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VOL. 27, NO. 11

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 13, 2019

SEPTEMBER SUNRISE/SUNSET: 13 7:13 • 7:36 14 7:13 • 7:35 15 7:14 • 7:34 16 7:14 • 7:33 17 7:15 • 7:32 18 7:15 • 7:31 19 7:15 • 7:30

Summer Readers Earn Books For Hospital Patients

The Sanibel Public Library 2019 summer reading program introduced children to a universe of stories. Deanna Evans, youth service librarian, said, "Summer reading programs encourage children to read for pleasure while helping to prevent the "summer slide" – loss of the previous school year's reading gains. It gives parents and children opportunities to bond while reading together to help strengthen pre-reading and reading skills." Children also benefit from the rich literacy experiences afforded by special events and organized programs the library offers during the program.

This summer, 307 children, from babies to teens, logged more than 2,000 hours of reading. Evans said, "All of this summer's numbers are super impressive and I am so proud of the readers. More than a third of the children logged 10 or more hours of reading."

As in previous summers, children read to earn books for their home library



Library board, hospital and library staff, and participants in the summer reading program with donated books

photo provided

and for patients at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book earned with a book for the

hospital. The foundation also provided each participant with a gift – a shoulder sling backpack. The children logged 2,222 hours of reading, earning 805 books

for their homes, and 1,194 books for Golisano Children's Hospital.

Since its inception in 2012, young

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FISH Of SanCap Named Top Nonprofit

FISH of SanCap has been named a 2019 Top-Rated Nonprofit by GreatNonprofits, the leading provider of user reviews of charities and nonprofits. This award is based on outstanding online reviews from clients served, community members, volunteers and/or board members.

FISH provides social services to those who live on, work on or visit Sanibel and Captiva islands. Their vision is to enrich the lives of everyone on Sanibel and Captiva through an array of food programs, island based workshops, social services and helping hands. "We are honored to be named a 2019 Top-Rated Nonprofit," said Alicia Tighe, executive director for FISH. "We are proud of our accomplishments, but are especially proud that this distinction is awarded by community recognition of the work of our incredible staff, volunteers and gracious donors."

FISH has been the social service organization for Sanibel and Captiva for over 37 years. The organization started in island residents' kitchens and out of their cars, but FISH has continued to grow to



image provided

meet the demands of the community thanks to the generosity of donors and volunteers. FISH maximizes all contributions; 93 percent of every dollar donated goes directly to over 30 programs. In 2018, 18,713 service requests were answered by FISH for 5,786 individuals, a 46 percent increase over 2017. Some of these requests included 7,845 visits to the food pantry, distributing 206,278 pounds of food; 3,273 meals delivered by FISH volunteers to island neighbors and 236 instances of financial aid for rent, utility and/or medical expenses.

Ashley, adult education scholarship program participant, wrote "...I am currently trying to enhance my knowledge

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CROW Classic Golf Tournament Benefits Wildlife

The Clinic for the Rehabilitation of Wildlife (CROW) will host its annual CROW Classic Golf Tournament on Saturday, October 5 at The Sanctuary Golf Club on Sanibel. Check-in begins at 11:30 a.m. with a shotgun start at 12:30 p.m.

The tournament will be a scramble format. Register by Monday, September 16 to guarantee size for golf shirt. Entrance fee is \$250 per player or \$1,000 per foursome and includes 18 holes of golf with a cart, golf shirt sponsored by The Bait Box, a boxed lunch and 19th hole with hors d'oeuvres.

Proceeds help support CROW's mission to save wildlife through state-of-the-art veterinary care, research, education and conservation medicine.

"What better way to show your support of CROW and wildlife than to enjoy an October afternoon on the beautiful Sanctuary golf course among Southwest Florida's amazing creatures? We'd love to have you join us," said CROW's Executive Director Alison Charney Hussey. "Of course, you can also show your love for "birdies and eagles" even if you're not a



One of CROW's animal ambassadors, like Lola, the American kestrel, will make an appearance

photo provided

golfer. Sponsorship opportunities are still available."

Thanks to the hole in one sponsor, Scanlon Auto Group, golfers will have the opportunity to drive away in a new car if they sink a hole in one on the designated par three hole.

The day will conclude with a helicopter ball drop sponsored by Lee County Mosquito Control District. Numbered golf

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Bailey's Staff Member Wins Service Award

by Jeff Lysiak

On August 29 at the Westin Cape Coral Resort at Marina Village, Roni Martorelli of Bailey's General Store took home the top trophy in the Other Services/Business category at the 2019 Elaine McLaughlin Outstanding Hospitality Service Awards.

"I was very excited... it was a complete surprise to me," said Martorelli, who started working at Bailey's 29 years ago. "I really love helping our customers, and winning this award recognizes Bailey's and all the employees who work here. Customer service is sort of the bedrock of everything we do."

According to Martorelli, one of the nomination forms that was submitted on her behalf came from a customer who scribbled her thanks on the back of a brown paper bag.

"I remember this woman coming into the store and telling me that she had just lost her iPhone," recalled Martorelli. "One of the things I suggested to her was to pray to St. Anthony, the patron saint of lost or stolen things."

A couple of days later, the same woman returned to the store to thank the helpful employee, because when she returned to the spot on the West Gulf Drive beach she had lost the iPhone, she saw it sticking up out of the sand. "I guess those prayers worked pretty well for her," said Martorelli, who also won the E Award in the same category two years earlier.

One customer from Martinsville, Virginia stated on her nomination form, "When I go into the store, I know (Martorelli) will make me and my little dog feel welcome. She is extremely knowledgeable about all items for sale and where they are. I have observed her being just as nice and helpful to all her customers. It's rare to run into someone so positive and caring at 7 a.m., especially where tourists abound!"

Another customer from West Virginia wrote in her nomination, "I lost a screw in my sunglasses. Not only did she help me with a repair kit, she took time to actually make the repair! All with a great 'customer first' attitude - very much appreciated."

Along with the Elaine McLaughlin Outstanding Hospitality Service trophy, Martorelli won a handful of other prizes including a plaque, admission tickets to the Edison & Ford Winter Estates, and gift certificates for boat rides and several area restaurants.

"I always say that when you give your customers a little more, you'll get a little more," added Martorelli.

Speaking on behalf of her family-run business, Calli Johnson shared, "We are incredibly proud of our category winner, Roni, and our 23 other nominees that attended the Elaine McLaughlin Customer Service Awards with us.



Roni Martorelli with her E Award

photo courtesy Bailey's General Store

Thank you to the community members that nominated our staff. We look forward to serving you on your next visit to our stores."

In addition, several other island employees were recognized for their customer service efforts over the past year. They include Carol Beggs of South Seas Island Resort in the Accommodations category, Preston Schuetz of Billy's Bike Shop in the Attractions category, Nancy McDole and Sheila Simpson of the Sanibel & Captiva Islands Chamber of Commerce in the Other Services/Business category, Kasey Beier of George & Wendy's Sanibel Seafood Grille and Don Bernhardt of South Seas Island Resort in the Good Samaritan category.

Other winners at this year's E Awards:

Honor of Distinction Winner - Sean Adams, Lee County Port Authority Police

Accommodations - Heather Patterson, Residence Inn by Marriott
Attractions - Matt Hetrick, Southern Instinct Charters

Restaurants - Kevin Tully, Outrigger Beach Resort

Transportation - Teresa Jimenez, Lee County Port Authority; Chris Styles, Lee County Port Authority; and John Rush, Swissport USA Inc./Spirit Airlines

Good Samaritan - Ronnie Wood, Lee County Sheriff's Office

Best Tourism Boss - Angie Millican, Homewood Suites by Hilton at the Bell Tower Shops

Each year, the E Awards - sponsored by the Lee County Visitor & Convention Bureau - honors excellence through extraordinary service and dedication. The goal is to increase public awareness of the outstanding customer service being provided by local hospitality professionals and to recognize those employees within the hospitality and allied industries who positively impact a visitor or resident's experience in Lee County.✪



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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

Captiva Island Historical Society

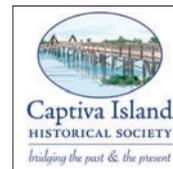
Looking Back: Rosa (Kennon) Bryant



Rosa (Kennon Bryant with a friend in the Bryant farm

photo courtesy CIHS Archives

This week's image depicts Rosa (Kennon) Bryant with a friend in the Bryant farm.



The History Gallery, developed by the Captiva Island Historical Society (CIHS), features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture

the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information.

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



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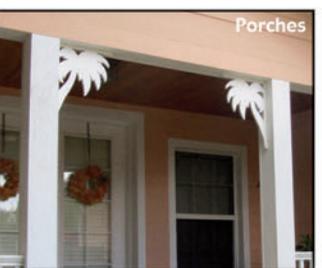
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Doc Ford's Rum Bar & Grille is once again sponsoring "Ding" Darling Day at the Roseate Spoonbill level photos provided

Family Fun Starts Early At 'Ding' Darling Day

As the 75th anniversary celebration at JN "Ding" Darling National Wildlife Refuge on Sanibel kicks in, staff has planned a "Ding" Darling Day for Sunday, October 20, that will concentrate all the best traditions of the eco-festival into one day of family and conservation art activities, tours and programs.

The schedule will include a number of new free features for 2019's 31st annual event:

The day starts early this year with hourly birding, hiking and biking tours from 8 to 11 a.m.

A Spanish-speaking guide will lead the 10 a.m. Nature Hike on Indigo Trail.

In addition to live wildlife presentations under the main tent, the refuge has invited Burmese python hunting and science experts to talk about the havoc the species is wreaking on the Everglades. (There will be no live snakes at this presentation in the Visitor



Tarpon Bay Explorers will offers free morning stand up paddleboarding clinics and discounted tours throughout the day & Education Center Auditorium.)

Tarpon Bay Explorers, the refuge's recreation concession, will be conducting free stand up paddleboarding clinics from 9 a.m. to noon at Tarpon Bay Recreation Area.

Touch tank presentations at Tarpon Bay Explorers are back. Because of on-site construction the past two years, this popular activity had been curtailed.

Programs previously held on Saturday Conservation Art Day will be folded into Sunday's calendar. This year's Federal and State Duck Stamp winners will be presenting that day and signing duck stamps.

New interactive programs include wildlife origami, chalk drawing, canvas painting, nature sketching and an iPhone photography walk.

Refuge officials estimate the value of free activities on "Ding" Day at \$75 for a family of four.

Tarpon Bay Explorers will offer all-day discounts on kayak tours and boating excursions throughout the day. Reservations for tours are recommended. For a full calendar of the day's activities, visit www.dingdarlingdays.com or call 472-1100.

"Ding" Darling Day celebrates the continued on page 10

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Planners OK Permits For Fast Food Restaurant

by Jeff Lysiak

After receiving a revised site plan to address concerns about the shared driveway ingress/egress, onsite parking and traffic generation, the Sanibel Planning Commission approved both the conditional use and development permits for a new fast food establishment to be located at 1219 Periwinkle Way.

The restaurant, to be called Sanibel Custard Shack, is owned by Charles and Lisa Whitman. They will build a 1,659-square-foot restaurant with 20 seats and 20 off-street parking spaces on the 0.53-acre parcel adjacent to Huxter's Market & Deli, Sanibel Air & Electric and The Jac Island Bar & Grille.

Craig Chandler, city planner, told members of the commission that since their meeting last month, the Whitmans had submitted a revised site plan. "The core elements of their proposal remains unchanged," Chandler said. Among the adjusted plans for the eatery was an additional five-foot emergency access easement, adjusting the orientation of the parking and loading areas, and adding a bicycle rack to accommodate 20 bikes onsite.

Commissioner Karen Storjohann voiced her concerns over the amount of space in the proposed driveway ingress/egress, which might be difficult

to navigate for delivery trucks and larger commercial vehicles, and could potentially block that portion of the shared use path. "This looks like a traffic jam waiting to happen," she added.

Commissioner Matt Kirchner asked about the Sanibel Code definition of formula/chain restaurants. According to Land Development Code Section 78-1, a formula restaurant is "an eating place, whether a principal use or accessory use, that is one of a chain or group of three or more establishments and which satisfies at least two of the following three descriptions:

(1) It has the same or similar name, trade name, or trademark as others in the chain or group;

(2) It offers either of the following characteristics in a style which is distinctive to and standardized among the chain or group:

a. Exterior design or architecture;
b. Uniforms, except that a personal identification or simple logo will not render the clothing a uniform;

(3) It is a fast food restaurant.

During the public comment portion of the hearing, several audience members brought up the fact that the Whitmans own Whit's Frozen Custard, which operates more than 50 locations across the United States. However, the city's staff report addressed the matter.

"The proposed business name Sanibel Custard Shack is neither identical nor similar to that of a chain or group and does not propose architecture or uniforms that is distinctive or associated with a chain or group," the report reads,

in part. "Staff is aware that property owners Charles and Lisa Whitman operate a chain of frozen custard restaurants, under the name Whit's Frozen Custard. While the proposed restaurant use will serve exclusively frozen custard, Sanibel Custard Shack will not operate as a part of the chain Whit's Frozen Custard."

The couple, who also attended Tuesday's meeting, confirmed that their island business would operate independently of their other frozen custard locations.

"We have always supported the communities where we live," said Lisa Whitman, "and we plan to do the same on Sanibel."

Another concern raised during deliberations related to the number of parking spaces planned for the eatery. Commission Chairman Chuck Kettelman noted that according to city code, one parking space is required for every 62.5 square feet of restaurant space. But because 460 square feet of space inside the building will be dedicated as an office, only 20 parking spaces – instead of 27 – are required.

Debi Almeida, co-owner of Joey's Custard, told commissioners that the Whitmans' application was "in direct conflict" with Sanibel's mission statement, adding that the island would be "in danger of losing its uniqueness and desirability." She went on to note her five main objections to the proposal, which included the timing of the applicant's submitted traffic generation study, the required number of parking spaces and

the Whitmans' affiliation with a chain of frozen custard businesses, which she claimed gives them a clear advantage over local "mom and pop" businesses.

"Twenty seven parking spaces isn't enough, I can tell you from experience," said Almeida, who noted that during peak periods in season, her business has seen customer lines as long as two hours, with more than 70 bicycles parked haphazardly throughout the shopping center. She then went on to list several local restaurants that have closed in recent years. "Do you know how difficult it is to run a successful business on the island... and that's on an even playing field."

Almeida also referred to an online petition objecting to the approval of the application, which had generated more than 3,800 signatures of local residents, business owners and visitors.

Commissioner Eric Pfeifer told the audience, "We're not here to make the rules, we're here to interpret and enforce them," adding that all of the planning commission's concerns raised at last month's meeting had been addressed by the applicant. He later made a motion to approve both the conditional use and development permits. The motion passed, 5 to 1, with Kirchner casting the lone dissenting vote.

Since several objections to the application were received, those permits will be officially signed at the commission's next session on Tuesday, September 24. The public hearing, however, is closed.✪

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Mayor Kevin Ruane congratulating Jane Vetter, senior permit technician, for receiving a proclamation upon her 25 years of service working for the Sanibel Building Department

photos by Jeff Lysiak



From left, Kevin Ruane, Deputy Police Chief Anthony Thompson and Chief of Police William Dalton at Tuesday's meeting recognizing Thompson's 25 years of service to the City of Sanibel

Council Seeking More Input On Path Prohibition

by Jeff Lysiak

During the public hearing on a proposed ordinance to prohibit non-human powered vehicles on the city's shared use path system, a number of residents attending Tuesday's Sanibel City Council session weighed in on the topic of Class 1 pedal-assist electronic bicycles – eBikes – which would be included in the ban.

According to Ordinance 19-006, which was introduced in July, “no operator shall drive a motor vehicle, micromobility device, motorized scooter, moped or other vehicle other than by human power upon a bicycle path, sidewalk or shared use path, except for crossing incident to appropriate access to adjacent property.” The prohibition would not apply to a public officer or employee in the performance of duty, or to a person operating a motorized wheelchair or similar other power-driven mobility device operated by a person disabled for

mobility purposes.

After the ordinance was read, and without any comments from the council itself, Mayor Kevin Ruane made a motion to approve it. Opening the public comment portion of the hearing, several speakers argued that banning pedal-assist eBikes – which vary greatly mechanically from higher-class eBikes – would force operators of those vehicles onto the island's roadways. Islander John Henshaw said that moving those bikes onto busy streets like Periwinkle Way would be a “recipe for disaster.” He suggested regulating the speeds of eBikes on the shared use paths and offering educational classes where collision avoidance techniques could be taught.

Commissioner Holly Smith explained that the ordinance was created due to concerns for the safety of all users of the city's shared use path, which can become extremely crowded during peak season. The decision to include electric bicycles – whose popularity in recent years has grown – was done “for the benefit of the greater rather than for the benefit of the few.”

Billy Kirkland, who owns a bicycle rental business on Sanibel, responded that eBikes are very popular with older cyclists.

“There are a lot more people who live on this island who own pedal-assist bikes than you would believe,” he said.

Resident Gary Kilbourne, who said that he and his wife ride their Class 1 eBikes “almost exclusively,” offered that the ordinance should be altered to prohibit Class 2 or higher eBikes.

After some additional discussion, Mayor Kevin Ruane told his fellow council members that he was leaning towards pulling his motion. “There's no harm in continuing this item,” he said, noting that the majority of the four or five dozen emails he received on the subject objected to the inclusion of pedal-assist eBikes. “I'd like to hear some more public input on this.”

Vice Mayor Mick Denham told his fellow council members that he had a “contingency proposal” in the event the original ordinance wasn't adopted. The alternate version of the ban would not apply to “a person age 18 or older operating a Class 1 electric assisted bicycle, which, for the purposes of this section, means an electric-assisted bicycle equipped with a motor that provides assistance only when the rider is pedaling and that ceases to provide assistance when the bicycle reaches a speed of 20 miles per hour.”

To submit comments on the proposed ordinance to prohibit non-human powered vehicles on the city's shared use path, visit www.mysanibel.com/City-Council/Contact-City-Council.

In other business, council passed a number of consent agenda items, including appropriating \$8,000 from the city's contingency reserve for the 2019 iguana collection program; appropriating \$8,500 to fund the development of a coyote reporting website; and increasing user fees 1.6 percent at the Sanibel Recreation Center. Earlier, a resolution to increase a revised schedule of rates for the Sanibel sewer system at 3 percent for residential, commercial and reclaimed water users was unanimously approved.

Prior to the start of the meeting, three Sanibel police officers – Nicholas Hubatch, Corey McCloughen and Matthew Casola – were recognized for their life-saving actions during emergency incidents earlier this year. Hubatch used CPR and an AED (Automatic External Defibrillator) to revive a male patient on March 26 while McCloughen and Casola employed similar emergency techniques to save the life of a man on June 15. It was McCloughen's fifth life-saving commendation since joining the Sanibel Police Department. ✨

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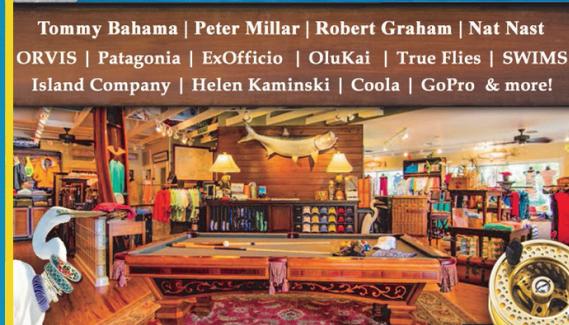
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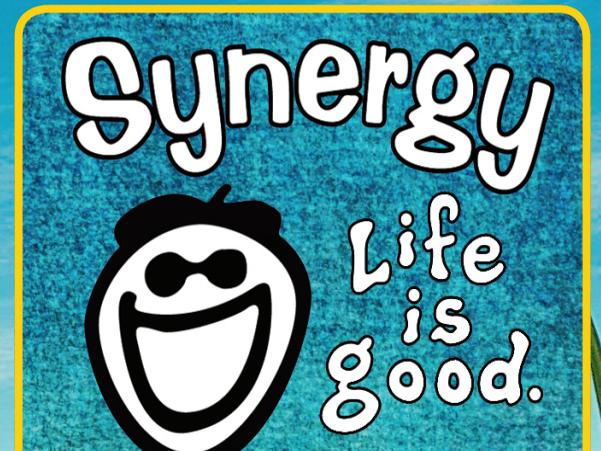
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Plant Smart

Vine's Double Personality

by Gerri Reaves

How to reconcile this vine's unflattering common names, such as devil's gut (*Cassytha filiformis*) and woe vine, with its pretty nicknames, love vine and princess hair?

The fact that it's parasitic doesn't help – the Greek word *Cassytha* means parasitic plant. Talk about negative connotations.

Devil's gut attaches with root-like appendages called haustoria that burrow in and draw nutrients from the host plant.

However, the vine can manufacture its own chlorophyll and rarely kills the host.

On the positive side, it has many traditional medicinal uses, from decongestant to a treatment for gonorrhea, kidney conditions and even cancer.

In addition, scientific studies on its components and properties continue and show great promise.

And, it is reputed to be edible and can be cooked as a vegetable.

This isn't a species usually recommended for the landscape or found in native plant nurseries, but it can be a point of curiosity in the yard. Just don't let it get out of control.

This Florida native is a member of the laurel family, as are cinnamon and sassafras, thus another name, dodder laurel.

In the wild, it grows in coastal areas, pinelands, scrubs, hammocks and woodland edges in the lower two-thirds of



Native devil gut's tenacious twining stems enable it to climb and cover other plants

photos by Gerri Reaves

the state.

The term *filiformis* means threadlike and refers to the twining stems, which vary from pale green to yellow-green or orange.

Left to twine and spread, it can cover nearby plants with tangled mats and even climb into tree canopies. Stems can be as long as 20 feet.

Take care that it doesn't block sunlight to the detriment of its neighbors. Live oaks are one of the vine's favorite hosts.

If you can get it to grow in the right place, say as a fence cover, it can serve as cover for birds.

The alternate scale-like leaves are miniscule – only about a millimeter long.

Spikes of bisexual cup-shaped flowers appear throughout the year, mainly in



A mat of parasitic devil's gut reduces this palm's access to sunlight

spring and summer. The tiny flowers lack petals, but have six sepals.

The white round fruit is only a fourth of an inch or less in diameter.

There's a lot to be said for and against devil's gut, but one thing is certain: it's a fascinating plant.

Sources: *Everglades Wildflowers* by

Roger L. Hammer, *Florida Wildflowers in Their Natural Communities* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., www.efloras.org, and www.wildsouthflorida.com.

Plant Smart explores the diverse flora of South Florida.✧

From page 5

'Ding' Darling Day

birthday of the refuge's namesake, father of the Federal Duck Stamp program and Pulitzer Prize-winning political cartoonist, Jay N. "Ding" Darling.

The U.S. Fish & Wildlife Service, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), and Tarpon Bay Explorers co-sponsor "Ding" Darling Day with support from the local community and businesses.

Sponsors for the 2019 event include: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: Mitchell's Sand Castles, Feather Jim and Patty Sprankle; Great Blue Heron Sponsors: Bailey's General Store, Mike and Terry Baldwin, Bank of the Islands,

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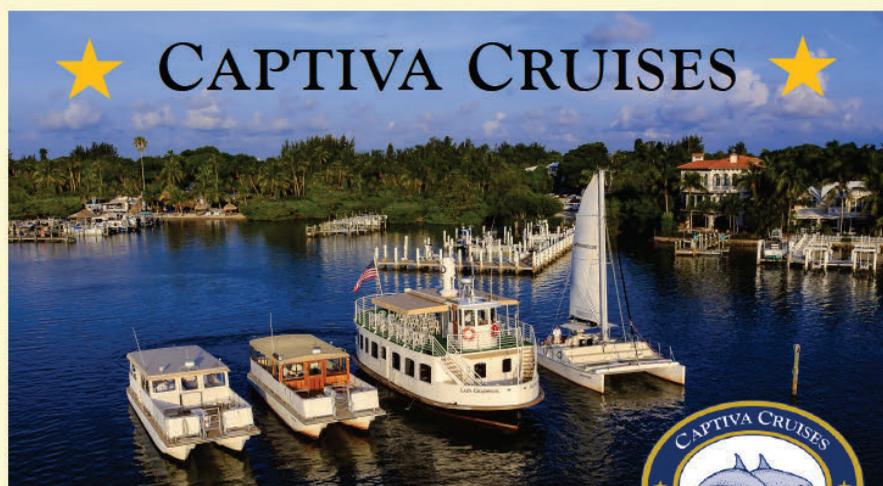
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Southwest Florida businessman Brent Stokes, owner of Stokes Marine in Fort Myers, is organizing a relief effort to send supplies to the Bahamas, which sustained devastating damage during Hurricane Dorian.

Most needed are items including tents and tarps, generators, chainsaws and other tools and equipment required to help clear debris and breakdown drywall to prevent mold in homes. First aid kits and medical supplies are also a top priority.

"You probably stocked up on many of these needed items last week in preparation of Hurricane Dorian," said Stokes. "We are lucky to have been spared. Please consider donating

your supplies to our neighbors in the Bahamas."

Additional items include water, canned goods, can openers, toilet paper, paper towels, feminine hygiene products, diapers, baby formula, mosquito spray, sunscreen, soap, toothbrushes and toothpaste, flashlights and batteries.

Donation drop-off locations:

Stokes Marine, 15955 Pine Ridge Road, Fort Myers

Stilwell Enterprises & Restaurant Group, 16876 McGregor Boulevard, Fort Myers

Norman Love Confections, 11380 Lindbergh Boulevard, Fort Myers

All Out Bail Bonds, 2220 Dr. Martin Luther King Jr. Boulevard, Fort Myers
Venue Naples, 13240 Tamiami Trail North, Suite 205, Naples

To make a monetary donation, visit [www.gofundme.com /f/bahamas-dorian-relief](http://www.gofundme.com/f/bahamas-dorian-relief). ✨

image provided

Wildlife Society Annual Fundraiser

The 8th annual fundraiser for the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will be held on Wednesday, February 12 at The Community House. This year's Go Wild for "Ding" - Lovin' Spoonbills theme continues a series of bird-centric events to benefit the birds, other wildlife, conservation and education efforts at JN "Ding" Darling National Wildlife Refuge on Sanibel.

"Roseate spoonbills are 'Ding' Darling's most iconic bird, so we saw it fitting to make them the official totem for the refuge's 75th anniversary celebration, which runs through December 1, 2020," said Birgie Miller, DDWS executive director. "We are also 'showing them the love' as this year's species of choice for our Go Wild, the biggest fundraiser of the year to benefit the refuge."

"Seating is limited and we once again anticipate a sold-out crowd," said event committee member and DDWS President Mike Baldwin. "We encourage people to reserve early."

Attendance is by reservation only. Tickets to the Go Wild for "Ding" party are \$150 each and will go on sale November 1. For more information, visit dingdarlingsociety.org/articles/go-wild-for-ding.

Event sponsorships are available. For details, contact Dot Voorhees at 472-1100 ext. 239 or dot@dingdarlingsociety.org. ✨

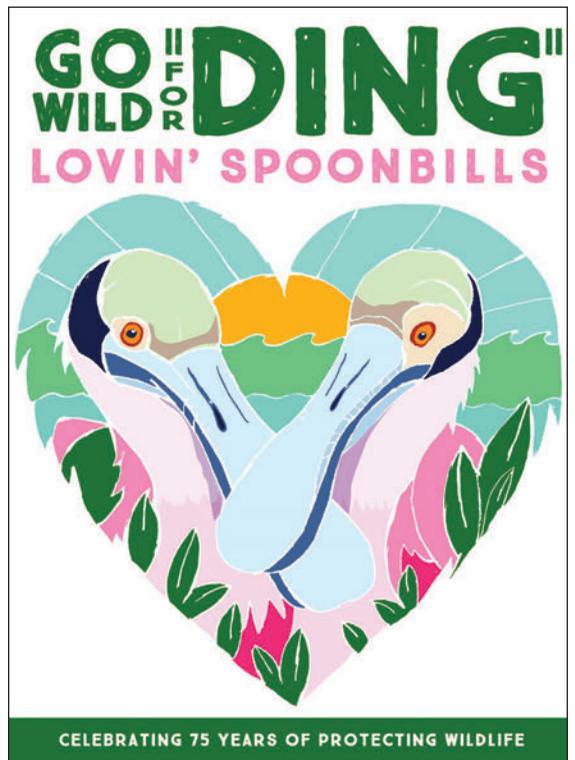


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September Fishing Is As Good As It Gets



by Capt. Matt Mitchell

After what was almost a full week of not getting out on the water due to Hurricane Dorian effects, winds finally laid down and it was go time. With all the reports of red

drift algae on the beaches, I expected to find a mess out there. The bay remained clean and loaded with birds, bait and fish. Snook, redfish, trout and mangrove snapper kept the rods bent during the few charters I did take this week. Most days, there were very few boats out and almost zero angler pressure, which is normal for this time of year.

As we move into mid-September, business has slowed and it's the time of year most of us local fishing guides get to enjoy some time on the water along with taking our annual vacations. Being able to get out and go fish without clients on board is something I still cherish. September offers some of our best fishing all year with what can be endless options. Most weeks, from now through October, we generally do work, though its just a handful of trips. When I get a couple of days without a trip, after being on the water 300-plus days a year, I start to

twitch and get stir crazy.

During these next few months, I get to explore and do what I like to call research – looking for new places to fish. When fishing without a client on board, it's very different as there is no pressure to catch fish. My favorite fish to target for the next few months is tarpon, which are now just starting to show up off of our beaches mixed in with huge bait schools. These tarpon feed much better than the ones we all make a living fishing for in the spring. Where and when they decide to show up is not quite as predictable as in the spring, though once located I often stay on them for weeks as long as the weathers stays consistent. You will generally have them all to yourself for a few hours first thing in a morning. This is as good as our tarpon fishing gets.

The redfish bite has also been strong with lots of mid-to-over slot-sized fish being caught close to home. Getting out on the right tide phase has been the key to catching these fish. This redfish bite will only get better through October with big schools starting to pop up around the passes and out on the flats. When looking for food fish, our mangrove snapper bite has been on fire out on the flats with limits coming in and around the bait schools. Catch-and-release snook fishing has started to move from the beaches and passes to the transition areas these fish use as they work their way back into the sound.

Whenever anyone asks what's your favorite month to fish, my answer never changes: September.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives



Mary Laser with a fun-day redfish

photo provided

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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Waiters Named For Celebrity Island Dinner

by Jeff Lysiak

The unofficial first island event of the fall season, the Bailey-Matthews National Shell Museum's annual fundraiser – Celebrity Island Dinner – returns on Monday, October 7 at 5:30 p.m. at Traders Coastal Cuisine, located at 1551 Periwinkle Way on Sanibel.

The 10th annual event, an evening of dining, dancing, comedy and camaraderie, offers guests a three-course gourmet meal along with karaoke singing and trivia. For the third consecutive year, Paul Gulbrandsen will serve as emcee.

This year's staff of "celebrity" waiters includes Chris Davison (Island Inn), Leigh Gay (shell museum outreach coordinator), Roger Grogman (shell museum board trustee), Toni Gynac (shell museum environmental educator), Jane Henshaw (shell museum board trustee), Carly Hulse (shell museum senior aquarist), Holli Martin (Heidrick Insurance), Rebecca Mensch (shell museum aquarium curator) and Liz Podolsky (McCallion & McCallion Real Estate).

Several of this year's waiters have attended the fall fundraiser, but are taking part as servers for this year's gathering.

"I have attended the dinner in previous years and it is a fun evening with great food," said Grogman. "This is my first year as a celebrity waiter. I have trepidations about my role, but it's a great cause and I



Chris Davison



Leigh Gay

want it to be fun for everyone, so I plan on doing my best."

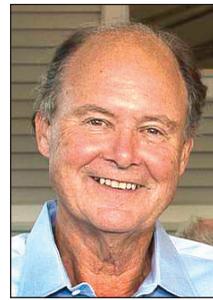
"I have attended Celebrity Island Dinner in the past as a museum employee, helping to check guests in, set up and break down the event," added Mensch. "This is a very fun fundraiser and has much more of a party atmosphere than a lot of other fundraisers that I have been to. It's a fun night with fun people and good food, all supporting a good cause."

One veteran server is looking forward to reprising her role.

"I was a celebrity two years in a row, but was not involved last year," explained Martin. "I did buy a table for our staff, however. As board president, I feel as though I can't ask others to participate if I wasn't doing so. The event is so much fun, and the money goes to an amazing cause, so I am confident everyone will have a super-fun time."

Gynac, who recently joined the shell museum staff, is excited to participate in this year's dinner.

"For my costume, I have some ideas in mind but I haven't quite settled on one in particular. I'm definitely thinking something colorful and lively, especially for such



Roger Grogman

an upbeat event," she said. "As for karaoke, I'm always ready. Hopefully I can convince some of my section into joining me. I'll also gladly take requests for some extra donations/tips."

"I cannot wait to unveil my costume at the event," noted Podolsky, who served on the wait staff last year. "It will be a preview and celebration of one very special mollusk that will be arriving at the new shell museum aquarium. If you are keeping up with the latest news on the shell museum construction, you just may be able to figure out which sneaky mollusk I will be."

Several servers shared why it's important to lend their support to the shell museum.

"By transforming people's natural physical connection to shells into an emotional connection to mollusks and their habitat, the shell museum is fostering



Toni Gynac



Jane Henshaw



Carly Hulse



Holli Martin



Rebecca Mensch



Liz Podolsky

Sanibel and Captiva's next generation of stewards, scientists and philanthropists," said Davison. "With the museum's ongoing expansion, it has elevated its leadership role in educating residents and visitors about these wonderful and often completely unknown creatures who create shells, their role in the greater ecosystem, and how caring about these creatures, their habitat and the various external issues that threaten them, are important to each and every one of us."

"Mollusks play such an essential role in the ocean, and not many people realize

continued on page 14

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CROW Calendar Of Events



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

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

Friday, September 13, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Monday, September 16, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Friday, September 13, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

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

as owls. One of CROW's animal ambassadors will be present.

Monday, September 16, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Monday, September 16, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Wading Birds (daily presentation).

Wading Birds fill the shallows of waters all across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries! Come to CROW to learn the differences between herons and egrets, some of their unique hunting styles, and the many species native to Southwest Florida. One of CROW's Animal Ambassadors will be present.

Tuesday, September 17, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Wednesday, September 18, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Thursday, September 19, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

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

Friday, September 13, 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.

Thursday, September 19, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

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

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

From page 13

Celebrity Dinner

that those beautiful shells on the beaches were once animals," noted Hulse. "It's important to educate the local community so they can then educate the many visitors we have on the island."

"The shell museum is an amazing place to work, and the staff are all very supportive of each other. Whether it's education, research, art or scientific collections, the museum does it all," added Gay. "I personally admire us as a staff, because we help people connect to the mollusks that make shells and help people understand that just because something is small, doesn't mean it's not important."

On the menu will be a salad course consisting of mixed baby greens, raspberry vinaigrette, gorgonzola and toasted pecans; choice of entrees (grilled blackened mahi mahi with a coconut-curry sauce and mango salsa served with black beans and rice; braised beef shortrib topped with a cabernet demi served with roasted garlic mashed potatoes; parmesan-encrusted breast of chicken served with angel hair pasta with lemon-caper beurre blanc; or a vegetarian selection) and dessert featuring Mike's Key lime pie with raspberry sauce.

Tickets are \$100 per person. There are a limited number of private tables available. To reserve a table for six, eight or 10 people, for an additional charge of \$150, contact Melanie Moraga via email at mmoraga@shellmuseum.org or by calling 395-2233.

Those who cannot attend can support their favorite waiter by going online and tipping them. Tips start at \$10, with all proceeds going to the shell museum. Visit www.shellmuseum.org/cid.✳



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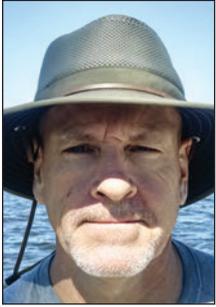
This bumper sticker and Sanibel Scenes calendars are available at these favorite island stores.

- Beach Stuff
- CVS Pharmacy
- Doc Ford's
- Island Pharmacy
- Jerry's Foods

CROW Case Of The Week:

Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is a small owl with long legs, short tail and a rounded head that does not include ear tufts.

Unlike most other owls, which are more inclined to live in trees,

burrowing owls spend most of their time on the ground or on lower perches. They are so named because they live underground in burrows that they have either dug themselves or taken over from a tortoise or other keystone species.

Burrowing owls also hunt close to the ground, catching insects and small animals. They do this activity during the day when they are most active, another trait that is unlike other owl species.

Burrowing owls in Florida tend to be smaller than those residing in the western part of the country. Both male and female are roughly the same size, another difference from other owl species where the female is larger than the male.

At CROW, an adult burrowing owl was found in Cape Coral after being hit by a car. The wounds suffered from the incident appeared as abrasions across the body, including the eyelid, as well as infections at the sites of the wounds.



Patient #19-3333 required a toe amputation and suffered abnormalities in other digits that were needed to survive in the wild. Thus, it was humanely euthanized.

photo by Brian Bohlman

There was also string embedded in the right foot of the bird that caused constriction injuries. Upon intake, the wounds were cleaned, and a boot was placed on the foot of the bird. The patient required the use of different foot bandage techniques to best fit the chronic wound, which eventually required amputation of the affected toe.

"The bandage was placed to keep the digits in normal position and protect them from further trauma or contamination since the owl was not able to use this foot normally. It was the

same foot as the affected toe that was ultimately amputated," said Dr. Robin Bast, CROW's staff veterinarian.

CROW medical staff settled on a particular foot bandage that also served as protection.

"We placed a ball bandage, which essentially looks like the bird is holding gauze in its foot, and then it is wrapped to keep the digits in normal position," said Dr. Bast. "When there is nerve damage, the digits may end up in abnormal positions and can result in the bird inadvertently taloning or poking

itself with its own foot."

Overall, toe amputations may or may not restrict the patient's movement.

"It depends on the toe and the species," said Dr. Bast. "For this owl, the fourth digit is not necessary for hunting so it was okay to remove. They need the hallux – or thumb – to survive though, and the hallux in this bird was not working normally due to nerve and tendon damage."

While the abrasions healed normally without complications, the affected foot appeared to be too much for the patient's fate.

"Unfortunately, the severity of the constriction wounds resulted in abnormalities in other digits in the affected foot that would have necessitated amputating at least one more digit. This results in the bird placing an uneven distribution of weight to compensate, and it would end up developing abnormal pressure lesions on the other foot – pododermatitis," said Dr. Bast. "For this reason, further amputations were not possible, and this owl would not have been able to survive in the wild. Due to these quality of life concerns, medical staff made the decision to humanely euthanize this owl."

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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Shell Of The Week

Keeled-Base Vitrinella



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

Teinostoma carinacallus Pilsbry & McGinty, 1946 is one of the most distinctive among

the local species of vitrinellas (family Tornidae). Its shell, which rarely reaches 3 mm (0.12 inch) in diameter, is delicate, smooth, with a low spire. The last whorl is flat, but the shell periphery is rounded. A concave callus (the plug-like structure on the shell base) completely closes the shell umbilicus. The most distinctive feature in the shell of this species is the presence of a narrow keel bordering the callus. The shell color is translucent-white. Read more about local mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and



BMSM 118996
Teinostoma carinacallus
Sanibel, Florida, USA

Family: **TORNIDAE**
Species: **TEINOSTOMA** sp.
Count: 1 sp. **CARINACALLUS**
Coll: Phyllis Sharp
Locality: From beach grit.
Sanibel, Florida
Lighthouse Beach
Date: Jan-Feb 2014

The Keeled-base Vitrinella, *Teinostoma carinacallus*

photo by James F. Kelly

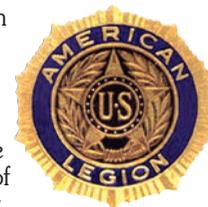
inspire you. Visit www.shellmuseum.org or call 395-2233.

The Bailey-Matthews National

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

American Legion Post 123

American Legion Post 123 is having a fish fry this Sunday, September 15, from noon to 8 p.m. There will be a celebration of life for Linda Disbrow with live music from the Troublestarters and Friends beginning at 3 p.m.



The following Sunday, September 22, barbecued ribs and chicken are on the menu from noon to 8 p.m.

Every third Thursday of the month is Open Mic Night from 6 to 9 p.m. All are welcome to join in.

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

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

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

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

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Finley Carmine painted with her hands and her boots photos provided



Paxton Galantino and Creedan Guthrie had fun painting with their feet

Preschoolers Show Off Their Fancy Footwork

Students at the Children's Education Center of the Islands had an unusual painting experience this past week.

A large cardboard box was saved from the recycle bin and used to make

an impressive piece of artwork. The children started painting with the soles of their rain boots, but quickly realized they could use their toes to paint as well.

Many areas of development are enhanced through painting with the feet such as sensory exploration, creativity, artistic expression, gross motor development (specifically, balance) and language development.*

The Benefits Of Inflatable Boards



by Kealy McNeal

If you intend to purchase a paddling vessel in the near future, consider inflatable stand up paddleboards. Considerably cheaper than solid boards, they are also easy to transport,

store and repair.

When it comes to portability, the inflatable SUP has all other paddling vessels beat. Inflatables can be deflated, rolled up to the approximate size of a lightweight sleeping bag and carried along on your adventures. An inflatable SUP can be packed in a bag or box and checked with your luggage, giving you the ultimate opportunity to explore the world's most exotic paddling locations without worrying about equipment rentals.

Because inflatable paddle boards can be deflated and rolled up, they're the perfect choice for paddlers with small living spaces. An inflatable SUP can be stored in a closet, on a shelf, under your bed, or even in the trunk of your car when not in use.

Every inflatable comes with a repair kit, but the chances of having to use this kit are slim. It's a fairly easy process if you do get a small hole. The repairs

can be completed at home. Any holes that may appear on a seam of the board should be brought to the attention of the manufacturer, as these types of issues may be covered by a warranty.

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

Sea School To Host Family Scavenger Hunt

Tickets are available now for Sanibel Sea School's 2nd annual Flip Flop Family Scavenger Hunt, to be held on Saturday, October 5 beginning at 10:30 a.m. The island-wide scavenger hunt will be full of laughs and challenges for participants of all ages. All proceeds from the event will support the organization's scholarship fund to provide meaningful ocean experiences to those in need.

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

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



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Mission Complete For H2O Teens

submitted by Jamie Senkeleski

This summer, teens from H2O Youth Ministry at Sanibel Community Church demonstrated servant hearts toward their younger brothers and sisters in Christ. Teens gladly gave up trips to the beach, time with friends and even took days off from work to volunteer at the annual Miraculous Mission Vacation Bible School, hosted by the church.

Students participated in the Science Center, Main Stage Drama presentations, Music Center and improved their culinary skills in the kitchen. They went over and above to encourage, teach and mentor the younger students with their amazing acting skills; love for science that incorporates the creator, God; and willingness to be silly and caring for the little ones who were curious, shy, or even a little rambunctious. These next generation leaders exhibited the love of God through their patience, compassion, enthusiasm and never ending energy.

H2O Student Ministries meets on Wednesdays from 5 to 7 p.m. for middle



Science Center team, from left, Pastor Kevin Schafer, Zofia Costa, Emma Dellenback, Blake Dellenback, Ben Froelich, Layla Samph, Heidi Hall and Jamie Senkeleski (leader) photos provided

school students, 6 to 8 p.m. for high school students, and on Sunday mornings from 10:45 to 11:45 a.m. at Sanibel

Community Church. All students on the island and surrounding communities are welcome to attend. Sanibel Community

Church is an evangelical, non-denominational congregation, located at 1740 Periwinkle Way.✪



Mad scientist Tyler Dellenback



Kristian Schafer and Chase Nave created galactic goodies



Faye Cole led the egg in a bottle demonstration



Hunter Borman performed a layered experiment that wowed the students



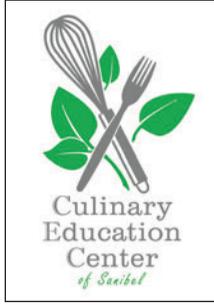
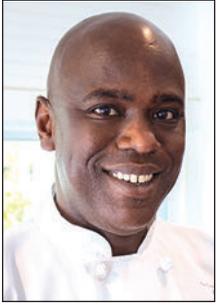
Hunter Borman intrigues the kindergartners



Pastor Kevin Schafer doing a color-changing experiment

The Community House

The Chickpea



by Resident Chef Jarred Harris

The chickpea, also known as the ceci bean, sanagalu, chana and garbanzo bean, is a member of the pea family and an incredibly versatile ingredient to cook with. They are available year-round, can be found dried or canned and they are very inexpensive. Chickpeas contain high amounts of protein and can be used for making much more than hummus.

Chickpeas were first cultivated in the Middle East around 7,500 years ago. In fact, humans were cultivating chickpeas since before they could produce pottery. The popularity of chickpeas spread around the world over many years, and they were grown and consumed by ancient Egyptians, Greeks and Romans. Today, chickpeas supply over 20 percent of the world with protein.

Chickpeas have been used in the agricultural world for hundreds of years. Because of its deep tap root system, chickpea plants restrict soil erosion

and can withstand drought conditions. American farmers have started adding chickpeas into their crop rotation cycle because they are drought resistant, produces their own insect repellent and add nitrogen to depleted soil.

Ground chickpeas have been used as a coffee substitute since the 18th century and are still commonly used as a caffeine-free alternative today. Ground chickpeas (chickpea flour) are also a great gluten-free flour option.

Chickpeas contain powerful antioxidants, vitamins and minerals including folate, magnesium, vitamin B6, vitamin C, iron, potassium, calcium, phosphorus and zinc.

This is an inexpensive and nutritious ingredient you should absolutely have in your cupboard.

Here is an easy recipe to try using chickpeas:

Vegetable Haggis

Ingredients

- 1 tbsp. vegetable oil
- 1 onion (grated)
- 1 carrot (grated)
- 5 mushrooms (finely chopped)
- 1 cup vegetable broth
- ½ cup canned chickpeas (finely chopped)
- 3 tbsp. peanuts (chopped fine)
- 2 tbsp. cashews (chopped fine)
- 1 tbsp. soy sauce
- 1 tbsp. lemon juice
- 2 sprigs of fresh thyme (leaves only)
- 2 sprigs of fresh rosemary (leaves only, chopped fine)
- 1 pinch ground cayenne pepper
- 1 ½ tsp. mixed spice (pumpkin pie spice)

- 1 egg (beaten)
 - 1 1/3 cups whole old fashion oats
- Method
Preheat oven to 375F and lightly oil a loaf pan or muffin tin.
Heat the vegetable oil in a saucepan over medium heat and add the onions. Cook until the onions are translucent.
Add the carrots and mushrooms then continue cooking 5 minutes. Add the rosemary, thyme and mixed spice.
Stir in the broth, chickpeas, nuts, soy sauce and lemon juice. Bring to a

boil, reduce heat to low and simmer 10 minutes. Stir in oats, cover and simmer 20 minutes.

Remove from heat and stir in the egg. Place mixture into prepared tin and bake until firm, about 15 minutes.

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.*

Maestro To Leave Symphony At End Of Season

The Southwest Florida Symphony recently announced that the orchestra's 2019-20 season will be Maestro Nir Kabaretti's final year as conductor. After a busy summer of conducting throughout Europe and Israel, and the increasing global demand for his artistic leadership, Kabaretti has decided to step down from the Southwest Florida Symphony podium.

"This wasn't an easy decision," said Kabaretti. "Southwest Florida is a beautiful community. I will always treasure the time I spent here with this orchestra."

Since Kabaretti's arrival in 2014, the orchestra has experienced a renaissance, with remarkable audience growth through his vibrant conducting style and warm personality both on and off the podium.



Maestro Nir Kabaretti photo provided

His performances have received rave reviews and inspired countless standing ovations. Kabaretti's unique ability to

continued on page 21

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Lobster Bites with Avocado-Lime Puree

2 (9-ounce) spiny lobster tails, removed from shell and cut into 1-ounce bites
 1/2 red bell pepper, diced fine
 1/2 avocado
 20 (3-inch) bamboo skewers
 Canola or olive oil for cooking
 2 limes, juiced
 Sea salt and fresh ground pepper, to taste

Preheat a medium-sized sauté pan over medium-high heat. Skewer each lobster bite onto the bamboo skewers and lightly season with salt and pepper. In a blender or food processor, add avocado, lime juice and season lightly with salt and pepper. Puree the avocado mixture until smooth, adding 1 tablespoon of water at a time until the desired thickness of avocado puree is reached (the avocado puree should be smooth and creamy and should be thin enough to pour into a small bowl



Lobster Bites with Avocado-Lime Puree

or shot glasses). Add 1 tablespoon of the cooking oil to the hot pan. Carefully add the skewered lobster bites to the hot pan being careful not to overcrowd the pan. Cook lobster bites for just 30 seconds on each side (the lobster bites will cook quickly so it is important to keep a close eye on them). Once the lobster bites are cooked, remove them from pan, and let drain on a paper towel. Repeat the cooking process

photo courtesy Fresh From Florida

until all the lobster bites are cooked (this cooking process can be done ahead of time and the lobster can be served cold if desired). To serve, arrange the lobster bites on a plate with a bowl of avocado puree, or add a small amount of avocado puree into the bottom of several shot glasses and top each glass with the cooked lobster bites. Garnish the lobster bites with the fine diced red pepper.*

LIVE ON THE ISLANDS

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

The Jac Sanibel Island Bar & Grille has live entertainment on Friday with Renata. The Wildlings play on Monday. The Flying Hasselhoffs perform on Tuesday. Sol Rydah plays on Wednesday. On Thursday, it's James Prather.

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

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Osprey Foundation Awards Grant

The International Osprey Foundation (TIOF), established in 1983 and based on Sanibel Island, recently set about re-organizing and appointing new board members. The result is a renewed commitment to its mission of protecting and preserving osprey populations worldwide.

To that end, TIOF has awarded a \$3,000 grant to The Avian Conservation Center (ACC) in Charleston, South Carolina. This grant was awarded because it allows the center to provide professional medical treatment for the roughly 30 injured ospreys who are admitted to the center's avian clinic annually. It also helps them to care for an additional 670 other sea birds and raptors each year. This grant will also help to educate more than 40,000 students and individuals each year on the importance of ospreys and their conservation both locally and globally, highlighting the threats to birds from habitat loss, contaminants and other human-related risk factors, as well as the key role that wild birds play as crucial environmental sentinels.

The TIOF grant will also allow the



An osprey eating a fish at Lighthouse Beach photo by Judie Zimomra

center to maintain and expand vital partnerships with industry professionals who utilize avian protection programs that prioritize the conservation of osprey nest

sites amidst utility company operations. The ACC began in 1991 with a single injured osprey and is now a professional facility that has treated over 10,000 birds, and has the capacity to treat birds impacted by toxic spills. The center also maintains 115 resident educational birds representing 50 species from around the world – among the most significant collections of captive birds of prey in the United States.

Along the way, the center has published groundbreaking research into environmental threats that affect both birds and people. Its mission is to identify and address vital environmental issues by providing medical care to injured birds of prey and shorebirds, and through educational, research and conservation initiatives.

The Avian Center has a professional staff representing over 75 years of collective avian experience and a volunteer staff program that provides more than 20,000 skilled volunteer service hours each year.

Daniel Prohaska, the center's director of development, said TIOF's support will have a significant impact on the osprey conservation work in South Carolina. "We are very excited by the alignment between our missions and are grateful to be a part of your work. We look forward to staying in touch and building on this work together

now and in the future," said Prohaska.

Applicants for a TIOF research grant may send requests to The International Osprey Foundation, P.O. Box 250, Sanibel, FL 33957, USA, marked "GRANT."

Ways to help TIOF:

Volunteer with an osprey nest monitor team from January through May;

Inform TIOF of any nest platforms you see in need of repair or replacement.*

From page 19

Maestro

marry contemporary works with familiar classical composition, paying particular attention to including American composers in the orchestra's programming, has consistently won over classical music enthusiasts. His pre-concert lectures, led in an informal style that invites lively question-and-answer sessions, have filled the seats of Barbara B. Mann Hall with nearly a thousand curious patrons at each concert.

Southwest Florida Symphony Board Chairman Tom Uhler said, "All of Southwest Florida has been fortunate to have enjoyed the musicianship, leadership and charisma of Maestro Kabaretti for six years. We're a better community because of his contribution."*✱



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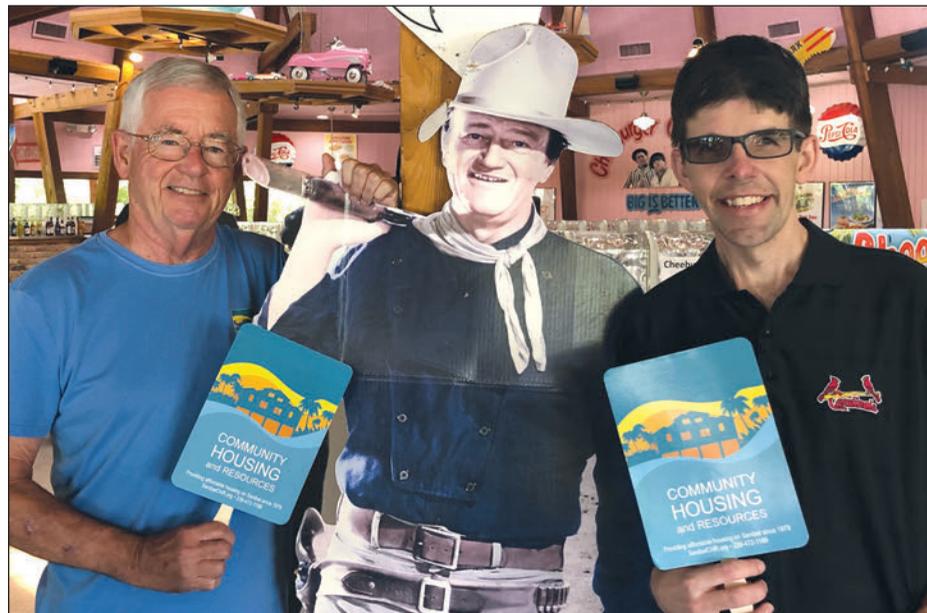
Highlights From CHR Give Back Wednesday At Cheeburger Cheeburger



Melissa Rice and Steve Greenstein
photos provided



Lena and Steve Brown



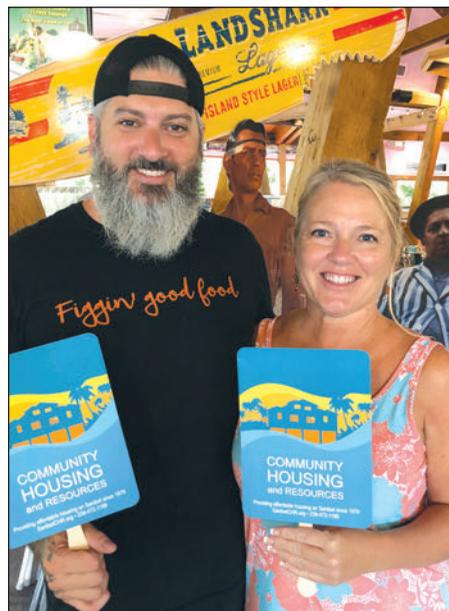
Stephen Morris and Stephen Morris



Maryann Daly and Jerry Edelman



Matt and Anna Narum



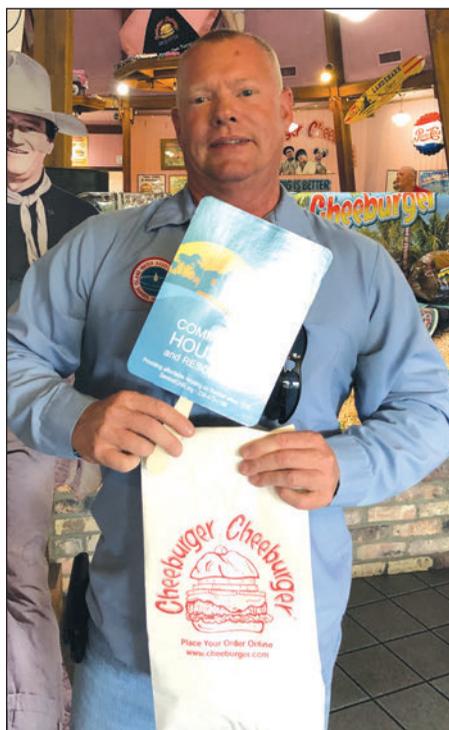
Jeramie and Debra Campana



Michael Galloway



Max Anestis



Ted Brown



From left, Danielle, Jason, Ethan and Hailey Ruddy



Recreation Department Director Trish Phillips lighting the candles on Robert Emmett's birthday cake photos by Jeff Lysiak

100th Birthday Celebration At The Rec Center

by Jeff Lysiak

More than 60 well-wishers gathered last Friday afternoon at the Sanibel Recreation Center to offer longtime member Robert Emmett very happy salutations upon his 100th



Robert Emmett with his birthday card signed by all in attendance. With him are, from left, Peggy and Merrill Emmett and Craig and Linda Emmett.

birthday.

As he walked from the center's weight room, where he had just completed his daily workout, Emmett was greeted by a chorus of people singing – and playing along on kazoos – *Happy Birthday To You*. There, he was met by four members of his family (sons Merrill and Craig, along with their spouses) who flew in from Colorado especially for the centenarian's landmark celebration.

"He's a tough cookie," said Craig, who attended the surprise party along with his wife, Linda. "My dad's always been a really good example to follow, just like my mom was. I wouldn't be the man I am today without my parents."

Robert Emmett and his family discovered Sanibel in the late 1970s, becoming "snowbirds" for several winters. In the mid-1980s, Emmett retired from his career in the

management consultant business based in New York City and moved to the island full-time. He is also a United States Army veteran who served in the signal corps during World War II.

Guests had birthday cake and snacks provided by the recreation center staff. One of the members who frequently works out with Emmett read a poem she wrote especially for the occasion entitled *The 100 Year Old Man At The Gym*.✪

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Book Review

Mrs. Everything

by Di Saggau



Mrs. Everything by Jennifer Weiner, is a story about two women born into a loving Jewish family in the 1940s. It's told through their voices with alternating chapters

from 1950 to 2016. Jo and Bethie do not have much in common. Jo is a tomboy and Bethie is the "pretty one" who loves to dress up. Their mother Sarah favors Bethie much to Jo's disappointment. She wonders if there is something wrong with her. Her father Ken always speaks up for her, but not her mother.

While both girls are teenagers, Ken dies and it throws the family into chaos, especially financially. Sarah gets a job, as do both girls. Jo becomes a camp counselor and falls in love with her best friend Lynnette. Bethie works for her aunt doing housework and tries to stay away from the clammy hands of her creepy Uncle Mel. The book covers the cultural changes of the 1960s and '70s, gay rights, civil rights, the antiwar movement, the women's movement, Woodstock and more.

Early on, Bethie is the pretty, feminine good girl, and Jo the tomboy

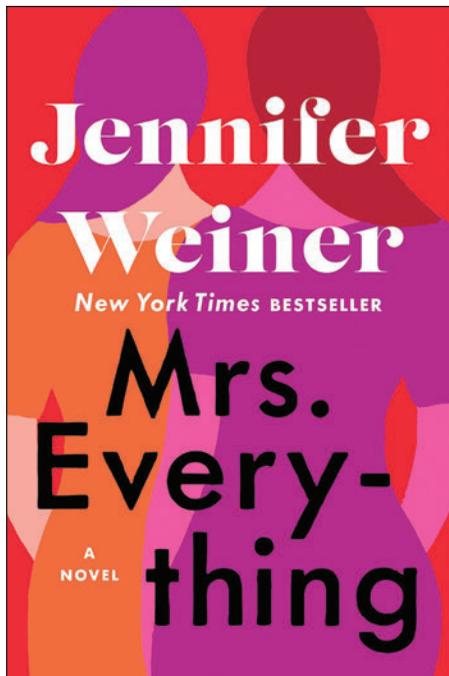


image provided

who wants to make the world a better place. Their roles eventually switch and both look different from what we originally imagined. Bethie becomes an adventure-loving wild child who dives headlong into the counter-culture, and Jo becomes a proper young mother in Connecticut, a witness to the changing world instead of a participant. Neither woman inhabits the world she dreams of, nor has a life that brings her joy.

By the end of the book, Jo and Bethie have made peace with their

lives. The story ends with Hillary Clinton losing her bid for the presidency, and the #MeToo movement reveals the barriers that still hold women back. In short, the book shows

how women's roles have changed, and stayed the same, over the last 70 years.

Mrs. Everything offers answers to the question: How should a woman be in the world? It's an interesting read.*

School Smart

by Shelley M. Greggs, NCSP



Dear Readers, In light of our recent violent weather situation and its impact on children, I'm sharing a fact sheet from the National Association of

School Psychologists to help you help your children with their distress from hearing about or experiencing a natural disaster.

Experiencing a dangerous or violent flood, storm, or hurricane can be especially traumatic for children and youth, and the devastation to the familiar environment can be long-lasting and distressing. Children look to the significant adults in their lives for guidance on how to manage their reactions after the immediate threat is over. Parents, teachers and other caregivers can help children and youth cope in the aftermath of a natural disaster by remaining calm and reassuring children that they will be all right.

There are a number of common reactions following a natural disaster; however, children's reactions may differ according to age and developmental level.

Preschool – Regressive behaviors, decreased verbalization, increased anxiety.

Elementary – Poor attention/concentration, school avoidance, irritability, clinginess, aggression, somatic complaints, nightmares, social withdrawal.

Middle and High School – Sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior and poor concentration.

Several risk factors may impact the severity of a child's reactions. These include exposure to the actual event, personal injury or loss of a loved one, level of parental support, dislocation from their home or community, the level of physical destruction, and pre-existing risks, such as a previous traumatic experience or mental illness. Issues associated with specific disasters are listed below.

Hurricanes: Usually hurricanes are predicted in advance, giving communities time to prepare and families time to gather supplies and evacuate if needed. But there is still potential for fear and anxiety about the potential impact from the fierce winds and rain. Children may exhibit exaggerated startle responses, anxiety and significant stress during or immediately after a hurricane. As a result, children may re-experience similar stress reactions when subsequent severe weather events occur.

Earthquakes: Aftershocks differentiate

earthquakes from other natural disasters. Since there is no clearly defined endpoint, the disruptions caused by continued tremors may increase psychological distress. In addition, earthquakes occur with virtually no warning, which limits individuals' ability to make the psychological adjustments that can facilitate coping and can create a sense of helplessness. Aftershocks and destruction may result in a longer period of time until children truly feel safe.

Tornadoes: Like earthquakes, individuals typically have little time to prepare for tornadoes. It can be difficult to cope with the sights and smells of destruction following a tornado. Survivor guilt has been observed to be an especially common coping challenge. For instance, some children may express guilt that they still have a house to live in while their friend next door does not.

Floods: Flash floods are the most dangerous of these common disasters, as they occur without warning and move at intense speeds. Most floods do not recede overnight, and residents may have to wait days or weeks before they can begin cleanup efforts, resulting in a delay in emotional recovery.

Wildfires: Often, there is some warning of an advancing wildfire. However, depending upon the wind and terrain, the direction and spread of a wildfire can change abruptly. Depending upon the need to evacuate, and the extent of the damage, children and families may be displaced and consequently may struggle to recover.

Recovery takes time. Survivors may have to deal with the disaster aftermath for months or even years. Advance preparation and coordination with supporting agencies will facilitate problem solving and support family coping. Changes brought about by disaster experiences create a "new normal" for survivors.

Helpful strategies for adults to use following a natural disaster are as follows:

Remain calm and reassuring.

Acknowledge and normalize their feelings.

Encourage children to talk about disaster-related events.

Promote positive coping and problem-solving skills.

Emphasize children's resiliency.

Strengthen children's friendship and peer support.

Take care of your own needs and avoid using drugs or alcohol to feel better.

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

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Students at Edison Park Creative & Expressive Arts School in Fort Myers work on their **Creating Environmental Stewards in Kindergarten** project, funded by a 2019 DDWS Teacher Conservation Grant

photo provided

Wildlife Society Offering Grants For Education

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), with the JN “Ding” Darling National Wildlife Refuge, is offering its 14th annual round of Teacher Conservation Grants. Up to \$10,000 in grant awards are available to districts, schools and individual teachers in Lee, Charlotte and Collier counties this school year for conservation education-related projects.

Teachers in the three-county area may apply for grants up to \$1,000 each to fund new classroom science projects, promote stewardship, purchase teaching aids, acquire classroom materials, and conduct work projects in their community or beyond. This year, two grants up to \$3,000 are again also available to school- and district-wide projects.

Applicants are invited to submit conservation-related proposals by October 31. The approved proposals will be awarded by December for projects to be

completed by May 2020.

“Our conservation grants are an important part of the society’s mission to educate and create future conservation stewards from our young students of today,” said Wendy Kindig, DDWS Environmental Education Committee chair. “Again this year we are offering two \$3,000 grants to encourage larger creative projects that will reach more students. Plus, we still offer \$1,000 grants for teachers with single-class projects or smaller needs.”

In the past 12 years, DDWS has granted more than \$80,300 to local schools for environmental projects. The teacher grants are funded by monies received from the DDWS Conservation Education Endowment Fund established by Jay “Ding” Darling’s grandson, the late Kip Koss.

To make a tax-deductible donation in support of the fund, contact DDWS Executive Director Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.com.

For an application, visit www.tinyurl.com/dinggrants, or contact Sierra Hoisington at 472-1100 ext. 4 or shois@dingdarlingsociety.org.*



Golfers teeing off at last year’s CROW Classic at the picturesque Sanctuary Golf Club

photo provided

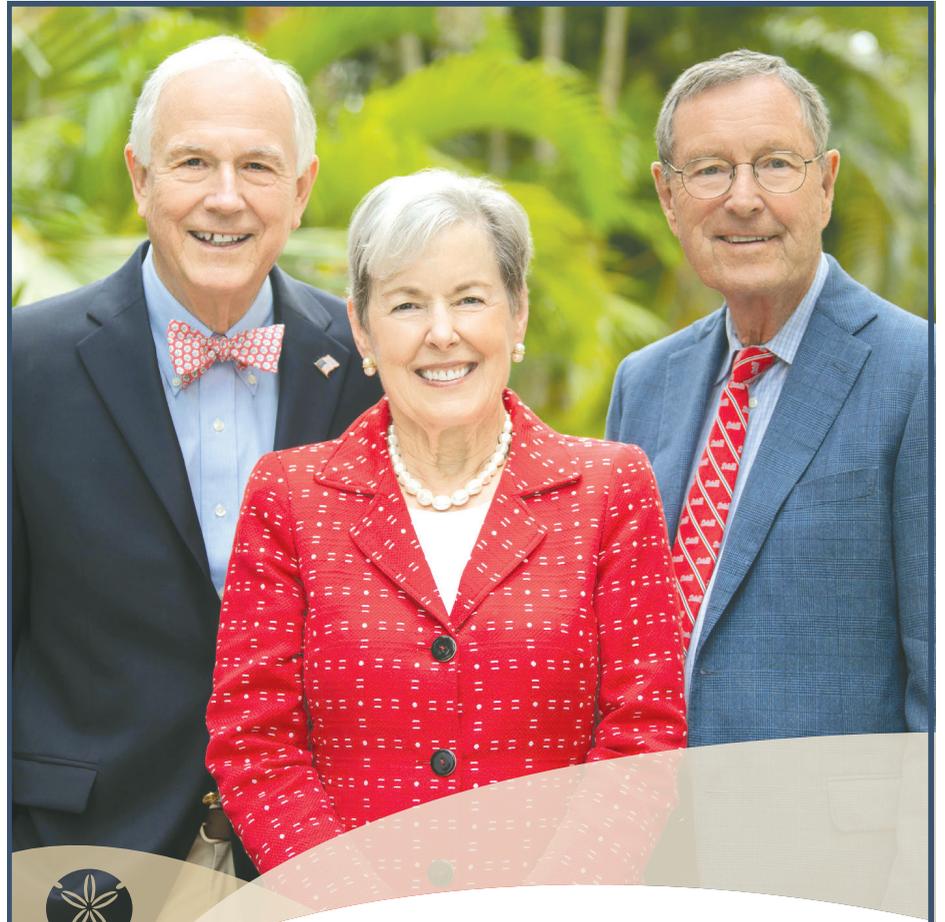
From page 1

Golf Tournament

balls will be dropped from the sky and the closest to the pin will win prizes. Up to 400 balls are available for purchase at \$25 each or a “nest” of five for \$100. They can be purchased at CROW’s Visitor Education Center or online at www.crowclinic.org.

Sponsorships are still available with levels that include registration of a foursome as well as targeted opportunities. Sponsorships start at \$250.

To register a foursome or to become a tournament sponsor, contact Mary Schoeffel, development director, at 472-3644, ext. 232, or mschoeffel@crowclinic.org.*



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Insurance Tip

Insurance Endorsements



by Angela Larson Roehl

Property insurance policies come with the commonly known coverages shown on the policy declaration, i.e., Dwelling, Contents, Liability and Medical

Payments.

However, what you also need to review is the policy's endorsement page.

Endorsements to a policy are a critical source of information as they can show what a loss settlement will be

based on; replacement cost or actual cash value.

Your policy should reflect replacement cost dwelling and personal property coverage. Otherwise, it's a good chance that your loss may be settled based on actual cash value (replacement minus depreciation).

Is there a water damage exclusion on your policy? If so, then you could be on the hook for cost of repairs if, for example, a water pipe bursts in your home.

Own a pet? Does your policy have animal liability?

There are many endorsements that can limit, extend or exclude coverages.

Its best to know what your policy covers before a loss occurs.

Angela Larson Roehl is a local Sanibel-Captiva insurance agent with over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.

Women In Leadership Speaker Series

The American Business Women's Association (ABWA) will host its next luncheon on Tuesday, September 17 when Evelyn Stewart, co-owner of Adventures in Paradise and AIP Outfitters, will be featured in the Women in Leadership Speaker Series.

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

Stewart started her career in New York City, working in merchandising for experts at Bloomingdales and Macy's. Returning to Oklahoma at the age of 23, she opened a store of her own. When she married the "number one merchandiser ever," husband Craig Stewart, and fell in love with the island lifestyle, a move to Sanibel and the launch of Adventures in Paradise was a natural next step.

Today, Stewart and her family work with FGCU mentors to help the Adventures in Paradise team tell the story of Sanibel's environment.

"Our family's goal is to bring our love for the nature and waters of this area to our guests," said Stewart. "On leaving, we hope they will be better educated about nature, have had lots of fun, are relaxed and dream of the islands."



Evelyn Stewart

photo provided

"Evelyn made Adventures in Paradise one of her most important things over 30 years ago," said Gloria Garrett, ABWA Sanibel Chapter president. "The business has flourished, has become an island icon, and is expanding to the mainland. It will be fascinating to hear more about her secrets to success."

The community is welcome to attend the luncheon and presentation, held at Sundial Beach Resort and Spa, located at 1451 Middle Gulf Drive on Sanibel. Networking starts at 11:30 a.m. with lunch and speaker from noon to 1 p.m. Cost is \$25. RSVP to info@ABWASanibelCaptiva.org or register on Eventbrite at <https://ABWASanibelCaptiva.Eventbrite.com>.

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ABWA Members Advised: Do What You Love

by Jeff Lysiak

At last week's monthly meeting of the American Business Women's Association (ABWA) Sanibel Captiva Charter Chapter, Kathy Samson, co-owner of Malia Island Fusion Cuisine and Spoonrift Island Bowls, and owner of advertising agency K&J Samson, Inc., kicked off the second season of ABWA's Women In Leadership Speaker Series. Her lecture, entitled Do What You Love – Love What You Do, covered simple steps everyone can take towards workplace happiness.

"Putting your heart and soul into what you do is the secret to enjoying your work," said Samson. "I can't imagine working any other way."

Samson built her career at Gannett Company and was on the team that launched *USA TODAY*, a revolutionary concept as a national daily newspaper. She was a key player in the newspaper's growth as worldwide advertising director and a member of the strategy team that set company goals. She went on to launch GreenStreet Marketing, winning numerous creative awards and serving a portfolio of 70 clients, including several popular Kellogg's cereal brands.

"I have always learned from my mistakes," said Samson. "And those lessons pushed me to do better."



Kathy Samson speaking at the August 27 ABWA meeting photos by Jeff Lysiak

One of the keys to finding happiness in a successful career is forging friendships with other workers in your office. "But things aren't always going to be perfect all of the time," she added. "Accept a bad day for what it is and look forward to tomorrow."

After moving to Greenwich, Connecticut, where she ran in the same circles as local residents Gene Wilder, Ron Howard and Diana Ross, she met her future husband Jeff, a chef and restaurateur. They soon married and had a daughter, Malia. The family moved to Michigan, where she rejoined the staff of



Mary Bondurant, one of ABWA's national Business Woman of the Year nominees, with Gloria Garrett, ABWA Sanibel Charter Chapter president

the *Battle Creek Enquirer*, the place she landed her first job in journalism.

Samson then launched her own marketing firm while Jeff opened an eatery – named Malia – in Marshall, Michigan. One week each year, the family took a vacation to Sanibel, which eventually became their permanent full-time home two years ago. Jeff soon found himself making homemade dishes and unique culinary offerings at the Sanibel Island Farmers Market, leading to the opening of Malia – located at Sanibel Island Golf Club – last November and Spoonrift Island Bowls – located

in Bailey's Center – earlier this year. All three members of the family have a hand in the restaurant operations.

Other tidbits of advice offered by Samson:

Mentoring and volunteering are good for the soul.

It's so much fun to talk with people who are passionate about what they do.

Prior to Samson's lecture, ABWA Sanibel Charter Chapter President Gloria Garrett informed the membership that Mary Bondurant has been selected as one of ABWA's national Business Woman of the Year nominees. The winner will be selected at ABWA's National Leadership Conference, to be held October 2 to 5 in Kansas City, Missouri.

The next ABWA Women in Leadership Speaker Series Luncheon will feature guest speaker Evelyn Stewart, co-owner of Adventures in Paradise and AIP Outfitters. That meeting will be held on Tuesday, September 25 at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel. Networking starts at 11:30 a.m., with the lunch and speaker from noon to 1 p.m. Cost is \$25 per person. Upcoming guest speakers also include Kari Cordisco, GM/CAM, Sanibel Moorings Resort, Gardens and Condominium Association on October 22 and Wendy Schnapp, co-owner and general manager of Tarpon Bay Explorers and co-owner of George & Wendy's Seafood Grill on November 19.

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

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Seashells of Sanibel #36



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Sandalfont #3C1



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

\$674,000

4014 West Gulf Drive



Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!

\$3,699,000



Duane Shaffer and Wendy Lambrix celebrate Library Card Signup Month photo provided

is a waiting list (and shopping list). The following Teen Scene is Monday, October 21, with Spheros mini robots.

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

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

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

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

On Thursday, September 26 at 10 a.m., licensed insurance professional Anthony Idaspe of Informed Choice will present a program about Medicare choices. Whether you are turning 64 or still working at age 65, the session will review your options. The presenter is not connected with the federal Medicare program. No registration required.

September is Library Card Signup Month, a time when the Sanibel Public Library joins with the American Library Association and public libraries nationwide to make sure that every student has the most important school supply of all – a library card. Studies show that children who are read to in the home and who use the library perform better in school.

Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor cards are available for a \$10 fee and are good for one year.

Today's libraries aren't only a place of quiet study, but also creative and engaging community centers. Sanibel Public Library offers access to a variety of print and digital resources, including e-books, downloadable audiobooks, online homework help, and foreign language lessons that can be accessed in person or online. Library cardholders can download magazines, check out books, movies, games, and even take home cooking kits.

Students can turn to the library for materials and knowledgeable library staff that support academic achievement. Use your Sanibel Public Library card to log on to Florida Electronic Library (FEL), your gateway to select Internet resources. Use FEL for current events, business, health issues, homework help, finding full-text articles, and Florida history and information. The reference librarians are available to help patrons with their questions in person or by phone at 472-2483.

The Sanibel Public Library is located at 770 Dunlop Road.*

Discover All The Resources At Your Public Library

Weekly children's programs with Deanna Evans, youth service librarian, continue in September at Sanibel Public Library. The schedule is listed online at www.sanlib.org.

Teen Scene Pizza and Nerf Targets, for ages 12 to 18, will be held from 6 to 7 p.m. on Monday, September 16. Teens can hang out, socialize, play games, create and eat. Call 472-2483 to RSVP by September 14. The monthly Teen Scene events require registration. Notify Deanna Evans if you must cancel, as there

Rotary Happenings

submitted by Shirley Jewell

Rotary's International theme for 2019-20 is: Rotary Connects the World, and nothing connects the world more than a catastrophic natural disaster. How can we help is the normal response, especially in the days and weeks just following the date of the event? But as we all know, these types of events take time to recover from and recovery is slow.



Floridians were watching and listening to the weather reports on where the fourth named hurricane of the season, Dorian, was heading. As Dorian headed toward the Bahamas, it was predicted to pick up in strength and, at some point, was reported to have winds at 185-plus miles per hour, a category 5. Dorian headed directly over the northern Bahamas, lost some speed and then stalled over this area for almost two days. Constant winds, rains and high tides have all but destroyed Great Abaco Island and Grand Bahamas.

Our islands, our homes, our businesses, our everything was spared, but we can remember back to Hurricane Charley. Our island government, our county, our state, people from all over the states and the globe responded to our needs. We needed everyone's help to recover and rebuild our islands.

The Rotary Clubs of The Bahamas comprises nine clubs; seven on New Providence, one on Abaco and one on Eleuthera, which are all part of District 7020. There are also four clubs on Grand Bahama Island, which are part of District 6990. Sanibel-Captiva Rotary is part of Rotary District 6960.

As Hurricane Dorian was raging

through Abaco, leaders of Rotary District 7020, the Disaster Network of Assistance Rotary Action Group and neighboring Rotary districts in zones 33-34 gathered to formulate plans for recovery efforts. Rotary International's immediate past president, Barry Rassin, is a member of the Rotary Club Bahamas East. Rotary has some strong boots on the ground. His knowledge of the islands and his knowledge of the way Rotary International can help with disaster relief is a valuable commodity in this situation. Help is needed now, of course, but this recovery will take a long time.

Our Rotary District 6960 immediately went into action to collect needed hard good supplies at a collection point in Naples last week and arranged a Hurricane Dorian Disaster Relief Fund account for monetary donations. Sanibel-Captiva Rotary is collecting hard goods this week at John Henshaw and Associates, located at 1101 Periwinkle Way, Suite 101 on Sanibel. But this recovery will be a long-time effort and rebuilding will require financial support. Donations can be sent to Sanibel-Captiva Rotary Club Trust c/o John Henshaw, 1101 Periwinkle Way, Sanibel, FL 33957. Checks can be made out to Sanibel-Captiva Trust Fund with Hurricane Dorian Bahamas in the memo line. Sanibel-Captiva Trust Fund is a 501(c)3 charitable organization. These funds will then be sent to our Rotary District 6960 Zone 34 for distribution.

At our first meeting after Hurricane Dorian devastated Abaco and Grand Bahamas, Rotarians raised approximately \$4,500 for Hurricane Dorian disaster relief just from the members in attendance that morning. The club will continue to raise money for the disaster relief fund and we invite everyone to join with us to help rebuild The Bahamas.

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

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Sanibel Arms West #E2, 827 East Gulf Dr
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Windrow, 898 Rabbit Rd
Parcel for single-family home. ~75' x 200'. Convenient to bike path, beach, shopping, school, & more. \$170,000



Coronado in Gulf Harbour, Just Off Island
Luxury 1st-level lakeside villa with garage. ~2,134 sq. ft. under air with 2 bedrooms & studio/office (or 3 bedrooms). \$499,000



Gumbo Limbo, 9448 Begonia Ct
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Sanibel Harbours, 1238 Isabel Dr
Bayside with pool & amazing views. Multi-level spacious 4+bedrm with elevator. Renovation just completed. Dock with lift too. \$3,495,000

2242 Periwinkle Way, Sanibel Square #3



The Dunes, 1558 Sand Castle Rd
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The Sanctuary, 5737 Baltusrol Ct
Lot for villa-style pool home on 9th fairway with view to lake. Peaceful cul-de-sac, yet club just up around the corner. \$299,000



Shell Harbor, 842 Limpet Dr
3-suite ground-level home with loft above. On deep-water canal with dock, lift, huge pool area, & community beach access. \$2,195,000

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More info & real estate blog at SanibelSusan.com



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Will Power

The Often Misunderstood Nuptial Agreement



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

James and Roberta recently married, the second time for each. James has three adult children from his previous marriage, and Roberta has two adult children from hers. When they arrived at my office to discuss updating their estate plans, James and Roberta verbalized some very specific and defined goals.

"We keep our finances separate," Roberta told me, "and we want to keep it that way. So no matter who dies first, then that person's estate will immediately go to his or her children."

It was apparent from their financial statements that they didn't need each other's money to survive during retirement.

"So what you want," I asked, "is to keep your estates forever separate – what is James's will one day go to James's three children and what is Roberta's will one day go to Roberta's two children?"

"Exactly!" they both affirmed.

"Do you have a nuptial agreement that affirms this understanding?" I asked.

"No we don't, nor do we want one," James replied. "We trust one another and didn't want to throw water on our relationship by engaging lawyers to argue over a document that contemplates divorce."

"I understand those feelings," I began. "But you need to know that a nuptial agreement doesn't necessarily need to address divorce issues. A nuptial agreement, however, might also be crucial to protect your estate planning intent and to make sure that what you want to have happen in your estate actually happens."

"What do you mean?" Roberta asked.

"As married persons, when one of you dies, the other has certain rights conferred by the law in the other's assets. If, for example, you haven't updated your estate plan between the time of your marriage and the time of your death, then the surviving spouse is entitled to an 'intestate share' of your estate. In other words, there is a presumption that the decedent spouse would have left the surviving spouse a portion of his or her estate equal to what he or she would have received had the spouse died without a will. This may occur even if that presumption is untrue and can be rebutted by testimony. Under Florida law, that would mean that the survivor of you would be entitled to fifty percent of the deceased spouse's estate, even if the will doesn't provide the

surviving spouse anything."

"What happens if your plan has been updated? We are working now to update our estate plans, so we each plan to sign a new will which is obviously after our marriage," James asked.

"Just because you have updated your estate plan doesn't end it. The surviving spouse still has an 'elective share' available which would roughly give him or her thirty percent of the deceased spouse's estate, even if the surviving spouse is excluded in the will," I answered. "A nuptial agreement waiving these rights is the only legal way to foreclose this possibility."

"It sounds like the survivor of us would actually have to do something proactive to take from the other's estate," Roberta pointed out. "And we trust each other not to do that. So is a nuptial agreement really necessary?"

"Not if the survivor of you doesn't make the election," I confirmed. "But imagine a scenario where the survivor of you has dementia and that spouse's adult child who holds a durable power of attorney makes the election on behalf of their parent. The adult child would have a vested interest to do so since he or she would inherit more."

"Well I would tell my children not to make that election," James said. "But I see where the trust that Roberta and I have with each other sometimes might not be enough."

"I haven't even discussed the Florida homestead issue," I continued. "The home is in James's name," I said, "so where would Roberta reside if James predeceases her?"

"I want my will to give a life estate to Roberta and then at her death the house would go to my children. They'd probably sell it and divide the proceeds."

"Unfortunately without a nuptial agreement waiving Florida's 'descent and devise' rules that provision in your will would be considered invalid," I counseled.

"Really? I can't do what I want with my home?" James asked.

"What would happen when your will contains an invalid devise is one of two things. Roberta could elect to take one-half of the residence as her own as tenants in common with your children, or she could take the life estate."

"So it could work out as we want?" Roberta asked.

"It could, but there are no guarantees. If you both didn't want James's children involved in decisions regarding the home before you both were deceased, having a nuptial agreement would go a long way to solving that problem. Many married couples also want more flexibility than Florida law provides, such as giving the surviving spouse the right to sell the home and move to a different home."

So one can see that a nuptial agreement may actually serve to ensure a married couple's wishes are carried out without having to rely on the goodwill of other family members. A nuptial agreement need not even contemplate divorce but instead could be used as a useful estate planning tool.

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Superior Interiors

Exciting Design Trends For Fall



by Marcia Feeney

The summer months may just be coming to a close, but fall will be here before you know it. With this change in season comes an opportunity to redecorate or redesign your living

space, allowing it to flow naturally with the atmosphere. Even in our tropical climate, it's fun to change things up a bit as this new season approaches on the calendar.

We have a few fall trends to get excited about this year. So, let's get your home nice and cozy just in time for the new season, cooler temperatures and pumpkin lattes.

Chic plaid is featured in many collections from our vendors. Chunky plaid is making a comeback, adding chic flair to any room as a statement fabric. From the window treatments to a set of throw pillows or fabric napkins in the kitchen, plaid is versatile and trendy, and available in various fabric weights and colorways.

This is the year of sustainable design and decor; using vintage, recycled pieces throughout the house makes a bold and stylish statement. More

homeowners will incorporate textiles, earthy elements and handmade pieces throughout the home to emphasize the environment in all its glory. Textiles such as rice paper, grass cloth, linen, live edge wood furniture and clay are examples. These "grounding" elements in our homes help us connect with the earth and its natural beauty. One of my favorite ways to accomplish this is by introducing grass cloth into a space. It instantly adds texture, warmth and richness to a room.

Live edge furnishings gained popularity this year as well, and this detail will continue to be one that manufacturers are featuring into our fall market. Whether it's a sculpture, table, or anything else that incorporates this element, suppliers seem to be coming up with new concepts every day.

A mixture of textures throughout the home is an important element to interior design, and one you need to pay close attention to this fall is matte. Dark, smooth matte finishes in kitchen and bathroom appliances and hardware add a touch of sophistication to any living space with minimal effort.

If a new color scheme is the main factor that's on your mind, fall is the perfect time to mix neutral with a soft, yet bold hue you would never think to incorporate in your home. We expect beige to overpass gray as the top neutral of the season, but peach is also a shade that's going to make a huge statement this fall. Consider it the cousin of blush, a pink shade that had gained a lot of popularity in the recent past. Peach is the perfect color to consider for a statement wall, for the

master room bedding or the delicate accessories in the guest bathroom.

Fall is right around the corner – are you ready to mix things up? Interior redesign can be complex; it's more than placing a few new throw pillows on your sofa. If you're ready to mix things up for the cozy season but you're not sure where to get started, contact a design professional to evaluate the space and provide insight based on the current trends.

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

ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate



Robyn Moran



Brooke Brownyard

The top producers at Kingfisher Real Estate for August were: Robyn Moran, top listing agent; and Brooke Brownyard, top selling agent.

New Regional Director At Sundial Resort

Brett Lindsay has returned to the Sundial Beach Resort & Spa as regional director of sales and marketing for the southeast region of Columbus Hospitality, the resort's management company. Lindsay



Brett Lindsay

will be based at Sundial where he will oversee sales and marketing at the resort in addition to other Columbus Hospitality Management properties in Ocala and North Carolina.

Previously, Lindsay worked at Sundial as the director of sales and marketing, a position he held for six years. He returns to the resort after a short tenure with Hilton Marco Island Beach Resort and Spa.

Our email address is press@islandsunnews.com



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Frankly Speaking



by Howard Prager

Hello readers! We are into heavy sports seasons with college and pro football starting up and major league baseball moving towards the finish line. And a few other happenings

such as the US Open Tennis tournament.

First, the football buildup to the season: Both college and the NFL had weeks and weeks of anticipation for playing their first meaningful games after long periods of camp and preseason. It is almost a letdown when the games actually start, as it was when the Bears and Packers opened the 100th season of the NFL with a yawn and a boring game. The only thing it proved is that the Bears should not have been hibernating their first string during the whole preseason, because they seemed to look in a daze most of the game. College ball started

with all teams in the Top Ten winning their first two games, although Michigan made it darn close this week by needing a double overtime win at home to defeat Army. They now have a bye week to figure out how to get their offense in gear.

Baseball: As this columnist has said earlier, the baseball division races have been decided for quite a while other than the NL Central, which my beloved Cubs keep wanting to throw away. However the wild card is up for grabs, and the Tampa Bay Rays are in a strong position to be in the wild card mix. As of this writing they are playing at a sweltering .900 clip, not something they can expect to keep up for the month. But if they can stay hot in general, they will have great momentum heading into the postseason. On the NL side, the Braves scalding play may be pushing the Dodgers for the best record in the league and home field advantage.

U.S. Open: Surprise, but not really. On the women's side, Serena Williams lost to 19-year old (and first Canadian) Bianca Andreescu. She's also the first teenager to win in 13 years. Andreescu is perfect this year - 8-0 - against Top Ten women's players, and is now ranked 5th in the

world. Let's hope Serena can win at least one more grand slam event before she retires. The men's final started off as a slam dunk for Rafael Nadal winning the first two sets. But Daniil Medvedev proved that he was here to play, and won the next two until Nadal won the deciding 5th set, making for a most exciting match. Nadal won his 19th grand slam tournament and is only one behind Roger Federer.

A strange item from the NFL: Wide Receiver Antonio Brown went from worst to first by getting his release from the Oakland Raiders - before he even played a game for them - and signing with the Super Bowl Champ Patriots. He spent nine years with the Steelers before being traded to Oakland last March, because the Steelers were tired of his antics. In getting released from the Raiders and signing with New England, he gave up a most lucrative three-year contract worth up to \$50 million for a guaranteed 1-year \$9 million deal. Incentives can drive that up to \$15 million, but still it's leaving a lot of money on the table. What was his motivation? We don't know other than a bizarre tweet he sent out upon being released by Oakland about how he was

now free. We'll just have to see how he shows up on the field and how it all turns out.

And to close the column on a heart-warming grade school story from Florida: An elementary school was having a college colors day in a class. One boy loved Tennessee but didn't have a T-shirt. He took an orange t-shirt and drew a UT on paper and pinned it to the shirt. At the table next to him at lunch, several girls made fun of his effort. His teacher felt awful and put out a request for a shirt on social media, and word got back to Tennessee. They sent him a box of Tennessee shirts, caps and paraphernalia. The boy was thrilled and shared them with his classmates. But that's not all. Tennessee took his homemade UT design and made it an official logo of the school, with profits going to an anti-bullying campaign. Demand was so high for the T-shirt that the website briefly crashed. That's the way to come together!

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

Registration Open For USTA Tournament

Sundial Beach Resort & Spa will be home to the 2019 USTA Southwest Florida Clay Court Championships, open to USTA members ages 18 and over. Slated for Friday to Sunday, September 27 to 29, the USTA sanctioned event categories include Men's and Women's Singles, Doubles and Mixed Doubles for NTRP rated divisions 3.5-4.5. Age divisions are Open, 40s, 50s and 60s.

Players are invited to register with USTA Tennis Link using tournament ID# 150046619. Pricing is \$59.63 first singles and \$43.50 first doubles. Registration closes on September 25. Resort tennis information is available by email at tennis@sundialresort.com or by calling 395-6025.

"We're looking forward to a great weekend of competition and camaraderie," said Sundial racquet sports manager and tournament organizer Christian Clark.

"This is our fourth year hosting the event and it has become an annual Sundial tradition, offering players and their families a fun resort weekend."

With a long legacy of island tennis, Sundial's facilities are recognized area-wide and have repeatedly been named the "Best Tennis" on Sanibel and Captiva islands. The resort features six state-of-the-art sub surface HydroGrid courts.

Sundial Beach Resort & Spa is offering a tournament rate of \$199 for fully equipped studio and island suite with breakfast for two and waived resort fee. Reservations may be made at www.sundialresort.com or by calling 866-565-5093; use rate code CLAY19. The resort features complimentary paddleboards, kayaks, bicycles and beach volleyball.

The two-day tournament includes a Saturday evening players' party and trophies. Player gift bags will be provided by Kay Casperson Lifestyle Spa & Boutique and player refreshments will be donated by Bailey's Marketplace. Event sponsors include RLR Investments, Royal Shell Real Estate, Sanibel Captiva

Community Bank, Adventures in Paradise, RS Walsh Landscaping, Sanibel-Captiva Islander, The Meridian Group, Holliday Group Construction and Natherson and Co. PA Certified Public Accountants.*

Pet Adoption Discounts

As fans prepare for football season, Lee County Domestic Animal Services suggests adopting a four-legged friend to help cheer on the home team.

Adoption fees will be reduced for the entire month of September. Adopters will draw mini footballs for reduced adoption fees, ranging from \$10 to \$40. Doors open at 10:30 a.m. for adoptions.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee, valued at \$500. The adoption center is open from 10:30 a.m. to 3:30 p.m. Monday through Saturday, located at 5600 Banner Drive in Fort Myers.

Visit www.leelostpets.com to see pets available for adoption.*

the choice that is best for you.

Suncoast Credit Union will help defer the cost of the event with a generous grant.

Attendees should note that Suncoast Credit Union Arena has a strict clear bag policy, and security will conduct bag checks at the door. Outside food and drink are prohibited in the arena.*

From page 1

Top Nonprofit

and career by going back to school for my master's degree. As a teacher, and not working during the summer, money is tight in my household. I found out about this great organization, FISH, who graciously paid for my summer tuition. I can now continue working towards my degree without the ongoing stress of not being able to afford my tuition this summer. Thank you FISH for allowing me to pursue my dreams!"

"FISH is a great example of a nonprofit making a real difference in their community," said Perla Ni, CEO of GreatNonprofits, "Their award is well-deserved recognition not only of their work, but the tremendous support they receive, as shown by the many outstanding reviews they have received from people who have direct experience working with FISH."

GreatNonprofits is the leading website where people share stories about their personal experiences on more than 1.6 million charities and nonprofits. The GreatNonprofits Top-Rated Awards are the only awards for nonprofits determined by those who have direct experience with the charities - as donors, volunteers and recipients of aid. The complete list of 2019 Top Rated Nonprofits can be found at: <https://greatnonprofits.org/awards/browse/Campaign:Year2019/Issue:All/Page:1>

To learn more about the programs and services of FISH of SanCap, contact Alicia Tighe at 472-4775.*

SPORTS QUIZ

1. For how many major-league teams did pitcher Bartolo Colon win at least one game during his 21-year career?
2. Which Cincinnati Reds player had a .750 batting average (12 at-bats) in the 1990 World Series?
3. Who is the only UCLA football player to have won a Heisman Trophy?
4. Name the last rookie before Utah's Donovan Mitchell in 2018 to lead an NBA playoff team in scoring during the regular season.
5. When was the last time before 2019 that the Dallas Stars scored at least five goals in back-to-back NHL playoff games?
6. In 2019, Christian Pulisic became the youngest player in U.S. men's national soccer history to reach 10 international goals (20 years, 189 days). Who had been the youngest?
7. When was the last time before 2019 that the Kentucky Derby winner did not run in the Preakness?

ANSWERS

1. Eleven teams. 2. Billy Hatcher. 3. Gary Beban, in 1967. 4. Denver's Carmelo Anthony, during the 2003-04 season. 5. It was 1991, when the franchise was located in Minnesota. 6. Jozy Altidore was 20 years, 337 days old when he did it in 2010. 7. It was 1996.

College Fair This Tuesday At FSW

High school students interested in furthering their education after graduation can meet representatives from more than 100 colleges, universities and technical schools at the 2019 College Night at Suncoast Credit Union Arena at Florida SouthWestern State College on Tuesday, September 17 from 6 to 8 p.m.

The School District of Lee County event is designed to give 11th and 12th grade students the chance to meet with a large number of schools at one time and determine which may meet their needs and interests. Come prepared with questions and leave with information to help make

Promotion At Trust Company

Joel Johnson, vice president, The Sanibel Captiva Trust Company, has been promoted to portfolio manager after successfully completing the extensive curriculum and testing to become a chartered financial analyst (CFA). The professional distinction of CFA measures and certifies the competence and integrity of financial analysts.



Johnson has been a member of the investment management team for four years. His work focuses on researching specific sectors in information technology and telecommunications for client portfolios. He has also been

heavily involved in the day to day trading of client accounts, working alongside senior team members while earning his designation.

“Joel has demonstrated an outstanding level of commitment to his role since the day he joined us, and that is reflected in the satisfaction of the clients who have come to know him,” said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company. “He embodies leadership qualities and has a promising future with the trust company.”

Prior to joining the firm, Johnson worked as a personal banker at Fifth Third Bancorp, where he was responsible for customer account maintenance, customer relations and sales. He obtained his degree in finance from Florida Gulf Coast University in Fort Myers, and was awarded a financial analyst internship with TerraCap Management in Bonita Springs followed by an investment associate internship at Moors and Cabot Investments in Naples.✱

From page 1

Summer Readers

readers have helped to contribute more than 8,000 books to the hospital. New books are needed every year because worn out copies are discarded and books given to patients can't be returned because of the possibility of spreading illnesses. Books are placed in playrooms, hospital waiting rooms, and certified teacher Garrett Gablehouse incorporates them into lessons for children checked into the hospital.

Weekly summer events included Monday afternoon movies, Wednesday evening teen nights and weekly storytimes. Presenters included a magician, a professional storyteller and crafters as well as several interactive food presentations. Families learned about echo-location with an educational presentation that included live bats.

Children used the new Think Tank to build with LEGO, create origami and use Boxer Bot remote-controlled mini robots. Evans said, “The younger kids love the interactive MagixBox floor. We have a new activity set, to teach coding, and the remote control Boxer Bot was also a hit.”

Experiences in virtual reality and interactive video games ran throughout

the summer. On several afternoons, children had the opportunity to read to Bessie, a bearded collie and trained reading education assistance dog (READ).

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the annual summer reading program. The fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory. For more information about the foundation, or to make a donation, call the library at 472-2483.

The Sanibel Public Library Foundation provides, supports and supplements library services of Sanibel, and assists in the promotion of reading and literacy. Since 2006, the foundation has provided close to \$1 million to fund the library author series; the annual youth summer reading program; a TeenSpace room; and technology initiatives including cutting edge computer hardware and software; youth early literacy computers; small business development eBooks; genealogy research stations; children's eBooks; and Sanibel Public Library mobile app.

The library hosts weekly programs for children of all ages. The full youth program schedule is available online at www.sanlib.org.✱

Recruiting Fair For Coaches

The youth sports seasons at the Sanibel Recreation Center are under way, with the next season in October being flag football. Parent involvement is a vital part of the youth sports program. Without parent volunteer involvement, leagues would not exist.

The Sanibel Recreation Center is holding a volunteer coaches recruiting fair on Saturday, September 14 from 10 a.m. to noon. Volunteers can complete background checks, required paperwork and the required CPR Compression Only class. The CPR class is required for all youth volunteer coaches.

Schedule for the day:
10:30 to 11:10 a.m. – New coaches (background checks)

11:10 to 11:30 a.m. – Coaching paperwork, notary signature

11:30 to noon – Compression Only CPR

Requirements for coaches:

All coaches must have had a background screening prior to beginning of their respective season.

No league coach shall begin any sport activities at the Sanibel ball fields prior to completion of the background screening.

An annual affidavit of good moral character must be completed and notarized for each school year.

All coaches are required to attend Compression Only CPR class.

The City of Sanibel provides this course at no cost to the coaches or league.

For more information on this year's sports seasons, and to sign up for volunteering to coach for flag football, soccer, lacrosse and little league baseball, visit www.SanibelSports.org.

For more information, contact Char Durand, recreation services supervisor, at charlotte.durand@mysanibel.com or call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.✱



Volunteer coaches are needed for youth sports programs photo provided

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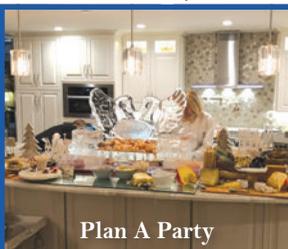
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	2:05 am	6:52 am	1:26 pm	7:51 pm
Sat	2:15 am	7:26 am	2:01 pm	8:13 pm
Sun	2:26 am	8:00 am	2:37 pm	8:34 pm
Mon	2:41 am	8:37 am	3:14 pm	8:55 pm
Tue	3:00 am	9:16 am	3:55 pm	9:17 pm
Wed	3:25 am	10:00 am	4:43 pm	9:41 pm
Thu	3:56 am	10:52 am	5:43 pm	10:07 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	1:10 am	6:54 am	12:31 pm	7:53 pm
Sat	1:20 am	7:28 am	1:06 pm	8:15 pm
Sun	1:31 am	8:02 am	1:42 pm	8:36 pm
Mon	1:46 am	8:39 am	2:19 pm	8:57 pm
Tue	2:05 am	9:18 am	3:00 pm	9:19 pm
Wed	2:30 am	10:02 am	3:48 pm	9:43 pm
Thu	3:01 am	10:54 am	4:48 pm	10:09 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	2:06 am	7:49 am	1:38 pm	8:28 pm
Sat	2:30 am	8:29 am	2:17 pm	9:01 pm
Sun	2:57 am	9:06 am	2:59 pm	9:30 pm
Mon	3:23 am	9:40 am	3:42 pm	9:55 pm
Tue	3:46 am	10:12 am	4:23 pm	10:16 pm
Wed	4:03 am	10:43 am	5:03 pm	10:35 pm
Thu	4:14 am	11:16 am	5:41 pm	10:52 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	4:15 am	10:08 am	3:36 pm	11:07 pm
Sat	4:25 am	10:42 am	4:11 pm	11:29 pm
Sun	4:36 am	11:16 am	4:47 pm	11:50 pm
Mon	4:51 am	11:53 am	5:24 pm	None
Tue	5:10 am	12:11 am	6:05 pm	12:32 pm
Wed	5:35 am	12:33 am	6:53 pm	1:16 pm
Thu	6:06 am	12:57 am	7:53 pm	2:08 pm

Island Seniors At Center 4 Life

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



Donations Needed For Trash & Treasures Sale

Saturday, November 9, 9 a.m. to 2 p.m.

Island Seniors, Inc. is looking for donations of clean, gently used items for the fall Trash & Treasures Sale. Priced items at the center are available for purchase. This annual event is organized by Island Seniors, Inc. volunteers at the Center 4 Life. All proceeds help support programs like kayaking, fitness, technology, games, potlucks and arts. Donations are tax deductible and you can drop them off at Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothing, shoes, computers or old TVs are not accepted. If you have any questions, call 472-5743.

Kayaking on Tuesdays – September 24 at 8:30 a.m., weather permitting. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration required.

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

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

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

The featured book for Wednesday, October 9 is *The Secret Keeper* by Kate Morton. Book discussion will begin at 2:30 p.m.

“During a summer party at the family farm in the English countryside, sixteen-year-old Laurel Nicolson has escaped to her childhood tree house and is happily dreaming of the future. She spies a stranger coming up the long road to the farm and watches as her mother speaks to him. Before the afternoon is over, Laurel will witness a shocking crime. A crime that challenges everything she knows about her family and especially her mother, Dorothy – her vivacious, loving, nearly perfect mother.” – *Goodreads*

Broadway Palm Dinner Theatre Performance of Once – Wednesday, September 18. Cost is \$63 for members and \$73 for non-members. Includes lunch and performance.

Once won eight Tony Awards and the 2013 Grammy Award for Best Musical Theater Album.

Advance registration is required. Transportation is on your own.

BBQ Blast at Rosie’s – Friday, September 27. Transportation is on

your own. Separate checks provided.

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

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

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

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

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

Bridge – Monday and Wednesday. Registration begins at noon. Game begins at 12:30 p.m.

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

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

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

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

Keep your brain fit, and your heart, lungs and muscles strong. Hand

weights, stretch cords, stability balls and your body weight will be used. The format is 30 minutes of cardio dance and 30 minutes of balance exercises, core strength, flexibility exercises and mat work.

50/50 Cardio Sculpt – Monday, Wednesday and Friday at 9:30 a.m.

This class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

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

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

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

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.*



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dearRPharmacist

Antidepressants: Some Work And Some Don't



by Suzy Cohen, RPh

Dear Readers: First let me say that I am not a fan of medicating normal, regular sadness that we encounter in our life, such as the melancholy associated with losing a job, or when

someone unfriends you, or for hormonal cycles. There are people who are truly depressed and suppressing the urge to harm themselves. We need to be loving and gentle with them, and if they need medicine, then so be it.

Medication treatment should be based upon the neurotransmitters that are imbalanced. Doctors tend to throw a dart in the dark by prescribing popular drugs without actually measuring metabolites of neurotransmitters (for example Homovanillate or 5-HIAA) that provide a glimpse behind the curtain.

So let's get to it, what do you think is better, an SNRI or an SSRI? Or an MOA inhibitor? The answer is unclear. One category of meds will work great for you, and be an epic fail for your friend.

Why is that? ... because Zoloft (sertraline) works by making serotonin linger longer, and that's great if you have reduced serotonin activity. But what if that's not your problem? What if you're depressed because you have low DHEA, a youth hormone that declines after age 40? What if it's low

testosterone or estrogen? And what if your levels of serotonin are fine, but you have super low levels of norepinephrine or dopamine? In the latter case, Zoloft would not work, and might be harmful, whereas Wellbutrin (bupropion) would be great.

Some of you could benefit from a med that raises serotonin, dopamine and norepinephrine. Remeron (mirtazapine) works in this regard. There are so many possibilities, so do not lose hope!

Someone else reading this needs lifting of serotonin and norepinephrine but not the dopamine. Effexor (venlafaxine) is an SNRI that does exactly that.

What I'm trying to say is that each of you respond to the medication that restores activity of the particular neurotransmitter you are deficient in. Not everyone with depression is deficient in one specific thing.

I have readers today that are in bad shape and feeling isolated and hopeless. I want to help you. Keep doing a little more 'trial and error' with medications (and other therapies outside the pill). There are tests you can take today to measure metabolites. I have a more comprehensive version of this article that you can receive via email if you sign up for my newsletter at www.suzycohen.com.

In closing, I couldn't possibly know what's right for everyone because neurotransmitter levels are like fingerprints in people. Sometimes depression is caused by folate or B12 deficiency, or thyroid illness. Sometimes it's from very high inflammatory compounds, or from a biotoxin like mold. This may surprise you but sometimes it's medication-induced, like from The Pill.

If you feel like you're at your wit's end and you've tried everything and it's just time to go (and stop being a burden to others), then you need to stop thinking

that immediately because it simply isn't so. You haven't tried everything. There are people who love you and need you. The National Suicide Prevention Line is 800-273-8255 or text HELLO to 741741.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What are some differences from left brain and right brain traits?

A: The left brain has to do with your analytical side. This side is mathematical and detail oriented. It reasons, is factual, practical, strategic,

sequential and uses both spoken and written language. The right brain is the creative and intuitive side of the brain. Traits of the right brain include artistic, imaginative, use of symbols and images, musical, carefree, spiritual, appreciates life, sees possibilities and uses feelings.

There are benefits of the left and right brain functioning in harmony. Numerous EEG studies have shown that humanity's

greatest philosophers, thinkers, inventors and artists use both the right and left hemispheres together.

Meditation works to balance both hemispheres of the brain, forcing them to work in harmony. This is referred to as "whole brain synchronization." When this synchronization is achieved, your brain can experience extremely beneficial changes in hemispheric blood flow and chemistry.

It is well known that our brains generate more than 60,000 thoughts a day. The issue with this for many of us is that our brain has the same 60,000-plus thoughts the next day and the next. If our minds feel stressed, are in fear, or living in the past or future, we are robbing ourselves of the present moment, right here, right now. For example, thoughts of not being or doing enough, feeling inadequate, not worthy, powerless or helpless, then we are not using our brains wisely. To compound the problem, we create even more resistance by attaching good/bad labels to our incoming thoughts.

Dr. Carl Jung said it well, "What you resist persists." This effect creates a stress-related downward spiral. Instead, train your brain to use meditation techniques to quiet your mind and be mindful of your thoughts and aware of your inner dialogue. By shifting to this inner awareness, your dominant level of consciousness will be calm, yet powerful, and your true self can come to the forefront.

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

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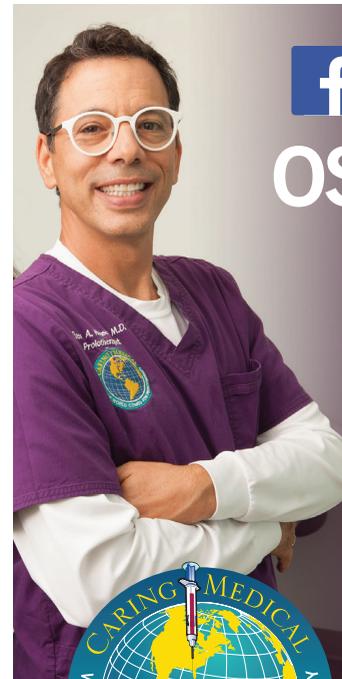
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Doctor and Dietician

Let's Dance In The Rain



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

“Life is like a storm, my young friend. You will bask in the sunlight one moment, be shattered on the rocks the next. What makes you a man is what you do when the storm comes.” – *Alexander Duma*
Don't wait for bad things in life to go away, but instead, have a positive attitude and meet challenges head on and enjoy the journey. But, sometimes, this is hard to do.

Do you ever feel life is good, but you don't really feel good? Our ability to handle things can dictate our mental state, as well as reveal our overall health status. At Caring Medical, we utilize tools like HRV (heart rate variability), monitoring to check our patients' autonomic nervous system function. If

you are not handling stress well, what could be some potential causes?

- Habits that may bring you down:
1. Looking at social media – research shows that the more people use social media, the more likely they are to feel depressed.
 2. Watching TV for hours – studies show that excessive TV watching results in feelings of disorganization, lack of accomplishment and comparing.
 3. Not getting enough sleep – lack of sleep can make you feel depressed or anxious, leading to chronic fatigue and irritability.
 4. Worry – habitually thinking of scenarios can lead to chronic anxiety and negative thoughts.
 5. Attempting to be perfect – basically, nothing is good enough.
 6. Spending too much time alone – can increase your risk of depression and raise stress hormones.
 7. Focusing on feelings versus facts – feelings are transient and, at some point, will pass. Don't lose track of reality.
 8. Eating or drinking to deal with stress – can worsen anxiety, reduce serotonin levels and lead to depression.

Let's dance in the rain instead! We certainly have had enough of 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.**

New Book Based On Patient Case Histories

What does it take to convince the National Cancer Institute that an alternative cancer treatment deserves to be researched? The late Dr. Nicholas Gonzalez of Sanibel and New York City found out when after just six years of being in private practice, he presented his 25 Best Cancer Cases to the National Cancer Institute (NCI) in hopes of ultimately proving the effectiveness of The Gonzalez Protocol, a nutritional enzyme treatment for cancer.

A newly released book, *Proof of Concept*, features his original presentation in 1993 to the NCI with appropriate medical records documenting each patient's diagnosis. It includes 25 patient cases of breast cancer, endometrial cancer, adenoid cystic carcinoma, head and neck cancer, lung cancer, lymphoma, melanoma, ovarian cancer, pancreatic cancer, prostate cancer, renal cell carcinoma, sarcoma and thyroid cancer. The great majority of these people presented with poor prognosis or terminal disease, and for most cases there was evidence of reduction of tumor mass.

Dr. Gonzalez was successful in convincing these NCI scientists who ultimately recommended a pancreatic cancer pilot study. You'll learn from these cases that eight of these patients are still alive today, more than 25 years later.

Proof of Concept is the latest documentation of patient case histories of The Gonzalez Protocol. Another 112 Gonzalez Protocol cancer patient case histories were published in 2016 in the award-winning book series: *Conquering Cancer: Volume One and Two*.

Proof of Concept is a limited release available now on Amazon. This newly published work by Dr. Nicholas Gonzalez was published on July 21, 2019 – the fourth anniversary of his unexpected passing. His widow, Mary Beth Gonzalez, edited and published four Gonzalez books from Sanibel after her husband's death in July 2015.

In December 2015, Mary Beth

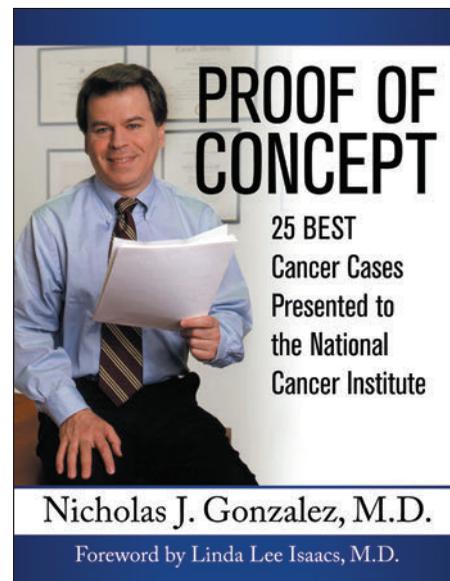


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founded The Nicholas Gonzalez Foundation with the goal of keeping this nutritional enzyme cancer treatment alive. His protocol is based on the work of Dr. William Donald Kelley and Dr. John Beard. This nonprofit 501(c)3 foundation fosters the continuance of The Gonzalez Protocol for future practitioners and patients around the world. The Nicholas Gonzalez Foundation and New Spring Press publishing company are based in Fort Myers. For more information, visit www.thegonzalezprotocol.com.*

Top 10 Books On The Island

1. *Turtle Coast* by Betty Anholt
 2. *Death of Mrs. Westaway* by Ruth Ware
 3. *Where the Crawdads Sing* by Delia Owens
 4. *Summer Guests* by Mary Alice Monroe
 5. *Little Fires Everywhere* by Celeste Ng
 6. *Southernmost* by Silas House
 7. *Better Man* by Louise Penny
 8. *Queen Bee* by Dorothea Benton Frank
 9. *Chances Are* by Richard Russo
 10. *Educated* by Tara Westover
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Lee County Domestic Animal Services

Hulk And Trina

Hello, my name is Hulk. I am a 9-year-old male German shepard mix who is a 'Super Senior' that came to Lee County Domestic Animal Services (LCDAS) in need of some tender, loving care. The dedicated staff of LCDAS volunteers have been giving me medicated baths twice a week, and I am blossoming into the ruggedly handsome fellow they knew I would be. And I absolutely love the attention and am perfectly content just being near people. I am a quiet and laid-back guy whose soulful nature will make you relax and enjoy your time with me.



Hulk ID# A494936

My adoption fee is \$10 to \$25, depending on which mini football you pick. Since I am a senior, my highest fee is only \$25.

Hi, I'm Trina. I am a 1-year-old female domestic shorthair who is a beautiful calico with unique markings. I am a petite gal weighing just 5 pounds. I am very attentive and will follow your hand wherever it goes. My gorgeous green eyes will draw you in and have you fall in love with me. With our adopt-one-get-a-feline friend at no



Trina ID# A790591

additional charge, I can help you pick out a friend for me to take home as well.

My adoption fee is \$10 to \$40, depending on which mini football you pick. And, you can get a feline friend at no additional charge.

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

*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

AbbyCaDabby And Winter



AbbyCaDabby



Winter

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

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

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

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

PAWS Of Sanibel

Sweetie Pie

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

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



Sweetie Pie



Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
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Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PUZZLES

Answers on page 47

Super Crossword

DOUBLE-CHEDDAR

- ACROSS**
- 1 Simple floater
 - 5 Declare
 - 11 Declines
 - 15 Harvesting yield
 - 19 Aruba, e.g.
 - 20 Alfred E. — (magazine mascot)
 - 21 One-player card game
 - 23 Pompom or mega-phone?
 - 25 Fine white gypsum
 - 26 Actor Reeves
 - 27 Cain or Abel, to Adam
 - 28 Soft, white limestone used as cat litter?
 - 29 Hen product
 - 31 Give a casual greeting
 - 34 Cup rim
 - 35 Shortage of maraschinos in a busy cocktail bar?
 - 42 It's factual
 - 46 Cyber-giggle
 - 47 Dada artist
 - 48 Act humanly
 - 49 Petition
 - 51 Golfer — Aoki
 - 52 Sothern of the screen
 - 53 Roadies
 - 55 "This has me angry like a Prague native might be!"
 - 58 It has pores work on it
 - 60 Poker option
 - 62 Radio or TV spots
 - 63 — Rico
 - 64 Certain Asian capital
 - 66 Spay, e.g.
 - 69 Fleur-de- —
 - 70 Slow-moving land reptile
 - 77 Arctic seabird
 - 78 Balances evenly
 - 79 Community hangouts
 - 81 "The King of Queens" actor Patton
 - 85 Mother of Cain and Abel
 - 87 Greek love god
 - 89 — Le Pew (skunk toon)
 - 90 Areas where certain salad greens are grown?
 - 94 Pet dog of Sgt. Snorkel
 - 96 Mailroom container
 - 97 Scented powder
 - 98 Brain tests, in brief
 - 99 "Well, how about that!"
 - 101 "Say what?"
 - 102 Walk- — (brief roles)
 - 103 Ferencv
 - 105 Map showing southern U.S. states?
 - 109 Bit of A/V equipment
 - 111 Arrange
 - 112 Marshland
 - 113 Let some printed, glazed fabric fall to the floor?
 - 119 Clandestine U.S. org.
 - 121 Ghana's capital
 - 125 Device used to store an electric charge
 - 126 Totally wild about grain husks?
 - 129 Lifeless
 - 130 Sitting room
 - 131 Kemo — (the Lone Ranger)
 - 132 How doodles are drawn
 - 133 Flies, to spiders
 - 134 Not alluring
 - 135 Special periods
 - DOWN**
 - 1 Singer Astley
 - 2 Court king Arthur
 - 3 Dog botherer
 - 4 11th-grader, e.g., slangily
 - 5 DiFranco of folk rock
 - 6 Part of SLR
 - 7 Actor Bela
 - 8 Spring (from)
 - 9 Tom yum — (Thai soup)
 - 10 With 43-Down, software buyer, e.g.
 - 11 Morales of films
 - 12 Door locker
 - 13 Sheep's call
 - 14 Female seer
 - 15 \$1,000 award, say
 - 16 Poet Dove
 - 17 Dodger Hershiser
 - 18 Exec's extra
 - 22 Unstated
 - 24 Little 'un
 - 28 Model shop buy
 - 30 Street cart sandwiches
 - 32 Vostok 1's Gagarin
 - 33 Impair
 - 35 Be at odds
 - 36 Warn with a toot
 - 37 Cause of odd weather
 - 38 Orbiter in 1957 news
 - 39 Apple's Air, e.g.
 - 40 Part of REO
 - 41 3 R's org.
 - 43 See 10-Down
 - 44 Social skill
 - 45 Tubular snack cake
 - 50 Molded jelly
 - 54 Wishes one could undo
 - 56 — Gras
 - 57 Like a really easy job
 - 59 And not
 - 61 Expected
 - 65 Author Calvino
 - 67 Get narrower
 - 68 Rocker Brian
 - 69 African country
 - 71 Very unusual
 - 72 Mao — -tung
 - 73 Deli sub
 - 74 Band blaster
 - 75 Fridge, old-style
 - 76 Broccoli-like vegetable
 - 80 See or touch
 - 81 Eight: Prefix
 - 82 — -Pei
 - 83 Untamed
 - 84 Escort
 - 85 D-I link
 - 86 Rose holder
 - 88 Overfill
 - 91 Despite that
 - 92 Comic Jay
 - 93 Silvery fish
 - 95 "My, my!"
 - 100 Mine vehicles
 - 104 Actress Christina
 - 106 Aunt's son, informally
 - 107 Trinket
 - 108 Lest
 - 110 Orang's kin to Ovid
 - 114 — McNally
 - 115 Pendant gem
 - 116 — -TASS
 - 117 Memo
 - 118 Low card
 - 120 As sly as —
 - 122 Ruler of yore
 - 123 McEntire of music
 - 124 Fruit drinks
 - 126 PC's core
 - 127 — Solo
 - 128 Sob

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19				20						21				22					
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113	114	115					116	117	118				119	120	121		122	123	124
125										126	127			128					
129										130									131
132						133													135

King Crossword

ACROSS

- 1 "30 Rock" role
- 4 Dressed
- 8 Wrinkly fruit
- 12 Raw rock
- 13 Bigfoot's cousin
- 14 Bellow
- 15 Slight touch
- 16 Ski resort in the Poconos
- 18 Same
- 20 Vast expanse
- 21 Comfy footwear, for short
- 24 Make into law
- 28 Group of submarines
- 32 Continental coin
- 33 Alias abbr.
- 34 Decelerates
- 36 Kanga's kid
- 37 Deposited
- 39 Pancake
- 41 Hammerstein's contribution
- 43 God, in Grenoble
- 44 Upper limit
- 46 Getting on
- 50 Type of shoulder bag
- 55 Anti
- 56 "American —"
- 57 Pivot
- 58 Greek H
- 59 Roly- —
- 60 Layer
- 10 Varnish ingredient
- 11 Annoy
- 17 Appomattox loser
- 19 Bowling alley inits.
- 22 A little lower?
- 23 Berate
- 25 Emanation
- 26 Gator's cousin
- 27 Snatched
- 28 Partition
- 29 Fine provider
- 30 Hideaway
- 31 "The Bridge on the River
- 35 House VIP
- 38 In a pleasant way
- 40 Moonshine container
- 42 Automobile
- 45 "Hey, you!"
- 47 On the rocks
- 48 Memorandum
- 49 Eat away (at)
- 50 With it
- 51 Big bother
- 52 Encyc. portion
- 53 Foreman foe
- 54 Prompt

DOWN

- 1 Source of wealth
- 2 Mideastern nation
- 3 Ox of India
- 4 One-eyed beast
- 5 Grazing ground
- 6 24-hr. money provider
- 7 Conks out
- 8 Suave
- 9 — long way

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

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

- | | | | |
|---------|---------|----------|------------|
| Angel | Dear | Precious | Sweet Pea |
| Babe | Dearest | Puddin' | Sweetheart |
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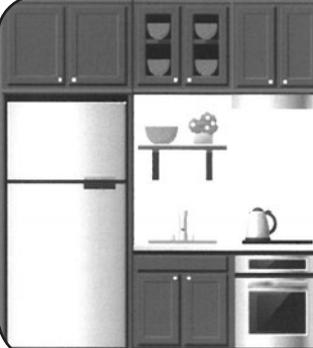


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4				5		9	6	
		8	2					7
2			1	9			8	
	4				3	7		
		6		7				5
	6	1	9				4	
		2			4	3		
3				2		6	1	

SUDOKU answer on page 47
 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.



"Some _____
 YOU turned out to be!"
 answer on page 46

SCRAMBLERS

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

Notice
GRADER

Hover
ALOFT

Clout
WAYS

Hunt
ECRASH

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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Book title is different. 2. Woman's right hand is hidden. 3. Picture is added to wall. 4. Man's fork is gone. 5. Woman's apron is missing. 6. Woman's right hand is hidden.

My Stars ★★★★★

FOR WEEK OF SEPTEMBER 16, 2019

Aries (March 21 to April 19) It might not be wise to pursue goals involving others, unless you can stop impulsively rejecting new ideas. Either open your mind or wait until next week, when this "omery" mood passes.

Taurus (April 20 to May 20) It's a good time for the Bovine to be creative and practical for yourself and your surroundings. Shop wisely, not impulsively, and keep your Bull's eye focused on quality, not quantity.

Gemini (May 21 to June 20) You should feel more confident about moving ahead with plans that had to be delayed by an unexpected turn of events. Also, family matters might need more time than first anticipated.

Cancer (June 21 to July 22) Be considerate of others as you move into a new area in your professional life. Take time to meet people and discuss mutual goals. The more you get to know each other, the better.

Leo (July 23 to August 22) Creating a fuss could get your ideas noticed quickly. But it would be best to present your case, and then wait for a reaction to follow in

due course, rather than try to force it to happen.

Virgo (August 23 to September 22) Unkept promises might cause plans to go awry this week. You can either grumble about people "letting you down" or find a way to make the best of it and move on. The choice is yours.

Libra (September 23 to October 22) Putting off making a commitment early in the week could be a good move. Best to act when you know you're making an informed decision. Expect more facts to emerge by the week's end.

Scorpio (October 23 to November 21) A recent act of kindness on your part could take on special meaning this week. Also, look for signs of upcoming changes in both your personal and professional relationships.

Sagittarius (November 22 to December 21) Many of the tougher communication barriers between you and others in the workplace or at home could begin breaking down this week. Expect some surprises to emerge.

Capricorn (December 22 to January 19) Your "tough love" attitude toward someone you care for could be misunderstood. Try to be less judgmental and show more consideration in the way

you relate to that person.

Aquarius (January 20 to February 18) An unexpected workplace challenge could be daunting. But take what you know (and you know more than you realize) and apply it to the problem, and you should see positive results.

Pisces (February 19 to March 20) Recent relationship changes for both single and paired Pisces continue to influence much of your week. Keep your focus on developing the positive aspects as you move along.

Born This Week: You set your goals with assurance and influence others to follow suit. You would be an excellent philosopher and teacher.

STRANGE BUT TRUE

• It was British politician John Sweeney who made the following sage observation: "How can a society that exists on instant mashed potatoes, packaged cake mixes, frozen dinners and instant cameras teach patience to its young?"

• Golfers beware: Don't chew on the tees. One golfer who was in the habit of gnawing while he played overdosed on pesticides after playing 36 holes in one day.

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SCRAMBLERS

1. Regard; 2. Float;
3. Sway; 4. Search

Today's Word

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ROOMMATE WANTED

ROOMMATE WANTED
Share townhouse in Iona, near outlets, w/22 yo male (owner) & cat. Private BR & Bath. Must be tidy. Quiet, residential complex. Pool. \$650/mo + utils.
Call/text 203-326-0210.
9/13 * 9/13

SERVICES OFFERED



Complete Landscaping Services & Weekly Lawn Service
New Client Special 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project.
239-896-6789
4/13 * TFN

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.
Call or text Roger 239-707-7203
State License #13002788
4/20 * TFN

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
1/25 * TFN

ALTERATIONS BY HAZELLA

Reliable and Experienced Reasonable Prices
Pick Up & Delivery Available
239-472-8655
8/30 * TFN

SERVICES OFFERED

ODD JOBS WANTED

Reasonable. Reliable. Pet and House Sitting, Outdoor Work, Organizing, Cleaning Out Garage, Errands, Moving, Etc. No job too small. I work on island & my family lives on island.
Call/text, Tom, 203-807-2231
9/13 * 9/20

TUTOR

Retired New Trier Teacher wants to tutor
Chemistry/Physics/Math.
847-508-0428
9/6 * 9/13

HELP WANTED

LIBRARY CLERK PART TIME

Seeking a part-time clerk for general library public service. Excellent customer service skills required. Detailed job description and application information located at Sanibel Public Library or <https://sanlib.org/employment/>
9/13 * 9/13

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday.
If interested call and ask for John, Norm Sarah 472-9300.
1700 Periwinkle Way
5/6 * TFN

• The longest word in the English language that can be typed using only one hand is “stewardesses.”

• It’s been reported that the last words of 19-century American author, essayist, biographer and historian Washington Irving were, “Well, I must arrange my pillows for another night. When will this end?”

• Famed actor Gary Cooper was offered the role of Rhett Butler in the film adaptation of Margaret Mitchell’s novel *Gone With the Wind*, but he turned down the part. He said he believed the movie would be “the biggest flop in Hollywood history.” The film went on to win 10 Academy Awards, including one for Best Actor, which was taken home by Clark Gable, who took the part that Cooper refused.

• If you know you have coronary issues, beware of extreme temperatures. Those who study such things say that you’re more likely to have a heart attack on a particularly hot or a particularly cold day.

• Records show that in England in 1552, William Shakespeare’s father had to pay a fine for littering.

THOUGHT FOR THE DAY

“You will die. You will not live forever. Nor will any man nor any thing. Nothing is immortal. But only to us is it given to know that we must die. And that is a great gift: the gift of selfhood.” – Ursula K. LeGuin

HORTOONS



PUZZLE ANSWERS

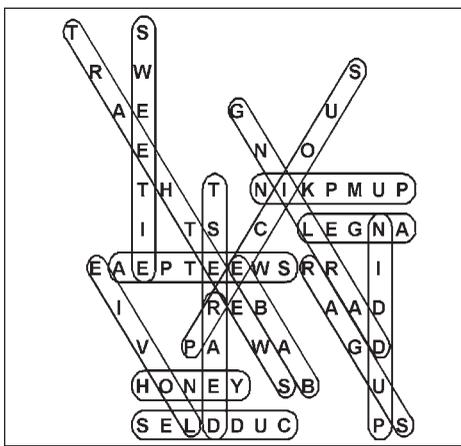
SUPER CROSSWORD

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KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1997	3,262	\$2,095,000	\$1,800,000	13
Gulf Shores	Sanibel	1999	2,419	\$1,539,000	\$1,420,000	137
North Captiva Sands	Other	2018	2,829	\$1,215,000	\$928,000	32
Yacht Club	Cape Coral	2001	2,383	\$1,100,000	\$1,045,000	50
Cape Coral	Cape Coral	2002	2,800	\$989,900	\$927,000	59
Sunset Trace	Estero	2006	3,267	\$849,000	\$810,000	0
Cape Coral	Cape Coral	2004	3,606	\$845,000	\$827,000	18
Grande Estates	Estero	2005	2,870	\$839,000	\$820,000	144
Cape Coral	Cape Coral	2006	3,453	\$749,900	\$710,000	10
Country Club Estates	Fort Myers	1954	3,321	\$739,000	\$650,000	392

DOC FORD'S

RUM BAR & GRILLE

Randy Wayne White ©

“FOR THE SUN-KISSED & SUN-DESIROUS ALIKE, A VACATION ON A PLATE.”

The New York Times Magazine



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YUCATAN SHRIMP!

Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale

