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VOL. 22, NO. 15 | SANIBEL & CAPTIVA ISLANDS, FLORIDA | OCTOBER 3, 2014

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Organizers, sponsors and supporters of the 3rd annual Pink Out Sanibel & Captiva gathered last week at Sanibel Fire Station #1 to promote this year's event, which will be held on Sunday, October 19 from noon to 3 p.m.
photo by Jeff Lysiak

Pink Out Sanibel & Captiva Returns

by Jeff Lysiak

The 3rd annual Let's Pink Out Sanibel & Captiva Islands will return on Sunday, October 19, when the Radiology Regional Center's Mobile Mammogram motorcoach visits the Sanibel Fire & Rescue District Station #1, located at 2351 Palm Ridge Road on Sanibel.

This event was founded in 2012 after SFRD Chief Danny Duncan asked a question during The Bailey-Matthews Shell Museum's annual Celebrity Island Dinner fundraiser, "How can we get the Mobile Mammo motorcoach to Fire Station #1?" Mary Bondurant, a Sanibel resident, realtor and breast cancer survivor, responded that she would call and see if she could get something set up for the month of October.

Following two successful Pink Out campaigns, Bondurant is even more excited about the prospects for this year's event.

"Our focus is going to be a celebration for survivors of all cancers," she explained. "And it's also about giving to the people in this community who need it most. We're supporting FISH, which is all about neighbors helping neighbors."

From 10 a.m. to 5 p.m. the state of the art mobile medical vehicle – staffed by members of the Radiology Regional Center – will be offering on site digital mammogram screenings. While most medical insurance companies will cover the expense of the examination, the fee for women who are uninsured is $150.

Sponsorships for individuals in need of mammograms are available for $150 (the cost for an uninsured examination), and $50 Hug sponsorships are also requested. To become a sponsor, email pinkout@thebrg.net, mail your check to Pink Out, 1019 Periwinkle Way, Sanibel, FL 33957 or visit www.pinkoutsanibel.com for more details.

According to event organizers, Let's Pink Out Sanibel & Captiva – which runs from noon to 3 p.m. – will include "music, dancing, food, fun, fellowship and local businesses showcasing their business to promote health," along with:

continued on page 10

Optimists Donate To Sanibel Storm

Last week, members of the Sanibel-Captiva Optimist Club presented a check to the Sanibel Recreation Center in support of the Sanibel Island Storm Youth Basketball Program. The club's $1,200 donation will be used to purchase reversible jerseys and basketballs for the program, open to players age 3 through eighth grade. Games are played on Friday afternoons at the Sanibel Recreation Center, with the end of the season awards ceremony held on October 10. Pictured are, from left, Char Durand, recreation assistant, Marit Hansen Mouchou, Richard McCurry, Stan Howard and Kayla Schuneman, athletic director.
photo by Jeff Lysiak

Clay Miller, Debi Almeida and Bobby Logue
photo by Jeff Lysiak

Highlights Of The Celebrity Island Dinner

by Jeff Lysiak

On September 29, Traders Store & Café hosted the annual Celebrity Island Dinner, a fundraiser for The Bailey-Matthews National Shell Museum.

The sold-out event featured a cocktail hour with mingling, a three-course meal served by local celebrity waiters, performances by Elvis, Barry Manilow, Ann-Margaret and Bob Dylan look-a-likes and karaoke singing by attendees.

Celebrity waiters included Mary Bondurant, Robin Cook, Mark Blust, Debi Almeida, Bobby Logue, Susan Scott, Ric Base, Clay Miller and Rob Lisenbee. Terry Igo served as master of ceremonies.☆

more photos on page 10

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Shell Of The Week

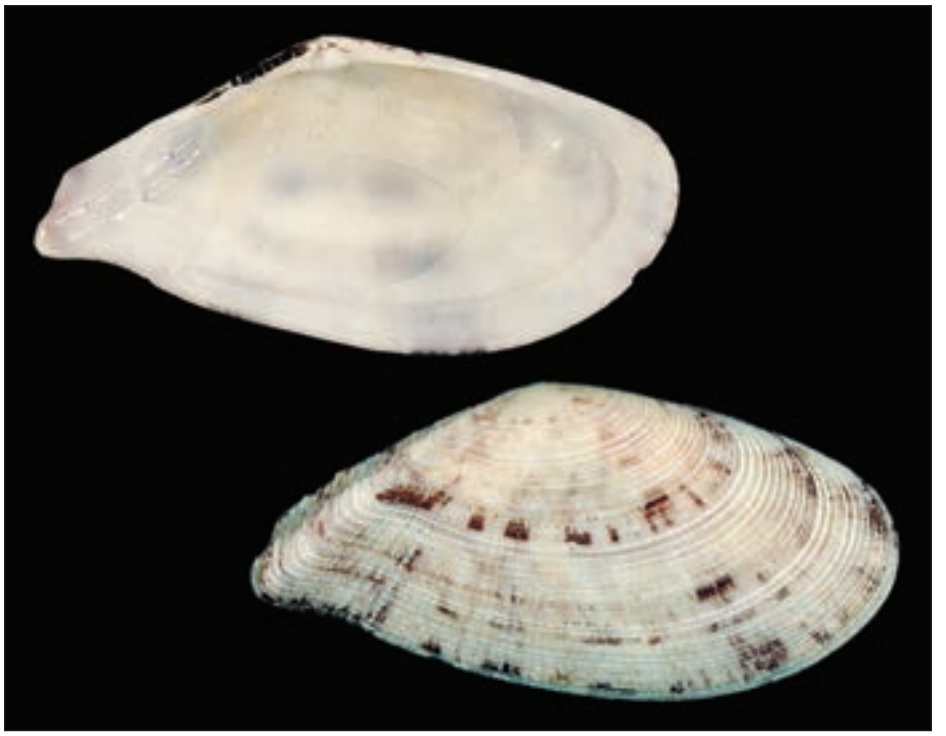
Speckled Tellin

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

The speckled tellin, *Tellinella listeri* (Röding, 1798), is one of the local species living off the Gulf beaches of Southwest Florida. Measuring about two inches, the elegant, elongate shell, with its tent-like and zig-zag markings and subtle maroon and brown shades, is one of the most attractive bivalves in our area. Tellins have different left and right valves; use your imagination to envision this bivalve shell as a fish, with the posterior (pointed) end as the fish tail. Tellins would be fishes with flexed, or bent tails. These bent shells reflect their life habit of burrowing horizontally, "laying flat" deep in the sand, with the posterior end (the "tail") bent up. Learn more about the speckled tellin at http://shellmuseum.org/shells/shelldetails.cfm?id=243

Shell Museum Events

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 their jet propulsion skills. Daily at 11:30 a.m. and 2:30 p.m.



The speckeld tellin, *Tellinella spengleri* (Röding, 1798)

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 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 so 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 a one-of-a-kind experience that will excite nature lovers of all ages. 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.

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Baileyfest Bigger And Better This Year

Magician Brian Boyd will be strolling through the crowd at Baileyfest, performing illusions and creating balloon animals

by Jeff Lysiak

Baileyfest, the annual gathering of islanders and visitors celebrating the community spirit of the islands, will return on Sunday, October 26 from noon to 4 p.m. at Bailey's Shopping Center, located on the corner of Periwinkle Way and Tarpon Bay Road.

According to event organizers, the all-day event will feature live entertainment, games, raffles and giveaways, face-painting, pony rides, food and refreshments, local service organizations plus plenty of other "surprises." As always, Baileyfest is free to attend and open to the public.

"We have so many acts and entertainers coming this year, but we're still trying to squeeze in a few more," said Roni Martorelli, a 25-year Bailey's True Value Hardware Store employee who is helping organize this year's event. "It's gonna be bigger and better than ever."

Singer Frank Torino is a Baileyfest favorite

Back by popular demand, singer Frank Torino will entertain Baileyfest crowds with his renditions of classic songs made famous by Frank Sinatra, Tom Jones and Elvis Presley. Torino will also sing a special "dedication" song during his performance.

Baileyfest will begin with the singing of *The Star Spangled Banner* by members of the BIG ARTS Community Chorus, followed by opening remarks made by Sanibel's mayor, city council and Bailey's General Store Co-Owner and General Manager Richard Johnson.

In addition to the Community Chorus, entertainment will be provided by Kellyn Celtic Arts Irish Dance Academy, the Country Rhythm Cloggers directed by Pat Bedingfield, Buckeye Ken, The Calendar Girls, John Steg, Kyle, Sanibel Recreation Center's cheerleading squad as well as The Sanibel School Band under the direction of Joe Angelo. Magician Brian Boyd will be strolling through the crowd at Baileyfest, performing illusions and creating balloon animals.

Also, one of the time-honored traditions of the event, both the king and queen of Baileyfest will be officially crowned. Fifth-graders from The Sanibel School will submit their essays on "What Sanibel Means To Me," with one boy and one girl selected to serve as honorary monarchs.

Several local organizations, including the Sanibel-Captiva Conservation Foundation, JN "Ding" Darling National Wildlife Refuge, FISH of Sanibel-Captiva, The Bailey-Matthews National Shell Museum, CROW, The International Osprey Foundation,

Dancers from Kellyn Celtic Arts Irish Dance Academy performed last year

Sanibel-Captiva Power Squadron and others will be on hand, as will hibiscus expert/grower Bill Wollschlager.

"We'll also have food from Dietz & Watson and Queenie's Ice Cream, free popcorn and a lot of games and prizes," added Martorelli. "There's something for everyone in the family to enjoy!"

For more information, contact Bailey's General Store at 472-1516.✯

Captiva Community Panel To Meet

There will be a quorum for the next meeting of the Captiva Community Panel, set for Tuesday, October 14 in the Cone Rooms at Chadwicks Square.

Agenda

Meeting convenes at 9 a.m. at South Seas Island Resort
9 a.m. Introductions and roll call; approval of September 9 minutes
9:05 a.m. CEPD update, Kathy Rooker
9:10 a.m. Captiva Fire District update, Chief Rich Dickerson
9:15 a.m. LCSO update, Sgt. Mike Sawicki
9:20 a.m. Hurricane Preparedness & Response Committee, Ann Bradley
9:25 a.m. Committee reports (as necessary):
• Fundraising, Paul McCarthy (2 minutes)
• Communications, Susan Stuart (1 minute)
• Financial, Ken Gooderham (2 minutes)
• Planning, Max Forgey (3 minutes)
9:30 a.m. Morris-Depew Associates presentation, Hailey Underwood
10:15 a.m. Property taxation discussion, Mike Mullins
10:30 a.m. Proposed plan language discussion, Max Forgey
10:50 a.m. Panel member and officer nominations, Mike Mullins
11 a.m. Other business and public comment
• Confirm dates for next meeting (November 11)
Adjourn

The Captiva Community Panel is sponsored by the Captiva Property Owners Association Inc., a 501(c)3 nonprofit organization by IRS determination. The association is registered under account number CH28824 with the state of Florida under Chapter 496, Florida Statutes, the Solicitation of Contributions Act. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval or recommendation by the state.✯

SCCF Wines In The Wild Is November 8

The Sanibel-Captiva Conservation Foundation (SCCF) will host Wines in the Wild on Saturday, November 8 from 6 to 8 p.m. Guests will stroll the Nature Center grounds while sampling wines and food offerings from Leslie Adams Catering.

For reservations, call SCCF at 472-2329. Cost is $75 per person in advance; $85 at the door. Wines in the Wild will be held at the Nature Center, 3333 Sanibel-Captiva Road on Sanibel.✯

Lee Republican Women's Club

The Lee County Republican Women's Club (chartered) will hold its next monthly lunch meeting at the Crowne Plaza, 1305 Bell Tower Drive in Fort Myers, on Tuesday, October 14. The social/registration will begin at 11:30 a.m., with lunch and the program beginning at noon. The lunch cost is $18 per person.

Featured speakers will be candidates for Lee Memorial Health System.s Board of Directors for District 2.

The deadline for reservations is Friday, October 10 and are required to attend. For more information and to make a reservation, call 573-6913.✯

To advertise in the *Island Sun* call 395-1213

Ms. Mary reading with VPK students

Reading Is An Important Tool For Youngsters

Reading with students is a developmental interaction that the Children's Education Center of the Islands takes seriously. The American Academy of Pediatrics advises parents to start reading to children from infancy. The point of the recommendation is to start positive interactions with books early in a child's life.

Reading, talking, singing and rhyming are all interactions that are key to a child's neurodevelopment. Keeping the interactions fun and engaging for children will help hold their interest. There is no specific time recommendation; the child will signal when they are ready to move on to another activity.

The Children's Center of the Islands is a non-profit preschool offering full time and part time classes for children ages 2 to 5. It offers Voluntary Prekindergarten (VPK) from 9 a.m. to 12 p.m. Monday through Friday for free. Wrap around care for VPK students is offered as well. Applications are accepted year-round. For more information, call 472-4538.☆

Earth Boxes will be discussed at the first Shell Island Garden Club meeting of the season

Shell Islands Garden Club

The first Shell Islands Garden Club meeting of the season will be held at The Community House, 2173 Periwinkle Way, on Tuesday, October 14 in the north room beginning at 11:30 a.m.

Following the meeting, Carol Zell and Linda Uhler will be demonstrating how to grow vegetables and herbs on Sanibel with Earth Boxes. Both ladies will relate their experiences with planting and growing delicious and bountiful harvests in these containers and will describe how easy it is to grow veggies on the islands with the use of Earth Boxes. They will actually set up an Earth Box system and show us how early fall planting will produce vegetables by the holidays.

The public is invited to come and see the demonstration at 1 p.m.☆

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CROW Case Of The Week:

An Important Patient

by Patricia Molloy

Lee County has long been a popular tourist destination. Henry Ford and Thomas Edison made their winter homes in Fort Myers and Anne Morrow Lindberg's popular book, *Gift from the Sea,* was inspired by her time on Captiva. But long before humans discovered the beauty of the Gulf Coast, wild birds have traveled here during yearly seasonal trips to escape colder climates.

Last week, a royal tern – patient #2672 – was admitted to CROW after being found on a local beach. The medium-size seabird was unable to stand. "He came in very down and depressed. He also has a wing droop," stated Dr. Brittany Stevens, DVM intern.

While giving him supportive care – fluids, nutrient-rich foods and plenty of cage rest – for several days, the tern showed signs of improvement. "He's better. He's standing and looking brighter. Radiographs are normal, and at intake, his bloodwork looked OK, so we're not sure what is causing the wing droop," said Dr. Brittany. "For right now, he will continue receiving therapy."

The cause of the bird's medical issues may still be a bit of a mystery at this early stage, but its history is not. During the initial exam, a band was clearly visible on its right leg. "When we got him in, we wrote down the number (on the band) and called the agency that the band is from," explained Missy Fox, CVT, veterinary assistant. "He's part of the migratory bird study. They told us that he's 10 years old and from Maryland."

Every year, the U.S. Fish and Wildlife Service and the Canadian Wildlife Service recruit private citizens, researchers and ornithological institutions to assist with banding approximately one million migratory birds in North America: 300,000 game birds and 700,000 nongame birds. The data that is collected is co-managed by the Bird Banding Laboratory (BBL) of the U.S. Geological Survey and the Banding Office of the Canadian Wildlife Service in an effort to monitor population trends of migratory birds on the continent.

Thanks to wildlife hospitals like CROW, when a banded bird is located and its medical status reported to the BBL, that individual's location and history are updated. This gives researchers a detailed look into the daily lives of the migratory birds in their study and allows them to recognize disease trends in wildlife that have the potential to affect human populations.

As long as this special patient continues to show signs of recovery, CROW will administer treatment and keep U.S. officials abreast of its progress. With time and continued medical care, the royal tern will hopefully be released to resume its significant role in the study.

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.

This royal tern, patient #2672, is a 10-year-old bird that is visiting the area from Maryland. CROW discovered its well-documented history from the band on its right leg and its role in an important migratory bird study.

Rotary Happenings

submitted by Shirley Jewell

Our club meeting this week pretty much focused on our Rotary Trust Fund Board and the processes involved in receiving and distributing the funds deposited in the Sanibel-Captiva Trust Fund account. The club functions with two boards; club board of directors that oversees the club workings, both administrative and fundraising, and the Rotary Trust Fund Board that oversees our club endowment fund managed by Rotary International Trust Foundation and the distribution of funds received from fundraising activities and special projects. Fundraising monies are generally deposited directly into the board bank account and then transferred to the trust fund account.

The trust fund board then has the responsibility of managing how the funds are distributed. The club receives a large number of requests from non-profits and worthy organizations for funding of special projects. Our eight fund board trustees (the majority currently are past-presidents of the club) meet regularly to review these requests and decidedly look for projects that help communities locally and globally to make a contribution to the health and well-being of women and children, literacy and education, the health of the environment/water, promoting peace, and disease prevention. Rotary's most successful and sustainable projects and activities tend to fall within these areas. Beyond that, trust members will consider other worthy projects that they believe will benefit the communities that they serve. Last year, the Sanibel-Captiva Rotary Trust supported over 40 different projects with grants of $180 to $6,000.

From time to time, a review of how the trust is processing these requests is made to redesign the request form and clarify how the requests should be presented to the trust board.

The finding from the trust is that the forms are pretty much straightforward and can be found on the club's website at www.sanibelrotary.org under Charitable Grants or through any Sanibel-Captiva Rotary member. The request will be assigned a club member to guide the request through the process from correct information on the form to final report back to Rotary on completion of project. A new emphasis will now be on the completion report; no completion report within specified time period, no consideration for additional requests.

The trust board has also made a determination that this Rotary year – July 1, 2014 to July 1, 2015 – it will try and maintain a 50/50 split between local and global projects. A proposed budget for the year has been established with line items for our college scholarships, some multi-year commitments, designated funds established and using past giving request figures as budget elements. There is flexibility within the budget and, as the year unfolds, new requests will be considered and determinations will be made by our Sanibel-Captiva Trust Fund Board members.

If any non-profit or organization has a project they need funding for, review the guidelines for grants mentioned in the third paragraph, go to our website, fill out the form and submit. If that is not possible, email Rotarian Lee Almas at lawoodman222@embarqmail and he will get you a copy of the form to you. All requests are discussed by the Sanibel-Captiva Rotary Club Board with their recommendations are given to the Sanibel-Captiva Rotary Trust Board, where all grant submissions are reviewed and voted on.

The Sanibel-Captiva Rotary Club meets at 7 a.m. every Friday at The Dunes Golf and Tennis Club, 949 Sand Castle Road. If you have any questions regarding Rotary, e-mail President Scot Congress at scot@scongress.com.☼

The Community House Welcomes New Residents

All new residents and part-time residents of the island are invited to The Community House for coffee and more on the second Wednesday of each month, November through April. This informal get-together will give you an overview of various non-profits, clubs and civic organizations on the island as well as information to assist you in becoming part of the fabric of our community. Become involved in civic opportunities, clubs of the island and more. Long-term residents looking to spice up their volunteer time may also be interested in attending.

Currently, the Sanibel Community Association is asking non-profits, civic organizations, clubs, businesses and interested parties who wish to provide new homeowner coupons or information to forward an example or note to Teresa@sanibelcommunityhouse.net, or drop by The Community House for a conversation.

For more information about the SCA, call 472-2155 or visit www.sanibelcommunityhouse.net.☼

Correction

The *Island Sun* used the incorrect logo in last week's Molnar Electric, Inc. advertisement. We apologize for any misunderstanding or confusion.☼

Read us online at IslandSunNews.com

Molnar Electric, Inc.

To Our Many Friends and Customers:

As you may know I sold Molnar Electric, Inc. at the end of May. This ends a thirty-four year span of serving the electrical and lighting needs of you, the citizens of Sanibel & Captiva islands. It has been our pleasure solving your electrical problems and "keeping the power flowing" at your homes and businesses. We always strived to provide a value-added service to you in a courteous, professional, and timely manner. At the time of the sale, we were comfortable with our successors and were confident that they would carry on our tradition of dedicated service to you. Now it is our understanding that the business has sold again.

You came as customers and remained as friends. We endured hurricanes, no-name storms, dark skies ordinances, new bridges & 4-point inspections together. I was honored when you extended me the privilege to allow my creative lighting design expertise "shine through" on your behalf.

Barbara and our children Alison, & Ian, join me in thanking you for many years of trust and confidence. As we venture north to the next chapter in our lives at our home in Chautauqua County, New York, we remember and will miss our many friends from a wonderful place.

All our best,

Jeff & Barbara Molnar

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Erosion Solutions

submitted by Ken and
Kate Gooderham,
ASBPA executive directors

When running through the list of solutions for coastal erosion problems, one item always needs to be retreat – the willful abandonment of the coast to the forces of nature causing the erosional issues. It needs to be on the table with all the other engineering and management approaches because, frankly, you cannot eliminate any choice from consideration if you are trying to be a good coastal steward.

However, contrary to the strongly held views of a very small but very vocal coastal minority, retreat cannot be the only answer... and here's why.

Retreat is not always:

• Cost-free, but few of its proponents are willing to talk about the economic consequences of abandonment. These consequences cover the loss of revenue via property taxes, tourism taxes and sales taxes currently being generated, which would not be replaced if the coast were abandoned. It also means the literal cost of retreat – taking away all the things now along the shoreline to really allow nature to take its course.

• Environmentally sound. Due to legal restrictions on municipalities' ability to condemn and remove structures, retreat often leads to dilapidated buildings and their associated infrastructure (electric, water, sewage/septic) on the active beach. Compare this scenario to the hundreds of restored beach/dune systems created by nourishment projects all over the U.S.

• Realistic. People clearly want to live and play along the coast. Where has population growth been highest? Along the coast. Where is economic activity the strongest? Along the coast. When people are given a choice where they want to live, where do they go? Along the coast. To think you're going to change that behavior is folly.

• Politically viable. Not when a majority of your populace lives near the shoreline. Again, when more than 55 percent of the U.S. population is on or near a coastal area, any smart politician is going to work to protect the interests of that bloc whenever possible. That's just pragmatism – and those interests usually don't include the idea of retreat.

• Legally viable. Particularly in places where failure to protect private property carries a considerable cost to government. Many coastal management programs came into being because the alternative was to allow each property to do whatever they wanted (or needed) to do to protect an eroding shoreline. And they have that right by the law of the land… in fact, in many states anything the government does that takes away value from a property can be subject to a lawsuit to require that government to pay the property owner for that loss of value. So the millions governments spend in coastal protection is cheap compared to the billions they might have to pay to compensate owners for a "taking"… and that's not even imagining a scenario where all that private land would be bought and turned into public property that would be left to the waves to decide its fate.

• Desirable. Coastal retreat would undermine one of our country's biggest industries – tourism. Studies have documented that U.S. beaches generate billions of day visits and trillions in revenues -- contributions which would be severely reduced if retreat was the norm and the coastal infrastructure necessary for a viable tourism economy was dismantled. Yes, the beaches would still be there post-retreat – but people's ability to get to them would be severely diminished, and many of those tourism and travel dollars would simply go to places where one could easily get to the beach. If that meant another country, that's a huge hole in the U.S. economy where tourism is the third largest contributor.

• Necessary on many coastlines, because viable and affordable management is possible. By encouraging "soft" protection measures such as more sand and coastal marshes, combined with sane coastal building policies and preserving or restoring natural coastal elements, it is possible to achieve an equilibrium between human desires and natural forces in a majority of locations, without having to abandon the coast altogether.

• Going to stop coastal management, dredging and other activities its proponents find so abhorrent. Inlets and channels will need to be maintained, harbors and waterways will need to be navigable and, unless every piece of structure and infrastructure is removed, coastlines will still need to be managed.

This is not to argue that coastal retreat should never be considered. As we said before, it needs to be part of any list of options when coastal problems are being analyzed. There are places where retreat is likely the best solution, where due to geologic and hydrologic forces the best answer is to remove (or not rebuild) structures and infrastructure rather than spend more money and material protecting things that just should not be there any more.

But when so-called "experts" routinely push retreat as the only solution to coastal problems, discounting all the other viable options and even denying reality itself… well, they may just be more interested in provocation than in problem-solving. That's simply not sound coastal management or policy.

Share your community news with us.
Call 395-1213, Fax: 395-2299
or email press@islandsunnews.com

From page 1

Celebrity Island Dinner

Elvis (Terry Igo) arrives at The Bailey-Matthews National Shell Museum's annual fundraiser, Celebrity Island Dinner, held at Traders Café & Store on Monday evening

Mary Bondurant and Rob Lisenbee

Dorrie Hipschman and Janet Strickland

Robin Cook and Mark Blust

Bobby Logue, left, received a standing ovation for his rendition of *New York, New York*

From page 1

Pink Out Sanibel & Captiva Returns

• Kay Casperson Lifestyle Spa & Boutique will be offering pink keratin hair extensions, pink mini-manis and pink lips in exchange for donations

• Enchanted Ballroom will provide dancing entertainment, plus they will give away two complimentary dance lessons (one private and one group)

• Sanibel Chiropractic will be offering massage services

• ProFiles will be doing eye makeup applications

• Cip's Place will be serving food and refreshments

• Fidelity National Title will give away free cookies

• Scott McDonald will be providing music

• UAStar will have a photo booth set up for pictures

• Isabella's Island Style Weddings & Events, SanibelIsland.com/CaptivaIsland.com, Bondurant Realty Group at John R. Wood Island Real Estate, Island Therapy Center and the Sanibel Fire & Rescue District are also sponsoring non-insured mammograms

During the event, donations for FISH of Sanibel-Captiva, Inc. – both monetary and canned goods for its food bank – will be accepted. A fundraising raffle will also takeplace.

According to the Radiology Regional Center, one-third of breast cancer deaths each year could be prevented through early detection. Approximately one out of every eight women develops breast cancer during the course of her lifetime, and breast cancer ranks second as the cause of cancer deaths in American women, claiming more than 40,000 lives annually.

The three keys to early detection, recommended by the American Cancer Society, include:

• Practice regular breast self exams (women 20 years and older)

• Clinical evaluation of the breast by a physician:

– Every three years (women 20 to 40 years old)

– Every year (women 40 years and older)

• Annual mammogram beginning at age 40, unless clinically indicated sooner

"I've walked this journey, and early detection is the key," added Bondurant. "A mammogram saved my life, and if I can help somebody else out by doing this, that's the greatest reward I could wish for."

To make an appointment for a mammogram during Pink Out Sanibel & Captiva, call 936-2316. For additional information, visit www.pinkoutsanibel.com or Pink Out Sanibel's Facebook page.✯

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Students Pray For Their School

Sanibel School students gather for prayer around the flagpole on September 24

See You At The Pole event held at The Sanibel School last week

On September 24, students around the country were encouraged to gather around their schools' flagpoles to pray for their school, their city, their state, their country, and their world. Several students gathered at The Sanibel School last Wednesday morning before school started for prayer and refreshments to participate in See You At The Pole.

See You At The Pole is a global movement of prayer which is student-initiated, student-organized and student-led. It revolves around students praying together on the fourth Wednesday in September, usually before school and usually at the school's flag pole. It involves students in elementary schools, middle/junior high schools, high schools and colleges/universities across the globe. Adults often pray in support of the students on campus by gathering nearby, at their places of work or worship, or at city halls.

"This was a great opportunity for students to gather together as a group on their school campus to pray," said Pastor Kevin Schafer, the youth pastor from Sanibel Community Church. "It was encouraging to see a good-sized group come out before school to pray to our King."☼

CECI's 9th annual Beach Ball will be held at The Dunes

CECI Beach Ball Returns In November

On Sunday, November 16, the Children's Education Center of the Islands will hold their 9th annual Beach Ball at The Dunes from 5 to 9 p.m. This fundraiser benefits local families in need by raising money for scholarships, as well as facility improvements.

For the past decade, CECI – a true not-for-profit community preschool – has provided over $225,000 in scholarships to help their students. On average, 10 percent of the preschool's annual enrollment benefits from these scholarships, which in turn helps families who work on the island and who rely upon their loving, learning environment and extended care.

The Children's Education Center of the Islands provides preschool for children on a daily basis starting at 2 years old through 5. Contact Cindy DeCosta, CECI director, for tickets at 472-4538.✲

Churches/ Temples

ANNUNCIATION GREEK ORTHODOX CHURCH:
8210 Cypress Lake Drive, Fort Myers
Rev. Dr. Elias Bouboutsis
Orthros Service Sunday 9 a.m.
Divine Liturgy Sunday 10 a.m.
Fellowship Programs, Greek School, Sunday School, Bible Study
www.orthodox-faith.com, 481-2099

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.

CAPTIVA CHAPEL BY THE SEA:
The Rev. George E. Morris
Services every Sunday 11 a.m.
November 9, 2014 thru April 26, 2015
11580 Chapin Lane on Captiva. 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST:
2950 West Gulf Dr., Sunday 10:30 a.m.; Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m.; Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 472-8684.

NEW SANIBEL BAPTIST CHURCH
Join us for worship Sunday mornings 9 a.m. Bible Study and 10 a.m. Worship Service at The Community House, 2173 Periwinkle Way. 239-671-5502.

SANIBEL COMMUNITY CHURCH
1740 Periwinkle Way, Sanibel, 472-2684
Dr. Daryl Donovan, Senior Pastor
Sunday Worship Hours:
8 a.m. Traditional in historic Chapel. 9 a.m. Contemporary and 11 a.m. Traditional in main Sanctuary. 10:15 a.m. Courtyard Fellowship. 9 and 11 a.m. Bible classes. Childcare available at all services.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST:
2050 Periwinkle Way 472-0497
The Rev. Dr. John H. Danner, Sr. Pastor.
The Rev. Deborah Kunkel, Associate Pastor
7:45 a.m. Chapel, 10 a.m. Full Service with Sunday school and nursery care provided. Elevator access.

ST. ISABEL CATHOLIC CHURCH:
3559 San-Cap Rd., 472-2763
Pastor: Rev. Christopher Senk,
Saturday Vigil Mass 5 p.m.
Sunday Masses 9:30 a.m.
Daily Mass Wed., Thurs., Fri. 8:30 a.m.
Communion Service Mon. and Tues. 8:30 a.m. Holy Days call.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH:
2304 Periwinkle Way. Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m., Sunday Eucharist 9:30 a.m., Sunday School 9:30 a.m., Tuesday Morning Prayer 9 a.m., Wednesday Healing Eucharist 9 a.m., Wednesday Evening Service – 6 p.m. (Followed by Potluck Supper on the 1st Wednesday) For more information call 472-2173 or visit www.saintmichaels-sanibel.org

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.✲

Read us online at IslandSunNews.com

Addison Schmid, Karmindy Schafer and Rio Leon-Graafeiland painting

My Favorite Color Today Is...

Addison Schmid, Karmindy Schafer and Rio Leon-Graafeiland paint during their free play time at Summit Christian Preschool at Sanibel Community Church. Children are able to express themselves in a variety of medium. VPK is a free preschool for 4-year-olds that meets three days per week from 8:15 a.m. until 2 p.m. Mondays, Tuesdays and Thursdays. More information is available by calling 472-2684.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).✲

FISH October Workshops

FISH of Sanibel-Captiva, Inc. announced several upcoming workshops and events during the month of October:

Friendly Faces Lunch – Tuesday, October 14 at 11:30 a.m. at George & Wendy's Seafood Grille. Visit with FISH staff, volunteers and board. Cost is $8 per person, all inclusive. RSVP to Sally Ennis at 395-8821. Exact cash requested.

10K Race 4 FISH – Saturday, October 18 at 7:30 a.m. at The Community House, 2173 Periwinkle Way.

Mom and Toddlers Group – Monday, October 20, 10 to 11 a.m. at the FISH Walk-In Center, 1630 Periwinkle Way, Unit B. Fun, educational group for parents.

Positive Nutrition For Your Health – Wednesday, October 29, 6 to 7:30 p.m. at the Sanibel Recreation Center. Part one of a three-part series. Dr. Downes will focus on nutrition education and health.

For additional information, call 472-4775 or visit www.fishofsanibel.com.

Advisory: Boat Ramp Dock Maintenance

The City of Sanibel began maintenance work to the city's public boat ramp dock located at 888 Sextant Drive on Tuesday, September 30. The boat ramp will remain available for use during the construction period of through October 10. Work will commence on one half of the dock while the other half remains open for use.

The public is reminded to use caution when utilizing the open portion of the boat ramp until construction is completed.

Contact the Public Works Department at 472-6397 if you have any questions regarding this project.

Read us online at IslandSunNews.com

Second Cruise-In This Saturday

San Cap Motor Club is geared up for its 2nd Cruise-In on Saturday, October 4 from 9 a.m. to noon. Periwinkle Place Shopping Center is the stage where anyone wanting to cruise-in is welcome.

There are no fees and pre-registration is not necessary. The casual morning, entitled Cars & Coffee, Island Style, is a time where locals can come together to share stories and see community members' cars. Club members invite guests to join them for lunch following the event.

The club hosts Cruise-Ins on the first Saturday of the month. For more information, contact Mike Stone at mike@sancapstone.com or 322-0044 or Scot Congress at scot@scongress.com or 472-4177. Visit the SanCapMotorClub Facebook page or website at www.sancapmotorclub.com.

Al Hoffacker

Wildlife Photography Exhibit At 'Ding'

JN "Ding" Darling Wildlife Refuge Visitor & Education Center is presenting a free Wildlife Photography Exhibit by Al Hoffacker from now until October 31. All photos presented depict only native wildlife from our local estuaries, freshwater wetlands and the Florida Everglades. The photos are strictly the images as seen through the lens of the camera by the photographer.

Come meet the wildlife photographer at the refuge's Visitor Center on Saturday, October 11 from 1 to 3 p.m. in Auditorium B, and again on Tuesday, October 14 from 1 to 3 p.m.

"This exhibit gives visitors a real sense of wildlife in South Florida, and we are so excited to have his photos on display" said Birgie Miller, executive director of the "Ding" Darling Wildlife Society.

Currently, Hoffacker's work is being used by the "Ding" Darling Wildlife Society, JN "Ding" Darling National Wildlife Refuge, Discover Nature Apps, Pelican Island National Wildlife Rookery, Lee County Conservation 20/20 Land Stewardship, Charlotte Harbor National Estuaries Program and educational/interpretive programs throughout the state and country.

For more information, contact Cookie Douglas at cookiedouglas@gmail.com, Al Hoffacker at half-crackerphoto.com or the "Ding" Darling Wildlife Society. ✯

Our email address is press@islandsunnews.com

Kasey Robb and Dana Desousa

'Ding' Darling Welcomes New Interns

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) continues its support of the refuge and DDWS internship programs this fall with the hiring of two new interns, who will work for both the refuge and its friends group. Kasey Robb and Dana Desousa clocked in for service earlier this month.

Robb, a geology graduate from Binghamton University in New York State, minored in biology and graduated in December 2013. She will be assisting DDWS staff with its outreach and fundraising missions.

"I have had so much fun these last two weeks exploring the island and the refuge," she said. "It's gorgeous here and completely different from Upstate New York, where I grew up."

Desousa hails from Elmsford, New York, where she was working as a teaching assistant for a kindergarten class. A graduate from the University of Delaware, she has a bachelor's degree in wildlife conservation.

"I love living on an island, and working at the refuge has already provided me with so many new and exciting experiences," said Desousa. "And everyone is so kind."

She will be helping out with "Ding" Darling Days planning and running the Silver Scavenger Hunt throughout that week, October 19 to 25.

DDWS supports refuge internship programs by paying living stipends for numerous interns each year to supplement staff cutbacks due to federal budget constraints.

"We seriously could not operate without the help from the society's intern support," said Toni Westland, refuge supervisory ranger. "Our staff has been cut back dramatically in the past few years. If not for our intern program, we would be faced with closing the refuge a couple of days each week."

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.✯

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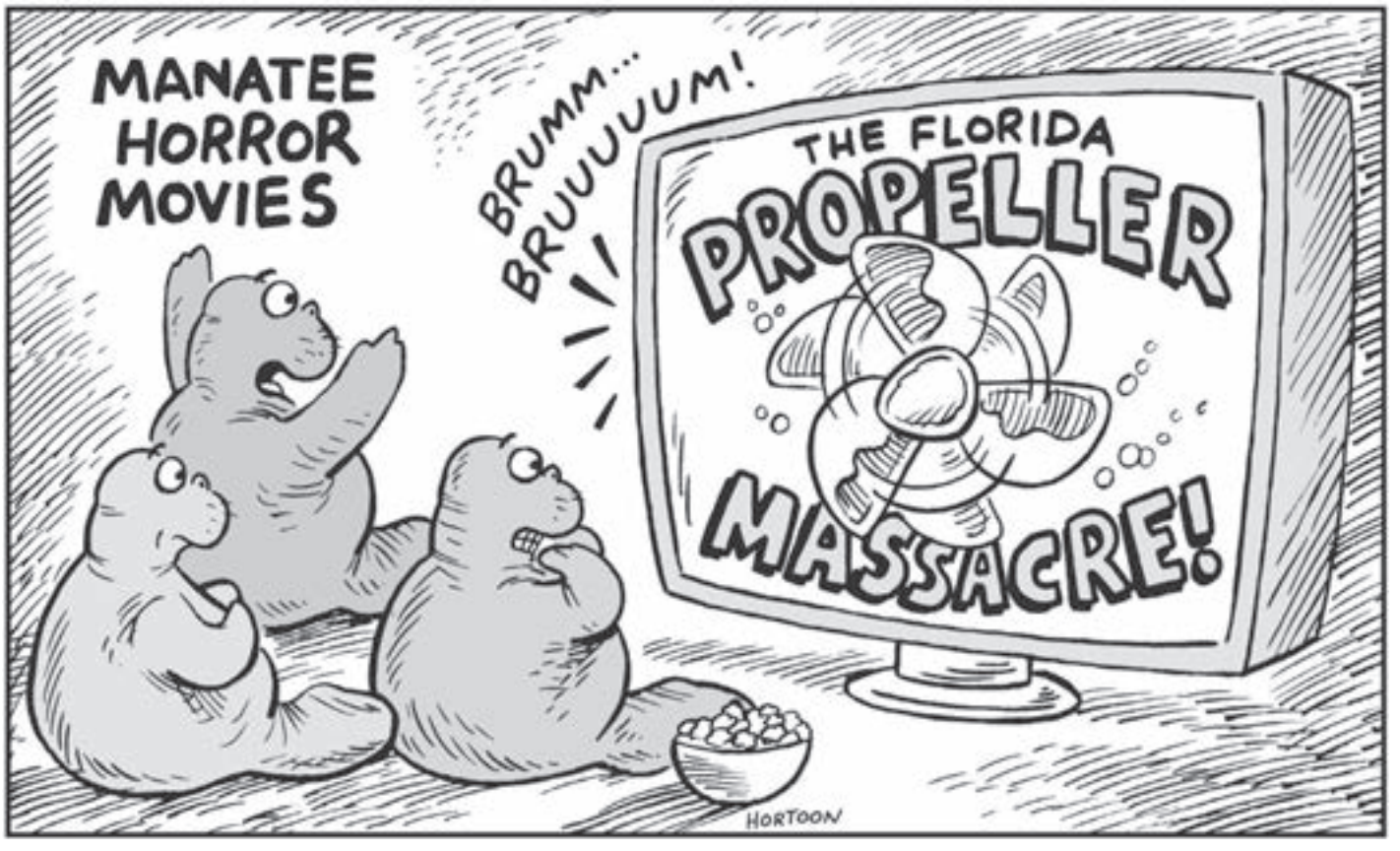

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Time For Schooling Reds

by Capt. Matt Mitchell

Schools of shallow water redfish were found all over the sound this week. These schools of reds ranged in size from 20 fish up to hundreds of fish. Mid-day low water, bright sunshine and light winds all combined for near perfect conditions for locating and sight fishing these hard fighting over-sized redfish.

Finding these redfish sometimes requires a lot of looking but other times, they just pop up almost surprising you. The best chance for locating these schools happens within an hour or so of low tide. Running the edges of big grass flats is a good place to start. I often spot these fish as they cross or push across a super shallow flat as they make their way towards deeper holes and channels. Once these reds hit the deeper water, you quickly lose sight of them and your opportunity on that school is gone.

Over-sized redfish are here

Schools of hungry reds this week could be found all over the flats and channel edges, basically throughout the sound. Areas I located them were from Panther Key to Wood Key, Umbrella Key up on the very western tip of Bokeelia and the flats of Cayo Costa. These are all large areas of water, really the only way to find these fish is to put in your time and keep your eyes open; these schools are constantly moving although some flats are just more productive than others. Once located, this is crazy fast paced action with often every rod on the boat bent at the same time.

At first glance, redfish schools from a distance don't really look that much different than a school of mullet. Once you get a little closer though you will see a much larger push of water and often the tell tale copper color of these fish. These redfish are basically stampeding across the shallow water feeding on everything in their way. Look for the tell-tale signs of big V-shaped wakes, large humps of disturbed water and the bait out ahead of the school skipping as it tries to get away.

Once you spot a school, try to work out the direction these fish are moving in so you can get the boat within casting range. These schools often move very quickly, only giving you so many shots at them before they pass by. Letting them come to you rather than running right up into them is always a more productive way to go. A trolling motor or push pole can work for this, although they sometimes move so fast that you might need to crank up the big motor and run way out around and ahead of them before shutting down. Hopefully, you get a few shots at them before they pass by.

Being rigged and ready when these schools show themselves is a major factor in catching them. These redfish will feed on basically any bait put out in front of them; they have a pack mentality, eating everything they can. I have rods rigged both for bait with floats and free lined, then long casting weedless artificials. If you can get the boat stationary and let the fish come to you, then a bait is the way to go. Often though, the boat is drifting or moving slowly on the trolling motor in super shallow grass when you get your shots at the school. For this, a 1/2-ounce weedless spoon is hard to beat. Not only will the spoon come through the shallow grass without getting hung up, it can be cast a long way even directly into the wind. When the school is out of range for the bait rods, the spoon will often give you a few more shots.

This time of year, I don't go anywhere without a few Johnson silver minnow spoons rigged up and ready to go as you never know when that school of reds will pop up and make your day. Ninety nine percent of the time, if you're fumbling around to get rigged, you have already missed your chance.

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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Dave Doane

Marsh gentian is a hardy native wildflower with a purple throat, bright yellow stamens, and silvery green leaves photos by Gerri Reaves

Plant Smart

Marsh Gentian

by Gerri Reaves

Marsh gentian (*Eustoma exaltatum*) is a native wildflower with cupped flowers of rosy purple, lavender or sometimes white.

Its habitats include hammocks, marshes, coastal sand dunes and disturbed areas of South Florida and the Keys.

A close relative of the famous Texas bluebell, it is also called catchfly prairie-gentian and seaside gentian. It blooms throughout the year, but more profusely winter through summer.

The five-lobed flowers measure up to three inches in diameter and attract pollinators. Bright yellow stamens contrast with the dark purple throat.

Silver-green leaves clasp the stems in opposite pairs. Elongated, oval and fleshy, they have pointed tips and are about two inches long. The plant reaches two to three feet tall.

March gentian is a good choice for coastal landscapes, natural gardens and wildflower gardens. It has moderate tolerance for brackish water and a high tolerance for salt wind.

It will survive even in poor soil, but needs some organic content to do well. It prefers full sun to light shade and consistent moisture.

Propagate this annual with the seeds from the sticky capsule or with cuttings.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, and regionalconservation.org.

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

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An Inside Look At Wildlife Recovery

Baby screech owls

photos courtesy of CROW

The CROW Picture Show presents informative anecdotes about the native and migratory wildlife species brought to the Clinic for the Rehabilitation of Wildlife, along with photos of patients admitted to the facility.

In 2013, CROW's wildlife hospital cared for 3,391 sick, injured, and orphaned animals. Of the 200 different species, 60 percent were birds, with 33 percent mammals and seven percent reptiles.

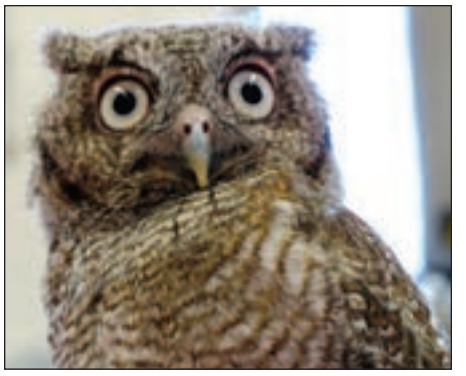
CROW is not permitted to display its patients publically, so this hour-long presentation offers the next best thing:

Baby swallowtailed kite

numerous candid snapshots of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.

The next CROW Picture Show will be held on Friday, October 10 at 11 a.m. in CROW's Visitor Education Center, 3883 Sanibel-Captiva Road (across from The Sanibel School). Admission is $5 for adults, $3 for teens and free for members and children 12 or under. The entry fee also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

For more information, call 472-3644 ext. 228 or visit www.crowclinic.org.✯



Baby screech owl

Swallowtailed kite juvenile

Our email address is press@islandsunnews.com

Fish Caught

Captain Doug Rigsby and Rich Stegmann

On September 19, angler Rich Stegmann caught his legal size limit of mangrove snapper in Captiva Pass in less than one hour. His fishing party included Captain Doug Rigsby from Jensen's Twin Palm Marina on Captiva.✯

Life Enrichment Series

New Opportunities at Shell Point

Shell Point's Life Enrichment Series offers the opportunity to discover new things about yourself and the world you live in. Concerts, presentations, lectures, shows, special events, and more! The public is invited and many of these events are FREE!

explore imagine laugh learn play create inspire

Oct 2014

Oct 6 What's So Special About the Bible?

at 10am. Dr. Andrew Hawkins, senior pastor of The Village Church, presents an overview of the classical case for the Bible as the inspired Word of God. How do they evaluate the documents of antiquity, internal and external evidences, criticism, and the views of Christ regarding the Old Testament. A question-and-answer period will follow. Admission is free. **Call 489-8472 to reserve your place.**

FREE

The Academy of Lifelong Learning

Oct 7,15,21&29

FREE

Learn More About Shell Point at 9:30am. Join us for a group presentation about the Lifestyle and Lifecare available at Shell Point followed by a narrated bus tour of the community. The presentation will also include information about Shell Point's newest neighborhood, The Estuary, which will include 50 residences in a combination of single-family signature homes and twin villa homes, along with a community center and pool. **Call 466-1131 *or 800-780-1131to reserve your place.**

THE ESTUARY AT SHELL POINT

Oct 9 What Is Being Done Locally For the Problem of Global Hunger?

at 10:15am. ECHO (Educational Concerns for Hunger Organization), located in North Fort Myers, is known for combating world hunger by providing education and hands-on assistance, as well as plants and seeds. Dr. Martin Price, co-founder of ECHO, and Danielle Flood, who is in charge of media relations, will provide insight into the growth of the organization over the past 34 years. Admission is free. **Call 489-8472 to reserve your place.**

FREE

ECHO

The Academy of Lifelong Learning

Oct 14 How Columbus Almost Didn't Discover America

at 10am. Join Professor Adrian Kerr for a look at the personality and legend of Christopher Columbus. Throughout his life, he suffered many setbacks, but his 20-year campaign to discover new land found success in 1492. Learn how perilously close he came to failure. **Tickets for this class are $10 each* and can be purchased by calling 489-8472.**

The Academy of Lifelong Learning

Oct 31 - Nov 1 Shell Point Holiday Bazaar

from 10am to 3pm. Get a head start on your holiday shopping while perusing the impressive selection of creations that were hand-crafted or enhanced by Shell Point residents. By introducing new crafters and bringing back well-known favorites, this annual event is sure to have something for everyone. With a record number of resident participants, this year's holiday bazaar will be spread throughout both floors of The Woodlands Commons at Shell Point. **Call 454-2290 for information.**

FREE

On-site Rehab Facility Open to the Public

The Rehabilitation Center in the Larsen Pavilion at Shell Point offers inpatient and outpatient rehabilitative and individualized physical therapy delivered by a team of physical therapists, occupational therapists, and speech therapists. Specialized programs include orthopedics, stroke care, memory care, dysphagia, pain management, and low vision. A dedicated occupational therapy suite and aqua therapy pool are also available. **To learn more about the Larsen Pavilion, or to register for a stay, call 415-5432.**

**Please note: If you are unable to attend a class that includes a fee, kindly give 24 hours notice to receive a refund.*

SHELL POINT Retirement Community

Visit www.shellpoint.org/LES for full listings of this month's events!

(239) 466-1131 • www.shellpoint.org

Shell Point Retirement Community is located in Fort Myers, 2 miles before the Sanibel Causeway.

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City Of Sanibel Vegetation Committee

How To Protect The Cabbage Palm

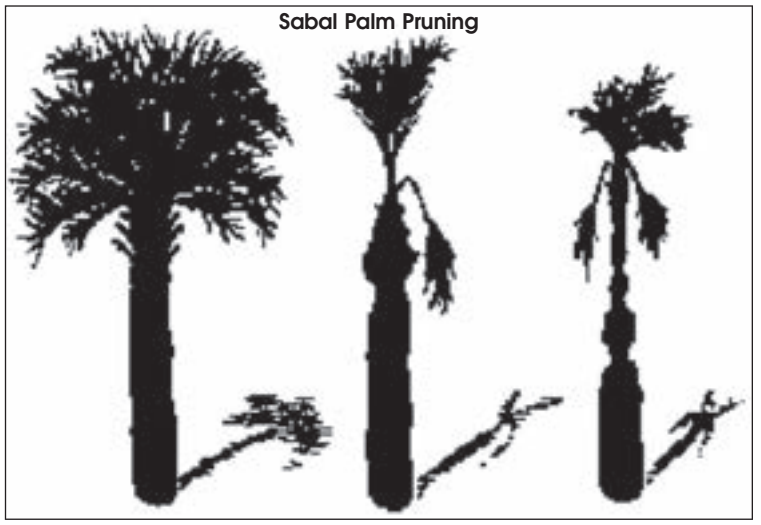

illustration by Amy Mosher

The cabbage palm (*Sabal palmetto*) is a stalwart native and has been described as a small ecosystem in itself. If you respect Sanibel's environmental sensibility to live in harmony with our natural surroundings, that seems reason enough to protect this important palm. Notwithstanding, it is also the Florida State tree, rugged and perfectly adapted to our, sometimes harsh, barrier island environment.

Why Does This Palm Deserve Our Knowledgable Care?

Let's explore this small ecosystem to better understand how it supports plant, bird, insect and critter life.

• Brown fronds provide a unique habitat for tree frogs and bats, which are a natural mosquito control.

• Frizz from the fronds makes great nesting material.

• Flowering branches (inflorescences) provide nectar for bees and butterflies.

• Palm berries are sources of highly nutritious food for local birds, migratory birds and small mammals.

• The palm "boots" (leaf bases) are important habitat for other plants, including the beautiful golden polypody fern.

Harsh pruning of these palms jeopardizes all these habitat benefits and can endanger the health, and even the life of the palm. Its green fronds are the cabbage palm's source of nutrients.

Unpruned cabbage palm
photo by City of Sanibel

Harsh pruning
photo by City of Sanibel

• Cutting healthy green fronds stunts growth, invites disease and reduces the palm's natural resilience to high winds.

• Pruning of protective green fronds makes the palm's cold-sensitive heart susceptible to frosts.

• An over-pruned palm ("hurricane cut") leaves the heart of the palm totally unprotected in strong winds. Damage to the heart can result in the death of the palm.

• An over-pruned palm can develop a bottleneck trunk, sometimes referred to as "penciling." In high winds and hurricanes, this stressed and weakened point can cause the palm to break off and die.

• Work boots with climbing spikes cause wounds in the trunk, leaving the palm prone to disease.

You can make a difference. Here's how.

• Do not remove green fronds.

• Save money. Say no to landscapers who want to over-prune, especially green fronds. Exclude annual harsh-pruning from your landscape contract. Though not necessary, it is acceptable to prune brown and yellow fronds hanging below an imaginary horizon line (think like a clock, 9 to 3).

• Say no to "hurricane cuts." The cabbage palm is naturally wind resistant.

• If you are hoping to protect your palms during hurricane season, this drastic pruning, which leaves them vulnerable, is the worst thing you could do.

• Help spread the facts. Having a better understanding of the cabbage palm's use by our plants and wildlife, enables us to see its natural assets as things of great value, and to many, beauty. Enjoy it!

You can learn more about protecting native vegetation on Sanibel by visiting the Natural Resources Department page at www.mysanibel.com. For questions about vegetation on Sanibel or to request a site visit, contact the City of Sanibel Natural Resources Department at 472-3700.

The Natural Resources Department section of the city's website, www.mysanibel.com, offers information and photos of native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The vegetation committee also offers free native plant tours of the grounds at city hall at 10 a.m. on the second Wednesday and fourth Saturday of the month from November to April. For more information, contact the Sanibel Natural Resources Department at 472-3700.

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Sanibel Sea School will host a pair of camps this holiday season

Sanibel Sea School Plans Holiday Camp

submitted by Nicole Finnicum

The holidays are quickly approaching and Sanibel Sea School is excited to announce our 2014 Holiday Camp schedule. Living in sunny, subtropical Florida, it's hard to imagine what the faraway icy regions of our ocean must be like. At this year's Holiday Camp, our weeks will be called Arctic and Antarctic, and we'll spend our days celebrating marine life at low temperatures. With this new perspective, maybe winter surfing won't seem so cold!

Arctic Week

December 22 to 26 (1/2 day December 24, no camp December 25) 9 a.m. to 4 p.m.

The word "Arctic" comes from the Greek arktikos, meaning bear, and it just so happens that one of the Arctic's most lovable marine mammals is just that – the polar bear. We'll take a closer look at the lifestyle of polar bears and other northern inhabitants ranging from the tiniest phytoplankton all the way up to walruses and Greenland sharks. During Arctic Week we will also investigate how humans survive in such chilly climates, and of course we'll do plenty of surfing, macrame-making, and ocean carol singing.

Antarctic Week

December 29 to January 2 (1/2 day December 31) 9 a.m. to 4 p.m.

The Antarctic is without bears, but there's no shortage of other interesting organisms to explore. From penguins, seals and whales down to tinier sea stars, isopods and sponges, we'll celebrate a whole collection of quirky and amazing animals this week. We'll also talk about icebergs and life at McMurdo Station, the U.S. research station in Antarctica. And of course it wouldn't be camp without surfing, macrame-making, and our annual New Year's tradition of releasing our worries out to sea.

Registration opens online (www.sanibelseaschool.org) at 10 a.m. on Wednesday, October 15. The cost of camp will be $290 per camper and $145 for Counselors In Training (CITs), with no registration fee. Camp is open to children ages 6 to 13 and our CIT program is open to ages 13 to 15.

The counselors at Sanibel Sea School are already excited for our imaginary journey to the icy waters of the Arctic and Antarctic – we hope your children join us for an adventure of a lifetime this December!

Receive A Free Crapemyrtle Tree For Arbor Day

The Arbor Day Foundation will brighten up your fall by offering five free crapemyrtles trees when you join the foundation in October. The free trees are part of the nonprofit Arbor Day Foundation's Trees For America campaign, a program dedicated to environmental stewardship through tree planting.

"Crapemyrtles are especially beautiful in the fall and were selected for this campaign because of their elegant color and form," said Matt Harris, chief executive of the Arbor Day Foundation. "Crapemyrtles make an attractive addition to the home landscape."

The trees will be shipped postpaid between November 1 and December 10, at the right time for planting. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Planting instructions are enclosed with each shipment of trees.

New members of the Arbor Day Foundation also receive *The Tree Book*, which includes information about tree planting and care.

To receive the free crapemyrtle trees, send a $10 membership contribution to Five Crapemyrtles, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410 by October 31, or join online at www.arborday.org/october.

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SWFL Budget To Restore Everglades

At a public hearing last week, the South Florida Water Management District (SFWMD) Governing Board adopted a $720.4 million budget for Fiscal Year 2015 (October 1, 2014 through September 30, 2015). The annual budget funds the agency's core flood control and water supply missions as well as its continued progress to restore and protect the South Florida ecosystem.

"This budget allows us to continue operating and refurbishing the regional water control system and puts state funding to work to benefit our state's natural areas, including the Kissimmee River, Lake Okeechobee, coastal estuaries and the Everglades," said SFWMD Governing Board Chairman Daniel O'Keefe. "With our agency-wide commitment to efficient operations, District millage rates have been reduced for the fourth year in a row."

Nearly 80 percent of the District's FY2015 budget is dedicated to flood protection efforts and natural systems restoration:

• $202.2 million to operate and maintain South Florida's regional flood control system and other associated works, including $52.4 million toward refurbishment of the primary network of canals, levees, structures and pump stations.

• $362.5 million to build projects and implement programs to help restore America's Everglades – from the Kissimmee headwaters to Florida Bay.

State Support For Everglades and Estuaries

The approved budget contains a significant infusion of state revenues, $137.8 million, appropriated by the Florida Legislature this year to continue and to accelerate the pace of restoration progress.

In total, the FY2015 approved spending plan includes $71.4 million to implement the next phases of Governor Scott's Restoration Strategies plan for improving the quality of water flowing into America's Everglades. In 2015, these funds will be used to:

• Continue construction on two Flow Equalization Basins.

• Increase existing stormwater treatment area capacity.

• Construct additional conveyance features.

• Continue implementation of the Science Plan.

• Plan, design and initiate construction on the Mecca shallow impoundment and the Lainhart and Masten dams in the Loxahatchee watershed.

• Implement additional source control activities.

The FY2015 budget also invests more than $120 million in projects to benefit the St. Lucie and Caloosahatchee estuaries, including: Continued construction of the C-44 Reservoir and accelerated construction of the C-44 Stormwater Treatment Area, discharge system and pump station in the St. Lucie watershed. Water quality treatment and storage projects in the Caloosahatchee watershed, including initial work on the C-43 Reservoir to provide additional interim storage on the project site.

Continued construction on the Kissimmee River restoration project and Headwaters revitalization, which will create more upstream storage. Expansion of the district's Dispersed Water Management program to hold more water on public and private lands.

Another $36.6 million is dedicated to other key environmental projects designed to reestablish more natural water flows, including:

• Cost-sharing construction of the north detention area for the C-111 South Dade project with the U.S. Army Corps of Engineers.

• Picayune Strand Restoration manatee mitigation construction, acquisition and operational testing/monitoring of the Merritt and Faka Union pump stations.

The district's annual budget is funded by a combination of ad valorem (property) taxes and other revenues such as state appropriations, federal and local sources, balances, fees, investment earnings and agricultural privilege taxes. For FY2015, $265.9 million (about 37 percent of total revenues) is provided by property taxes and $143.1 million is from accumulated ad valorem reserves.

The approved millage rates for FY2015 represent $38.42 per $100,000 of taxable value in 15 of the district's 16 counties (the Okeechobee Basin). In Collier County and mainland Monroe County (the Big Cypress Basin), the tax rates represent $30.97 per $100,000 of taxable value. ☆

To advertise in the
Island Sun
Call 395-1213

EVENT VOLUNTEER REGISTRATION

Sunday, November 9, 2014
11 a.m. to 4 p.m.
The Dunes Golf & Tennis Club
www.crowclinic.org

Please e-mail this information by October 17 to JoEllen at volunteers@crowclinic.org. You may also fax this form to 472-2334, or mail to CROW, P.O.Box 150, Sanibel, FL 33957.

You will be notified of your position before the event. If you are working the day of the event, please park at Bank of the Islands and take the shuttle to the volunteer entrance by the Dunes clubhouse.

Allow yourself plenty of time. Check in at the volunteer tent where you will receive a wristband, water and a volunteer t-shirt. The t-shirt is to be worn at all times during your assigned shift.

For more information, please call us at (239) 472-3664, x 221.

Name: *(Print clearly)* Last_____ First_____

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Pre-Event

❑ Set-Up (tents, tables, etc.) Saturday, Nov. 8 • 1 to 5 p.m.
❑ Opening (signs, supplies, etc.) Sunday, Nov. 9 • 8 to 11 a.m.
❑ Parking/Shuttle Assistance Sunday, Nov. 9 • 10 a.m. to 1 p.m. *(continues into event time)*

Event — Sunday, November 9 ***(choose shift and position)***

❑ **Shift 1 — 10:30 a.m. to 1:30 p.m.**
- ❑ Entrance Tickets
- ❑ Food/Beverage Tickets
- ❑ T-Shirt Sales
- ❑ Silent Auction
- ❑ Roving *(garbage, ice, water relief volunteer)*

❑ **Shift 2 — 1:30 p.m. to 4:30 p.m.**
- ❑ Entrance Tickets
- ❑ Food/Beverage Tickets
- ❑ T-Shirt Sales
- ❑ Silent Auction
- ❑ Roving *(garbage, ice, water relief volunteer)*

❑ **Parking** *Special Shifts:* ❑ 12:30 to 3 p.m. ❑ 2 to 5 p.m. *(continues after event)*

Post-Event

❑ Closing (clean up, tear down) Sunday, Nov. 9 • 4 to 8 p.m.
❑ Additional Clean Up Monday, Nov. 10 • 7 to 9 a.m.

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.

AMONG THE FLOWERS CAFE

Among the Flowers Fresh Cafe and Gifts in Tahitian Gardens, Sanibel, feature funky art gifts alongside the coolest fresh organic juice bar & fruit smoothies by Chelsee, hand-crafted espresso with fresh roast coffee drinks, Organic hand-dipped chocolates, local ice creams, famous "Egg-in-nest" & "Avos-hum" sandwiches with super-greens "Tahini Salad" or classic Caprese with eggplant. Many vegetarian/vegan/allergen and gluten-free options. You'll also find a nice selection of Wines to add to your party. Party catering packages available for the Sanibel-Captiva island area and most of Fort Myers. There's quaint outdoor seating on the shaded deck. Call ahead or text-to-go orders for pick-up. Menu at www.loveamongtheflowers.com

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.

Jeff Weigel and Mr. Hot Dog Man at the Sanibel Deli and Coffee Factory

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.

GEORGE & WENDY'S SEAFOOD GRILLE

George & Wendy's Seafood Grille features live music Fridays and Saturdays and Karaoke on Thursdays. Specials include prime rib on Tuesdays for $18, snow crab legs on Wednesdays for $18, New York strip steak on Thursdays for $18 and Friday night fish fry for $15.

Happy hour is from 11 a.m. to 6 p.m. The full bar has an extensive wine list, 20 beers on tap, local, domestic and craft beer, mojitos, martinis and tropical favorites.

Football food and drink specials are available in the bar area only during all NFL and Saturday college games. There are free Jello shots with each Chicago or Buffalo touchdown.

Hours are 11 a.m. to midnight seven days a week.

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.

Read us online at
IslandSunNews.com

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.

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.

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.

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. 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.

continued on page 26

Book Review

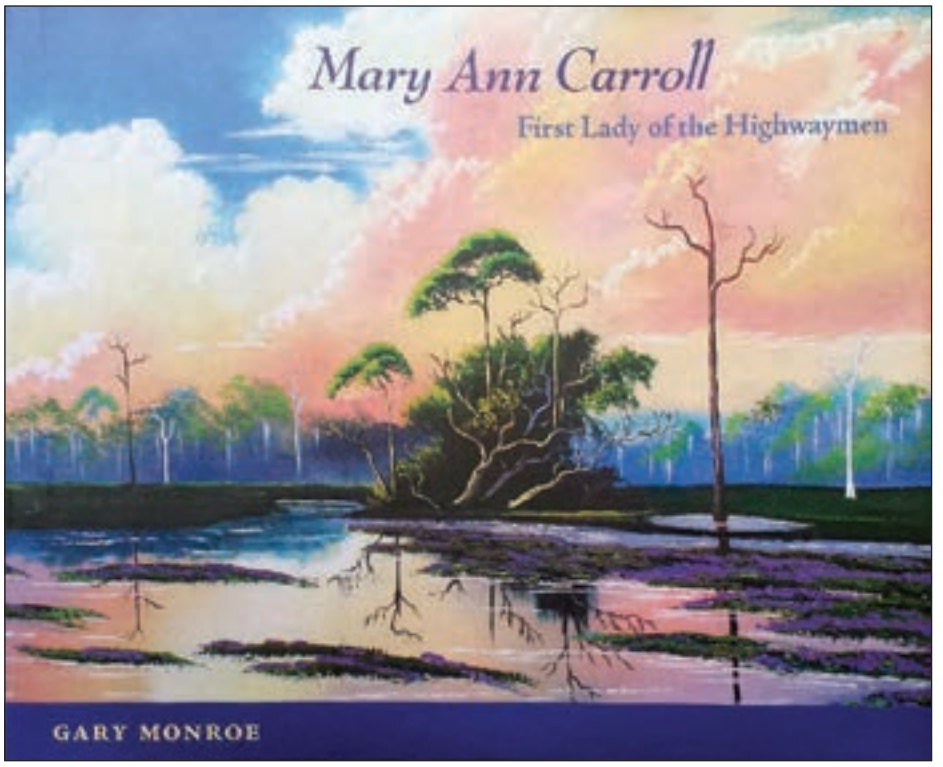
Mary Ann Carroll: First Lady Of The Highwaymen

by Di Saggau

Gary Monroe has written several books about The Highwaymen, a group of young black artists who painted their way out of the despair awaiting them in citrus groves and packing houses of 1950s Florida. Now, he has authored a new book about the only female member of The Highwaymen, Mary Ann Carroll. The book begins with marvelous narrative about The Highwaymen and what it was like for black aspiring artists, the majority from Fort Pierce, Florida who became a new genre of landscape painters whose carefree, fast-painting imagery is sought after and treasured today.

It is believed that these painters created nearly 250,000 paintings, but it's difficult to know how many survived because they often changed hands, were placed in storage or lost. The artists drove to towns and cities along the coastline selling their works wherever there were people. For Carroll, it was a way to support her seven children. People bought her paintings because they appealed to them. She believes that the scene and color helped sell the paintings. People bought for themselves when something struck a nerve. The paintings were affordable and original Florida art. In the early 1960s, Carroll became one of the nuclear members of the group of artists called The Highwaymen. Today, one of her paintings hangs in the White House. She presented it to Michelle Obama at the First Lady's Luncheon in 2011 when she was guest of honor for her achievements made in spite of discrimination.

Mary Ann Carroll painting



In the book, Monroe describes the paintings as an experience. "A viewer can relate because they are accessible, and even flawed. These unusual paintings capture, with minimal effort, the sense of Florida in its rawest, if not most sensual, form."

Three fourths of this magnificent book are filled with colorful photos of Carroll's work. You will be amazed as you look at them. You will also be amazed as you read this never-before-told story of a black female artist's hard fought journey to provide for her family while also making a name for herself in a man's world.

Mary Ann Carroll: First Lady of The Highwaymen is available in book stores and online.

From page 25

Island Fare

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 FISH HOUSE

Find out why Sanibel Fish House is such a great addition to the list of Sanibel restaurants. We offer a wide range of fresh seafood as well as our great alternative choices at reasonable prices.

Come and see us in our delightful tropical island setting. Open 11 to 10 daily with excellent lunch and dinner specials. Don't miss the best happy hour on the island 11 to 6 daily and all day on Saturdays and Sundays in The Lounge! The Lounge opens 11 to 10 Sunday through Thursday and until 1 a.m. on Fridays and Saturdays. Watch your favorite team with us and enjoy our Game Time specials!

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 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.

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.

To advertise in the
Island Sun
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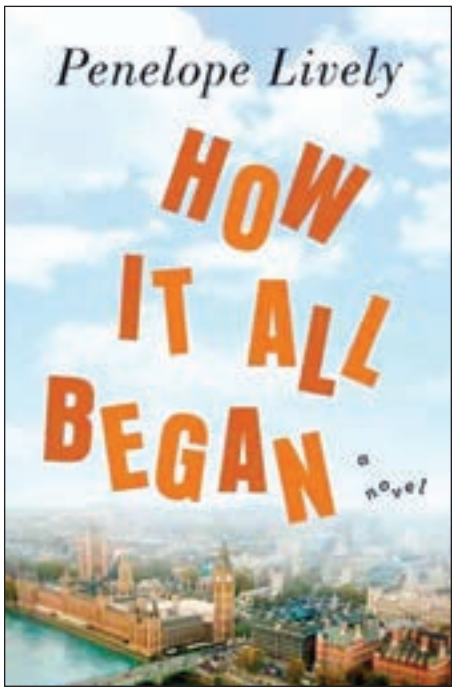
Library Book Discussion Group

Readers are invited to come in and talk about Penelope Lively's *How It All Began*, the focus of the Wednesday, October 22 book discussion at the Sanibel Public Library, 770 Dunlop Road. The meeting is free and open to the public. The discussion begins at 2 p.m. in the library's Meeting Room 4, located across from the elevator on the ground floor. Edie Gleason will facilitate the meeting.

In Lively's 2011 book, the mugging of a retired schoolteacher on a London street has unexpected repercussions for her friends and neighbors when it inadvertently reveals an illicit love affair, leads to a business partnership, and helps an immigrant to reinvent his life.

In a *New York Times* book review of *How It All Began*, Michiko Kakutani wrote, "Here, one of our most talented writers has written an elegant, witty work of fiction, deceptively simple, emotionally and intellectually penetrating, the kind of novel that brings a plot to satisfying closure but whose questions linger long afterward in the reader's mind."

Discussion of *How It All Began* begins promptly at 2 p.m. on October 22. While it is preferable to come having previously read the book, all are welcome. The books featured for the Sanibel Public Library book group discussions are available hardcopy as well as in downloadable format. Hardcopy books are located in the library near the reference desk.



The November book for discussion is Elizabeth Strout's *The Burgess Boys*. The discussion group will not meet in December. The book for January's meeting is *Shanghai Girls* by Lisa See. If you have questions about the meetings, call the library at 472-2483.☆

Penelope Lively

LIVE ON THE ISLANDS

Crab Races are back on Mondays and Thursdays at The Crow's Nest at 'Tween Waters Inn on Captiva

The **Crow's Nest at 'Tween Waters Inn** will feature the band Gatlin on Thursday, Friday and Saturday. Crab Races are held on Mondays and Thursdays.

George & Wendy's Seafood Grille has live music tonight, Friday, with reggae by Cruzan Vibes. On Saturday, it's Megan Rose, plus half-price drinks for the ladies from 9 p.m. to midnight. Sunday is Hospitality Night with happy hour pricing from 8 p.m. to close. On Tuesday, open mic night is from 8 to 11 p.m. Karaoke is Thursdays from 9 p.m. to midnight. There are free open pool tables on Sunday, Monday and Wednesday.

The **Jacaranda** has live entertainment on Friday and Saturday with the New Vinyls, playing classic rock and dance, 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; Thursday, Eric Malibu, playing contemporary, reggae and dance.

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 island style entertainment. Happy hour is daily from 5 to 7 p.m. with a new drink menu and drink specials.

This week's lineup at **Traditions on the Beach** at the Island Inn includes: Friday and Saturday, music and dancing with Joe McCormick and Marvilla Marzan; Wednesday, music and dancing with Joe McCormick; Thursday, music and dancing with Joe McCormick and Marvilla Marzan.

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.☆

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Jerry's of Sanibel Directory

1 Jerry's Restaurant
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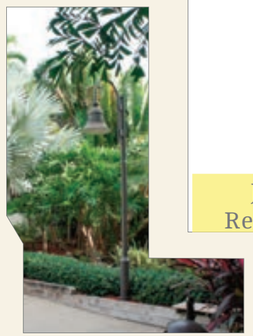

Spiny Lobster Stir-Fry with Sweet Peppers

4 (6-ounce) spiny lobster tails, shelled and cut into bite-size pieces
1 cup cornstarch
3 sweet bell peppers (assorted colors), sliced thin
1 tablespoon fresh ginger, peeled and chopped fine
4 to 6 garlic cloves, peeled and chopped fine
1 bunch scallions, rinsed and sliced
1/4 cup fresh cilantro, chopped
1 teaspoon toasted sesame seeds
1 tablespoon cooking oil
Sea salt and fresh ground pepper to taste

Preheat a large sauté pan or wok over medium-high heat. Add the cooking oil to the preheated pan. Season the cornstarch lightly with salt and pepper. Lightly dust the lobster bites with the cornstarch.

Carefully place the dusted lobster bites in the oiled pan trying not to overcrowd them. Cook lobster bites for 1 minute, then move the lobster to the side of the pan. Add the bell peppers, garlic, scallions and ginger. Season the ingredients in the pan lightly with salt and pepper.

Stir-fry the ingredients together, and cook for 2 to 3 minutes. Add the stir-fry sauce and stir to coat. Add some of the cilantro, saving some for garnish.

Serve lobster stir-fry over a bed of rice and garnish with sesame seeds and remaining cilantro.

Spiny Lobster Stir-Fry with Sweet Peppers

Stir-Fry Sauce

3/4 cup Florida orange juice
1 tablespoon cornstarch
2 tablespoons soy sauce
1 teaspoon fresh ginger, peeled and diced fine
2 tablespoons rice wine vinegar
2 tablespoons brown sugar
1 teaspoon sesame oil
1 teaspoon orange zest, finely grated

In a small sauce pot over medium heat, add orange juice, soy sauce, rice wine vinegar, brown sugar, sesame oil, ginger and orange zest. Bring ingredients to a boil.

In a small bowl, combine cornstarch and 3 tablespoons of cold water. Whisk the cornstarch and water mixture until combined. Slowly whisk the cornstarch mixture into the sauce mixture. Continue to whisk until the sauce has thickened. Bring to a slight boil and let cool.☆

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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

Survival Of The Fittest

by Tanya Hochschild

Darwin sailed to the Galapagos,
legendary land in lapis,
linked the chain of life
which clung in the balance,
called his idea: origin of the species.
Selected into the life boat,
he wrote,
"Those who adapt."

Naturally, we selected each other.
To inhabit your world I needed
like the flightless cormorant,
to clip my wings.
To inhabit my world you needed,
like a Galapagos sea lion,
stones to grind in your stomach
to digest life with a wife.

Both born under fire signs,
we evolved from volcanic eruptions.
You learned, like the Galapagos dove
to coo your appreciation,
I learned not to be your albatross
on Saturday rugby afternoons

Like Sally Lightfoot crabs we scampered
through years of precious life,
found footholds on earth
nurtured our young,
comical as boobies with blue-flippered feet,
they squeaked and danced,
appealing to us to keep feeding them.

Two ancients,
once with dominant genes, now recessive,
slow as tortoises
in ill-fitting leather coats,
We bubble,
crawl,
grip,
glare and stare – live in harmony,
going forward.

Tanya Hochschild is member of a Sanibel Writers Group, has participated in Artpoems and Writer's Reads on the island, and had two books published.☆

Send your editorial copy to:
press@islandsunnews.com

Superior Interiors

Fabulous Flooring

by Jeanie Tinch

Floors are the second largest and broadest expanse of color in a room – the first being walls. They are also the most permanent feature, replaced less easily and less often than wall treatments or even upholstered furniture.

Purchase and installation costs are substantial, so it's important to select floors with an eye to the future.

For many reasons, it's best to consider investing in the best quality possible for your budget. That doesn't necessarily mean buying the most expensive flooring. In estimating what you are willing to invest, consider the lifespan of your floor covering. This will help give you a truer picture of cost and what is truly the most economical for you, your budget, and your lifestyle. And, by all means, consider using the services of a professional interior decorator to assist you in this important buying decision.

Modern technology has made flooring more attractive, varied and practical. Such natural materials as wood, marble, stone, slate, clay tile and wool are still high in initial cost, but may not be in the long run because of their durability. Man-made flooring materials such as vinyl and carpets of synthetic fibers come in price ranges able to fit almost any reasonable budget.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@decden.net.☆

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Learn Safe Boating On Local Waters

The United States Power Squadrons will teach an all day class on safely boating the local waters on Saturday, October 25 from 9 a.m. to 5 p.m. at the Sanibel Public Library. The class is designed for those new to boating as well as experienced boaters who would like to strengthen their safe boating skills. The class uses the America's Boating Course text published by the USPS as well as lectures, demonstrations and discussion presented by USPS instructors. After completing the class and passing a very simple exam, students will receive a safe boating ID card from the state of Florida. The ID card satisfies new Florida legal requirements for those born after January 1, 1988 to operate watercraft on Florida waterways. Students completing the class will also be eligible for a free six months membership in the United States Power Squadrons, the nation's largest non-profit boating organization.

Cost of the class, the America's Boating Course text and six month initial membership in USPS is $40.

Students receive their copy of the America's Boating Course text in advance of the class and are expected to prepare for the class by reviewing the text before the class day.

Among the subjects and topics reviewed are:

• U.S. Coast Guard required safety equipment
• Basic boat handling underway and docking
• Navigation rules, right of way
• Navigation aids and channel markers
• Basic navigation, charts and GPS operation

U.S. Power Squadrons instructor Jay Brown demonstrates the proper technique for securing a boat to a dock at a recent session of America's Boating Course

• Anchoring in deep water and on the beach
• VHF radio operation
• Storms, emergencies and accidents.

Students are introduced to boating the local waters by studying navigation charts for Pine Island Sound, San Carlos Bay and the Caloosahatchie River. Important destinations, channels and waterways are reviewed and advice for confidently boating in local waters is discussed. The class format is very informal with many opportunities for questions and discussion. No advance knowledge of boating is needed for successful student completion of the class. The class is appropriate even for those who may not own a boat but want to learn about the possibility of boating the magnificent waters that surround Fort Myers, Sanibel and Captiva. The class is also appropriate for experienced boaters who may want to learn about boating in our unique local waterways.

To learn more about the class, students may contact the lead instructor Jay Brown at 314-807-6860 or jaywbrown@msn.com. To register for the class, students should log on to http://bit.ly/1tb8rVO. Students are encouraged to register well in advance of the class to allow time to obtain and review the America's Boating Course text prior to the class day. Registration will close October 18 for the October 25 class.

The class will be offered again on December 5, February 7 and March 28. On all dates, the class will be held at the Sanibel Public Library, 770 Dunlop Road, beginning at 9 a.m. and concluding by 5 p.m.

To learn more about the Sanibel-Captiva Power Squadron, visit www.usps.org/localusps/sancap/ or contact Steve Abbott at 246-2392.

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Model Railroad Attraction Now Open At Shell Point

The Gulf Coast Model Railroad attraction is now open at Shell Point

The Gulf Coast Model Railroad, the Florida-shaped model train display at Shell Point Retirement Community, opened for season on October 1, with free tours offered on Monday, Wednesday and Friday afternoons from 1:30 to 3:30 p.m. through April.

Offering a unique look at historic and modern sites throughout the State, the 40x40-foot display features several running trains and hundreds of recognizable miniature geographic landmarks such as Tallahassee's old Capitol Building, Pensacola freight yards, the Gainesville Gator Bowl, Walt Disney World (including Epcot), Kennedy Space Center (with an orbiting Space Shuttle), Miami's famous hotels, the Everglades, the Sanibel Lighthouse and even Shell Point Retirement Community.

This season, guests will see that a popular visitor request has been fulfilled: Volunteers added Florida State University to the miniature landscape at Tallahassee over the summer as they performed maintenance on the entire display.

The Train Room was created by Shell Point residents and has been welcoming visitors since 1973. This enduringly appealing attraction is operated and maintained by a volunteer group of the community's residents and is visited by more than 3,000 guests each year.

Shell Point's model railroad attraction

Special tours for groups of more than 10 people can be scheduled by calling 454-2290. The Gulf Coast Model Railroad is located on The Island at Shell Point, at 15000 Shell Point Boulevard. Visit www.shellpoint.org/trainroom for more information.

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New Talent At BIG ARTS

Each year, BIG ARTS presents amazing talent on its stages. The Sanibel-based arts organization has also hired new behind-the-scenes staff in the past year that brings a wealth of technical knowledge and professionalism to the organization's more than 200 events.

"Our audiences are very discerning – they come to BIG ARTS to experience high-quality professional performances," said Executive Director Lee Ellen Harder. "Part of our ability to draw the guest artists we do – like Jack Jones, the Merling Trio and The Second City, who are just a few of the major artists performing with us this season – is our ability to provide them with the kind of staging and support they're used to at much larger venues. Along with our front-of-house services, this provides our audiences with an overall enjoyable and high-value cultural experience."

From managing the complex sound and lighting systems at the 410-seat Schein Performance Hall to arranging transportation for out-of-town actors, staff members perform a host of activities surrounding each of the performances. BIG ARTS' Herb Strauss Theater is a "producing house," meaning it directly manages every aspect of staging a professional theater production, including auditioning the actors, designing and building the sets and creating the costumes.

"The work these staff have done in just their first months has already positively impacted both our facilities and our programs," said Harder. "We're very excited to have these fabulously talented people on our team." They are:

Christopher Bright, technical director, BIG ARTS Center: As technical director, Bright determines the lighting, sound, staging and equipment needs for events at the BIG ARTS Center on Dunlop Road. The center encompasses Schein Performance Hall, the Phillips and Founders art galleries and Boler Garden, where outdoor concerts and receptions are held. Bright also operates the light and sound boards for the events and runs the projectors for multi-media performances and BIG ARTS' popular film series. Originally from the Chicago area, Bright has worked as an actor, director and technician in the Chicago theater scene. He is a graduate of Saint Ambrose University in Davenport, Iowa, where he earned a bachelor's degree in theater direction and communication. In addition to his work at BIG ARTs, this Cape Coral resident is the founder and creative director of Bright Idea Media Group, a multimedia production company in Southwest Florida, and he teaches digital design, video production and creative writing at Rasmussen College in Fort Myers.

Lauren Huff, executive assistant: In addition to the expected duties of an executive assistant, Huff is responsible for coordinating the movie licensing for the BIG ARTS film series and administering

continued on page 37

Growing Up On Sanibel DVD Now Available

The documentary film *Growing Up On Sanibel*, which premiered at BIG ARTS recently to a full house, is now available to purchase on DVD.

Eric Pfeifer, broker of Pfeifer Realty Group, sponsored the documentary. He announced that the DVD is currently available at Sanibel Island Bookshop, Gene's Books, MacIntosh Books, Bailey's General Store and Pfeifer Realty Group. DVDs are $9.95, and proceeds go to 10 island nonprofits.

In addition, copies of the DVD have been donated to the Sanibel Public Library. Copies of the DVD will also be available at many hotels, condominiums and other lodging establishments on the island for guests to use.

The documentary includes Michael Damico, Megan and Maya Brown, James Sprankle, Sanibel Youth Soccer members, Deb Gleason, Eden Roshberg, Rinn Newmeyer, Sanibel Flag Football members, Kip Buntrock, Debbie Sickels, Carson Towle, Alexandria Cloutier, Joe Angelo, Laney and Hannah Fay, Dara and Deanna Craig, Courtney Maw and the cast of *Willie Wonka* at The Sanibel School, Kenny DiBiase, Connie Davidson and Francis Bailey. Individual segments can be seen online at www.Sanibel-Captiva.tv.

The film was produced by seven-time Emmy Award winner David E. Carter, a year-round Sanibel resident.☆

Read us online at IslandSunNews.com

Life Drawing Class Resumes

A Life Drawing class is being offered at BIG ARTS through May

Sanibel artist Carol Rosenberg will facilitate non-instructed Life Drawing beginning October 3 though May at BIG ARTS. This popular series of weekly classes, one of the first visual arts classes offered locally several years ago, was initially taught by now-retired college art instructor Bob York. He was a member of the small group of island residents with interests and backgrounds in the visual, performing and musical arts that many years ago formed the Barrier Island Group for the Arts, now known as BIG ARTS.

Life Drawing has a long history in Europe and is offered in colleges and art centers throughout the United States as a basic way to develop drawing skills using the various poses of the human form as subject. Figurative interpretation can be representational or expressive depending on the artist's techniques and materials used such as pen, pencil, charcoal, pastel, etc. The model's poses vary from five minutes to one hour and easels are provided.

Rosenberg has been participating in BIG ARTS Life Drawing for over 25 years and finds that the supportive atmosphere, including those who are new to drawing as well as the more experienced artists, is most encouraging and provides an opportunity for expanding art appreciation and creativity.

To register or for more information about BIG ARTS Friday Life Drawing, Monday Life Drawing facilitated by Pam Rutherford, other classes, workshops, lectures and events, call 395-0900 or log on to www.BIGARTS.org.☆

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Everyone Rides Fundraiser Returning To JetBlue Park

Participants at last year's Everyone Rides event Erik Kellar photography

Whether you're a cyclist, a runner or a Southwest Florida resident simply seeking a bit of local flavor, you're sure to satisfy your appetite for excitement at the 11th annual Everyone Rides fundraising event on Sunday, December 7 at JetBlue Park, located at 11500 Fenway South Drive in Fort Myers.

Presented by Ted Todd Insurance and Allstate Insurance, Everyone Rides is a multi-event fundraiser, which also includes Everyone Runs and Everyone Relax, to support the programs of the Boys & Girls Clubs of Lee County, which provide safe and supportive low-cost afterschool and summer enrichment programs to our community's at-risk youth.

"We are excited to be a part of an event that encourages heart-healthy family fun while showcasing the beauty of Southwest Florida," said Shannon Lane, chief professional officer of the BGCLC. "With past riders and runners signing up from all over the United States, we look forward to reaching our goal of 1,000 registered participants this year."

Sponsored by Radiology Regional, Everyone Rides includes a family-friendly, non-competitive multi-distance bike ride throughout Southwest Florida. Riders may choose from four, fully supported distances including 15, 30, 62 and 100-mile rides. All ride routes will be clearly marked and supported, and a professional guest cyclist, along with the Lee County Sheriff's Office, will escort the 62 and 100-mile routes.

Bicyclists line up prior to the start of Everyone Rides in 2013

Sponsored by imortgage, Everyone Runs gives participants a chance to join either a chip timed and competitive 5K or half marathon. Top half-marathon finishers will receive prizes in all categories, and all finishers will get to run through the stadium and cross home plate at the finish line and receive finishers medals. The start time is 7 a.m. for the half marathon and 7:45 a.m. for the 5K.

Sponsored by FineMark National Bank & Trust, Everyone Relax welcomes attendees with delicious food from more than a dozen of Southwest Florida's most popular eateries and gives them a chance to enjoy a picnic in the park, sitting in the bleachers or atop the Green Monster. A brunch menu will begin at 8 a.m., followed by a lunch menu from 10:30 a.m. to 2:30 p.m. Everyone Relax will also host approximately 40 vendors in a Health, Lifestyle and Fitness Expo, and provide a special Kid Zone, sponsored by Lee Memorial Health Systems, with bounce houses, laser tag, a rock wall and more for the whole family to enjoy.

Admission to Everyone Relax is $10 per person, and tickets are sold at the door only. Admission to Everyone Relax is free to all registered participants of Everyone Rides and Everyone Runs.Full event information, times and registration fees, including early-bird discounts and VIP pricing, for Everyone Rides and Everyone Runs is available at www.EveryoneRides.org. Early-bird discounts are available now through October 31. VIP pricing includes a special Saturday, December 6 ride and an all-you-can-eat pasta lunch with the professionals in Fort Myers.

Sponsorship opportunities are still available from $100 to $4,000. For more information or to become a sponsor, contact Matt McCain at 209-8891 or matt.mccain@imortgage.com, or Greg Brock at 822-3748 or gbrock@allstate.com.

Celebrating 40 years of providing quality youth programs and brighter futures for young people in the Lee County community, the Boys & Girls Clubs of Lee County works to inspire and enable young people to realize their full potential as productive, responsible and caring citizens. The BGCLC strives to provide a safe, world-class club experience that assures success is within reach of every young person who walks through its doors. The organization envisions all of its members graduating high school with a plan for the future, demonstrating good character, citizenship while adapting a healthy lifestyle.

For more information about Everyone Rides, visit www.EveryoneRides.org or contact Shannon Lane at 334-1886.☼

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A CPA spends years preparing for moments just like these.

From page 34

New Talent At BIG ARTS

the logistics and sales for each exhibition in the art galleries. She also prepares the printed programs for events at BIG ARTS Center and can occasionally be seen helping out in the box office. Born and raised in Fort Myers, Huff earned a bachelor's degree in art history from SCAD, the Savannah College of Art and Design, where she also minored in printmaking and photography. She has worked as a gallery docent at SCAD and as a gallery assistant to Fort Myers-based artists Marcus Jansen and Veron Ennis.

Debi Neri, company & stage manager, Herb Strauss Theater: With a lifelong involvement in community theater, Neri knows the ins and outs of backstage activities before, during and after a show. As company manager, she coordinates accommodations for actors, technicians and other guest staff throughout the production process, and also serves as property master, responsible for all the props, furniture and set dressing in a production. As stage manager, she provides practical and organizational support to the directors, actors and technicians throughout the production process, from managing rehearsals and costume fittings to keeping things moving backstage and coordinating with front-of-house staff during performances. Neri moves over to Herb Strauss Theater after serving as house manager at BIG ARTS Center last season. This New Jersey native was once nominated for a Perry Award from the New Jersey Association of Community Theaters. She now lives year-round on Sanibel, where she volunteers regularly at CROW on the animal rescue team.

Adam Trummel, technical director and resident production designer, Herb Strauss Theater: After two successful seasons as technical director, Trummel's responsibilities at the Herb Strauss Theater have been expanded to include production design. In this dual role, he works with the directors to create the artistic tone of each production through the scenic and lighting design. He then oversees the actual construction of the set and the hanging, focus and cueing of the lighting equipment to ensure they meet the production's design concept. Trummel has been involved in theater his whole life, from dancing with the Tampa Ballet at age five to participating in the Jupiter Theatre Apprentice Program while he studied theater at the University of Central Florida. Prior to joining BIG ARTS, he was the production stage manager at the Broadway Palm Dinner Theatre in Fort Myers.

Jenn Williams, house manager and event coordinator, BIG ARTS Center: Williams oversees the front-of-house activities during events at the BIG ARTS Center. She manages the box office during events, identifies and coordinates volunteers, administers concessions and receptions, and facilitates the flow of events with backstage and technical staff. She also coordinates all special events, including the annual volunteer party and donor brunch. Williams studied technical theater and film as an undergraduate in Georgia, and moved to Florida in 2011 as the props master for Florida Repertory Theatre. The past two summers, she organized and ran BIG ARTS' Summer Camp.

Your home for all the arts, each year BIG ARTS stages a wide spectrum of professional performing arts events, including classical, jazz, pop and contemporary music, dance, film, and theater. BIG ARTS also exhibits visual arts by local and nationally renowned artists; offers more than 250 workshops and lectures in nearly everything from paint and pottery to technology and religion; and creates numerous programs with individuals and organizations from throughout the Southwest Florida community. A nonprofit 501(c)3 organization, BIG ARTS is supported by its patrons and an engaged member base, including more than 300 dedicated volunteers, as well as by individual and corporate sponsors.

For more information about events and classes, volunteer opportunities and membership options, stop by 900 Dunlop Road, call 395-0900 or email info@BIGARTS.org.

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Baseball Fans Nationwide Will Miss Derek Jeter And Paul Konerko – Two Class Acts

by Ed Frank

Baseball's 2014 regular season has ended, and with it the careers of two superstars who lifted the image of America's pastime during the trouble-plagued era of steroids.

Derek Jeter and Paul Konerko have been a credit to the game and left with their heads held high because they played the game the way it should be played, and not once were ever involved in controversy.

Jeter, a sure-fire first-ballot Hall of Famer, played his entire 20-year Major League career as a New York Yankee. And the quiet, unassuming Konerko was a member of the Chicago White Sox for nearly all of his 16 years on the diamond.

If you saw Jeter's final game in Yankee Stadium last Thursday, you saw a game you will likely remember for years. With the scored tied in the bottom of the ninth and a runner on second base, the veteran shortstop slapped the first pitch into right field to drive in the winning run.

Interviewed in the dugout a few innings before, Yankee manager Joe Girardi said a walk-off hit by Jeter would be a fitting tribute to his great career. And that's exactly what he did.

Jeter ended his career last Sunday at Boston's Fenway Park, where he received a thunderous tribute from the Red Sox faithful when he departed the game after singling in the third inning. Despite the intense Yankee-Red Sox rivalry over the years, Red Sox Nation – and all of baseball – appreciated what Jeter has meant to the game for the last two decades.

Just look at some of his amazing stats:

Five World Series rings; 158 postseason appearances; sixth on the career hit list,

Derek Jeter

Paul Konerko

far ahead of any other Yankee; one of only two players in baseball history to compile 3,465 hits, 250 home runs, 300 stolen bases and 1,200 RBIs. The other is Willie Mays. And zero – *zero* – ejections in 20 years as Major League player.

Konerko may not be as well-known as Jeter, but to White Sox fans, he was the face of the team for 16 years – quiet, unassuming but fiercely competitive. His 432 home runs as a White Sox slugger are second only to Hall of Famer Frank Thomas. He is first in team total bases and only Luke Appling made more appearances in a White Sox uniform.

A highlight of his career was the grand slam home run he belted in the 2005 World Series that propelled the White Sox to their first Series title since 1917.

In the long history of baseball, some might argue that there have been better players than Jeter and Konerko. But there have been few that have had such distinguished careers.

We will miss them.

Gardenhire Out As Twins Manager

It came as no surprise that Ron Gardenhire was fired Monday as manager of the Minnesota Twins.

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SPORTS QUIZ

1. Name three of the four major-league teams that Jim Fregosi managed.
2. Who had a bigger gap between career strikeouts and career hits: Jose Canseco, Dave Kingman or Jim Thome?
3. In 2013, Northern Illinois' Jordan Lynch set an NCAA record for a quarterback with 316 rushing yards in a game. Who had held the mark?
4. Three people have been inducted into the Naismith Memorial Basketball Hall of Fame as a coach and a player. Name two of them.
5. In 2012-13, Martin St. Louis became the oldest scoring leader for a season in NHL history (37 years old). Who had been the oldest?
6. Landon Donovan set a Major League Soccer record in 2014 for most career goals. Who had held the mark?
7. Name the last one-name winning horse at the Kentucky Derby before Orb in 2013.

ANSWERS

1. Angels, White Sox, Phillies and Blue Jays. 2. Kingman had 241 more strikeouts than hits, topping Thome (220) and Canseco (65). 3. Northern Illinois QB Stacey Robinson, with 308 yards in a game in 1990. Later in 2013, Lynch ran for 321 yards in a game to set a new mark. 4. Bill Shamman, Lenny Willens and John Wooden. 5. Bill Cook of the New York Rangers was 36 when he won the scoring title in the 1932-33 season. 6. Jeff Cunningham, with 134. 7. Barbaro, in 2006.

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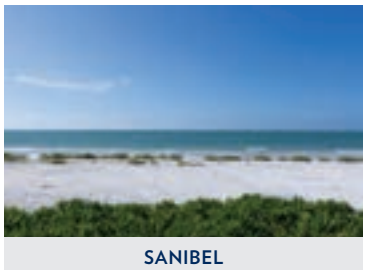

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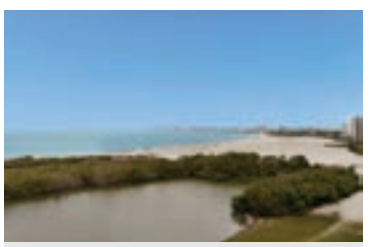

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Will Power

Lineage With Nothing Is Still Nothing

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

There's an old Yiddish phrase "Un kinder aus yachsen mit bupkes ist immer bupkis!" (a child from a distinguished heritage with nothing is still nothing). In other words, it doesn't matter how important or distinguished someone's lineage is if each generation doesn't otherwise live up to the family's standards.

I think about that phrase from time to time when I hear complaints about adult children who haven't lived up to their parents' expectations in one way or another. Perhaps they spend too much money relative to what they earn, or they bounce from job to job without advancing their career, or they fail to finish their education.

Oftentimes the complaining parents are quite successful. They might be doctors, lawyers, engineers, business owners or community leaders. Most of the time the patriarch and matriarch themselves arose from modest backgrounds and had to earn and scrape for everything they now enjoy.

Their children, on the other hand, don't have the same frame of reference. The parents wanted their children to have it much easier than they had, so the children's lives were easier. The children had more handed to them – they didn't have to work and earn for everything that they have.

So is it any surprise that the children don't have the same drive and ambition that their parents had?

Which leads me to today's estate planning lesson. It's not uncommon to hear a client say that they don't want the inheritance to take their children's drive and ambition away. A trust might be built that provides supplemental income but cannot be used for sole support.

These are all good ideas. But isn't it a little too late to teach these lessons through a will or trust? The average life span for someone who is currently 60-something years old is 86. In other words, today's 60-year-old can expect to live another 26 years all things being equal.

If the children are 30 years younger, then they will become trust beneficiaries in their fifties – or maybe even their 60s. Will an incentive or supplemental needs trust really work to change habits that have been ingrained for several decades by that point?

Somehow, the lessons and values that made the parents what they are need to be ingrained at a much earlier age. Anyone with any means struggles with these issues – myself included. I grew up in a very modest setting, and have worked to earn my own way from a very early age. While I didn't want my own children to have to work like I did, somewhere there's a line that one doesn't want to cross.

I think that it is certainly more difficult today than it was a generation or two ago. Smart phones, the Internet, Netflix and many other modern conveniences tend to distract us from having important family dinner discussions. Travel soccer teams take away time that would otherwise be spent learning morals and values in synagogue or at church. Two-income households mean that both mom and dad are exhausted at the end of the day and don't have the stamina to oversee homework or to attend school functions.

Somehow, we all must work to change this dynamic.

This isn't to say that all children are on the wrong path and will become irresponsible spendthrifts later in life. I actually believe quite the contrary. There are a lot of good kids out there who work hard to earn good grades and are quite ambitious.

But there are also many who don't appreciate what their parents have built for them, and what their parents had to sacrifice to get the family where it currently is. And that, my friends, is not necessarily the kids' fault.

It's all of ours.

Hopefully the pendulum will swing back as many realize what's happening. Until then, I'm afraid there will be many more estate planning discussions centering on how to protect our children from themselves when they inherit the assets that took so long and hard to earn.

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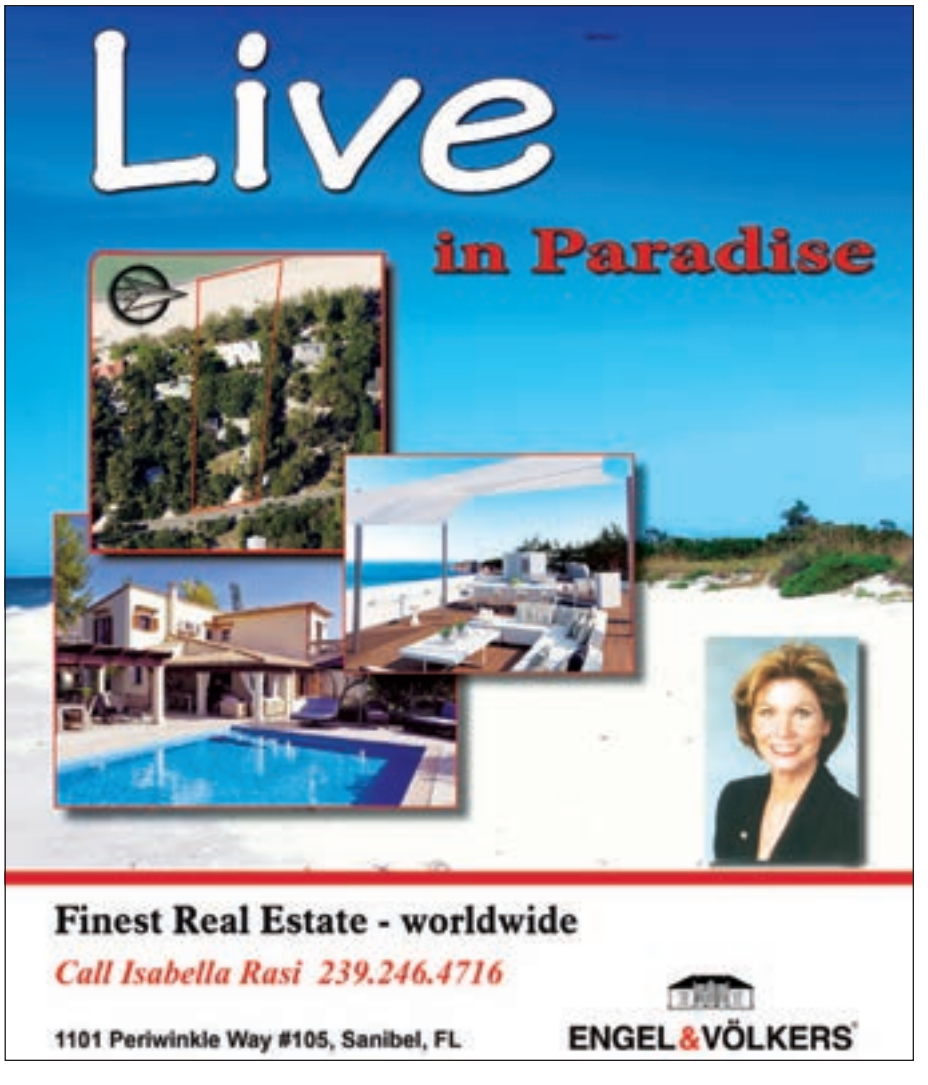

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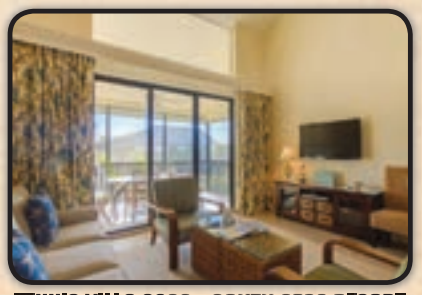

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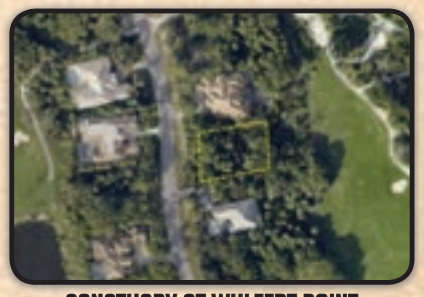

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Eden Energy Medicine

EEM First Aid – Hold Front, Back Of Head To Calm

by Karen L. Semmelman, Certified EEM, JD, AAML (03-12)

Ever notice when your favorite ball team misses the goal during the last inning, that fans put their hands on their forehead and open their mouths, with an utterance or thought, "Oh My God?" This response is instinctive to automatically calm ourselves during crisis, trauma or troubling events. The points located on the forehead directly above the pupils of the eyes, midway between the eyebrow and hairline (or where it used to be) are the main neurovascular points. These points, known as the "Oh My God" points, directly impact emotions, interface with the nervous system and help us calm. Our heads are covered with neurovascular points, each associated with a major emotion and each associated with an organ.

So, when you are experiencing a sense of crisis, trauma or feel in overdrive, do the following:

1. Place either hand, palm against the forehead, with the fingers pointing to one side of the temple and the wrist at the other temple. The little finger should be grazing the eyebrow.

2. Place the other palm of hand on the back of the head, directly behind the hand on the forehead. Your head is now "sandwiched" between your two palms.

3. Take several deep breaths, in through nose and out through mouth, until you feel yourself calming.

All done; now you can find a comedy show to watch instead!

Have fun with your energy! Next week's topic is EEM First Aid – Help Stop or Reduce Seizure with Hook-Up.

If you have a question, email Karen Semmelman at SemmEnergyCenter@gmail.com. Learn more at www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.☆

Sanibel Youth Soccer Season

The Sanibel Youth Soccer Season will start on Monday, October 13 at the Sanibel Ball Fields. For more information and/or to register, contact the liaison for the Sanibel Division of the Lee County Strikers Youth Soccer at cpholston@gmail.com or visit www.sanibelsoccer.com.

The City of Sanibel is not sponsoring or endorsing this event.☆

Read us online at IslandSunNews.com

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 adult daughter has recently asked me for a loan of several thousands of dollars, because she says she needs a surgical procedure. On further questioning, I find she wants to have a breast enlargement procedure. She is convinced that her whole life will change, she will be so much happier and it is the most important thing on her mind right now.

She has saved about half the amount and now wants a loan to get it done sooner rather than later. What do you think about my daughter's request?

Alicia

Dear Alicia,

Society puts great strain on females and the young are very vulnerable to its messages.

At this point in history "boobs" are "in." Young girls and women are constantly under pressure to have what is "in" in what the society defines as female beauty.

The present clothing emphasizes the breasts and there is no doubt that with a large endowment, the clothes look better. However, many females with natural endowment want a reduction as they are fed up with shoulder sores.

The health risks involved should be researched and a good experienced surgeon is a must, should your daughter decide to go forward.

Lizzie

Dear Alicia,

Right or wrong, society does define what is considered attractive in both males and females. Not meeting standards can be bothersome for some and downright shattering for others. For those that want to alter, enhance or reduce body characteristics, plastic surgery is a choice. Responsible physicians interview and counsel potential patients regarding expectations about surgery and reasons for seeking surgery. So, I do not think exploring surgical solutions to body image problems is in any way misguided. It is important to make informed choices about any medical procedures.

As far as assisting your daughter with paying for her surgery, that is between you and your daughter.

Pryce

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

School Smart

by Shelley M. Greggs, NCSP

Dear Readers, Do you know a student with a disability who deserves national recognition for his/her accomplishments in academics, arts, athletics, school and community activities, self-advocacy, technology or transition? Here is a wonderful opportunity to recognize and honor a deserving young person.

The Yes I Can Awards honor students with exceptionalities. These awards are very prestigious and celebrate the achievements of children and youth with exceptionalities; they encourage these individuals to seek their highest potential and increase public awareness of the abilities, aspirations and personal qualities of those with disabilities.

The Council for Exceptional Children (CEC), an "international community of professionals who are the voice and vision of special and gifted education sponsors this award. CEC's mission is to improve, through excellence and advocacy, the education and quality of life for children and youth with exceptionalities and to enhance the engagement of their families."

Teachers, principals, related service providers, friends and parents may make nominations. The nominator does not need to be a CEC member. Each candidate may be nominated in one category only. Eligibility requirements are as follows:

- Candidates must be 2 to 21 years of age when they are nominated.
- The nominee must have an identified disability.
- International nominations are accepted.
- Posthumous nominations are not accepted.
- Past Yes I Can Award recipient nominations are not accepted.

The Yes I Can Awards Review Committee will select 21 winners in the following categories:

Academics: achievement in a particular subject area such as math, science, reading, social studies, language arts, or foreign language; overall academic achievement; or a high level of achievement on standardized tests.

Arts: achievement in a particular medium such as music, art, drama, dance or written expression.

Athletics: achievement in a particular athletic activity through a setting such as intramurals, Special Olympics, physical education classes or after-school athletic activities.

School and Community Activities: achievement in organized activities at the school or community level through groups such as school based clubs/activities (yearbook, theater, debate, tutoring, peer mentoring, social, service) or community-based clubs/activities (volunteer work, Boy/Girl Scouts, places of worship, service, cleanup campaigns).

Self-Advocacy: achievement in assuming practical responsibility for oneself, using knowledge of legal rights, advancing one's goals or effectively obtaining appropriate accommodations for oneself or others.

Technology: achievement through the use of assistive and adaptive technology devices and equipment (computerized or otherwise).

Transition: achievement in mastering activities that leads to successful experiences in the areas of work, vocational training or independent living. Nominations should be made in only one of the three areas.

We have many deserving nominees in Southwest Florida so please consider nominating someone for this award. The nomination forms and more information can be found at http://www.cec.sped.org/About-Us/CEC-Award-Programs/Yes-I-Can-Awards. Nominations will be accepted electronically via email to yesican@cec.sped.org. If you are unable to submit the nomination materials electronically, contact Megan Jones at meganj@cec.sped.org for more information.

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.☆

Airport Adds Nonstop Service To Cleveland

The Lee County Port Authority is announced last week that Spirit Airlines will begin nonstop service between Southwest Florida International Airport (RSW) and Cleveland Hopkins International Airport (CLE) on January 15, 2015. Spirit will operate four Fort Myers-Cleveland flights a week this winter.

For Spirit's news release and information, visit http://ir.spirit.com/releasedetail.cfm?ReleaseID=872374.

For more information about Southwest Florida International Airport, visit www.flylcpa.com. ☆

Cypress Cove Resident Recalls Fighter Pilot Days

Werner "Red" Redstock during his days as a fighter pilot

There is a "deadly quiet" that envelopes the normally loud military jet. But at 73,000 feet and seconds before the F-4 Phantom prepares to plunge towards earth's troposphere, the silence is often secondary to the very humbling view of the earth.

So recalls effervescent Cypress Cove resident Werner "Reb" Rebstock about his days as a U.S. Marine Corps fighter pilot. The curvature of the earth is dramatic at that altitude. "And you should see it when you're out over the ocean… all you see is blue – blue sky, blue water."

It's a view that few people have the privilege of experiencing. That was especially true in the 1960s when as a young Marine aviator Rebstock was flying air defense missions out of Cherry Point (North Carolina) Air Station. The missions, explains Rebstock, required pilots to wear bulky pressurized suits in a plane that could climb 41,000 feet in one minute. When fully pressurized, and while flying at such altitudes, he found it very hard to move his fingers.

His eyes sparkle, though, and a broad smile explodes across his expressive face as he relates such moments in his 31-year Marine Corps career. Rebstock never intended to become a military pilot. He enjoyed math and wanted to become a teacher. But it was his early National Guard experience that led him away from becoming a math teacher.

If you backtrack Reb's fulfilling life, a subtle irony unfolds as he relates "a memorable childhood experience" growing up near one of the United States most famous aviators – Charles Lindbergh. For several years, Lindy was "like an uncle" to Rebstock and his brother. They were often invited to the Lindbergh's to play with sons Jon and Land.

Werner "Red" Redstock

Lindy was really kind to his brother and him. They had grown up the sons of a German immigrant farmer. Reb fondly remembers when Lindbergh would take the boys ice skating, snow skiing and to do other outdoor activities. But Lindbergh's flying was something that was hardly ever discussed.

Rebstock insists that it was not Lindbergh that influenced his choice of becoming a military aviator. What would Lindbergh have thought if he knew that Reb had become a Marine piloting a jet fighter at speeds and heights that Lindbergh could have never fathomed?

"He certainly would have been surprised," he said.

Actually, his flying career happened quite by chance. A four-year hitch with the Army National Guard led to an enlistment with the Marine Corps. And while serving as an infantry officer during his first five years of service, he became interested in the Marine's F-4 aviation program. He qualified for the program and spent the next 26 years in the Marine Corps Aviation, rising to Colonel.

His aviation career took him to Vietnam, where he flew 272 wartime combat missions. After the war, he was appointed to such duties as CO of the Marine Barracks at the U.S. Naval Base in Yokosuka, Japan, Pacific Fleet Headquarters in Pearl Harbor, Hawaii, as an instructor at the Naval War College in Newport, Rhode Island and a three-year stint at The Pentagon.

When asked what part of his career did he enjoy most?

"Working in the field," he quickly remarked. Although he retired in 1988, Rebstock still carries that Marine persona. He carries it with pride. His infectious smile, booming voice and short-cropped hair make him easily recognizable at Cypress Cove.

To advertise in the *Island Sun* call 395-1213

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Insurance Tip

Comparing Coverage

by Angela Larson Roehl

I love getting a great deal where I can and as long as the value of the item is not lost, then it's a win, win situation. However, when it comes to insurance, getting a great deal may not be the greatest in the long run.

Some of you may have received insurance offers that seem like the same coverage you currently have. Before you jump for joy on the savings promised, I would urge you to first sit down with a licensed insurance agent to do a true comparison of the coverage being offered to what you currently have. While the coverage limits may seem the same, the policy form of coverage being offered can be quite different. Your current coverage could be covering your home for replacement cost, whereas the competitor quote is offering only actual cash value. The Personal Liability coverage may also be quite lower than your current coverage.

Experienced insurance agents know what "gaps" in coverage to look for and you do not want to find out about these gaps after you have a loss.

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

From page 38

Derek Jeter And Paul Konerko

In 13 seasons as Twins skipper, he guided the club to six American League Central Division titles, but struggled of late as his teams lost 90-plus games four straight years.

He has a year left on a two-year deal he signed with the Twins last year.

General Manager Terry Ryan said the team will begin the search for a new manager immediately, both internally and externally.

There has been speculation that Doug Mientkiewicz, manager of the Twins Class A Fort Myers Miracle, could be in the mix for Gardenhire's job. Mientkiewicz managed Fort Myers to their first Florida State League Championship this past season.

Lee County Sports Complex Renamed CenturyLink Sports Complex

The spring training facility of the Minnesota Twins for the past 25 years is being renamed the CenturyLink Sports Complex. The naming rights went to CenturyLink as part of an expansion of Minnesota's ongoing partnership with the company, which is the official communications provider for the Twins and their home stadium, Target Field,

The Fort Myers facility is presently undergoing a $48.5 million renovation which is scheduled for completion next spring.

ISLAND SUN BUSINESS NEWSMAKERS

Chuck Bergstrom

Dustyn Corace

Top Associates

Chuck Bergstrom was the top selling associate for RE/MAX of the Islands in August.

Dustyn Corace was the most productive marketing associate during the month of August.

Shell Point, ECHO Presents World Hunger Concerns

The Academy of Lifelong Learning at Shell Point welcomes ECHO on Thursday, October 9 from 10:15 to 11:45 a.m. in the Social Center on the Island.

Over the past 34 years, ECHO (Educational Concerns for Hunger Organization) has grown to provide education and hands-on assistance, as well as plants and seeds, to combat world hunger. Melodie Turish, ECHO's vice president of development, and Dr. Martin Price, ECHO's co-founder, will show you what ECHO is doing from North Fort Myers to make a difference around the world, as well as right here in Southwest Florida.

This presentation is free, but space is limited and registration is required by calling 489-8472. The Academy of Lifelong Learning at Shell Point is an educational initiative for the residents of the retirement community. The Academy provides approximately 80 classes each semester that encompass a well-rounded curriculum of educational opportunities for senior adults.

To learn more about Shell Point, visit www.shellpoint.org or call 1-800-780-1131.

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Thompson Company Becomes FISH Race Sponsor

Andrew Thompson Company signed on as a silver sponsor of the 10K Race 4 FISH

Andrew Thompson Company, a 35-year-old family business which provides custom decorated products to businesses, organizations and schools, has been named a silver sponsor for the 6th annual 10K Race 4 FISH. The run, scheduled for Saturday, October 18, benefits the social-services agency, which serves both Sanibel and Captiva.

"While providing high-quality corporate-logoed products has been and will be at the heart of our family business, working with non-profits to assist them in raising funds to help all kinds of two-legged and four-legged critters is the heartwarming part of our business," said ATC's Sharon Tucker.

ATC is currently working with several non-profit organizations and other businesses providing product with original artwork from several well-known local and regional artists.

Continued on page 46

Pfeifer Realty Group is a silver sponsor for the 10K Race 4 FISH

Pfeifer Realty Group Sponsors 10K Race 4 FISH

Pfeifer Realty Group shares its parking lot at 1630 Periwinkle Way with FISH of Sanibel-Captiva, Inc. The non-profit organization lends a helping hand to those in need, something realtor and broker Eric Pfeifer has seen first-hand since opening Pfeifer Realty Group six years ago.

"We believe in the valuable work that FISH does and have been proud supporters for several years," he said. Pfeifer Realty Group is a silver sponsor of the 6th annual 10K Race 4 FISH, a community tradition that draws runners from near and far to Sanibel Island for a good cause. "We see the faces of those who desperately need the help of FISH every day."

"It is an honor to have Pfeifer Realty Group as one of our silver sponsor's," added John Pryor, race committee co-chairman. "They have been a treasure in our community for many years."

The 10K Race 4 FISH, which supports the human services organization in its mission of neighbors helping neighbors, is set to begin at 7:30 a.m. on Saturday, October 18, with the start-finish line at The Community House along Periwinkle Way. Runners will have the opportunity to race the island streets in support of a worthy cause.

Continued on page 46

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What's In Your Morning Bowl Of Cereal?

by Suzy Cohen, RPh

Dear Readers: Everyone is worried about heavy metals in their dental amalgams and vaccines. But what if I told you that you could be getting some in your morning bowl of cereal? It's possible according to Mike Adams, founder of the Forensic Food Lab (labs.naturalnews.com).

Some metals are simply not supposed to be in your body. The symptoms of acute poisoning require immediate medical attention, whereas chronic low level exposure will cause symptoms that look like an auto-immune disorder, attention problem or neurological disease. Take a look at the startling symptoms of chronic metal exposure:

Lead – Fatigue, insomnia, trouble concentrating, irritability, headache, weight loss, stomach pains, low libido and high blood pressure. Without a doubt, there is always nervous system damage causing dozens of muscular and neurological problems. Disturbingly, lead contaminants have been isolated from a few baby foods and juices.

Arsenic – Darkening or discoloration of your skin, skin bumps (like corns or warts, termed hyperkeratosis), white lines in the fingernails (termed Mees' lines) and peripheral neuropathy. Brain fog and mental status changes can occur. I recall once when my fiancé was hospitalized about 20 years ago, he was tested for arsenic. His levels were 500 times higher than normal. His neurologist became alarmed and requested my urine sample, on the spot (suggesting that I had poisoned my guy!). My levels were 1,000 times higher than normal! Later on, I explained to him that he had tested our "organic" arsenic levels (not the poisonous "inorganic" sort) and that it would naturally be higher because we both ate lobster the night before. Luckily, we knew we had high levels of the nontoxic form, so we did not submit ourselves for unnecessary chelation.

Cadmium – Cigarette smoke contains cadmium and so does some fertilizer. Japan has had a problem with cadmium in their water supply and rice fields. Cadmium can raise blood pressure. It can cause emphysema, poor sense of smell, fatigue, osteoporosis and anemia.

Mercury – Permanent damage can result with this heavy metal, usually found in seafood (especially sea bass, swordfish and tuna), some pharmaceuticals, old mercury thermometers and some dental fillings. When coal is burned, mercury is released. Symptoms include mood swings, memory loss, heart arrhythmias, weakness, skin rashes, psychiatric illness and dozens of muscular or neurological symptoms. Progressive, disabling conditions may occur if mercury poisoning is not uncovered in time.

While frightening, keep in mind, we are all exposed to these compounds because heavy metals now contaminate a lot of items like water, household chemicals, fertilizers, medication and food... even cereal! Most children grow up eating cereal and their little bodies start collecting the heavy metals at such a young age. When Mike Adams tested cereals, he found that Honey Bunches of Oats had the lowest level of heavy metals. He's evaluated two dozen popular cereals by brand name, so go find out where your favorite cereal ranks – labs.naturalnews.com – then click on "infographics" at the top. Please share his info graphic with every parent you know.

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 45

Thompson Co. Becomes FISH Race Sponsor

"We thank Andrew Thompson Company for its first-time support of the 10K Race 4 FISH," said vice president and race co-chairman John Pryor. "Their contribution helps our organization continue its mission of neighbors helping neighbors – one we have been dedicated to for more than 30 years."

Runners who are interested in racing the tropical streets of Sanibel Island for a good cause may register at www.fishofsanibel.com. Participants will receive a backpack-style bag filled with race day treats, as well as a T-shirt featuring the Hortoon-designed 10K race logo on the front (if registered prior to October 11). Race day begins at 7:30 a.m., with the start-finish line at The Community House, 2173 Periwinkle Way.

From page 45

Pfeifer Realty Sponsors FISH

Runners receive a medallion, T-shirt featuring the Hortoon logo and a backpack style bag stuffed with fantastic items. Race day will feature an expo of organizations that lend their services to the running community. Registration is still open; visit www.fishofsanibel.com for more information.

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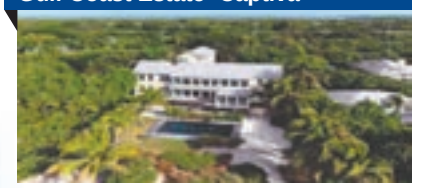
Gulf Coast Estate- Captiva



- Brand New Main & Guest House Estate
- Euro Influenced Décor & Design
- 7 Bedrooms/5.5 Baths w/ Gorgeous Pool
- **$7,699,000** MLS 2131319
- **McMurray & Nette 239.850.7888**

"Side-By-Side" Captiva

- Two Free Standing Homes
- Over 170 ft. Beach Frontage
- Large Private Pool
- **$4,949,000** MLS 2140177
- **Burns Family Team 239.464.2984**

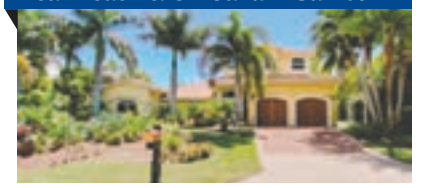
East End Canal Home

- 4BD/4.5BA Ground Level
- Private Dock & Boatlift
- Separate Guest Suite w/Kitchen & Bath
- **$1,895,000** MLS 2140231
- **Burns Family Team 239.464.2984**

Stunning Private Sanctuary Residence

- 4 Bedrooms / 5.5 Bathrooms
- Located on Oversized Lot
- Awesome Pool/Spa & Entertaining Area
- **$1,695,000** MLS 2140780
- **McMurray & Nette 239.850.7888**

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**

Beachcomber

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

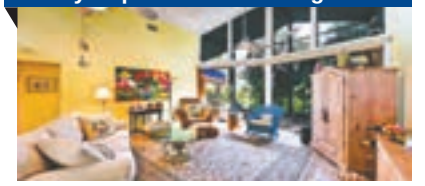
"Water Shadows"

- 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

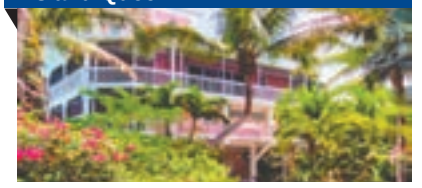
- 3BR/3BA, Direct Gulf Access
- 100 ft. of Sea Walled Canal
- Open Floor Plan, Large Living Areas, Pool
- **$865,000** MLS 2140877
- **Burns Family Team 239.464.2984**

Sunny Captiva Beach Cottage



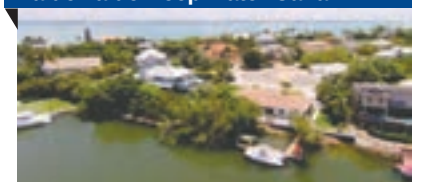
- 3BD/2BA Beach Cottage w/Loft
- Vaulted Ceilings & Large Windows
- Quiet Street Between Beach and Bay
- **$829,000** MLS 2111213
- **John & Denice Beggs 239.357.5500**

"Island Queen"



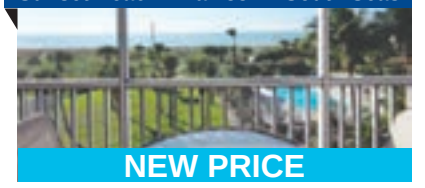
- 4 Bedroom/ 4 Bath 7,693 Total Sq. Ft.
- Beach Access
- Private Screened Pool
- **$799,000** MLS 2140827
- **Cathy Rosario 239.464.2249**

Value Value Deep Water Canal



- 3BD/2BA, Fully Remodeled, Light & Bright
- Outdoor Patio/Deck Area
- New Dock & Sea Wall
- **$699,000** MLS 2140699
- **McMurray & Nette 239.281.4435**

Sunset Beach Villa 2337 – South Seas



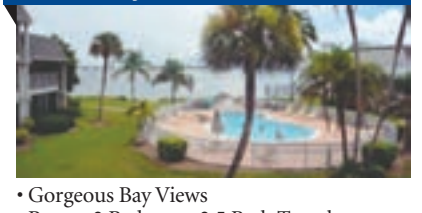
NEW PRICE

- 2BD/2BA w/ Loft Beach Front Condominium
- Direct Gulf of Mexico Views
- Tile Floor, Flat Screen TV's & Great Sunset Views
- **$679,900** MLS 2131331
- **Fred Newman & Vicki Panico 239.826.2704**

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

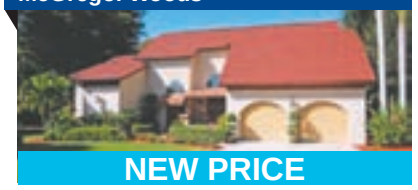


- Gorgeous Bay Views
- Rare---2 Bedroom-2.5 Bath Townhome
- Deeded Beach Access & Dockage
- **$599,000** MLS 2140929
- **Brian Murty 239.565.1272**

Loggerhead Cay

- Totally Remodeled Kitchen and Bathrooms
- Beautifully Furnished
- Very European Look and Feel
- **$519,000** MLS 2140922
- **Andre Arensman 239.233.1414**

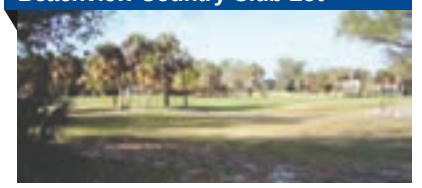
McGregor Woods



NEW PRICE

- Lovely, Spacious & Updated 3BD/3BA Pool Home
- Granite & Stainless Kitchen
- 3rd BR Murphy Bed/Home Office
- **$417,000** MLS 2140491
- **Sarah Ashton 239.691.4915**

Beachview Country Club Lot

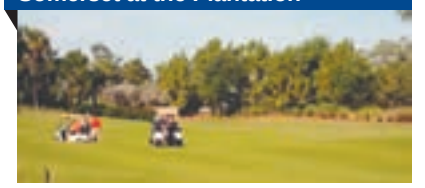


- Expansive Fairway Views
- Ample Space to Build Dream Home
- Boasts 4,250 S.F. Impermeable Coverage
- **$349,000** MLS 2900288
- **Sarah Ashton 239.691.4915**

Captains Walk

- Charming 1BR/1BA Condo
- Convenient East End Location
- Three Community Boat Docks
- **$249,000** MLS 2140731
- **Cindy Sitton 239.810.4772**

Somerset at the Plantation



- Gorgeous Views of the Golf Course & Lake
- 2BD/2BA + Den
- Large 2 Car Garage
- **$239,000** MLS 2140540
- **Brian Murty 239. 565.1272**

My Stars ★★★★

FOR WEEK OF OCTOBER 6, 2014

ARIES (March 21 to April 19) An upcoming trip could create some problems with your schedule unless you tie up as many loose ends as possible before you head out the door. Ask a friend or colleague to help you.

TAURUS (April 20 to May 20) Being eager to start a new project is fine. However, moving ahead without knowing what actually will be expected of you could cause a problem down the line. Ask some questions.

GEMINI (May 21 to June 20) Getting through some recent challenges in good shape might give you a false sense of security. Don't relax your guard. You need to be prepared for what else could happen.

CANCER (June 21 to July 22) Caution is still advised, even though you think you're as prepared as you need to be. Keep in mind that change is in your aspect, and you should expect the unexpected.

LEO (July 23 to August 22) The Lion's gift of persuasion helps you get your points across, even to some of your most negative naysayers. An old friend might seek you out for some advice.

VIRGO (August 23 to September 22) Being sure of your convictions is fine. But leave some room for dissenting opinions. You might learn something that could help you avoid a possible problem later on.

LIBRA (September 23 to October 22) Getting good legal advice on what your rights actually are is the first step toward resolving that pesky problem so that it doesn't re-emerge at a later date. Good luck.

SCORPIO (October 23 to November 21) Longtime relationships work well this week, whether they're personal or professional. It's also a good time to invite new friends and colleagues into your life.

SAGITTARIUS (November 22 to December 21) This is a good week to do the research that will help you uncover those irrefutable facts that can back you up on your new venture when you most need it.

CAPRICORN (December 22 to January 19) Change is an important factor in your aspect this week and could affect something you might have thought was immune to any sort of adjustment or "alteration."

AQUARIUS (January 20 to February 18) Being asked to share someone's deeply personal confidence might be flattering, but accepting could be unwise. Decline gracefully but firmly.

PISCES (February 19 to March 20) As wise as you are, you could still be misled by someone who seems to be sincere but might not be. Take more time to assess the situation before making any commitments.

BORN THIS WEEK: You like to face challenges that others might try to avoid, and by so doing, you set an example of courage for all.

THIS WEEK IN HISTORY

• On Oct. 11, 1809, explorer Meriwether Lewis dies under mysterious circumstances at Grinder's Tavern in Tennessee. Most historians have concluded that Lewis' death was a suicide brought on by depression over financial worries, but some believe he was murdered, possibly by the tavern owner.

• On Oct. 12, 1810, when Bavarian Crown Prince Louis marries, the citizens of Munich are invited to attend the festivities. The decision to repeat the festivities the next year gave rise to the tradition of the annual Oktoberfest. Today, more than 1 million gallons of beer are consumed annually at Oktoberfest.

• On Oct. 8, 1869, future auto inventor and mechanic Frank Duryea is born. Duryea was the first automobile driver on the American road. In 1893, his Duryea Motor Wagon made its first successful trip, 600 yards down his street in Springfield, Mass., before the transmission blew.

• On Oct. 7, 1913, for the first time, Henry Ford's entire Michigan automobile factory is run on a continuously moving assembly line. A motor and rope pulled the chassis past workers and parts, cutting the man-hours required to complete one "Model T" from 12-1/2 hours to six.

• On Oct. 6, 1926, Yankee slugger Babe Ruth hits a record three homers against the St. Louis Cardinals in the fourth game of the World Series. In 1928, in another Yanks-Cards World Series, Ruth tied his own record, knocking three more pitches out of the same park.

• On Oct. 9, 1940, during the Battle of Britain, the German Luftwaffe launches a heavy nighttime raid on London, and a bomb pierces the dome of St. Paul's Cathedral, destroying the High Altar. The cathedral had been built, destroyed and rebuilt many times over the years beginning in 604 A.D. The current cathedral dates from 1710.

• On Oct. 10, 1973, Spiro Agnew becomes the first U.S. vice president to resign in disgrace. He pleaded no contest to a charge of income-tax evasion in exchange for dropping charges of political corruption, which included his practice of accepting bribes even while vice president.

STRANGE BUT TRUE

• A proverb of unknown origin states, "The length of a piece of wood can only be too short on one end."

• A Neanderthal's brain was actually larger than the brain of a modern human.

• Keep an eye on the weather in your part of the country, it may be a sign of things to come. An old saying goes, "Much rain in October, much wind in December."

• A famous and oft-quoted line from Sherlock Holmes is "How often have I said to you that when you have eliminated the impossible, whatever remains, however improbable, must be the truth?" However, author Sir Arthur Conan Doyle didn't come up with that one himself; he took it from a story by Edgar Allan Poe, another pioneer of the detective genre.

• Just as bears do, many frogs hibernate. A frog will burrow down into the mud at the bottom of a pond and, not being able to use its lungs to breathe, it will absorb the oxygen in the water through its skin.

• Everywhere you go these days, you see people carrying around bottles of water. I wonder if they realize how much money they're spending? At $1.49 for a 9-ounce bottle of Evian, a gallon would cost $21.19. It could be worse, though. Pepto-Bismol is $123.20 a gallon.

• Jayne Mansfield had an interesting definition of men. She said they are "creatures with two legs and eight hands."

• Snakes can get hiccups.

THOUGHT FOR THE DAY

"I'm tired of all this nonsense about beauty being only skin deep. That's deep enough. What do you want -- an adorable pancreas?" -- Jean Kerr

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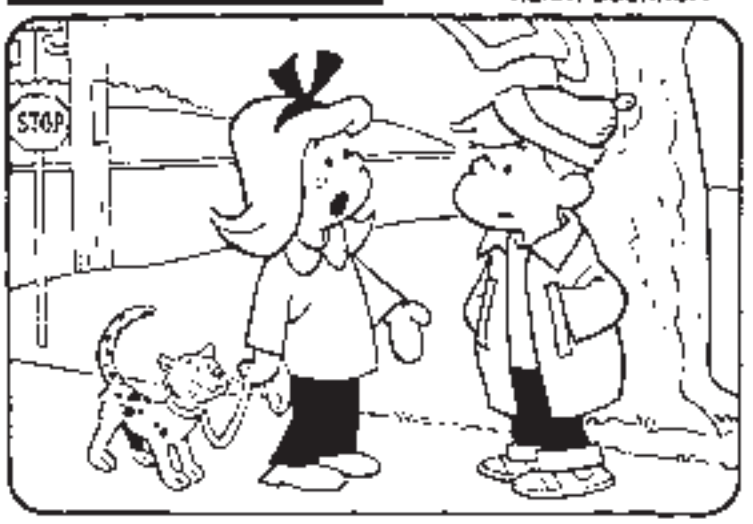
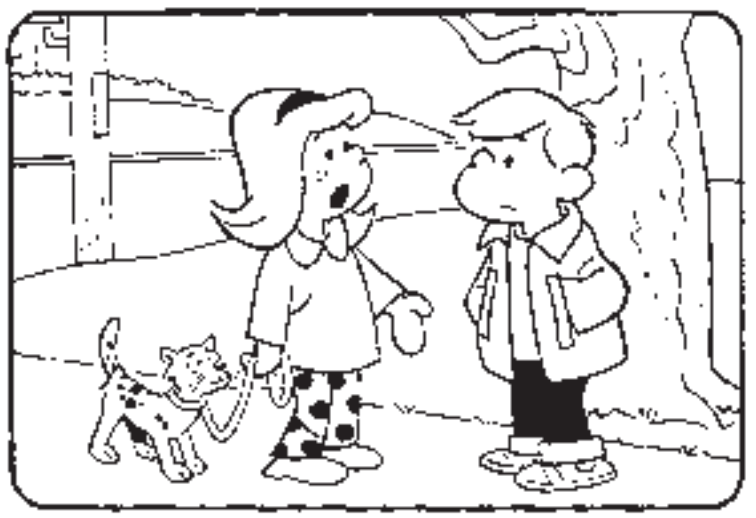
HOCUS-FOCUS

BY HENRY BOLTINOFF

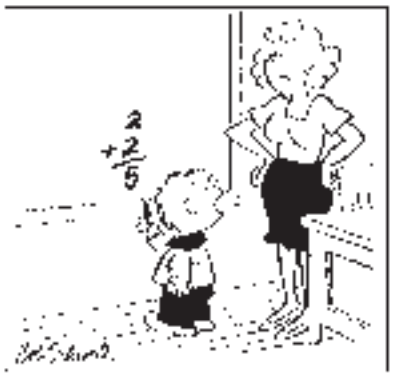


FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



DIFFERENCES: 1. Sign is missing 2. Tail is shorter 3. Slacks are different 4. Bow is missing 5. Hat is missing 6. Coat is shorter.

SCRAMBLERS



"Sorry Miss Baxter—most mornings I try to get up and early, today I just got up early."

Class
GREEN

Scroll
MARBLE

Stature
THIGHE

Impede
HERDIN

TODAY'S WORD

answer on page 51

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

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 51

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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Laurel Oaks At West Bay Club	Estero	2007	4,114	$1,050,000	$950,000	70
Cape Coral	Cape Coral	2007	3,116	$750,000	$769,200	137
Cape Coral	Cape Coral	2014	2,466	$659,900	$650,000	3
Cape Coral	Cape Coral	2003	2,943	$695,000	$600,000	52
Villa D'este	Bonita Springs	2005	3,269	$532,900	$528,000	97
Oak Strand	Bonita Springs	2001	2,477	$529,000	$500,000	178
Spanish Wells	Bonita Springs	1984	2,600	$499,999	$490,000	252
Verandah	Fort Myers	2014	3,101	$503,755	$487,755	93
Captains Cove Condo	Bokeelia	1995	1,920	$499,900	$485,000	280
Cape Coral	Cape Coral	1976	2,573	$539,900	$479,500	0

Courtesy of Royal Shell Real Estate

NOW HERE'S A TIP

- Use club soda on a damp rag to wipe down your stainless-steel sink. It will help bring back the shine.
- "My mother swears by wrapping her feet in a vinegar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin. It seems to work for her, so I thought I would pass it on!" -- C.D. in Colorado
- "Peppermint is a wonderful cure for indigestion. To make a quick peppermint tea, use a rolling pin to smash three to four peppermint candies. Add them to a glass of water and microwave for a minute and a half. Stir to melt the candies completely, and drink slowly." -- G.L. in California

Top Ten Books On The Island

1. *Sanibel Flats* by Randy Wayne White
2. *Haunted* by Randy Wayne White
3. *Everything I Need To Know I Learned From A Little Golden Book* by Diane Muldrow
4. *Living Sanibel* by Charles Sobczak
5. *Deceived* by Randy Wayne White
6. *The Obituary Writer* by Ann Hood
7. *Wayfaring Stranger* by James Lee Burke
8. *Six Mornings On Sanibel* by Charles Sobczak
9. *Ten Days In Paradise* by Linda Abbott
10. *A Game of Thrones* by George RR Martin

Courtesy of Sanibel Island Bookshop.☆

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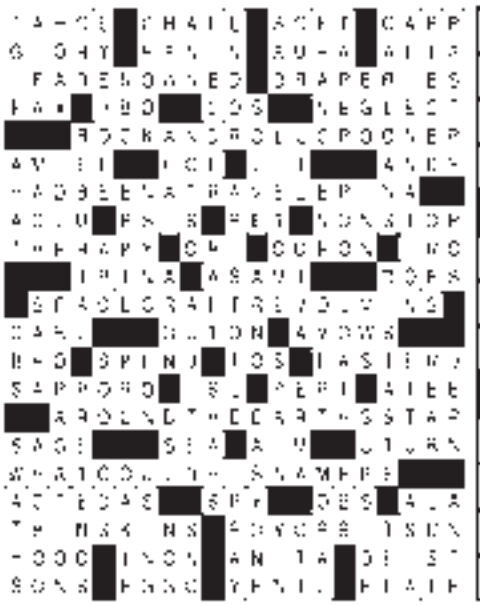
PUZZLE ANSWERS

SUDOKU

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

SUPER CROSSWORD



KING CROSSWORD

H	A	D	.	■	O	A	T	H	■	W	A	G
E	S	A	U	■	P	U	R	E	■	A	I	L
F	E	R	N	■	P	L	A	N	■	I	D	O
T	A	T	E	■	O	O	D	■	S	T	E	W
■	■	■	C	C	S	■	E	W	E	■	■	■
M	O	R	A	L	E	■	R	E	C	A	L	L
I	N	U	R	E	■	■	■	D	O	N	E	E
D	O	G	T	A	G	■	I	G	N	I	T	E
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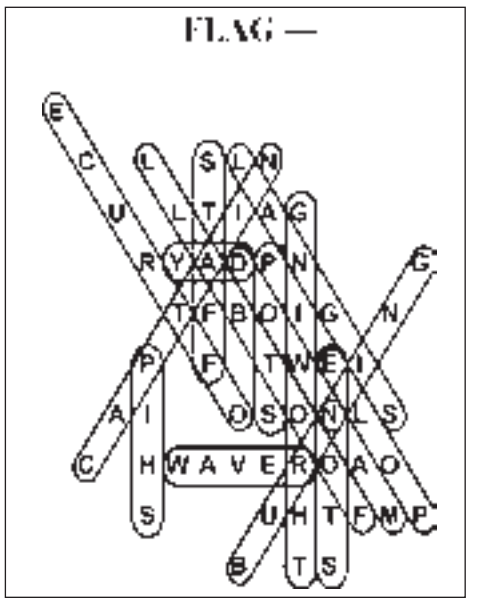
MAGIC MAZE



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SCRAMBLERS

solution

1. Genre; 2. Ramble;
3. Height; 4. Hinder

Today's Word:

BRIGHT

★ ★ ★ Classifieds ★ Classifieds ★ ★ ★

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Island Sun

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ANNUAL RENTAL

ANNUAL RENTALS

WATER FRONT HOME
This quiet peaceful location is true Island living. Boat dock, access to Bay and Gulf. 4 Bedrooms, 2 bath UF piling home. A must see! $3,200/mo.

CANAL HOME
Just off Island this Executive home offers 3 bedrooms/2 baths/family room/ 2 car garage, screened in pool,direct access canal & boat lift. Offered UF @ $2,400/mo.

Please call for details
472-6747
Gulf Beach Properties, Inc.
Helping People Become Islanders for Years!!
✲RS 9/26 BM TFN

RE/MAX OF THE ISLANDS
Putting owners and tenants together
Call Dustyn Corace
www.remax-oftheislands.com
239-472-2311
✲RS 1/4 BM TFN

ANNUAL RENTALS ON SANIBEL ISLAND
2/1 condo in Captain's Walk on east end.
Newly remodeled.
Sorry,no pets. $1,500/month
Contact Bridgit @ 239-728-1920
✲NS 9/19 CCTFN

ANNUAL RENTAL WANTED

ANNUAL RENTAL WANTED
Island resident needs 3/2 or 2/2 for annual or multi annual lease.
Current home being sold.
11/1 move in
Jim 322-8642.
✲NS 9/19 CC 9/26

SERVICES OFFERED

DEBBIE DOES...
⋆ Residential Cleaning
⋆ Home Watching
JESSE DOES...
⋆ Power Washing
⋆ Interior Painting
Call Debbie or Jesse
239-470-2294
✲RS 10/3 CC 10/10

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Normand Bastien LMT. MA. 33902
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Are you ready for great
body work/massage therapy/healing.
If so call 239-218-6505.
20 years experience,
13 of it Licensed in Florida.
✲NS 10/3 CC 10/17

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✲RS 3/21 CC TFN

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Call Roger 239-707-7203.
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✲RS 6/7 CC TFN

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with reference upon request.
Conctat: 407-218-2269 or 239-961-0467
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✲NS 9/12 CC 10/31

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✲NS 1/4 PC TFN

HELP WANTED

COMPANION NEEDED
Companion for 80 something lady; driving, shopping, lite housekeeping, meal preparation. Flexible hours.
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239-437-1991.
✲NS 10/3 CC 10/3

MASSAGE TREATMENT ROOM AVAILABLE
On Sanibel Island.
Seeking independent LMT.
Serious inquiry only.
239-395-0072
✲NS 10/3 CC 10/10

COMPASSIONATE CAREGIVERS NEEDED!
Season is here and we need Angels!
Visiting Angels is looking for compassionate caregivers (CNA, HHA and Companions) for in-home care.
Full and part time positions available.
Please call 239-561-7600
✲NS 9/26 CC 12/26

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.
✲NS 2/8 NC TFN

Read us online at:
IslandSunNews.com

★ ★ ★ Classified Deadline Friday at Noon ★ ★ ★

★ ★ ★ CLASSIFIEDS ★ CLASSIFIEDS ★ ★ ★

HELP WANTED

LOOKING FOR HOUSE CLEANING PERSON
Clean my home when I am on Island. Must be a non smoker and non drinker. Must submit a copy of drivers license and car registration. Must be a US citizen and must speak ENGLISH. $20 per hour. 3 references needed.
mimisanibel@gmail.com
✲NS 10/3 CC 10/31

HELP WANTED
Island based home furnishings and accessory store seeks a friendly, energetic sales person to join our team. Experience in working with color, texture and space is a plus, along with good communication skills and the ability to follow through with clients. Daily activities include opening and checking in inventory, keeping the store fresh and looking its best, some light lifting required. PT/FT, some Saturdays required. Please Email resume to mysanibelresume@gmail.com
✲NS 9/26 CC 10/3

VOLUNTEERS NEEDED
The Bailey-Matthews National Shell Museum needs Education and Great Hall volunteers. No experience necessary, will train. Please contact Melanie at (239) 395-2233 ext 11.
✲NS 7/11 NC TFN

VOLUNTEERS NEEDED
Volunteers needed for light general maintenance. Call (CHR) Community Housing & Resources, Inc. 472-1189.
✲NS 11/1 NC TFN

VOLUNTEER/ JOB OPPORTUNITIES
PAID volunteer opportunities to seniors, age 55 and over, to tutor/mentor children in elementary schools & after-school programs. Offering a stipend, mileage reimbursement, annual physical, holiday, vacation, and sick pay – all tax exempt. Providing struggling school children a chance to succeed in school, and offering opportunities that will last a lifetime. Call Joan at The Dr. Piper Center at 239-332-5346.
✲NS 1/17 NC TFN

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Cash Paid For Old Military Items. Medals, Swords, Uniforms, helmets, old guns, awards & more.
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✲RS 9/5 CC 11/28

GARAGE • MOVING • YARD SALES

GARAGE SALE
Fri. Oct. 3 and Sat. Oct. 4.
Something for everyone!
Furniture, kitchenware, linens and towels, books, tools, ladders, Weber grill, patio set, generator, designer handbags and much more.
Starts at 8 a.m.
726 Cardium Street, Sanibel.
✲NS 10/3 CC 10/3

GARAGE SALE
Saturday, 4th October
705 Oliva Street, Sanibel.
Sale Lots of nice cloths (lady's.)
Music DVD's and movies.
Very nice photos, local interest.
Household items
8 a.m. till 3 p.m. no early birds
✲NS 10/3 CC 10/3

TO PLACE
A CLASSIFIED
LOG ONTO:

IslandSunNews.com

CLICK ON

PLACE CLASSIFIED

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.

To those who are hungry, $20 is a fortune.

But $20 can feed a family of four for a week, thanks to the...

Harry Chapin Food Bank!

The Food Bank can acquire $6 of nutritious food for every $1 you donate, turning your $20 into a week's worth of meals for a family of four...

Thank you for your generosity!

Scan to connect to the Food Bank!

Mail your tax-deductible donation to:
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3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007
Or donate online at:
www.harrychapinfoodbank.org

Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Island Sun
NEWSPAPER
Sanibel & Captiva Islands

★ ★ ★ CLASSIFIED DEADLINE FRIDAY AT NOON ★ ★ ★

Pets Of The Week

Hello, my name is Sanders. I'm a 1-year-old neutered male brown and white American Staffordshire Terrier mix. I am a happy-go-lucky, light-hearted sweet boy. I love people and I am curious about everything. I have great manners, walk well on a leash and play well with all different types of dogs in play groups here at the shelter. I could be your next best friend!

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

Hello, my name is Noir. I'm a 2-month-old neutered male domestic short hair. My name in French means black. I am a black kitty... but just so you know, I'm not French. I'm an all-American tabby cat! I came from a home with lots of cats and ended up at the shelter because my owner had too many. If you have other cats I will fit right in. I love to play with other kitties and I will love you, too!

My adoption fee: $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.

Sanders ID# 595007

Noir ID# 595775

PAWS Seeks Home For Sox

Hello, my name is Sox and I was found on the east end of Sanibel. The good people of PAWS brought me to Coral Vet. I am so happy to be off the street and I love my visits from my friend Jaylynne, but I need a real home. Jaylynnne said I was very playful when I first arrived, but now I am getting a bit feisty, probably because I am just a young boy (just 7-months-old) and I just want to get out of my cage and run and have fun.

If you would like to meet me, stop by Coral Vet in Fort Myers, located near the corner of McGregor Blvd. and Cypress Lake Drive. I would love to have a visitor to play with.

For more information about adopting Sox, call Pam at PAWS at 472-4823.

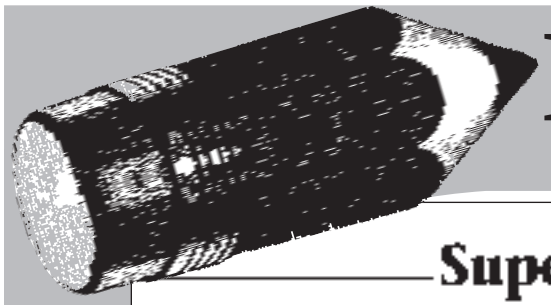
Jaylynne holding Sox

Island Sun
NEWSPAPER
Sanibel & Captiva Islands

CALLING CARD 239-395-1213

Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
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 51

Super Crossword

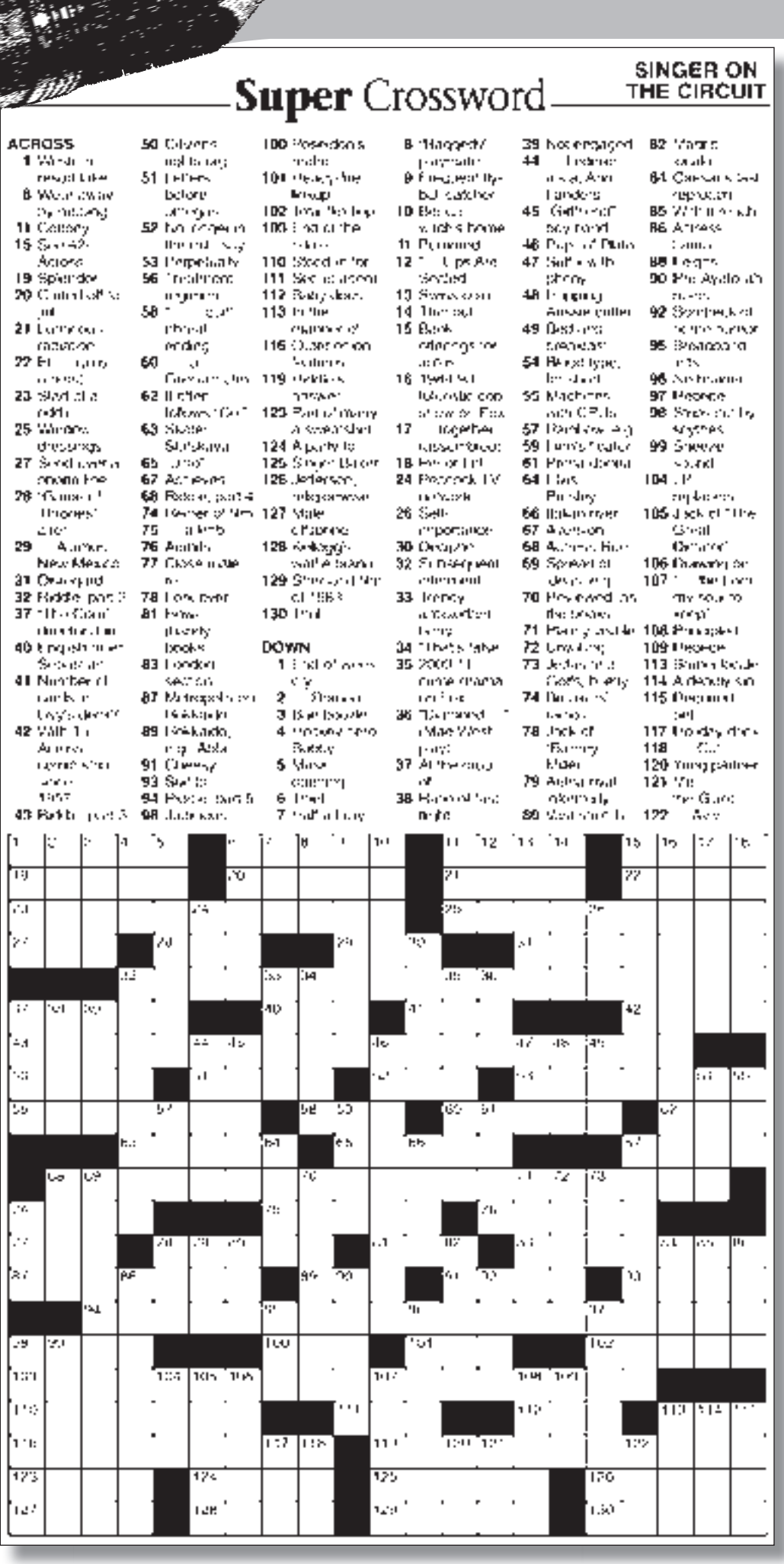
SINGER ON THE CIRCUIT

ACROSS

1 Wisdom tooth, like
8 Wear away by rubbing
11 Century
15 Sci-Fi Actors
19 Splendor
20 Cuba del Sur
21 Lumberjack's relative
22 Bi[illegible]
23 Shot at a rally
25 Window dressings
27 Sandwich shop fare
28 "Gunsmoke" Dodge's alter
29 Author, New Mexico
31 Overjoyed
32 Riddle part 3
37 "The Good, the Bad and the Ugly" director
40 Inquisitive Spanish art
41 Number of cards in Uno's deck?
42 Walt Disney Animated Classic since 1937
43 Rabbi [illegible]
50 Citizens right to vote
51 Letters before Omega
52 Not [illegible] the mid-Atlantic
53 Perpetually
56 Traditional ingredient
58 [illegible] official ending
60 [illegible] Convention
62 Mother Moose Girl
63 Skate Sonja
65 [illegible]
67 Achieves
68 Robert, pal of Rocky
74 Owner of Tara
75 [illegible] climb
76 Aerials
77 Close mate
78 Lose over
81 Inner-city books
83 London section
87 Metropolis of Hokkaido
89 Hokkaido, e.g.: Abbr.
91 Chewy
93 Start to
94 Pocket-sized 5
98 Jade [illegible]
100 Poseidon's realm
101 Hip-hop trio group
102 Iowa Native
103 Lord of the rings
110 Stock unit
111 Sea creature
112 Baby deer
113 In the manner of
116 Outdoor recreation
119 Golfer's [illegible] swing
123 Part of many a screenplay
124 A party to
125 Singer Bacon
126 Jefferson, Virginia
127 Make a Pavane
128 Kellogg's cereal bowl
129 Shrewd [illegible] of 1963
130 Dirt

DOWN

1 Fall of [illegible] city
2 Stomach
3 Bar bouncer
4 [illegible] Bobby
5 Make calamity
6 Deal
7 Half a duo
8 Haggard's [illegible]
9 Frequent flyer, but not a jet
10 Bat or witch's home
11 Pyramid
12 "Life Is Art" Smiley
13 Somersault
14 Thin out
15 Bank charge for a check
16 Yield to [illegible] or Fox
17 ___ together (assemble)
18 Fencer's foil
24 Peacock TV network
26 Self-importance
30 Despise
32 Fundamental element
33 Irony, a countable thing
34 "That's false"
35 2000 Tom Cruise drama
36 "Damned ___ Mae West" (1970)
37 At the edge of
38 Rainy-day night
39 Not engaged
44 Underwater Arm Flinders
45 Girl's name backward
46 Pope of Rome
47 Sail with gloppy
48 Frequency Amount (often)
49 Destroy, overseas
54 Rest type, for short
55 Machines with CPUs
57 Rainbow wing
59 Lamb's mother
61 Period dance
64 Bus Parsley
66 Bikini wearer
67 Auction
68 Actress Hunt
69 Spread at dessert time
70 Reverend Jim the broke
71 Heavy cracker
72 Unyielding
73 Jackson of Gosh, it's only
74 Bandleader Herbie
78 Jack of "Barney Miller"
79 Actor Hall of Oklahoma
80 Work unit in [illegible]
82 Wants audibly
84 Caesar's last rejection
85 Without a wish
86 Actress Dennis
88 Require
90 Pre-Apollo 10 event
92 Sandwich at the corner office
95 Breakfast dish
96 Not human
97 Recede
98 Shaken up by surprises
99 Sneeze sound
104 UP explosion
105 Jack of "The Great Gatsby"
106 Ownership document
107 "___ the Lion" (my soul to keep)
108 Principles
109 Recede
113 Bubba Smith
114 A celebrity can
115 Disgrace
117 Holiday drink
118 Zoo
120 Young partner
121 "It ___ the Guns" (1922)
122 Ave.



King Crossword

ACROSS

1 Tuck in
Mayo
5 Intuitive human reaction
9 Wet tale
12 Bright summer
13 100 square feet
14 Have a spat
15 Foreboding omen
16 Bivouac
17 Abnormal motive
18 Unlace
19 Dry
20 Precise
21 Lettuce, Tango
23 IV measurement
25 Appropriate
26 Expedite
28 Automakers
32 Accede to
33 Feel pain
34 Gilt
36 Sound
37 Personal trial
38 Homer's nephew
39 Source of Samson's strength
42 Scepter
43 Tennessee Williams character
48 Vocal range
47 Mongrel
50 Between jobs
51 Lemonade
53 Rhode Island
55 Sprouted up
56 Skate
58 Abate
59 Arise
60 Fleeces
61 Feel ill

DOWN

1 Wallet
2 Cruiser
3 Anti-missile
4 Mrs. Jeremy Clark
5 Scrapbook
6 Tie (up)
7 Mongrel
8 Soap dealer
9 Bete noire
10 Stuffy
11 Cannonball
24 Stable
25 Bankroll
27 Enemy
22 Temperament
23 Spike drink
29 Derby
30 Yoke of oxen
31 Hair
35 Blackbird
39 Actor
41 Sandwich
44 Cornball
45 Cornfield
46 Venetian blind part
47 Ancient relic
49 Fighter shot

MAGIC MAZE ● FLAG —

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

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

Burning
Captain
Day
Down
Football
Man
Of truce
Pole
Ship
Signal
Staff
Stone
Stop
Throwing
Waver

Doc Ford's Rum Bar & Grille

We've Got Your Game!

NFL Sunday Ticket

Sanibel Island

975 Rabbit Rd.
Sanibel Island, Fl 33957
239.472.8311

Ft. Myers Beach

708 Fisherman's Wharf.
Ft. Myers Beach, Fl 33931
239.765.9660

Captiva Island

South Seas Island Resort
Captiva Island Fl 33924
239.312.4275

Visit Us Online @ www.DocFords.com

Live Music & Happy Hour Available - Details online!

NFL Sunday Ticket

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Barbeque & Seafood House
Fort Myers Beach

TheBeachedWhale.com

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Live Music
Wed-Sun!

Happy Hour
Mon-Fri 2-5pm

Island Hopper

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Island Hopper
Film Festival!
Oct 3-5