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VOL. 22, NO. 11 | SANIBEL & CAPTIVA ISLANDS, FLORIDA | SEPTEMBER 5, 2014

SEPTEMBER SUNRISE/SUNSET: 5 7:10 • 7:45 | 6 7:10 • 7:44 | 7 7:11 • 7:43 | 8 7:11 • 7:42 | 9 7:11 • 7:41 | 10 7:12 • 7:39 | 11 7:12 • 7:38

Taking the ALS Ice Bucket Challenge last Thursday morning at Sanibel City Hall were, from left, City Clerk Pamela Smith, Vice Mayor Doug Congress and Councilmen Marty Harrity, Mick Denham and Jim Jennings

City Leaders Take ALS Ice Bucket Challenge

by Jeff Lysiak

Last Thursday morning in front of MacKenzie Hall, five of Sanibel's local leaders – including Vice Mayor Doug Congress, City Council Members Marty Harrity, Mick Denham and Jim Jennings as well as City Clerk Pamela Smith – accepted the ALS Ice Bucket Challenge.

"I don't wanna say anything, by my bucket has a lot more ice in it than anyone else's," joked Harrity while waiting to perform the challenge near the front steps of Sanibel City Hall. "Mick has like one cube in

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Firefighter To Follow In 9/11 Hero's Footsteps

by Jeff Lysiak

If you happen to see a firefighter – dressed in full bunker gear, helmet and sneakers – running around Sanibel these days, you may not have to worry about whether he's responding to an emergency on the island.

Especially if it's Rob Popkin, a 15-year member of the Sanibel Fire & Rescue District. Popkin has been training to participate in the 2014 Tunnel To Towers race in New York City, which will be held on Sunday, September 28.

"I've gotten some strange looks by people passing by in their cars," said Popkin with a laugh. "I think some of them are worried… but I've just been running in my gear, getting ready for the race."

The Tunnel To Towers run and walk, which will begin at 9:30 a.m. in Red Hook, Brooklyn, was created to honor the heroic life and death of Stephen Siller, a New York City firefighter who lost his life on September 11, 2001.

On that fateful morning, Siller had just gotten off the late shift at Squad 1 in Park Slope, Brooklyn. He was on his way to play golf with his brothers when his scanner told of the first plane hitting the World

Rob Popkin

Trade Center. When he heard the news, Siller called his wife Sally and asked her to tell his brothers he would catch up with them later, and then returned to Squad 1 to get his gear.

Siller drove his truck to the Brooklyn Battery Tunnel, but it was already closed. Undaunted, he strapped 60 pounds of firefighting gear to his back, rushed on foot through gridlocked traffic and ran from the tunnel to the Twin Towers, where he gave up his life while saving others.

"His story is so unique," said Popkin, who began a fitness regimen following the 10th anniversary of the 9/11 tragedy.

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SCCF Annual International Coastal Cleanup

Dolphin caught in plastic

Great blue heron caught in plastic

Turtle and plastic bags under water

On Saturday, September 20, the Sanibel-Captiva Conservation Foundation (SCCF) invites residents and visitors to participate in an international volunteer effort to rid the coastlines and waterways of marine litter, pollution and debris. Volunteers worldwide remove millions of pounds of coastal trash that can hurt local economies, injure and kill marine wildlife, and choke the ocean environment. SCCF'S partner in the Ocean Conservancy's 28th annual Coastal Cleanup is Keep Lee County Beautiful.

Bring your friends and family to SCCF at 3333 Sanibel-Captiva Road between 9 a.m. and 12 p.m. on Saturday, September 20 to check in and pick up your Coastal Cleanup Data cards and trash bags. Bring your own water to reduce the use of plastic water bottles and work gloves to reduce the use of the plastic gloves that will be available.

Lunch and snacks on the Nature Center porch will be available from 10 a.m. to 12 p.m. There will be a dumpster

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There Are Two Sides To Every Island

submitted by
Ken and Kate Gooderham,
ASBPA executive directors

Sure, the sandy side may get all the attention... but the bay side plays a big role in both the economy and ecology of an island.

There are two sides to every island.

In coastal management, a lot of attention is paid to the sandy side of the island – the beach, where the shore is wide, sand is plentiful and property prices reflect the desirability and the demand. But whether you're preparing for potential disaster, protecting the coastal ecosystem or simply tending to the health of your community, it's wise to remember there are two sides to every island – and in many cases, the bay side has many important issues and roles to play that often are more important and diverse than the sandy side of the island.

It's a valuable ecological resource. Away from the active wave zone, plants and marine habitats crucial to a coastal ecosystem and estuary health can prosper, if they're kept safe and well maintained. Such habitats support fisheries, for example, and can provide rookeries for bird populations and food for a wide range of species. These habitats also contribute to healthy water quality, erosion prevention and protection of upland properties.

It's a crucial economic resource. Sure, beaches draw the tourists and the place where they stay. But bayfront coastlines are often equally popular with visitors, drawn to the verdant and protected waters. It's also often a working waterfront, home to businesses and boats and docks where goods and people come and go. Take that away from a community and watch its economic engine start to sputter and stall.

It's a vulnerable area for flooding and other disasters. Yes, wide beaches and high dunes can keep storm waves at bay. But rising waters pushed by storms (or even simple sea level rise) can easily inundate a bayfront shoreline that is not prepared to deal with higher water levels… just as the folks on the Jersey Shore who suffered more from Sandy's surge which flooded more from the bayside than from the storm's waves along the beaches.

How do you keep this coastline healthy?

Ecology: Encourage protection and preservation of the existing (or original) coastal habitats that thrive on this shoreline and figure how they can work in concert with human needs. Make their preservation or restoration an active part of your management plan, and monitor both for improvements (to show that things are working) or degradation (in case they're not). Educating the public is an important step in garnering support for protecting these habitats. Developing the report card is an important first step.

Economy: Keep your bayfront infrastructure up to date whenever possible, and use your community's land use and zoning rules to protect vital economic uses from redevelopment pressures as necessary. Be aware of maintenance issues needed to keep docks working and channels clear.

Disaster preparedness: Look hard at your bayfront vulnerabilities to rising waters, and consider your community's options to elevate the coastline as needed. Ponder the full palate of options, since solutions that won't work on a beach with an active wave zone can accomplish your needs on the more protected inland waters. Remember, steps that protect the ecology and economy can likewise protect you from rising waters – so be creative.

For more information, visit www.asbpa.org.✲

Captiva Community Panel To Meet

There will be a quorum in attendance for the next meeting of the Captiva Community Panel, set for Tuesday, September 9 beginning at 9 a.m. in the Cone Rooms at Chadwick's Square at South Seas Island Resort. The meeting agenda includes:

9 a.m. – Introductions and roll call; approval of August 12 minutes

9:05 a.m. – CEPD update by Kathy Rooker

9:10 a.m. – Captiva Fire District update by Chief Rich Dickerson

9:15 a.m. – LCSO update by Sgt. Mike Sawicki

9:20 a.m. – Hurricane Preparedness & Response Committee update by Doris Holzheimer

9:25 a.m. – Committee reports (as necessary):

• Financial update by Ken Gooderham (2 minutes)

• Planning update by Max Forgey (3 minutes)

9:30 a.m. – Property taxation discussion by Mike Mullins

9:50 a.m. – Rental discussion by Max Forgey

10:20 a.m. – Other business and public comment

• Confirm dates for next meeting (October 14)

Reminder: The Galloway Captiva Tri is scheduled to be held on Sunday. September 14. Captiva Drive will be closed from 6:45 to 8:45 a.m.✲

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Island Seniors At The Center 4 Life

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

Trash & Treasures Sale will be back in November – The center is now accepting donations of clean, gently-used items. Your tax deductible donations may be dropped off at the Center 4 Life Monday through Friday between 8 a.m. and 3:30 p.m. No books, clothes, shoes, computers or TVs. If you have any questions, call 472-5743.

Page Turners with Ann Rodman – If you would like to be on the Page Turners list, email annrodman@aol.com or contact the Center 4 Life. On Wednesday, September 10, the featured book is *The Day of the Jackal* by Frederick Forsyth. Bring your lunch and view the movie at 12:30 p.m. At 2:30 p.m., there will be a discussion of both the book and movie.

World Famous Mote Aquarium in Sarasota – Wednesday, September 24. Cost is $55 for members and $65 for non-members. Register by September 15.

Sunset Social on the Sanibel Causeway – Tuesday, September 9 at 6:30 p.m. (weather permitting). Contact Island Seniors if you you are interested in participating and for directions to the viewing area. Bring an appetizer to share and your beach chair.

Collage with Bea Pappas – Fridays, September 5, 12, 19 and 26 from 12:30 to 3:30 p.m. Work from a still life in watercolor. You will also learn an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers, which includes book pages or handmade papers. Contact the center for supply list. Cost per session is $20 for members and $25 for non-members.

Discovering the Value of the Internet – with Patty Waters – Wednesday, September 17 from 1 to 3 p.m. Cost is $30 for members; $45 non-members, class limited to six people.

This seminar is for you if you are new to the Internet or not comfortable looking up the topics you are interested in. Learn how to safely book your travel, track stocks, access government information or tips on gardening, exercise or other interests. Contact Island Seniors to register.

What's a Spreadsheet? – Wednesday and Thursday, September 24 and 25 from 1 to 3 p.m. Cost is $60 for members; $90 for non-members. Class limited to six people.

Your spreadsheet program is included with Microsoft Works or Excel. If you are new to spreadsheets or find them intimidating, it's time for a new experience. They can be useful to balance your checkbook, manage rentals or expenses or to keep your address lists. You do need to be familiar with the mouse and keyboard. If you do email or word processing, you have the needed skill level.

Games

Bridge – Monday and Wednesday at 12:30 p.m. Cost is $2.50 for members and $5 for non-members. Prizes will be awarded.

Mahjongg – Thursday at 12:30 p.m. Cost is $2.50 for members and $5 for non-members. Prizes are awarded.

Tuesday Kayaking – September 9 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and unlimited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is $5 for members and $10 for non-members. Advance registration is required.

Fitness Classes

Classes are available and all ages are welcome. Cost is $3.50 for members and $6 for non-members. Annual membership is $20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will be used. Class begins with a joke and ends with a positive thought for the day. Silvia Villanueva is the instructor.

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

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. 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. Mats are used to meet the needs of varying experience levels. Bring a towel. Patricia Gennity is the instructor.

For more information on programs or to join Island Seniors, call 472-5743 or stop by the Center 4 Life, 2401 Library Way on Sanibel.

'Ding' Debuts New Sea Turtle Exhibit

Campers from the Sanibel Sea School gather around the new sea turtle exhibit, which was unveiled last Friday morning at the JN "Ding" Darling National Wildlife Refuge. At right is Supervisory Refuge Ranger Toni Westland. photos by Jeff Lysiak

by Jeff Lysiak

The JN "Ding" Darling National Wildlife Refuge on Sanibel celebrated Sea Turtle Day by debuting its new interactive exhibit featuring the five species – loggerhead, green, Kemp's Ridley, hawksbill and leatherback – most commonly found in Florida waters.

The exhibit, located inside the refuge's Visitor & Education Center next to the Nature Store, includes an interactive touch-screen with videos and facts about each turtle, a cross-section of a loggerhead nest, photographs and rotating replicated shells that visitors can guess which turtle is which.

Also, hanging above the display is a life-size (35.5 inches) replica of an adult male loggerhead.

"We've been working on this for more than a year," said Supervisory Refuge Ranger Toni Westland of the new display. "It took a lot of input from a lot of people… we wanted to make sure that everything was correct and accurate."

Westland noted that the exhibit hopes to educate visitors about the types of sea turtles swimming in local waters, their lifecycles, threats that face them and the history of the sea turtle program on Sanibel.

"We wanted this display to represent the conservation of sea turtles as well as the history of sea turtles here on the islands," said Refuge Manager Paul Tritaik.

On August 29, refuge staff, volunteers, supporters and invited guests mingled throughout the Visitor & Education Center, which over the past year has also had unveilings for new crocodile and manatee displays.

In addition to Westland and Tritaik, the crowd was addressed by Birgie Miller, executive director of the "Ding" Darling Wildlife Society (DDWS), and Justin McBride of the West Coast Inland Navigation District.

"This is great… I think it's fun and educational," said John McCabe, president of the DDWS. "I hope people carry away with them how important these creatures are."

Following the unveiling of the new display, Sea Turtle Day continued with presentations by Refuge Biologist Jeremy Conrad and SCCF Sea Turtle Program Coordinator Kelly Sloan as well as a screening of the documentary, *Turtle: The Incredible Journey*. The film chronicles the life of a sea turtle hatched on a Florida beach who travels to the North Atlantic, Africa and back to the beach where she was born.

The Sea Turtle Exhibit was made possible by a West Coast Inland Navigation District grant along with other gifts to the "Ding" Darling Wildlife Society-Friends of the Refuge.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 292-0566 or director@dingdarlingsociety.org.☼

A life-size loggerhead replica hangs above the sea turtle display photos by Jeff Lysiak

One interactive feature of the exhibit is a display of five different sea turtle shells. They are identified underneath each shell. photos by Jeff Lysiak

Supervisory Refuge Ranger Toni Westland thanks exhibit sponsors, staff, volunteers and guests for attending the grand opening on August 29 photos by Jeff Lysiak

Birgie Miller, executive director of the "Ding" Darling Wildlife Society

One section of the display details how people can help protect sea turtles, along with samples of common threats to them

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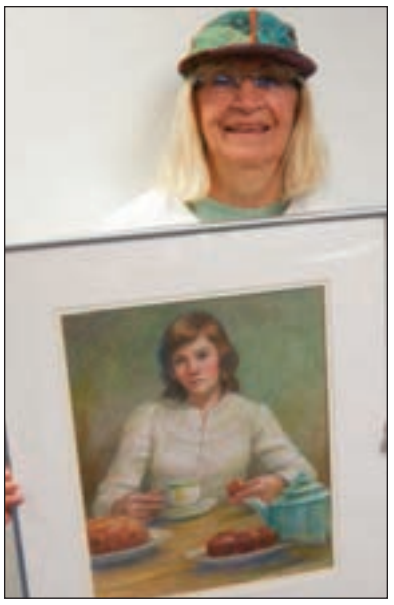

Rita Mach Skoczen

Terry Shattuck

Pat Smart

Joan Reynolds

Sanibel-Captiva Art League

Art League Exhibit

The Sanibel-Captiva Art League invites residents and visitors to see the members' paintings on view through September at the Sanibel Public Library on Dunlop Road during regular library hours. Call the Library, 472-2483 or log on to www.sanlib.org for information and upcoming events.

For more information about the art league's seasonal schedule such as weekly paint-outs and portrait workshops, clothesline sale, exhibits, and monthly meetings, log on to www.sancapart.com or write to San-Cap Art League, PO Box 1192, Sanibel FL 33957.☆

Kathy Taylor

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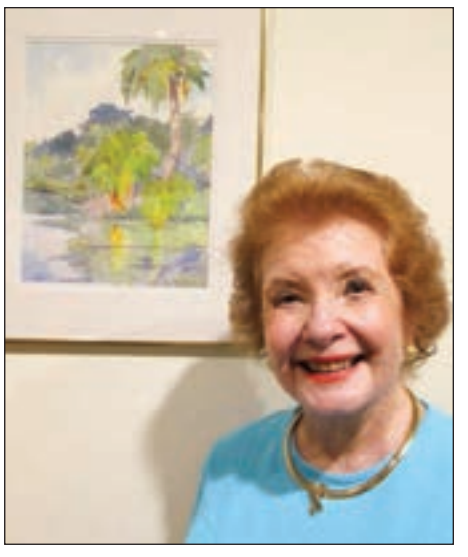
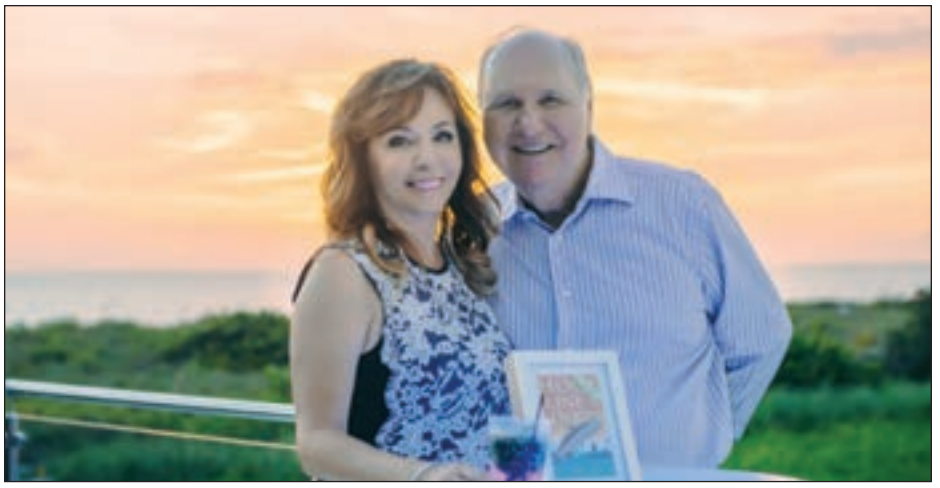


Rita McLain

Marilyn Fowler

Jim Bird

Jaye Boswell



Helene and Mike Hall with the Hook, Line and Sinker

Halls Host Special Celebration At Captiva Home

Mike and Helene were married last November at South Seas Island Resort and are moving into their new home they constructed on Captiva.

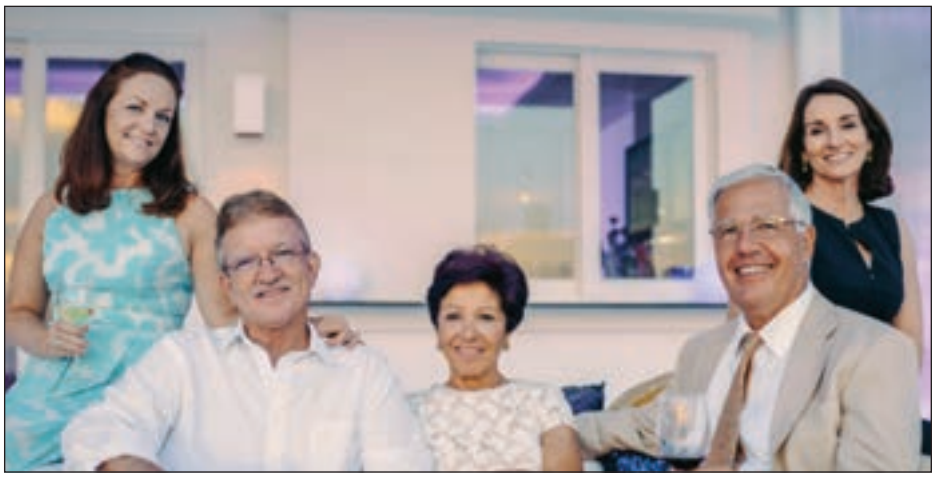
Recently, the Halls held an intimate party at their new home located on the Gulf. Guests enjoyed a wonderful dinner that included Maine lobster and short ribs, music and dancing. South Seas catered the event.

The Halls purchased rights to "Name The Drink" at Doc Ford's during the 2014 SanCap Cares event. They thought that in addition to celebrating Helene's birthday, they could promote the cocktail – The Hook, Line & Sinker – at the event. A donation of $1 from every drink sold at the three Doc Ford's locations over the next year will go to the Golisano Children's Hospital of Southwest Florida. Mike and Helene helped create the cocktail, which includes DonQ coconut rum, Monin watermelon syrup, lime juice and mint leaves. Brenda and Marty Harrity generously donated a bartender and all of the ingredients for the drink for the evening.

The Halls are committed to giving back to the community. They are hosting a Southwest Florida Wine & Food Fest dinner in their new home in February 2015. The Chef Vintner dinners support the SWFL Children's Charities, whose primary beneficiary is the Golisano Children's Hospital of Southwest Florida. This will be the first Wine Fest dinner held on Captiva.

Helene and Mike Hall's home exterior

Helene and Mike Hall's home



Lisa and Bob Walsh, Tony and Angie Lapi, Brenda Harrity

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Sanibel firefighter Rob Popkin has been running in his bunker gear in preparation of participating in the 2014 Tunnel To Towers race in New York City on September 28

From page 1

Firefighter To Follow In 9/11 Hero's Footsteps

"I'm originally from New York, which is why I wanted to participate in the event up there. And I figured that if I'm gonna pay tribute to him, I want to follow in his footsteps… literally."

The Stephen Siller Tunnel To Towers race and walk is one of nearly a dozen such events held annually across the country, with more than 10,000 participants.

Logo for the Southwest Florida Professional Firefighters & Paramedics IAFF Local 1826

Popkin will wear approximately 40 pounds of firefighting gear – including his SFRD jacket, pants and helmet – while participating in the race, which covers a 3.5-mile (5K) course.

"I've run in 5K races regularly, but in the spirit of the race, I'm running in my bunker gear," he said. "My goal is to cover the route in about 35 minutes, which is a 10-mile pace. I'm also going to wear a GoPro camera to document the whole experience."

All proceeds from the race will benefit the Stephen Siller Tunnel To Towers Foundation, including its Building For America's Bravest program, which constructs specially-adapted, custom-designed "smart homes" to help restore independence and improve the quality of life for the nation's most catastrophically injured service members.

"I'm the only firefighter from Sanibel that's going to the New York race, but a few guys have already expressed an interest in doing it next year," Popkin said.

In addition to receiving the support of the Southwest Florida Professional Firefighters & Paramedics IAFF Local 1826, Popkin is seeking donations for the Stephen Siller Tunnel To Towers Foundation. He has established a goal of raising $2,500. People wishing to make a donation may visit www.crowdrise.com/sanibelfireiafflocal1826/fundraiser/robpopkin and contribute.✯

Book Study At Sanibel Church

A four-week book study discussion will begin Sunday, October 5 and run through Sunday, October 26 at Sanibel Congregational United Church of Christ. The program, beginning at 9 a.m., is part of the church's emphasis on literacy, called Reading Changes Lives. The discussion will focus on a denomination-wide book study exploring Rob Shindler's *Hot Dogs and Hamburgers: Unlocking Life's Potential by Inspiring Literacy at Any Age.*

Across the nation, one in five adults cannot read above a fourth grade level. Seventy percent of adult prison inmates, and 85 percent of juvenile offenders are considered functionally illiterate, as are 20 percent of high school graduates.

The series will be held in the church's Heron Hall. Books are available through the church office. For more information, call 472-0497 or visit www.sanibelucc.org. Sanibel Congregational United Church of Christ is at 2050 Periwinkle Way.✯

Sunday Seminar

Sanibel Congregational United Church of Christ is bringing back TED Talks to its Sunday Seminar Series. Four showings of TED Talk videos followed by discussion, are scheduled for Sunday mornings at 9 a.m. in the church's Heron Hall.

On Sunday, September 7, the talk will feature biographer Lesley Hazleton.

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Mary Bondurant as Mary Mermaid

Celebrity Waitress Chosen For Fundraiser

Mary Bondurant, aka Mary Mermaid, has been selected as a celebrity waitress for The Bailey-Matthews National Shell Museum annual fundraiser on Monday, September 29 at Traders Island Post and Cafe.

This year, you can go online and help her raise tips ahead of time. Go to https://emuseum.shellmuseum.org/benefit.aspx. Ticket information is available as well.✯

Cracker Fest Returning To The Bait Box

The Sanibel-Captiva Chapter of Solutions to Avoid Red Tide, Inc. (START) is preparing for its 6th annual Cracker Fest, which will be held on Friday, November 14, beginning at 6 p.m., at The Bait Box. Tickets are $100 per person.

The committee is planning an evening of dining with friends and family, instructed line dancing lessons, and dancing to the live music of Uproot Hootenanny. There will be live and silent auctions as well as a 50/50 raffle drawing.

On the menu this year is an authentic Cracker Feast of a whole-hog barbecue, Ralph Woodring's fried mullet, shrimp and grits, dessert, and beer and wine.

Cracker Fest celebrates Florida's cultural heritage while also raising awareness and financial support for the Sanibel-Captiva chapter of START. The proceeds of this fundraiser will support START's mission in pursuit of educational and scientific findings in marine habitat/species preservation and restoration, as well as the promotion of healthy beaches and waterways.

Admission is by reservation only and limited to the first 300 attendees. For tickets, contact Madison Durley at 472-8585 or email START@sanibelseaschool.org.✯

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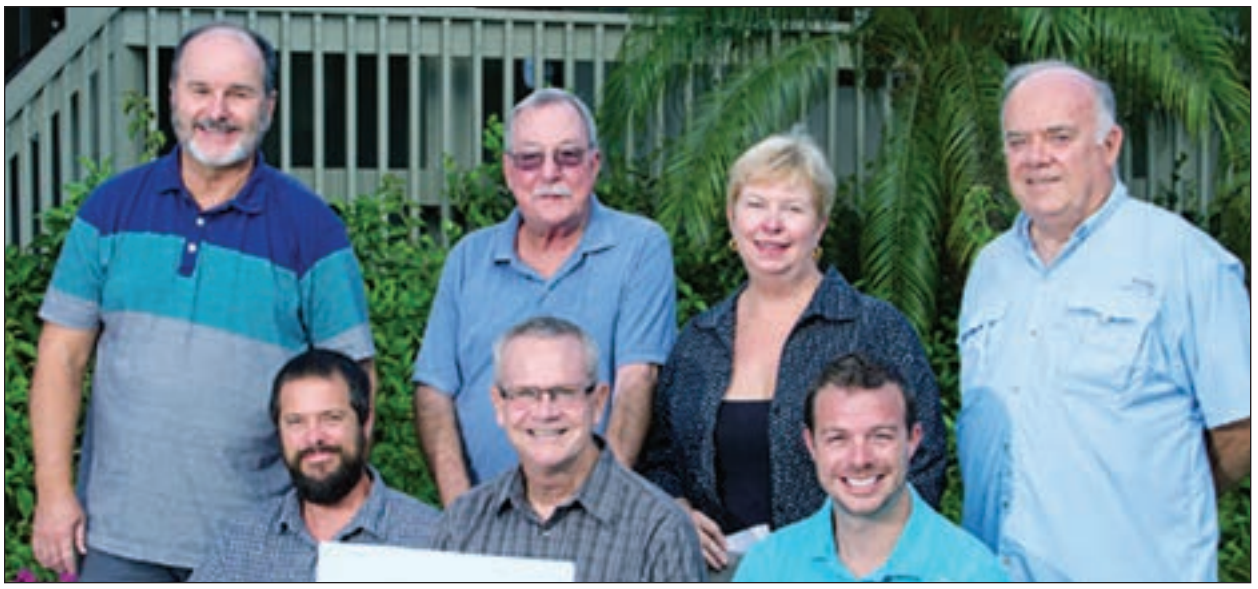

Sanibel Community Church is sponsoring the 10K Race 4 FISH

Church Sponsors 10K Race 4 FISH

The Sanibel Community Church continues its gold sponsorship of the 6th annual 10K Race 4 FISH, an island tradition that draws runners from near and far to Sanibel Island for a worthy cause. Proceeds benefit FISH of Sanibel-Captiva, Inc., which provides valuable human services to those who need it most in our community.

"We are delighted to have Sanibel Community Church as a partner of FISH and its 10K race" said Ed Ridlehoover, FISH board member and race committee co-chairman. "It is because of people like members of the congregation that make it possible for our organization to serve our neighbors in need."

Sanibel Community Church and FISH became partners eight years ago when the church hosted a community fish fry to raise funds for the non-profit organization.

"The relationship has grown deeper over the years," said Senior Pastor Dr. Daryl Donovan. The church was a gold sponsor of the 5th annual race and had several members of the congregation volunteer on race day, as well as several others as runners.

"Many of our teens participated in the race last year, which is a great way to get them involved in community service," added new Youth Pastor Kevin Schafer.

Sanibel Community Church was founded a century ago as a non-denominational church under the belief that would best serve the islands – making "community" its middle name. The congregation has been devoted to serving its Sanibel-Captiva community throughout the years and is delighted to have FISH as a neighbor.

"We love how FISH is a pooling place where all of the churches can partner together to lend support to the needs of the community," said Missions Pastor Brad Livermon. "While each church on the island supports specific outreach ministries, FISH provides a common channel of help to any who have need on the islands."

There are a variety of 10K Race 4 FISH sponsorship slots available – Gold, Silver, Bronze or Friend. For Gold to Bronze sponsorships, your name or logo will appear on the back of T-shirts featuring the Hortoon race logo and worn by the runners, as well as all banners and printed 10K materials. Friend sponsors will be included on all banners and race materials.

Anyone who is interested in becoming a race sponsor should contact Nancy and Pete Bender at benderlaw@juno.com or 472-5220. The deadline is September 15.☼

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Shell Of The Week

Florida Rock Snail

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

The Florida rock snail, *Stramonita haemastoma floridana* (Conrad, 1837), although relatively common in other parts of Florida, is locally uncommon. This happens because populations of the species need ample rock areas to thrive, and rocks are not prevalent on the barrier islands of Southwest Florida. Rock snails in the genus *Stramonita* are known to feed on oysters and mussels and may be able to "attack" those prey in groups, to maximize feeding efficiency. Their feeding behaviors include chipping away at the shell margins of oysters and mussels using their teeth (called radula) and acid secretions. Rock snail egg capsules are column-shaped, measuring about 3/8 inch. "Spent" egg capsules typically show a purplish color, a leftover from the liquid surrounding the embryonic snails. Learn more about the Florida rock snail at http://shellmuseum.org/shells/shelldetails.cfm?id=76.

Shell Museum Events

Celebrity Island Dinner Museum Fundraiser, to be held on Monday, September 29 starting at 5 p.m. at Traders Café and Store. Cost is $60 per person including happy hour, entertainment by local celebrity waiters, karaoke and a three-course gourmet meal. Proceeds go to the museum and tickets can be booked online at www.shellmuseum.org or by calling 395-2233.

Live Tank Demonstration: Learn from a marine naturalist as you watch a fighting conch use its foot for locomotion, spy a lightning whelk slam its trap door shut for protection, or witness scallops zip across the tank with the jet propulsion skills. Daily at 11:30 a.m. and 2:30 p.m.

Carolyn's Collection: Would you pay $300 for a shell? Come meet Carolyn, a delightfully entertaining shell collector with gorgeous, gem-quality shells to show. Learn and laugh as Carolyn shares the history of building her top-notch collection. Monday at 2 p.m.

What Is A Mollusk? Ever wonder

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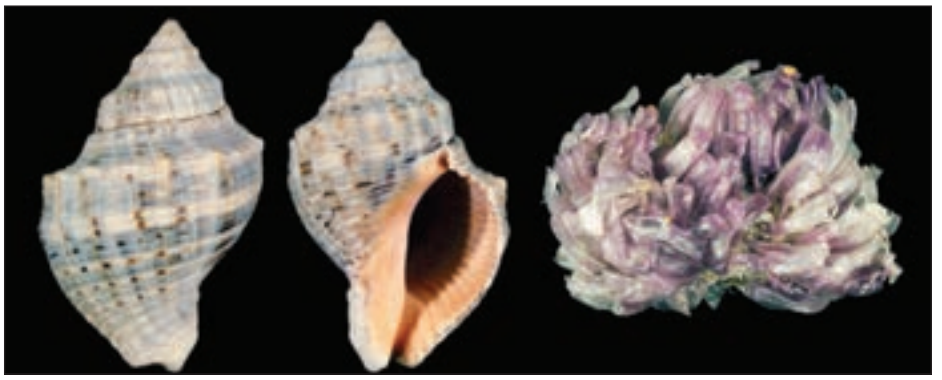
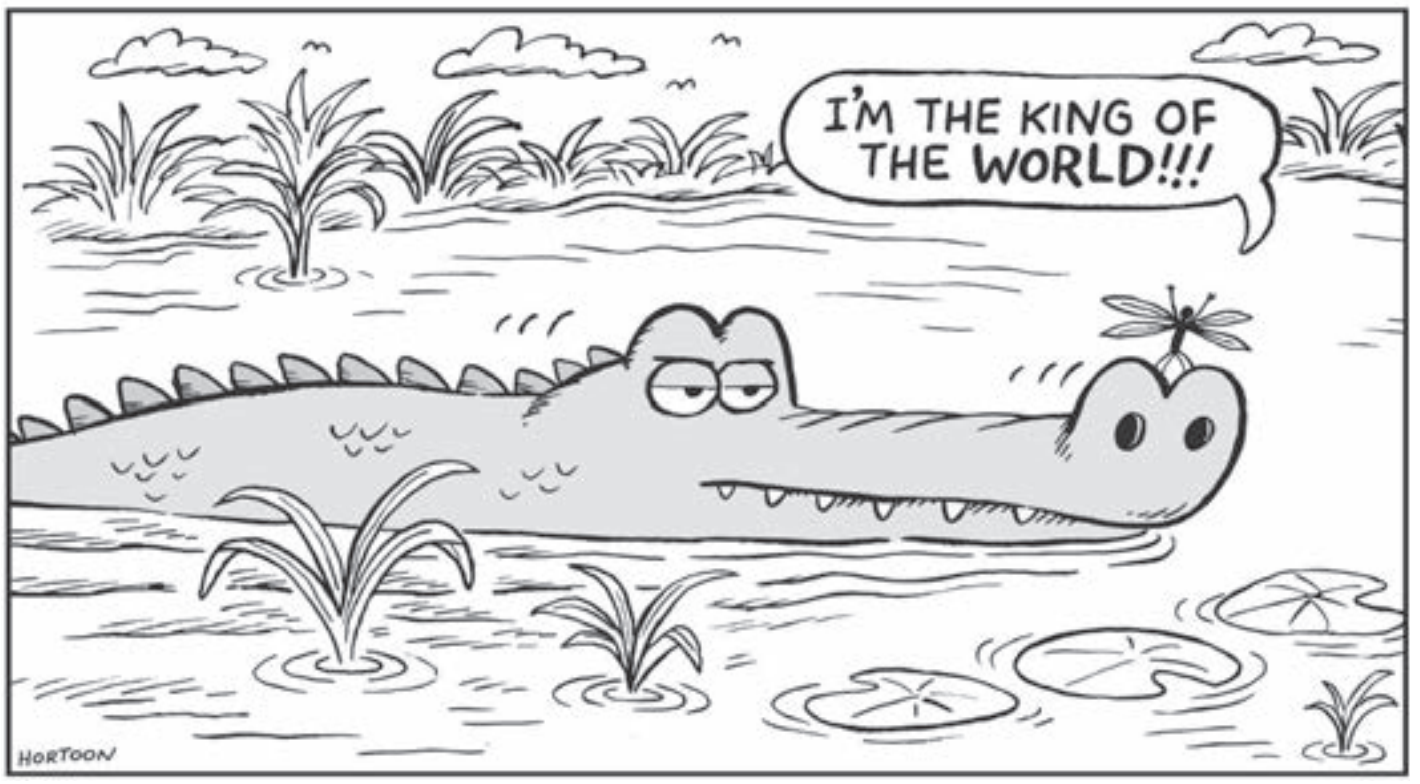


The Florida rock snail, *Stramonita haemastoma floridana*, shell and (on right) empty egg capsules

HORTOONS



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BIRTH ANNOUNCEMENT

Blake Thomas Walsh

Drs. Greg and Jaclyn Walsh of Sanibel Chiropractic are excited to announce the birth of their first child, a baby boy. Blake Thomas Walsh was born in Fort Myers at HealthPark on January 27, 2014. At birth, Blake weighed 7 pounds, 2 ounces and was 21.5 inches long.

Blake's maternal grandparents are Jeff and Jana Leeper of Paducah, Kentucky. Mike and Jean Walsh of Jacksonville, Florida are his paternal grandparents.☆

From page 1

City Leaders Take ALS Ice Bucket Challenge

his!"Challenged by Mayor Kevin Ruane, the group announced that they were challenging several of their "favorite people who attend city council meetings every month," naming Barbara Cooley, Claudia Burns, Gloria Hannen and Karen Storjohann to perform the stunt.

In addition, Jennings challenged Jim Kilchenman and Smith challenged City Attorney Ken Cuyler and "the city's administrative staff" to take the ALS Ice Bucket Challenge, too.

As of last Wednesday, The ALS Association has received $94.3 million in donations – compared to $2.7 million during the same time period last year (July 29 to August 27) – thanks in large part to the viral, social media-boosted challenge.☆

Pamela Smith high-fives Mick Denham following the challenge photos by Jeff Lysiak

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BAT YAM-TEMPLE OF THE ISLANDS:
The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 8 p.m. in the Fellowship Hall of the United Congregational Church 2050 Periwinkle Way, Sanibel. Rabbi Myra Soifer. For information call 239-395-2544.

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UNITARIAN UNIVERSALISTS OF THE ISLANDS:
Meets on the first Sunday of each month from December through April at the Sanibel Congregational Church, 2050 Periwinkle Way at 5 p.m. A pot luck is held at a member's home on the third Sunday of each month. For more information call 433-4901 or email ryi39@aol.com.

OBITUARY

Warner Lee Byrum, 85, passed away peacefully on July 23, 2014. He is survived by his wife Sue, daughter Diana, son-in-law Pat as well as several grandchildren, nieces and nephews.

Warner, most recently from Sanibel, grew up and raised his family in Winnetka, Illinois while working for the Estee Lauder Company in the position of Executive Vice President of Sales. Later, he enjoyed an entrepreneurial venture in the hospitality industry. Warner will be missed greatly for many things, but mostly for his generosity and wonderful sense of humor.

Services will be held at a later date at the Winnetka Congregational Church in Winnetka, Illinois.

WARNER LEE BYRUM

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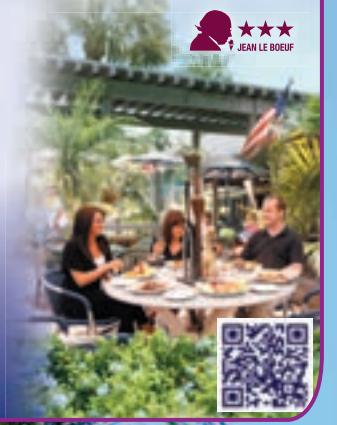

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Fertilizer Regulations Promote Healthy Waterways

Algal bloom

photo courtesy of Lee County Hyacinth Control District

Some call it the Slime Monster. This isn't Godzilla and Tokyo. It's real and it's right here in Southwest Florida. As in Hollywood blockbusters, efforts to battle the creature offer a catchphrase, "Don't Feed The Monster!" The monster is a harmful algae bloom that is fed by excessive nutrients such as phosphorus and nitrogen. Overuse of these fertilizers threatens the health of the Peace, Imperial and Caloosahatchee rivers. It's as real as Estero Bay and all the estuaries and bodies of water in Southwest Florida.

The overuse of such fertilizers threatens not only our water supply but also the tourism industry that makes the Southwest Florida economy hum. "What we sell is Mother Nature," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau. The excess nitrogen and phosphorus mess with Mother Nature, which is never a good thing. That is why 10 Southwest Florida counties and organizations have formed a consortium to encourage residents and businesses to use fertilizers responsibly.

The nitrogen and phosphorus that is used to help things grow on land does the same in the water, which may lead to harmful algal blooms in waterways. Growing green lawns and bountiful crops of oranges in backyards is good bu growing excessive algae in water is bad.

The use of fertilizer with nitrogen and phosphorus is banned part of the year throughout the area. Cape Coral, Fort Myers Beach and Lee and Charlotte counties, for example, don't allow fertilizers containing those elements to be applied from June 1 to September 30. Sanibel's ban is July 1 through September 30. Lee County commissioners approved its ordinance prohibiting the use of fertilizers with nitrogen and phosphorus in 2008 and it went into effect in 2009 in unincorporated parts of the county. The goal is simple, as noted on the county's website, "…. Prevent excess nutrients from entering our waters as a result of drainage and runoff." Similar ordinances are scattered throughout the region.

Ralph Mitchell, Charlotte County's extension director and horticulture agent, said his county's fertilizer ordinance has been in effect since 2008 and Punta Gorda added a similar ordinance in 2012.

The city of Bonita Springs website home page includes a box with this headline, "We've Created a Monster On Our Shores, Bays, Rivers and Lakes." In that box on the city's website is this information, "Improper application of fertilizers such as using more than recommended amounts or applying the wrong formulas at certain times of the year has come to bite us. When combined with rains and runoff, these nutrients

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CROW Case Of The Week:

Loggerhead Turtle

by Patricia Molloy

For more than 100 million years, sea turtles have graced the world's oceans. Of the seven different species of marine turtles, nearly all of them are listed as Endangered. At every stage of their lives, sea turtles face increasing threats at the hands of illegal trade and consumption, warming ocean temperatures that skew the natural gender balance, coastal development that destroys nests, and net entanglement of large-scale commercial fishing operations.

The most common marine turtles in the Southeastern U.S. is the loggerhead *(Caretta caretta)*. These graceful reptiles – which reach the average weight of 200 pounds – are characterized by an exceptionally large head (hence the name). All sea turtles are long-lived and scientists believe that loggerheads can live up to 50 years of age.

Just last week, a loggerhead turtle was admitted to the Sanibel wildlife clinic. The patient, #2131, is a male that had a fishing hook piercing its tongue. Severely underweight due to its inability to chew well, emergency surgery was performed to remove the obstruction and to treat the turtle with antibiotics and pain medications. It was then placed into one of the marine turtle tanks on CROW's property, which had just been filled with clean, circulating salt water. (Ocean waters provide a zero gravity environment for these heavy turtles.)

"The site looks like it's healing well," said Kate Bender, senior wildlife rehabilitator. "He started eating for us a couple of days ago, so we are going to try to up his food intake."

While active, sea turtles (like this loggerhead) must breach the water's surface every few minutes to take a deep breath of oxygen. When they are resting, they are capable of staying underwater for much longer.

If the loggerhead continues to fare well, it will be returned to the waters off of Sanibel in a few weeks.

Fish hook and line injuries are preventable. You can help keep our native and migratory wild birds and marine life safe by practicing responsible fishing techniques. CROW has teamed up with "Ding" Darling Wildlife Society, U.S.t Fish and Wildlife Service, National Wildlife Refuge System to educate the public on proper fishing etiquette with the Clear Your Gear Campaign. For more information, go to www.crowclinic.org/clear-your-gear-campaign.

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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.

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Fish The Bait Schools For Fast Paced Action

Capt. Matt Mitchell

With the Labor Day holiday weekend now behind us, the amount of boat traffic on the water has really quieted down and our fishing just gets better and better. September has always been one of my favorite months of the year to fish our local waters not only because of all the options it offers anglers, but also because there are so very few boats out fishing. Just about any species you want to target you can do it successfully in September. This is the best month of the year to get that grand slam.

Huge schools of small fry bait made locating good fast-paced fishing action easy for anglers again this week. The amount of life we are experiencing in the sound and the clear water conditions are just not something we usually see too often during our summer months. Catching five or six varieties of fish while throwing soft plastic jigs in and around these bait schools has been a everyday happening.

Look for these bait schools anywhere from the middle to northern sound. The most productive area's for me has been from Demere Key up to the fish shacks on the eastern side of the intercoastal. Feeding birds and feeding fish are easy to spot – just look for the small gulls right on the water eating the baitfish that the fish are chasing up to the surface. Trout, mackerel, jacks, ladyfish and mangrove snapper are just some of the species that are taking advantage of this bait buffet. During the first few hours of daylight, look for tarpon feeding in and around these same bait schools.

Mangrove snapper fishing continues to be a good option too, with larger-sized snapper being caught in the passes, around the bait schools and under the mangroves. The snapper we are catching this last few weeks are as big as we ever see them in the sound, with fish up to a whopping 16 inches.

Hunter Jolly from Lake Placid with a 24-inch redfish he caught this week in Pine Island Sound while fishing with Capt. Matt Mitchell

A small tail-hooked pinfish on a light wire hook has been the bait of choice to target these bigger mangs. This is fast-paced, high activity fishing which results in tasty fillets. These snapper are always around this time of year, but I don't recall seeing them in such large numbers in recent years as we are seeing them now.

Redfish fishing this week proved a little tough for me with only a few fish caught here and there on the less than perfect tide patterns. Breezy mornings made locating shallow water schools of redfish a little difficult and with lots of other fishing options, it was too easy to switch it up and go catch another species when the redfish just did not want to play.

Big morning high tides this week will be a near perfect set up to fish redfish against the mangroves and around the oyster bars. September traditionally marks the kick-off of schooling redfish in our area. This usually goes on all the way through October. Look for some of the best big redfish action we will see all year.

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

Send Us Your Fish Tales

The *Island Sun* would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *Island Sun*, 1640 Periwinkle Way, Suite 2, Sanibel, or email to press@islandsunnews.com; or call 395-1213.

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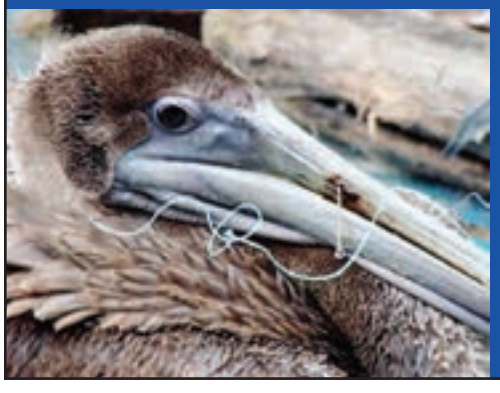

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SFWMD Supports Restoration Of South Florida's Environment

Does organic matter, matter in the Everglades? Lake sediments: to dredge or not to dredge?

Finding the answers to these and a host of ecological and hydrological questions provides the science-based foundation for South Florida Water Management District (SFWMD) efforts to restore the Everglades and South Florida's unique ecosystems. To publicly share their work, more than 20 SFWMD scientists discussed their research this month at the August Governing Board meeting. Illustrated posters also were on display throughout the week summarizing the studies and findings.

One recent study, for example, evaluated water depth and duration of inundation in the Stormwater Treatment Areas (STAs). The goal was to help water managers identify the optimal water level for cattail health. Cattails are one of the primary plants used in the STAs to remove phosphorus and thereby improve the quality of water flowing to the Everglades.

Another study concluded that biocontrols, or tiny insects that serve as natural enemies to unwanted species, are an effective tool in the management of melaleuca and other invasive plants.

To engage the public, each poster included a banner capturing the topic or basic question addressed by the scientists' highly technical work. The broad range of research themes in the display are listed here, linked to its technical poster:

- Blowing the unpredictability of algal blooms out of the water
- Rolling in the deep: How water levels affect cattail in the STAs
- Where's the phosphorus?
- Flows inch up, down by the Bay
- Mission possible: Science to direct optimization of STAs
- Unlocking the STA phosphorus removal puzzle
- Dr. Strangebug: Integrating biological control with invasive plant management
- The rise and fall of invasive plants in the Everglades
- Dry times are good times: Taking advantage of dry season water levels to revitalize STA plants
- Algae makes a difference: PSTA is a key ingredient in improving water quality
- Is "taking a load off" always effective?
- For "Peat's" sake – In the Everglades, the organic matter matters
- The envelope, please! (Seagrasses and salinity in the St. Lucie Estuary and Indian River Lagoon)
- Going with the flow: Restoring freshwater flows to Florida Bay
- Lake sediments: To dredge or not to dredge?
- How a little restoration goes a long way
- How land use change and land management affect water quality and quantity
- We know it will flow, but when and where will it go?
- A bird's eye view for Everglades restoration
- Helping seagrasses "see the light"
- There's no business like flow business
- Wading birds: Are they finicky about where they feed?
- How modeling saved the dam on the Loxahatchee River

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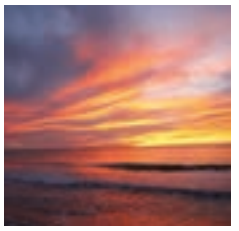

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Park your flip flops at the one and only Crow's Nest at 'Tween Waters Inn – where you'll find great food, great fun and great times served up nightly. A TripAdvisor top-rated Captiva Island restaurant.

New Vinyls: September 4, 5 & 6 | Save the Date: Island Hopper Songwriter Fest September 26 & 27

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Fogelsong To Host Taste Of The Islands

The Clinic for the Rehabilitation of Wildlife (CROW) announced that the lead media sponsor for CROW's 33rd annual Taste Of The Islands is ABC 7 – WZVN News for Fort Myers, Cape Coral and Naples, with Krista Fogelsong, ABC 7 news anchor, to host the event.

Krista Fogelsong

"ABC 7 is proud to be the media sponsor for the 33rd annual CROW Taste Of The Islands," said Eric Merris, marketing manager for ABC 7. "The work that CROW does is very important to our area's wildlife and we are more than happy to help support their efforts."

"Bringing ABC 7 on as our media sponsor will enable us to reach a wider audience, allowing us to get the word out about CROW to more people off the island," said Melissa Congress, CROW's board president. "We help wildlife from all over the area, from Cape Coral to south of Naples. Therefore, we need to get the message of who we are and what we do to more people in the area, so they know how they can help us continue our important work of saving wildlife."

Taste Of The Islands will be held on Sunday, November 9 from 11 a.m. to 4 p.m. at The Dunes Golf & Tennis Club on Sanibel Island.

The event will include over 20 restaurants featuring local island cuisine from Sanibel and Captiva.

For additional information, visit www.tastesanibelcaptiva.com.

This reddish egret portrait by Craig Goettsch took second place in 2013

Photo Contest Deadline Is September 15

The deadline for the 27th annual "Ding" Darling Days Amateur Nature Photography Contest is Monday, September 15.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days, which runs from October 19 to 25. Visit www.dingdarlingdays.com.

Complete contest rules follow. For an entry form and other contest information, visit www.dingdarlingsociety.org/photocontests. Or contact DDWS at dingdarlingoffice@yahoo.com or 472-1100, ext. 233.

Winners will be announced and awarded prizes at Conservation Art Day on Saturday, October 25 during "Ding" Darling Days.

Entries may be delivered in person to JN "Ding" Darling NWR or by mail to "Ding" Darling Wildlife Society (DDWS), One Wildlife Dr., Sanibel, FL 33957 (Attention: Gary Ogden).

• There is a $25 per person entry fee that provides you with a membership to the society and is used to defray the cost of the contest.

• Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

• Photos must be taken at JN "Ding" Darling NWR and have been taken within two years of entry date.

• Photos must be 8" x 10" (or full frame 8" x 12") with an 11" x 14" mat. This will facilitate display in the Visitor Center (no hangers on the backs of photographs.) Frames are not permitted. Please submit a digital copy on a CD/DVD/Flash Drive. Each photo must be at least 2MB. The two photo entries can be copied onto the same CD/DVD/Flash Drive.

• Each person may enter up to two photos but is eligible to win only one award. One $25 fee covers two entries per person.

• Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

• Judging will be anonymous.Do not put your name or anything that will identify you on your photograph.

• Judging criteria:

1) Technical excellence (sharpness, lighting, composition, exposure)

2) Originality/creativity

3) Interest

4) Ability to be reproduced for publication

• On digital photos, only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.

• All photos will become the property of DDWS and will not be returned. There is no need to include a return envelope or postage. Photos may be used by DDWS in any way with appropriate credit.

• First, second and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's weeklong celebration held in October. Cash prizes will be awarded.

• The refuge and wildlife society cannot be held responsible for loss or damage of photos.

• There are three judges: A refuge staff person, a professional photographer, and a member of the Sanibel community.

• Cash prizes are as follows: 1st Place – $100; 2nd Place – $50; 3rd Place – $25

DDWS sponsors "Ding" Darling Days with support from Tarpon Bay Explorers, the U.S. Fish & Wildlife Service, and other private and business partners. To become a friend of the refuge, visit www.dingdarlingsociety.org.

"Ding" Darling Days 2014 sponsors include:

Roseate Spoonbill: Doc Ford's Sanibel Rum Bar & Grille

Great Egret: Matzaluna – The Italian Kitchen, 'Tween Waters Inn

Great Blue Heron: 97.7 Latino & Juan Radio, Arthur Printing, Bailey's General Store, Mike and Terry Baldwin, Casa Ybel Resort, Cedar Chest Fine Jewelry, Intech Printing, *Island Sun*, Jerry's Foods, Mike and Cannella Mullins, Ocean's Reach Condominiums, Sanibel Captiva Community Bank, Jim and Patty Sprankle, West Wind Inn

Reddish Egret: Big Red Q Quickprint, Caloosa Tent & Rental, Casa Ybel Resort, Sally and Rich Ennis, Gulf Breeze Cottages, Sabal Signs, Sanibel-Captiva Kiwanis Club, West Wind Inn

Snowy Egret: Barefoot Charley's Painting Co., Charlotte Harbor National Estuary Program, Jerry Edelman and

continued on page 28

ISLAND FARE

Dine Your Way Around Sanibel And Captiva With Anne Mitchell

For more information, check out our advertisers in this week's *Island Sun*

RESTAURANTS

The variety of dining options on Sanibel and Captiva just keeps getting better. For their size, the islands offer an extensive culinary array – all making the most of the area's fresh and abundant seafood and local produce. You'll find everything from burgers to barbecue, bistro style, Italian, Mexican, American, classic deli fare, organic, vegan, gluten-free, café food and Caribbean.

In this column, each week you will be able to stay updated on our local dining establishments and what they're offering and get the scoop on the island dining scene, whether it's fine or casual, take-out or frozen desserts.w

AMONG THE FLOWERS CAFE

Among the Flowers Cafe Gifts and Bakery in Tahitian Gardens, Sanibel, features fresh smoothy and green juices by Chelsee, and ice cream, pizza, french croissant featuring special sandwich like lox and cream cheese, eggplant caprese towers, fresh gluten free vegan soups, smoked turkey and brie, espresso bar, crafted coffees, as well as quality Italian and French breads, desserts, and lasagne along with vegan and gluten-free options. You'll also find made-to-order specialty cakes and cupcakes and party planning and catering is offered for the Sanibel island area and most of Fort Myers. There's outdoor seating on the shaded deck.

BAILEY'S GENERAL STORE

Bailey's General Store has a full deli, bakery, daily lunch specials, take out and catering for cook-outs, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland.

The bakery has freshly made donuts, scones and breads. The deli offers a variety of hot foods for breakfast, lunch and dinner, as well as catering services for special events. Services include shopping for your groceries and delivering them to your home or vacation destination. If you are on a gluten-free diet, pick up the extensive list of gluten-free products near the entrance to the supermarket.

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees.

BLUE GIRAFFE

Blue Giraffe serves breakfast, lunch and dinner from 10 a.m. to 9 p.m. This restaurant offers casual island dining seven days a week from a menu featuring fresh local seafood, chowders, salads and steaks. Besides dessert choices, you can get hand-dipped Edy's Grand Ice Cream.

Dine outside on the boardwalk or inside at hand-painted tables decorated by a local artist, or sit at the full liquor bar for a mixed drink, glass of wine or cold beer.

CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. Jimmy always made time for a good conversation, good company and great food. In Jimmy's memory, Cip's styles itself as a local watering hole. A mural that takes up an entire wall shows lots of islanders through the ages – including Cip – and if you don't recognize them all, ask to see the "key."

Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. And do try the home-made potato chips, the fried buttermilk chicken with sage gravy and the snapper tacos.

Choose between the outdoor garden patio or front porch. Indoor seating and full bar are also available. Hours are 11:30 a.m. to 9:30 p.m. daily with happy hour from 4 to 6 p.m.

The Lazy Flamingo's Donnetta Beck and Crissy Berti invite football fans to stop in and enjoy all the game action, including the NFL package, Big Ten and SEC Network. Happy Hour is celebrated from 3 to 5 p.m. and 9:30 p.m. to midnight, with domestic draft and pitcher specials.

CHIP'S SANIBEL STEAKHOUSE

Chip's Sanibel Steakhouse has many great options for locals and tourists alike. It is open seven nights a week with daily happy hour from 5 to 6 p.m., featuring two-for-one drinks and $4.95 appetizers. For early diners, there's a three-course prix fixe menu for $35 including a cocktail. In addition to an updated wine list, seasonal house-infused liquors such as strawberry-jalapeño tequila, blood orange vodka and cucumber gin are available.

The menu features steaks and seafood, including a six-ounce filet mignon topped with jumbo lump crabmeat finished with Hollandaise and served with of asparagus and choice of potato; Parmesan-crusted seabass served with mushroom risotto and finished with a creamy dill sauce. Save room for dessert though, because whether you are a chocolate lover or Key lime pie fan, Chip's has something for every sweet tooth.

CROW'S NEST AT 'TWEEN WATERS INN

The Crow's Nest at 'Tween Waters Inn is a more casual place than its sister the Old Captiva House. It's home to the famed Captiva Crab Races on Mondays and Thursdays and is a popular venue for live entertainment on Fridays and Saturdays.

There is a nightly happy hour.

DOC FORD'S RUM BAR & GRILLE

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels.

In addition to its Sanibel restaurant, Doc Ford's has a Captiva location in Chadwick's Square.

It's a well known gathering place and tropical theme sports bar with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich. The fish tacos are an island favorite and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

THE DUNES RESTAURANT

The Dunes serves lunch daily from 11 a.m. to 3 p.m. Summer chef specials include mahi-mahi and jerk chicken sandwiches, salads, burgers and shrimp po' boy. Open to the public.

On Friday nights, the restaurant is open for dinner buffet during the San-Cap 9-hole Golf Scramble. The regular lunch menu is offered until 7 p.m. to coincide with Family Fun Time from 4 to 7 p.m.

Indoor and outdoor seating.

GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only Seaside Saloon" where you can leisurely dine at the Sanibel Marina in view of luxury yachts and modest fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of "only fresh" seafood, salads, sandwiches and more. Appropriate dress is required.

If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva's bayside and Pine Island Sound. The Green Flash was built on the site of the historic Timmy's Nook, opened in 1950. Fittingly, seafood dominates the menu, although other options are offered as well. The Green Flash is easily navigable by boat and is located southwest of Marker 38 on the Intracoastal Waterway.

Hours are daily from 11:30 a.m. to 3:30 p.m. for lunch and 5:30 to 9:30 p.m. for dinner.

GREAT WHITE GRILL

The Great White Grill is a sports bar featuring 29 beers on tap and a good wine list. It's home of The Steel Curtain Pizza. There's free pizza delivery too. The Great White carries the TV Baseball package and the NFL package for sports enthusiasts and has arcade games for kids of all ages.

The regular menu includes hand-cast fresh dough pizza, wings, fries, chicken fingers, salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.

GREENHOUSE GRILL

The Greenhouse Grill offers happy hour pricing on a special appetizer of the day as well as beer and wine by the glass from 4 to 6 p.m. daily. The menu stretches from fresh salads, homemade soups and grilled black Angus burgers to pasta, steaks and fresh seafood. A must-have is the signature dish of the house, bouillabaisse, a medley of six seafoods prepared in a light broth of fresh aromatic herbs. All meals focus on fresh seasonal ingredients.

You can sit under the market umbrellas on the pet-friendly patio or inside the quaint and casual dining room.

The grill is open daily from 10:30 a.m. to 9 p.m. Reservations appreciated and carry out orders are welcome.

IL TESORO

Il Tesoro serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

Il Tesoro (The Treasure) serves dinner seven nights a week from 5 to 10 p.m.

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests… leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu.

Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 10 p.m.

JACARANDA

The Jacaranda Restaurant & Patio Lounge is a Sanibel mainstay, with a reputation for fine seafood and steaks. Dinner is served year-round Monday through Sunday. You can eat inside or outside on the pretty patio with its fairy lights and tropical vegetation.

During The Jac's Summer Break, Monday through Thursday, choose an appetizer, entree and dessert from the featured menu for just $30. Wine specials are also offered, along with the featured drink, The Jacaranda Sangria.

The Jac Bar has live music six nights and is the unofficial HQ for Sanibel's social scene. The patio lounge menu includes a selection of "happy apps" for $5.95 and half price drinks during happy hour, 5 to 7 p.m. There is also a raw bar.

JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out.

The restaurant is open for breakfast, lunch and dinner from 6 a.m. to 8:30 p.m.

LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations: one at 1036 Periwinkle Way, the other – the original – at 6520 Pine Avenue, near Blind Pass. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

The Flamingo Bread and the Caesar Salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

MATZALUNA ITALIAN KITCHEN

In the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big selection including over 20 combinations of pasta dinners from $11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available.

Matzaluna has craft beers on tap. On Wine Wednesdays, every bottle priced $25 and over will be discounted by $8 all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m.

MUCKY DUCK

The Mucky Duck may well be the most famous restaurant on the islands due to its longevity and quirky name. Then there's the fabulous sunsets. Patrons gladly wait on the beach for tables - this place draws crowds - sipping cocktails and beverages until they can take their seats. Reservations are not accepted.

The Duck is open for lunch and dinner, serving fresh seafood, pub-style food, sandwiches, steaks and other items.

OLD CAPTIVA HOUSE AT 'TWEEN WATERS INN

Old Captiva House at 'Tween Waters Inn, Captiva, offers romantic sunset dining in an historic setting with live piano music. Executive Chef Jason Miller prepares New Florida island favorites, tropical seafoods, classic meats and daily fresh-baked breads and pastries, served with an extensive selection of wines, liquors and coffees.

First built as a one-room school for children of Captiva's pioneer settlers, the Old Captiva House still reflects much of its original charm – from white French doors to hardwood floors to the Gulf of Mexico sunset that streams through the western windows. Its collection of famed cartoonist JN "Ding" Darling's 1930s whimsical vacation illustrations has led to its designation as a landmark in Southwest Florida.

OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different Eggs Benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available.

Breakfast is served all day. Summer hours are 7 a.m. to 3 p.m.

POCOLOCO

Need a pick-me-up? Looking for some downtime? Either way, your best bet is PocoLoco on the tropical courtyard at Jerry's Center. Indoors or out you will savor gourmet coffee, tea, signature sandwiches, pastries, or a cone of the region's most popular ice cream, Love Boat. PocoLoco is the Sanibel source for this ice cream and always features a couple dozen delicious favors. Stop by, sit in the sunshine and chatter with six cheerful parrots for a unique and memorable experience.

RC OTTER'S, CANTINA CAPTIVA, SUNSHINE SEAFOOD, KEYLIME BISTRO AND CAPTIVA PIZZA, YOGURT & GIFTS

Five Captiva eateries under the same ownership – RC Otter's, Cantina Captiva, Sunshine Seafood, Keylime Bistro and Captiva Pizza, Yogurt & Gifts – offer a fun and casual dining experience with a tropical flair reminiscent of Key West.

RC Otter's and Keylime Bistro have live music outdoors most of the day. Cantina Captiva serves Mexican food. Sunshine Seafood Cafe Wine Bar specializes in fine dining with a very respectable wine list. You have your choice of dining inside or outdoors.

SANDBAR

At The Sandbar, the Shrimp Revolution is under way. There are eight choices with eight gulf shrimp, just $15 each. Choose from the following flavors: Alfredo, Barbecue, Boom-Boom, Buffalo, Coconut, Fra Diavolo, Scampi or Crab Stuffed.

Sanibel's Best Early Dining Secret features $15 entrees until 5:45 p.m. Choose from baby back ribs, shrimp scampi, Scottish salmon, teriyaki filet skewers, vegetable pasta and other selections.

Dinner is served from 5 to 9 p.m., happy hour is at 4 p.m. in the lounge, with full liquor. Major credit cards accepted.

SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free wi-fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon.

Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to regular choices, along with pizza and wings, Boar's Head meats, frozen yogurt and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas, and free wi-fi.

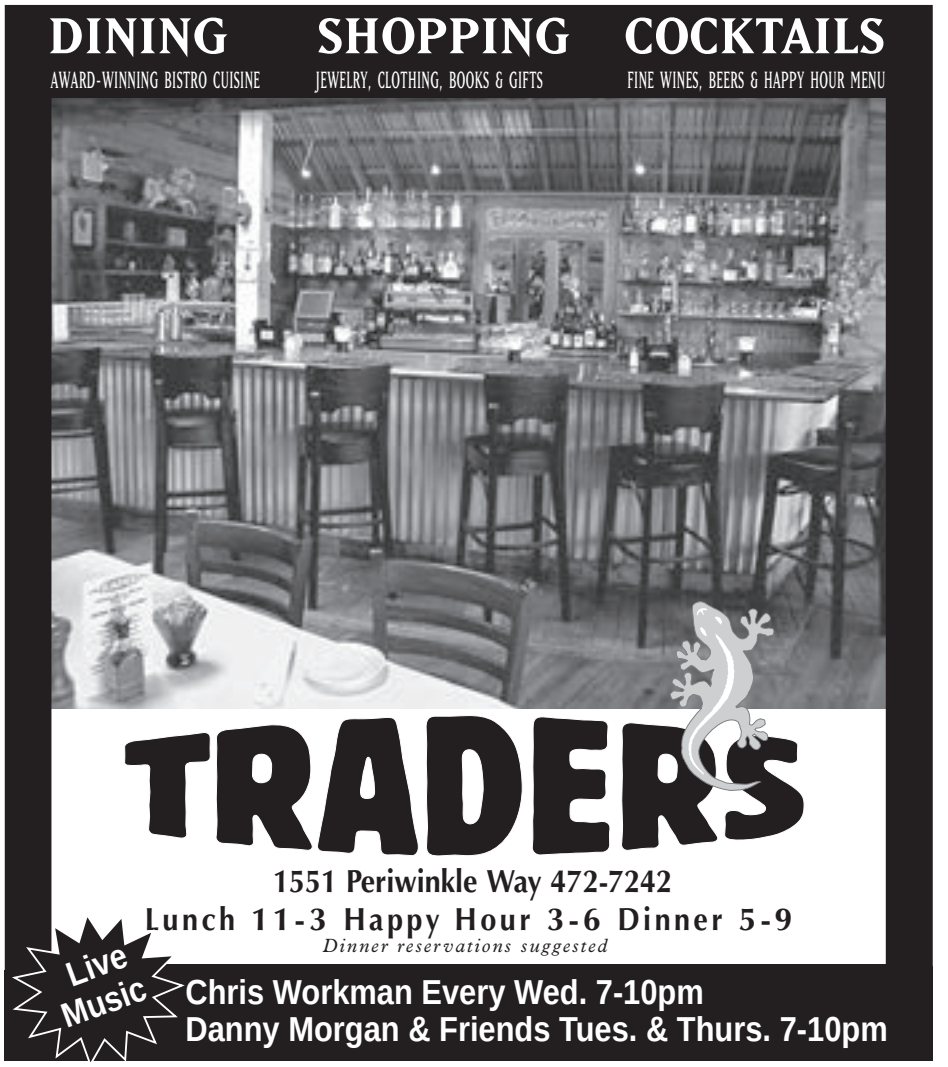
SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes.

SANIBEL SPROUT

The Sanibel Sprout is the island's diversified health food store with vegan gourmet take-out dishes prepared by chef Nikki. There is an all-organic juice/smoothie bar featuring the Sproutaccino. The Sprout

continued on page 22



From page 21

Island Fare

carries a wide range of organic, gluten and GMO-free groceries carefully selected to appeal to vegans, vegetarians and other health-conscious consumers. There is a broad selection of high quality supplements, herbs and vitamins, organic fresh produce, handmade Guatemalan Swarovski jewelry, etched glass juice jars and coffee mugs by Sanibel artist Luc Century, T-shirts and clothing, Sprout watches, pure soaps, cosmetics and hair products.

SUNDIAL BEACH RESORT & SPA

At Sundial Beach Resort & Spa, all restaurants and bars are open to the public.

Sea Breeze Café offers breakfast, lunch and dinner seven days a week, serving a combination of classic tavern fare and innovative entrees, salads and sandwiches. Sit in the dining room overlooking the Gulf of Mexico or on the outdoor terrace for an al fresco experience. Breakfast is served from 7 to 11 a.m. and an all-day menu is available from 11 a.m. to 10 p.m.

Pool & Beach Bar is open from 11 a.m. to 7 p.m. daily. Food, tropical drinks, imported and domestic beers, and an array of popular wines are available.

Happy hour is daily from 3 to 5 p.m. at Pool & Beach Bar and from 5 to 7 p.m. at the Sea Breeze Café with appetizers from $3 to $8 and beverages from $3 to $5.

Waterview is available for private functions during the summer and will resume daily dining service in the fall.

Register to win an Escape Weekend at Sundial Beach Resort & Spa. Entry forms are located at each resort restaurant.

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for $15 daily before 5:30 p.m. plus a large selection of local seafood such as grilled shrimp, fried grouper, oysters, clams and crab cakes.

Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's 2 p.m.)

TRADITIONS ON THE BEACH

Traditions on the Beach is one of the few Sanibel restaurants with beachfront dining. Located in the historic Island Inn, the recently updated restaurant sits on 10 acres with gulf views, perfect for watching the sunset over the water while you dine. The menu features Italian and Mediterranean cuisine prepared by Chef Aziz and his team. Traditions' dishes are made with fresh ingredients, from seafood and meats, to produce from local vendors. On the menu you will find the classics and specialties including Moroccan lamb, roast duck, lobster and veal. Pasta, grilled items and a raw bar are also available. In addition to the regular menu, specials are offered daily. There's an attractive bar and lounge area that also serves food and an extensive wine and cocktail list. Dining begins at 5 p.m. and continues until late. Reservations are suggested.

Traditions is closed until to September 19.

TRADERS STORE & CAFE

Traders is unique in that is combines a bustling restaurant with a large shopping emporium selling casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro style food with an island flair with offerings such as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in this place!

The tables are freshly wrapped in white paper for each party and there's a pot of colored crayons for doodling, whether you're an adult or a child. Traders has been around long enough to have become a favored local hang-out. Lunch is served from 11 a.m. to 3 p.m., happy hour 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

Traders is closed until September 30.

ZEBRA FROZEN YOGURT

This bold and bright cafe/store offers a variety of frozen yogurt flavors – try the caramel sea salt pretzel – with more than 50 toppings such as strawberries, blueberries, chopped candy and sprinkles. Other offerings include milk shakes, smoothies and frappes.

Zebra has indoor and outdoor seating.

The store recently added frozen yogurt to go, by the pint and quart.

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Island Sun
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LIVE ON THE ISLANDS

Keylime Bistro on Captiva features live music days and nights all week

The **Jacaranda** has entertainment five days. On Friday and Saturday, there is live music beginning at 8:30 p.m. Weekdays, music is from 8 to 11 p.m. On Monday, it's Renata, playing funk, jazz and contemporary music; Wednesday, Tish, playing contemporary and top 40s; Thursday, Eric Malibu, playing contemporary, reggae and dance;.

The **Crow's Nest at 'Tween Waters Inn** will feature the band New Vinyls on Thursday, Friday and Saturday.

The **Mucky Duck** on Andy Rosse Lane, Captiva, features music by Mark Dupuy on Mondays; Rich Lancaster, Wednesdays; Gene Federico, Thursdays and Saturdays; and Buckeye Ken, Fridays.

Sea Breeze Café at Sundial Beach Resort & Spa features Margarita Monday from 5:30 to 8:30 p.m. every Monday with $5 margaritas, taco bar for $12.95 and islands style entertainment. Happy hour is daily from 5 to 7 p.m. with a new drink menu and drink specials.

The **Island Cow** on Periwinkle Way has live entertainment on Friday with Dan Confrey; Saturday, Diana Lynn; and Sunday, Buckeye Ken.

RC Otter's on Andy Rosse Lane, Captiva, has live music daily with dining inside and out.

Keylime Bistro on Andy Rosse Lane, Captiva features live music days and nights seven days a week.

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

SCCF Sea Turtle Nesting Statistics

The Sanibel-Captiva Conservation Foundation's sea turtle nesting statistics as of August 29, 2014:

Sanibel East – 109 nests, 225 false crawls, 58 emergences

Sanibel West – 299 nests, 505 false crawls, 169 emergences

Captiva – 124 nests, 138 false crawls, 90 emergences

Total – 532 nests, 868 false crawls, 317 emergences

*False crawl = a failed nesting attempt

If you have questions or would like to know more about nesting on Sanibel, contact seaturtle@sccf.org or call 472-2329.

A loggerhead returning to the sea after nesting
photo by Dean Caple

Boston Pianist Opens Studio On Sanibel

Pianist and music historian Erik Entwistle has recently opened his studio on Sanibel, where he offers lessons to children, teens and adults. With more than 30 years of teaching experience, Entwistle is looking forward to working with area residents to help bring the joy and satisfaction of music-making into their lives.

Entwistle relocated to Sanibel from the Boston area, where he maintained an active piano studio, performed in recitals, and taught music history courses at Harvard University and the Longy School of Music of Bard College. On his recent move, he said, "I feel very fortunate to be in a place where the arts are thriving thanks to strong public support, and where people are able to take advantage of the many fulfilling pursuits offered here that can make such a difference in the quality of their lives."

In his performances, recordings and research, Entwistle often decided to focus on Czech composers. When asked why Czech music, he said, "It's a good question, and the simple answer is, why not? There is a lot of wonderful music to discover, whether it's by a Czech composer or anyone else that deserves more exposure, and that's part of the excitement. Composers like Chopin probably don't need their legacies championed any more than they already are, but for Czech composers, that is not the case. Also, although I myself am not Czech, the personal stories of some of these composers deeply affected me.

Erik Entwistle with a student
photo by Porter Gifford

"For instance, I became fascinated by a Czech woman composer named Kapralova, who lived an extraordinary life between the two world wars – that only lasted for 25 years. At age 22, she became the first woman to conduct the Czech Philharmonic Orchestra, an entirely male ensemble at the time, performing her own composition. And this was just one of her many achievements. Someone like Kapralova reminds us to live life to the fullest and to acknowledge every day as a gift."

Entwistle is now accepting students on an open-enrollment basis. Thirty-minute weekly lessons are recommended for the youngest students, while older or more advanced students benefit from hour-long sessions. Intensive study, with two or more meetings per week, is also available. A complimentary consultation and trial lesson are offered. Entwistle also assists people in finding the right keyboard or piano to fit their needs and living space.

Entwistle can be reached at 395-0339 or by email at erik@erikentwistle.com. For more information visit www.ErikEntwistle.com.✲

From page 8

Sunday Seminar

She will explore the relation of doubt to the development of faith in The Doubt Essential to Faith.

Sunday, September 14 will feature sustainability strategist Leyla Acorfoglu, who will present a talk on rethinking environmental folklore, called Paper or Plastic?

Sunday, September 21, the talk will feature journalist Mustafa Akyol, examining the interface between Islamic faith and local cultural customs. It is titled Faith v. Tradition.

Sunday, September 28, the final talk in the series, will feature lobbyist and activist Esta Soler in a review of the 30-year history of domestic violence legislation and practice. The talk is titled How We Turned the Tide on Domestic Violence.

All programs are free and open to the public. For more information, contact the church office at 472-0497 or visit the website at www.sanibelucc.org.

Sanibel Congregational United Church of Christ is at 2050 Periwinkle Way.✲

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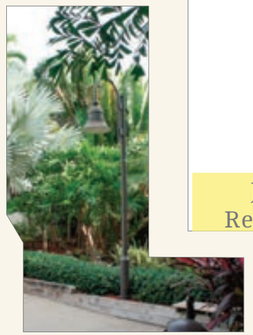

Feta, Tomato & Caper Potato Salad

1½ pounds potatoes, peeled or unpeeled
Kosher salt and freshly ground pepper, to taste
1 pint cherry tomatoes, halved
1 small sweet onion, thinly sliced
1/3 cup black olives, pitted and halved (preferably kalamata olives)
2 tablespoons capers, drained
1/3 cup chopped fresh basil
Pinch crushed red pepper flakes for heat
8 ounces feta cheese, crumbled
1 teaspoon dried oregano, or 1 tablespoon fresh oregano
1/4 cup olive oil

Place the potatoes in a pot, cover with cold water by at least an inch, add a good pinch of salt and bring to a boil. Reduce the heat to medium and cook until the potatoes are almost tender. Drain on a rack set in the sink and leave them there until cool enough to handle.

Cut potatoes into 1/3-inch cubes. Drop them into a mixing bowl, separating the cubes as you go. Add the tomatoes, onion, olives, capers, basil, feta and red pepper flakes. Toss gently. Crumble the oregano over the top, pour in oil and toss gently.☆

Feta, Tomato and Caper Potato Salad

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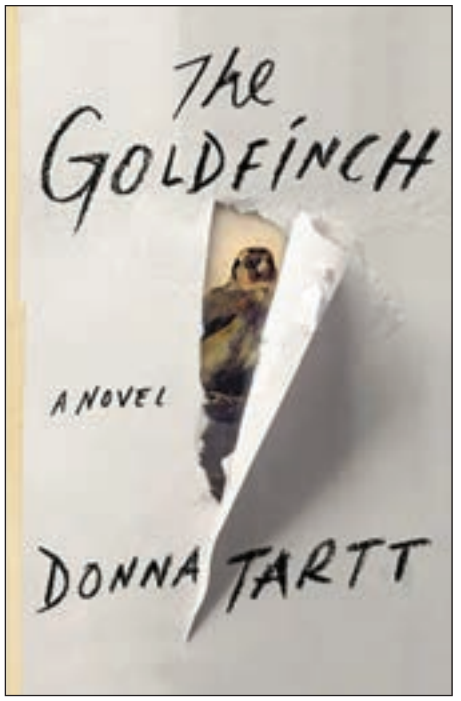
Book Club Selections

by Di Saggau

The Pulitzer Prize-winning *The Goldfinch* by Donna Tartt is being read by book clubs around the world. One of my book clubs just finished having a discussion about it and the comments were quite varied. Some wondered why it received the Pulitzer, finding it too long and tedious. Others were relieved to have finished the 771-page novel because they could stop debating whether or not to keep reading it. Then there are those who truly loved the book, myself included. It's a shocking narrative full of energy and power, combining unforgettably vivid characters, mesmerizing language and breathtaking suspense. It explores the deepest mysteries of love, identity and art.

It begins with a boy, Theo Decker, a 13-year-old New Yorker, who miraculously survives an explosion in a museum that kills his mother. Abandoned by his father, Theo is taken in by the family of a wealthy friend. He is bewildered by his new home and disturbed by schoolmates who don't know how to relate to him. He has an unbearable longing for his mother as he clings to the one thing that reminds him of her: a small mysteriously captivating painting that ultimately draws Theo into the underworld of art.

Only a small part of the painting is pictured on the cover of the book. Artist Carel Fabritius, created it in 1654. It was never stolen and resides in the



Royal Picture Gallery of The Hague. The painting captivated me and I ended up purchasing a print that now occupies a prominent place in my home.

Author Stephen King said, "*The Goldfinch* is a rarity that comes along perhaps half a dozen times per decade, a smartly written literary novel that connects with the heart as well as the mind. Tartt proves that the Dickensian novel – expensive and bursting with incident – is alive and well. She has delivered an extraordinary work of fiction."

Several characters in the book are flawed and that bothered a few in my club. Others felt their flaws made them seem more human. If you haven't already, I recommend you discover what all the buzz is about by picking up a copy of *The Goldfinch*. You are guaranteed a lively book club discussion.☆

Poet's Corner

We invite submissions from local poets. Anyone interested may submit their work via email to tutsie@comcast.net. Each week, individual work will be showcased.

selected by Tanya Hochschild

Sea Shadow Dance

by Lorraine Walker Williams

The sea was dressed in elegance,
September blue swept ocean's tide.
On shore two shadows traced a dance.

Beyond the light of love's first glance,
secrets shimmer where stars collide.
The sea was dressed in elegance.

Strong rush of waves, lost innocence;
curled water wheel, surf's passion rides.
On shore, two shadows traced a dance.

Slow rhythmic roll of sea's advance –
Invitation awaits reply.
The sea was dressed in elegance.

Kisses stolen, held close love's trance.
Safe harbor claims hearts deep inside.
On shore two shadows traced a dance,

Found arabesque, unspoken chance.
Dreams held like water ribbons tied,
the sea was dressed in elegance –
On shore, two shadows traced a dance.

Lorraine Walker Williams is an accomplished poet, living in Sanibel during the winter months. She has chaired and coordinated writing groups in both Florida and New Jersey and presents workshops on poetry. She has been twice nominated for the Pushcart Prize.☆

From page 1

SCCF Coastal Cleanup

to deposit your trash. Worldwide last year, volunteers picked up 12.3 million pounds of trash on 12,000 miles of coast. Cigarettes and food rappers topped the list of things found, with plastic bottles coming in third. Lee County volunteers numbered 1,605 and collected 10,361 pounds of trash. Trash in the ocean is one of the most widespread problems threatening waterways and wildlife and it is all preventable.

If you have questions, want to reserve your favorite cleanup spot, or get your data cards ahead of time, call SCCF at 472-2329 and ask for Dee.☆

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Sundial ALS ice bucket challenge

Sundial Beach Resort Group Takes ALS Ice BucketChallenge

Sundial's Catering Sales Manager Alicia Wenturine challenged resort staff to do the ALS Ice Bucket Challenge. The cause is close to her heart, as her family has been personally affected by the disease. Sundial employees rose to the occasion, taking part in both the Ice Bucket Challenge and in donating to ALS research. Sundial has now forwarded the challenge to Columbus Hospitality. ✡

ZombiCon Is Coming This October

Janet "Planit" DeMarco, president of Pushing DaiZies, Inc., announced that the 8th annual ZombiCon will be held in downtown Fort Myers on October 18. The theme this year is Voodoo Nightmare. Pushing DaiZies, a 501(c)3 nonprofit organization, is the founder of ZombiCon, Los Muertos and other theatrical events in Fort Myers.

"We provide art experience in all forms in a non-judgmental environment. We encourage interactive community creativity and promote art education among Southwest Florida youth through music and local art programs," said DeMarco. "Our focus is to give all children the opportunity to explore art."

In conjunction with ZombiCon, Pushing DaiZies is hosting the Dark Art Show 8 during Art Walk on October 3. The Dark Art Show will showcase local and national artists during the month of October at Tinture Gallery located at 1412 Dean Street, Suite 100 in downtown Fort Myers.

Pushing DaiZies is a collection of local artists and creative individuals who volunteer their time and offer their creative skills to the Southwest Florida community. Pushing DaiZies strives to "spread the virus" of fun-filled and unique happenings where the spectator becomes the spectacle in its fundraising events. Monies raised go to sending local youth to art and music camps as well as keeping the arts alive in our Southwest Florida community.

All proceeds donated at ZombiCon this year will go toward moving Pushing DaiZies forward in its goal of making the art and music experience more obtainable to everyone, including the 30th anniversary of *Day of the Dead* in 2015.

Sponsorships and volunteer opportunities are available. For more information, visit www.pushingdaizies.org, www.zombicon.com or visit on Facebook.✡

From page 19

Photo Contest Deadline

Maryanne Daly, *Florida Weekly*, George & Wendy's Seafood Grille, Good Wheels, Grounds by Green Ways, Island Therapy Center, Over Easy Café, Panther Printing, Sanibel Art & Frame, Wendy and George Schnapp, She Sells Sea Shells, Winston and Barbara Spurgeon, Suncatchers' Dream.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 292-0566, 472-1100 ext. 4, or director@dingdarlingsociety.org.✡

FGCU's 24-Hour Festival Of Arts

Produced by Barry Cavin, the 8th annual 24-Hour Festival is FGCU's annual melee of time-sensitive art. Creative and sleep-deprived students churn up the minutes in a mad race against the clock to produce the best stage play, film, music or artwork completed within a 24-hour period.

For each of the past seven years, students at FGCU have met in a creative competition that draws from their unique capacity for procrastination and their dynamic creativity. At 6 p.m. on Friday, September 12, students will be given a list of items that have to appear in their film, stage play, visual or performance art, dance or music piece. At 6 p.m. on Saturday, September 13, they will submit their finished product. At 8 p.m., the public is invited to view the results, which will be as unexpected as they are entertaining.

This year's panel of judges for the festival includes distinguished cultural leaders: Glenn Basham, concertmaster, Naples Philharmonic, Artis-Naples; Chris Silk, theatre critic for *Naples Daily News*; Jim Griffith, executive director of the Sidney and Berne Davis Art Center; Gisela Carbonell, curator of Special Collections, The Baker Museum, Artis-Naples. Professional Naples artist Juan Diaz will also be a participant. Diaz's performance installation will be created with the same constraints as the students and will be revealed during the judges' deliberation.

Admission to the viewing and awards ceremony on September 13 at 8 p.m. in the Arts Complex at FGCU is free and open to the public.

For more information, contact Barry Cavin, professor in the department of visual and performing arts, at bcaving@fgcu.edu.✡

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Seagrape's round leathery leaves

photos by Gerri Reaves

Coral bean's trifoliate leaves

Red maple's deeply cut lobed leaves

Plant Smart

Leaf Shape ID: Three Native Trees

by Gerri Reaves

Leaf shape is an important clue in identifying a plant. Is the leaf shaped like a heart or an arrowhead? Is it rounded, oval, lance-, palm- or needle-like? Are the margins smooth or toothed?

The leaves of the three native trees pictured here are distinctive enough to be among the easiest to remember. Can you identify them?

The large circular, or orbiculate, leaves of seagrape (*coccoloba uvifera*) are unmistakable. Durable and leathery with reddish veins, they can measure as much as a foot across and have smooth margins, or edges.

New leaves are a shiny bronze that contrast attractively with the dark-green mature leaves.

The fallen leaves make a pleasant rustling sound as birds, lizards and squirrels scamper among them.

Storm-resistant seagrape is protected by Florida law along the shore because it stabilizes coastal dune systems.

Low-maintenance and extremely salt-tolerant, it can grow to about 30 feet tall and produces grapes that are food for wildlife and people.

Coral bean's (*Erythrina herbacea*) leaves are compound and trifoliate, or subdivided into three leaflets.

The symmetrically arranged leaflets are somewhat triangular, or deltoid, but shallow-lobed with pointed tips.

This tree grows anywhere from shrub size to more than 20 feet tall.

It produces spikes of crimson tubular flowers that are a nectar source for hummingbirds and butterflies.

It is salt- and drought-tolerant and pest- resistant.

Red maple's (*acer rubrum*) leaves are simple, rather than compound, and about five inches across.

They are palmate in shape with serrated margins. The three or five lobes are incised, or deeply cut.

Autumn leaves of gold, orange and red give the tree great ornamental value.

Red maple can reach more than 50 feet tall with a rounded crown.

It makes an excellent wildlife friendly shade tree and prefers a moist site.

Noticing leaf shape will help you to identify common native trees, a useful and enjoyable enterprise.

Sources: edis.ifas.ufl.edu.

Plant Smart explores the plant life of South Florida and sustainable landscape practices.☆

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Domestic Violence Arrest Of 49ers Starter Is An Early Test Of The NFL's New Toughened Edict

by Ed Frank

From the heart-rending, feel-good story of the Jackie Robinson West Little Leaguers winning the U.S. Championship to the domestic violence felony arrest of a key starter for the San Francisco 49ers – the good and the bad in sports played out in the last few days.

No sooner had the celebrations of Chicago's all-black Jackie Robinson West All-Stars began to fade from the headlines, the ugly story emerged last weekend of the arrest of Ray McDonald, the 49ers defensive tackle, who was jailed on suspicion of felony domestic violence after San Jose police responded to an early-morning complaint.

The reported battered woman, who is pregnant, had bruises on her neck and arms.

McDonald's arrest came just three days after NFL Commissioner Roger Goodell issued a toughened domestic violence policy that calls for a six-game ban without pay for the first offense and a year-to-lifetime ban for a second offense.

Sunday's arrest of McDonald will put an immediate test to the commissioner's new edict.

Goodell came under fire earlier this year when he handed down a mere two-game suspension to Ray Rice of the Baltimore Ravens for an incident in which his then-fiancée was knocked unconscious in an altercation.

The outcry over the light penalty given to Rice was immediate, and resulted in the commissioner reviewing the policy and ultimately issuing last week's much stronger sanctions.

"The public response (to the Rice suspension) reinforced my belief that the NFL is held to a higher standard and properly so," he said in a statement.

No sooner were his words spoken than the McDonald arrest became public.

The question now is whether Goodell will lower the hammer on the 49ers tackle before he has his day in court. He presently is free on a $25,000 bond.

"We are looking into it," NFL spokesman Greg Aiello said on Sunday.

The league's Personal Conduct Policy does allow discipline before the courts rule if Goodell feels there is an "immediate and substantial risk to the integrity and reputation of the NFL."

Just as there was loud and impassioned criticism over the light penalty handed to Rice, there likely will be strong demands for Goodell to impose his new suspension policy to McDonald immediately.

`"Felony domestic violence is a serious charge in any jurisdiction," said Kim Gandy, president and CEO of the National Network To End Domestic Violence. "I expect the commissioner to respond definitively and assertively," she added.

Miracle In Florida State League Playoffs Second Consecutive Year

The Fort Myers Advanced A baseball team began post-season play on Tuesday night in a best-of-three semifinal series against the Bradenton Marauders in Bradenton.

The Marauders won the FSL South Division title for the season's second half, finishing two games in front of the Miracle, winners of the division's first half championship.

Game two of the series was played Wednesday night here at JetBlue Park. Game three, if necessary, also will be at JetBlue Park.

The winner will play for the league title against the winner of the North Division playoffs between the Daytona Cubs and the Dunedin Blue Jays.

Two Miracle players were recently named to the FSL Postseason All-Star Team, outfielder Adam Brett Walker and pitcher Jose Berrios.

Walker, 22, had a league-high 25 home runs and 93 RBIs when named to the team. Berrios, 20, since promoted to Double A New Britain, posted a 9-3 record with a 1.96 ERA when playing on the Miracle squad.✡

Soo Christoff

Sanibel Rec Member Of The Month

The City of Sanibel Recreation Department would like to recognize the Member of the Month, Soo Christoff. A resident of Captiva, Christoff has been a member at the Sanibel Recreation Center for seven years and was a previous user of the old recreation center. She joined the facility to embrace a healthy lifestyle for her and her family.

The Sanibel Recreation Center has been a focal point of fitness and fun for Christoff's entire family. Her favorite aspects of the facility include the tennis courts, the pools, the youth programs as well as the weight room.

When asked how being a member has benefited her life, Christoff replied, "I walk a few inches taller with every step because of the fitness level achieved at the recreation center. I feel better, sleep better and maintain good health when I'm in shape."

In her spare time, Christoff enjoys to cooking, sewing, reading and as she described, "puttering around... after all, I am an engineer." She also enjoys downhill skiing and trying to keep up with her three sons.

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

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by Cindy Malszycki

What do children's rooms, family rooms and garden rooms have in common?

An opportunity to let your imagination soar with unbridled passion and creativity, that's what. These rooms can, and should be, pure fun to decorate and pure fun to enjoy being in. No rules, no formality – anything goes.

Be bright and gay and inventive. These are the rooms for colorful cartoons, posters, graphics and fantasies. Be uninhibited in colors and furnishings.

There is one steadfast rule, however. These rooms must be carefree since there are bound to be spilled drinks or muddy shoes. It's easy to plan it that way in this era of easy-care miracles. Fabrics are permanently pressed, stain resistant and soil retardant. So why not take advantage of all the bonuses to easy maintenance.

Cindy Malszycki is an interior designer on Sanibel/Captiva Islands. She can be reached at cindy@decden.net.✡

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A CPA spends years preparing for moments just like these.

SPORTS QUIZ

1. Entering 2014, the U.S. (33) and Taiwan (17) have won the most titles in Little League World Series history. Which country is third?
2. How many different times did Billy Martin manage the New York Yankees?
3. In 2012, Brett Hundley set a UCLA record for passing yards in a season (3,740). Who had held the mark?
4. Who holds the NBA mark for most-accurate 3-point shooting in a season in which he made at least 200 threes?
5. In the 2013-14 NHL season, Ryan Johansen became the third player in Columbus franchise history to have 30 or more goals in a season. Who were the first two?
6. In 2014, Greg Biffle set a NASCAR record for most consecutive races completed (89). Who had held the mark?
7. Between 1974 and 1981, Bjorn Borg won the French Open men's singles title six out of eight times. Name either of the other winners.

ANSWERS

1. Japan, with nine. 2. Five times (1975-78, '79, '83, '85 and '88). 3. Cade McNown, with 3,470 yards passing in 1998. 4. Glen Rice hit 47 percent for the Hornets in 1996-97. 5. Rick Nash (seven seasons) and Geoff Sanderson (twice). 6. Herman Beam, with 84 completed races between 1961 and 1963. 7. Adriano Panatta (1976) and Guillermo Vilas ('77).

Will Power

Naming A Guardian For Minor Children

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

Last week, I travelled to Boston to drop off my eldest daughter at college. This is her sophomore year at Brandeis University. I enjoyed watching her excitement at being back at school and among her friends.

My wife and I have two other daughters, one a high school senior and the other a high school freshman. They grow up fast. In a few weeks, only one will still be a child while the other two have reached adult status.

So my wife and I are almost at the point where we can delete the provision in our Last Will and Testament that names a legal guardian for our children in the event of our deaths. When our eldest was born nearly 20 years ago, we struggled with the decision of whom to name in such a tragic event.

Should it be my sister or my wife's brother? What about the grandparents? Would they be too old by the time the kids grew up? Do they have the energy for the job? If the kids moved to be with a relative, what school district would they be in? What about their friends? There's so much to consider.

Today, I'm going to remind those who still have young children of the importance of naming a guardian. Without naming a legal guardian for your children, it would be up to the courts to decide who gets to raise the kids in the event of your death. If you only have one relative who is willing to step up to the plate, then that issue may take care of itself. But why leave it up to chance? What if a number of different persons, all with the best of intent, would want the job? Then it could get messy without a legal provision in your will.

In addition to naming a guardian, you should name a trustee. The two functions are different. The guardian is the person who actually raises the child. The trustee is the person, bank, trust company or entity that manages and invests the inheritance for the child, distributes the money for the child's needs, and ultimately makes decisions related to the inheritance where the will or trust doesn't give specific direction.

I don't advise that you name the same person as both the guardian and the trustee. Generally speaking, it is better to have checks and balances between the two jobs.

Suppose, for example, that the guardian needs to add a room to his home to house the child. Should the inheritance be used to build the addition? Probably not. While it would be reasonable for the trust to pay rent to the guardian, the child will only be in the home for a stated period of time. The guardian could use the rent to help pay for the entire addition to the home, but to actually pay for the improvement benefits the guardian at the expense of monies that would otherwise be used to fund college educations or first home purchases for the child.

When naming a guardian, it is usually a good idea to discuss the idea with the person you intend to name. Are they up for the responsibility? What questions and concerns do they have? What is their parenting style? Do they see anything in your parenting style that they couldn't follow? Why not? Does your intended guardian get along with members of the family and would they do their best to have your child remain in contact with the other side of the family if there is one? These can be delicate but necessary conversations.

The same holds true with whomever you entrust with the trustee responsibility. Do they have investment experience? Do you want them to work with the same investment team that you currently work with? How much money or assets would be available – counting life insurance? How do you envision this money being spent? Is it acceptable if the child wants to consume a large portion of the inheritance on an expensive private college or should he or she attend a state school?

Finally, consider whether the guardian and the trustee would be able to work with one another. Any animosity between the two could be detrimental to your child.

There's a lot to consider, and no easy answers. But you're way ahead of the game if you consider these and related questions. At least take solace in the knowledge that the guardian and trustee will not likely have to act. Like me, you will likely have to suffer through the teenage years only to find yourself paying tuition bills at some college or university.

If that's the case, consider yourself fortunate!

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Plan Of Work Key Topic At Monthly MOAA Breakfast

Members of the Calusa Chapter of the Military Officers Association of America will meet at 9 a.m. on Saturday, September 13 at Wine & Roses Restaurant, 1404 Cape Coral Parkway East in Cape Coral. All military officers and spouses are invited to attend.

The main emphasis of the MOAA meeting will be developing the annual plan of work, determining various social- and fund-raising activities and approving

continued on page 32

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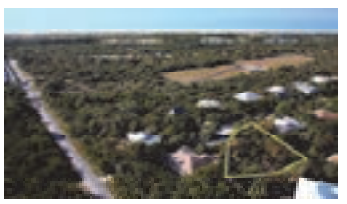

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Guest Speaker At Republican Women Meeting

Lee Republican Women Federated will host author and speaker K. Carl Smith of the Frederick Douglass Republican Movement at its September 11 luncheon at the Edison Restaurant, 3583 McGregor Boulevard in Fort Myers. The cost for lunch, beginning at 11:30 a.m., is $18. Reservations are strongly suggested. Smith is the author of *Frederick Douglass Republicans – The Movement to Re-Ignite America's Passion for Liberty.* He will also speak in Naples on Friday, September 12 and attend a "meet and greet" at the Lee County Black History Society on Friday evening.

Smith captivates and inspires audiences with infectious energy, compassion and satire. He brings his expertise and provides down-to-earth solutions on how the conservative movement can broaden its base. He leaves audiences ready to take action, which could change the political landscape of America. Tea Party Groups, GOP organizations, collegiate institutions, and faith-based groups alike secure the services of Smith for his stimulating and enrapturing life-empowering message. His presentations serve as a "beacon of hope" for those who hold liberty in high-esteem.

Smith successfully completed both the Airborne and Air-Assault programs

K.Carl Smith

while on active duty in the U.S. Army. He is the former district leader (AL-7) of Americans for Fair Taxation. In 2009, he was appointed to the Amistad Commission by former Alabama Governor Bob Riley. He was reappointed to that commission, where he currently serves. He was recently appointed to the Affordable Homeowner's Insurance Commission (AHIC) by Alabama Governor Robert Bentley.

Smith appeared on The 700 Club and FOX News' *Huckabee Show*. He was recently interviewed by Ginni Thomas for The Daily Caller and participated in a soon-to-be released documentary produced by Rev. CL Bryant, *The Runaway Slave*. Smith has been featured in a myriad of publications. The son of Colonel (retired) Earnest C. and Bessie Smith, Sr., Smith is a native of Pine Bluff, Arkansas and was raised in Huntsville, Alabama. He is graduate of Alabama A&M University and makes his home in Trussville, Alabama.

To reserve a spot for the luncheon, call 432-9389 or email rmh738@aol.com.☆

Insurance Tip

How Much Are Your Insurance Deductibles?

by Angela Larson Roehl

Depending on the peril insured against, your deductible can vary significantly. Your hazard/wind insurance policy can even have multiple deductibles, depending on the proximate cause of loss. For instance, the policy has an All Peril deductible, a wind deductible and may even have a separate deductible for sinkhole and water damage.

Some deductibles are per occurrence whereas some are calendar year. Deductibles can be a flat amount or a percentage of the applicable coverages.

The deductible is the portion that the policyholder is responsible to pay before the policy responds to a loss or, in some cases, the deductible could be deducted from the claim settlement.

Higher deductibles can possibly save you money on your insurance premiums, however, it would be higher out-of-pocket at the time of loss. Insureds should weigh the options before deciding to increase their deductibles.

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

From page 31

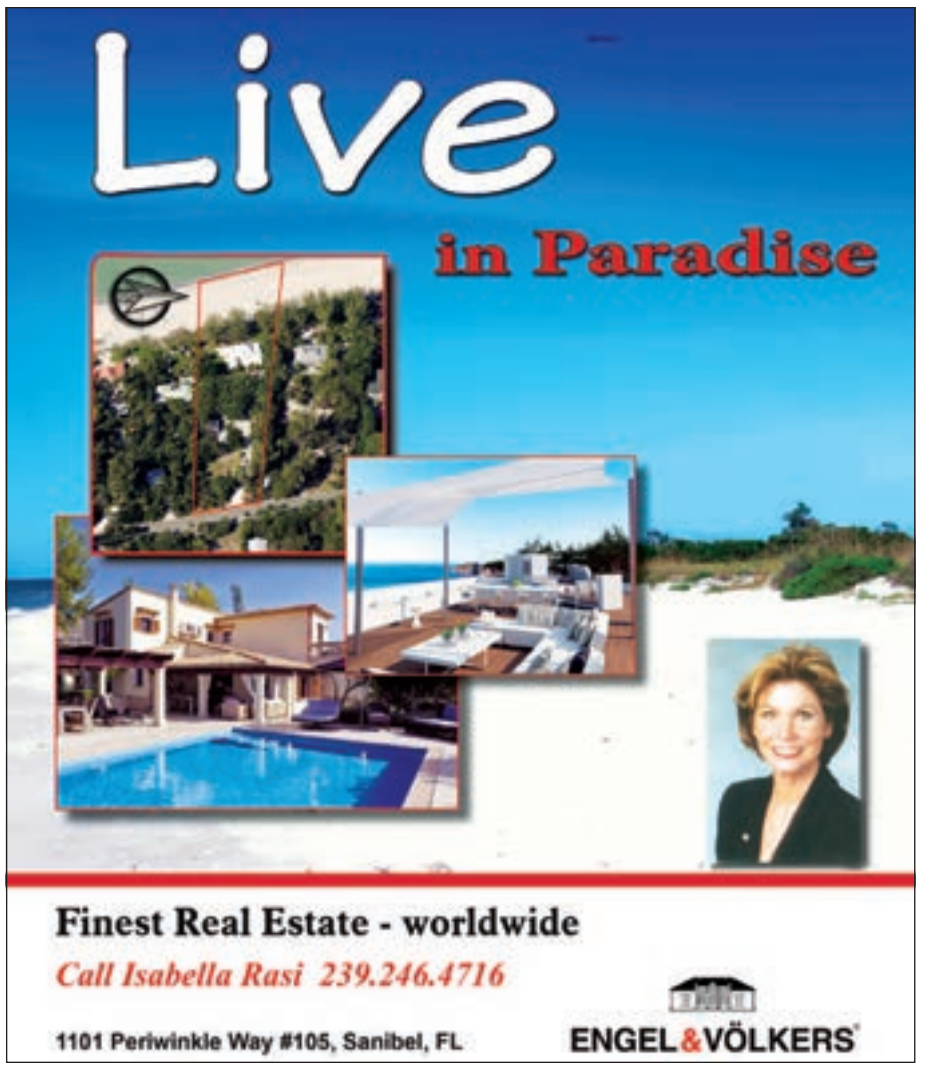
MOAA Monthly Breakfast

by-laws that conform with the financial plan being considered.

The cost for the buffet breakfast is $10 per person, paid at the door. Reservations may be made by contacting Dixie Buick at 945-5030.

The Military Officers Association of America is a national organization representing the interests of the military. Florida is the third largest state of membership.

Information about the Calusa Chapter of MOAA may be obtained by contacting the Calusa Chapter President, Nick Hubbell, at 240-381-3975. Membership information may be obtained by contacting Tim Cook at 945-6155. ☆



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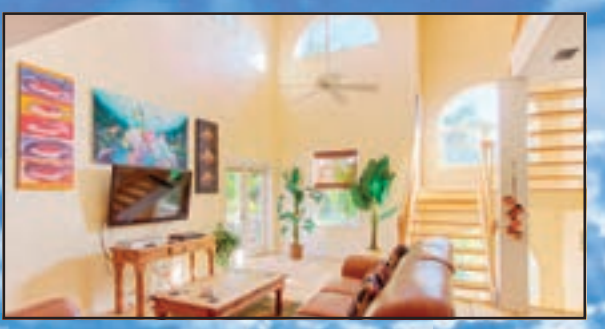

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School Smart

by Shelley M. Greggs, NCSP

Dear Shelley,
My son's dad passed away about 6 months ago and he is suffering from grief, although he is getting counseling. The main problem at the moment is that he won't go to school. He had a few weeks off in the spring right after his dad died, but now he's just going in a couple of days here and there. The school's ideas don't seem to have worked, I think because they were too forceful. I wondered if you had ideas on how he should be helped back to school.

Nicole V., Fort Myers

Nicole,

First of all, I'm so sorry for your loss. This is a very hard time for you and your son. It's important that to work on his grief so that it doesn't get worse and his school refusal may be actually be a part of his grief as well.

It's important to remember that kids can refuse school for a variety of reasons. Sometimes kids might refuse school when they fear separation from a parent because they think something might happen to them, or to the parent. Kids might also refuse school when they haven't been for a while and have a hard time with the transition of going back. Grief related to the loss of a parent only makes the situation more complex.

Given that there has been significant stress in his life, continuity, well-defined expectations and a really clear plan from adults will be very helpful for your son. I suggest you get the important adults in your son's life together to discuss the particulars of his situation. Depending on the age of your son, he could and should be involved in the planning so he feels a sense of success and ownership in this planning process. Validating his feelings and setting limits are key elements.

You, other family members, your son, his teachers and principal must decide on what your son can handle to return to school even if it's only an hour a day. You need to specify the parameters of what is expected and maybe even use rewards as motivation. The content of the plan doesn't matter as much as that there is a plan that everyone agrees to. Then, you can move in the direction of extending the day longer and longer. It's better to have a child go to school for less time but with the same plan every day, building momentum. If he's been out for a couple of weeks, expecting him to go back for a full day right away may be too overwhelming with no chance of success.

It may also be helpful for him to have a contact person identified at school, someone different from the main teacher that is aware of his situation and your expectations. For example, let's say the plan is that he is going to go in to school and stay for two class periods – but after drop off he's having a really hard time and wants to go home. Now what? The teacher has 25 other kids in class and doesn't have the time to help your son immediately. This is where a contact person would help out greatly; someone that knows the plan, has some strategies, and maybe is already working with your son. It could be a guidance counselor or a school psychologist.

Being proactive in addressing your son's school refusal is crucial. You may not come up with the perfect plan at first but you will eventually – so stay with it. Going forward, the first thing is to have a meeting with the school and figure out what's not working and devise a plan to get from "not going to school" to "stays in school all day every day, every week," making those incremental steps to get there.

Getting back to normal is really what your son wants – he just doesn't know how to get there and needs your help. A well-devised plan will help both of you to move toward that goal.

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.

FGCU Business Scholarship

"Kaizen," a Japanese word meaning "continuous personal growth," is one of the values upheld by those who work at Northwestern Mutual – The John Delaney – Naples/Estero Group. In an effort to help students continue to improve, the Estero-based financial services firm recently pledged $10,000 in support of scholarships and the Lutgert College of Business at Florida Gulf Coast University (FGCU).

"We wanted to make an impact in our community and on the university," said Delaney. "We hope our support of the Lutgert College of Business will help to convey the values we uphold at the Northwestern Mutual – The John Delaney – Naples/Estero Group of stewardship, integrity, personal responsibility and kaizen."

The scholarship will be awarded in monthly increments of $1,000 to full-time, degree-seeking business majors who have demonstrated academic merit, leadership in school activities and an entrepreneurial spirit. Each of nine monthly recipients will be named Northwestern Mutual – The John Delaney – Naples/Estero Group Student of the Month.

"With an entrepreneurial spirit in mind, we hope that providing students with support (like many fledgling businesses receive), it will create a spirit within them to one day pay it forward once they are successful," Delaney said.

The final $1,000 will go toward membership in The President's Society, FGCU's premier giving association, which funds initiatives that support student enrichment, new programs and other unanticipated expenses.

Delaney advises students to "do what you love and the money will follow. Envision what you see yourself doing and explore all the options that your major may have to offer."

Originally from Pennsylvania, Delaney grew up in Deltona, earned a marketing degree from Florida State University in 1992 then moved to Lee County. He currently resides in Estero with Karen, his wife of 18 years. Northwestern Mutual – The John Delaney – Naples/Estero Group is a life insurance and financial advising firm that specializes in helping clients achieve financial security.

For more information, contact Lindsey Touchette, director of Major Gifts, at 590-1016 or ltouchet@fgcu.edu.

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From page 14

Fertilizer Regulations

are redirected from our lawns and gardens and feed harmful aquatic algae that threatens our quality of life and economy."

Bonita Springs passed an ordinance in 2008 to regulate the use of fertilizers containing nitrogen and phosphorus. The ordinance contains 17 uses of the word "whereas."

The first whereas cited a Florida Department of Environmental Protection report that "specific water bodies" in the city had been "impaired" because of the nutrients used in fertilizers. The ordinance has apparently helped improve water quality in the south Lee County community.

"We feel as though it's had an effect," Bonita Springs Mayor Ben Nelson said. Nelson said levels of nitrogen and phosphorus in the water are lower now. The Bonita Springs ordinance also has some teeth. A first violation brings a $100 fine. The second violation is bumped up to $250 and the third and each succeeding violation is $500.

Keeping waterways healthy is a battle that has been going on for many years.

"Water quality in the Caloosahatchee and our coastal waters has been in decline from excess nutrients for decades; and this is one aspect we can control," said Rae Ann Wessel, natural resource policy director of the Sanibel-Captiva Conservation Foundation.

Now more than ever, keeping nutrients that cause algal blooms out of waterways is critical.

"We have to address the sources of nutrients," Wessel said. She emphasizes something called "source control." That's at the heart of improving water quality.

"Preventing nutrients from getting in the water in the first place is cheaper, more effective and equitable than trying to clean up or remove the pollution from the water," Wessel said.

Prevention is cheaper and easier than cleaning up. In the summer when thunderstorms are nearly a daily occurrence, it is critical to keep nitrogen and phosphorus off lawns. But turn them loose on the land in Southwest Florida in the rainy season and trouble ensues when they seep into waterways. "Rain washes fertilizer into the water," Wessel said.

Those wishing to use fertilizers should look for three numbers on bags. The numbers are a key that unlocks percentages of the nutrients. A bag with 10-2-20 means the contents are 10 percent nitrogen, 2 percent phosphorus and 20 percent potassium. This is called the NPK number. To keep nitrogen and phosphorus out of the water and fueling the growth of algae, the first two numbers must be zero, such as 0-0-10. The K stands for potassium.

With the new ordinances and an informed community, leaders in Southwest Florida hope to continue to prevent anything like what is happening in Lake Erie from happening in the Sunshine State. Healthy waterways are about more than a nice Pine Island Sound where dolphins can leap for tourists. Clean waterways help build a healthy tourist economy.

In a 2013 study of the Lee County tourism business, 93 percent of Lee County visitors went to the beaches.

Pigott said in an email the area's "natural beauty" is a key to the tourism business. That business brought 4.8 million visitors to Lee County last year and they spent, according to Pigott, $2.8 billion.

The breakdown of tourist activities from the study:

Swimming – 62 percent
Shelling – 41 percent
Boating – 10 percent
Kayaking – 7 percent

If waterways are choked with algae, the tourists could go elsewhere for their swimming, shelling and boating. The ripple effect on the economy would be profound if the algae were allowed to proliferate because of nitrogen and phosphorus in pollution. Pigott added that tourism is responsible for 20 percent of all local jobs.

Too much nitrogen and phosphorus in our waterways could lead to harmful algal blooms, which could kill wildlife, destroy water quality and mess with the tourism industry. The impact of foul algal blooms affects more than tourism. It can also damage other sectors of the economy, including real estate values. "It's hard to sell waterfront property when the water stinks," Wessel said.

So the importance of keeping nitrogen and phosphorus out of the water is vital.

"Water is our lifeblood," Pigott said. For fertilizer regulations for each community or additional information and fertilizing tips, visit www.FertilizeSmart.com.

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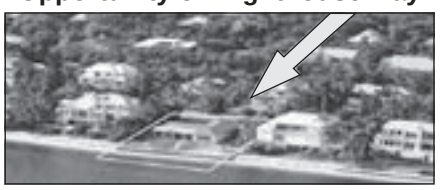

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GCMC's Comprehensive Stroke Center

Hospital Earns Comprehensive Stroke Center Designation

Gulf Coast Medical Center has been designated as a Comprehensive Stroke Center by the Florida Agency for Health Care Administration (AHCA). This designation recognizes hospitals that have the technology infrastructure, staff and training to treat patients with the most complex strokes, including advanced imaging capabilities, 24/7 availability of minimally invasive catheter procedures to treat stroke, and staff with the unique education and competencies to care for these patients.

Gulf Coast Medical Center is the only hospital in the region offering 24/7 neurointerventional coverage with a full team of specialists, support staff, a dedicated neuroscience intensive care unit for stroke patients and a hybrid operating suite equipped with state-of-the-art biplane angiography systems, offering life-saving care around-the-clock and close to home.

"Designation as a Comprehensive Stroke Center acknowledges our commitment to provide a full range of stroke care that begins during EMS transport and encompasses treatment options from clot busting drugs to invasive and minimally invasive surgeries and rehabilitation," explained Josh DeTillio, Chief Administrative Officer of Gulf Coast Medical Center. "We are very proud of this recognition as we move to expand services and become the tertiary hospital for neurosciences."

DeTillio explains that the stroke centers are a hub-and-spoke system, meaning that the Primary Stroke Centers are the first line for stroke patients and the Comprehensive Stroke Center is available for the most serious cases, including patients needing the neurointerventional procedures. Gulf Coast Medical Center will still treat all stroke patients, while also accepting transfers from the other Primary Stroke Centers such as Cape Coral Hospital and Lee Memorial Hospital.

Lee Memorial Health System sees approximately 1,700 strokes per year, so it is vitally important that specialized care is available. Opening a second, state-of-the-art neurointerventional suite at Gulf Coast Medical Center, including a Siemens Artis Zee bi-plane imaging system, has expanded the team's capabilities to treat intracranial aneurysms, vascular malformations, and stroke with remarkable speed and accuracy - offering patients the highest level of specialized care in the region while keeping them close to home.

"Stroke is the number four cause of death and the leading cause of adult disability in the United States," said Scott Tuttle, deputy director of Lee County Public Safety and EMS chief. "Lee Memorial Health System's commitment to providing state-of-the-art stroke care through the investment in a comprehensive stroke center will undoubtedly save lives and improve outcomes of patients suffering from a stroke."

When it comes to stroke diagnosis, treatment and outcomes, time is of the essence and the faster, the better. To ensure the fastest and most effective treatment for stroke patients in Southwest Florida, Lee Memorial Health System hospitals have worked diligently to incorporate up-to-date, research-based protocols. In addition to gaining Comprehensive Stroke Center designation, Gulf Coast Medical Center has worked diligently to incorporate national best practices to improve door-to-needle times, which is the interval between patients' arrival to the hospital and the start of treatment.

"Using LEAN process improvement, which is a step-by-step review of the process, we created efficiencies and eliminated extra, unnecessary steps," DeTillio added. "The national standard is 60 minutes door-to-needle, and the best stroke centers in the nation average 30 to 40 minutes. Gulf Coast Medical Center is right there with the best – averaging 30 to 35 minutes. We are very proud that we have world-class stroke care right here in Southwest Florida."☆

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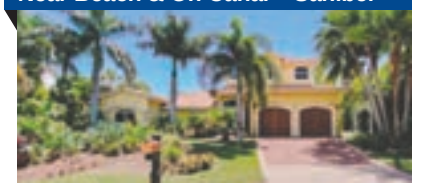
Near Beach & On Canal – Sanibel



- Shell Harbor Beautiful Remodel
- Boat Dock & Lift/Screened Pool
- 4BD/4BA/Photos-www.821SandDollar.info
- **$1,589,000** MLS 2140524
- **Bob & Viv Radigan 239.691.6240**

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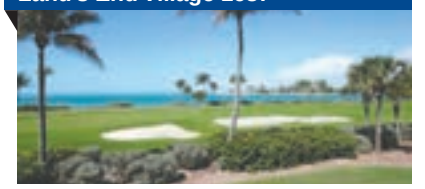
- Stunning, Expansive Gulf Views
- Spacious & Pristine 2BD/2BA + Den
- Beautifully Updated & Furnished
- **$1,575,000** MLS 2140465
- **Cindy Sitton 239.810.4772**

Captiva Village Near Beach Home

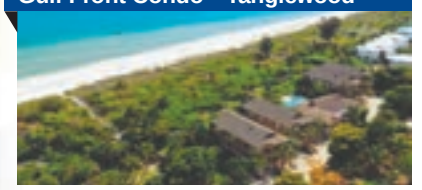
- 3BD/3.5BA 2-Story Caged Heated Pool w/Spa
- Large Two Car Garage
- Hurricane Rated
- **$1,349,000** MLS 2140377
- **John & Denice Beggs 239.357.5500**

Land's End Village 1637



- Beautiful 2BD/2BA with Gulf View
- New Kitchen, Baths, Flooring & Furnishings
- Overlooking the Gulf of Mexico
- **$1,275,000** MLS 2140289
- **Vicki Panico & Fred Newman 239.980.0088**

Gulf Front Condo – Tanglewood



- 3BD/2BA, Direct Gulf Front Views
- Bright & Cheery, Impact Sliders, New Tile
- Tropical Landscaping, Large Lanai
- **$1,179,000** MLS 2140517
- **Burns Family Team 239.464.2984**

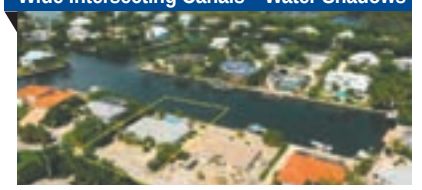
Gulf Ridge

- 3BD/2BA, Steps to Beach
- 1 Acre of Land, Multiple Lanais
- Private, Peaceful Beach Home
- **$975,000** MLS 2140611
- **Burns Family Team 239.464.2984**

"Water Shadows"

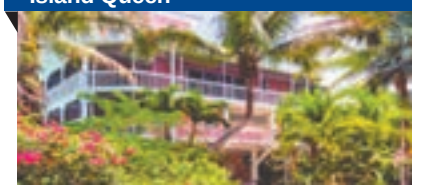
- 2BD/2BA w/ 2 Car Garage
- Direct Access Canal, Boat Dock
- Fantastic Views of Canal
- **$875,000** MLS 2131123
- **Burns Family Team 239.464.2984**

Wide Intersecting Canals – Water Shadows



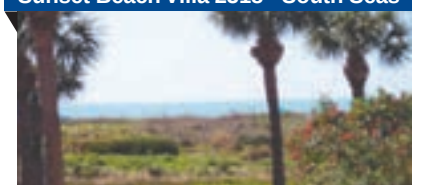
- 3BR/3BA, Direct Gulf Access
- 100 ft. of Sea Walled Canal
- Open Floor Plan, Large Living Areas, Pool
- **$865,000** MLS 2140877
- **Burns Family Team 239.464.2984**

"Island Queen"



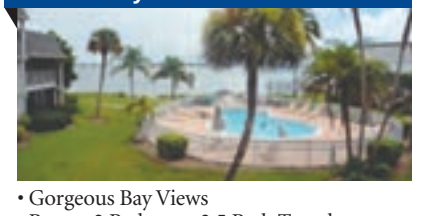
- 4 Bedroom/ 4 Bath 7,693 Total Sq. Ft.
- Private Screened Pool
- Beautifully Furnished
- **$799,000** MLS 2140827
- **Cathy Rosario 239.464.2249**

Sunset Beach Villa 2318 - South Seas



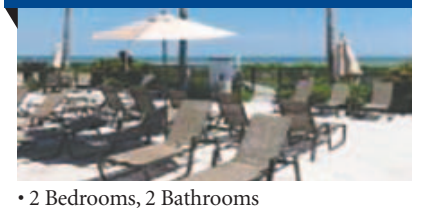
- 2 Bedroom w/Direct Sunset, Gulf Views
- Corner Location W/Tile Floors
- Bahama Shutters, Granite Counters
- **$599,900** MLS 2120306
- **Fred Newman & Vicki Panico 239.826.2704**

Sanibel Bayfront Townhome



- Gorgeous Bay Views
- Rare---2 Bedroom-2.5 Bath Townhome
- Deeded Beach Access & Dockage
- **$599,000** MLS 2140929
- **Brian Murty 239.565.1272**

Best Value 2 Bedroom at Sundial

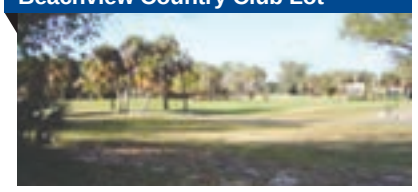


- 2 Bedrooms, 2 Bathrooms
- Fully Furnished on Beach
- Close to All Amenities
- **$440,000** MLS 2130290
- **Sally Davies 239.691.3319**

McGregor Woods

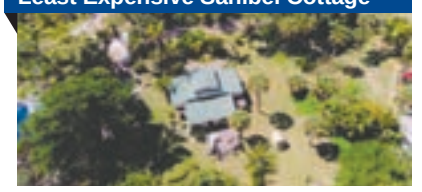
- Lovely, Spacious & Updated 3BD/3BA Pool Home
- Granite & Stainless Kitchen
- 3rd BR Murphy Bed/Home Office
- **$421,000** MLS 2140491
- **Sarah Ashton 239.691.4915**

Beachview Country Club Lot



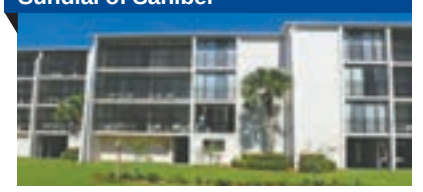
- Expansive Fairway Views
- Ample Space to Build Dream Home
- Boasts 4,250 S.F. Impermeable Coverage
- **$349,000** MLS 2900288
- **Sarah Ashton 239.691.4915**

Least Expensive Sanibel Cottage



- Gorgeous Oversized Lot
- Awesome Central Location to Bike Path & Shops
- 2 BD Adorable Cottage
- **$329,000** MLS 2140498
- **McMurray & Nette 239.850.7888**

Sundial of Sanibel



- Large 1BD/1BA Condo
- Sundial Beach Resort Rental Program
- Recent Upgrades & Nicely Appointed
- **$258,990** MLS 2140902
- **Brian Murty 239. 565.1272**

Captains Walk

- Charming 1BR/1BA Condo
- Convenient East End Location
- Three Community Boat Docks
- **$249,000** MLS 2140731
- **Cindy Sitton 239.810.477**

Mom And Me

by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

My mother is a mean, miserable person and unforgiving, at least to me. When I was in college, I went crazy with the freedom. I did drugs, drank alcohol and totaled the car my parents had given me. I was expelled and went and lived in a commune.

After a couple of years, I saw the light and turned my life around. I went to another college and graduated with a 4.0 average. I finished graduate school in record time and have a great job.

My mother is totally unforgiving. She ignores my loving wife and our children. My siblings have tried to talk to her, but she will not change.

Am I unrealistic to expect forgiveness after almost 25 years?

Bryan

Dear Bryan,

Our parents' acceptance and love are always important to us, regardless of our age. I am sorry you are in this position. It must be hurtful. It sounds like many people have tried to intercede on your behalf. Have you tried to talk to her? Let her know how you feel and how you would like her forgiveness.

If it continues, I would limit the time you spend together. She is your parent but your relationship sounds dysfunctional.

Pryce

Dear Bryan,

I do not think your mother's behavior will ever change. Keep in touch with other members of your family and avoid any more discussions. The older I get, the more amazed I am at how many stories I hear that are similar to yours. Your mother seems to be a very troubled soul and certainly you alone cannot change her.

Lizzie

Lizzie and Pryce's email address is momandmeaging@hotmail.com.☼

Salvatore Lacgnina

Healthy Living Lecture Series

Lee Memorial Health System will feature the next in a series of free monthly lectures on Wednesday, September 10 at 11:30 a.m. in Cape Coral. The lectures are designed to cover a variety of health care topics to help improve your physical and mental well-being. These interactive and informative lectures are presented by Dr. Salvatore Lacgnina, vice president of health and wellness and medical director of the wellness centers in Cape Coral and Fort Myers.

This month's topic is Salt, Sugar and Fat and will be held at the Cape Coral Hospital Auxiliary Room, 636 Del Prado Boulevard.

Learn how the addition of salt, sugar and fat in the foods you eat and drink cause so many of the chronic illnesses and cancers. Learn how to read food labels to identify information about hidden additives that negatively affect your health. Most importantly, learn how to make healthy food choices and how to develop a lifestyle management plan for your health that will allow you to live a better quality, longer life.

Dr. Lacgnina is board certified in internal medicine and has been in practice since 1993. He is passionate about preventive health care and shares his knowledge of simple and effective ways to age gracefully and healthfully.

Seating is limited and reservations are requested. Call 424-3232 or email pknudson@leememorial.org .☼

ISLAND SUN BUSINESS NEWSMAKERS

Top Producers

John Naumann & Associates announced its top associates for the month of August.

The top listing team was The Walters Group and the top listing agent was John Stephens.

The top sales team was The Walters Group and the top sales agent was Evan duPont. ☼

The Walters Group

John Stephens

Evan duPont

Cycling Safety Notes

USE CAUTION WHEN CROSSING STREETS, AND DO SO AT LEGAL CROSSWALKS, IF POSSIBLE

Always use caution when crossing any street (or driveway) that intersects with our Paths; use the crosswalk if available. And be courteous to drivers. If cars are waiting at a four-way or other intersection when you approach, stop and let them have their turn. It's the Sanibel way of treating each other with respect.

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deaRPharmacist

Were You Lied To About Vaccines And Autism?

by Suzy Cohen, RPh

Dear Readers: Many of you have wondered about the connection of vaccines and autism. The rising cases of autism worldwide have to be attributed to something, right? But many wonder if it's related to vaccines, mercury, GMO foods or something else?

The biggest story in years broke when a leading researcher at the Centers for Disease Control and Prevention (CDC) helped uncover how they manipulated data and obscured a ridiculously higher incidence of autism. I mean ridiculous, upwards of 340 percent higher incidence in autism, in the African-American boys who received the MMR vaccine. Dr. William Thompson came forward after a FOIA (Freedom of Information Act) was enacted. The CDC knew in 2003 (more than a decade ago!) that the risk for autism went up but key people kept it hush hush. Like many studies that naive consumers believe, the data was statistically skewed to hide the risks from parents, pediatricians and the general public. My heart aches for all the parents who unknowingly trusted…

It's so sad. Dr. Thompson has worked for the government agency for over a decade and confirmed that "the CDC knew about the relationship between the age of first MMR vaccine and autism incidence in African-American boys as early as 2003, but chose to cover it up." He remarked, "We've missed 10 years of research because the CDC is so paralyzed right now by anything related to autism. They're not doing what they should be doing because they're afraid to look for things that might be associated." He alleges criminal wrongdoing by his supervisors, and he expressed deep regret about his role in helping the CDC hide data.

This calls into question the nine additional studies cited by the CDC as evidence denying a link between vaccines and autism. If you have a computer, the story is still unfolding and you can use the following hashtags to get the play-by-play on this story: #CDCwhistleblower and #CDCfraud. A couple of things to note here. One is that the MMR vaccine is the one in question, not all vaccines. (I'm not saying all the other vaccines are safe, I'm just putting this in perspective).

Also, it occurred in African-American males and specifically showed a dramatically higher risk when kids were inoculated before age 3. We don't know what causes the problem, for example the vaccine itself or an additive.

Finally, there is no current discussion or data regarding the impact of giving the MMR vaccine after age 3.

We need to be more proactive and think big picture. There's been a suspicion of harm for years when perfectly healthy children become disabled after a shot, or series of shots. As a population, we've followed the herd, sweeping all the disturbing stories from autism-touched families under the rug. "It won't happen to my child." Now, there's going to be a hostile group of parents who demand answers. The CDC isn't ready and I promise you, this is one of many medical debacles to come.

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.☆

From page 10

Florida Rock Snail

where all of those shells on the beach came from? They were created by animals known as "mollusks." Come learn about the fascinating life of our local mollusks and have all your questions answered. Join our marine naturalist for this discussion. Tuesday at 2 p.m.

Island Inn Morning Beach Walks: Join one of our marine naturalists for a beach walk near Island Inn on Sanibel. Walks depart daily from the Island Inn lobby at 9 a.m. Learn about the shells, the mollusks who create them, and other marine life that has washed ashore. The cost is $10, and parking at Island Inn is free for beach walk participants. Space is limited; book online at www.shellmuseum.org/events or call 395-2233 to make a reservation.

All participants receive a coupon for half-off museum admission.

Marine Naturalist Adventure Cruise: The Bailey-Matthews National Shell Museum and Captiva Cruises present an ecological expedition that will educate and excite marine enthusiasts. Join our marine naturalist for an unforgettable day with a small group aboard the 40-foot sailing catamaran *Adventure*. Trips set sail Tuesday, Thursday, Friday and Saturday at 9 a.m. from South Seas Island Resort on Captiva. The four-hour cruise costs $100 for adults and $75 for children and includes the boat trip, lunch and museum admission. Call 472-5300 to book. (Water shoes required, no flip flops. Prepare to get wet.)

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

Mental Health Conference

FGCU's College of Education, Florida Institute of Government, will host the 4th annual Children's Mental Health Conference to create an alliance between mental health professionals, caregivers and the community.

The conference will take place from 8 a.m. to 4 p.m. on Saturday, November 1 at the FGCU Cohen Center ballroom.

The event will address some of the problems associated with mental health disorders in children and youth, and will provide insight about what the community can do to make a difference in their lives by building stronger linkages, networks and resources within the community. Keynote speakers are Gina Gallagher and Patricia Konjoian, co-authors of *Shut Up About Your Perfect Kid*.

General registration is $49 (with contact hours for nursing and mental health, $69). The student rate is $25; lunch is included.

To register for the conference, visit http://registeriog.fgcu.edu/.

Event sponsors include FGCU College of Education, Florida Institute of Government, Hunter Institute, Southwest Florida Community Foundation, Hazeldon Betty Ford Foundation and Park Royal Hospital. Community supporter includes Drug-Free Coalition SW Florida. Local vendors will be available to share community resources with attendees.☆

Cancer Walk

Florida Urology Physicians and ZERO – The End of Prostate Cancer will hold a 5K run/walk and 200-yard Kids Superhero Dash for Dad at JetBlue Park on Saturday, September 20 at 8:10 a.m. The run/walk series is taking place in 30+ cities nationwide in 2014 and raises awareness and funds to end prostate cancer, a disease affecting one in seven American men.

JetBlue Park is at 11500 Fenway South Drive in Fort Myers. For more information, visit www.zeroprostatecancerrun.org/fortmyers.☆

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My Stars ★★★★

FOR WEEK OF SEPTEMBER 8, 2014

ARIES (March 21 to April 19) Changing your mind doesn't come easily for Lambs, who place a high value on commitment. But new facts could emerge that might persuade you to rethink your situation.

TAURUS (April 20 to May 20) This is a good time to put that fine Bovine's eye for beauty to work in redecorating your home or workplace. And don't forget to indulge yourself in some personal time as well.

GEMINI (May 21 to June 20) Your sense of loyalty to someone who asks for your help is commendable. But make sure there are no information gaps that should be filled in before you move too far too quickly.

CANCER (June 21 to July 22) Don't let difficult people raise the Crab's ire levels this week. Avoid them if you can. If not, resist telling them off, even if you think they deserve it. Things improve by week's end.

LEO (July 23 to August 22) Your suspicions about a colleague might be on the mark. But you also could be misreading the signals you believe you're getting. Do some discreet checking before jumping to conclusions.

VIRGO (August 23 to September 22) Take some time out from your many tasks and see if someone might be trying to reach out to you. You could be surprised to learn who it is and why you might want to reciprocate.

LIBRA (September 23 to October 22) You still might want to do more investigating before taking on a new commitment. Later would not be the time to try to fill in any crucial gaps in what you need to know about it.

SCORPIO (October 23 to November 21) A new opportunity should be carefully studied. It might offer some of the things you've been looking for. Or it could contain new possibilities you never considered. Check it out.

SAGITTARIUS (November 22 to December 21) You might have to work harder this week to get people to listen to what you have to say. But if you stay with it, you could start to get your message out to many by the week's end.

CAPRICORN (December 22 to January 19) Although family matters again take up a big chunk of the Goat's time, the week also offers a chance to explore a new career move you'd been contemplating for a while.

AQUARIUS (January 20 to February 18) Applying your practicality (what does it offer me?) and your creativity (how can I improve on it?) could provide sound reasons for seriously considering that new offer.

PISCES (February 19 to March 20) The single set will find that keeping their romantic aspirations on high gives Cupid a better target to aim at. Paired Pisces will find that this week helps reinforce their relationships.

BORN THIS WEEK: You believe in encouraging others to demand the best from themselves. You would be a fine sports coach, as well as an enlightened teacher.

THIS WEEK IN HISTORY

• On Sept. 10, 1813, in the first unqualified defeat of a British naval squadron in history, U.S. naval commander Oliver Hazard Perry leads a fleet of nine American ships to victory over a squadron of six British warships. After the battle, Perry sent a famous dispatch to U.S. Gen. William Henry Harrison that read, "We have met the enemy, and they are ours."

• On Sept. 11, 1857, Mormon guerillas, stoked by a deep resentment of decades of public abuse and federal interference, murder 120 emigrants at Mountain Meadows, Utah. The conflict apparently began when the Mormons refused to sell the emigrants any supplies.

• On Sept. 14, 1959, a Soviet rocket bearing a Russian flag crashes into the moon's surface. Vice President Richard Nixon expressed some sour grapes by noting that it took the Soviets four tries to hit the moon and reassured Americans that "We are way ahead" in the space race.

• On Sept. 9, 1966, President Lyndon Johnson signs the National Traffic and Motor Vehicle Safety Act and the Highway Safety Act into law. The two bills made the federal government responsible for setting and enforcing safety standards for cars and roads.

• On Sept. 12, 1972, after nearly 40 years of riding across millions of American TV and movie screens, the cowboy actor William Boyd, best known for his role as Hopalong Cassidy, dies at the age of 77. Boyd was to be the first cowboy actor to make the transition from movies to television.

• On Sept. 13, 1980, country music artist Willie Nelson and his band perform at the White House with President Jimmy Carter in attendance. Later that night, unbeknownst to the president, Nelson allegedly retired to the White House roof to smoke a marijuana cigarette.

• On Sept. 8, 1998, St. Louis Cardinals slugger Mark McGwire hits his 62nd home run of the year, breaking Roger Maris' record. McGwire was celebrated as a hero, though allegations that he used performance-enhancing substances have since led some to question the legitimacy of his accomplishments.

STRANGE BUT TRUE

• It was German philosopher Friedrich Nietzsche who made the following sage observation: We have art to save ourselves from the truth.

• If you live in Waukegan, Illinois, you might be surprised to learn that your property tax is 12 times higher than it would be if you lived in Honolulu.

• If you cant remember the word you want to use, youre suffering from lethologica. But you probably wont remember that when it happens.

• A hummingbird weighs less than a penny.

• Have you ever made a bet when youd been drinking too much, and later wondered what youd been thinking? If so, it might make you feel better to consider the case of a pilot named Thomas Fitzpatrick. In 1956, he was drinking at a bar in New York City when a rather boisterous argument ensued regarding his flying ability. To prove his skills to his drinking buddies, Fitzpatrick went to New Jersey, stole a small plane and landed it on the street in front of the Manhattan bar -- all while allegedly drunk. The story, remarkable as it is, doesnt end there, however. A couple of years later he was boasting about the incident, but his story was met with disbelief. To prove himself once again, he repeated the stunt.

• The name of the state of Idaho comes from the Kiowa-Apache word idaahe, which means enemy.

• Every spring, one of the worlds great migrations occurs. At the end of March, 500,000 cranes descend upon an 80-mile stretch of Nebraska land, representing about 80 percent of all the cranes on the planet.

THOUGHT FOR THE DAY

I am ready to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter. -- Sir Winston Churchill.

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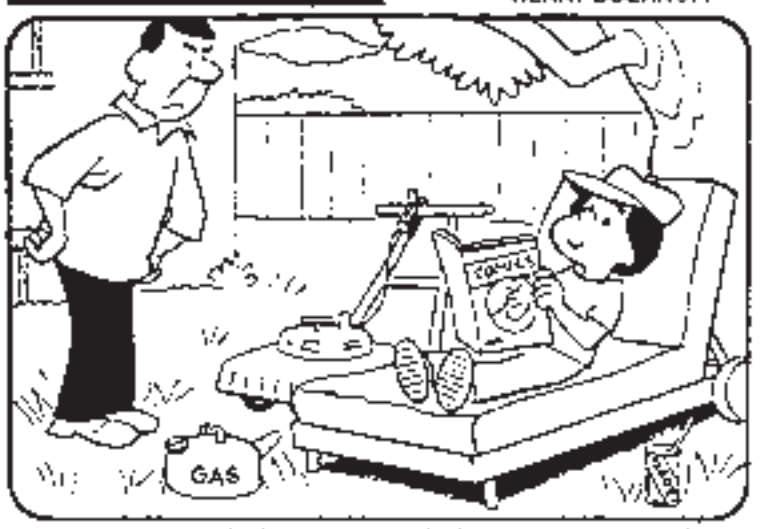
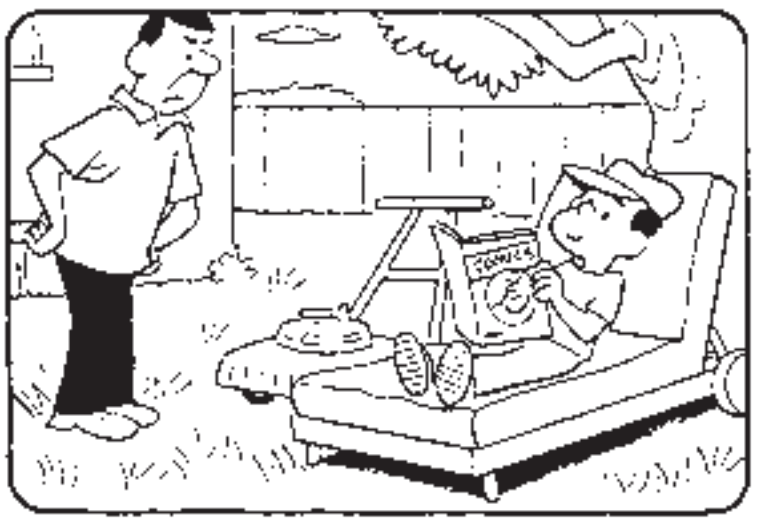
HOCUS-FOCUS

BY HENRY BOLTINOFF

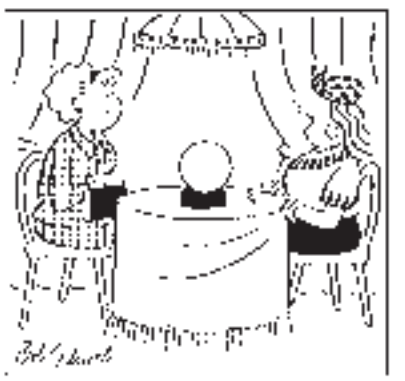


FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



DIFFERENCES: 1. Sleeves are shorter. 2. Cloud is smaller. 3. Gas can is missing. 4. Mower controls are missing. 5. Hat is shorter. 6. Soda can is missing.

SCRAMBLERS



"How far into the do you want to go? It costs ten dollars for the next five years and a dollar for each additional year after that."

Sale
RESCUE

Peep
QUAKES

Waver
REFLAT

Shake
ELMBERT

TODAY'S WORD

answer on page 43

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

SUDOKU

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

answer on page 43

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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Marina Pointe	Bonita Springs	2005	6,554	$6,500,000	$5,000,000	5
Rookery Lake	Bonita Springs	2000	7,058	$2,975,000	$2,650,000	159
Avieto	Bonita Springs	2005	3,505	$1,095,000	$1,003,000	112
Flamingo Bayou	Fort Myers Beach	2013	3,000	$799,000	$790,000	593
Cape Coral	Cape Coral	1992	3,670	$799,900	$766,000	4
Cape Coral	Cape Coral	1996	3,003	$790,900	$727,500	86
Ascot	Bonita Springs	1998	2,670	$697,500	$661,000	131
Sanibel Shores	Sanibel	1988	1,685	$649,000	$610,000	67
Cape Coral	Cape Coral	2002	2,301	$629,000	$598,000	164
Cypress Marsh	Fort Myers	2006	3,481	$600,000	$584,000	87

Courtesy of Royal Shell Real Estate

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: * *

* Moderate * * Difficult
* * * GO FIGURE!

	÷		+		16
−		+		−	
	×		+		16
×		×		×	
	−		×		10
24		24		25	

1 3 4 4 5 6 7 8 9

NOW HERE'S A TIP

- "Wet a plain kitchen sponge and place it in a zip-lock baggie in the freezer. It's great for bumps and bruises, tired eyes and overheated kids." -- V.I. in New Hampshire
- Always rest your bar soap on a sponge. You won't have a soap slime problem ever again, and the soap stays put. When the sponge starts to look questionable, you can replace it or just toss it in the wash with your towels.
- "Sunday dinner is great for so many reasons, as our family reserves this day to be together at mealtime. It also has become a day to touch base on appointments and obligations for the coming week. We discuss what each of us has going on upcoming, and we post our schedules on the fridge on Sunday evening. This way, we can help one another and keep each of us accountable. It works for us!" -- A.A. in California
- "A really nice gift for a family with young children is a family membership to a local science and history museum. It's a gift that keeps on giving, and it's very flexible, because with a membership, you can go all day or just a few hours to keep it light." -- C.W. in Virginia
- A great way to organize in the kitchen is to use the space on the inside of your cabinet doors. You can install a metal sheet (to stick magnetic items to), a chalkboard, a small rack or a section of a pocket organizer.

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PUZZLE ANSWERS

SUDOKU

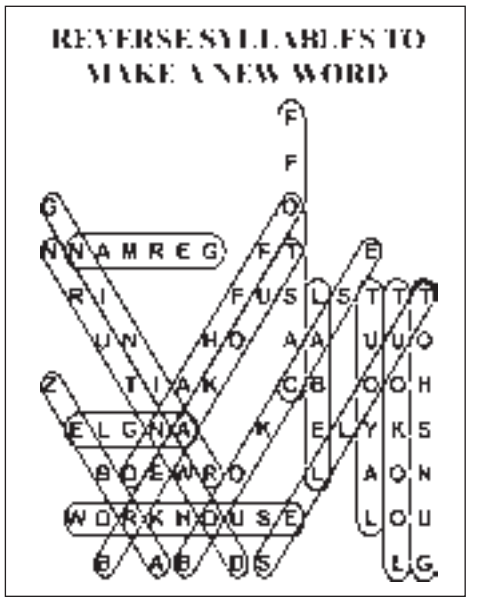
1	8	4	3	7	9	5	2	6
7	2	9	6	5	4	8	3	1
3	5	6	8	1	2	7	9	4
4	1	3	7	9	6	2	5	8
8	9	5	4	2	3	1	6	7
6	7	2	5	8	1	9	4	3
2	4	8	9	3	7	6	1	5
5	6	1	2	4	8	3	7	9
9	3	7	1	6	5	4	8	2

SUPER CROSSWORD

KING CROSSWORD

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

MAGIC MAZE



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SCRAMBLERS

solution

1. Secure; 2. Squeak;
3. Falter; 4. Tremble

Today's Word:

FUTURE

GO FIGURE

7	÷	1	+	9	16
−		+		−	
4	×	3	+	4	16
×		×		×	
8	−	6	×	5	10
24		24		25	

★ ★ ★ Classifieds ★ Classifieds ★ ★ ★

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Call Joan at The Dr. Piper Center at 239-332-5346.
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VOLUNTEER OPPORTUNITY
The Sunshine Ambassador Program is a new and exciting volunteer opportunity offered at the Golisano Children's Hospital of Southwest Florida located within HealthPark Medical Center. The Sunshine Ambassadors will greet, assist and be a positive first point of contact for patients, families and visitors entering the hospital. The Ambassadors also make a difference to families by providing educational and healthful resources to assist in GRANDparenting for GRANDchildren.
We are currently seeking year-round volunteers to work one 4-hour shift Monday through Friday from 8:00 am to 12:00 pm or 12:00pm to 4:00 pm.
If you would be interested in learning more about this wonderful new opportunity, please contact Lisa Ellinwood, Volunteer Resources Coordinator at 239-343-5062 at the Golisano Children's Hospital.
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set, casual dining sets, kitchen utensils,
glassware, small kitchen appliances,
microwave, livingroom furniture,
entertainment center, TV's, rugs,
patio set, lawn mower, plants and planters,
linens, statues, sculptures, etc.
✲RS 9/5 CC 9/5

Shore Fishing:
Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

• Hold the fish in the water while you unhook it if you're going to release it.

• The less you can touch a fish before release the better for the fish.

• If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

• Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

• Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

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Pets Of The Week

Hello, my name is Ebony. I'm a 4-year-old spayed female black and white American Staffordshire Terrier. Before I came to the shelter, I was neglected by my owners. I've enjoyed being at the shelter because I get lots of food, water and attention from the volunteers and staff. I love to go on walks and really enjoy playtime. My only wish now is that a loving family would make me a part of their forever family.

My adoption fee is $15 (regularly $75) during Animal Services' "Fill Your Empty Nest" adoption promotion.

Hello, my name is Timmy. I'm a 2-month-old neutered male brown tabby domestic short hair. Hey, it's still kitten season so there are plenty of us cute babies waiting for loving homes. I'm adorable and playful... so what are you waiting for? Don't forget, cats and kittens are two-for-one!

My adoption fee is $15 (regularly $75) during Animal Services' "Fill Your Empty Nest" adoption promotion.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at $500.

Ebony ID #586651

Timmy ID #591774

PAWS Seeks Homes For Sox, Sporty

Sox, a black and white male, and Sporty, a silver tiger stripe female, were found together on the east end of Sanibel. Sox is a playful fellow and Sporty is a cuddle bug. They are currently being boarded at the vet's office, but they need a foster home or a forever home. Both are six months old, they are healthy, spayed and neutered, and have all their shots.

To foster or adopt Sporty and Sox, call Pam at PAWS of Sanibel at 472-4823.

Sox and Sporty

Island Sun
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Sanibel & Captiva Islands

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Sanibel Police	472-3111
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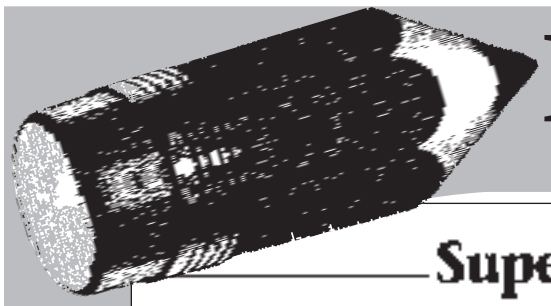
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Community Housing and Resources	472-1189
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	472-6197
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	472-4258
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
Sanibel Bike Club	sanibelbicycleclub.org
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH of Sanibel - Friends in Service Here	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Tom Rothman	395-3248
Master Gardeners of the Islands	472-6940
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Shell Club	395-1770
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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



BEACH CHAIR PASTIME

answers on page 43

Super Crossword

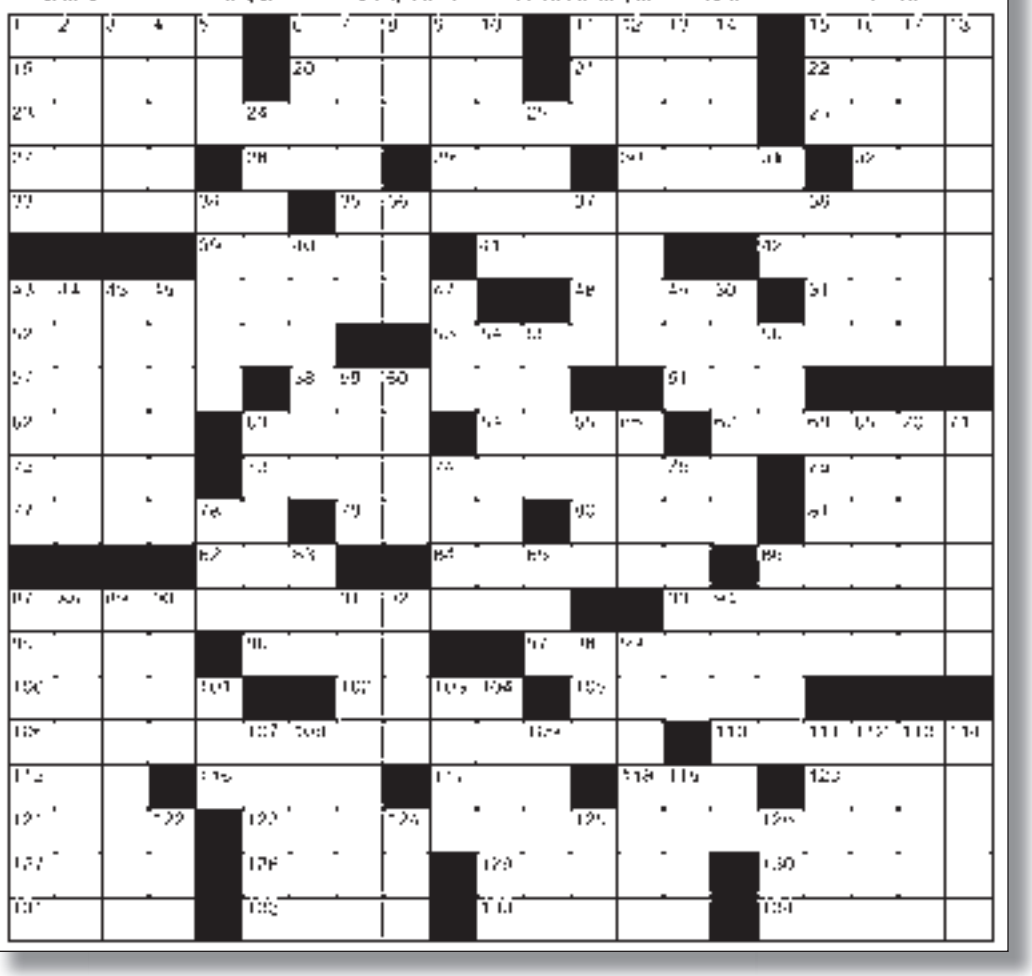
WHAT THEY ALL HAVE

ACROSS

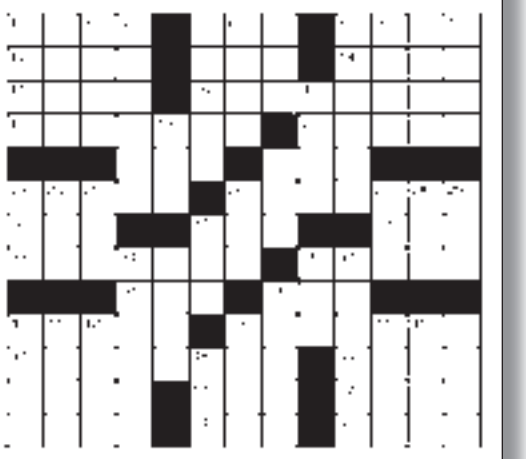
1 ___ dish
6 Digital signal
11 Dog buddy
15 Bow at times
19 Surf sound
20 Rocking
21 Stock singer — James
22 It may hit a bullseye
23 Ringing up prices
26 Kitchen stove
27 Right-wing guy
28 Not to overdo
29 After promise
30 ___ edge
32 With 63 Down, ripped
33 Egyptian beetle
35 Common tackle box buys
39 Kind of eye surgery
41 Unwavering official
42 Actress ___ Sue Carey
43 Hollywood Vine Way
48 Lit Stock Stub
51 Grain Division brand
52 Undetermined
53 Student with time
57 Super Bowl
58 City near Hoover Dam in Washington
61 Wonderful
62 Plant that needs repotting
63 Pig sound
64 Rover
67 Decorations
72 Pronoun
73 Family tree, very many
76 Talking sign
77 Rescued from shock
79 Winter ___ Wizard
Wizard
80 Gourmet
81 Tai Dolce
82 Grassy field
84 Footwear pair
86 Hybrid offspring of two kinds of mammals
87 Angle's kin
93 Ignore
95 Dr. ___
96 Presented with a Zero Day coupon
97 Curvaceous
100 Spectacular
102 "Nothing ___ seems"
105 Tricks
106 Common sizes
110 Cause of dry throat
115 Responsible
Cage for pets
116 Perspective
117 Kash Bitcoin
119 Tweet cause
120 Spots on the Sun
121 Period
123 Operations not involved with humans
127 2007 Will Hester semifinal opponent
128 Dividend no.
129 Feels tired
130 Check again
131 Run over the longest
132 Object in name
133 Feeling
134 Tough that the puzzle's one longest answers have

DOWN

1 Spill kernels
2 Body of metal vultures
3 Sweaty letter
4 Rotary number
5 Ball point
6 Account
7 Tiger's stripe
8 Meg for short
9 Dial another type pad or phone
10 Kind bed or chairs
11 House cat
12 Thirsty air
13 Walk coyly
14 Small sandpiper
15 Rumpled
16 Guy using a CB
17 Days of the former
18 Accounts
24 1966 Tony winner Jerry
25 Branching point
31 Playhouse network
34 Wars and ___
36 Kids Island Abbr.
37 NT
38 Captain's location
40 Continent
43 Part of SPF
44 Get a handful
45 One of Mo's Three Stooges
46 Hip rhythm
47 Vacation spot by Pocket sign
50 Columns
54 Olympic swimmer's accessories
55 Open to base Pitcher
56 Dog bite part
59 Relative of uncle or aunt
60 Timetable, for short
63 Turner of Night and Days
65 Hidden white blood
66 Turkey home
69 Comic Jon
69 Political table
70 Hot spot
71 Sounds like a part
74 Under the horn a part
75 "___ Me" speak
78 Drug smuggler's ___
83 See 62 Across
85 Opposite NNE
86 Verizon Mall?
87 Mountain ranges in Chinese painting
88 Washer
89 Native of a Caribbean island nation
90 Wrestlers' locks
91 Chips Ahoy! and Ritz
92 Beverly ___
94 Oregon
98 More than — Hidden gems
99 Hidden gems
101 Chanson e.g.
103 Pet peeve, and 104 Across
104 Beginners
107 Unsteady
108 Pitchers
109 ___ Island
111 Mall's boss
112 Unshakeable
Cuban
113 "___ Jam"
114 Sit-down dinner
119 To be
122 Will this surprise?
124 Punks and
125 Write
Away
126 Movers of movies



King Crossword



ACROSS

1 Drama
4 Work (up)
9 Opposed to
12 Unsettled
13 ___ number
14 Big ___
15 Actress
Gabrielle
16 Tiddlywinks
19 ___ of
pain
20 Electric
vapor
21 Shoe
22 Medicine
23 Blue
Streak
25 Like that
Upton
Sinclair
novel
30 Hemmed
in
31 The
Simpsons'
Krabappel
32 Opposite
33 Take your
Guess
36 Eye color
38 Experiment
that involved
Pi
41 Solve
43 Hand
45 Word
48 Lacking
49 Cheerful
51 Hardware
that bend
nails
54 Hardware
that bend
screws
57 Tiny
60 Ancient
61 Hindu
62 Dreamer of
Hindu
63 Quarterback
Manning
64 Rules
65 Dress material
67 ___ accident
68 Therefore
70 Lie in ambush
for
71 Expensive
pillow
73 Handsome
and kind
woman

DOWN

1 Rock
2 Mosque
3 Sports maker
Wilson
4 Observation
source of
study
5 Rhyme with
ostrich
6 Wrap
7 Knowledge
acronym
8 Go to a
higher court
9 Approach
10 Mexican
"a lose"
11 Help
17 Eagle scout
project
18 Consumes
22 Remove
23 Mineral
characteristic
24 Work with
an tool
26 Trouble
27 Weasel-like
animal
29 Pop quiz
31 Sleepy, the
lion
34 Hides
35 Kind of
cupcakes
(pl.)
37 Tip
39 Stole with
contraband
40 Tiny
42 Pitcher's
stat
44 Hindu
mountain god
46 Sea eagle
47 Princess'
50 Heat
intensity
52 Pie ingredient
54 Sea eagle
56 Tuition
58 Tiny
59 Cuckoo
60 Tuition
66 Tiny

MAGIC MAZE

REVERSE SYLLABLES TO MAKE A NEW WORD

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

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

Angle	Downturn	Layout	Sit out
Backcase	German	Lookout	Workhouse
Breakout	Gunshot	Offhand	Zebra
Castoff	Label	Raining	

Doc Ford's Rum Bar & Grille

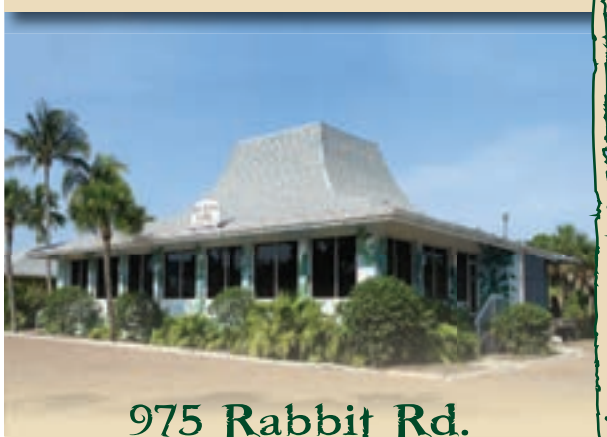
Book Signing Event!

Ft. Myers Beach

September 13th

12-2 & 4-6pm

Meet The Author!

Sanibel Island	Ft. Myers Beach	Captiva Island
		
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