embarqmail.com or Pete Bender at benderlaw@juno.com.*

FISH Volunteers Offer Tutoring

October 1 through 5 is National Tutoring Week and FISH of SanCap is honoring its tutors by bringing awareness to the FISH of SanCap Volunteer Tutoring program. The program is offered to children and adults in numerous subjects and at various levels. FISH volunteer tutoring involves a combination of instruction and assisting with assignments, on a one-on-one basis.

"I've talked with a few parents who say their child needs extra help, but they cannot find or afford a tutor," said Kathy Y. Monroe, program director. "At FISH, we have discovered that tutoring works. One-on-one tutoring, in conjunction with the teacher's curriculum, makes a measurable difference for students. We have very knowledgeable volunteers who are ready, willing and able to assist. If for some reason FISH cannot locate a volunteer for a certain subject matter or level, FISH may be able to provide financial assistance for a specifically skilled and trained tutor outside of our volunteer base."

Students may be elementary, middle or high school students as well as adults who are continuing their education or

seeking assistance with ESOL. When inquiries are made about the tutoring program, FISH gathers information on subject, student's level, struggle points and expectations, and matches them with a volunteer tutor. Once matched, the student and tutor are responsible for making their own arrangements as to time, location, number of days per week, etc. The program is flexible and predictable. Most tutoring programs will ask for an ongoing commitment; however, the FISH tutoring program works with the student's schedule and availability and can stop and restart as needed. FISH monitors the participant's success through discussion with the student, parent (where applicable) and tutor.

FISH volunteer tutors are former teachers and business people who get to share what they know, not only about the subject matter, but also about how success in school has made a difference in their lives. The extra attention and assistance the student receives can strengthen the student's sense of self-worth and self-confidence as well as boost their GPA.

If you are interested in learning more about the program, contact Kathy Y. Monroe at 472-4775. If you are interested in becoming a volunteer tutor and helping students build a solid foundation for future learning, contact Maria Espinoza at 472-4775.*

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Beautifulife:

Shine Bright

by Kay Casperson



Light can symbolize lots of things – like hope, inspiration, love and peace. Our personal happiness is also like a light, burning bright deep within us, and when the daily stresses of life become

overwhelming, that light starts to dim, making it harder to see and focus on what's truly important.

Here are a few of my favorite affirmations for illuminating every aspect of your life – emotionally, spiritually, physically, environmentally and socially:

I revitalize my mind, body and spirit – Find time to celebrate life every single day (even if it's only for a few minutes at a time). Discover new activities that ignite your imagination and spark your creativity. Get a beautiful natural glow back in your cheeks by treating your skin to a brightening vitamin C serum or a nourishing facial at the spa. Greet the sunrise with an inspirational prayer and an energizing yoga session. Each day is a new opportunity to celebrate our blessings and explore the beauty of life.

I am passionate about life and compassionate towards others – What are you passionate about? What fuels you? Figure out what makes you feel happy, healthy and fulfilled, and embrace it with gusto. Channel your love for life into everything you do, especially when it comes to inspiring, helping or connecting with other people. Keep compassion in your heart, let your heart guide you, and

you will enrich the lives of others as well as your own.

I let my inner light shine bright – When we are truly happy, it glows from within and shines on the world and people around us. Share your happiness, love and inspiration with everyone you meet, wherever you go, every single day.

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

Vietnam Veterans 50th Anniversary Pins

Veterans of the Vietnam War who reside in Southwest Florida are being sought to register for a special event on Monday, November 12 at JetBlue Stadium in Fort Myers. Hosted by Collier-Lee Honor Flight, the ceremony from 9 to 11 a.m. will honor Vietnam War veterans for their service with a commemorative 50th anniversary pin.

United States veterans who served between November 1955 through April 1975 qualify. All veterans, including those who served state-side, will be honored.

To apply to be recognized and receive a pin at the ceremony, visit www.CollierHonorFlight.org, fill out the application and write "50" at the top.

For additional information, contact Collier-Lee Honor Flight, P.O. Box 8001, Naples, FL 34101, call 777-9295 or email info@CollierHonorFlight.org.*

Doctor and Dietician

Vision And Your Diet



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

Can what you eat affect the health of your eyes? Definitely! There is a strong connection between the foods you eat, and the health of your body and your vision. Older adults face age-related conditions, like cataracts and macular degeneration, which can impair their lifestyle, so making good nutritional choices is a way to help delay or prevent certain eye problems. In general, an overall healthy diet appears to be the best strategy in reducing the risk of developing age-related eye conditions. A diet high in processed foods, saturated fat and sugar has been shown to increase the risk of these eye diseases, while a diet high in vegetables, carotenoids, vitamins, minerals, lutein, omega-3 fatty acids

and healthy proteins, is beneficial for eye health.

How do you do this? Choose a variety of dark green and brightly colored fruits and vegetables to obtain the most antioxidants, which protect eyes by reducing free radical damage that can cause age-related eye diseases. Throw together a colorful salad or steam some fresh vegetables. Grab raw vegetables for a wholesome snack. Bell peppers are high in vitamins A and C. Carrots are high in vitamin A, plus vitamins C and E, which help reduce the impact of both cataracts and age-related macular degeneration. Dip veggies in hummus, or just munch on them for a flavorful burst of nutrition. Include spinach, kale and other dark green, leafy vegetables for eye healthy vitamin C, beta carotene, lutein and zeaxanthin. Turkey is a good protein source loaded with zinc and the B-vitamin niacin, which can help prevent cataracts. And wild salmon is a perfect way to provide protein and the omega-3 fats you need.

Fresh, whole food diets play a vital role in your overall health and the health of your eyes.

*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@carimgmedical.com.**

Community Leaders Recognized

Gulfshore Life magazine has just named eight Men & Women of the Year for their outstanding contributions to the greater community of Southwest Florida. The distinguished winners include leaders in business, philanthropy and the arts from both Collier and Lee counties. They will be honored at a reception and awards presentation on November 8 at the Naples Grande Beach Resort.

The 2018 Men & Women of the Year are:

- Chauncey Goss, Sanibel city councilman and conservationist;
 - Dawn Montecalvo, president of Guadalupe Center;
 - Juan Diaz, artist;
 - Katie Schweikhardt, development director, United Way of Collier County;
 - Mike Martin, president, Florida Gulf Coast University;
 - Stacey Deffenbaugh, news anchor, NBC2;
 - Susie McCurry, trustee, Naples Children & Education Foundation;
 - Scott Burgess, president and CEO, David Lawrence Center.
- The 2018 honorees join an elite group of more than 250 former Men & Women of the Year, named every November for the past 21 years.*

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From page 1

Songwriter Fest

through Sunday, September 23. Live performances will run from 7 to 10:30 p.m. on Friday, 2 p.m. to midnight on Saturday and 11 a.m. to 5:45 p.m. on Sunday.

Venues include Crow's Nest at Tween Waters Inn, Pool at Tween Waters Inn, Keylime Bistro, Cantina Captiva, RC Otter's, Doc Ford's, The Mucky Duck and South Seas Island Resort at Harbourside Bar & Grill.

There will also be a couple of house parties on Captiva with music by Aaron Barker, Phil O'Donnell, Wynn Varble and Earl Bud Lee.

The festival then moves to downtown Fort Myers from September 24 to 27, and wraps up on Fort Myers Beach from September 28 to 30.

For a complete schedule of Captiva performances, visit www.island-hopper.fortmyers-sanibel.com/media/31447/2018-captiva-island-schedule.pdf. For the full schedule, visit www.island-hopper.fortmyers-sanibel.com.*

dearRPharmacist

Six Ways To Protect Your Eyesight



by Suzy Cohen, RPh

Dear Readers: I look around at this beautiful Earth and the people I love and I think, I never want to lose this gift! Eyesight is such a precious thing, and most people take it for granted because

you've never known otherwise. But it's common to lose vision as you age. It's not just an inevitable consequence though.

You might be able to slow it down by considering a few factors, dietary changes and vitamins or minerals. Today, I'll help you learn what might support your health if you have age-related macular degeneration (AMD), dry eye syndrome or cataracts.

As soon as you notice changes in your eyesight, see an ophthalmologist. I recommend you share eyesight changes with your doctor so that they can see if you have diabetes or other disorders.

Vision-protecting foods – To protect eyesight, make sure that your diet contains plenty of eye-loving foods. These include citrus foods, nuts, hemp seeds, walnuts, almonds, cashews, salads, sweet potatoes, pumpkin seeds and seafood. Water is also important. Dehydration will make your vision blurry.

Lutein and zeaxanthin – Lutein and zeaxanthin are very special carotenoids that protect your retina. They filter out high-energy wavelengths of light and act as antioxidants.

You don't make your own lutein and zeaxanthin, eat right and/or supplement. The best sources of lutein and zeaxanthin are leafy greens, squash, Brussels sprouts, broccoli, carrots and egg yolks.

Vitamins C and E – These two powerful antioxidants protect the tiny cells of your eye from oxidative damage. Both of these vitamins help you maintain healthy blood vessels. You see, blood vessels improve blood flow to your eye and this is imperative to good vision.

Good food sources of vitamin C include citrus fruits, bell peppers and salads. Vitamin E can be obtained from sunflower seeds, and walnuts.

Zinc – Zinc is highly concentrated in your retina and especially in the macula, where it helps to make a pigment called melanin that absorbs harmful light. Melanin is a pigment that is made in your body by melanocytes. It's in your skin too; it protects against UV radiation. The more melanin you have, the more brown your eyes are. Zinc supports melanin production in the body.

EPA and DHA Fish Oils – These offset some of the medication-induced vision damage that occurs from taking statins, NSAIDs, steroids and seizure medicine. Fish oils also suppress the inflammatory mediators such as thromboxanes, prostaglandins and leukotrienes. DHA accounts for more than one-third of the fatty acids in your retina.

Inflammation in your body doesn't passively go away. We've recently learned there are three compounds that force it to calm down. These good guys are called the resolvins, protectins and maresins, and essential fatty acids help you make more of the good guys.

Wear sunglasses – Ultraviolet light can hurt your eyes, so squinting isn't good. Wearing sunglasses when you're outside exposed to bright sunlight reduces the amount of UV light that your eyes are exposed to.

FYI, our devices emit short-wavelength blue light which might have negative changes in our eyesight.

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I think my girlfriend is a perfectionist. It drives me crazy as it takes her forever to get ready, and we are always late. What can I do to get her to not be such a

perfectionist?

A: If your girlfriend's outfit has to be flawless all the time, and it takes her too long to get ready, then she may have perfectionistic tendencies. Perfectionism stems from low self-esteem. It's ok to present oneself well, however, when it goes to the extreme of running late for events, it becomes an issue for you and others. A rule of thumb in coping with a perfectionist is to see if they will cut corners, in other words, they don't have to bake the cake from scratch. It's important that your girlfriend set realistic goals and affirm those successes. Leave one or two things on the list as it doesn't have to be done all at once. They will be there

the following day.

Always affirm what a great job this person has done as it is challenging for a perfectionist to let go and practice positive self-talk, yet it is necessary. Perfectionism is more common in first born and only children as they tend to be their parents' experiment and high expectations are usually set. The child wants the parents' approval and seeks to be perfect, therein lies perfectionism tendencies.

This trait usually goes back to early on expectations and programming from others such as a parent, teacher, or some role model. If it was not done perfectly, then the person felt unworthy, not good enough, and continued to try and do the task better to the point of perfection. This programming, however, can be replaced by new beliefs and behavior. It is important for your girlfriend to catch her perfectionism by seeing what or who motivates it and showing herself compassion so that change for the better is possible. It will be better for her and your relationship.

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

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Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
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
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Pud And Della



Pud



Della

Hi! I'm Pud. I am a handsome, declawed, 14-year-old male champagne tabby with a very sweet personality. I am looking for a quiet home with someone who wants to give me lots of affection. I'm currently living with a foster

family. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$50. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

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

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

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

Lee County Domestic Animal Services

Jasmine And Alice

Hello, my name is Jasmine. I am a 4-year-old female German shepard mix who is the shelter princess just waiting for my prince to come find me. I have a megawatt smile that will have you eating out of the palm of my hand, but I'd prefer to eat out of the palm of yours. I get along well with others, so if you have another canine at home, that would be okay with me

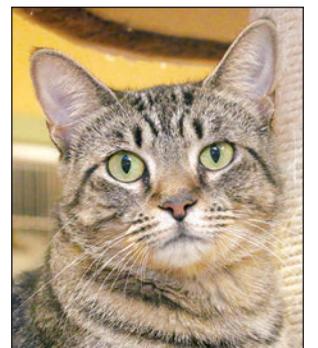


Jasmine ID# A666380

My adoption fee is \$15. Hi, I'm Miss Alice, and much like Alice in Wonderland, I am "curiouser and curiouser." I am a 3-year-old female domestic shorthair who loves to sit on my perch and watch what is going on below me. Give me something high to sit on, and I am quite content. I am also very happy to sit in your lap and be treated like the queen I fancy myself to be. I am a loveable sort and will return your affection.

My adoption fee is \$10.

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



Alice ID# A746946

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

PAWS Of Sanibel

Matilda And Sasha

Hi, my name is Matilda. My foster mom calls me Tilly for short. I'm about a year old and was found in the area of East Lake Road, off Casa Ybel Road. Some kind people took me in. The lady from PAWS took me over to Coral Veterinary Clinic in Fort Myers to have them look me over. I have been combo-tested (negative), had FVRCP and rabies immunizations, was treated for fleas and will be spayed this month. I did not have a microchip. PAWS was not able to find my people, and I am now available for adoption. My foster mom loves cuddling with me.



Matilda

She says I'm such a sweet girl and someone will be very lucky to have me.

Hello, I'm Sasha. I was picked up on Airport Road off Casa Ybel by the Sanibel Police after a call from a local resident. I am approximately 1 to 2 years old, have no microchip and am a tan/black tabby. I am very sweet and gentle and am now in a foster home. My combo test for FIV/FeLV/Heartworms was negative. I have been given immunizations for FVRCP, FeLV, rabies, and given a heartworm and flea preventive. I will likely be spayed this month. Please consider giving me a forever home.



Sasha

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

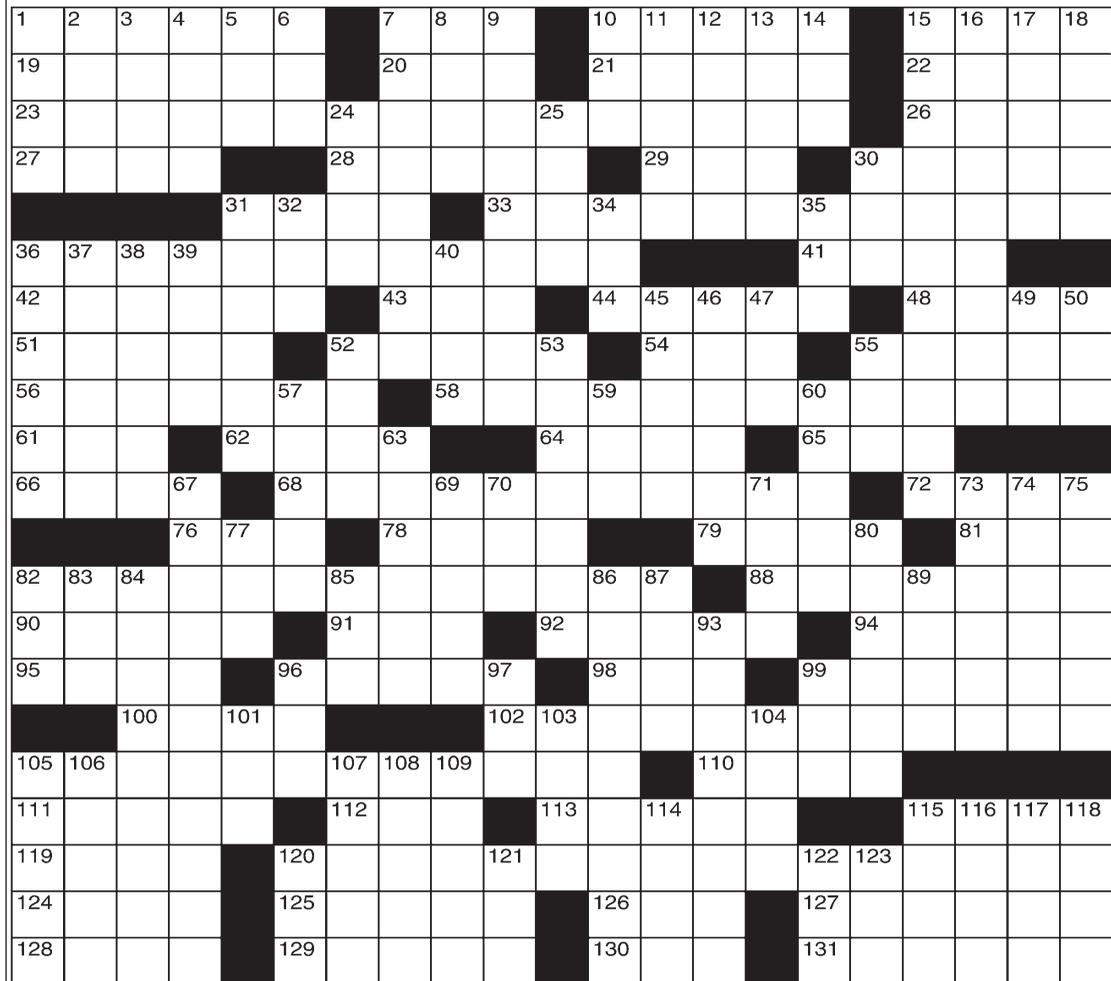
PUZZLES

Answers on page 45

Super Crossword

TECH COMPANY CLOSINGS

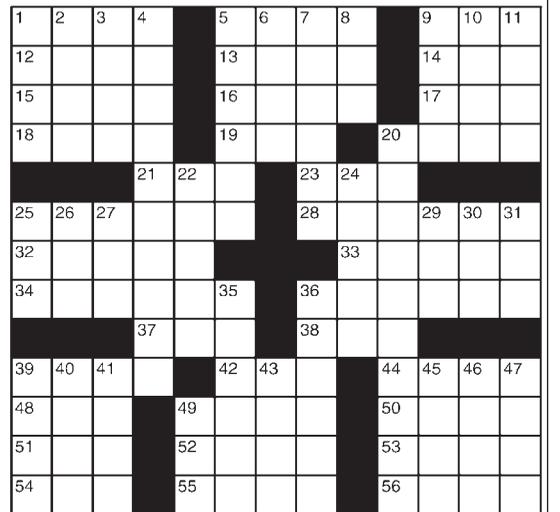
- ACROSS**
- 1 No-elevator multistory building
 - 7 Prefix with bar or belief
 - 10 Long tales
 - 15 Boo-boo
 - 19 Consider identical
 - 20 Go-between: Abbr.
 - 21 Roping event
 - 22 NCAA's Bruins
 - 23 Protection for many bank tellers
 - 26 "— cost ya!"
 - 27 Closeout, e.g.
 - 28 Preamble
 - 29 Puzzler's cry
 - 30 Net vending
 - 31 Kinnear of Hollywood
 - 33 Reflections
 - 36 Connecticut state song
 - 41 Spanish bull
 - 42 Actor Ed
 - 43 Yoko of the avant-garde
 - 44 Mall binge, maybe
 - 48 Get a pic of
 - 51 Wooden peg
 - 52 "In a pickle," e.g.
 - 54 Part of ERA
 - 55 "Bear" of the outback
 - 56 Insignia
 - 58 Three-section holder of bills
 - 61 52, to Livy
 - 62 Spanish surrealist
 - 64 See 6-Down
 - 65 Simpson judge Lance
 - 66 Probe for
 - 68 Journals
 - 72 Really cries
 - 76 Bass finale?
 - 78 Notion, in Nancy
 - 79 Yule song
 - 81 Syllable after "oom"
 - 82 Element like barium or radium
 - 88 Hard but easily broken
 - 90 Verse-writing, old-style
 - 91 1940s pres.
 - 92 Pricey hotel offering
 - 94 Pact of the U.S., Can. and Mex.
 - 95 University of Kentucky's — Arena
 - 96 Some aria singers
 - 98 Vintage auto inits.
 - 99 Adept
 - 100 Conflicted
 - 102 Arbitrary security inspection
 - 105 Collection for the Red Cross, say
 - 110 Shrewd
 - 111 Keno cousin
 - 112 Water, in Nancy
 - 113 Tweaks text
 - 115 Unbox, e.g.
 - 119 Napoleonic exile locale
 - 120 2014 Kentucky Derby winner
 - 124 Pennant, e.g.
 - 125 From Tehran or Tabriz
 - 126 Elegant shade tree
 - 127 1991 horror film sequel subtitled "The Awakening"
 - 128 "Rent" actor
 - 129 Patis base
 - 130 South Korea's Kim — jung
 - 131 Tech giant whose name can precede nine words in this puzzle
 - 3 Abatement
 - 4 Frilly green
 - 5 Rugged truck, in brief
 - 6 With 64-Across, snookums or sweetie, say
 - 7 Real nice
 - 8 "— it!" (outfield call)
 - 9 Extra entryway for bad weather
 - 10 Physicist's work unit
 - 11 Diametrically opposite
 - 12 Sun Valley's state
 - 13 Romero or Franck
 - 14 "Help me!"
 - 15 Parts of many rock songs
 - 16 Eight-sided
 - 17 Stan's pal in old films
 - 18 Drops
 - 24 — -à-terre
 - 25 Kitchen wrap
 - 30 Genre of rock
 - 31 Coagulated
 - 32 Fam. member
 - 34 High- — graphics
 - 35 Suffix with favor or zinc
 - 36 Mountaintop melodies
 - 37 Societal breakdown
 - 38 Tyro, slangily
 - 39 "The Spy Who Loved Me" actor
 - 40 Getting the job done
 - 45 Brochure or blurb, maybe
 - 46 Settle from the bench
 - 47 Terminus
 - 49 Stein drink
 - 50 Too glib
 - 52 Skye, e.g.
 - 53 Babysitters, e.g.
 - 55 "Krazy —"
 - 57 Cuban patriot
 - 59 Terrific
 - 60 Less naive
 - 63 Most frigid
 - 67 Compact SUV model
 - 69 "— a Nightingale"
 - 70 Singer Chris
 - 71 Basketball's Bryant
 - 73 Select
 - 74 Like Latvia or Lithuania
 - 75 Sword cover
 - 77 Duplicitous
 - 80 Actor Hal
 - 82 Mo. with Arbor Day
 - 83 Reed of rock
 - 84 Held off
 - 85 Flyers' gp.
 - 86 Blushed
 - 87 Hurried, quaintly
 - 89 "Sharknado" actress Reid
 - 93 Occurred gradually
 - 96 House pest
 - 97 Mysore "Mr."
 - 99 Ending of enzymes
 - 101 Los del — ("Macarena" duo)
 - 103 Chevy debut of 2004
 - 104 Plateau's kin
 - 105 Rock fissure
 - 106 Shout out, colloquially
 - 107 Hanker
 - 108 — Lama
 - 109 Devastates
 - 114 Visiting H'wood, say
 - 115 Black-and-white cookie
 - 116 Atari classic
 - 117 Jannings of "Quo Vadis"
 - 118 "54" actress
 - 120 U.S. org. with moles
 - 121 Archaic "Curses!"
 - 122 Machine part
 - 123 Gp. with a copay



King Crossword

ACROSS

- 1 Sandwich shop
- 5 Glazier's sheet
- 9 Wapiti
- 12 Culture medium
- 13 Winged
- 14 Evening hour, in a way
- 15 Folded entree
- 16 Thy
- 17 Every iota
- 18 Paradise
- 19 "Monty Python" intro
- 20 Grooving on
- 21 Biddy
- 23 Always, in verse
- 25 Watermelon-shaped
- 28 Dodges
- 32 Stash excessively
- 33 Privately funded film
- 34 Confesses
- 36 Not quite
- 37 Conger, e.g.
- 38 Mex. neighbor
- 39 Big fish story?
- 42 Anvil location
- 44 Wading bird
- 48 Vessel from way off
- 49 Data
- 50 Prescribed
- amount
- 51 Exist
- 52 Celebrity
- 53 One of HOMES
- 54 Ph. bk. data
- 55 "— Breckinridge"
- 56 Monstrous loch?
- bill
- 6 Oodles
- 7 Seasickness symptom
- 8 Blunder
- 9 Author Hunter
- 10 Catchy tune
- 11 Narc's measure
- 20 Heavy metal band
- 22 Provide
- 24 Satan's doings
- 25 Discoverer's cry
- 26 Package adornment
- 27 PC linking system
- 29 Bachelor's last words
- 30 Insult (Sl.)
- 31 Prepared
- 35 Ample
- 36 Dawn
- 39 Senor Peron
- 40 Frizzy 'do
- 41 Troubles
- 43 Somewhere out there
- 45 Drill
- 46 Mrs. Osiris
- 47 Spots
- 49 Doctrine



- DOWN**
- 1 Appointment
 - 2 "Zounds!"
 - 3 Chantilly, e.g.
 - 4 Old locomotives
 - 5 Footing the

MAGIC MAZE ● WOODWORKING TERMS

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

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

- Bench dog
- Dado
- Kerf
- Rail
- Bolster
- Dovetail
- Mitre
- Rip
- Burl
- Fence
- Mortise
- Route
- Crosscut
- Grain
- Rabbet



"What's the _____
for this scale, Dad?"
answer on page 47

SCRAMBLERS

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

Gall
RANGE

Lithe
GAILE

Clever
RADIOT

Close
BRANEY

TODAY'S WORD

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

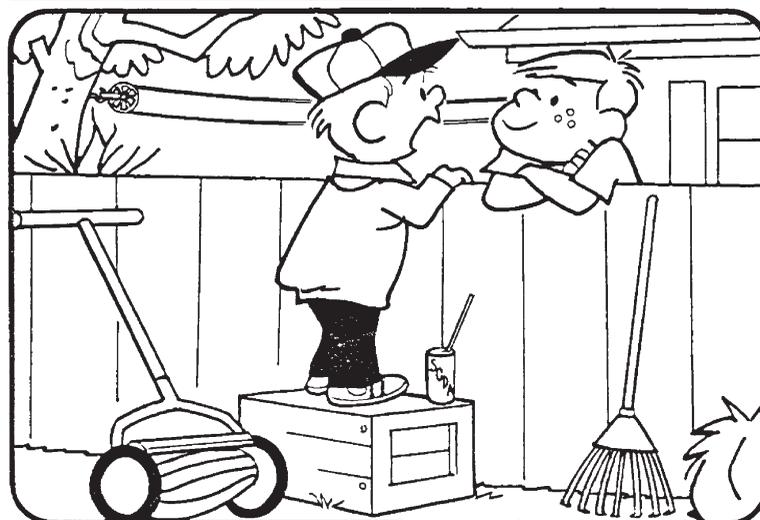
SUDOKU

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

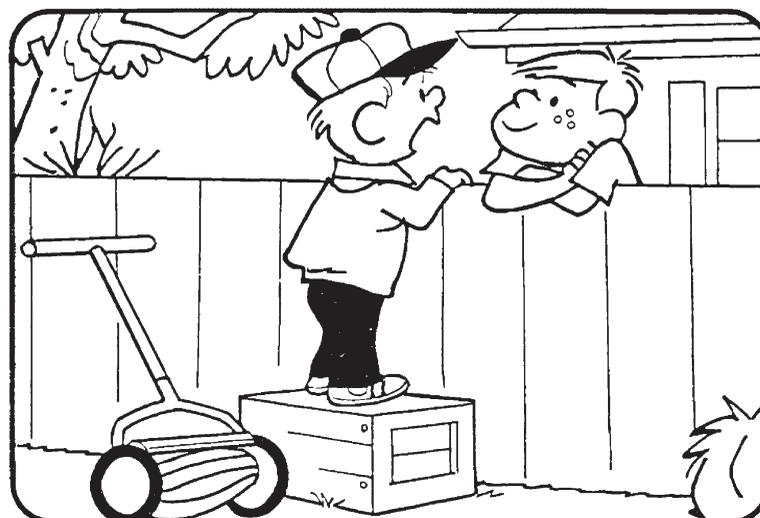
answer on page 45

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Clothesline is missing. 2. Handle is shorter. 3. Sweatshirt is shorter. 4. Can is missing. 5. Crossed arms are switched. 6. Rake is missing. 6. Can is missing.

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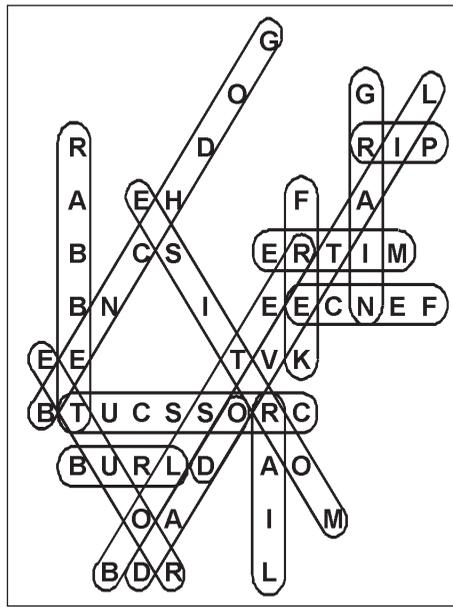
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SUDOKU

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

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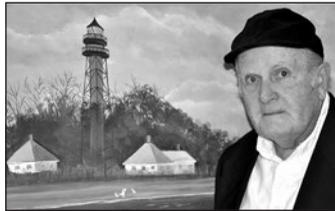
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My Stars ★★★★★

FOR WEEK OF SEPTEMBER 24, 2018

Aries (March 21 to April 19) The changing season brings new experiences as well as challenges for the ever-adventurous Aries. Your social life expands, as do the opportunities at your workplace.

Taurus (April 20 to May 20) That recent period of uncertainty has passed. You now can now feel more confident about making decisions, especially those that relate to an important personal relationship.

Gemini (May 21 to June 20) Although you might be faced with a number of tasks on your to-do list, try to take time out to enjoy the arts. Music, especially, can be soothing to the sensitive soul of a Gemini.

Cancer (June 21 to July 22) A disagreement with a colleague or friend is best resolved with open and frank discussion. Trying to force the other party to see things your way is bound to backfire.

Leo (July 23 to August 22) That Leonine pride might be ruffled by a colleague's challenge to one of your pet ideas. But stop growling and listen. You could learn something that will work to your advantage.

Virgo (August 23 to September 22) Someone in authority might decide to select you as a candidate for a project that carries more responsibilities. Be prepared to show why you're the right choice for the job.

Libra (September 23 to October 22) That new workplace problem should be dealt with as soon as possible. Leaving it unresolved for too long could lead to an even more unsettling and time-consuming situation.

Scorpio (October 23 to November 21) You might have to do some fancy juggling to keep both your work responsibilities and personal obligations on track. But ultimately, you'll work it all out, as you always do.

Sagittarius (November 22 to December 21) You might hear some upsetting things about a situation in your life. But don't be swayed by talk. Demand proof before making any decisions on the matter.

Capricorn (December 22 to January 19) Don't risk depleting those precious energy levels by taking on more tasks than you can realistically handle. Also, remember to ask for help when you need it.

Aquarius (January 20 to February 18) It might be difficult for the Aquarian who is used to giving advice to take counsel when offered. But it's a good idea to listen to what trusted friends feel you should know.

Pisces (February 19 to March 20) Things might be a little unsettled as you move

through a period of reassessment. But once you get your priorities sorted out, you should be ready to tackle an important decision.

Born This Week: You're able to achieve a happy balance in your productive life by never feeling overwhelmed or underappreciated.

STRANGE BUT TRUE

- It was Kurt Vonnegut, one of the most influential writers of the 20th century, who made the following sage observation: "There is no reason why good cannot triumph as often as evil. The triumph of anything is a matter of organization. If there are such things as angels, I hope they are organized along the lines of the Mafia."

- Greyhounds aren't just fast; they also have better vision than any other breed of dog.

- The venerable diner saw its peak as a

place for a casual meal in the late 1940s, when there were around 7,000 of them across the country. Today there are fewer than 2,000.

- Thomas Jefferson was an inventor as well as a statesman, but he refused to take out patents on any of his ideas. He believed that inventions should benefit all of humanity, not just himself.

- In January 2018, the City of New York paid 200 formerly homeless people \$85 each to pretend to be homeless again for one night. At midnight that night, in order to get an estimate of the city's homeless population, volunteer canvassers took to the streets, approaching apparently homeless people to ask if they have somewhere to sleep. If a canvasser came across one of the paid "homeless" decoys, that decoy went home. The decoys were, essentially, a check to see how well the canvassers did their job – and they did it pretty well, it seems, finding

90 percent of the decoys in the course of the night.

- In Switzerland, it's considered bad luck to tell anyone your baby's name before it is born.

THOUGHT FOR THE DAY

"People of small caliber like to sit on high horses." – Magdalena Samozwaniec

SCRAMBLERS

1. Anger;
2. Agile;
3. Adroit;
4. Nearby

Today's Word
TONNAGE

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Ponza	Estero	2016	3,124	\$1,169,000	\$1,100,000	184
Cape Coral	Cape Coral	2007	3,220	\$874,999	\$812,500	77
Island Harbors	Matlacha	1965	1,832	\$849,000	\$801,000	140
Town And River	Fort Myers	2007	2,249	\$799,000	\$740,500	206
Laguna Shores	Fort Myers Beach	1997	1,248	\$599,000	\$560,000	72
Hampton Greens	Fort Myers	1996	3,636	\$575,000	\$550,000	263
Hampton Park	Fort Myers	2006	3,471	\$549,900	\$530,000	177
Cape Coral	Cape Coral	2005	2,678	\$549,000	\$525,000	53
Whiskey Creek	Fort Myers	1966	2,001	\$549,000	\$537,500	12
Turtle Point Cove	Estero	2004	2,000	\$539,900	\$525,000	4



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& we just want to say
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YOUR SUPPORT.**

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Magazine

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