



Island Sun

Highlights from
Celebrity
Island Dinner
pages 40 and 41

VOL. 26, NO. 14

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 5, 2018

OCTOBER SUNRISE/SUNSET: 5 7:22 • 7:11 6 7:23 • 7:10 7 7:23 • 7:09 8 7:24 • 7:08 9 7:24 • 7:07 10 7:25 • 7:06 11 7:25 • 7:05

Free Conservation Art Day At Refuge

Three-time Federal Duck Stamp winner Bob Hautman will travel from Minnesota to headline the 10th annual free Conservation Art Day at the JN “Ding” Darling National Wildlife Refuge on Sanibel next Saturday, October 13 from 9 a.m. to 4 p.m. Florida Junior Duck Stamp winner Anna Grace Swanson and Federal Junior Duck Stamp winner Rayen Kang will also be on hand.

“We created Conservation Art Day 10 years ago to honor the winning artists with a day devoted especially to them,” said Supervisory Refuge Ranger Toni Westland. “Through the years, the event has grown into a family-oriented affair with hands-on activities and demonstrations. This year, we are adding a participatory chalk art demonstration in the parking lot, thanks to Cypress Lake High School.”

Part of the weekend-long “Ding” Darling Days, October 12 to 14, the event will also feature face painting, cartooning

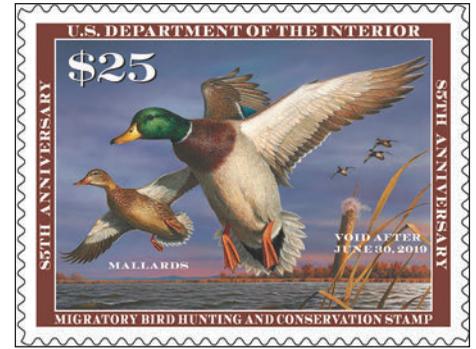


Cartoonist Dave Horton returns to draw personalized wildlife portraits photo provided

and plein-air artists along Wildlife Drive. Admission to Wildlife Drive is free all day, and Tarpon Bay Explorers, the refuge’s recreation concession, will be offering

discounted tram, boat and kayak tours.

The first 100 children to arrive to Conservation Art Day at 9 a.m. receive a reusable bag with art supplies and an



Three-time winner Bob Hautman designed the 2018-19 Federal Duck Stamp image provided

opportunity to Ask the Artist a Question as wildlife artist Nancy Tome demonstrates in the Visitor & Education Center. Cartoonist Dave Horton will sketch individualized wildlife portraits starting at 11 a.m. for the first 50 guests. Select gifts will be 10 percent off in the Refuge Nature Store and visitors can greet the Blue Goose for chances at prizes.

The Santiva Chronicle Dress-Up Photo Station in the center will allow continued on page 24



Getting ready for Sanibel Sea School’s inaugural Flip Flop Family Scavenger Hunt are, back from left, Emmett Horvath, Nicole Finnicum, Sam Lucas and Chrissy Basturk; front, Dani Lacy and Christina Gould photo by Jeff Lysiak

Scavenger Hunt Offers Family Fun

by Jeff Lysiak

When the staff of Sanibel Sea School gathered together in an effort to come up with an idea for a fun and family-friendly fundraiser to be

held in the fall, a number of options were considered. But after discussing all of the ideas, the best option turned out to be an activity they had done – to great success – several times in the past.

“In the past, we have offered a scavenger hunt as an Octifest live auction item, and the winners have always loved it,” said Sanibel Sea School Development continued on page 20

BIG ARTS Presents Compelling Film Series On Ethics

“Even in the narrowest of matters, lies can be devastating,” said Dr. Ronald M. Green, emeritus professor of religion at Dartmouth College and an expert on ethics. He will introduce as well as moderate the post-event discussions surrounding four films dealing with ethical dilemmas at BIG ARTS Film and Ethics Series. The first film, *Denial*, screens on Wednesday, October 17 at 12:30 p.m. at Island Cinema, located at 535 Tarpon Bay Road in Bailey’s Shopping Center.

Dr. Green served from 1992-2011 as director of Dartmouth’s Institute for the Study of Applied and Professional Ethics. A summa cum laude graduate of Brown University, he received his PhD in religious ethics from Harvard University in 1973. In 1996 and 1997, Green was the founding director of the Office of Genome Ethics at the National Human Genome Research Institute of the National Institutes of Health.

Denial is a film closely based on the story of Deborah Lipstadt, a university professor and writer who was sued for libel by historian David Irving, whom she calls a Holocaust denier in her 1993 book,



Dr. Ronald M. Green photo provided

Denying the Holocaust: The Growing Assault on Truth and Memory.

One of the central questions of the film – and the British trial it depicts – is whether or not Irving knew the Holocaust happened, and if he did, was he deliberately spreading falsehoods, i.e., lying?

“If I tell you there’s a thousand dollars in my bank account and I have half that,” continued on page 30



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Historical Village To Reopen



Sanibel Historical Museum & Village

photo provided

The Sanibel Historical Museum & Village reopens on Tuesday, October 16, and will operate Tuesdays through Saturdays from 10 a.m. to 4 p.m.

"We're planning exciting programs this season, including three of our popular Twilight Talks," said Executive Director Emilie Alfino. "Our annual gala fundraiser is scheduled for February 19. Watch the local newspapers for specifics. We look forward to seeing old friends as well as welcoming return guests."

The Twilight Talks, which cost \$10 per person, include:

Be Our Guest: The History of Lodging on Sanibel and Captiva – January 30 at The Community House. This talk is a partnership between the historical village and the Captiva Island Historical Society.

Sanibel History Quiz, a Jeopardy-like game about the history of the island – March 13 at The Community House.

The History of Periwinkle Park – April 10 at The Community House.

For more information or to purchase tickets, call Alfino at 472-4648. Twilight Talks tend to sell out quickly, so reserve early. A fourth event is sold out already: a November 7 dinner cruise aboard the *Lady Chadwick* to Cayo Costa and Cabbage Key.

There will be a Luminary celebration held on December 7, and a Free

Admission Day on June 15, 2019.

"For the first time this year, we are offering a reciprocal museum membership," Alfino explained. "We have joined the North American Reciprocal Museum family, and a membership at the \$150 level or above offers members free admission to more than 900 participating arts, cultural and historical institutions along with botanical gardens, children's museums, science and technology centers. Many institutions include a discount at their gift shops. Visit <http://narmassociation.org> for a complete list.

New volunteers are always needed at the village. Training sessions will be held on November 5 and 12. If you are interested, call Alfino at 472-4648.

"There are many different things for volunteers to do, so anyone can find a comfortable spot among our village family, doing what they enjoy most," Alfino said.

The Sanibel Historical Museum and village offers guided tours at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. The museum is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18. Members and children are admitted free. For more information, visit www.sanibelmuseum.org.

Museum Curator To Speak At Shell Club Meeting

The first meeting for the 2018-19 season of the Sanibel-Captiva Shell Club will be held in the auditorium on the main level of the Bailey-Matthews National Shell Museum on Sunday, October 14. The meeting begins at 2 p.m. and is open to the public free of charge. Refreshments will be served and there will be door prizes.

Dr. José H. Leal, science director and curator of the Bailey-Matthews National Shell Museum, will be the first speaker of the season. His presentation is entitled Cool Gulf of Mexico Mollusks. The presentation highlights the results of the recent cruise sponsored by Dr. Greg Herbert from the University of South Florida to the northeastern Gulf of Mexico. Dr. Leal and Marine Biologist Rebecca Mensch participated in the cruise. Dr. Leal's presentation will showcase rare



Dr. José H. Leal photo courtesy Chip Clark mollusks and shells collected on the cruise and incorporated into the collection at the university.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road.✪



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The new sign at the Children's Education Center of the Islands photo provided

New Logo, Curriculum For Children's Center

The Children's Education Center of the Islands (CECI) has a new logo, and some curriculum changes to engage young students.

CECI has been evolving into a nature-based school that provides a well-rounded education for students. The preschool has transitioned to a place-based, emergent curriculum. Lessons are centered around the natural world. Students go outside to

explore the five-acre campus, and learn about Sanibel's flora a fauna. The children jump in puddles, which leads to a lesson on the water cycle. They collect palm berries, which transitions into a lesson on counting.

Under the new curriculum, if a lesson is focused on the sea grape tree but the children hear a pileated woodpecker call and become focused on that call, instructors will integrate the bird within the lesson so the children can learn how they are connected.

Visitors are invited to stop by any morning to see the changes to the preschool, located at 350 Casa Ybel Road. For more information, call 472-4538.*

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

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SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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OBITUARY



JANE READER WEAVER

long and highly successful career in real estate, which she began in Pennsylvania and continued on her beloved Sanibel and Captiva islands. In all her endeavors, she was the consummate people-person and a creative, skillful deal-maker.

Jane lived an extraordinary life that touched the hearts and souls of so many. All who knew her felt the depths of her warmth and compassion, and delighted in her exuberance and that resounding laugh. Always a youthful and independent spirit, she was a model of strength, resilience and living life to its very fullest. Her generosity was limitless.

Nothing was more important to Jane than her family. Her greatest joy was spending time with her three daughters and two grandsons. The family matriarch, she led with wisdom, faith, optimism and an epic sense of humor. There was nothing that couldn't be made right by a conversation with Jane.

Jane is survived by her daughters, Jane W. McKenna, Elizabeth Brenneman and Julie McKean Weaver, her son-in-law, Sean M. McKenna, and her grandsons and granddaughter-in-law, Patrick T., Colin M. and Michelle McKenna. She will forever be missed.

*"and tho'
We are not now that strength which
in old days*

*Moved earth and heaven, that
which we are, we are,-*

*One equal temper of heroic hearts,
Made weak by time and fate, but
strong in will*

On Sunday, September 23, 2018, Jane Reader Weaver of Sanibel, Florida and Carlisle, Pennsylvania, devoted mother and grandmother, died peacefully, surrounded by her family.

Jane was born and raised in Carlisle, Pennsylvania, the place she always considered her true home. An English major at Dickinson College, she was curious, fearless and a natural trailblazer. Her career was wide-ranging. In the 1970s, Jane was the creator and host of the local PBS show *Miss, Mrs. Ms.*, which showcased women leaders in the community. Later, she was the owner and chief executive of Resort Salon Services on Captiva Island. Perhaps she was best known for her

To strive, to seek, to find, and not to yield."

- Alfred Lord Tennyson, from *Ulysses*

The family will be receiving friends from 2 to 4 p.m. on Saturday, November 3 in Hoffman Funeral Home

and Crematory, 2020 W. Trindle Road, Carlisle, PA 17013.

In lieu of flowers, memorial donations may be made to Sanibel-Captiva Conservation Foundation at www.sccf.org. To sign the guestbook, visit www.HoffmanFH.com.✪

Pigs In Paradise Roast October 20

The Children's Education Center of the Islands (CECI) invites community members to its 4th annual Pigs in Paradise hog roast on Saturday, October 20 from 4 to 7 p.m. at the preschool, located at 350 Casa Ybel Road.

The family-friendly evening will feature pigs roasted in two different styles by CECI parents and staff. Admission will include roasted pork, sides, beverages as well as a cookie bar. Beer and wine will also be available. There will be a silent auction and a 50/50 raffle.

Tickets are \$30 in advance, \$35 at the door and \$10 for children ages 13 to 18; children 12 and under are admitted at no charge. The preschool strongly recommends that people buy tickets in advance so they can get an accurate head count. Sponsorships are available and include tickets to the roast and display in promotional materials. Proceeds from the event will help fund student scholarships as well as capital improvements to the facility.

The preschool, which opened in 1974, is a nonprofit parent co-op which serves families who live or work on Sanibel and Captiva. It is open to children ages 12 months to 5 years. To register your children for preschool, buy event tickets, become a sponsor or donate items to the silent auction, call Cindy DeCosta at 472-4538.✪



Grayson Hayes is excited for the annual pig roast to support his preschool. His papa, Bryan Hayes, will be donating a hog for the roast.

photo provided



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Rock the Universe 2018 group

photo provided

Students Rock, Ride And Rejoice At Universal

Sanibel Community Church H2O Youth Ministry high school students and leaders experienced two nights of powerful music from today's most popular Christian artists at Rock the Universe at Universal Studios in Orlando recently. Throughout the weekend, the students, along with thousands of other teens from around the country, praised God in

live concerts, plus experienced the attractions at Islands of Adventure and Universal Studios.

Rock the Universe celebrated its 20th year with some of today's top artists in Christian music, such as Jesus Culture, TobyMac, Casting Crowns and Lauren Daigle. The teens were electrified as they lifted their hands and let their hearts soar, while singing along with amazing artists and worshipping God right alongside their peers. One of the leaders said, "What a refreshing sight to see - thousands of youth on a Friday and Saturday night worshipping..." with Brandon Heath, For King and Country and Andy Mineo.

During the day, the group experienced the thrilling rides and attractions. Racing in the city streets of New York City on the Jimmy Fallon Ride, zooming down the Hulk and Hollywood Rip Ride Rockit roller coaster; hiding from hungry dinosaurs on Jurassic Park Adventure; and facing the most colossal ape ever to walk the earth on Skull Island were among the group's favorites. The teens hastened

their walk to the World of Harry Potter for the sought after treat: Butter Beer.

One youth leader said, "It was an incredible, rejuvenating and inspiring event. The atmosphere of Christian groups from all over coming together, and the opportunity to see and hear the Christian performers that affect our daily lives with their praise and worship music was amazing." Students expressed how blessed they were to be a part of the Rock the Universe experience, adding that it was "an unforgettable weekend of faith and fun."

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

Sanibel Community Church is an evangelical, non-denominational

congregation with the church campus at 1740 Periwinkle Way (next to Jerry's Market). For more information, contact Pastor Kevin Schafer at Kevin@sanibelchurch.com or call 472-2684.✪

Interim Director Of Children And Family Ministry



Holly Patton-Roark

photo provided

Sanibel Community Church announced the commission of Holly Patton-Roark as the new interim director of children and family ministries. With the departure of Kathy Cramer, the director position had been vacant. Patton-Roark, as assistant director, stepped up and has been administering the program. She brings experience, passion and a love for children and their families to the ministry.

Patton-Roark will oversee the church's LOGOS program, as well as be responsible for all of the Sunday morning educational opportunities for children.

Sanibel Community Church is located at 1740 Periwinkle Way. There are activities for children ages infant through fifth grade on Sunday morning during all three services, as well as at the Wednesday evening LOGOS program. For more information, call 472-2684 or visit www.sanibelchurch.com.✪



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This bumper sticker has a green color to emphasize that almost 70% of Sanibel is in conservation land and a whimsical heart to signify our island lifestyle. The peel off back has information about Sanibel that you may not know.

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Pink Out Events Planned For October

by Jeff Lysiak

Throughout the month of October, recognized nationally as Breast Cancer Awareness Month, a number of special events have been planned on the islands, including several gatherings – known as Let's Pink Out! Sanibel & Captiva – that have become a local tradition.

Breast cancer is the most common cancer among women in the United States. Approximately one in eight U.S. women will develop invasive breast cancer over the course of her lifetime. In 2018, an estimated 266,120 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 63,960 new cases of non-invasive breast cancer. When breast cancer is detected early, and is in the localized stage, the five-year relative survival rate is 100 percent.

Every Saturday this month, Let's Pink Out! organizers and volunteers will be bagging groceries for tips at Bailey's General Store, located at 2477 Periwinkle Way. All are invited to visit



During Tuesday's Sanibel City Council meeting, organizers of several Let's Pink Out! Sanibel & Captiva gatherings during Breast Cancer Awareness Month were recognized with an proclamation for their efforts. From left, Sanibel Fire Chief Matt Scott, Kayci Suskind, Kay Casperson, Nicole McHale, Mary Bondurant and Mayor Kevin Ruane. photo by Jeff Lysiak

the business between 9 a.m. and 5 p.m. on October 6, 13, 20 and 27. Volunteer baggers will receive Pink Out T-shirts, which are also being offered for sale by donation.

"Get your pink on and come out and support this great event," said Mary Bondurant, a Sanibel resident, realtor, breast cancer survivor and founder of the Pink Out gatherings.

22 decision to deny their application based upon it being in conflict with the objectives of the Sanibel Plan, conditions set forth in the Land Development Code, and concerns over safety.

The couple had planned on an inventory of seven street-legal, solar/electric vehicles (five of them four-passenger vehicles, with the other two six-passenger vehicles) that would be rented out of Suite 15 of the Palm Ridge Place Shopping Center.

"The city council is neither deciding nor ruling on whether the city council would approve or deny the application, but rather whether the planning commission has properly interpreted and applied the provisions of the Land Development Code based upon the application and evidence presented to the planning commission," Agnew's September 19 letter to council reads, in part.

Both DeBruce and Blackman presented their case to members of the council, arguing that the planning commission's findings in the case were a misinterpretation of the Sanibel Plan. The issue that low-speed vehicles might be a safety hazard can be dismissed since they are allowed by Florida statute in municipalities that permit speeds of 35 mph or less.

"These vehicles are already very popular and in use on the islands," said DeBruce, who contested why another business on Sanibel is allowed to rent up to 60 motor scooters but her business, with seven low-speed carts, wouldn't be permitted.

"There is no evidence that renting low-speed vehicles would contribute to increased traffic on Sanibel," added Blackman, who argued that their carts don't take up as much space on the road, aren't as noisy and don't contribute as

offering on site 3D digital mammogram screenings. While most medical insurance companies will cover the expense of the examination, all women who are uninsured will have the cost covered by Let's Pink Out.

The 7th annual Let's Pink Out! Celebration for Life luncheon will be held on Thursday, October 25 at Sanibel Fire & Rescue District Station #1 from 11:30 a.m. and 1:30 p.m. The picnic-style celebration – with food and refreshments provided by Cip's Place – will take place inside the facility.

"The Pink Out luncheon is open to the entire community, whether you're a breast cancer survivor or someone whose life has been touched by cancer," added Bondurant. "If you're a survivor, your lunch is free; everyone else may make a donation."

Local businesses are asked to donate a raffle item. Non-perishable food items, which are being donated to FISH of SanCap, will also be accepted. To become a sponsor or make a raffle item donation, call Bondurant at 839-3633. Checks can be mailed to Pink Out, 9125 Mockingbird Drive, Sanibel, FL 33957.

To sign up as a grocery bagger, with one-hour or all-day shifts available, email PinkOutSanibel@gmail.com or call 839-3633. For more information, visit www.pinkoutsanibel.com.✱

Slow Vehicle Appeal Ends In Stalemate

by Jeff Lysiak

Following a quasi-judicial hearing which lasted one hour, 25 minutes, the question over whether the Sanibel Planning Commission acted "reasonably" in their denial of a conditional use application to allow a low-speed, street legal electric vehicle business to operate on the island ended in a stalemate during Tuesday's city council session.

City Attorney John Agnew informed members of the council that applicants Laura DeBruce and Jeffrey Blackman, owners of Sanibel Carts, LLC, had filed an appeal to the commission's May

much pollution as standard automobiles. "Our goal is to decrease ridership on the island, not increase it."

The couple also stated that after four months of working with the city's planning department staff, including dozens of emails and several meetings, they were given no indication that their application would be recommended for denial until the Friday prior to the planning commission meeting during which it was denied.

Keith Williams, the city's community services director, delivered a presentation which explained that the planning commission's decision was made, in part, to their interpretation of the Land Development Code dealing with transportation goals, objectives and policies for auto ridership and reduction. He also noted the commission's concerns over the inter-maneuverability of the carts

continued on page 45

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Plant Smart

Fourpetal St. John's-Wort

by Gerri Reaves

Fourpetal St. John's-wort (*Hypericum tetrapetalum*) is a short-lived perennial of the mangosteen family. Native to only Florida and Georgia in the U.S., it is one of many St. John's-worts native to the state.

In the wild, it's typically found in moist flatwoods, hammocks, prairies and along ponds.

The common name was given to the flower by early Christians, who deemed it a symbol of St. John the Baptist because it usually blooms around St. John's Day (or Feast of St. John) on June 24.

It forms erect single stems of up to three feet tall or multiple prostrate spreading stems. The latter form makes it useful as a groundcover.

Pairs of blue-green ovate leaves clasp the stems. The color inspires another common name, blueleaf St. John's-wort.

Inexplicably, it's also called heart-leaved St. Peter's-wort.

The four bright yellow petals form an "X" or cross, thus the term tetrapetalum.

Flowers are about an inch across, have many yellow stamens and appear singly at the end of reddish stems.

Underneath the flower are two larger



Native fourpetal St. John's-wort has showy flowers and paired ovate blue-green leaves. The shiny linear leaves in the photo belong to another plant. photo by Gerri Reaves

outer sepals and two smaller inner ones.

Flowers bloom most of the year, spring to late autumn. The seed capsule is inconspicuous.

This species is recommended for wet wildflower gardens.

It prefers full sun to light shade and requires essentially no maintenance if planted in the right spot.

It can grow in nutrient-poor soil but

needs some organic content. It is not salt tolerant.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida*, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✧

Vegetation Trimming Notice

Now through Wednesday, October 17, from 8 a.m. to 5 p.m., the vegetation along Sanibel-Captiva Road will be trimmed from Tarpon Bay Road to Blind Pass, and on Casa Ybel Road from Periwinkle Way to Tarpon Bay Road, weather permitting.

Due to the nature of the vegetation work, one lane of Sanibel-Captiva Road and Casa Ybel Road may be intermittently closed to traffic for short periods of time. Expect delays. Drivers and pedestrians need to proceed slowly and cautiously through the area when workers are present.

Contact the Public Works Department at 472-6397 if you have any questions.✧

Fun Day At Rec

Registration is open for the Fun Day at the Sanibel Recreation Center on Monday, October 15. There will be a variety of athletic games, craft projects and entertainment. Enrollment is available for children in kindergarten through eighth grade. This program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks will be provided.

Register by October 8 and receive the Early Bird rate of \$30 for members and \$40 for non-members. Registration on or after October 9 is \$36 for members and \$48 for non-members.

For more information, call 472-0345 or visit www.mysanibel.com.✧

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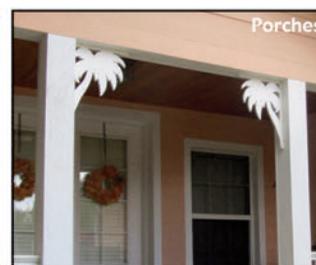
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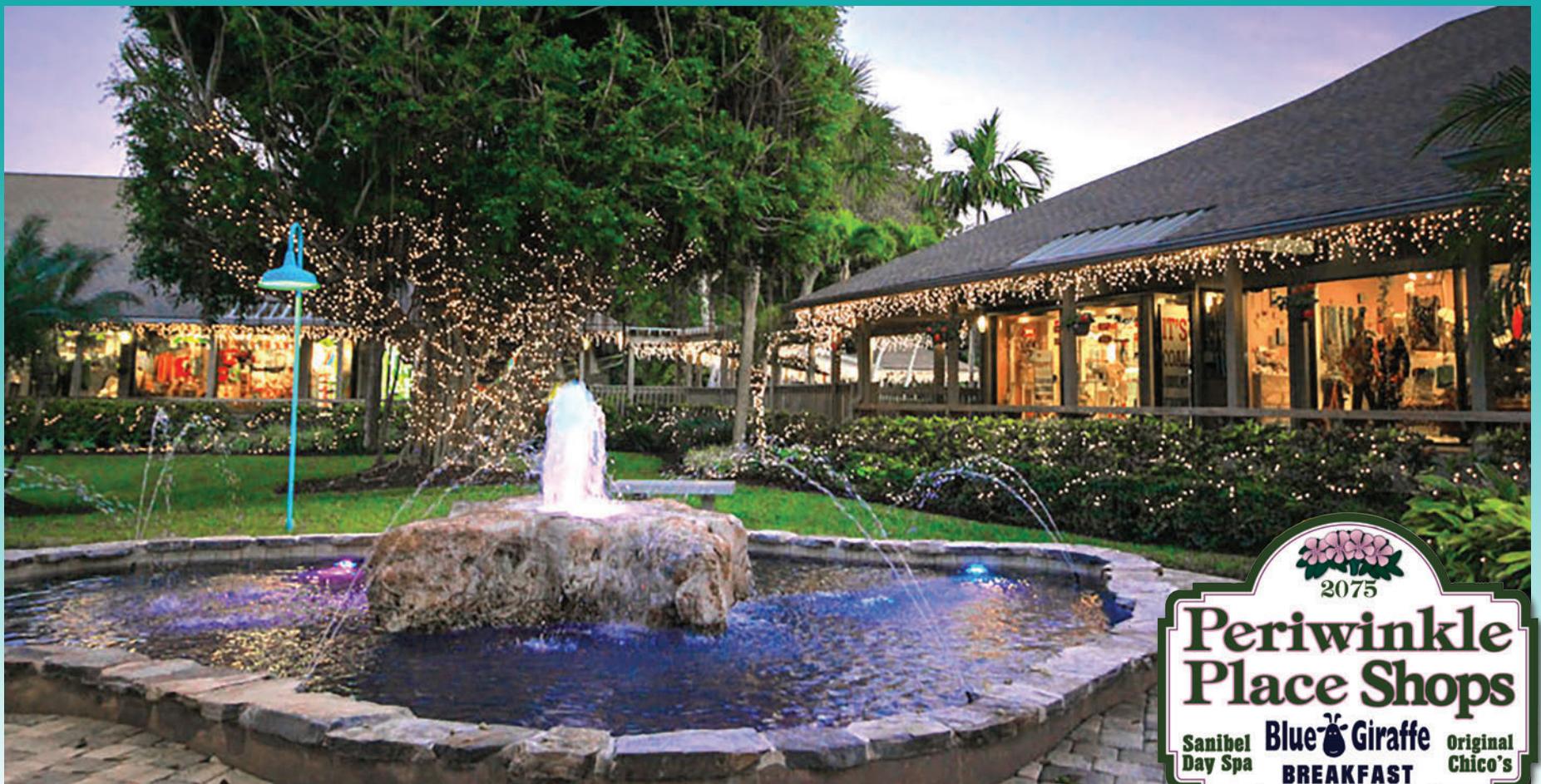
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Our Waters Are Healing



by Capt. Matt Mitchell

As each week passes our local waters continue to rebound and gradually return to back normal. Clean, clear water is getting easier to find, and all types of sea life can be spotted. Turtles, dolphins and manatees are returning to our waters which is great to see.

The resilience of our waters is amazing with bait and feeding birds scattered almost the complete length of the sound once again.

We still have areas from Lighthouse Point to the north end of Fort Myers Beach and Boca Grande that are experiencing effects of red tide. Generally though, the red tide levels in our region continue to drop. While running offshore 25 miles due west of Redfish Pass this week, we saw lots of baitfish schools starting out in 30 feet of water and did not see a single floating dead fish. This past week, the improvement to our waters is easy to see and is just remarkable.

Rocky Channel in the middle sound can be one of my favorite places to shark fish. During lower phases of the tide, all of the flats around it get really shallow and these sharks drop off into the channel by the hundreds. Most varieties of shark species can be caught while fishing in this area that is basically a big fish highway. I like to set up on the anchor in the deeper, fast-moving water in this natural channel and soak large pieces of fresh cut mullet on a large cut bait circle hook. Pulling on these hard fighting sharks is easy fishing that anyone can do.

While out live bait fishing, it's been a good idea to stay away from the passes, especially Blind Pass and Boca Grande during the incoming tide as it only takes one small area of red tide to push in and all your bait



Jed with a blacktip shark caught this week in Rocky Channel while fishing with Capt. Matt Mitchell

photo provided

is dead. These places have still been experiencing fish kills during the big high incoming tide.

Most of my live bait fishing this week was on the eastern side of the sound.

Our go-to species continues to be large, healthy mangrove snapper. These snapper can be found just about anywhere, but finding some submerged structure can really pay off with larger fish. This past week while fishing a favorite concrete rubble pile in the northern sound, I found another pile of sunken toilets in seven feet of clear water that I must have passed over hundreds of times and never knew it was there. This toilet reef held snapper up to 16 inches. It was lots of fun to catch gag grouper up to 20 inches. After casting free-lined shiners, this place went off with fish exploding on the surface.

Catch-and-release snook fishing has remained very consistent although I have not found any really large groups of fish. When pulling into a favorite mangrove shoreline or oyster bar, you can catch a handful of fish then the bite just stops. Keep your eyes open for schools of redfish while working these same areas. I have heard a few reports of schooling redfish around the tip of Bokeelia and around Captiva Rocks although I'm yet to find them myself.

FWC has decided to keep both snook and redfish closed for harvest until at least May 10 in response to the fish kills caused by red tide. The effected area that's closed runs south from Tampa to Naples. This closure is a good thing for our fishery and ruling on the side of caution after such a massive red tide event can only help. There are plenty of other species in the sound to eat other than the snook and redfish, which are two of our premier species and need some protection.

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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Community House

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.

Kids Cooking First Mondays

Kids cooking classes began October 1. They are held on the first Monday of the month from 2:30 to 5:30 p.m., October through May. Upcoming dates are November 5, December 3, January 7, February 4, March 1, April 1 and May 2.

Young chefs will learn fundamental nutritional cooking skills, basic kitchen awareness and food preparation. Students will explore different cultures using nutritious whole foods. Cost is \$50 per session or \$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.

Cooking With Chef Jarred

Resident Chef Jarred Harris will hold a cooking demonstration on Thursday, October 11 at 4 p.m. featuring: Mussels in White Wine, Garlic, Shallots and



From left, Jeff Samson, Chef Jarred Harris and Joe Parker preparing slow roasted barbecue at last year's Smoke on the Island hog roast photo provided

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

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

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.

Parent And Child Cooking

The next parent and child cooking class will be held on Wednesday, October 17. Make cupcakes and frosting with a twist. Designed for 5- to 9-year-old children with a parent/adult. Cost is \$35, \$10 per each additional family member. Register by Wednesday, October 10. The next two sessions for this age group are November 11 and December 13.

Smoke On The Island Community Hog Roast

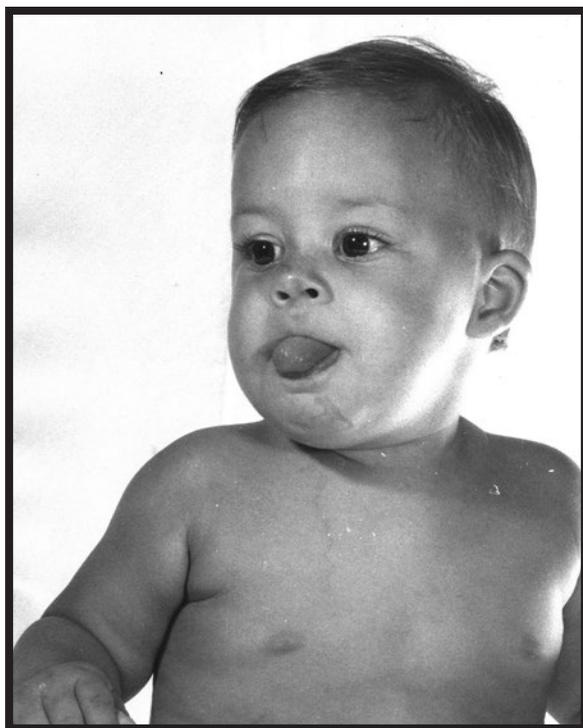
The Smoke on the Island community hog roast returns on Saturday, October 20 from 6 to 8 p.m. Slow roasted pork will be paired with Chef Jarred's barbecue sauce, tomato and mozzarella salad, black beans and rice, and Love Boat Ice Cream bar. Cost is \$15 in advance for adults, \$18 at the door; \$10 for children 10 and under. Dessert is \$5. Limited number of tickets available. Online payment accepted prior to noon on Friday, October 12.

Upcoming Classes And Events

Pumpkin decorating with Chef Jarred will be held on Tuesday, October 30 from 4 to 6 p.m. On Wednesday, October 31 from 5 to 7 p.m., bring the whole family for the Halloween/Fall Festival Candy and Costume Carnival.

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

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The Slender Eulima, *Melanella hypsela*. From left, shell from Sanibel and live animal from the Bahamas

Shell Of The Week

The Slender Eulima



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

The Slender Eulima, *Melanella hypsela* (Verrill & Bush, 1900) is one of the locally found

species of parasitic snails in the family Eulimidae, which usually live embedded in the bodies of sea cucumbers, sand dollars, sea stars and other echinoderms. Its shell may reach 8 mm (about 0.3

inch), and it is delicate, straight-sided, with a minute protoconch. As with many members of the Eulimidae, shells of live snails (or fresh-dead) are translucent or transparent, becoming opaque after the snail dies. The tentacles of Slender Eulimas each have a red band, which is interrupted around the eye. The picture of the live Slender Eulima was taken by the late Smithsonian photographer Chip Clark in the Bahamas during the 1999 Shell Museum-Smithsonian Deep-sea Expedition. Learn more about this and other local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

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

Farmers Market Helps Neighbors

The Sanibel Island Farmers Market returns to the city hall area on Sunday, October 7. FISH of SanCap will again partner with Local Roots LLC owners Betsy Ventura and Jean Baer, co-managers of the Sanibel Island Farmers Market, to supply food for the food pantry.

At the suggestion of Ventura and Baer, vendors pack boxes of unsold fruits, vegetables and other food offerings for the FISH Food Pantry at the end of every market Sunday. FISH volunteers pick up, sort and unload these donations on Sunday afternoon at the FISH Food Pantry. Food pantry participants receive the fruits, vegetables, breads, cheeses and other items from market vendors.

"We are looking forward to assisting in loading up the FISH pantry," said Ventura. "These have been tough days for our community, and we are here to work together with FISH. Anything we can do to help, please reach out. Issac and the entire Gallego family will be joining us again this season, and we're all excited to help out."

"FISH and our clients greatly appreciate the generosity of the (Sanibel

Island) Farmers Market. We cannot thank Betsy and Jean enough for encouraging the vendors to supply healthy choices for our clients. Their continued support and eagerness to find fresh ways to support FISH is an integral part of the success of our food pantry," said Maggi Feiner, FISH president and CEO. "If you don't have access to or cannot afford healthy food, you can develop health issues," she said. "This partnership gives people the dignity and choice of what they enjoy eating while focusing on food that can really nurture the body and brain and help people struggling with food to eat healthier."

"It's been particularly tough this summer for our food pantry, as we have seen so many new households apply due to the red tide crisis. We've had a really hard time keeping our shelves stocked. The addition of fresh products and other donations from the farmer's market will really help out," said Maria Espinoza, walk-in center manager. "Kudos to our volunteer teams, many of which include island youth earning community service hours, who pick up from the market and organize our food pantry on Sunday afternoons. We could not provide these wonderful healthy foods to our community without their help."

The FISH Food Pantry is open Monday through Friday from 10 a.m. until 3:45 p.m., located at 2430 Periwinkle Way. Those wishing to use the food pantry must reside in Lee County and complete an intake form annually. For more information, visit www.fishofsancap.org or call 472-4775.

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Winter Camp At Sea School

submitted by Leah Biery

Sanibel Sea School's 2018 Winter Camp programs will be all about the sun and the moon, and how closely they are tied to the ocean and its creatures. This pair of weeklong camps is planned to coincide with winter break, and the schedule will offer a combination of Sanibel Sea School holiday traditions, exciting science, arts and crafts, and outdoor activities.

During Powered by the Moon Week, participants will explore gravity and tides, learn about how the lunar cycle affects various ocean inhabitants and go moon gazing together. Powered by the Sun Week will be all about the sun's energy and how it supports life on our planet. Participants will dive into photosynthesis, talk about some sunbathing marine species and make solar s'mores. And that's just a start – there are many more surprises planned.

Of course, it wouldn't be Winter Camp without a few Sanibel Sea School traditions, so there will also be hot chocolate, ocean caroling and the annual Give Your Worries to the Sea ceremony.

Camps are open to ages 6 to 13,



Campers participating in a previous Give Your Worries to the Sea ceremony at Sanibel Sea School photo provided

and a Counselor In Training program will also be offered for teens ages 13 to 18 to practice their leadership skills. Registration opens at 10 a.m. on Saturday, October 20 online at www.sanibelseaschool.org/sanibel-camps.✪

Coastal Keepers Fundraiser November 17

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

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

Coastal Keepers' goal is to increase awareness of the impacts that humans have on beaches, water quality and marine habitats in our region, and to help citizens become more effective stewards of the ocean. Through a series of business and community partnerships, the organization successfully encouraged Sanibel City Council members to unanimously pass an ordinance on the sale and distribution of disposable plastic straws in September. Straws are a common litter item found on the beaches that can have lasting negative impacts on waters and wildlife.



image provided

The ongoing Bring Your Own Bag (BYOB) campaign is one more example of Coastal Keepers' work to build a more environmentally friendly Sanibel. The BYOB campaign helps conserve oceans and beaches by reducing the number of single-use plastic bags handed out in the area each year. "With help from local businesses and organizations, we distribute free reusable canvas bags at events and stores throughout the island. So far, we have distributed more than 15,000 bags," said Lucas. The group will announce some of its additional plans for the future at the event.

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

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

CROW Case Of The Week:

Barn Swallow

by Bob Petcher



A barn swallow (*Hirundo rustica*) is a small, sparrow-sized bird that has a shiny and steely cobalt-blue color on its back, wings and tail to contrast its orange-brown underparts.

The barn swallow can mostly be found in rural areas and is quite adaptable, feeding in open habitats from fields, parks and meadows to marsh lands, fresh water and coastal waters.

The insect-eaters are also adaptable in their foraging abilities as they can feed on different flies and bugs near ground surfaces or hundreds of feet above sea level. When it comes to nesting, they prefer human-made structures, like barns, and build nesting spots in eaves, rafters, cross beams or within undersides of bridges, wharfs and other water structures.

In fact, people can benefit from these swallows if they encourage these colorful, insect-eating birds to nest inside their sheds, barns or excess structures by leaving a door open.

At CROW, an adult barn swallow was admitted from Dunbar Middle School in Fort Myers after it was reported to have

struck a window. Upon intake exam, veterinarians found the bird was unable to stand due to hind limb paresis, but was bright and alert on the front end. The patient was propped up for comfort reasons.

"If a patient is unable to stand, it is either propped up in a makeshift nest – made out of a folded towel – so it is resting comfortably, or larger birds are sometimes placed in a sling for a few hours each day to assist with standing," explained Dr. Robin Bast, CROW staff veterinarian.

Further examination showed the patient had intact motor ability of the legs, but the left limb was weaker. Without x-rays, CROW medical officials determined there were no fractures palpated.

"This species of bird is so tiny that it is hard to get adequate detail on radiographs to rule out spinal lesions," said Dr. Bast. "However, based on the bird's clinical signs – it was still able to move its legs but was too weak to stand on them – it can be assumed there was not a complete severance of the spinal cord. The clinical signs were likely related to compression of the spinal cord due to inflammation and swelling from the trauma."

The patient was found to have an increased breathing rate after being handled for a short time. It was given pain medication and placed in an oxygen chamber.

"Several things can cause an increased rate of breathing – bleeding into the



Patient #18-3789 suffered through a neurological condition and was euthanized after its condition declined

photo by Missy Fox

lungs/air sacs secondary to the trauma is most likely in this case," said Dr. Bast. "Other causes include stress – this species can start open-mouth breathing even if handled for brief periods of time – or less likely in this case, infection in the respiratory system."

CROW's treatment plan included neurological checks of the patient's hind limbs and hourly feeds by the rehabilitation staff.

After approximately one week at the clinic, the barn swallow did not show signs of improvement.

"Unfortunately, the bird's neurologic condition declined despite supportive care and, due to its grave prognosis for recovery, it was elected to humanely euthanize the patient," added Dr. Bast.

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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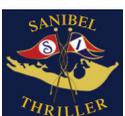
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CROW Calendar Of Events



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.

Throughout the month of October, mention this article and offer code "Sea Turtle" to receive 10 percent off general admission to the Visitor Education Center (Wildlife Walk hospital tours not included).

Friday, October 5, 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, October 5, 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, October 8, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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

Tuesday, October 9, 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.

Wednesday, October 10, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, October 10, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

Thursday, October 11, 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, October 11, 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.✪

Gray Triggerfish Harvest Closes

At its September meeting, the Florida Fish and Wildlife Conservation Commission (FWC) approved a federal consistency measure closing recreational gray triggerfish in Gulf of Mexico state waters effective September 28. This closure is in response to harvest projections indicating that the 2018 federal recreational quota for gray triggerfish has been reached. The closure will remain in effect through December 31. The fishery will reopen on March 1, 2019, following the annual January and February recreational harvest closure.

This closure is intended to help ensure the species is sustainably harvested.

Learn more about the federal closure at www.fisheries.noaa.gov.✪



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Practicing Environmental Stewardship

by Ocean Tribe Paddlers

As a paddle sports enthusiast, you are already doing the environment a favor by choosing a vessel that does not require fossil fuels – only the power of your body. While this is significant on its own, there are many other ways for us to care for the planet as paddlers. This week, we want to share a few ideas for you to consider.

First, always leave your surroundings cleaner than when you arrived. Planning ahead can help you avoid using disposable containers for drinks and food. Go reusable whenever possible. If you must bring items that produce trash, be sure to pack it out with you for proper disposal. If you are fishing, never leave monofilament line or other fishing gear in the environment. We are advocates of the "Take Five" approach – always set aside five minutes during your paddle to clean up any waste you see.

You might also put some thought into your transportation choices when

traveling to and from your paddling location. Carpooling with friends is a great way to reduce your carbon emissions.

While you are out paddling, be aware of your surroundings and be sure not to cause damage. Even kayaks and paddleboards can tear seagrass or scrape coral reefs. Move through the water with caution and care for what is in your path.

Avoid using chemical insect repellents and sunscreens. The ingredients can have long-term consequences for fragile ocean ecosystems. Instead, cover up with clothing or choose natural alternatives. We like eucalyptus-based bug sprays, and sunscreens with non-nano zinc oxide are safest for coral reefs.

Finally, if you're in the market for a new board or boat, do your own research or ask your local paddle sports shop about any eco-friendly options that are available. More and more companies are using recycled or biodegradable materials and less harmful manufacturing chemicals. One company, Starboard, offers paddle attachments for picking up trash. There are a number of great options at similar price points to conventional boards. Happy (green) 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.✪





From left, Riley Horvath, Charlie Stone, Griffin Colson, Capt. Rob McKay, Nicholas Tison and Kycler Kouril photos provided

Sanibel Scouts Visit Fire Station

Once again, the Sanibel Scouts have been very active in the community. The school year started off with a strong recruitment

effort, topping membership at 34 Cub Scouts in Pack 1740 and nine Boy Scouts in Troop 1740. This year is full of camp-outs and events planned for every scout at every age level, from 5 to 16 years old, including camping excursions to Daytona Speedway and Cayo Costa State Park.



From left, Landon Markosky, Max Brodeaur, Christopher Erickson, Ernesto Del Valle, Daniel Tison, Miles Baker and Levi Priestly

Most recently, much of the Pack toured the local Sanibel Fire & Rescue District Station #1, with many thanks to Training Officer Tim Barrett. Additionally, our oldest Cub Scouts, Arrow of Light, were visited by Capt. Rob McKay of Captiva Water Sports, based out of Tween Waters Inn, Captiva. McKay

taught the boys knot-tying, an important foundation skill for any Cub or Boy Scout.

For more information about Sanibel Scouts, contact Cub Scout Pack 1740 Committee Chair Kara Stone at 223-4625 or Boy Scout Troop Committee Chair Kim Kouril at 233-4180.✱

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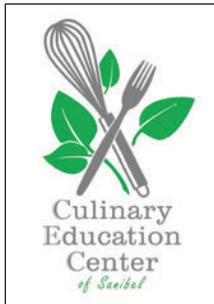
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The Community House

The Cucumber



by Resident Chef Jarred Harris

The cucumber plant is a member of the gourd family and is related to the cantaloupe and watermelon. The plant produces fruits that are commonly used as vegetables. There are three different classifications of cucumber: slicing, pickling and seedless, with 40 different varieties for each classification. The common names for these cucumbers are pepino, English, gherkin and kukamba.

The cucumber is native to India and has been cultivated in Asia for over 3,000 years. Cucumbers were not only used in culinary purposes, but also widely used as medicinal remedies. They were used to treat everything from infertility, bad eyesight, scorpion bites and as beauty treatments. The ancient Greeks and Romans were very fond of cucumbers and introduced them to Europe around the 8th and 9th centuries. The Roman Emperor Tiberius

ate cucumbers every day of the year. During summer, special gardens were tended just for the king's cucumbers and in the winter, cucumbers were grown on moveable bed frames that were moved to be exposed to the sun or illuminated with mirror-stones in primitive greenhouses.

Columbus brought cucumbers to Haiti in the late 1400s and the Spanish explorer Desoto introduced cucumbers to Florida and North America around the mid-16th century.

Cucumbers contain vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, folic acid, vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc.

Here is a simple recipe to try.

Cucumber and Cantaloupe Salad

Serves 4

Dressing

½ cup olive oil

¼ cup white wine vinegar

1 tsp. coriander

1 tsp. salt

¼ tsp. black pepper

1/8 tsp. cardamom

Ingredients

½ cantaloupe (rind and seeds removed, cut into 1-inch pieces)

1 English cucumber (sliced ½ inch thick)

½ jalapeno pepper (seeded and sliced thin)

½ cup roasted pumpkin seeds (pepitas)

¼ cup cilantro (chopped)

¼ cup mint (chopped)

Method

Whisk oil, vinegar, coriander, salt, pepper and cardamom in a large bowl. Add the cantaloupe, cucumber and jalapeno pepper. Let sit for 15 minutes.

To serve, add pumpkin seeds, cilantro and mint to salad and toss gently to combine.

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.✳

Free Reusable Bags To Be Distributed

On Saturday, October 13, Coastal Keepers will hold an event at Bailey's General Store to reduce the use of disposable plastic bags on the islands and educate locals and visitors about the harm plastic bags cause to the environment. Beginning at noon, Coastal Keepers and Bailey's General Store will partner to distribute reusable, washable canvas bags for free while supplies last.

Over 100 billion disposable plastic bags are used annually in the United States, making them one of the most common trash items collected on beaches worldwide. Plastic bags have a short usage time and are rarely recyclable, taking 1,000 years or more to decompose. They pose a threat to wildlife as countless animals become entangled or mistake them for food each year.

The solution to this problem is simple: bring your own bags (BYOB) when you shop, eliminating the need



Reusable canvas bag photo provided

for disposable plastic bags. Additional BYOB events are being planned for later this year.

Coastal Keepers, formerly the Sanibel-Captiva Chapter of START, operates as an independent branch of Sanibel Sea School to create and implement conservation initiatives that promote and improve the future of marine resources and coastal heritage.

For more information, contact coastalkeepers@sanibelseaschool.org.✳

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From page 1

Scavenger Hunt

Director Chrissy Basturk. "Doc (Bruce Neill) wanted an event that the whole family could participate in. And something with a little healthy competition is always fun."

On Saturday, November 3, the inaugural Flip Flop Family Scavenger Hunt will kick-off beginning at 10 a.m. at Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way. At check-in, each scavenger hunt team – comprised of up to eight individuals per team – will be given a book of clues and challenges, each worth a set amount of points.

"We want to allow children to participate in something that is fun, but at the same time raises money to serve others," explained Neill. "Most fundraisers exclude children, but we want kids to be involved and help other kids and families while they have fun and learn about our island."

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

According to Basturk, clues in previous Sea School-hosted scavenger hunts have

required players to visit restaurants, pose for photos with island celebrities, or figure out where to find a certain colorful bird.

"We want to help people discover their island in subtle ways. For example, Bailey's General Store smokes bones for dogs. We asked (participants) to take a picture of a smoked dog bone, but didn't tell them where to find it," said Neill. "Many of the clues are things we see every day, but have quit noticing, or never did."

"But the first person who arrives back at the church won't necessarily win the hunt," added Basturk, who noted that an obstacle course activity for all ages will be placed in the middle of the hunt. "Participants will have to solve one final puzzle at the finish line."

Following the conclusion of the hunt, participants will be invited to attend a beach bonfire starting at 6 p.m. at Lighthouse Beach in celebration of ocean love. People attending can bring their own refreshments, with the Sanibel Sea School providing all the fixings to make s'mores.

Cost to participate is \$25 per person, with a maximum of eight players per team. Participants must provide their own transportation. Tickets may be purchased online at www.sanibelseaschool.org/flipflopfundraiser or by calling 472-8585. All proceeds will support the nonprofit's scholarship fund, which provides meaningful ocean experiences to thousands of children in the region each year.✳

Solve Science Mysteries At After School Program

submitted by Leah Biery

Beginning October 9, Sanibel Sea School will offer a series of after school science programs with a mystery theme for students ages 6 to 13. Each week's session will be centered on a fictional crime and a notable scientist such as Archimedes, Sir Isaac Newton or Blaise Pascal. Participants will apply scientific principles in exciting, hands-on ways to solve the crime before the end of the day.

"Because of the red tide, we had to re-think some of our water based after school activities like surfing and cast netting this year," said the organization's Director of Education Shannon Stainken. "Our team realized that there are so many interesting experiments related to things like buoyancy, motion, pressure and force. We thought it would be so fun to incorporate all of this into a series of after school mysteries – sort of like a crime solving club."

Stainken also explained that all of the planned activities will give students a solid foundation for future scientific discovery, both inside and outside the classroom. Participants will build rockets, make catapults and cranes, get creative to make heavy objects float and so much more.

"Understanding why the things around us work the way they do, along



Join Sanibel Sea School for a season of after school science crime solving with Archimedes, Sir Isaac Newton and Blaise Pascal photo provided

with developing an appreciation for investigation and experimentation, can give kids a leg up when it comes to succeeding in school," Stainken said. "We also want to encourage our students to stay curious about the world and its many mysteries for a lifetime."

Sanibel Sea School's After School sessions are from 3:30 to 5:30 p.m. on Tuesdays, October 9, 16, 23 and 30, and November 6 and 13. The cost is \$20 per student per session. To learn more and register, visit www.sanibelseaschool.org/afterschool or call 472-8585.*

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner this Sunday, October 7 from noon to 8 p.m. The following Sunday, October 14, barbecued chicken and ribs are on the menu from noon to 8 p.m.



The American Legion general meeting will be held on Wednesday, October 10 at 6 p.m.

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

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

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

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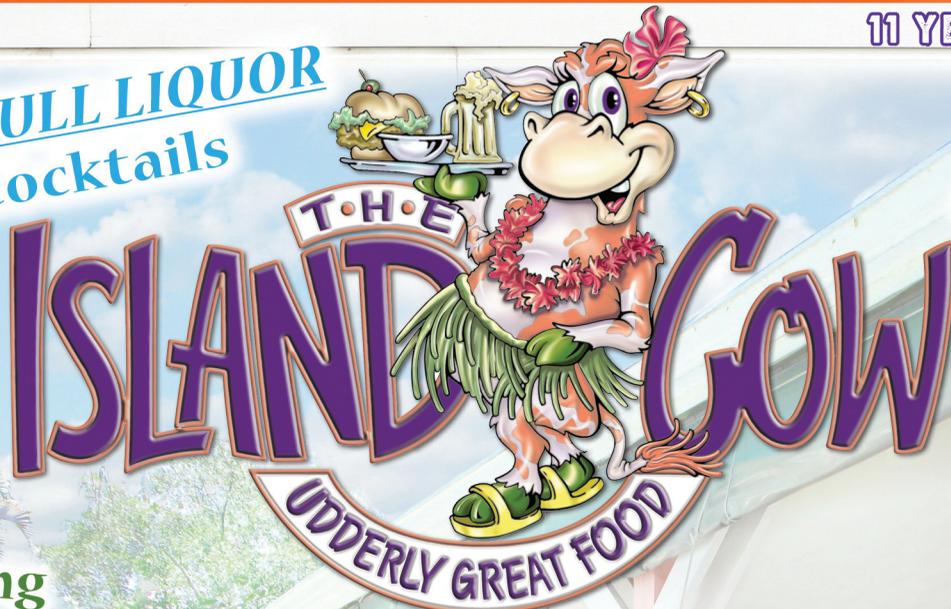
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Sweet Corn and Jack Cheese Quesadilla

- 2 ears fresh sweet corn, kernels cut off the cob
- 1 cup cooked black beans, drained and rinsed
- 1 cup bell peppers (assorted colors), diced small
- 8 soft corn tortillas (6 inch)
- 2 cups jack cheese, shredded
- ¼ cup fresh cilantro, chopped
- 1 teaspoon cumin

Sea salt and fresh ground pepper to taste

Vegetable oil for cooking

Preheat a medium-sized sauté pan over medium heat. Add

1 teaspoon of vegetable oil to the preheated pan. Add the corn kernels and diced peppers to the pan, and lightly season to taste with salt and pepper.

Cook the corn mixture until the peppers and corn start to get slightly golden brown. Add the black beans and cumin to the corn mixture, stir ingredients to combine, and remove from heat.

Place the corn mixture into a bowl. Let cool to room temperature or in a refrigerator until next step.

To assemble quesadilla, lay out four tortillas on a flat, clean surface. Evenly distribute ¼ cup of the shredded cheese on each tortilla.



Sweet Corn and Jack Cheese Quesadilla

photo courtesy Fresh From Florida

Next, evenly distribute the corn mixture on top of the cheese, and add even amounts of the fresh cilantro. Add the last ¼ cup of cheese on top of the cilantro, and top each one with a tortilla. Lightly press each stuffed tortilla to make it flat.

Preheat a medium-sized sauté pan over medium heat. Add 1 teaspoon of vegetable oil to the preheated pan. Cook each quesadilla for 2 to 4 minutes on each side or until golden brown and the cheese has melted. Remove the cooked quesadilla from the pan and repeat cooking process.

Hold cooked quesadillas in a 300-degree oven until all are cooked. Slice the quesadillas like a pie and serve warm with fresh salsa and guacamole.*

LIVE ON THE ISLANDS

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

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

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

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

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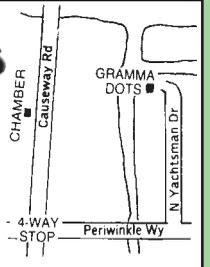
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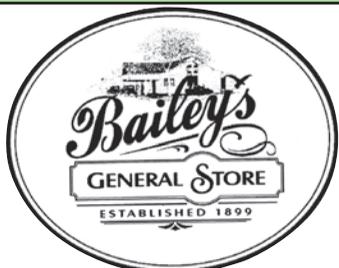
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Volunteers tabulating Taste of the Islands ballots

photos provided

Volunteers Needed For Taste Of The Islands

The Clinic for the Rehabilitation (CROW) is in search of volunteers for the 37th Taste of the Islands, to be held on Sunday, November 11 at Sanibel Community Park from 12:30 to 5 p.m.

Have a great time and help support the Sanibel community, which has been devastated by the effects of red tide this summer. Join CROW and local island restaurants at a great event for islanders and visitors alike. Volunteers are needed to work in three-hour shifts before, during and after the event in areas including set-up/tear down, sales, guest services, rovers and parking.

All Taste of the Islands volunteers will receive admission to the 37th Taste



Volunteers selling soft drinks, bottled water and wine

of the Islands, a volunteer T-shirt and the appreciation of CROW and its wildlife patients.

To become a volunteer, complete the volunteer form and submit it to CROW by Friday, October 19. After submitting the form, you will be contacted by a CROW representative to discuss assignments, responsibilities and answer any questions. To print a volunteer form, visit <http://bit.ly/37TOTIVolunteer>.

ly/37TOTIVolunteer.

For more information or questions about volunteering, contact Cheryl McCormick, volunteer coordinator, at volunteers@crowclinic.org or 472-3644 ext. 231.

Visit www.crowclinic.org/articles/37th-taste-of-the-islands for more information about Taste of the Islands. ✨

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

SUPPORT CHR AT THESE LOCAL BUSINESSES THIS FALL

Every other Wednesday during the months of August through October, various Sanibel businesses—amazing restaurants, resorts, retailers and your community grocer—will be hosting the fundraiser and donating a portion of their proceeds to CHR. **So, make plans to eat out, shop and play at these generous local businesses on Wednesdays this fall and support CHR.**

AUG 8 	AUG 22 	SEPT 5 	SEPT 19
OCT 3 	OCT 17 	OCT 31 	

AND EVERY WEDNESDAY IS WINE WEDNESDAY **BAILEY'S GENERAL STORE**—
A portion of all Wine Sales every Wednesday this fall will be donated to CHR!

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From page 1

Art Day At Refuge

visitors to take “selfies” and “groupies” to immediately share on social media platforms and via email.

“Conservation Art Day pays homage to the legacy of conservation art begun by the refuge’s namesake, Jay ‘Ding’ Darling, a Pulitzer Prize-winning political cartoonist and the original duck stamp artist,” said Westland.

Geared toward families and art enthusiasts, the day will offer participants the choice between a Make & Take Nature Portrait class or an outdoor Nature Sketching Workshop with artist Tome.

Conservation Art Day Activities On Saturday, October 13

All day

10 percent off select art items in the Refuge Nature Store

Free Chalk Art Drawing in the Parking Lot

Free Nature Painting Demonstration by Nancy Tome

Free *Santiva Chronicle* Dress-Up Photo Booth

*reserve in advance with Tarpon Bay Explorers (TBE) at 472-8900 or www.tarponbayexplorers.com.

7:30 a.m. to 6:30 p.m. – Free admission to Wildlife Drive; look for plein-air artists

9 a.m. – Free art kits for first 100 children

10 and 11:30 a.m., 1 and 2:30 p.m. – 25 percent off narrated TBE Wildlife Drive Tram Tours*

10 a.m. to noon – 25 percent off



Free admission and plein-air artists attract Conservation Art Day visitors to Wildlife Drive photo provided

Commodore Creek Paddle, TBE*

10 to 11:30 a.m. – Free face painting

10 a.m. to noon – Low Tide Paddling Tour, TBE*

Ongoing 11 a.m. to 1 p.m. – Free meet the Blue Goose for chances at prizes

11 a.m. – Dave Horton Individualized Wildlife Cartoons for first 50 guests

11 a.m. to 12:30 p.m. – 25 percent off Sea Life & Nature Cruise, TBE*

11:30 a.m. to 12:30 p.m. – Conservation Cartoon Awards

12:30 to 1 p.m. – “Ding” Darling Days Nature Photography Contest Awards

1 to 3 p.m. – Meet the Champs: Winning Duck Stamp Artists; Junior Duck Stamp (JDS) Awards: Meet and greet current Federal Duck Stamp winner Bob Hautman plus Federal JDS winner Rayen Kang and State JDS winner Anna Grace Swanson.

(1:45 p.m. Intermission: snacks and duck stamp signing)

1 to 3 p.m. – 25 percent off Commodore Creek Paddle, TBE*

1:30 to 3 p.m. – 25 percent off Sea Life & Nature Cruise, TBE*

3 to 4 p.m. – Make & Take Nature Portrait (limited to first 25 children who sign up that day)

3 to 4 p.m. – Nature Sketching at the Wildlife Education Boardwalk with artist Nancy Tome; free journals for first 25 participants

5 to 7 p.m. – 25 percent off Evening Sea Life & Nature Cruise, TBE*

For a full schedule of weekend events, visit www.dingdarlingdays.com.

The U.S. Fish & Wildlife Service, “Ding” Darling Wildlife Society-Friends of the Refuge and Tarpon Bay Explorers co-host the “Ding” Darling Days. Sponsors include:

Roseate Spoonbill Sponsors – Doc’s Ford Sanibel Rum Bar & Grille;

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Great Blue Heron Sponsors – Bailey’s General Store, Mike and Terry Baldwin, Bank of the Islands, *Island Sun*, Sanibel Captiva Beach Resorts, Sanibel Captiva Rotary Club, Sanibel Moorings, *Sunny Day Guide*;

Reddish Egret Sponsors – Sarah Ashton (realtor, RE/MAX of the Islands), Casa Ybel Resort, Chicago Midwest Claims, Inc., Jerry Edelman and Maryanne Daly, The Gresham Family, Jensen’s on the Gulf and Marina & Cottages, Tiffani Kaliko and John Silvia, Mitchell’s Sand Castles, Palm Printing, Sanibel-Captiva Kiwanis Club, George and Wendy Schnapp, Winston and Barbara Spurgeon;

Snowy Egret Sponsors – Ambu Yoga, Anisa Stewart Jewelry, Colony Inn, Bob and Kemba DeGroot, John and Anette Gritti, Dave Horton, Island Therapy Center, Just Water, Panther Printing, Jim and Anne Scott, *Santiva Chronicle*, Nancy Tome.✧

The Launch

Celebrating The Past,
Present and Future
of Our Coastal Heritage

SATURDAY, NOVEMBER 17TH

6:00 - 10:00 PM

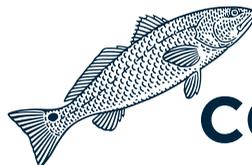
location

The Sanibel Community House

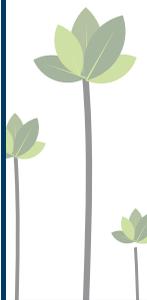
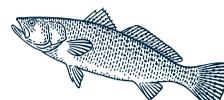
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*Guests will enjoy dinner and drinks,
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..... Thur., 10.4.2018 - Wed., 10.10.2018



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At Periwinkle & Casa Ybel

Book Review

The Secret Of Keystone City

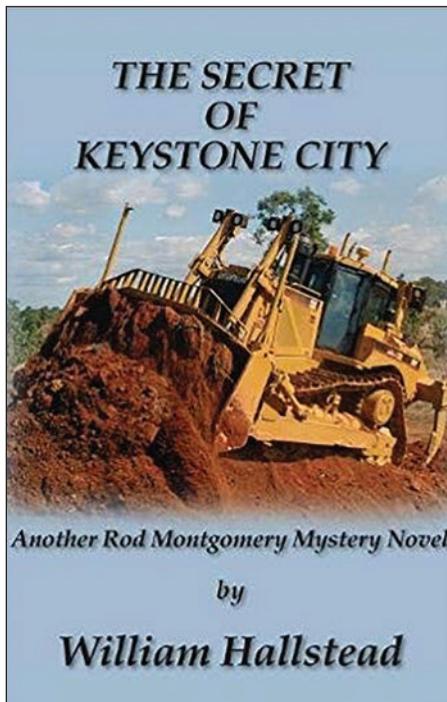


by Di Saggau

Sanibel author William Hallstead has written many novels and his latest, *The Secret of Keystone City*, again features his memorable character, Rod Montgomery. The book begins with a

punch. Gary Samuels, a Vietnam veteran is working for the construction company in charge of building the new city of Keystone in Northeastern Pennsylvania. When he climbs into the Caterpillar D-8 to tear down some cottages, everything locks down, and he is thrown into the lake, still inside the cab. He drowns and this is only one of the deaths that end up having Rod Montgomery hired as a private detective, for Sturdevant Construction.

Using an assumed name, Rod poses as an historian for the project, hoping to track down who is sabotaging the building of Keystone City. There are lots of interesting characters including Ivan Sikorski, who refuses to sell his place. His home has been in the family for years and, when Rod pays him a visit, he's surprised to find it's an historical stunner of a building. In fact, Ivan plans to have it designated as an historical site so he won't



have to move. He's soon scratched from the list of suspects.

Soon, other sinister events take place, including the kidnapping of Max Sturdevant, head of the construction company, who ends up in a cellar. When he realizes it's stocked with two gallons of water, two loaves of bread and jars of peanut butter and jelly, he fears he'll be there for some time. The criminals are becoming more dangerous and more desperate. Rod has his work cut out for him.

It doesn't take long for him to figure out who wants the project shelved, but "why" takes a little longer. Hallstead knows what he's writing about. He said, "I had a close look into new city construction during several years as a highway designer for the Baltimore engineering firm building the new city of Columbia, Maryland." However he said, "the novel's sabotage campaign is fictional."

The Secret of Keystone City is a fascinating tale of questionable car crashes, unexplained construction accidents and deaths. The more pressure the perpetrators' experience, the more sinister their crimes. Rod Montgomery is the one to solve the case and make sure the bad guys get their just reward. He'll entertain and amuse you along the way.✳

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,

My only child started kindergarten in August. I'm feeling less connected and involved to her new school than I was to her daycare. What

do you suggest that I do so I can be more involved in her school?

Martina M, Fort Myers Beach

Martina,

Parent involvement with both your child and the school is one of the most important things you can do to help your child be successful. Sometimes it is difficult to make that connection with the school given a busy work schedule or if your own school experience was not a good one. However this is an extremely important relationship that is worth developing.

According to research reported by the National Association of School Psychologists, when families are involved in education, there are very positive benefits for students, teachers and families. Students display better attitudes toward school and learning, higher achievement and test scores, improved behavior, increased homework completion, greater participation in academic activities and improved school attendance.

At home, parents can make sure that they:

Monitor homework completion – talk with your children about their assignments, understand what they are studying and review their progress

Participate in leisure reading with your children at all ages – it's fun to read the same books as your children and then discuss them

Communicate often with your children about academic and behavioral expectations, give them constructive praise and support

Here are a few ways for parents to be active at school:

Participate at school as volunteers and committee members

Participate in school functions, athletics and other extracurricular activities

Regular communication with the teacher(s) about your child's progress

Participation in adult educational opportunities offered by the school

Active involvement in school decisions as presented by the school or board of education

Many teachers have special activities designed for parent volunteers. Make sure to ask your child's teachers what would be helpful. Very often the school's parent association will have projects and

committees where you can volunteer. While it may be easier to join a parent group or volunteer when your child is in elementary school, it is equally important to stay involved while your child is in high school. Volunteering with other parents during the high school years can help parents stay connected to each other in an informal parent network, which is always helpful.

These are just a few suggestions on how to become and stay involved in your child's educational journey. There are many more ways to be involved; the key factor is that you are involved.

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

Poet's Corner



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

selected by Hannah Star Rogers

Against The Cutting Board

by Hannah Star Rogers

If the cores prove fibrous how can we be surprised— mangos flirt with ascension high in the trees, a viridescent chandelier turning fruit soft. They look across to one another and encourage the sway of what for them is already fall, though for us is only late July, but stop short of wrending themselves against the dark sand.

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

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Hampton Sides photo by Sergio Salvador

Lily King photo by Winky Lewis

Lisa Scottoline

photo by April Narby

Award-Winning Authors Coming To Sanibel Library

The Sanibel Public Library has announced its 2018-19 Author Series lineup. For more than a decade, the library, partnering with the Sanibel Public Library Foundation, has connected local readers to award-winning authors by bringing in high caliber writers for an intimate evening, followed by a Champagne reception. Past guests included Joyce Carol Oates, Sue Monk Kidd, Jodi Picoult, Clive Cussler, Lee Child, Dennis Lehane, Amor Towles, Erik Larson and Margaret Atwood.

"We're excited to show off the beautiful newly-reimagined space as we wrap up on the renovation project. The area where we will stage the Author Series is modular, and was designed to easily convert from book shelves to a place to accommodate an audience," said Library Executive Director Margaret Mohundro. Patrons should have better line-of-sight during the author evenings,

as well as improved sound quality, and better traffic flow during the receptions."

This season's Author Series begins with Hampton Sides, *The New York Times* bestselling author of *Ghost Soldier* and *Blood and Thunder*. Sides will speak at the library at 7 p.m. on Thursday, January 31. Online ticket requests begin at 9 a.m. on Wednesday, January 2 at www.sanlib.org.

Sides is best known for his gripping non-fiction adventure stories set in wartime or depicting expeditions of discovery. His most recent book, *In the Kingdom of Ice*, recounts the heroic polar voyage of the *USS Jeannette* during the Gilded Age. His next book, *On Desperate Ground: The Marines at The Reservoir, the Korean War's Greatest Battle*, chronicles the Battle of Chosen Reservoir, a watershed moment of the war. *On Desperate Ground* will hit bookshelves this fall.

Hampton is editor-at-large for *Outside* and a frequent contributor to *National Geographic*. His 2010 book, *Hellhound On His Trail* is about the murder of Martin Luther King Jr. and the international manhunt for assassin James

Earl Ray. The book was the basis for the PBS American Experience documentary, *Roads to Memphis*.

Ghost Soldiers, a bestselling World War II narrative, which has been translated into a dozen foreign languages, was the basis for the 2005 film, *The Great Raid*. His *Blood and Thunder*, about the life and times of controversial

frontiersman Kit Carson, is currently under development for the screen.

The next speaker in the series is Lily King. Her first novel, *The Pleasing Hour* won the Barnes and Noble Discover Award, and was a *New York Times* Notable Book. Her second, *The English Teacher*, was a *Publishers Weekly* Top

continued on page 36



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GROUND BREAKING ETHICS IN FILM AFTERNOON SERIES

A SERIES FOR OUR TIME

Each of the extraordinary films presents core ethical questions that the audience will be invited to discuss post screening.



OCTOBER 17: "DENIAL"

Based on the true life story of Deborah Lipstadt, a university professor and writer who was sued for libel by historian David Irving, whom she calls a Holocaust denier in her 1993 book, "Denying the Holocaust: The Growing Assault on Truth and Memory."



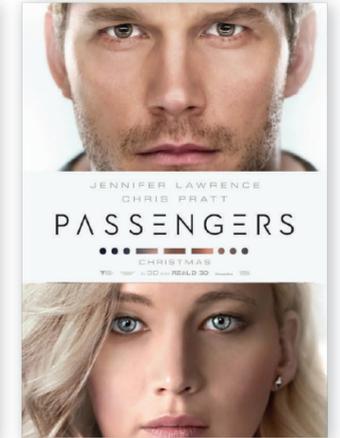
OCTOBER 24: "INCENDIES"

A galvanizing family mystery that sets forth ethical issues of love, religion and family. Nominated for Academy Award for Best Foreign Language Film and winner of eight Genie Awards, including Best Motion Picture. "It's much more than a thriller and succeeds in demonstrating how senseless and futile it is to hate others because of their religion", Roger Ebert



OCTOBER 31: "ANTHROPOID"

Based on the extraordinary true story of Operation Anthropoid, the WWII mission to assassinate SS General Reinhard Heydrich, the main architect behind the Final Solution and the Reich's third in command after Hitler and Himmler.



NOVEMBER 7: "PASSENGERS"

A science fiction romance starring Jennifer Lawrence and Chris Pratt that depicts two people who are awakened ninety years too early from an induced hibernation on a spaceship, transporting thousands of passengers to a distant colony planet. "Passengers" was the second-highest grossing original live-action Hollywood release of 2016, after "La La Land."



MODERATOR: Dr. Ronald M. Green

Ronald M. Green, professor emeritus of religion at Dartmouth College and an expert on ethics. From 1992-2011 Dr. Green was Director of Dartmouth's Institute for the Study of Applied and Professional Ethics. A summa cum laude graduate of Brown University, he received his Ph.D. in religious ethics from Harvard University in 1973. In 1996 and 1997, Professor Green was the founding director of the Office of Genome Ethics at the National Human Genome Research Institute of the National Institutes of Health.

BUY TICKETS \$7.00

Purchase at the Box Office, online www.BIGARTS.org, call 239.395.0900
12:30 PM, ISLAND CINEMA, 535 Tarpon Bay Road/Sanibel



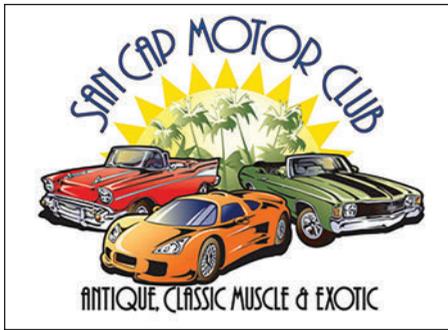


image provided

Motor Club Cruise-In Saturday

The SanCap Motor Club will hold its first Cars & Coffee Cruise-In of the season this Saturday, October 6 from 9 to 11 a.m. in the Periwinkle Place shopping center. No pre-registration is necessary. Club membership dues for the season are \$58 and include a club T-shirt and a membership badge. SanCap Motor Club members meet on the first Saturday of every month and the second Tuesday of every month for dinner.

All are welcome to attend; there is no better excuse to get that "classic" out of the garage and show it off. A continental breakfast, coffee and other refreshments

will be provided by the Blue Giraffe Restaurant.

For more information, call Scot Congress at 472-4177 or email scot@scongress.com.*

Call To Artists For SCCF, Art League Collaboration

The Sanibel-Captiva Conservation Foundation (SCCF) and the Sanibel-Captiva Art League SCAL have joined forces to create a new art exhibit opening in late October.

The exhibit will feature fresh works of art and is open to all members of SCAL and SCCF. Artwork should be representative of SCCF's mission and express the theme of Wings, whether interpretative or literal. Submissions may be 2-D or 3-D (no photography) and are limited to one or two pieces of art, space dependent. For dimension restrictions and rules, visit www.sccf.org/news/blog/art-exhibit-in-late-october.

The organizers hope to inspire all members of SCAL and SCCF to enter pieces that embody their rendition and vision of wings.

Pieces can be dropped off at the SCCF Native Landscapes & Garden Center, located at 1300 Periwinkle Way, on Tuesday, October 16 between 9 a.m. and noon. Email jevans@sccf.org or call 472-1932 with any questions.

The exhibit opens on Monday, October 29 and runs through Thursday, November 29. Viewing hours will be Monday through Friday from 9 a.m. to noon. Artists will need to pick up their works on Friday, November 30.*

Young Professionals October Events

The Young Professionals of Sanibel and Captiva will be hosting two events during the month of October. All are welcome to bring a friend, network and volunteer with a

group of young professionals on the islands.

The group will hold a Raise The Bar seminar on Tuesday, October 9 from 5:30 to 7 p.m. Hosted by The Sanibel Captiva Trust Company, the gathering is titled Let's Make You A Millionaire. There will be drinks and appetizers, socializing and networking as well as information about learning how to invest for the future. The seminar will be held at the Sanibel and Captiva Islands Association of Realtors office, located at 2353 Periwinkle Way (behind Winds).

On Saturday, October 13, the group will take part in the International Coastal Cleanup, which begins at 9 a.m. on Sanibel Causeway Span B. Help pick up trash and preserve the beaches. If you would like to attend, contact the group on the Facebook page so they can plan for the proper number of volunteers.

Follow on Facebook to get updates on upcoming events at www.facebook.com/YPASC.*

From page 1

Film Series

Green said, "Is it a lie? Not if I think I have a thousand dollars."

It's a question with "high relevance" to today, Green noted. Journalists and citizens alike have grappled with the definition of a lie in relation to statements made by the current political administration. The alleged liar must know he or she is lying to truly be a liar.

The importance of a court of law and existing evidence in ethical questions is clear in *Denial*, starring Rachel Weisz as Lipstadt and Timothy Spall as Irving, because while interpretation of fact may be mutable, fact itself is not. "Alternative facts" do not exist, Green said.

"One of the most interesting things about the film is that now we're in a period where people weave narratives, and they go on forever (with the advent of the Internet)," he said. "This case was a watershed moment because this proliferating culture of denial was spreading. Lipstadt's legal team took on the responsibility of trying to stop the growth of those lies."

Green, who lives part time on Sanibel, chose the four films in the BIG ARTS series. It wasn't easy, he said. "Almost every single film is something about morality and ethics. But very few films present genuine moral questions that we can actually debate – most merely exhibit goodness and evil."

Following *Denial*, three other films feature central ethical questions. All films will be shown at 12:30 p.m.

October 24 – *Incendies*: Are there limits to maternal love?

October 31 – *Anthropoid*: When resistance is absolutely futile and destructive, is it worth doing?

November 7 – *Passengers*: Is it ever morally permissible for someone to do something otherwise wrong when that person's own vital interests are at stake?

Nearly all films involve ethics because they deal with human beings, and ethics is about the human condition. The foundation for answering all these questions, Green said, is the golden rule.



image provided

"Present in Christianity, Confucianism, Judaism, it's universal. Ethics is the basic golden rule and then we build up codes to formalize it," he said.

Additional information about ethical questions causes us to change our rules about them. For example, Green said it took higher education a while to fully consider the implications of a conflict of interest, as in the assumption that professors shouldn't date graduate students. "And then people want those things written down. And at the top of all of this is the law, which is ethics crystallized to punishable offenses."

And while our understanding of ethical questions may change, people will always grapple with them and always have.

"Around cave fires we discussed whether everybody got a fair share of bison," Green said.

"The ethics series promises to be one of the most topical at BIG ARTS this season, and we are thrilled to have such a distinguished presenter in Dr. Green," said Lee Ellen Harder, BIG ARTS executive director.*

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The king and queen of Baileyfest arrive at last year's event riding a mule-drawn carriage
photos by Jeff Lysiak

Baileyfest To Feature Conchalele Band

by Jeff Lysiak

The 33rd annual Baileyfest celebration will be held on Sunday, October 21 from noon to 4 p.m. in Bailey's Shopping Center, located at the corner of Periwinkle Way and Tarpon Bay Road.

According to event organizers, Baileyfest will feature the traditional crowning of the king and queen, live entertainment, inflatable slides and bounce houses, games, raffles and giveaways, face-painting, pony rides, food and refreshments, information booths from local service organizations plus plenty of other "surprises."

As always, Baileyfest is free to attend and open to the public.

Along with several of the previous Baileyfest favorites, a number of new musical acts will be performing this year. They include Conchalele Bob & The Seagles, fronted by Bob MacPhail, who will play *The Star Spangled Banner* on his handmade and uniquely shaped four-stringed instrument. His band includes Francis Chilcoat (lead guitar and vocals), Billie Atkins (rhythm guitar and vocals), Chip Futch (guitar and vocals), Mike Peters (harmonica) and Jacob Cordy (Conga drums).

"Our set list is 'island-style,' and the songs are originals that are familiar especially in Hawaii, Key West and the Conch Republic," said MacPhail, who performed at the island gathering last year as a solo artist. "As you know, the Conchalele is the official musical instrument there. I will set up a table top display of Conchaleles beside the stage, and am still collecting petition signatures for it to become the Florida state instrument."

Also new to the Baileyfest stage will be guitarist John Stey, a singer-songwriter who performs popular country, bluegrass and classic rock oldies. Returning acts include Another Door Opens, The Country Chicks, The Country Rhythm Cloggers



Bob MacPhail playing his Conchalele

directed by Pat Bedingfield as well as Joey Giangreco and The Sanibel School Steel Drum Band and chorus. Additional acts will be announced as the date draws closer.

Back by popular demand, event emcee and singer Frank Torino will entertain Baileyfest crowds with his renditions of classic songs made famous by Elvis Presley, Frank Sinatra, Dean Martin and Tom Jones.

In addition to games for youngsters and inflatable activities, there will be valuable household-themed prizes and gift certificates donated by local merchants. They will include:

Bailey's General Store – \$100 gift certificate;

Billy's at Bailey's – Two bicycle rentals for 24 hours;

Lily & Co. Jewelers – \$100 gift certificate;

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Refuge Team Adds Art Intern

Visitor services art intern May Jernigan arrived recently to help the JN "Ding" Darling National Wildlife Refuge with staffing shortages this fall, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Jernigan, a 2016 graduate from the School of the Art Institute of Chicago, holds a bachelor of fine arts degree and is currently earning a graduate certificate for science illustration from California State University Monterey Bay. Through Thanksgiving, she will be assisting Supervisory Refuge Ranger Toni Westland with educational art related to the "Ding" Darling Days eco-festival, October 12 to 14, and plastic awareness projects.

"I'm looking forward to working on a poster detailing how plastic waste affects wildlife and the environment, not just on Sanibel but the world as a whole," said Jernigan. "I'm hoping to transform the kinds of issues the refuge workers see on a daily basis into a concise poster that is effective to a broader audience. I also am excited to draw loggerhead sea turtles on that poster."

The St. Louis, Missouri native has visited Sanibel many times with her family. "It feels like another home to me," she said. "I'm thrilled to see all my favorite wildlife again. I also love how



May Jernigan photo provided

generous and kind everyone has been at the refuge."

"We are looking forward to putting May's talents and energy to use during 'Ding' Days, when she will lead a number of hands-on nature art projects," said Westland. "We are so thankful to our friends group. Without them, our internship program would not be possible, which would leave us woefully understaffed as refuge personnel continues to shrink due to budget cuts."

For more information about the refuge's internship programs, contact Westland at 472-1100 ext. 237.*

New Interns At 'Ding' Darling

Two interns joined the team effort at JN "Ding" Darling National Wildlife Refuge in September. April Boehnen and Chris Gutierrez will be working fulltime with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) until June 2019 to support the refuge.

Boehnen, who graduated from Ohio State University in May 2017 with a major in animal sciences and minors in agricultural communications and wildlife, comes to the refuge from an animal care internship at Safe Haven Wildlife Sanctuary in Imlay, Nevada.

"I'm most excited about being able to combine my interests of wildlife and graphic design. This internship allows me to explore a different side of the wildlife field than I've experienced," she said. "I'm also looking forward to learning the behind-the-scenes aspects to a national wildlife refuge."

A native of Grafton, Ohio, Boehnen is enjoying the warm weather and small-town feel of Sanibel Island.

"The sense of community and support the refuge receives from everyone on Sanibel is amazing," she said. "My favorite part so far is being surrounded by a small piece of paradise that I am lucky enough to help support."

Gutierrez hails from Holbrook on Long Island, New York and comes to "Ding" Darling from a summer internship at Chincoteague National Wildlife Refuge in Virginia.

"The island is beautiful. It's like living on vacation," he said. "The wildlife is awesome and we're not even into the peak of bird season yet. Just walking to work I get to see animals that the average person may never get to see in their lifetime."

Gutierrez graduated in May from Alfred University, a small private college in Upstate New York, with a degree in



Chris Gutierrez and April Boehnen photo provided

finance and economics.

"What I'm most excited for on the job is the opportunity to learn about the ways nonprofits raise money," he said. "It is critical to the success of the refuge and conservation as a whole. So, future fundraising events and meeting with donors is what I'm really looking forward to."

DDWS provides living stipends and other benefits for about a dozen refuge and DDWS interns each year. The refuge supports interns with free housing.

"Our interns bring youthful energy, enthusiasm, and creativity to the refuge team," said DDWS Executive Director Birgie Miller. "The internship program is just one example of how the nonprofit and refuge partnership works for the better good of conservation and wildlife."

To learn about supporting the refuge intern program, contact Miller at 472-1100 ext. 4.*

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars.

BIG ARTS Concert Band practice with Mike Lamade - begins October 15 and runs through April 15, 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.

Clay 101/201: How to Be Creative With Clay with David Hoggatt - Thursdays, November 1 through December 20 (No class November 8), 9 a.m. to noon.

Intermediate Tap with Bobby Logue - Fridays, November 2 through November 30, 9 to 10:30 a.m.

Hip Hop/Jazz with Bobby Logue - Fridays, November 2 through November 30, 10:45 to 11:45 a.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.*

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Sanibel Lot for Single-Family Home, Handy to Refuge, School, & Rec Center

In small community of Belle Meade, just off San-Cap Rd at 9270 Kincaid Ct. Sandy roads are private. Conservation land across street. ~79' x 130'. Midway down street, so away from road noise, but handy to shopping & more. Seller wants to close in 2019. \$149,000



Efficient, Easy-Access Ground-Level 1-Bedroom Condo With Carport

Also the lowest-priced Sanibel unit for sale. Captains Walk #B2 on east end. Convenient to causeway, marina, bike path, & gulf/bay beaches. New HVAC, remodeled bath, updated appliances. Community laundry & kayak/canoe racks on docks. \$239,000 furnished



Wide Parcel Overlooking Conservation Lane in Gumbo Limbo

9441 Peaceful Dr is where ambience matches the street name. On back circle of inland community convenient to causeway. Near Jerry's shopping center & bike path. Bay access just up Dixie Beach Blvd & gulf beach access at Gulfside City Park. \$249,000



Reconfigured Remodeled 1st Level 2 Bedroom With Amazing Direct Bay Views

With walls removed providing views from the front door right through the new kitchen & living area to bayside lanai, this condo lives like a boat. Fun to watch dolphins jumping, pelicans diving, & meandering manatees. Updated baths too. \$499,900 partially furnished



Furnished 2nd Floor Mariner Pointe 2 Bedroom With Dockage & Bay View

Handy to private fishing pier & waterside pool. Amenities also include tennis, bbq areas, shuffleboard, deeded beach access, & resident manager. Open remodeled kitchen & updated baths. Glass-enclosed balcony expands the year-round living space. \$599,000



Remodeled Condo With Elevator, Garage & This View, Beach Across Street

On Middle Gulf Dr overlooking Sanibel River & golf course, Sunset South offers residential living with condo convenience. Clubhouse with pool & social activities. Use as a winter residence or full-time living. Unit has washer dryer hookup too. \$699,000 partly furnished



Pointe Santo 3-Bedroom Penthouse With Private Roof-Top Deck & Income

Easy-to-own condo in mini-resort with beachside pool, clubhouse, spa, sundeck, & activities. Tennis, bbq areas, shuffleboard & Wi-Fi too. Unit has over 1500 sq. ft. Income potential \$100K+. Also handy to island shops & restaurants. \$1,295,000 turnkey



Almost East-End, Most-Affordable Gulf-Front Home on Sanibel, Pool & Tennis Too

1351 Middle Gulf Dr, 1/2 duplex ~3000 sq. ft. with legal lower level. Huge great room, expansive glassed balcony, updated bright white kitchen, & 2 suites above. Lower level family room, 3rd bedroom & bath, utility room, & beachside lanai. \$1,695,000 furnished

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Lions Learn About Shared Medical Decisions

Jan Manarite, executive vice president of Prostate Cancer International (PCI), spoke to the Sanibel Captiva Lions Club on the importance of shared medical decisions during the club's September dinner meeting.

"Be a part of decisions with your doctor and don't be afraid to ask questions," said Manarite, who has made a career out of listening. For more than 15 years, she has been a calm voice to caregivers and patients trying to make sense of a prostate cancer diagnosis.

It was her experience over 13 years of searching for treatments for her late husband, Dominic, that gave rise to a calling as a patient advocate. In 2001, she started working for Prostate Cancer Research Institute and today continues to spend time talking to patients and caregivers in her role at the small nonprofit PCI.

"The first step in understanding more about your diagnosis is getting your medical records," said Manarite. "They provide the foundation for your decisions and the more you know, the more empowered you become. And that leads to shared decision making with your doctor."

Prostate cancer is one of the most common types of cancer in men. While it usually grows slowly and may not cause serious harm in the prostate gland, some



Jan Manarite photo provided

types are aggressive and can spread quickly. The causes of prostate cancer are unclear, but doctors know that it begins when some cells in the prostate become abnormal.

"You can always request a PSA (prostate-specific antigen) blood test, but understand that it is used as a measurement for risk, not for diagnosing," said Manarite.

In addition to providing comfort and advice, Manarite organizes patient conferences, which are free of charge. One will be held on Saturday, March 2 at

Florida Gulf Coast University.

The Sanibel Captiva Lions meet the third Wednesday of the month with a different guest speaker at The Community House. Meetings begin with cocktails and appetizers are 6 p.m. and dinner at 7 p.m. Visiting Lions and anyone interested in becoming a Lion are welcome.✧

Realtor Joins Local Firm

Brooks Selby has joined John R. Wood Properties on Sanibel. A consistent multi-million dollar producing agent, Selby owes his success to clients with whom he's built lasting relationships. "It's all about my people, they are great," he said. His service is built on the philosophy of service, integrity and trust. Because of this, his clients refer him time and again to their family and friends.

Born in Fort Myers, Selby grew up in



Brooks Selby photo provided

northern New Jersey. When a chance to move back to his home area came along, he took it, and brought his family to Sanibel. He and his wife Amy have four children and are full-time island residents. When he is not selling real estate, Selby enjoys spending time with his family, outdoor activities, training for triathlons and traveling.✧

ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate



Valerie Tutor



Mary Bondurant

The top producers at Kingfisher Real Estate for the month of September were: Valerie Tutor, top sales agent; and Mary Bondurant, top listing agent.✧

From page 25

Author Series

Ten Book of the Year, a *Chicago Tribune* Best Book of the Year, and the winner of the Maine Fiction Award. Her 2010 novel, *Father of the Rain*, was a *New York Times* Editors Choice, and a *Publishers Weekly* Best Novel of the Year.

King's novel, *Euphoria*, won the Kirkus Award for Fiction 2014, the New England Book Award for Fiction 2014, and was a finalist in the National Book Critics Circle Awards. *Euphoria* was named one of the 10 Best Books of 2014 by *The New York Times Book Review*. It was included in *TIME's* Top 10 Fiction and the Amazon Best Books lists of 2014.

King will be speaking at the library on Tuesday, February 12. Ticket requests will be accepted online at www.sanlib.org for 24 hours, starting at 9 a.m. on Saturday, January 12.

Library patrons have been clamoring for a Lisa Scottoline encore since she spoke at the 2010 Sanibel Public Library Author Series. Scottoline is *The New York Times* bestselling author and Edgar award-winning author of 31 novels, including her 2018 work, *After Anna*. She also writes a humorous weekly column with her daughter Francesca Serritella for the *Philadelphia Inquirer*, titled "Chick Wit." These stories, along with many other never-before-published stories, have been collected in a bestselling series of humorous memoirs including their 2018 *I See Life Through Rosé-Colored Glasses*, and earlier books, *I Need A Lifeguard Everywhere But The Pool*; *I've Got Sand in All the Wrong Places*; *Does This Beach*

Make Me Look Fat?; Have a Nice Guilt Trip; Meet Me at Emotional Baggage Claim; My Nest Isn't Empty, It Just Has More Closet Space; and Why My Third Husband Will Be a Dog, which has been optioned for TV. An evening with Scottoline will be held at the library on Tuesday, March 5. Ticket requests will begin at 9 a.m. on February 5 and run for 24 hours.

Major funding for the Author Series is provided by the Sanibel Public Library Foundation, Inc. and its generous donors. "We're thrilled with this year's lineup, it continues to be a pleasure for the foundation to support the Author Series," said Ken Nirenberg, foundation president.

The Sanibel Public Library will continue to utilize a "lottery system" ticketing procedure to meet high demand and to ensure as many as possible have the opportunity to attend an Author Series event. Requests for tickets may be made on the library's website beginning on the dates listed (one month prior to each author evening). Names of those requesting tickets will be selected at random, and then be notified by email. Requests made before or after that time will not be honored. Tickets are distributed at no charge to Sanibel Public Library cardholders; one card per person, two tickets per card. Tickets must be requested online at www.sanlib.org. If you are unable to access the online form or if you would like assistance using the online form, the library will have personnel and a computer set aside for your use.

Patrons need to have a current library card before requesting tickets. Library cards are available to Sanibel and Lee County residents at no charge. Visitor cards may be obtained for a \$10 annual fee. For more information, call 472-2483.✧

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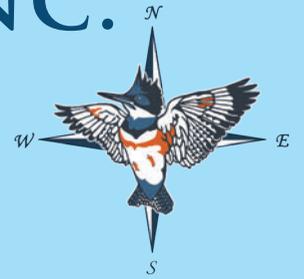
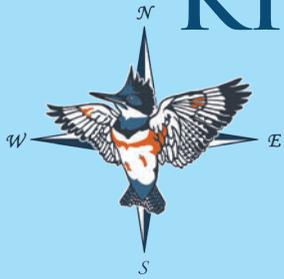
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:05 am	4:02 am	10:30 am	5:29 pm
Sat	12:28 am	5:08 am	11:40 am	6:12 pm
Sun	12:50 am	6:02 am	12:40 pm	6:48 pm
Mon	1:10 am	6:50 am	1:33 pm	7:19 pm
Tue	1:30 am	7:35 am	2:22 pm	7:45 pm
Wed	1:51 am	8:18 am	3:11 pm	8:09 pm
Thu	2:14 am	9:01 am	4:00 pm	8:32 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	9:35 am	4:04 am	11:33 pm	5:31 pm
Sat	10:45 am	5:10 am	11:55 pm	6:14 pm
Sun	11:45 am	6:04 am	None	6:50 pm
Mon	12:15 am	6:52 am	12:38 pm	7:21 pm
Tue	12:35 am	7:37 am	1:27 pm	7:47 pm
Wed	12:56 am	8:20 am	2:16 pm	8:11 pm
Thu	1:19 am	9:03 am	3:05 pm	8:34 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:56 am	3:50 am	11:41 pm	5:12 pm
Sat	11:41 am	5:15 am	None	6:13 pm
Sun	12:27 am	6:25 am	12:48 pm	7:04 pm
Mon	1:02 am	7:21 am	1:39 pm	7:49 pm
Tue	1:34 am	8:10 am	2:27 pm	8:30 pm
Wed	2:05 am	8:55 am	3:16 pm	9:08 pm
Thu	2:37 am	9:38 am	4:02 pm	9:44 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:15 am	7:18 am	12:40 pm	8:45 pm
Sat	2:38 am	8:24 am	1:50 pm	9:28 pm
Sun	3:00 am	9:18 am	2:50 pm	10:04 pm
Mon	3:20 am	10:06 am	3:43 pm	10:35 pm
Tue	3:40 am	10:51 am	4:32 pm	11:01 pm
Wed	4:01 am	11:34 am	5:21 pm	11:25 pm
Thu	4:24 am	12:17 pm	6:10 pm	11:48 pm

Island Seniors At Center 4 Life

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

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

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

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email oceann@comcast.net or contact the center. The featured book for Wednesday, October 10 is *The Light Between Oceans* by ML Stedman. There will be a book discussion at 2:30 p.m.

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

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

Line Dancing Classes – Mondays,

October 15, 22 and 29 at 11 a.m. Cost is \$2.50 for members and \$5 for non-members. Join the group for an hour of fun. The instructor will review dance steps then turn up the music for dancing. Bring a friend.

New York Jets at the Miami Dolphins – Sunday, November 4. Cost is \$159 for members and \$169 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 sunshade that covers many of the seats. Excessive drinking and use of profanity will not be tolerated. Limited seats available. Depart from Fort Myers location at 7:30 a.m.

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

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

Christmas Show, tours and other attractions. Advance registration required, while spots last.

The Magic of the Keys – Tuesday through Thursday, January 22 to 24. Cost is \$574 for members (per person, double occupancy); \$844 single. Non-members are \$599 (per person, double occupancy); \$869 single. Includes round trip transportation, two nights at the Hyatt Place in Marathon, five meals (two breakfasts, two lunches and one dinner), Schnebly Winery tour and tasting, and lunch, full day in Key West with private tram tour and all-day hop-on/hop-off privileges, and tour of Dolphin Research Center. Advance registration required on a first come basis.

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

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

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

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

Hand & Foot – Thursday at 12:00 p.m.

Hearts – Friday at 12:30 p.m.

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

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

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 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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Upgrade Your Outdoor Living



by Trinette Nelson

With fall season upon us, there's a good chance you're back to taking full advantage of your lanai, patio and backyard spaces. But are you satisfied with the look and feel of your areas

for outdoor living? Step outside and look around. When was the last time you upgraded the furniture, lighting and decor? Just because this space is outdoors doesn't mean you shouldn't treat it like every other room in your home. It deserves the same attention to design and decor.

Sometimes, all it takes is a solid theme to encourage the rest of the ideas that come with upgrading your outdoor space. Something lively and refreshing can wake up the living area. Adding a modern, contemporary accent can help you achieve that fresh vibe, or perhaps instead, a more traditional, natural look made up of wooden decorations, furniture and accent pieces. Think about your desired theme before you start making any adjustments.

If you can't remember the last time you bought new patio furniture, now's an excellent time to treat yourself. A new table, bench or set of chairs can transform

the space seamlessly and encourage you to spend even more of your time outside in the future.

Want to make your patio cozy and inviting? An open wood or natural gas fire pit can help you achieve that comforting, sophisticated atmosphere that you can find outside of a bar or restaurant. Place a few benches and chairs with cushions nearby and turn your backyard into the go-to space for an evening get-together.

Much like how the fire pit adds a natural element to the patio, a nearby garden can set a lovely tone during the daytime as you sit outside and enjoy the fresh air. Plant fresh, blooming flowers and shrubbery or make the garden more functional and efficient by planting vegetables and herbs. There's nothing like having your own personal organic grocery store just steps away from your patio.

If you plan to spend a good amount of time on your patio after the sun sets, you may want to consider upgrading the outdoor lighting. One fixture simply isn't going to cut it, especially if you're going to have guests over more often. Consider a string of decorative lights paired with hanging lanterns that flow around the patio. You can also make a path from the lanai to the backyard patio using string lights or modern fixtures that sit on the ground.

Whether you're throwing an outdoor party soon or you want to enhance the space for your own enjoyment, these simple upgrades can transform your outdoor living areas with ease.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com. ✨



Jacob Gil

photos provided

Speakers Address Local Issues At Realtor Breakfast

On September 20, the Sanibel & Captiva Islands Association of Realtors (SCIAR) hosted Lee County Commissioner Cecil Pendergrass at its monthly membership breakfast. Jacob Gil, regional coordinator for the Florida Amendment 2 campaign, also spoke to the group. The speakers were invited to address important issues facing



Commissioner Cecil Pendergrass

island realtors. Pendergrass discussed the final draft of the Continuation Budget and the hot topic on everyone's mind: water quality. In August, Mayor Kevin Ruane, along with several other mayors from affected cities, went to the commission to request a state of emergency be declared due to red tide and the blue-green algae crisis and the devastating impact it has had on the islands' economies and ecological health.

Recently, the state allotted \$3.9 million in emergency funding for Lee
continued on page 42



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Seashells of Sanibel #36

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836 Donax St.
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Sanibel Shores opportunity. 3 BR/2BA single family with WEEKLY RENTALS. Community pool and easy walk to beach
\$599,000

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\$429,000

3832 Coquina Dr.

West Rocks w/deeded beach access, 3-BD en-suites, open great room. Private elevator, large studio/workout area. Enclosed lanai overlooks pool with beautiful lake views.
\$1,100,000

3790 West Gulf Dr.

Across From Beach! Fabulous renovation of this 3 BD, 2-1/2BA plus office elevated home Great room with gas fireplace. Kitchen, dining and master all access the screen enclosed deck overlooking the oversized salt water pool
\$1,699,000

Shell Museum Shakes Things Up At Celebrity Dinner



A raucous good time was had by all at Monday's Celebrity Island Dinner, the annual fundraiser for the Bailey-Matthews National Shell Museum, where guests mingled, dined, danced and sang the night away photos by Jeff Lysick



Emcee Paul Gulbrandsen and Melanie Moraga, museum assistant director



Shelby Stites and son Henry, 15 months



Robin Roberts and Liz Podolsky



Robin Cook and Mary Bondurant



Joey Almeida and Debi Almeida



Leigh Gay and Rebecca Mensch



Guests played a spirited game of trivia, with prizes donated by the museum



The Island Village People singing *Macho Man*



This year's lineup of celebrity servers included, from left, Joey Almeida, Robin Cook, Liz Podolsky, Robin Roberts and Mary Bondurant



Lynne Campean singing the Donna Summer classic *Last Dance*



Charlene Gulbrandsen singing Patsy Cline's *Crazy*



Group singing The Dixie Chicks hit *Wide Open Spaces*

VOLUNTEER REGISTRATION for Special Events

Taste of the Islands is **Sunday** **November 11, 2018** **12:30 to 5:00 PM** at **Sanibel Community Park**



CROW greatly appreciates the time and talent of our wonderful volunteers during the past 50 years! Join us to make CROW's signature event- **Taste of the Islands** - the best ever!

Please return this form by **OCTOBER 19** to Volunteers@CROWClinic.org Or fax to the attention of **Cheryl McCormick** at 239-472-2334. Mail goes to CROW, P.O. Box 150, Sanibel, FL 33957. Cheryl's # is 239-472-3644 #231.

Positions include: Entrance, Admission, Food & Beverage Ticket Sales, Crossing, Beverage Tent, Recyclers, Rovers (relief, ice delivery, garbage), and parking. **Those who join us get a Volunteer t-shirt, free admission, and our appreciation!**

Please complete all fields

Name (print) LAST _____ First _____

Address _____ City _____ ST _____ Zip _____

Email _____ Phone () _____ home? Cell?

T-shirt size _____ (Sm - 3X) Over 21? Y N Position Preferred _____

Preferred 3-hour shift at Event: #1 - 11:45am-2:45 #2 - 2:15pm-5:15pm The overlap is for smooth shift change.
AND
SET-UP: Saturday afternoon from 2pm - 5pm - or - Sunday morning from 8am - 12:30pm

I understand that volunteer services will be provided to the Clinic for the Rehabilitation of Wildlife (CROW) with no monetary or material compensation. Volunteers are not considered employees of CROW, and as such are not covered by Workers' Compensation. Volunteers are held to the same high standard of conduct as employees and other rules and regulations as stated in the Volunteer Handbook.

ACKNOWLEDGEMENT AND RELEASE OF LIABILITY

- THE UNDERSIGNED, in consideration of benefits received from working at CROW, Inc. as a volunteer and for other good and valuable consideration, receipt and sufficiency of which is acknowledged, does hereby for themselves, their heirs and personal representatives, release and discharge of CROW, Inc. board of directors, officers and members and each of them from all liability for loss, injury or damage arising from injury to the person, property or resulting in death of the undersigned, whether caused by negligence or otherwise while engaged in any activity whatsoever in relation to CROW, its officers, directors and members.
- THE UNDERSIGNED further assumes all responsibility for and risk of bodily injury, death, property damage or otherwise while working for and on behalf of CROW.
- THE UNDERSIGNED does, for themselves, their executors, administrators, heirs and assigns, release and forever discharge CROW, Inc., its officers, directors and members, together with their heirs, administrators, executors and assigns, from any and every claim, demand, action or right of action, of whatsoever nature, either in law or in equity, arising from or by reason of any bodily injury death and/or property damage resulting from any acts or incidents which may occur as a result of the undersigned's participation in any activities of any nature whatsoever associated with CROW, Inc.

Signature _____ Printed Name _____ Date _____

PLEASE BIKE to the event or **Park your car** in the designated Volunteer Lot at Center4Life and Shuttle. We cannot guarantee the volunteer position you list.

We will contact you prior to 11-11 with your assignment.

T-shirt and packet pick-up at CROW will be Mon Oct 29 and Thurs Nov 1 from 2pm -5:30pm each day.

For more information about CROW, or the 37th Taste of the Islands, visit www.CrowClinic.org

Will Power

Lifetime Extender



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

According to various reports, the average life insurance agent dies about 10 years earlier than the average purchaser of life insurance. A theory persists that agents believe in the actuarial tables – which to me is just an average of when people die – more than the customers do. Similarly, physicians die earlier than patients because they're more in touch with all the things that can kill you; whereas, the average individual doesn't think about these issues until they become a problem.

Is life expectancy therefore affected by your mindset? And, if so, what mindsets serve to extend life rather than minimize it?

Dan Sullivan, founder of the Strategic Coach program, came up with eight mindsets that he believes extend the average individual's life. In many of his workshops, he asks the class a question: At what age do you think you will die? He asks us to write down that number. For many, that number is based on family history as well as what they believe the actuary tables say is a normal life expectancy. Typically, the numbers range from the late 50s to 100 years old.

Sullivan next asks, "Is that a number you agree with, or would you like to have another number?" He says that almost everyone writes down a larger number. "By having a number that's farther off in the future, you take the present day experience you have available to you now more seriously. You get more focused on the real meaning and value of your present circumstances," he informs. From here, he launches into his eight mindsets:

Lifetime Extender – You understand that the age at which you expect to die is negotiable – and changing the future number changes your present mindset towards a variety of topics. You realize that just because the average American has a life expectancy of 80-some years, this isn't necessarily a ceiling you must buy into.

Your Number – You confidently choose the extended age at which you'll die and then use that number to transform everything else. You change how you eat, exercise, work, invest in finances and relationships;

Ignoring Other's Expectations – You no longer pay attention to how long other people expect to live or what they think about your goal for a longer life. Sullivan encourages you to verbalize how long you intend to live, even if it seems outrageous. His personal goal is 156 years! He's currently age 74. He says it's irrelevant whether he makes that span. What is relevant is how this mindset affects how he lives the remainder of his life;

Friends, Money and Purpose – You continually expand these three crucial daily capabilities for living a longer life. It's important to replenish your sets of friends, and to make sure not to stick to your own age group. By sticking to friends only within your age group, you become convinced that your life expectancy is the average as your friends die off. When you don't have money, you feel dependent, and no longer want to be a burden to others which shortens life expectancy. Finally, it's vital to have a purpose to live for, to give meaning to your life;

Eliminating the Idea of Retirement – Sullivan believes that retirement is a vestige of the industrial age and is no longer applicable to our society. Here, you see yourself becoming increasingly more capable, useful and productive as your longer

life expands. He stresses that you need not remain at your present occupation, rather it's important to have some career purpose that continually motivates and drives you;

Ever Expanding Happiness – You continually identify new areas of happiness in all areas of your life and work to keep expanding them. Instead of always **pursuing** happiness, start with expressing and internalizing gratitude, which is a voluntary activity. Once you master that capability, then you're always increasing the value of everything and everyone you encounter, expanding your happiness;

Future Bigger Than Past – You always see and make your life ahead transformatively bigger and better than your previous experience. Consequently, you set up what your future experience will be. You become motivated and fascinated with the things in your life that keep getting bigger and bigger. You leave behind conventional thoughts about older people declining and slowing down;

Age Reversing Technology – It's only because you have the goal of living longer that you're going to pick up on the phenomenal scientific, technological, and medical breakthroughs that will allow you to take advantage of them. These developments will enable you to seem physically younger than your actual age because, as the actuary and physician examples reflect, the body does follow the mind.

You may not buy into these mindsets and whether they'll increase your longevity, but my take on all of this is: "What's the harm?!" At a minimum, these mindsets all appear life-enhancing. Certainly no one wants to die before their time. The whole question before us, therefore, is, when exactly, **is your time?**

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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.✪

From page 39

Realtor Breakfast

County. Pendergrass discussed the impact this money will have on clean-up and handling of the waterways and beaches in Southwest Florida. He also fielded questions from several SCIAR members and was candid about the problems and solutions to water quality issues.

Gil later explained the benefits of renewing Florida Amendment 2. He discussed that the amendment keeps a cap, already in place, on how much local governments can increase certain property taxes every year. These taxes

are typically put onto local businesses and rental properties, though it affects everyone by keeping Florida an affordable place to live and do business.

For more information on Amendment 2, visit <http://everybodyisfor2.com>.

The meeting concluded with a caravan tour of properties for sale on Sanibel and Captiva, and was sponsored by two association affiliate business partners: Ned Hale with Hale Law Services, PA and the "Ding" Darling Wildlife Society - Friends of the Refuge. Supervisory Refuge Ranger Toni Westland spoke to the membership about the upcoming "Ding" Darling Days, happening October 12 to 14.✪

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Exterior of The Jac Sanibel Island Grille & Rum Bar

photo provided

The Jac Gives Back To Southwest Florida

A touch of Southwest Florida is in everything The Jac Sanibel Island Grille & Rum Bar does. That's why the new restaurant on Periwinkle Way is launching The Jac Gives Back campaign to give half of the proceeds from four specialty drinks to charities benefiting the local community.

"Members of the community support our restaurant every day," said Eve Alves, owner of The Jac. "It's my social responsibility to combine everyday life with charitable giving, and I truly believe in giving back to the community I serve."

The Periwinkle, a tart cherry libation with Hendrick's Gin and a twist of lemon, benefits Community Housing and Resources (CHR), a nonprofit organization that addresses the growing need for affordable housing in Sanibel.

The Pretty in Pink combines Tito's vodka with cranberry juice, elderflower liqueur and other ingredients to aid Partners for Breast Cancer Care, a

nonprofit organization that strives to rule out or diagnose breast cancer for underserved and uninsured women and men in Lee County. It was created as part of the CONRIC PR & Marketing Drink Pink campaign, a fundraising effort for Southwest Florida breast cancer charities that involves more than a dozen local restaurants.

The Island Thyme, a colorful concoction of Bombay Sapphire gin, Cointreau triple sec, maraschino liqueur, fresh lemon juice and a sprig of thyme, supports the Kiwanis Club of Sanibel-Captiva.

The Sanibel Cougar mixes Ketel One Citroen vodka with Blue Curacao liqueur, fresh lime juice and cranberry juice. It helps The Canterbury Fund, which benefits students, faculty and facilities at Canterbury School in Fort Myers.

The drinks mesh with the light and airy atmosphere at The Jac, which opened its doors in June. The new farm-to-table menu includes wide-ranging options made with the finest and freshest ingredients.

For more information, visit the newly designed www.thejacsanibel.com or check out The Jac's Facebook page at facebook.com/TheJacSanibel.✪

October Classes At Shell Point

The Academy of Lifelong Learning at Shell Point Retirement Community will hold classes in October featuring educational discussions on world explorers, public policy and one of the ocean's most abundant marine turtle species. Classes will take place on October 8, 22 and 25 at Shell Point in Fort Myers.

The first discussion, entitled How Columbus Almost Did Not Discover America, will take place at 4:30 p.m. on Monday, October 8, exploring the life and legacy of Marco Polo. Florida SouthWestern State College professor Adrian Kerr will discuss the many setbacks suffered by Polo, how perilously close he came to failure and the great impact he had on the young Genoese sailor, Christopher Columbus.

Shell Point will also present Amendments on the Ballot for Florida's Midterm Election from 10 to 11:30 a.m. on Monday, October 22, led by Clara Anne Graham, president of the League of Women Voters of Lee County. The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, and influences public policy through education and advocacy. During the 90-minute presentation, Graham will share an understanding of major public policy issues and proposed amendments that are slated for the upcoming ballot.

The final Academy class for October,



Kristie Anders photo provided

entitled Sea Turtles, will take place at 10 a.m. on Thursday, October 25, led by Kristie Anders, education director at the Sanibel-Captiva Conservation Foundation. Attendees will learn about the loggerhead turtle; the Kemp's ridley turtle, which spends its juvenile years in the sea grasses of Pine Island Sound; and a very rare, 700-pound leatherback that chose Sanibel's beach for a nesting event just a few years ago. Anders' presentation will also incorporate new information acquired from a sea turtle geneticist.

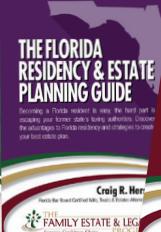
Cost per session is \$10 and can be reserved by calling 489-8472. For more information, visit www.shellpoint.org.✪

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It Was A Historic Last Weekend To The 2018 Baseball Season



by Ed Frank

The fascination with baseball history is what makes the game so great. And nothing could have been more historic than last weekend's final weekend of the regular season.

When the Chicago Cubs, the Milwaukee Brewers, the Los Angeles Dodgers and the Colorado Rockies all won on Sunday, it set the stage for a pair of tiebreaker games the next day to determine the National League Central and National League West division champions.

That is the first time in baseball history that two division titles were decided on the same day by playing Games 163.

You no doubt know by now that Milwaukee and Los Angeles won the tiebreakers and division crowns on Monday, and Chicago and Colorado faced each other the next day in a wildcard matchup.

You could have won a whole bunch of money betting on Milwaukee to win the NL Central at season's start. The Brew Crew in recent years faded from contention near the end of the regular seasons. But not this year.

Milwaukee was five games back of the Cubs on September 1. On October 1, they won the division title. They won 28 of their final 38 games and, during that stretch, won 10 of 11 and eight in a row.

It's the first time since 2011 that Milwaukee made it to the playoffs.

And there's a little bit of history in the Dodgers winning the NL West for the sixth year in a row. Since divisional play began, only two other teams, the Atlanta Braves and the New York Yankees, have won six division championships in a row.

Note that the Braves and Yankees won World Series Championships during those runs.

It was the late great Chicago Cubs' Ernie Banks who coined the slogan, "Let's Play Two," referring to a baseball double-header.

They played two on Monday to decide two division championships. Ernie would have liked that.

Emotional Farewell For Joe Mauer - Or Is It?

In what many believe was his final game, Minnesota Twins fans gave Joe Mauer an emotional farewell last Sunday at Target Field.

One of the all-time greats in Twins history, Mauer played his entire 15-year Major League career for the Twins during which he was a six-time All Star, won three batting titles, was the American League Most Valuable Player in 2009, and had more than

2,000 hits and 1,000 runs scored

If it was his final game last Sunday, he went out in Mauer style, crushing a double in the seventh inning and then donned his old catching equipment for one pitch in the ninth inning.

Mauer was the Twins first overall selection in the 2001 Major League Draft. A three-sport high school star, he turned down a scholarship to Florida State University to sign with the Twins as an 18-year-old.

In 2010, he signed an eight-year, \$184-million contract, which today is still the highest for a catcher in baseball history.

But after a series of concussions suffered as a catcher, the Twins moved Mauer to first base in 2013 for the remainder of his career.

If this was his final year, it sure was a respectable season as he hit .282 in 127 games played.

Just 35 years old, he may still have something "left in the tank," for another season or two. However, should he retire from active play, don't be surprised if he takes another job in the Twins organization.

Joe Mauer was truly a credit to baseball and the Minnesota Twins.

Molitor Out As Twins Manager

Minnesota Twins Manager Paul Molitor was fired Tuesday, ending his four-year run as skipper. He had a year remaining on his contract. He was offered a job in the Twins organization should he want to remain with the club.

His record as manager was 305-343 (.471) in those four seasons with one post-season appearance, that being a wildcard slot last year.*

Captiva Community Panel To Meet

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

Among the agenda items will be a discussion about a proposed panel Advocacy Committee; an update on the ongoing Captiva Code work; an update on the Wastewater Committee and the county study, plus committee reports and update from other island organizations.

Public participation is invited and encouraged.

The next Captiva Community Panel meeting has tentatively been scheduled for November 13. Information and background documents are available online at www.captivacommunitypanel.com.*

Swim Gym Back At Rec Center

A water-based fitness program, called Swim Gym, similar to the U.S. Masters swimming program, is open to individuals 18 years and older who are looking to improve their fitness

through swimming. Structured workouts offer valuable training assistance along with stroke and technique instruction. This program is designed to help swimmers improve fitness, train for specific goals, and offer active support for a healthy lifestyle.

The program will be offered on Mondays and Wednesdays from 5:30 to 7 p.m. The fee is \$33 for recreation center members and \$44 for non-members per month.

For more information, call 472-0345 or visit www.mysanibel.com.*

Business Joins Hall Of Sponsors

The City of Sanibel Recreation Center has added a new sign to its hall of sponsors: Walker Plumbing.

All proceeds from the sign purchase are applied to the City of Sanibel Recreation Center Financial Assistance program. The program assists parents, grandparents and legal custodians who financially qualify for their children to attend the After School Program, Summer Day Camp, Holiday Camp, Fun Days, Babysitter Training Camp, Basketball League, Volleyball Camp and Zuni Camp Out at the recreation center.

For more information, call volunteer sponsor chairperson Barry Alan Roth at 313-6591 or Andrea Miller, recreation director, at 472-0345.*

SPORTS QUIZ

1. Between 2015-18, the All-Star Game Most Valuable Player also hit a home run in the game. Name two of the four MVPs.
2. Name the last Dodgers pitcher before Alex Wood in 2017 to win his first 10 decisions in a season.
3. Pittsburgh's Chris Boswell set an NFL record in 2017 for most field goals in a playoff game. How many was it?
4. Who was the first men's basketball player in University of Michigan history to have more than 1,000 points, 500 rebounds and 400 assists during his career?
5. Tampa Bay's Nikita Kucherov set a franchise record for points (10) in a playoff series in 2018. How many of those points were goals, and how many were assists?
6. Who was the last NASCAR Cup driver to win three consecutive road races?
7. In 1998, Jana Novotna became the oldest first-time winner of the Wimbledon women's singles title in the Open Era. How old was she?

ANSWERS

1. Mike Trout, Eric Hosmer, Robinson Cano and Alex Bregman. 2. Don Newcombe, in 1955.
3. Six. 4. Derrick Walton Jr. (2013-17). 5. Five goals, five assists. 6. Tony Stewart (2004-05).
7. She was 29.

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Celebrating A Decade Of Racing For FISH

FISH of SanCap held the first 10K Race 4 FISH fundraiser in 2009 to help support the nonprofit organization founded 36 years ago based on “neighbors helping neighbors.” The idea was introduced in 2008 by then board member Joel Soobitsky, however, a severe thunderstorm forced the cancellation on that first race day.

Since that inaugural year, races have been successful. Details are fine-tuned, a new logo is designed each year, and the race has become an annual major fundraiser, with help from the City of Sanibel, Fort Myers Track Club, volunteers and sponsors. Runners come from around the state, other parts of the country and from abroad.

Celebrating his 100th race, Tom Kelly will run the 10K this year, scheduled for Saturday, October 27. He said, “I’ve done the FISH 10K several times, and I’m always impressed with how well FISH and the Fort Myers Track Club organize all the details and how enthusiastically the volunteers cheer for all the runners. To a runner, this is so appreciated because



Volunteers and organizers of the 10K Race 4 FISH were honored during Tuesday's city council meeting with a proclamation recognizing the 10th anniversary of the road race. From left, George Campean, John Pryor, Pete Bender, Ed Riddlehoover, Nicole McHale and Sanibel Mayor Kevin Ruane.
photo by Jeff Lysick

it makes the race so much more fun. Of course, the main reason I enjoy it so much is because of the cause it supports. FISH is a major help to so many people in need, and it's a satisfying feeling knowing I'm helping in a small way by

participating in the 10K.”

Each year, the number of people attending the event and the support from sponsors has grown. One Sanibel resort manager said, “It's not just FISH who benefits from this, but the community as

From page 8

Stalemate

within the proposed business location.

“Are seven electric carts really going to make a difference, one way or another?” asked DeBruce. “This doesn't pass the fair or sensible test.”

All four members of the council – with Vice Mayor Mick Denham absent and excused from the October 2 meeting – weighed in with their opinions of the appeal. Councilwoman Holly Smith, who expressed her concern that the applicants only learned that the city staff had recommended denial of their application four days prior to the May 22 public hearing, said she was surprised that the staff report recommended “a straight denial” rather than offer a list of recommended conditions for approval.

Councilman Jason Maughan explained that there are often disagreements when it comes to considering conditional use applications, but he was unmoved by their presentation to reverse the planning commission's decision. He suggested that commissioners had weighed all of the evidence provided and correctly applied the conditions of the Sanibel Plan in their decision.

Mayor Kevin Ruane stated that he was “troubled” by the interpretations of the Land Development Code made by the commission regarding the application.

Following some additional comments by council and the applicants, Maughan made a motion to affirm the planning commission's decision, which was seconded by Councilman Chauncey Goss. However, the council was split in their vote – two for and two against

– leaving the motion to fail.

Agnew explained that the council could table their discussion on the matter until next month's meeting, when the full membership could vote on the appeal, or send the application back to the planning commission to reconsider. After a brief discussion, the council voted three-to-one – with Maughan dissenting – to table the appeal until the November 6 meeting.

“Sorry Mick,” Maughan said. “I know he's listening somewhere.”

In other business, Ruane noted that the City of Fort Myers had joined the joint petition – filed on September 25 by leaders from Sanibel, Cape Coral and Fort Myers Beach – to challenge the proposed amendments to Rule 40E-8.221(2), approved earlier this month by the South Florida Water management District (SFWMD). On September 13, the SFWMD approved increasing minimum mean monthly flows out of Lake Okeechobee from 300 cubic feet per second (cfs) to 400 cfs; eliminating as a MFL (Minimum Flows and Levels) exceedance any daily salinity exceedance of 20 parts per thousand (PPT); eliminating a unit of measurement for salinity; and requiring salinity measurements occur at mean low water.

Ruane, who also noted that he would be making presentations before the local governments of Bonita Springs and Estero on October 3, added that he would request to speak before the Lee County Board of County Commissioners in two weeks. “We have to utilize the experts that we have and stand as a united front,” he said, noting that he is communicating with leaders on Captiva, Pine Island and Boca Grande as well.✪

Representatives Testify At Red Tide Briefing

On September 27, Sanibel-Captiva Conservation Foundation (SCCF) Natural Resource Policy Director Rae Ann Wessel and Sanibel and Captiva Islands Chamber of Commerce Executive Director John Lai were invited to testify at a red tide briefing on Capitol Hill in Washington, DC. The briefing was sponsored by Senators Bill Nelson and Marco Rubio, and hosted by the Ocean Conservancy and Citizens' Climate Lobby to report on and highlight the nearly year-long red tide in the Gulf of Mexico. Wessel requested federal action to reauthorize the Harmful Algal Bloom and Hypoxia Research and Control Act, set to expire this weekend, and EPA funding for the healthy beaches program. The act enables NOAA to monitor algae blooms, research their causes, and give grants to affected communities, among other things. EPA funding cuts for the healthy beaches program this summer required local funding to keep weekly beach monitoring from being cut.

Wessel emphasized, “We can't take risks with this. This isn't a luxury. This is public health.”

The hearing highlighted the far reaching impacts from the red tide event occurring along the Gulf Coast of Southwest Florida since October 2017. With over 2,200 tons of dead marine life removed from Lee County beaches, and almost 200 dead sea turtles in Southwest Florida since the event began, the environmental impacts have been devastating. The tourism industry on Southwest Florida's barrier islands has also been negatively affected. Sanibel and Fort



John Lai and Rae Ann Wessel testify at the red tide briefing in Washington, DC

photo courtesy of Citizens' Climate Lobby

Myers Beach have lost close to \$41 million due impacts from red tide in the last two months.

“Presenting at the red tide briefing on Capitol Hill was an incredible opportunity to provide the results of the economic impact survey from the chamber and quantify the revenue losses, jobs represented, and concern of long range impacts that this event has posed to our community,” said Lai.

“Locally, our partnership with organizations such as SCCF is powerful, but the opportunity to expand our influence with national organizations like the Ocean Conservancy and Citizens' Climate Lobby, presenting to over 60 federal legislators, brings us one step closer to our goal of economic relief and Everglades restoration.”✪

Doctor and Dietician

Dietary Iron

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

Do you have difficulty getting enough iron in your diets? Women of child-bearing age, vegetarians and those who eat less red meat may struggle to get sufficient dietary iron. Iron is the most common nutritional deficiency in the U.S. It's important for your body, because iron is a component of hemoglobin, the substance in red blood cells that carries oxygen to your tissues.

Your body does not make iron. It is an essential nutrient that you must get from food. A shortage of iron can occur when you consume too little iron over an extended amount of time. A deficiency of iron can cause anemia, which may make you feel fatigued. Iron deficiency anemia

is the most common type of anemia. With insufficient iron in your blood stream, the rest of your body can't get the amount of oxygen it needs. In addition to poor iron intake, there are also medical conditions that can lead to iron deficiency anemia, such as stomach ulcers. The regular use of pain relievers, like aspirin, can also cause internal bleeding that can lead to iron deficiency.

Luckily, there are plenty of good food choices that can help you meet your daily iron needs. Foods such as meat, eggs and leafy green vegetables are high in iron. Other foods high in iron include legumes, pumpkin and squash seeds, raisins, seafood, organ meats and quinoa (a versatile, gluten-free grain). Additionally, vitamin C helps your body to absorb iron, so including it in your diet is important, especially if you don't eat much meat.

Any underlying condition, whether too much or too little iron in the blood, needs to be treated. But when deficiency is due to inadequate dietary intake, consumption of diets higher in iron and vitamin C can help prevent it.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.**

insurances are accepted and discounted self-pay pricing available.

According to estimates from the American Cancer Society, one in eight women will be diagnosed with breast cancer. More importantly, with early detection, the survival rate for an early diagnosed breast cancer at five years is better than 97 percent. Mammography is one aspect of breast health, in addition to monthly self-exam and annual physician exam.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.*

Mobile Mammo Coach Coming To Rec Center

The City of Sanibel Recreation Center will host the Radiology Regional Center's Mobile Mammo Coach from 9 a.m. to 1 p.m. on Tuesday, October 9. To make an appointment or if you have any questions relative to the test, call the Radiology Regional Center at 936-4068.

The Mobile Mammo Coach is a state of the art breast imaging clinic, providing full field digital mammography services. Most

Beautifulife:

The Juggling Act

by Kay Casperson



How many of you feel like you are constantly juggling several balls in the air at one time on a daily basis? Do you ever drop some and have to stop to pick them up and start over, time and time again? Let me just start with the fact that you are not alone, because life is definitely a juggling act. Taking care of kids, career, health, wellness, fitness, family, spouses, significant others and squeezing in the occasional time for yourself can be a test, to say the least. Unfortunately, we tend to lose the last part of that juggle, which is usually the time for yourself. You might already know by now that the first and most vital part of your act is your *me time*, and if neglected, can lead to dropping many balls over and over again. Making yourself a priority in the juggle of life will give you the much-needed talent and strength to keep all the balls in the air with flawless effort which, however, does not come without practice and consistency.

I have found over the years that the more clear my vision of having a beautiful life is, the more balls get placed in my act. It does become even more challenging, but somehow we are never given more than we can really handle and, it just may take more concentration and effort to keep them all flying together and in sync. I know there are times when you wonder how you can possibly juggle all of this and stay sane. This is the perfect time to step back and take a good look at which ball needs to be let go of, or moved to a different position. Being organized is crucial, as well as not being afraid to ask for help when the juggle gets too tough. There are people you should be able to lean on every once in a while to help you through some of the juggling acts but if you take that time to analyze the importance of each ball and where they should be placed in the act, you will take on only what you are ready for and can handle.

What a fantastic feeling it is when we get all those balls flying in the air seamlessly and without much effort. This is when you know you have accomplished the act, at least for today, and can

continue your journey to having your most balanced and beautiful life.

My favorite affirmations for the juggling act are:

"I am making myself a priority in balancing my day-to-day responsibilities." Don't forget to focus on your own health and wellness to stay strong and happy.

"I keep my day planned out, organized and free of stress." Writing things down and checking them off your list will keep you moving in the right direction.

"I am thankful for my blessings and I know that I can handle all that comes my way." Having a positive, grateful mindset will make all the difference in the world.

*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.**

Immunization Clinic This Sunday

Sanibel Community Church will be hosting its annual Walgreens Immunization Clinic onsite in Fellowship Hall on Sunday, October 7 from 9 a.m. to noon.

The CDC states that the 2017-18 influenza season was a high severity season across all age groups. There were high levels of outpatient clinic and emergency department visits, with widespread geographical activity for an extended period of time. The season activity began to increase in November and reached an extended period of high activity during January and February. This activity remained elevated through the end of March, and made the 2017-18 season one of the longest in recent years.

The best protection against the flu is getting the vaccine. Additionally, the CDC and the American Academy of Pediatrics are both recommending that all adults and children (other than those who should be excluded) receive their flu shots by the end of October. Most flu vaccines take about two weeks to offer maximum protection.

For more information, contact Deb Stephens BSN RN CN, faith community nurse, at deborah@sanibelchurch.com or 401-529-0713.

Sanibel Community Church is located at 1740 Periwinkle Way.*

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dearRPharmacist

The Connection Between Stevia And Ragweed



by Suzy Cohen, RPh

Dear Readers: It's hardly a secret that many foods today have non-sugar sweeteners added to them. As far as natural sweeteners go, stevia is the king. It's in a bazillion food products, many of

which are aimed at people with diabetes or obesity. Powdered supplements and lozenges often contain stevia, it's everywhere.

Stevia is a plant-derived herb, so obviously there could be allergies. Maybe your throat itches or seizes up when sipping a stevia-sweetened drink or when you chew on sugar-free gum. Maybe you sneeze or your lips itch. Perhaps it's a coughing fit or hives and a rash. It's all because of a very common allergen: ragweed.

Are you allergic to ragweed? If you are, then you are also susceptible to sensitivities from stevia consumption. Before I discuss allergic symptoms, I'd like to share the extraordinary medical benefits that stevia offers in case you're not allergic to it. Most people are not. Stevia helps with diabetes, hypertension, kidney disease, pain and inflammation, infections and diarrhea.

Stevia is 200 times sweeter than table sugar, contains almost no calories, and won't adversely affect your blood sugar when consumed. That's why it's an incredible herb for sweetening foods when you're on a diet, or if you are just health conscious.

But the problem is the family tree.

Stevia was born into the Asteraceae family, or "Aster" which essentially means that stevia is genetically kin to marigolds, daisies, chrysanthemums, dandelion, lettuce, safflower, sunflower, artemisia (wormwood), artichokes, endive and, most importantly, ragweed. This is a botanical family that allergen-prone individuals need to stay away from.

In fact, there's an estimated 23 million Americans who suffer from ragweed-triggered hay fever. Not all of those people

are sensitive to stevia, or the other plants in the Aster family, but some of you are and may not have realized it until just now.

Pollen from the ragweed and pollen from the stevia plant contain very similar proteins as part of their genetic make-up. This means that there's cross-reactivity between them. Once the stevia protein passes through your gut and gets absorbed by your bloodstream, it might get mistaken by your immune system and shot down. Your body might mistake it for the ragweed protein (because they're so structurally similar) and then you're faced with miserable allergic symptoms.

I have written a longer version of this article that features other natural sweeteners, as well as advice to help determine if you're truly allergic. Visit www.suzycohen.com and sign up for my free newsletter so I can email you this article along with precautions. In the meantime, keep track of symptoms that are suggestive of ragweed cross-reactivity such as throat, lip and mouth itching and swelling, hives, dizziness, coughing fits, temporary shortness of breath, or throat pain. If you feel like you're sensitive, I recommend cutting out stevia from your diet until you get some answers and visiting a board-certified immunologist for testing.

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.

Republican Women Meeting

Joe Mazurkiewicz will address the pros and cons of the constitutional amendments that will be on the November election ballot during the Fort Myers Republican Women's luncheon at The Helm Club at The Landings on Tuesday, October 16. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program. A question-and-answer session will be held following the presentation.

Cost is \$20; reservations required by October 11. Call Tina Laurie at 489-4701. Attendees may write their checks to the Republican candidate of their choice who has an election in November, and the club will pay for the luncheon.

The Landings Yacht Golf & Tennis Club is located at 4420 Flagship Drive in Fort Myers.✳

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I tend to have low self-esteem that stems from growing up with alcoholic parents. Do you have some tools to help me feel better about myself?

A: I have seen that when self-esteem is low, you are a target for the negative impact of heightened stress and anxiety. Perhaps attending AI Anon is a good start to realize that you are not alone, and this can help you to feel that you have support.

Next, you have a special gift that makes you unique and special. In moments of stress, when the ego is caught in a downward spiral of self-defeating thoughts, those unique attributes can be disempowered. When we lose track of our special uniqueness, we begin to feel we are not worthy of anything. I would like for you to get into a quiet place where you surround yourself with an environment that you like. Write down five attributes that make you feel unique and special. This is to help you focus on your strengths

and gifts rather than your non-strengths and imperfections.

The following day, write down five more attributes that make you feel special and unique. Continue this exercise as long as you can write these positive attributes down. When you have completed this exercise, repeat all of the positive attributes you have written thus far. Repeat them to yourself until you begin to feel them.

Within everyone, there is a special gift and uniqueness. Begin to know this part of yourself and scrape off the ego's dirt and grime. It is then you will shine.

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.✳

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Gulf Coast Symphony	277-1700
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Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
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FISH. OF SANCAP 24-hr service	472-0404
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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

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PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Chance And Bambi



Chance ID# A754294



Bambi ID# A754692

Hello, my name is Chance. I am a 2-year-old male American bulldog mix who is a fun-loving guy that thinks everything is meant for play, especially you. Anything you do, I will want to do with you. I will definitely keep you on your toes, and life will be exciting and the fun is guaranteed. I am currently going through my Canine Good Citizen training with our fabulous volunteers. My new family can continue the training with our certified trainer at her facility in North Fort Myers so that I can receive my Canine Good Citizenship. My adoption fee is \$30.

Hi, I'm Bambi. I am a 2-year-old female domestic shorthair who's got the whole package - smart, fuzzy, four legs, love to learn and live to please. Keep me entertained, and I'll be yours forever. I get along well with other cats and love people too. My adoption fee is \$10.

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

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 havonearthanimalleague@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 havonearthanimalleague@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 havonearthanimalleague@yahoo.com.*

PAWS Of Sanibel

Matilda And Sasha



Matilda



Sasha

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

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.*

Find Your Fido

Lee County Domestic Animal Services will be joining the American Society for the Prevention of Cruelty to Animals (ASPCA) with the #FindYourFido initiative for the second consecutive year. The campaign's goal is to raise awareness of homeless animals and to help find safe, loving homes for dogs in the community. To encourage local supporters to #FindYourFido, Animal Services will reduce its adoption fees for dogs to \$30 through October 31.

The ASPCA #FindYourFido campaign is designed to expand the digital exposure for animals nationwide and raise awareness regarding the benefits of adopting a pet. During the month of October, "Fido," a cardboard cutout ambassador for adoptable dogs, will be in the lobby of Animal Services to illustrate how easy it is to picture a shelter pet in someone's daily life and encourage animal adoption.

The adoption center is open 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. For more information visit www.leelostpets.com.*

PUZZLES

Answers on page 53

Super Crossword

DRUNK IN THE KITCHEN

- ACROSS**
- 1 Deceive
 - 8 Scarce supply
 - 14 Champaign's twin city
 - 20 Composer Vivaldi
 - 21 Concert bonus
 - 22 "La Cage aux —"
 - 23 What Swiss steak may be braised in
 - 25 Circular window
 - 26 Personal identity
 - 27 High-arcing shots
 - 28 "Gotcha!"
 - 30 To be, in Bordeaux
 - 31 Expanded
 - 35 Ballpark snack with lots of toppings
 - 39 Amtrak stop
 - 40 Care for
 - 41 Make sad
 - 42 Title for Tuck
 - 44 Big bird that doesn't fly
 - 47 Honeybunch
 - 48 They may be sprinkled on sauteed spinach
 - 55 Partner of Porgy
 - 56 Southern French city
 - 57 Yuletide
 - 58 Quits
 - 61 Arab prince
 - 62 Mine metal
 - 64 Genie's gift
 - 66 Actor Cariou
 - 67 Actor Jacobi
 - 70 Popular cookout side
 - 73 Armour product in a can
 - 76 With 96-Down, "Hang on a minute!"
 - 77 "I'm impressed!"
 - 78 Jane of fiction
 - 80 Suffix with pagan
 - 81 Final words from Caesar
 - 82 Superstars
 - 84 Two-masted craft
 - 86 Exhorting individual
 - 87 Abnormally deep sleep
 - 90 Movie theater tubful
 - 94 Staves off
 - 97 Colo.-to-Ga. direction
 - 98 Thrashes
 - 99 Old World elk
 - 101 "'Tis a shame"
 - 104 Midday snoozes
 - 109 Specialty of Popeyes
 - 112 Cause of heartache
 - 113 Elvis' middle name
 - 114 Go — spree
 - 115 Indian tourist city
 - 117 Ride ordered by app
 - 118 Like some census data
 - 121 Rollmop's main ingredient
 - 126 Big name in online brokerages
 - 127 Alternative to PJs
 - 128 Oozing stuff
 - 129 Teeterboard protocol
 - 131 Head locks
 - DOWN**
 - 1 Catholic services
 - 2 Bent (on)
 - 3 — Artois (beer)
 - 4 Unlike the Atkins diet
 - 5 Ending for phenyl
 - 6 Assistance
 - 7 "i" or "j" top
 - 8 Floor model
 - 9 Empower
 - 10 Follows, as advice
 - 11 Aussie hopper
 - 12 Tire feature
 - 13 Pronoun for both genders
 - 14 Aliens' craft
 - 15 Fabled bird
 - 16 Maryland crustaceans
 - 17 Mentally alert
 - 18 Woody Allen film subject
 - 19 Sizes up in online
 - 24 Prehistoric
 - 29 Total up
 - 32 Schisms
 - 33 '90s veep
 - 34 "Idylls of the King" lady
 - 36 Yemeni city
 - 37 Homer's TV neighbor
 - 38 LummoX
 - 40 Sextet half
 - 43 Sleeping woe
 - 45 Lotsa
 - 46 4x4, briefly
 - 48 Judo-like exercise fad
 - 49 Financial guru Suze
 - 50 Comparable
 - 51 Sahara-like
 - 52 Info-packed
 - 53 Lilly of drugs
 - 54 Sea dogs
 - 59 Look as if
 - 60 Termination
 - 62 Certain reed
 - 63 Program for getting clean
 - 65 Lance
 - 67 Turn loose
 - 68 Western film
 - 69 Do a 180
 - 71 Palme —
 - 72 Finches' homes
 - 74 Wavy mark in Spanish
 - 75 Bygone Ford make, briefly
 - 79 Reuben bread
 - 82 Fragrant white flowers
 - 83 Natl. voting day
 - 85 Spun traps
 - 86 Agitate
 - 87 Subway charges, e.g.
 - 88 Judge too highly
 - 89 So-so
 - 91 Ship wood
 - 92 UTEP part
 - 93 Big elevator innovator
 - 95 Nugent with a guitar
 - 96 See
 - 76-Across
 - 100 Pi-sigma link
 - 102 Enter via the cracks
 - 103 "Life of Pi" director
 - 105 Drinks loudly
 - 106 Memoirist Wolff
 - 107 Redress
 - 108 Durable coat fabrics
 - 110 Data for a database
 - 111 Michael of "Alfie"
 - 112 Sonny
 - 116 Be still
 - 119 Mouth rinse bottle abbr.
 - 120 Writer Wallace
 - 122 Cato's 450
 - 123 33rd pres.
 - 124 Eternally, to poets
 - 125 Singer Des'—

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
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23							24						25							
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99							100			101	102	103			104		105	106	107	108
109								110	111					112						
113							114				115		116						117	
118					119	120			121		122				123	124	125			
126									127						128					
129									130						131					

King Crossword

- ACROSS**
- 1 Eastern big-wig (Var.)
 - 5 One-on-one battle
 - 9 Scoundrel
 - 12 Rice-A- —
 - 13 Paquin or Paris
 - 14 Raw rock
 - 15 Over
 - 17 Pen point
 - 18 Vagrant
 - 19 Ticket
 - 21 Aspect
 - 24 Idea that spreads on the Web
 - 25 48-Across' counterparts
 - 26 Room-to-room access-es
 - 30 Convent dweller
 - 31 Great praise
 - 32 Old card game
 - 33 Wine pourer
 - 35 Existed, Biblically
 - 36 Do as you're told
 - 37 Exposes
 - 38 Cease-fire
 - 40 Noble title
 - 42 Melody
 - 43 Ecclesiastical compact
 - 48 See 25-Across
 - 10 Operatic solo
 - 11 Credit card user's problem
 - 16 Parcel of land
 - 20 Coal diggers' org.
 - 21 Ward (off)
 - 22 Chills and fever
 - 23 Open area at a terminal
 - 24 Othello, for one
 - 26 Responsibility
 - 27 Praise in verse
 - 28 Days gone by
 - 29 Drunkards
 - 31 Patella
 - 34 Jimmy Kimmel's network
 - 35 Tusked mammal
 - 37 Buddy
 - 38 Party-game pin-on
 - 39 Go by train
 - 40 Son of Seth
 - 41 Pimples
 - 44 Yoko of music
 - 45 "CSI" evidence
 - 46 \$ dispenser
 - 47 Prouette pivot
- DOWN**
- 1 Joan of —
 - 2 Cattle call?
 - 3 Hostel
 - 4 Wealth
 - 5 Paint amateurishly
 - 6 Ruin
 - 7 Compass pt.
 - 8 Firetruck gear
 - 9 Skin-tone cosmetic

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15				16					17		
			18				19	20			
21	22	23				24					
25				26	27				28	29	
30				31				32			
33			34					35			
		36					37				
38	39				40	41					
42				43	44				45	46	47
48				49					50		
51				52					53		

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

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

Argentina	Chile	Kazakhstan	Sweden
Australia	China	Peru	Turkey
Bolivia	Guatemala	Poland	U.S.A.
Canada	India	Russia	



"I have two very good reasons for not taking you on the roller coaster — _____!"
answer on page 55

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!

Hidden
CRETES _ _ _ _ _ _

Wild
LAFER _ _ _ _ _

Rant
READIT _ _ _ _ _

Origin
CUREOS _ _ _ _ _

TODAY'S WORD

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

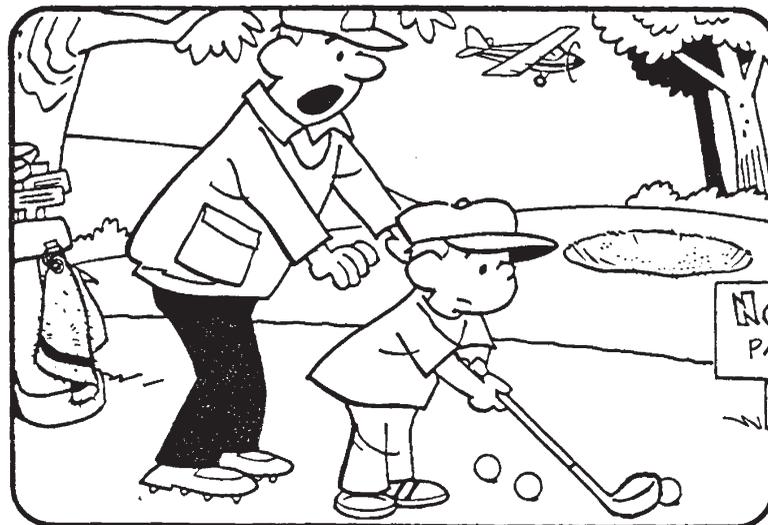
SUDOKU

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

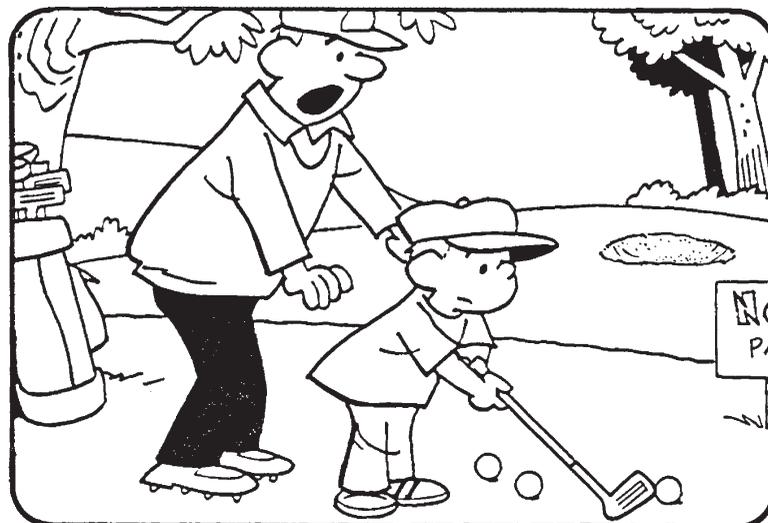
answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Towel is missing. 2. Pocket is missing. 3. Arm is moved. 4. Airplane is missing. 5. Sand trap is smaller. 6. Club head is different.

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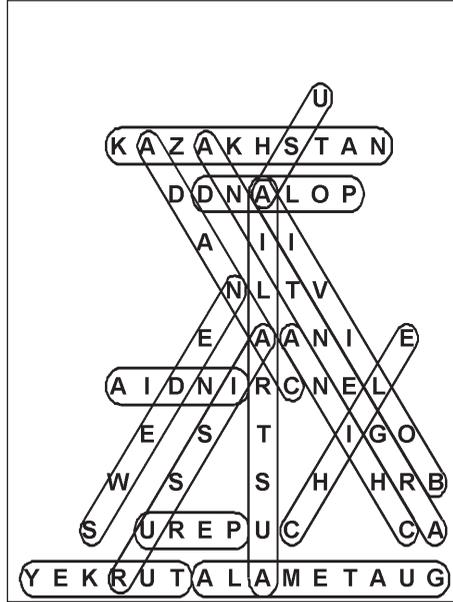
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

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From the Beaches to the River District downtown Fort Myers

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

September 14, 2018 Place Classified




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OCTOBER 7-13, 2018**
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GARCIA REAL ESTATE AND CONSULTING



RICHARD J. GARCIA, GRI, BROKER
239-472-5147
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 4/29 ★ TFN

COMMERCIAL RENTAL

COMMERCIAL UNIT FOR RENT

East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail. Call Dee at 472-0121, leave a message.
 7/13 ★ TFN

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.
 8/5 ★ TFN

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

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 Unique Vacation Rentals
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 Local: (239) 472-6385
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Old Florida charm with all new updates! Ground-level cottage on private lane, short walk to beach, 2BR/1.5BA, sleeps 6. Fully furnished/equipped, separate exercise room and inside laundry, wooded backyard w/ privacy fence, outside H/C shower. Bikes, beach chairs, umbrellas, beach wagons, towels provided. Pets w/approval. Min one month - April 2019 still available! Contact Chris: 314-406-7058 cgbeckner@yahoo.com for pictures and price.
 10/5 ★ 10/12

ANNUAL RENTAL

SANIBEL ISLAND ANNUAL RENTALS

2/1 on Main Street \$1,800
 2/1 on Sandpebble \$1,800
 2/2 on Sandpebble \$2,000
 3/2 on Periwinkle \$2,200*
 *(w garage & shared pool)
 Dogs okay.
 Call or text Bridit @ 239.728.1920
 10/5 ★ TFN

CALOOSA SHORES

3BR/2B Annual Rental \$2,700 month. Furnished, two car garage. Ground level, no stairs, on canal, 3 miles from school near Ding Darling.
 239-770-5568. Call in evening.
 9/28 ★ 10/19

ANNUAL RENTAL

ANNUAL RENTAL SANIBEL

Waterfront - 3/2+ den, dock, Direct access. \$2,950/mo. Gorgeous, Custom home.
GUMBO LIMBO
 This 3/3 UF pool home backs up to Conservation Land \$2,300/mo.
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Gulf Beach Properties, Inc.
 Paul H. Zimmerman, Broker/Owner
 10/5 ★ TFN

SANIBEL ANNUAL RENTAL

Canal front home 3 bedrooms, 2 bath pool home in Shell Harbor - close access to the beach and causeway on the East End of Sanibel. Perfect location - \$3,800 per month. Call or text Rose at 239-851-5188.
 7/27 ★ TFN

ROOMMATE WANTED SANIBEL

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 239-246-3394
 9/28 ★ TFN

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 8/31 ★ 10/5

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 9/28 ★ 10/5

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SEMI ANNUAL GARAGE SALE GULF COAST CHURCH OF CHRIST

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 Saturday October 6, 7 a.m. to 1 p.m.
 Selling: furniture, housewares, clothes, jewelry, purses, holiday decorations (Halloween and Christmas), bake sale items and beverages.
 9/14 ★ 10/5

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10/5 ★ 10/5

My Stars ★★★★★

FOR WEEK OF OCTOBER 8, 2018

Aries (March 21 to April 19) Your Aries charm helps persuade others to listen to your proposal. But it's still a long way from acceptance, unless you can stand up to the tough questions that are set to follow.

Taurus (April 20 to May 20) Plan to share a weekend getaway from all the pressures of your hectic workaday world with a very special someone. You could be pleasantly surprised at what develops.

Gemini (May 21 to June 20) Your keen insight once again helps you handle a challenging situation with a clearer perception of what it's really all about. What you learn helps you make a difficult decision.

Cancer (June 21 to July 22) If you want to steer clear of getting involved in a new family dispute, say so. Your stand might cause hurt feelings for some, but overall, you'll be respected for your honesty.

Leo (July 23 to August 22) Expect recognition for your efforts in getting a project into operation. Besides the more practical rewards, your Lion's heart will be warmed by the admiration of your colleagues.

Virgo (August 23 to September 22) Set aside time to rid yourself of clutter that might well be drawing down your creative energies. Consider asking someone to help you decide what stays and what goes.

Libra (September 23 to October 22) A colleague could make a request that might place you in an awkward position with co-workers. Best advice: Share your concerns with an associate you can trust.

Scorpio (October 23 to November 21) Your energy levels are way up, allowing you to take on the added challenge of a task you've been hoping to secure. Expect this move to lead to an important opportunity.

Sagittarius (November 22 to December 21) Your continuing sense of confidence in what you've set out to do gives encouragement to others. Expect to see more people asking to add their efforts to yours.

Capricorn (December 22 to January 19) You might think it would be best to reject a suggestion that others insist would be unworkable. But you might be surprised by what you find if you give it a chance.

Aquarius (January 20 to February 18) Changing a decision might disappoint some people, but the important thing is that you be honest with yourself. Don't go ahead with anything you have doubts about.

Pisces (February 19 to March 20) There could be some fallout from an emotional confrontation that you really should deal with before moving on. Best to start fresh with a clean, clear slate.

Born This Week: Your honesty not only helps you make decisions for yourself, but also helps others find the right choices for themselves.

STRANGE BUT TRUE

- It was Democratic governor and presidential hopeful Adlai Stevenson who made the following sage observation: "A free society is a place where it's safe to be unpopular."
- Statistics show that for every 71,000 skydiving jumps made, there is only one fatality. That might not seem surprising until you put it in context: You have a one in 20,000 chance of dying from a regular fall right here on solid ground.
- AA Milne, the British author best known for his children's books about Winnie the Pooh, had a teacher and mentor you

might not expect: HG Wells, one of the acknowledged fathers of science fiction and author of such novels as *The War of the Worlds*, *The Invisible Man* and *The Island of Dr. Moreau*.

- Here's a smart idea: Some fitness centers are now using the energy clients expend on its exercise bikes to help power the building's lighting.
- Arctic biologists say that polar bears can go weeks without eating – which is certainly handy in an environment where food isn't always easy to get. Evidently, if a polar bear goes a week to 10 days without eating, its metabolism will slow down and the animal will live off its fat reserves until it finds its next meal.
- According to not one, but two studies conducted on the subject, those who have a ring finger that is longer than their index finger tend to be better athletes.

• If you drive a white automobile, you have a lot of company. There are more white cars in the United States than any other color.

THOUGHT FOR THE DAY

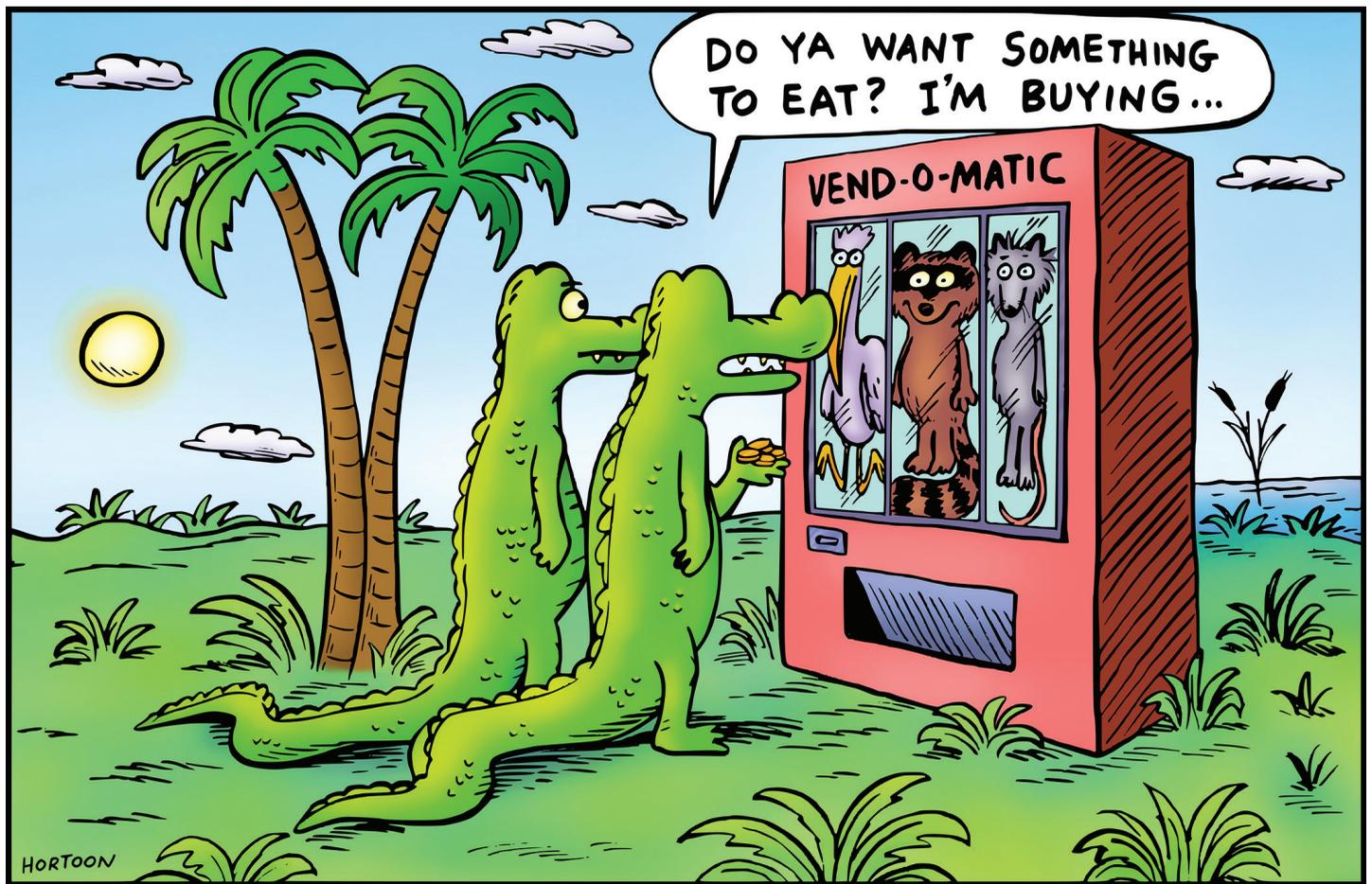
"The significant problems we face cannot be solved at the same level of thinking we were at when we created them." – Albert Einstein

SCRAMBLERS

1. Secret; 2. Feral;
3. Tirade; 4. Source

Today's Word
COLD FEET

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Frowes Subd	Captiva	1945	6,306	\$5,095,000	\$3,250,000	139
Frowes Subd	Captiva	1945	1,985	\$3,395,000	\$3,250,000	187
Barefoot Bay	Bonita Springs	2003	5,613	\$2,595,000	\$2,305,000	1,339
Frowes Subd	Captiva	1983	3,485	\$1,895,000	\$3,250,000	187
Cape Coral	Cape Coral	1994	2,941	\$864,900	\$845,128	69
Monteverdi	Fort Myers	2016	3,157	\$799,900	\$799,000	26
Cape Coral	Cape Coral	1998	2,254	\$725,000	\$580,000	60
St Andrews	Fort Myers	1996	2,632	\$689,000	\$620,000	0
Cape Coral	Cape Coral	2016	2,245	\$680,000	\$665,000	12
Highland Park East	Fort Myers Beach	2018	1,300	\$669,000	\$669,000	9



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& we just want to say
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Magazine

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