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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 24, 2018

AUGUST SUNRISE/SUNSET: 24 7:05 • 7:57 25 7:05 • 7:56 26 7:05 • 7:55 27 7:06 • 7:54 28 7:06 • 7:53 29 7:07 • 7:52 30 7:07 • 7:51



John Clark, visiting from Richmond, Virginia, working on a puzzle at the Sanibel Public Library's new puzzle and games area, which debuted on August 8 photos by Jeff Lysiak



Lenny Abruzzo and his son, Luke, visiting from New Jersey, reading a story in the children's area

Library Patrons, Staff Hail Latest Improvements

by Jeff Lysiak

After being shut down for one month in order to complete the latest phase of the \$5.9 million, year-long renovation project, the Sanibel Public Library recently reopened to rave reviews from both visiting patrons and members of the 5-Star Award-winning facilities' staff.

"This is such a wonderful place to work in," said Wendy Lambrix,

circulation manager. "I love the new, larger windows and the idea that everything is more spread out. And the new back porch is my favorite."

According to library representatives, the renovation project – dubbed Your Library Reimagined – started more than three years ago, when the Sanibel Public Library Foundation's board and library staff analyzed obsolete infrastructure. The renovation included overhauling the 25-year-old mechanical, plumbing, fire suppression and electrical systems. During the renovation, crews tested (and retested) more than 5.1 miles of data cable. More than two miles of ductwork has been installed. The project has also

"reimagined" the layout of the space to better serve community needs.

"There's much better lighting, which is a big thing," said Ian Wainwright, library staff member. "Not only is that better for the people who work here, but people who come here to read are enjoying it too."

Among the latest improvements, in addition to larger windows to maximize the natural light and scenic views, include a brand new A/V (audio/video) department, containing the library's catalog of DVDs, CDs and audiobooks. All multimedia platforms are stored on rolling shelving units, which will allow those units to be relocated in order to

accommodate audiences for special events including the Author Series.

The A/V section is located in the area most recently occupied by the children's section, which had temporarily been relocated adjacent to the circulation desk. The new children's section has returned to its original location on the east side of the building. Surrounding the children's area, which contains color-coordinated seating and visual enhancements, is a Think Tank Maker Space for children to play with Legos, puzzles and games; an expanded seating area with larger windows; and a Teen Space with comfortable seating, three

continued on page 26



The new Teen Space includes three computer stations and space for doing homework



New lighting hanging above the main entrance lobby, which is still under renovation

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Sanibel Sea School Thanks The Community

by Jeff Lysiak

Between the first week of July and mid-August, an online fundraising campaign exceeded the goal set by Sanibel Sea School to raise enough money to purchase 10 Automatic External Defibrillator (AED) units for the school's pickup trucks, buses, vans and marine vessels.

With a target goal of \$11,000, the campaign raised \$12,325 in approximately 30 days. The largest individual donation was \$1,000, with a majority of donors contributing \$25 to the fundraiser. A total of 82 families and individual donors participated.

"Donations came in from across the United States – some people had a connection to the islands, but some of them contributed just because they believe in AEDs and their importance in saving lives," said Dr. Bruce Neill, the school's co-founder and executive director. "I hope that this campaign further amalgamates Sanibel Sea School as an institution of the community. We all own Sanibel Sea School."

AEDs are small, portable machines that can monitor the heart's rhythm and send an electric shock to restore a normal rhythm when necessary. They are used to treat victims of sudden



Dr. Bruce Neill, co-founder and executive director of Sanibel Sea School, holding one of the AED devices photo provided

cardiac arrest (SCA), which is when the heart suddenly stops beating.

The idea of starting the online campaign – called A Safer Sanibel – came from said Emmett Horvath, one of the school's marine science educators. He noted that the school's vehicles and vessels are out in the field

more than 200 days per year, covering a large portion of the islands. Each is equipped with a first aid kit, but none are currently stocked with an AED.

"All of our staff are first aid and CPR certified, but that training is much less effective without access to the proper equipment," said Horvath. "Very often, we treat minor injuries while out in the field, for people not associated with our programs – from helping someone who has just crashed on their bicycle to cleaning and wrapping shell lacerations. We would like to be prepared for more serious conditions that we may encounter in our community."

According to 2014 data, nearly 45 percent of out-of-hospital cardiac arrest victims survived SCA when bystander CPR/AED was administered. In one year alone, 475,000 Americans die from cardiac arrest. Globally, cardiac arrest claims more lives than colorectal cancer, breast cancer, prostate cancer, influenza, pneumonia, auto accidents, HIV, firearms and house fires combined.

Dr. Neill offered his sincere thanks to the entire community for supporting the school's campaign. "I've told a lot of people, 'Thank you for your donation... and I hope we never have to use them,'" he said. "But if we need to use them, we've got 'em."

The school is currently working through the process of purchasing the AED units, one for a bus, two each for corporate vehicles, pickup trucks and staff boat captains, and three for transport vans. Both buildings at the

school's 455 Periwinkle Way campus are equipped with AEDs.

For more information, call 472-8585 or visit www.sanibelseaschool.org.

The Community House

Business Member Happy Hour

Sanibel Community Association (SCA) members are invited to a business member happy hour on Wednesday, August 29 beginning at 5 p.m.

Closing For Maintenance

The Community House will be closed Monday through Friday, September 10 to 14. There will be no rentals or classes due to annual maintenance.

Yoga And Shell Craft

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

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

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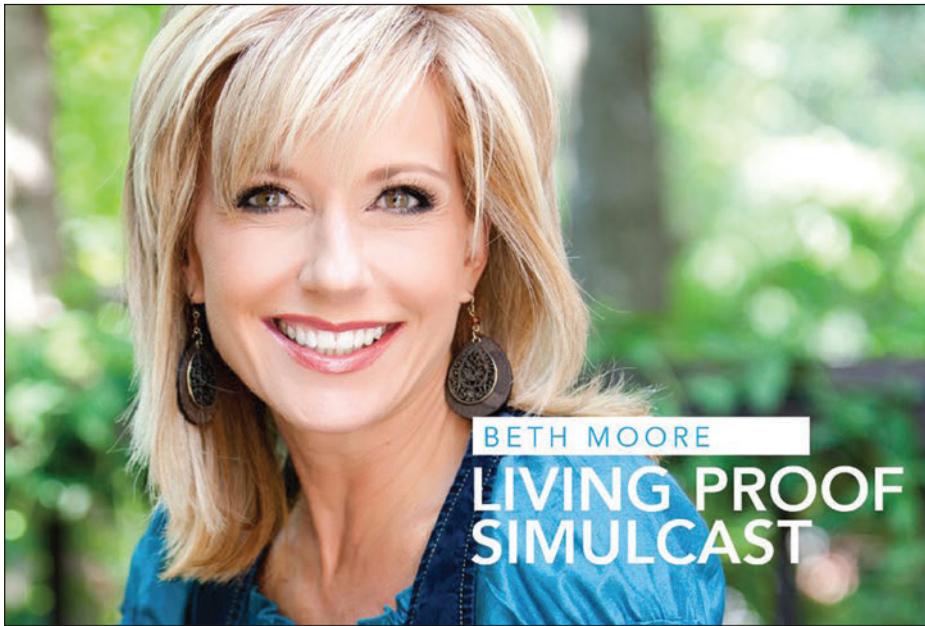
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Beth Moore's Living Proof Simulcast will be broadcast on September 15 photo provided

Women's Ministry Hosting Day Trip

The Sanibel Community Church Women's Ministry team invites the community to be a part of Beth Moore's Living Proof Simulcast on Saturday, September 15 from 10 a.m. to 5:15 p.m. at McGregor Baptist Church in Fort Myers. Transportation will be departing from Sanibel Community Church at 8:30 a.m. or you can meet the group at McGregor Baptist Church. Doors open at 9 a.m. Tickets are \$20

and include breakfast, box lunch and a reflection program, provided by McGregor Baptist Church. Payment must be made at the time of reservation.

Purchase tickets in the church office Monday through Thursday, or at the Connection Center on Sunday mornings. Reservations are required by September 10.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way. For more information, call 472-2684 or visit www.sanibelchurch.com.

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646

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SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8, 9 and 11 a.m.

Traditional in historic Chapel, 8 a.m. Contemporary and childrens church in the main sanctuary, 9 a.m. Traditional in the main sanctuary, 11 a.m. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

DO YOU KNOW YOUR BIRTHSHELL?

August: The Nutmeg Shell, Peridot. The Nutmeg shell is a striking shell with a high spire and a large whorl. It is characterized by luck, purity and faith. Those that are born to this shell are often considered faithful, broad-minded and exude generosity.

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From left, Randy Carson, Julie Arensman, Stan Howard, Sam Arensman, Andre Arensman, Richard Johnson, Dane Johnson, Bailie Johnson, Richard McCurry, Calli Johnson and Mark Steger
photo by Jeff Lysiak

Sam And Francis Bailey Scholarship Awarded

by Jeff Lysiak

Last week at Bailey's General Store, members of the Sanibel-Captiva Optimist Club presented the 2018 Sam and Francis Bailey College Scholarship to Sam E. Arensman, a resident of Sanibel and recent graduate of Fort Myers High School.

The club's Sam and Francis Bailey College Scholarship is only awarded every fourth year and specifies that the applicant has strong Sanibel or Captiva ties. The other five current scholarships are open to all Lee County high school graduates. All six current scholarships provide the college students \$2,500 per year for four years active enrollment (for a total award of \$10,000).

This year's special scholarship recipient, Arensman has lived on Sanibel for 12 years and attended The Sanibel School. He is planning to attend the University of Florida this fall

and major in pre-medicine.

"I intend to become a pediatric surgeon so I can work with children and make their lives better by making sure that they get the medical treatments they need to have a bright future," said Arensman, who attended the August 17 awards ceremony with his parents, Andre and Julie. Also attending were members of the Bailey/Johnson family, and representatives from the Sanibel-Captiva Optimist Club, a 501(c)3 charitable organization which provides support to local youth through a variety of programs and activities.*

Children's Bookmark Design Contest Open



Rebecca Binkowski, owner of MacIntosh Books and Paper, with last year's winner, Marit Foster
photo provided

MacIntosh Books and Paper invites children to participate in the 2nd annual Bookmark Design Contest. Winning bookmarks will be given away with the purchase of a children's book beginning in November and will continue through May or while supplies last.

This year's theme is: Reading on
continued on page 6

SCCF holds the state permit for sea turtle monitoring on Sanibel and Captiva Islands.
We are required to report dead or injured sea turtles and hatchling disorientations.

If you see
sea turtle hatchlings that appear to have washed back on shore or a **dead or injured sea turtle**

call SCCF's Sea Turtle hotline: 978-728-3663

In the current Red Tide crisis, it is imperative that we collect accurate numbers to report to the Florida Fish & Wildlife Conservation Commission



OBITUARY



BETTY MILLER WEISE

Betty Miller Weise, 83, beloved wife, mother, grandmother, great grandmother, friend and amazingly talented artist, passed away on Thursday, August 16, 2018 in Fort Myers, Florida following a long illness. Formerly of Cincinnati, Ohio, she was born September 3, 1934 to the late Ralph A. and Cora J. Miller. Betty graduated from the University of Cincinnati College of Design, Art and Architecture and later earned an MA degree in early childhood education.

Following her retirement from teaching art and elementary education in the Cincinnati area, she moved to Sanibel Island, Florida where she was an integral part of her community for many years.

She is survived by her husband of almost 59 years, Dr. Eric Weise, her daughters Rebecca Garlock and son-in-law Keith of Sebastopol, California, Michelle Johnson and son-in-law Kirk of Davis, California, and her son Michael Weise and daughter-in-law Jennifer of Walnut Creek, California. She is also survived by granddaughters Caitlyn Garlock, Meghan Dolcini and husband Eugene, Erin Garlock, Madison Johnson, Ava Weise and Sophia Weise, grandson Zachary Johnson, and great granddaughter Kensley Dolcini, all of northern California.

Betty was an active member and deacon of Sanibel Congregational United Church of Christ, a member of the Alpha Chi Omega sorority, participating in numerous alumni gatherings, a member and officer of the Sanibel-Captiva Art League and the Fort Myers Beach Art Association, heading the scholarship program for high school graduating artists for many years. In addition to her history of teaching art education and art in Ohio, Connecticut and Florida, she was a dedicated and talented plein air watercolorist on the islands and on the beaches of Southwest Florida.

A celebration of her life will be held on Saturday, September 22 at 2 p.m. at Sanibel Congregational United Church

of Christ, 2050 Periwinkle Way, on Sanibel. For her extended family in California, many friends in Ohio and numerous other states, the celebration will be live streamed. Stay tuned for more information at <http://www.bettyweise.info>.

For memorial gifts, the family suggests contributions to the Fort Myers Beach Art Association Scholarship Fund, P.O. Box 2359, Fort Myers Beach, FL 33932.✽

Friday, September 14 at 7:30 p.m. – Shabbat Shuva service
 Tuesday, September 18 at 7:30 p.m. – Kol Nidre service
 Wednesday, September 19 at 10 a.m. – Yom Kippur morning service followed by Congregants' Hour
 3 p.m. – Music and meditation with cellist Susannah Kelly and pianist Abigail Allison
 4 p.m. – Afternoon service followed by the Yizkor memorial service, the Ne'ilah closing

6 p.m. – Break-the-Fast in Heron Hall (advance reservations required)
 Temple Bat Yam continues its 27-year relationship with the Sanibel Congregational United Church of Christ and will hold its services in Fellowship Hall, unless otherwise noted.

Members of the community, guests and visitors are welcome to join with Temple Bat Yam congregants for all services and gatherings. Tickets are not required for the High Holy Days observances but donations are welcome. For more information about Selichot, Tashlich or the Break-the-Fast, visit www.batyam.org.

Shabbat services are held every Friday evening at 7:30 p.m. (7 p.m. from May until Rosh Hashanah) in Fellowship Hall of Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way.✽

The Jewish New Year Begins With Days Of Awe

On Sunday, September 9 beginning at 7:30 p.m., Sanibel's Reform Jewish congregation, Temple Bat Yam, will begin the observance of the Days of Awe, a time of personal reflection and introspection. The High Holy Days commence with Rosh Hashanah, the start of the Jewish New Year. Based on the Hebrew lunar calendar, the new year will be 5779. The Days of Awe, a 10-day period, concludes with Yom Kippur, the Day of Atonement. The solemn nature of the High Holy Days encourages one to meditate on the meaning of the holy days, to remember the deceased and to ask forgiveness from those one has wronged.

In preparation for this intense spiritual time period, there will be a Selichot gathering for reflection and discussion on Saturday, September 1 at 7 p.m. at the home of Rabbi Stephen and Vickie Fuchs on Sanibel.

Rabbi Fuchs will conduct the High Holy Days services together with Cantor Murray Simon. Piano accompaniment will be provided by Abigail Allison.

The schedule of services for the High Holy Days is as follows:

- Sunday, September 9 at 7:30 p.m. – Erev Rosh Hashanah service
- Monday, September 10 at 10 a.m. – Rosh Hashanah morning service
- 1 p.m. – Tashlich service at 1605 Middle Gulf Drive to include potluck luncheon

From page 5

Bookmark Contest

Sanibel. The deadline for entries is Sunday, September 30. The contest is open to children ages 12 and under. The winner will receive a prize pack which includes a \$50 MacIntosh Books and Paper gift certificate.

This is an opportunity for children to showcase their artistic abilities and show where they like to read on Sanibel.

Drawings must be submitted by mail or in person to MacIntosh Books and Paper, located at 2330 Palm Ridge Road, Suite 6, in Palm Ridge Place shopping center. Drawings must be 2½ by 6½ inches, or close to that size. For more information, call 472-1447.✽



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Help Stop Lake Okeechobee Discharges

In an open letter to the Sanibel community, Mayor Kevin Ruane sent out the latest call to action plan for combating freshwater discharges coming out of Lake Okeechobee last week.

On August 16, Ruane wrote, “Our community has been devastated by the ongoing water quality issues associated with freshwater releases from Lake Okeechobee and runoff from the Caloosahatchee watershed. Since the freshwater releases began in June 2018, we have seen our coastal waters transition from aquamarine to coffee brown, we have watched blue-green algae blooms invade more than 60 miles of the Caloosahatchee River and estuary, and we have experienced the worst red tide event in more than a decade. Each of these events magnifies the ecological impacts to our estuary and coastal waters – destroying sea grass beds, oysters, and the very life that depends on these important



From left, Mayor Kevin Ruane and Councilwoman Holly Smith show Lt. Col. Jennifer Reynolds of the U.S. Army Corps of Engineers the impacts of the blue-green algae and red tide blooms on Sanibel’s waterways photo provided

ecosystems.

“These events also threaten to diminish our standing as a world-renowned tourism destination directly impacting our local economy, island businesses, property values and our

quality of life.

“We need the U.S. Army Corps of Engineers to implement emergency actions to maintain flows at or below 3,000 cubic feet per second (cfs) measured at the WP Franklin

Lock (S-79) for the remainder of the wet season. Lake Okeechobee discharges are compounding the impacts of watershed runoff from the Caloosahatchee. Additional freshwater will only expand the area suitable for blue-green algae growth and continue to fuel algae blooms that are plaguing our community.

“We also need the Corps to explore temporary deviations from the Kissimmee Chain of Lakes regulation schedules to slow down the rate of water inflow to Lake Okeechobee. The Corps must also utilize maximum operational flexibility to move additional water south by overcoming operational constraints that do not directly impact human health and safety.

“Our local economy and quality of life depends on your voice! Please send your elected leaders and key representatives from the Army Corps a letter today.

“Thank you for doing your part to improve our water quality.”

To submit a preformatted letter to legislators in support of stopping Lake Okeechobee discharges, visit <https://p2a.co/w97f29E>. You can also text “MYSANIBEL” to 52886.✪

Expert Explains Red Tide And Blue-Green Algae

submitted by J. Bruce Neill, PhD, co-founder and executive director, Sanibel Sea School

We want to help people understand the ocean. This is the first installment of a series to inform people about red tide and harmful algal blooms currently affecting Southwest Florida.

The first thing. We really don’t really know enough about red tide and the conditions that cause it to occur in high densities.

The name red tide is unfortunate. The water color in a red tide event is not usually red, nor does it have anything to do with the tide.

Red tide is caused by a single-celled organism, *Karenia brevis*. *Karenia*

brevis is a naturally occurring species of phytoplankton classified as a dinoflagellate; it is not a plant but has the ability to carry out photosynthesis.

Karenia brevis has the ability to reproduce very rapidly in favorable conditions. Rapid reproduction is common among phytoplankton species; these episodes of rapid population expansion are called blooms.

Red tide is caused by a *Karenia brevis* bloom.

Karenia brevis naturally produce compounds classified as brevetoxins, a group of compounds that can be neurotoxic to animals with backbones. In humans, when ingested in high concentrations, they cause the illness neurolytic shellfish poisoning.

Brevetoxins are not actively released into the water by living *Karenia brevis* cells, but upon the death of the cell, these compounds are released into the ocean.

Red tide has been recorded since the 1840s in the Gulf of Mexico in

Southwest Florida. *Karenia brevis* cells are usually present in the waters of Southwest Florida, but at very low concentrations.

The conditions favorable for *Karenia brevis* blooms are not well understood, but blooms are often associated with upwelling events. Upwellings are the movements of deep, nutrient-rich waters to the shallow, warm, sunlit upper levels of the ocean.

These upwelling events are associated with wind and climatic conditions that push *Karenia brevis* populations towards shore.

Phytoplankton population growth in the ocean is commonly limited by concentrations of nitrogen or phosphorus in the water. Human activities produce and release significant amounts of nitrogen and phosphorus – from agriculture, landscaping and sewage – these nutrients make their way into rivers, and then to the ocean.

There is no evidence that red tides are more frequent because of

human-influenced discharges from lakes and rivers, but evidence indicates they last longer, and are more intense in areas of river discharges.

The estuary adjacent to Sanibel receives water from the Caloosahatchee, which is fed by Lake Okeechobee. Therefore, Sanibel is receiving water from a very large area of land. This water is nutrient-enriched by both agriculture and high density human communities which add landscaping and sewage runoff.

When *Karenia brevis* moves into our region, the nutrient-rich conditions from the Caloosahatchee are favorable for intense, long-lived, high concentration blooms to occur.

How Does Red Tide Affect Humans?

Shellfish filter and feed on plankton from the water; in doing so, they accumulate brevetoxins. Eating shellfish that have high concentrations of brevetoxins causes a serious illness,

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Publisher

Lorin Arundel

Advertising

Bob Petcher

Graphic Arts & Production

Ann Ziehl, Manager
Amanda Hartman
Justin Wilder

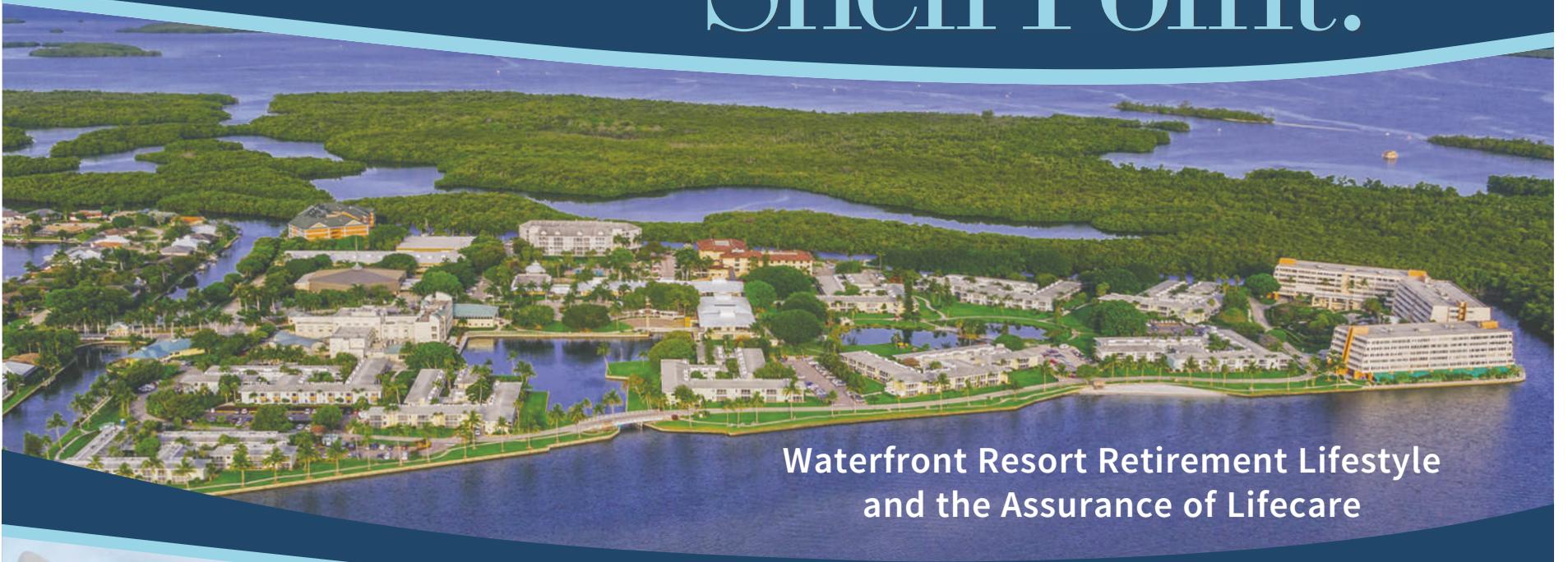
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Jeff Lysiak

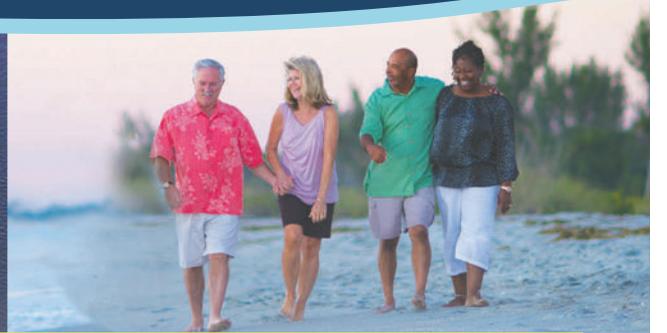
Contributing Writers

Leah Biery	Craig R. Hersch
Barbara Cacchione	Shirley Jewell
Kay Casperson	Dr. Jose H. Leal, PhD
Constance Clancy, EdD	Capt. Matt Mitchell
Suzu Cohen	Trinette Nelson
Linda Coin	Gerri Reaves PhD
Marcia Feeny	Angela Larson Roehl
Ed Frank	Hannah Star Rogers
Shelley Greggs	J. Brendan Ryan, CLU,
Jarred Harris	ChFC, MSFS
Marion Hauser, MS, RD	Di Saggau
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Hairy cowpea is very hardy and grows just about anywhere, including this rocky drainage area photos by Gerri Reaves

Plant Smart
Hairy Cowpea

by Gerri Reaves

Hairy cowpea (*Vigna luteola*) is a native twining vine of the pea family and a relative of the black-eyed pea (*Vigna unguiculata*) and mung bean (*Vigna radiata*).

Commonly considered a weed and more common in coastal areas, it grows along roadsides and in disturbed areas, ditches, tidal flats and marshes,

swamps, swales and vacant lots. This very hardy perennial can be prostrate, trailing, tangled, or climbing with branches several feet long. The bright yellow flowers bloom all year, appearing at the end of long angled stems. The larger upper petal is wider than it is long. The alternate leaves are made up of three ovate to lanceolate leaflets of about an inch and a half long. The pea pods measure from one to two and a half inches long, with indentations between the several seeds.



Native hairy cowpea blooms throughout the year and is a larval plant for several butterflies and skippers

The pods are hairy, thus the common name. Ground-feeding birds eat the seeds, and the plant is a food source for white-tailed deer, a fact that inspires another common name, deer pea. The plant is also called wild cowpea. The seeds and flowers are said to be edible when cooked. Hairy cowpea is a good addition to a butterfly garden, because it is a larval host for the gray hairstreak, ceraunus and cassius blue butterflies, as well as the Dorantes and long-tailed skippers.



Ground-feeding birds and white-tailed deer eat the peas

Propagate it with seeds or cuttings. Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., plants.usda.gov, www.miamiblue.org, and www.eattheweeds.com. *Plant Smart* explores the diverse flora of South Florida.✪

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 4. *Brief History of Sanibel Island* by Marya Repko
 5. *If the Creek Don't Rise* by Leah Weiss
 6. *Miss Burma* by Charmaine Craig
 7. *Watch Me Disappear* by Janelle Brown
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Resiliency



by Capt. Matt Mitchell

Pine Island sound waters have greatly improved over the last week from this never-ending red tide. It's certainly still not back to normal yet, but the improvement in

conditions is fabulous to see. As long as we stay on a easterly wind pattern the red tide should continue to blow out of the bay. Lower red tide levels and cleaner water around the local passes meant catch-and-release snook action is strong.

The toughest part of fishing has been keeping bait alive. The grass flats that I'm throwing the cast net on are holding both shiners and pinfish. Once you start putting these baits in the live well, they have been hard to keep alive. On several outings this week, I ended up catching bait multiple times but it only takes one running through an area of red tide and you would lose the majority of your bait.

If you could get these baits to

the passes alive, the bite has been outstanding with snook, trout, snapper and jacks keeping the rods bent. Our big snook of the week measured 30 inches, although there were several times that bigger snook were hooked and won the battle. After not fishing with shiners for over a week due to the red tide, it was great to have these great baits, and they really upped the action and the quality of the fish caught. To catch snook again really felt good after several trips of only targeting mangrove snapper on live shrimp.

Making national news has had a major ripple effect on tourism with this being the slowest August anyone can ever remember. This situation is making things very lean for anyone who makes their living in the hospitality business and especially those who do so on the water. Marinas, bait shops and captains are all experiencing the slowest month bearable.

After such a major reoccurring and what feels like a never-ending red tide nightmare that's still happening all over the Florida gulf coast, I'm seeing a glimmer of hope. With tons of dead fish, dead turtles, dolphins and manatees being removed from our local waters, marine life is gradually returning. This really says a lot about the resiliency of Pine Island Sound. I'm



The masked Steve Day with a 30-inch snook caught while out with Capt. Matt Mitchell photo provided

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slowly feeling a little relief as things are slowly getting back to almost normal.

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

City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.*

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Photos by José H. Leal

The Florida Regal Doris, *Felimare picta*, from the Gulf of Mexico, offshore of Sanibel Island, and its egg mass

Shell Of The Week

Florida Regal Doris



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

The Florida Regal Doris, *Felimare picta* (Schultz in Philippi, 1836), is one of the nudibranch sea slugs

found offshore along Sanibel Island and other parts of Southwest Florida. At about 50 mm, it is one of the largest nudibranchs in this part of the world. The Florida Regal Doris shows an elegant color pattern of yellow lines and elliptical markings against a dark blue, sometimes almost black,

background. The gills are visible as a set of feather-like projections on the posterior part of the animal. The egg mass in this species is orange, measuring in average about 25 mm (about an inch). The photo shows microscopic eggs embedded in the delicate, gel-like support structure. All photos were taken at the museum's live tank. Learn more about the species at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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

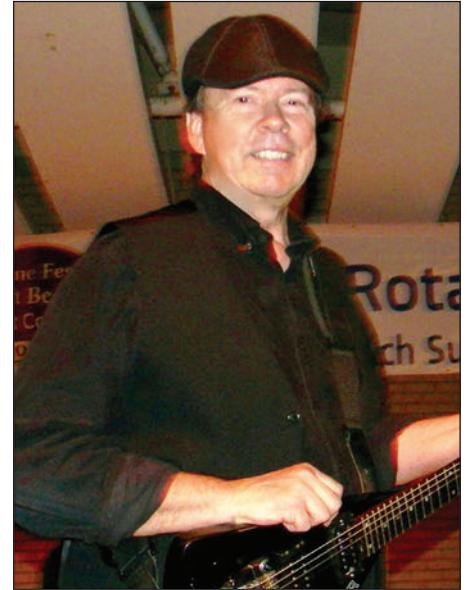
Local Musician To Compete At Blues Challenge

Anticipation is building for this year's Regional International Blues Challenge (IBC) to be held on Sunday, August 26 as musicians from all over Southwest Florida descend on the Rhythm House in Fort Myers for the chance to compete at the national IBC in Memphis in January. Among them is the Marty Stokes Band, 2016's winner for best band, who went on to represent the region at the national competition in 2017.

Led by vocalist and guitarist Marty Stokes, the band is comprised of Daryl Best on bass guitar, Jennifer Mazziotti on saxophone and keyboards, and Chicago Dave Murphy on drums. Hot off the release of their fourth album, *Down On My Knees*, with great reviews, the band is expected to set fire to the stage with originals and covers drawn from the deep well of blues history.

Stokes, an island native who was raised on Sanibel and Captiva, has been enamored with the blues since he was a kid and counts guitar greats like Johnny Winter, Eric Clapton, Alvin Lee, Peter Green, BB King and Muddy Waters among his inspirations. Stokes possesses an ear for innovation and a talent for improvising searing, original guitar riffs and deep, heartfelt vocals.

A fan favorite, the Marty Stokes



Marty Stokes photo provided

Band is a three-time winner of the Southwest Florida Blues Society's People's Choice Award and has placed in competitions for the South Florida and Suncoast Blues Societies. With performance roots in Germany, Stokes and his band bring the gospel of the blues to venues all over Southwest Florida as well as numerous festivals, such as Ave Maria Blues Festival, the Bonita Blues Festival and the Sanibel Blues & Jazz Festival.

Stokes also lends his expertise to the Sanibel Blues & Jazz Festival as consultant by recommending talent

continued on page 30

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CROW Calendar Of Events

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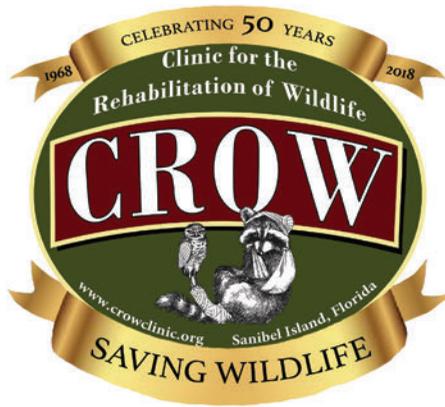
For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays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

Friday, August 24, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, August 24, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this



presentation will address the most likely reasons patients are admitted to the hospital.

Saturday, August 25, 10 a.m. to 1 p.m. at Lakes Regional Park – Walk on the Wild Side (50th Anniversary event).

Walk on the Wild Side is a family-friendly event for all ages that is both fun and educational. The day will include presentations on wildlife related topics, crafts and other activities. Learn more about CROW and how its work to treat sick and injured wildlife is important for the health of the ecosystem and the community. The event is free of charge but parking fees do apply.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers.

Monday, August 27, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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

Tuesday, August 28, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

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

Wednesday, August 29, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, August 29, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and

under no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

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

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

Thursday, August 30, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.✱

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CROW Case Of The Week:

Little Blue Heron

by Bob Petcher



The little blue heron (*Egretta caerulea*) is relatively small as compared to other herons. Its modest size is in contrast to its long legs and dagger-like bill, which it utilizes with a patient, stand-and-

wait approach on its prey. This predatory action is much like its larger cousin, the great blue heron.

Adult little blue herons are of dark colors, usually sporting a maroon head and neck above its blue body. Juveniles, on the other hand, are entirely white, while youngsters closer to adulthood are a mix of white and blue.

At CROW, a little blue heron was admitted from Cape Coral a day after it was rescued from Black Skimmer Island by a fishing charter captain who noticed the bird was unable to walk. The injured bird was taken to a drop-off location in Cape Coral for the evening.

When the bird arrived at CROW the next morning, medical officials noted the patient to be hock sitting.

"Hock sitting describes when a bird sits on a joint called the hock, which normally would not touch the ground," said Dr. Kyle Abbott, CROW veterinary intern. "In



Patient #18-3244 receives medical care after being unable to walk or fly

photo by Brian Bohlman

most cases, hock sitting is not normal for birds. There are certain circumstances and species where this occurs more often but, in general, this is a sign of weakness."

The little blue heron was also stated to have a loss of cloacal tone. Veterinarians suspected it to be afflicted with brevetoxicosis, or red tide poisoning.

"Cloacal tone describes the muscle tone of the entrance to the cloaca. The cloaca is the opening from which birds eliminate feces and urates, as well as lay eggs," said Dr. Abbott. "When birds are neurologically compromised, such as with brevetoxicosis (red tide), then we see this cloacal tone decrease which can result in an inability to

eliminate the body's waste."

The avian patient was given fluids, medications and started on a re-feeding plan. Veterinarians also decided to monitor the bird's neurological status. Less than a week later, the little blue heron was noted to be healthier.

"This little blue heron is improving steadily with supportive care. The patient is gaining strength and spending more time standing each day," said Dr. Abbott. "The patient has also begun eating on its own, which is a great indicator."

While it is too early to tell if or when the little blue heron will be released, there nevertheless is a positive forecast.

"As long as this heron continues to have steady progress and gain strength, its prognosis will be good. The fact it is eating is a good indicator that he can continue to make progress," said Dr. Abbott. "Many of these animals affected by brevetoxicosis can survive with the intensive care this heron is receiving."

CROW officials would like to compliment charter captains and other boaters who have been extremely helpful in spotting and rescuing sick wildlife during the recent red tide blooms.

"The fishing charter captain rescuing this bird was important for his survival, and we are thankful for their help. The amount of community support that CROW receives is essential for giving aid to these animals," said Dr. Abbott. "It is important to keep in mind that any wild animals, even relatively small animals like egrets, herons and cormorants, can pose a threat to humans. If someone finds an injured or sick wild animal, please remember CROW is available to answer any questions about whether an animal may need help or what to do with the animal so that it can be treated. If you are unsure what to do, it is always best to call first before trying to help the animal to ensure the safety of the animal and the person rescuing it."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.

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From left, Frans Kox, Dani and Stan Howard, Mark O'Brien, Jeff Weigel and Richard McCurry photo by Jeff Lysick

Club Thanks Business For Free Lunch Fridays

Last Thursday afternoon, members of the Sanibel-Captiva Optimist Club visited the Sanibel Deli & Coffee Factory, presenting a check for \$1,500 to owner Jeff Weigel in support of the Free Lunch Fridays program the business provided for Sanibel Recreation Center Summer Day Camp participants.*



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Fins And Rudders

by Ocean Tribe Paddlers



Most people know that rudders and fins are paddlecraft parts, but how many really know what they are for? Both can add to the paddling experience, but there is a high level of personal preference involved. Here, we share the basics so you will have the information you need to make your own choices when purchasing.

A rudder is a blade attached to the stern of the kayak, usually by metal cables. It is controlled by foot pedals, and can stay straight to help with tracking (maintaining a straight course) or pivot to help you turn your vessel. Rudders can often be raised and secured when not in use.

Most kayakers do not come with a standard rudder, because it is possible to turn using just your paddle, but some longer boats designed for touring long distances may have a permanent rudder. Keep in mind that while a rudder will make turning easy and can leave your hands free for things like fishing, photography or eating, you will sacrifice forward momentum with each pivot. We recommend a rudder for beginner to intermediate paddlers when in open water in windy, rough conditions. More skilled paddlers with efficient strokes may have

less need for a rudder.

Stand up paddleboards will usually come with fins as standard equipment, but fins are usually customizable and can be changed to suit your needs. Like rudders, fins help with stability and tracking. They can also affect speed and your ability to turn. In general, the more surface area a fin has, the more stability it will offer. With a larger fin, you will usually sacrifice speed and maneuverability. Smaller fins are faster and easier to turn.

Fin shape is closely related to performance, and there are a variety of shapes and configurations available. Some paddlers prefer one fin, while others use two, three or even four. It is possible to own multiple sets for different situations.

When choosing a rudder or fins, the most important thing to keep in mind is your paddling lifestyle. It is always best to consult with an expert at your local paddle shop, who should be familiar with the local waters and paddling conditions. They will also know what will complement your paddling style, what is available for your specific vessel and how to position fins and rudders for optimal performance. Always try before you buy, if possible. Ask if there is a demo day coming up when you might be able to test various equipment before you invest.

Happy paddling!

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

From page 8

Red Tide

neurotoxic shellfish poisoning (NSP).

Commercial shellfish operations are monitored very closely in the State of Florida, and commercially harvested shellfish are safe to consume during a red tide outbreak. However, shellfish should not be harvested and/or consumed during or shortly after a red tide outbreak.

Brevetoxins can also be suspended in the air at the surf line. These molecules can irritate the back of the throat and eyes when in the air in high concentrations. Airborne molecules can also provide challenges for people with pre-existing pulmonary challenges such as asthma or COPD. The airborne effects of brevetoxins are usually in areas close to the shore and diminish quickly as one moves inland.

The amount of brevetoxin absorption through the skin is unclear, but doesn't seem to be a significant pathway of absorption – although more research is ongoing.

What Are Blue-Green Algae?

Blue-green algae are bacteria that are capable of carrying out photosynthesis. They are classified as cyanobacteria. Cyanobacteria are extremely diverse and different species occupy almost all habitable locations on Earth.

Many cyanobacteria are very important to our life on this planet, but some produce toxins – they are collectively known as cyanotoxins.

The cyanobacteria currently a problem for Southwest Florida are species that grow in freshwater mostly belonging to the genus *Mycrocystis*, the most common

being *Mycrocystis aeruginosa*.

Mycrocystis aeruginosa is green and creates small gas spaces in its cells that cause it to float on the top of water; blooms look like a green film on the water's surface.

It thrives in nutrient-rich freshwater, has the ability to readily absorb nitrogen and phosphorus, and rapidly reproduce, allowing it to have large, rapid blooms. Because these blooms float, they shade out other algal species in the water, and monopolize nutrient resources.

The chemical produced by *Mycrocystis* of principal concern is microcystin. This is a small peptide chain, released upon the death of a cell; it is stable in water, and can persist weeks to months after cell death. There are many identified microcystin variants; they are hepatotoxins, which cause serious liver damage. They are also suspected to affect other organs, interfere with sperm production, and are suspected to be mutagens.

The principal known method of ingestion is by drinking water contaminated with microcystin.

Mycrocystis has been thriving in Lake Okeechobee for some time; releases from the Lake to the Caloosahatchee have "seeded" the river with these algal cells, where they continue to thrive and bloom in the nutrient rich waters.

The good news for our gulf is that *Mycrocystis* does not tolerate salty conditions well. The bad news is that they will persist in our estuaries and especially the urban canals within them having intermediate salinities quite well.

Lee County has begun attempts to remove cyanobacteria blooms by skimming them from the surface of canals.*

Archery Program On Target With Optimist Club



From left, Richard McCurry, Dave DeFonzo, Stan and Dani Howard, Frans Kox and Mark O'Brien photo by Jeff Lysiak

Members of the Sanibel-Captiva Optimist Club presented a check last week for \$350 to Dave DeFonzo, youth program coordinator, in support of the Sanibel Recreation Center Summer Day Camp archery program.*

Optimists Support Youth Basketball Program



From left, Richard McCurry, Char Durand, Frans Kox, Dani and Stan Howard and Mark O'Brien photo by Jeff Lysiak

Last week at the Sanibel Recreation Center, members of the Sanibel-Captiva Optimist Club presented a check for \$1,300 in support of the Sanibel Storm youth basketball program.*

LCEC Offering Environmental Funding Awards

September 1 is the deadline to apply for LCEC's 2018 Environmental Funding Awards. To apply, organizations can email pr@lcec.net to receive an application.

Interested organizations must meet certain criteria to be considered for the award, including being located within LCEC service territory, funding utilized for projects/programs related to the

environment and the utility industry, and having a demonstrated need for funds. Funding is awarded twice a year with deadlines in March and September.

Through this program, nearly \$20,000 was awarded in March 2018 to the following recipients: City of Sanibel, Clinic for the Rehabilitation of Wildlife (CROW), Coastal Keepers, Calusa Land Trust and Nature Preserve of Pine Island, Inc., Bailey-Matthews National Shell Museum and the Monofilament Busters.

LCEC's Environmental Funding Award Program is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.*

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The Community House

Watermelon



by Resident Chef Jarred Harris

Summertime is watermelon season, and the delicious fruit will be available until the end of September. Watermelon is the perfect summer fruit because it contains 92 percent water and is very refreshing.

I enjoy using watermelon in recipes because the whole fruit is edible. Watermelon rind can be pickled or peeled and used in stir fry dishes, and watermelon seeds can be dried and eaten like pumpkin seeds. Did you know that the watermelon is actually a vegetable? Watermelons are classified as part of a botanical family of gourds that includes pumpkin, squash and cucumber. In fact, Oklahoma made the watermelon its state vegetable in 2007.

The watermelon originated in the Kalahari Desert over 5,000 years ago. The first recorded watermelon harvest was depicted in Egyptian hieroglyphics, found on the walls inside ancient buildings. Watermelons were placed in the burial tombs of kings to give them nourishment

in the afterlife.

Watermelons were first documented in China around the 10th century and in Europe around the 13th century. The fruit found its way to the United States with African slaves around the 16th century.

There are many different varieties of watermelon, and they can be found in different colors, shapes and sizes. The Japanese grow square watermelons. They place the fruit in square glass boxes and the fruit becomes square as it grows.

Watermelons are a great source of lycopene, vitamin C, potassium and dietary fiber, and the seeds contain high levels of protein, magnesium and zinc.

Here is a simple recipe to try:

Grilled Watermelon and Halloumi Cheese Salad

Ingredients
 4 ozs. baby arugula
 8 ozs. halloumi cheese (grilled and cut into 8 pieces)
 8 slices of watermelon (rind removed and cut in half)

Dressing

1/2 cup basil (shredded)
 1/2 cup mint (roughly chopped)
 1/2 cup extra virgin olive oil
 Juice and zest of 1 lemon
 2 tbsps. honey

Method

Lightly brush the watermelon and cheese with olive oil. Grill until marks are formed on the melon and cheese slices (only grill one side), remove from the grill and set aside.

Arrange the arugula on a platter.

Place the watermelon and halloumi on top of the arugula. Sprinkle the mint and basil over the salad.

Place the olive oil, lemon and honey in a bowl and whisk. Pour over the salad. Makes four servings.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

American Legion Post 123

Barbecued chicken and ribs are on the menu this Sunday, August 26 from 1 to 8 p.m. at American Legion Post 123. There will be a Labor Day potluck from noon to 8 p.m. on Sunday, September 2.



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

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

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

LIVE ON THE ISLANDS

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

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

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays.

Traders Gulf Coast Grill & Gifts has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday.

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

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



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Shell Found



Tyler Howard photo provided

Tyler Howard found a junonia on Captiva while he was snorkeling near the Andy Rosse Lane beach entrance on August 16. "Red tide was present for the first half of our two-week trip, but things have turned around and the beach looks great," said Howard. "Just wanted to share some good news related to Captiva and Sanibel." ❄️❄️

Shells Found



Caroline and Jackson Dillon photo provided

Caroline and Jackson Dillon, visiting from Neptune, New Jersey, took a shelling excursion with Reel Kind Fishing and Tours to Shell Island on August 14. "Not only did they find a junonia, but they also found a large horse conch and a lightning whelk," said Denise Dillon. "Coincidentally, they found their first junonia with Reel Kind a year ago on the exact same date."

The Dillons were staying on Sanibel at Sandalfoot Condominiums. ❄️❄️



The staff of Kingfisher Real Estate, from left, Tommy Wiley, Robyn Moran, Mary Bondurant, Valerie Tutor, Phaidra McDermott, Bill Tomlinson, Kara "KC" Cuscaden, Amy Costello, Brooke Brownyard and Kate Stone photo provided

Realtors Contributing To Conservation Foundation

Phaidra McDermott, owner of Kingfisher Real Estate, announced that with each closing, agents along with the company will make a contribution to the Sanibel-Captiva Conservation Foundation (SCCF) to further assist with their efforts in protecting the waterways and delicate ecosystems here on the islands. ❄️❄️

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Spiny Lobster, Avocado and Grapefruit Salad

- 2 teaspoons shallots, finely chopped
- 2 tablespoons fresh lemon juice
- ¼ teaspoon table salt
- 3 tablespoons extra-virgin olive oil
- 1½ cups spiny lobster meat, cooked and chilled
- 2 cups baby arugula
- 1 ripe avocado half, peeled and sliced
- 1 pink grapefruit, peeled and sectioned
- Sea salt to taste

Combine shallots, lemon juice, and salt in a small bowl. Add oil in a stream, whisking to blend. Set aside. Slice cooked lobster meat into half-inch-thick medallions. Arrange arugula, avocado slices, lobster slices and grapefruit sections on two salad plates; drizzle with shallot-lemon dressing. Add sea salt to taste and serve.

Yields two servings.✪



Spiny Lobster, Avocado and Grapefruit Salad

photo courtesy Fresh From Florida

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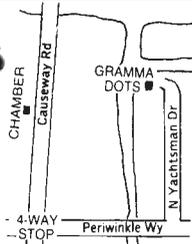
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Book Review

The Death Of Mrs. Westaway

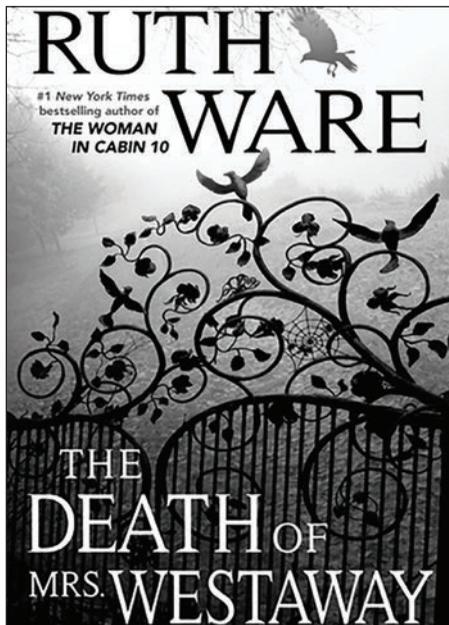


by Di Saggau

Author Ruth Ware had me mesmerized with her bestselling *The Woman in Cabin 10* and *The Lying Game*. Now she's done it again with *The Death of Mrs. Westaway*. Harriet

"Hal" Westaway is a tarot reader on the Brighton Pier. She's barely making ends meet. In fact, she owes a loan shark a lot of money, and he wants it back now. Hal lost her mother several years before and that has caused her to lead a solitary and penniless life. One day she receives a letter saying she's been named in a will as the beneficiary of a substantial inheritance from her grandmother. Hal knows there is a mistake, because her grandparents have been dead for over 20 years. The bills are piling up, and Hal is running out of options so she travels to Cornwall, in spite of feeling it's probably all a mistake.

Hal soon finds herself at Trepassen, the sprawling estate in the English countryside where the deceased Mrs. Westaway's family has gathered to pay their respects and claim their bequest. Hal meets several possible uncles and a creepy old housekeeper in the rundown mansion. She desperately tries to keep up her charade



of being a family member and soon realizes that the venomous atmosphere of Trepassen House has strong roots about past characters. This includes a young girl who lived there, fell in love and was imprisoned in her bedroom. Hal has to figure out who this girl was without putting herself in harm's way.

Hal uses her tarot readings to get to know her new found relatives better. There's something very wrong about what's going on, and the inheritance is at the center of it. *The Death of Mrs. Westaway* is a very human mystery full of spellbinding menace, magpies and plenty of chills. It's an expertly paced and expertly crafted read.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Many parents tell me that their children are anxious about school, particularly at the beginning of the school year. Here are

some suggestions from the National Association of School Psychologists to help you deal with your children's anxiety and how to pursue problems if they arise.

First of all, let you children know you care. If your children are anxious about school, send personal notes in the lunch box or book bag. Reinforce the ability to cope. Children absorb their parent's anxiety, so model optimism and confidence for your child. Let your children know that it is natural to be a little nervous anytime you start something new, but that they will be just fine once they become familiar with classmates, the teacher and school routine.

Do not overreact. If the first few days are a little rough, try not to overreact. Young children in particular may experience separation anxiety or shyness initially, but teachers are trained to help them adjust. If you drop them off, try not to linger. Reassure them that you love them, will think of them during the day and will be back. Remain calm and positive.

Acknowledge anxiety over a bad experience the previous year. Children who had a difficult time academically or socially or were teased or bullied may be more fearful or reluctant to return to school. If you have not yet done so, share your children's concern with the school and confirm that the problem has been addressed. Reassure your children that the problem will not occur again in the new school year, and that you and the school are working together to prevent further issues. Reinforce your children's ability to cope. Give your children a few strategies to manage a difficult situation on their own. But encourage your children to tell you or the teacher if the problem persists. Maintain

open lines of communication with the school.

Arrange play dates. Try to arrange get-togethers with some of your children's classmates before school starts and during the first weeks of school to help them re-establish positive social relationships with peers.

Plan to volunteer in the classroom. If possible, plan to volunteer in the classroom at least periodically throughout the year. Doing so helps your children understand that school and family life are linked and that you care about the learning experience. Being in the classroom is also a good way to develop a relationship with your children's teachers and classmates, and to get firsthand exposure to the classroom environment and routine. Most teachers welcome occasional parent help, even if you cannot volunteer regularly.

These recommendations can contribute to a positive and productive school experience for most children. Some children may exhibit more extreme opposition to or fear of school or may be coping with more specific learning or psychological difficulties. If your children demonstrate problems that seem extreme in nature or go on for an extended period, you may want to contact the school to set up an appointment to meet with your children's teachers and school psychologist. They may be able to offer direct or indirect support that will help identify and reduce the presenting problem. They may also suggest other resources within the school and the community to help you address the situation. While children can display a variety of behaviors, it is generally wise not to over-interpret those behaviors. More often than not, time and a few intervention strategies will remedy the problem. Most children are wonderfully resilient and, with your support and encouragement, will thrive throughout their school experience.

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

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Give Back Wednesday At The Jac



From left, Sharon Schuyler, Dan Schuyler, Richard Johnson, Kimberly Salerno, Danielle Cimeo, Melissa Rice and Karen Bell photos provided



From left, Maggi Feiner, Nicole McHale and Kathryn Riggio



From left, Andrea and Bob McClintic with Melissa Rice



From left, Terrie Kielborn-Jennings, Diane Cortese, Liza Clouse, Les Boyle, Trasi Sharp and Diane Silhavy

The Jac Sanibel Island Grille & Rum Bar hosted Give Back Wednesday, an ongoing fundraiser for Community Housing and Resources (CHR), on August 8. Proceeds from sales that day were donated to CHR to help provide affordable housing on the islands.

Watch for details on the next Give Back Wednesday. For more information, call CHR at 472-1189 or email info@sanibelchr.org.

"Top 5 Breakfast in Florida" - Southern Living

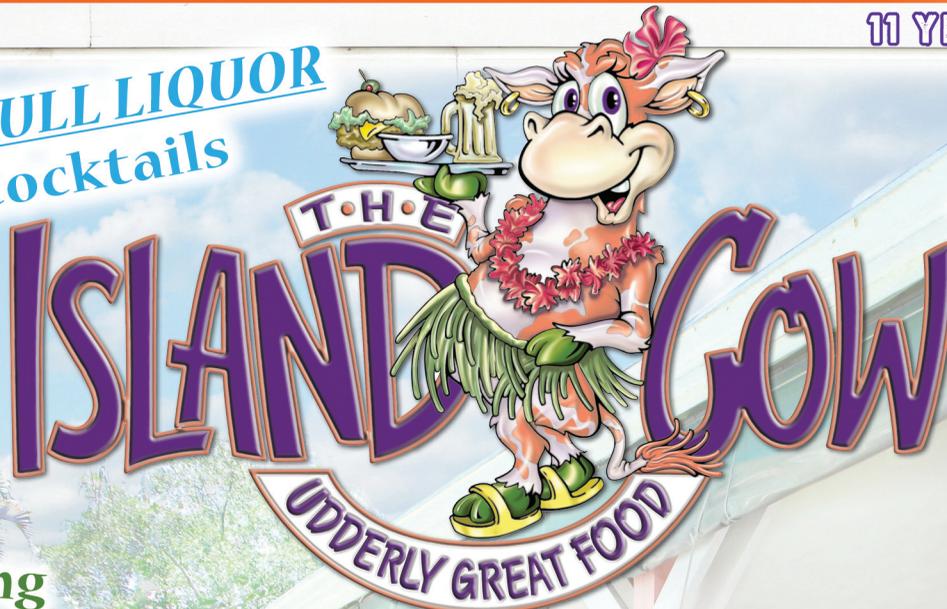
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From page 1

Library

computer stations and space for doing homework.

"This library, compared with what we have in New Jersey, just blows everything away," said Lenny Abruzzo, who stopped by the library with his son, Luke. "It's amazing what you have for a library this size. They did a great job... it looks incredible."

Additional improvements completed during the latest phase, which required the closure of the library between July 9 and August 8, include a greatly expanded fiction section with several themed book displays; four new study rooms; two computer labs with high-speed Internet; a puzzle and games area; a book sale section; expanded back porch with tables and rocking chairs; and new Archives Room with digitization capabilities for easier scanning of photos. Those rooms are accented with etched glass windows created by island artist Luc Century.

"This space is great," said John Clark from Richmond, Virginia, who visited the new puzzle and games area last week. "The bigger windows let in a lot more natural light, which is great for the library."

In addition to the latest enhancements to the facility, several new pieces of furniture have been brought in, while some older chairs have been reupholstered with brightly colored fabrics.

During Phase II of the renovation, more than 35,000 items – including books, multimedia, computers, office equipment, furniture and shelving – had to be moved in order to complete work aimed at improving the infrastructure of the library. Among the "behind the scenes" improvements are state of the art upgrades in plumbing, HVAC, fire suppression, electric and data wiring.

According to Margaret Mohundro, library executive director, her staff has expressed their pleasure with a number of new enhancements, especially those elements related to improved technology.



A center handrail was installed along the main staircase photos by Jeff Lysick

"The technology upgrades put us in a great position to provide cutting edge services for the next several years: a Wi-Fi network that delivers content at lightning-fast speeds, a robustness that allows the connections of hundreds of devices simultaneously, and the strength and durability to endure inclement weather and power failures," she said. "I know we all feel better about infrastructure upgrades that work well and are more safe and efficient than some of the aging systems we had in place."

Mohundro, who said that her favorite new elements include the colorful youth areas – accented in hues of turquoise, green, purple and orange – also noted the target completion date for the project is this fall.

"Wait until everyone sees the completed lobby and entrance – the lighting shape is similar in shape to the grinning tun shell and reflects off the glass," she added. "It is magical-looking and spectacular."

The Your Library Reimagined project, designed by HBM Architects of Cleveland, Ohio, is being funded with library



The expanded area for fiction books features lower shelves for easier reading

reserves, grants and private donations.

The library, which recently earned a Top 8 Libraries in Florida to Spend a Day Indoors rating from www.FloridaRentals.com, will host The Donut Drop-In end-of-summer party this Saturday, August 25 from 10 a.m. to noon. No registration is required and there is no additional cost to attend the party.

Current operating hours for the Sanibel Public Library, located at 770 Dunlop Road, are Monday and Thursday from 9 a.m. to 8 p.m.; Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m.; and Saturday from 9 a.m. to 1 p.m. For more information, call 472-2483 or visit www.sanlib.org.✪

Superior Interiors

Making The Most Of A Small Bedroom

by Trinetta Nelson

Decorating a small bedroom might seem challenging, but there are so many simple ways to make the space equally functional and stylish.

First, make sure to stick to a strict color palette. Decorating with too many hues will make the room look more cramped and cluttered than it is. A monochromatic color scheme can create a soothing and open atmosphere.

Letting as much light in as possible is



another simple way to open the space. Dress the windows with voile drapes instead of dark curtains. Don't limit wall decorations to art. Consider hanging multiple large mirrors. It creates the illusion that there's double the amount of space and bounces light around the room.

Finding storage space can often present a challenge. A floor-to-ceiling fitted storage unit is the perfect answer. Not only is it extremely functional, but it can add a hint of character and personalization to the room. Freeing up the floor space in a small bedroom is key, so do it whenever possible. Consider an innovative approach to the furniture selection, such as a hanging night stand or set of floating shelves.

Making the most of a small bedroom is easy. If you're ready to free up the space in your small bedroom, a design professional can easily assist with space planning.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coincdecn.com.✪

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Open Auditions For Creative Theater Workshop

Open call auditions will be held in September for two of four shows in the upcoming Creative Theater Workshop (CTW) fall 2018 season.

Auditions for *Winnie the Pooh Kids* will be held at Herb Strauss Theater on Sanibel on Tuesday, September 4 and at G-Force Dance Studio in Fort Myers on Saturday, September 8. Children in kindergarten through sixth grade are needed for two separate casts.

Auditions for *Oliver!* will be held at Robin Dawn Academy of Performing Arts in Cape Coral on Saturday and Sunday, September 15 and 16. Actors ages 8 to adult are being sought for rehearsals.

For more information about rehearsal and performance dates and to sign up for an audition, visit www.ctwtheater.com.

CTW officials are also holding open call auditions for their advanced performing arts team. CTW will take the team of triple threats ages 8 to



Young actors in front of Herb Strauss Theater after a past audition photo provided

18 to compete at the Junior Theater Festival (JTF) in Atlanta, Georgia. The Junior Theater Festival is the world's biggest celebration of young people performing musical theater. Students will perform a 15-minute selection from *Alice in Wonderland Jr.* for adjudication by leading theater professionals. Students will participate

in theater workshops led by Broadway professionals, watch amazing performances, see a live Broadway concert and audition for opportunities to go to New York City. This year will be CTW's sixth time attending the Junior Theater Festival.

CTW is looking for donors to sponsor at least 20 students for the

fall season of shows. The cost for one student is \$250; the cost to sponsor one of the three productions is \$10,000. CTW is also looking for donors to sponsor students traveling to the Junior Theater Festival. If you would like to sponsor a student or the event, contact Michelle Hamstra at michelle@ctwdirector.com or call 738-3525.

Creative Theater Workshop has primarily been on Sanibel for nearly five years. It has served thousands of students through the 71 past productions and aims to include even more children by expanding to Fort Myers for the fall 2019 season. Thanks go out to local patrons of the arts for their support; the company is only \$38,000 away from opening its own permanent home in Fort Myers. The theater company plans to keep a Sanibel children's theater chapter and extends its thanks to BIG ARTS officials for reaching out to bring theater back to the island.

Herb Strauss Theater is located at 2200 Periwinkle Way, Sanibel. G-Force Dance Studio is located at 1400 Colonial Boulevard Suite 14, Fort Myers. Robin Dawn Academy of Performing Arts is located at 932 Country Club Boulevard, Cape Coral.✪

Poet's Corner



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

by Hannah Star Rogers

Hot, Outside The Grocery Store

The future will resemble the past:
Top Value Foods flooded,
cement floors ruptured,
and the juice of pineapples
running in the parking lot.

Florida you are beautiful

like the soul of a panther.
Significance in chains is rest.

In the pool, my mind and body meet
with the strange strength of fish,
so many things dead on arrival.

You are the color of ice.
Lilly pads frozen in light
Demand to be steps into three-
dimensional space,
Flying without mercy toward the
bottom.

You are the cold white mums
Inciting the red wave fury
The focal point of the universe,
The beginning of night.

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

Motorcycle Run Benefit August 26

Abuse Counseling and Treatment, Inc. (ACT) will hold its annual benefit motorcycle run and brunch, beginning at HeadPinz Entertainment Center and concluding at Keylime Bistro, on Sunday, August 26. Registration kicks off at 8:30 a.m. Kickstands go up at 9:30 a.m., with the brunch from 10:30 a.m. to noon.

All proceeds of the annual David Barbur Biker Brunch will go towards ACT's safe, free and confidential programs for victims of domestic violence and their children, survivors of sexual assault and human trafficking in Lee, Hendry and Glades counties. The event will be held rain or

shine and those who would like to join for the brunch at Keylime Bistro are welcome to arrive around 10:30 a.m.

Cost for the special event is \$20 per person, including riders. Attendees will receive a buffet-style brunch catered by Keylime Bistro, opportunity to win raffle prizes, and more. Sponsors of the event include Stilwell Enterprises & Restaurant Group/Keylime Bistro and HeadPinz Entertainment Group. Lee County Sheriff's Department will be escorting the bikers.

HeadPinz Entertainment Center is located at 14513 Global Parkway in Fort Myers. Keylime Bistro is located at 11509 Andy Rosse Lane on Captiva. For more information or to register, contact Jennifer L. Benton at 939-2553 or visit www.actabuse.com/event/motorcycle-run-the-annual-david-barbur-bikers-brunch.✪

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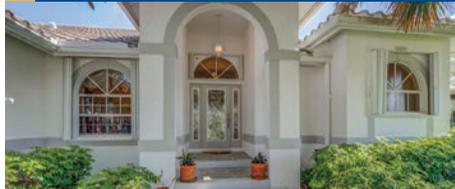
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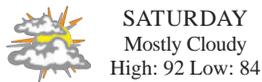
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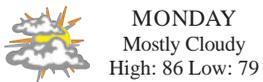
FRIDAY
Partly Cloudy
High: 89 Low: 82



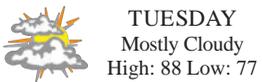
SATURDAY
Mostly Cloudy
High: 92 Low: 84



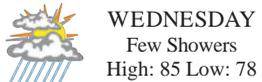
SUNDAY
Cloudy
High: 89 Low: 82



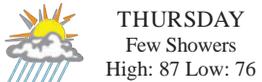
MONDAY
Mostly Cloudy
High: 86 Low: 79



TUESDAY
Mostly Cloudy
High: 88 Low: 77



WEDNESDAY
Few Showers
High: 85 Low: 78



THURSDAY
Few Showers
High: 87 Low: 76

Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:07 am	5:46 am	12:22 pm	7:28 pm
Sat	2:25 am	6:25 am	1:01 pm	7:56 pm
Sun	2:39 am	7:01 am	1:37 pm	8:22 pm
Mon	2:51 am	7:38 am	2:12 pm	8:47 pm
Tue	3:06 am	8:17 am	2:50 pm	9:12 pm
Wed	3:26 am	8:59 am	3:31 pm	9:38 pm
Thu	3:51 am	9:46 am	4:18 pm	10:06 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:12 am	5:48 am	11:27 am	7:30 pm
Sat	1:30 am	6:27 am	12:06 pm	7:58 pm
Sun	1:44 am	7:03 am	12:42 pm	8:24 pm
Mon	1:56 am	7:40 am	1:17 pm	8:49 pm
Tue	2:11 am	8:19 am	1:55 pm	9:14 pm
Wed	2:31 am	9:01 am	2:36 pm	9:40 pm
Thu	2:56 am	9:48 am	3:23 pm	10:08 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	1:32 am	6:31 am	12:32 pm	7:41 pm
Sat	2:03 am	7:26 am	1:17 pm	8:24 pm
Sun	2:36 am	8:13 am	1:58 pm	9:01 pm
Mon	3:10 am	8:55 am	2:40 pm	9:33 pm
Tue	3:42 am	9:33 am	3:26 pm	10:01 pm
Wed	4:11 am	10:08 am	4:11 pm	10:27 pm
Thu	4:36 am	10:41 am	4:54 pm	10:51 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:17 am	9:02 am	2:32 pm	10:44 pm
Sat	4:35 am	9:41 am	3:11 pm	11:12 pm
Sun	4:49 am	10:17 am	3:47 pm	11:38 pm
Mon	5:01 am	10:54 am	4:22 pm	None
Tue	5:16 am	12:03 am	5:00 pm	11:33 am
Wed	5:36 am	12:28 am	5:41 pm	12:15 pm
Thu	6:01 am	12:54 am	6:28 pm	1:02 pm

Island Seniors At Center 4 Life

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

Center 4 Life activities will be canceled on Tuesday, August 28 due to Primary Elections. Normal operating hours resume on Wednesday, August 29.

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

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

The featured book for Wednesday, September 12 is *Killers of the Flower Moon* by David Grann. There will be a book discussion only at 2:30 p.m.

Trip to IKEA – Monday, September 10. Cost is \$5 for members and \$10 for non-members.

Trip includes round trip transportation. Lunch is on your own at the IKEA Café. This will be an all-day shopping spree at IKEA in Plantation. Advance registration is required by Friday, September 7.

Seven-Day Christmas Trip to New Orleans – Sunday to Saturday, December 2 to 8. Cost is \$1,364 for members (per person, double occupancy) or \$1,774 (single occupancy). Non-members are \$1,389 (per person, double occupancy) or \$1,799 (single occupancy). Includes

round trip bus transportation, six-night accommodations including four nights in the heart of New Orleans, Oak Alley Plantation, New Orleans Cooking School, Mardi Gras Museum, World War II Museum and Mississippi Jazz Brunch Cruise. Advance registration required, while spots last.

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

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

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

Gelli Printing with Bea Pappas – Fridays, August 24 and 31. Cost is \$20 for members and \$25 for non-members. Beginners welcome.

You can do monotype or make papers for collage use. Supplies needed: paper towels, acrylic paints, water container and one-inch brush. The instructor will provide

all other supplies.

Games

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

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

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

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:00 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – September 11 and 25 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

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

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

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

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

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

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

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

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

From page 14

Blues Challenge

for the event, which is set for November 4. Now in its third year, the festival has featured blues greats like Matt Schofield, Elvin Bishop and JP Soars as well as talented locals like Johnny Jensen and Florida Gulf Coast University Jazz Combo. This year's lineup has yet to be announced but promises to be stellar.

Tickets to the Regional International Blues Challenge, which is presented by the Southwest Florida Blues Society, are \$5 for members and \$10 for non-members. Tickets can be purchased on the day of the competition, which will run from noon to 6 p.m.

The Rhythm House is located at 16440 South Tamiami Trail unit 11 in Fort Myers. For more information, visit www.swfbs.org.*



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Deeded beach access across street.
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Huge master with walk-in closet.
Screened balcony has peek of water.
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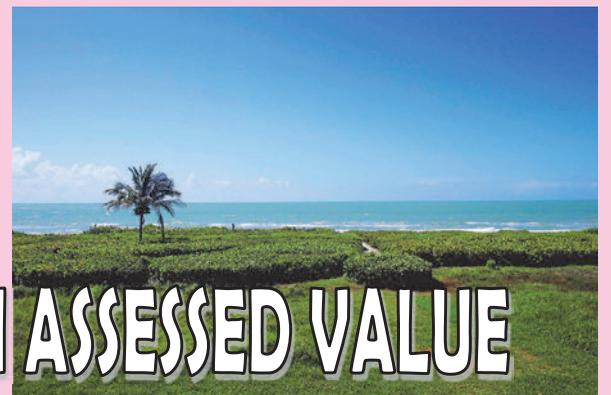
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Lowest-priced Sanibel condo.
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Community carports, laundry, docks.
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New HVAC, impact windows, & more.
\$239,000 (furnished)



MOONSHADOWS #2C, 1351 MIDDLE GULF DRIVE

Comfy-living almost east-end on-the-beach. View above from 35' glassed/screened balcony.
Unique gulf-front 2-level home with 3 bedrooms, 3 baths, & multiple living areas.
Home has ~3,000+sq. ft. under air, plus covered parking for 3+vehicles & beachside patio.
Fully remodeled & reconfigured in 2005/2006. New HVAC 2011. New windows/doors.
Gulf views from great room, dining area, master suite, & kitchen. Also from family room below.
Zero-lot-line community where you own your home & the land on which it sits.
Yet have the ease of sharing pool & tennis with just 11 other owners.
Family of original owner now offering for \$1,695,000 (furnished)



9441 PEACEFUL DRIVE

Priced at less than last comparable.
Single-family home lot ~170' x 155'.
In private community of Gumbo Limbo.
Mid-island just off Dixie Beach Blvd.
Steps to bike path, beaches, shopping.
Overlooks conservation land.
Backyard faces sunsets & nature.
\$249,000



9270 KINCAID COURT

In small private Belle Meade community.
Just off Sanibel-Captiva Road.
Midway between Sanibel & Captiva.
Sandy road, preserved land across street.
One of the most affordable lots on island.
Within walking distance of school.
Recreation center & refuge nearby too.
\$149,000



From left, Matthew Surrency, Florida League of Mayors president; Gary Bruhn, outgoing president; and Kevin Ruane, president-elect photo provided

Mayor Elected To League Board

While attending the 2018 Florida League of Cities Annual Conference, Sanibel Mayor Kevin Ruane was unanimously elected president-elect by the Florida League of Mayors nominating committee and ratified at its business meeting on August 16.

The Florida League of Mayors is an organization for mayors which was founded and developed by mayors. The Florida League of Mayors is governed by a 39-member board of directors. The organization is staffed by the Florida League of Cities and provides the mayors of Florida with the ability to explore, in great depth, areas of mutual concern and opportunity.

Ruane was appointed to the Sanibel City Council to serve an interim position for a vacant seat in February 2007. In May, he successfully ran for a permanent position on Sanibel City Council. He was re-elected in March 2009 and appointed by his peers as vice mayor in 2009-10. In March 2010, Ruane was appointed by his peers as mayor. He was once again re-elected to city council in 2013 and

2017. He is currently serving his ninth consecutive term as mayor.

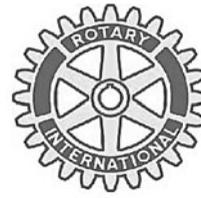
He currently serves as council liaison to the Metropolitan Planning Organization Executive Board as well as treasurer, and, since appointment by Governor Scott in 2014, has served on the South Florida Ecosystem Restoration Task Force. He also serves on the Florida League of Mayors Board of Directors, as vice-chair of the Florida Municipal Pension Trust Board of Trustees, the Florida Municipal Loan Council as a director, the Florida Municipal Insurance Trust as trustee, and as vice-chair for the Florida Municipal Investment Trust Board of Trustees. He further serves as the voting delegate for the Florida League of Cities as well as on the Florida League of Cities Legislative Policy and Resolutions Committee. He is the liaison to the Southwest Florida League of Mayors, the Island Seniors Board of Directors and the Traffic Management Work Group.

In 2017, Ruane was awarded the esteemed Florida League of Cities Home Rule Hero award. He was the 2016 recipient of the prestigious National Everglades Coalition James D. Webb award, chosen the 2016 Hometown Hero by Boy Scout Pack 1740 and named the 2015 Citizen of the Year by Committee of the Islands. ✨

Rotary Happenings

submitted by Shirley Jewell

The Rotary International motto is Service Above Self and, believe me, those words are the inspiration that keep this organization working with other organizations in our community and around the world on projects that can make a difference in people's lives. However, Rotary is not the only nonprofit service organization out there that believes this philosophy. Sanibel-Captiva Rotary partners with many of them but has not had the opportunity to work with all of them.



Last Friday morning, our guest speaker brought to our attention a Fort Myers-based charitable organization called Builders without Borders, which has taken volunteer construction crews to Uganda, Rwanda, Burundi and Haiti for the purpose of constructing schools, dormitory buildings and churches for Christian charitable organizations in third world countries.

Our speaker, Craig Schneider, is a volunteer with Builders without Border and gave us insight into the work that this organization accomplishes in Africa and Haiti. The organization has one or two construction projects running a year. Advance planning is done on finding the right project partner, working on identifying the organization's needs, site plans, construction plans and materials needed for the construction site. All building materials come from the states; metal frame material is pre-cut and any building material that is used is prepared for simple construction on site. A time frame for construction is determined and a volunteer team is selected for the trip and build.

Schneider was on the recent Builders without Borders project that traveled to the Africa New Life Ministries School campus for the building of two dormitories and a church in Kayonza, Rwanda in July. Fifty volunteers traveled to Rwanda at a cost to each volunteer of \$2,600. A 14-day time frame for the build was determined. Donations for the cost of building supplies and shipping of materials cost approximately \$375,000. All builds are paid for by donations. The



Craig Schneider photo provided

construction team is aided in on site construction by locals who are paid for their work, which in turn provides them with both pride in construction and a small monetary stipend.

According to its website: "Africa New Life Ministries manages several schools throughout Rwanda where over 90 percent of the students are on sponsored scholarships. ANLM's model of caring recognizes that with educational scholarships being central, there are four other factors necessary for children to succeed: stable home, growing faith, community development and healthy body."

Schneider pointed out that volunteers do not necessarily need to be in the construction field. Preparation of site is simple, and the builds are erector-set type construction. If anyone has the calling to help with this type of service project or would like to make a donation for a future build, go to www.builderswithoutborders.net for more information.

August is membership month for Rotary. We invite anyone in our community who may have an interest in finding out more about the Sanibel-Captiva Rotary Club to come as our guest for breakfast on any Friday morning at 7 a.m. at The Dunes Golf and Tennis Club. We have great food, a lot of fun and great speakers.

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

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The Jac owner Eve Alves handing off the old Jacaranda Restaurant sign to Kiwanis Club board member and past president Eric Pfeifer photo provided

Sign Donated To Kiwanis Club Annual Auction

Eve Alves, owner of The Jac Island Grille & Rum Bar, has donated the old Jacaranda Restaurant sign to the Kiwanis Club of Sanibel & Captiva. The emblem will be offered at auction during the club's annual Spaghetti Dinner, to be

held in February. Alves, who opened The Jac in May, expressed her enthusiasm in becoming "an active member of the Sanibel community. Donating the Jacaranda sign to help the Kiwanis Club's charitable efforts launches my commitment to the island that has so warmly welcomed me and my staff," she said. Current Kiwanis president Jason Smith and Kiwanis board member and past president Eric Pfeifer accepted the sign from Alves. Pfeifer called the gift from

Alves "a link between Sanibel's history and Kiwanis' charitable endeavors. Revenues from the spaghetti supper and its silent and live auctions provide essential support to dozens of island causes. We hope that other businesses will join with Eve and Kiwanis in finding creative means to support island nonprofits," he said.

The Kiwanis Spaghetti Dinner is held annually at The Community House. It features an all you can eat Italian pasta dinner with spaghetti, meatballs and sauce, salad, garlic bread, wine or soda. The dinner concludes in the Great Hall with dessert and coffee, music and dancing, a

raffle and two auctions. Revenues from the Kiwanis Spaghetti Dinner, a Sanibel tradition since the 1980s, fund island youth recreational and educational activities as well as the scholarship program.

Kiwanis International is dedicated to Serving the Children of the World. The Kiwanis Club of Sanibel & Captiva, founded in 1973, distributes approximately \$100,000 annually to dozens of causes that help children of the islands and Southwest Florida.

For more information, visit <https://sanibelkiwanis.org> or call 395-1579.*

Sanibel Attorney Recognized In Best Lawyers List

Sanibel attorney David M. Platt has been selected for inclusion in the 25th edition of *Best Lawyers in America* for the 13th consecutive year. Platt was selected for his work in trust and estates law and trust and estates litigation.

With over 35 years of experience, Platt concentrates his practice in estate planning, estate and trust administration, pre and post nuptial agreements, real



David M. Platt

estate, and business entity formations. He frequently speaks and writes on estate planning and business matters for financial planners, accountants, attorneys and the general public.

Since it was first published in 1983, *Best Lawyers* has become universally regarded as the definitive guide to legal excellence. *Best Lawyers* lists are compiled based on a peer-review evaluation. Over 83,000 leading attorneys globally are eligible to vote, and more than 13 million votes have been received to date on the legal abilities of other lawyers based on their specific practice areas around the world.

Platt has also been recognized throughout his career by *The Best of the U.S. LLC*, *Florida Monthly* and has been included in *Superlawyers* since 2012. He has practiced on Sanibel since 2003, and recently opened his own practice located at 2427 Periwinkle Way. He also maintains offices in Bonita Springs and Lansing, Michigan.*

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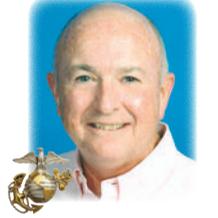


Across From Beach! Fabulous renovation of this 3 BD, 2-1/2BA plus office elevated home Great room with gas fireplace. Kitchen, dining and master all access the screen enclosed deck overlooking the oversized salt water pool **\$1,699,000**

Seashells of Sanibel #36 & #43



Easy walk to beach from this 2BD/2BA second floor condo. Great rental income. **\$380,000**
2BR/2BA with 3-day minimum rentals. Quiet location, deeded beach access close by. A great investment opportunity. **\$379,000**



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Will Power

A Different Way To Look At Prenuptial Agreement



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

Albert and Victoria were interested in marrying as they had cohabitated for many years, but they had not tied the knot. Both were retired – Albert was widowed and Victoria’s former relationship ended in divorce. Albert and Victoria had separate assets, with Albert’s estate being the larger of the two. Albert wanted to enter into a prenuptial agreement with Victoria before taking his vows. Victoria was offended at the idea. They had been through multiple sets of attorneys – mostly divorce lawyers – unable to come to an agreement that would then open the door to a beginning of a new stage in their lives.

So they continued to cohabitate, both wanting to marry but at a standstill as far as the nuptial agreement went.

“You’re looking at the prenuptial agreement all wrong,” I suggested when they came to visit. Both of them seemed puzzled at my thought. I continued, “You’re looking at it the way a divorce attorney would look at a prenuptial and not the way an estate planning attorney would look at it.”

“What do you mean?” Albert asked.

“So far, you’ve described a scenario where Albert’s attorneys were trying to give Victoria as little as possible in the event of a divorce or Albert’s death. At the same time, it appears that Victoria’s attorneys were trying to do the exact opposite – get Victoria as much as possible in either event.”

“Isn’t that to be expected?” Victoria asked.

“I suppose so,” I added, “but it’s no surprise that when you come at a situation from opposite ends of the spectrum, it’s harder to agree where the middle is. What if we started at a point that you both consider the middle and work from there?”

Albert and Victoria seemed to like that approach.

“So let’s look at the reasons you’re wishing to enter into a nuptial agreement first, and see if we can work into what you both might consider a fair middle ground.” I said.

During our discussion, I discovered that they both had valid concerns about the future of their relationship. Albert wanted a life companion that would be there for him “in sickness and in health, ‘til death do they part.” He was concerned that when the going got tough, Victoria would bail. Without a nuptial agreement, she might take half of what he owned in that event, and she wouldn’t have lived up to their bargain.

Victoria was worried that even if she was there until the end, there was nothing that would prevent Albert from leaving everything to his children, and nothing to her. While she recognized that Albert’s children should be entitled to as much as half of his estate at the time of his death, he had promised her that he would be there financially for her in her elderly years.

I began by asking, “What would both of you living up to your promises look like?”

Albert and Victoria described a scenario where they stay together until the end. If Albert died first, Victoria would want the income from half of his estate, along with a life estate in the home where they resided together. She would expect Albert’s estate to dip into principal if she needed it for important emergencies such as health, maintenance and support – if her assets were insufficient for those purposes.

Albert agreed with Victoria’s thoughts.

My next question got tougher. “So let’s look at what the penalty should be if either

of you doesn’t live up to your promise of ‘til death do us part.’ What happens if you get divorced before that time?”

After some discussion, it was agreed that there would be a sliding scale starting at 10 percent and moving its way up to 35 percent of the estate for Victoria if they got divorced. The scale would be based upon the number of years together. It didn’t rise to 50 percent because that was the amount agreed upon if they lived up to each other’s promises. There had to be some kind of penalty for the failure to get to that point.

Provided they stayed together to the end, Albert agreed that Victoria would get a life estate in the residence plus a marital trust for 50 percent of the value of his estate excluding the residence if she survived him. The remainder of his estate would be distributed to his children. He was willing to put this promise into the nuptial agreement, draft a new will and trust to evidence his promise, and attach it to the agreement as an exhibit.

In order to have a valid nuptial agreement, both sides had to be represented by separate attorneys, and that’s what we did to actually draft the agreement. But before we got to that point, this initial meeting was critical. What I tried to do was change the way that Albert and Victoria viewed the nuptial agreement. Rather than it be an adversarial zero sum game process, I tried to turn it into a more detailed understanding, describing each other’s expectations surrounding their marriage.

During the course of our one meeting, we were able to come to a middle ground that made them both happy. I don’t think that middle ground could have been achieved had we not talked about the reasons that they wanted to get married, what they felt their expectations were of one another, and how meeting those expectations should be rewarded (or penalized) if they were met or not.

Albert and Victoria were both relieved and thankful once we got this emotionally trying mess out of the way. I hope that if you find yourself in a similar situation, you can look at it like Albert and Victoria were able to – and come to a reasonable middle ground.

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FISH Awarded As Top-Rated Nonprofit

FISH of SanCap announced last week that it has been named a 2018 Top-Rated Nonprofit by GreatNonprofits, the leading provider of user reviews of charities and nonprofits.

“Thirty-six years ago, we were a small group of islanders helping our neighbors with a few services,” said Maggi Feiner, FISH president and CEO. “Now, with many different programs, services and workshops, full time social workers, administrative professionals and a team of volunteers, FISH is truly a unique organization. We are a human services organization, focused on ‘neighbors helping neighbors.’”

The mission of FISH is to lend a helping hand to those who live, work or visit here. The FISH vision is to enrich the lives of everyone on Sanibel and Captiva islands through an array of food programs, island-based workshops, social services and Helping Hands.

FISH provides everything from home meal delivery to a food pantry; adult and youth scholarships to transportation and medical equipment for loan.

“We are honored to be named a 2018 Top-Rated Nonprofit,” added Nicole McHale, FISH board chair. “We are proud of our accomplishments this year,

including helping a family through a critical financial crisis through our emergency assistance program, sending a fourth grader to the Summer Institute for the Gifted through our youth scholarship program and aiding dozens of households in their recovery from economic losses due to the red tide/green algae environmental disaster. I am proud to lead this wonderful team of caring individuals who make our community a better place.”

The Top-Rated Nonprofit Award is the based on the rating and number of reviews that FISH received from volunteers, donors and aid recipients. As written by a client served, “FISH provided a haven of support when I found myself in an unexpected and traumatic emergency. Their generous gifts of short term housing, food and transportation helped me gain the strength I needed to persevere through a crisis. Their love and support for our residents and guests improve the quality of life for us all.”

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

The complete list of 2018 Top Rated Nonprofits can be found online at <https://greatnonprofits.org/awards/browse/Campaign:Year2018/Issue:All/Page:1>.✪

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Michelle Martin and Andrea Centola

photo provided

Refuge Welcomes Biology Interns

Two new biology interns joined the team effort at the JN "Ding" Darling National Wildlife Refuge in July. Andrea Centola and Michelle Martin plan to stay into early summer 2019 as part of the refuge's internship program supported by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Centola, originally from Rochester, New York, most recently lived on the Big Island of Hawaii, completing an internship for the U.S. Geological Survey at its Kilauaea field station. She graduated in 2015 with a bachelor's degree in environmental science from the College at Brockport, State University of New York, where she did her field study on terrestrial ecology.

"My favorite part of Sanibel and the refuge is the manatee sightings," Centola said. "I have never seen them before, so I am very excited every time they show up to the surface."

Martin comes to the refuge from

South Texas, where she conducted small mammal trapping and avian point counts for Texas A&M University. She graduated in 2016 from Florida State University in Tallahassee with bachelor degrees in neuroscience and animal behavior.

"So far, I have loved the old Florida feel the refuge allows visitors and staff alike to experience while among the mangroves and tropical hammock," said Martin, who plans to concentrate her refuge time on avian behavior.

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

"Our interns bring youthful energy, enthusiasm and creativity to the refuge team," said Supervisory Refuge Ranger Toni Westland. "At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations."

For more information about the internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the refuge intern program, contact Birgie Miller, DDWS executive director, at 472-1100 ext. 4.✽

United Way Elects New Board Members

Eleven new board members were elected at the recent United Way of Lee, Hendry, Glades, and Okeechobee annual meeting. Joining the existing United Way Board of Directors are the following:

Julian Agollari, Publix
Bob Beville, Waterman Broadcasting
Gary Brooks, Bonita Bay Community
Gary Bryant, I WILL Mentorship Foundation
Michael Collins, Collins Vision
Peter Dulac, Enterprise Holdings

Wane Herzog, Costco
Victoria Loyola, Markham Norton Mosteller Wright & Co.
Scott Nygaard, Lee Health
Dan O'Berski, Trinity Commercial Group

David Oliver, Chico's FAS
All money raised in the United Way Campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, Harry Chapin Food Bank, ACT, LARC and United Way 211 serve a diverse range of needs in the community.

For more information, call United Way at 433-2000 or visit www.unitedwaylee.org.✽

Lions Club Signs On As Sponsor



From left, Lion Rick Wagner, race committee member Ed Riddlehoover, Lion Bob Kern, race committee member Pete Bender, Lion Bill Sartoris and Lion Jeff MacDonald photo provided

The Sanibel-Captiva Lions Club has joined the 10K Race 4 FISH as a gold sponsor. Race day is Saturday, October 27 beginning at The Community House.

"We are delighted to be a sponsor of the 10th annual race that has grown to be an anticipated event," said San-Cap Lions Club President Lion Bob Kern. "FISH is a wonderful organization serving the needs of our community."

The San-Cap Lions Club has reached a golden milestone – 50 years as an active group determined to make a difference in their community. Since the club's chartering in December 1967, its members have worked on a variety of projects, developed a prosperous arts and crafts fair and introduced the

annual sale of Christmas trees.

"We are proud of our club's 50 years of service to the community and grateful to everyone who contributes to our important work," added Kern. "You have truly helped us make a difference."

The San-Cap Lions Club meets on the first and third Wednesday of each month at The Community House, located at 2173 Periwinkle Way. Social hour begins at 6 p.m. and dinner, is served at 7 p.m. The public is invited to hear a guest speaker free of charge. Those interested in joining for dinner (\$15 per person) should contact Steve Schulz or Jeff McDonald. Learn more about the club online at www.sanibelcaptivalions.org.✽

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FOR "COOL TIPS" OF THE WEEK



It May Be A Long Shot, But Red Sox Could Tie Or Set A New Record



by Ed Frank

It's seldom mentioned, and it's probably still a long shot, but the blistering pace of the 2018 Boston Red Sox gives them the opportunity to tie or break baseball's record of 116 wins in a single season.

The record is held by the Seattle Mariners who went 116-46 in 2001 and the Chicago Cubs who won 116 games way back in 1906 in a 152-game schedule.

Here's the scenario at the beginning of this week:

Through 125 games played, Boston was 88-37, a (.704) winning percentage, the best by far in baseball.

The Red Sox need to win 29 of the 37 games remaining – a (.783) percentage to break the record. That's an ambitious task, but not impossible. Here's why:

Twenty-one of those 37 are home games at Fenway Park – four against Cleveland, two against Miami, three against Houston, three against the New York Mets, three against Baltimore, three against Toronto and three with the New York Yankees.

Only the Yankees, Cleveland and Houston have winning records.

The 16 road games are three at Tampa Bay, four against the Chicago White Sox, three at Atlanta, three with the Yankees and three with Cleveland. The road schedule is more difficult as only the White Sox have a losing record.

As the last six weeks of the season winds down, this will be an interesting chase to follow. You can be sure if the Red Sox approach that record, it will be a growing story day by day.

And the pressure on the Red Sox will be greater each day.

If you ask anyone in the Red Sox organization, they will tell you their only interest is first winning the American League Eastern Division title, the American League Championship and the World Series.

If the 116-winning mark is broken, that would be icing on the cake.

Miracle Chase Division Title And Just One-Half Game Out Of First Place

With just 13 games remaining in the season's second-half, the Fort Myers Miracle baseball team trailed first-place Charlotte by just one-half game in the Florida State League South Division.

The Miracle began this week with a record of 33-23. Of the 13 games remaining, the final seven will be home games starting Monday – four against Bradenton and three with Clearwater. The regular season ends September 2.

Two first-round draft selections by the Minnesota Twins have given the Miracle a big boost in the later stages of the current campaign.

Shortstop Royce Lewis, the No. 1 overall pick in 2017 is hitting .307 in 34 games played with the Miracle. And Alex Kirilloff, an outfielder, who was a first round, number 15, pick by the Twins in 2015 was hitting .375 in 52 games with the Miracle.*

Sanibel Resort Hosting USTA Tournament

Sundial Beach Resort & Spa will be hosting the 2018 USTA Southwest Florida Clay Court Championships, open to USTA members ages 18 and over. Slated for September 28 to 30, the USTA-sanctioned event categories include Men's and Women's Singles, Doubles and Mixed Doubles for NTRP rated divisions 3.0, 3.5 and 4.0. Age divisions are Open, 30s, 40s and 50s.

Players are invited to register with USTA Tennis Link using tournament ID #150046618. Pricing is \$59.63 first singles and \$43.50 first doubles. Draws close on September 26. Resort tennis information is available by emailing tennis@sundialresort.com or by calling 395-6037.

"We're looking forward to a great weekend of competition and camaraderie," said Sundial tennis pro and tournament director Christian Clark. "This is our third year hosting the event and it has become an annual Sundial tradition, offering players and their families a fun resort weekend."

With a long legacy of island tennis, Sundial completed a total renovation of its six courts, installing new state of the art HydroGrid facilities in Fall 2014. Resurfaced in July 2018, Sundial's facilities are recognized area-wide and have repeatedly been voted the Best Tennis on Sanibel and Captiva islands.

Sundial Beach Resort & Spa is offering a special tournament rate of \$199 for fully equipped studio or island

suite accommodations, which includes breakfast for two and waived resort fee. Room reservations may be made online at www.sundialresort.com. The resort offers complimentary paddleboards, kayaks, bicycles and beach volleyball.

The two-day tournament includes a Saturday evening party and trophies. Player gift bags will be provided by Kay Casperson Lifestyle Spa & Boutique and player refreshments will be donated by Bailey's Marketplace. Event sponsors include RLR Investments, Royal Shell Real Estate, Port Sanibel Marina, Coastal Outfitters, Sanibel Captiva Community Bank, DeRomos Gourmet Market & Restaurant, RS Walsh Landscaping, *Sanibel-Captiva Islander* and Meridian Group.*

SPORTS QUIZ

1. Four times a conference has had four teams in a College World Series. How many times did a team from that group go on to win the championship?
2. In 2017, Joe West became the third umpire to have worked at least 5,000 major-league games. Name either of the other two.
3. When was the last time before the 2016 season (Denver and Carolina) that both Super Bowl teams from one season failed to make the playoffs the next season?
4. How many times has the Baylor men's basketball team reached the NCAA Tournament's Final Four?
5. In 2018, Pittsburgh's Evgeni Malkin and Brian Dumoulin scored goals five seconds apart to tie an NHL playoff record for fastest two goals. Who had held the mark?
6. When was the last time before 2018 (Clint Bowyer, Kevin Harvick and Kurt Busch) that a NASCAR team's drivers swept the top three spots in a Cup race?
7. Name two of the three male tennis players who have won the Australian Open singles title six times.

ANSWERS

1. Once – LSU of the SEC, in 1997. 2. Bill Klem and Bruce Froemming. 3. The 2003 season, when Oakland and Tampa Bay did not qualify for the playoffs after playing in Super Bowl 37. 4. Twice – 1948 and 1950. 5. Norm Lillman of the Detroit Red Wings scored both goals in 1965. 6. In 2008, Roush Fenway Racing's Greg Biffle, Matt Kenseth and Carl Edwards did it. 7. Roy Emerson, Roger Federer and Novak Djokovic.

ISLAND SUN BUSINESS NEWSMAKERS



Chuck Bergstrom



Les Pendleton

RE/MAX of the Islands

The top producers for the month of July at RE/MAX of the Islands were: Chuck Bergstrom, top selling associate; and Les Pendleton, most productive listing associate.*



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Handmade Onesies Donated To Hospital

Assisted living residents of Shell Point Retirement Community recently gifted handmade onesies to newborn children at Golisano Children's Hospital of Southwest Florida.

"We appreciate when members of our community give back in support of Golisano Children's Hospital, especially when it is intergenerational," said Carly Majewski, Golisano Children's Hospital NICU nurse manager. "To have Shell Point residents spend time decorating and personalizing these outfits to give to our smallest and most vulnerable patients speaks volumes to their kindness and generosity."

Golisano Children's Hospital of Southwest Florida, the only pediatric hospital of its kind located between Tampa and Miami, opened a new building just over a year ago at Lee Health's HealthPark Medical Center. The 128-bed, seven-story facility is designed to make children feel like they are in a fun, safe space – rather than an institutional setting. The building is filled with bright colors, activities and interactive stations for both patients and visitors.

The Shell Point project is part of the assisted living Giving Back program



Shell Point residents recently crafted and delivered handmade onesies to Golisano Children's Hospital

photos provided

series, which connects assisted living residents with ways to participate in community and social involvement initiatives that benefit local nonprofit organizations.

"Few activities offer as much happiness and fulfillment as using our time and efforts to help when needed," said Amanda Pendergast, assisted living activities leader at Shell Point. "Many of our residents have worked with children in the past and were passionate about continuing that admirable work."✧



Some of the hand decorated onesies

Sanibel Artist Donates Artwork For Environmental Cause Auctions

Sanibel-based artist Myra Roberts, much of whose educational work focuses on environmental and social commentary issues, has donated several limited-edition prints, known as giclées, to Calusa Waterkeeper. The Fort Myers-based organization is holding two fundraising events that will include silent auctions of the giclées.

The mission of Calusa Waterkeeper, which is a Waterkeeper Alliance member, is to "Protect and Restore the Caloosahatchee River from Lake Okeechobee to the Coastal Waters."

The first event takes place at Broadway Palm Dinner Theatre over two days, Saturday and Sunday, August 25 and 26. In addition to the silent auctions, both evenings feature performances of *Circus Transformus*, which "aims to entertain and inspire its audience to rise to the challenge of healing our planet earth."

For ticket information, call 278-4422 or visit broadwaypalm.com. For further information about the fundraiser, call Calusa Waterkeeper executive director KC Schulberg at 784-0880

The second silent auction takes place at Silverspot Cinema in Naples on Monday, August 27 at 5:30 p.m., before the 6:30 p.m. screening of the film *Toxic Puzzle*. The 85-minute documentary is narrated by Harrison Ford and is a "medical and environmental detective story" in which "cyanobacteria in our waters become the culprit." After the movie, longtime SWFL environmental champion John Cassani will answer questions from attendees.

For more information, call Calusa Waterkeeper Executive Director KC Schulberg at 784-0880 or Silverspot Cinema in Naples at 592-0300.

Roberts has exhibited and lectured throughout the U.S. She is working on a new exhibition titled *Spokeswoman*. Upon completion, Roberts will have about 30 paintings of remarkable women from the U.S. and throughout the world – living and deceased – who represent women's empowerment and/or the ongoing struggle for human rights.✧



Big Sugar by Myra Roberts image provided

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Doctor and Dietician

Fruit Thoughts



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

Unprocessed, whole fruit is a healthy choice for most people, especially over processed fruit products or juice. Some people say they want to avoid fruit due to sugar but don't have a problem gorging on pastries. This doesn't make sense. Fruit is a healthier choice than sugary desserts. There are many fun, creative ways to blend fresh fruit with protein and vegetables for balanced meals or snacks.

While one mango has a whopping 45 grams of sugar, they can be used in small amounts to make mango salsa to top fish or chicken, or blended with herbs and olive oil to make a salad dressing or marinade for grilling meat and veggie skewers. Another favorite

fruit, pears, have 17 grams of sugar each. Try a few slices mixed into Greek yogurt, add chunks to a salad, or spread some goat cheese on a pear slice for protein-rich treats. Of course, apple slices with peanut or almond butter is always a classic too – yum!

Whole fruit takes time to chew and digest, and is also filling, so you are less inclined to overeat. Conversely, fiber and antioxidants are lost during processing of many fruit-based packaged foods and drinks. Fruit juice is associated with higher body weight in children and higher blood pressure in adults. A cup of orange juice has about the same sugar content as a cup of soda. Choose whole fruit rather than the liquid form.

Not all fruits are loaded with sugar. An entire apricot has 3.2 grams of sugar, while a guava has 5 grams and is really high in fiber. Try these diced over cottage cheese. Raspberries have 5 grams of sugar and strawberries have 7 grams per cup. Add berries to brighten up dull oatmeal or just enjoy a handful on their own. Delicious and loaded with antioxidants!

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

Beautifulife:

Back To School

by Kay Casperson



What kinds of things are you focusing on at this time of year? Many families are thinking about getting their kids back to school and all the preparation that this entails, so I thought it would

be a good time to bring attention to some of the other things that we tend to think about while summer is winding down.

Continuing education – what things do you need to complete to keep licenses current or to get more knowledgeable in your field? Learning should always be a part of your life. Whether you take an actual class or subscribe to a service or organization that can help you grow and learn in your field, this is a wonderful time to take advantage of those opportunities.

End-of-year goals – what things can you implement in your daily tasks in order to meet the goals that you have set before you or your company? What a great time to reassess those goals and to put the steps in place to make them really happen. Make a list of the goals, what they were for the year and where they stand right now. Then, list the things that need to happen in order to meet it.

Reorganizing – this is a time of year that is great for cleaning out the clutter from your closets, cabinets, basements,

garages or vacation properties in order to make more space and to organize things to get ready for a new season with a refreshed outlook. Remember, after things have sat in one place for more than a few years without being used, it is time to take a look at whether you have a need for them at all or if you can get rid of them by donating them or giving them away.

Plan a shopping day – make a list of things you want to buy to spruce up your wardrobe, home or office, and plan a day to go out and have some fun shopping around for them. Make it a special day that you set aside and don't have to rush back, and take some time to enjoy browsing and shopping. Maybe you could also stop to have a nice lunch or dinner as shopping should be an enjoyable adventure.

Regardless of what this time of year makes you think about or concentrate on, remember to cherish the fact that most people are thinking "back to school" and there is something cool and refreshing about that, so get on the bandwagon and get your "back to school" hat on, get educated, set goals, organize and go shopping.

My affirmation for you this week is:

"I am preparing for a new season to learn and grow and will continue to refresh my outlook for success!"

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

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Volunteers Sought For Reading Program

United Way of Lee, Hendry, Glades, and Okeechobee is recruiting volunteers for the United Way ReadingPals program to read to 4- and 5-year-olds at 17 school sites in Lee and Hendry counties. Reading Pals help build a strong foundation for literacy and a love of reading in young children.

Children who are read to are more likely to become good readers. Children who read at grade level by the third grade are four times more likely to graduate from high school.

The ReadingPals literacy program requires a commitment of only one hour a week during the school year. During this time, volunteers are matched with pairs of pre-k or kindergarten age children who need extra help. Pals build a meaningful relationship by providing the individual attention many kids need to thrive.

Volunteers are needed in all areas of the community. The schools in Lee County are: Bonita Springs Elementary, Hector Cafferata Elementary, Christa McAuliffe Elementary, Colonial Elementary, The Early Childhood Center, J. Colin English Elementary, Gladiolus Child Development, New Horizons Afterschool in Estero, Orangewood Elementary, Orange River Elementary, Pinewoods Elementary, Sunshine Elementary, Villas Elementary and HealthPark Child Development



A ReadingPals volunteer with a student
photo provided

Center. In Hendry County, ReadingPals volunteer at Krome Child Development, Children's Garden in LaBelle and Harlem Academy in Clewiston.

The program is supported by the Children's Movement of Florida and Publix Charities. To learn more, contact Nancy Coker at nancyc@unitedwaylee.org or 433-7544. To sign up, go to www.unitedwaylee.org/volunteer/readingpals.

ReadingPals is a program of the United Way Volunteer Center. The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout our community. For more information, call 433-433-7567 or visit www.unitedwaylee.org.*

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dearPharmacist

Help In Case You're Losing Your Mind



by Suzy Cohen, RPh

Dear Readers: Don't you hate it when you're introduced and you can't remember the person's name? What about remembering whether or not you already told someone that story? It's like one day

you go from young to old.

This stuff seems to happen more and more as you age. Why does it happen to some of us, and not to others? I've wondered. I think it has to do with elevated homocysteine, at least in part. Emerging research about homocysteine

connects it to neurofibrillary tangles, and those are associated with progressive memory disorders like Alzheimer's.

Did you know that NSAIDs and oral contraceptives are strong drug muggers of folate? If you deplete folate (vitamin B9), you block your methylation cycle, homocysteine builds up and memory becomes impaired.

Perhaps maintaining brain function is related to declining levels of another B vitamin called "methylcobalamin." It's also known as vitamin B12, a nutrient that is manufactured by your intestinal flora.

Today, health food stores and online e-tailers offer various supplements that you can buy over the counter, but of course, ask your doctor what's right for you. I couldn't possibly know what's right for each of you, and this article reaches millions of people, so again, find out if these simple nutritional fixes are ideal for you:

Acetyl L-Carnitine – The amino acid Acetyl-L-Carnitine crosses the blood-brain barrier more readily than regular plain L-Carnitine, and it helps

the body make acetylcholine, the brain's super neurotransmitter that is necessary for healthy mood and optimal cognitive function, as well as muscle health, a side benefit.

Lion's Mane – A 2014 study concluded that lion's mane promotes the growth of nerve cells in the brain. Lion's mane increases NGF (Nerve Growth Factor), which then encourages the growth of new neurites. NGF encourages neurons to connect to each other, communicate better and, simply put, this helps you learn faster and remember things better.

Bacopa Monnieri – Bacopa monnieri exerts a strong protective effect on the brain because it inhibits the production of acetylcholinesterase, an enzyme that breaks down acetylcholine, and acetylcholine is a neurotransmitter that you want a lot of in your brain.

Gotu Kola – Gotu kola may help to increase the growth of neurons, promoting brain function, reducing mental fatigue and supporting memory.

Phosphatidylserine – Phosphatidylserine begins to decline with age. It helps

"connect the wires" upstairs and improve nerve impulse firing.

Green Tea – It's found in green tea, and EGCG can cross the blood-brain barrier. A 2012 study in mice found that supplemental EGCG promotes brain plasticity in the hippocampus area of the brain.

Today should be an important day for you, particularly if you're now really thinking seriously about your memory for the first time. I'm not a fan of the "wait and see" approach when it comes to your brain. Our life experiences and family relationships as well as friendships are important memories. Your job depends on your ability to remember the simplest tasks. If you'd like to read the longer version of this article, just sign up for my newsletter at www.suzycohen.com, and I'll email it to you.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I just had my 50th birthday and I want to set goals to be the best I can be. Would you be able to help me get started?

A: Congratulations and bravo that you are

motivated to spend the next part of your life being your best. I also think this is a great idea for you, when gathering with friends, to discuss among yourselves what each of you discovers. It will invariably deepen everyone's insights, strengthen bonds and expand your understanding of self and others. Here are some suggestions.

1. Think about what's most important to you. Take some time to write about your most cherished values:

a. At the end of your life, when you reflect back, what will mean the most to you? What do you want your legacy to be?

b. What has been and is your purpose in this life? Do you believe you have a specific destiny? If so, are you on your path? What is your moral compass revealing?

c. What do you enjoy doing the most? What are your gifts and strengths?

d. What do you want to learn more about?

2. Ask your inner guidance system for guidance. The answers are within, and you can retrieve the answers from the subconscious mind. He/she will never lead you astray. Also, you can always ask a wise teacher or guide for assistance.

a. Take some time to set the tone for the day through some breath work. Close your eyes and take a few deep relaxing

breaths. Imagine you are walking down a staircase one step at a time with each exhalation.

At the bottom of the stairs, imagine you go through a beautiful double door then follow a path through beautiful woods until you come across a bench. Sit down. This is where your inner mentor will meet you.

b. Ask your mentor a question you want an answer to. The answer may come to you immediately, or perhaps it will take some time. Trust the process. Thank your mentor for showing up.

c. Once you return to full conscious awareness, it will be helpful to journal your experience.

3. Create a vision and mission statement. Now that you have spent some time contemplating your values and seeking guidance from your own wise self, write some vision and mission statements that focus your intention. Make sure these statements are specific and put them where you can see them daily so you will be reminded of what you want to manifest for now and your future.

I hope you will find these tips worthwhile and ones that you can do every year or every decade. It's up to you.

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way. ✨

Weight Room 101 At Rec Center

The next Weight Room 101 session will be offered for members at the Sanibel Recreation Center on Tuesday, August 28 starting at 1:30 p.m.

The session includes weight room orientation, specific instruction on upper and lower body exercises, and

cardiovascular training tips. Instruction and guidance on how to properly train your entire body safely and effectively will help participants to gain muscular strength and cardiovascular endurance.

For safety purposes, this class is limited to 10 participants. Register in advance for individual sessions at the front desk. Closed toe footwear is required.

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

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Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc . . .	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
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Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club. . . .	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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PETS OF THE WEEK

photos provided

PAWS Of Sanibel

Matilda And Capie

Hi, my name is Matilda. My foster mom calls me Tilly for short. I'm about 11 months old and was lost in the area of East Lake Road, off Casa Ybel late last Friday night, August 3. Some kind people took me in for the remainder of the night. On Saturday morning, the lady from PAWS took me over to Coral Veterinary Clinic in Fort Myers to have them look me over. I have been combo tested (negative), had FVRCP and Rabies immunizations and was treated for fleas. I did not have a microchip. If PAWS can't find my people, I will be available for adoption in about two weeks. If I am your kitty, or you know who



Matilda

my people are, please call Pam at PAWS at 472-4823. You can also call if you're interested in meeting me and perhaps giving me a new forever home if my people can't be located.

Hello, I'm Capie. I was just born on June 2, so I'm only 9 weeks old. Some great kids on vacation at South Seas Island Resort on Captiva found me on the side of the road on July 9 and took me to PAWS. I was very tiny back then. I've been going to the vet for checkups and immunizations, etc. I'm now up to 2 pounds, 7 ounces. I'm told that I'm a pretty handsome guy. My fur is kind of blue/gray, and I have interesting eyes and eyebrows. I love to run and chase golf balls and climb on cat trees. I would be very happy if someone would adopt me and take me to my forever home. Call Pam at PAWS at 472-4823 and come meet me.✪



Capie

PAWS Of Sanibel

Sasha

This is Sasha. She was picked up Wednesday night, August 15, on Airport Road off of Casa Ybel by the Sanibel Police after a call from a local resident. Sasha appears young, approximately 1 to 2 years old, has no microchip and is a tan/black tabby. It appears she is not yet spayed. She is very sweet and gentle. Sasha is being boarded at Coral Vet in Fort Myers. Her combo test for FIV/FelV/Heartworms was negative. She has been given immunizations for FVRCP, FelV, Rabies, and given a heart-worm and flea preventative.

If you recognize Sasha, and/or know her family, call Pam at PAWS at 472-4823. If we can't locate Sasha's people in the next couple of weeks, she will be available for adoption. If you're interested in adopting or fostering Sasha, call Pam.✪



Sasha

Lee County Domestic Animal Services

Trina And Turbo

Hello, my name is Trina. I am a 3-year-old female terrier mix who is a pint-sized cutie that has ears for days. I have an underbite that will make you smile every time you see me. I am shy for about 2.2 seconds and will warm up almost immediately. I am curious about everything around me and these ears perk up with interest when I see or hear anything. I am at the perfect age where I am past the puppy chewing stage but young enough to have a lot of playful living left. Stop by to meet me today.



Trina ID# A749964

My adoption fee is \$75. Hi, I'm Turbo. I am a 4-month-old male domestic shorthair who is a part of Lee County Domestic Animal Services' Fab Five. I am one of five kittens left in the shelter after our big Clear the Shelters event last Saturday. As part of the Fab Five, my adoption fee is being waived because

my looks make me priceless. I am a bundle of infectious energy that you can spend hours of enjoyment just sitting and watching me play.

I have no adoption fee.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Our team of volunteers and staff are waiting to introduce your new family member to you. Just stop by our adoption center 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com to see pets available for adoption. Check our website to be sure pets are still available.

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



Turbo ID# A746896

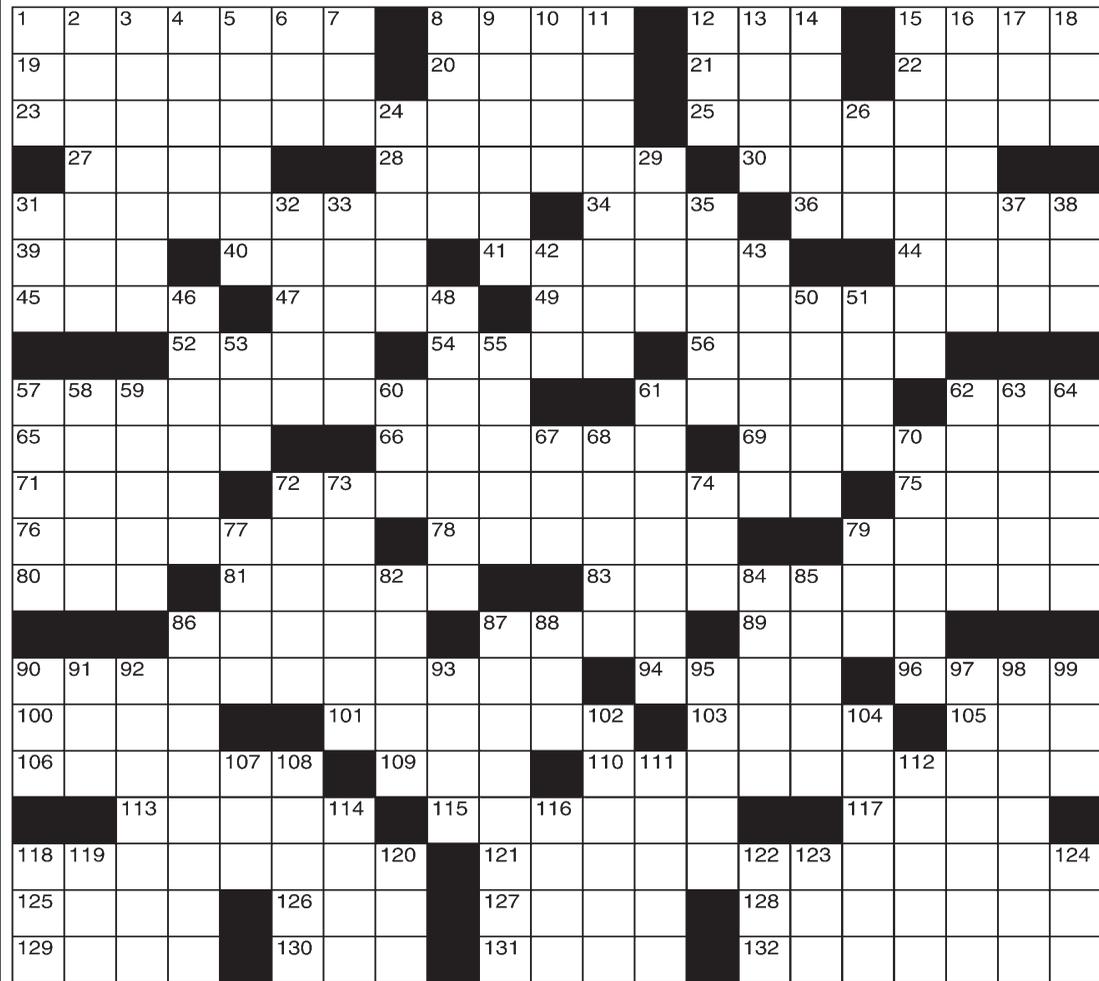
PUZZLES

Answers on page 45

Super Crossword

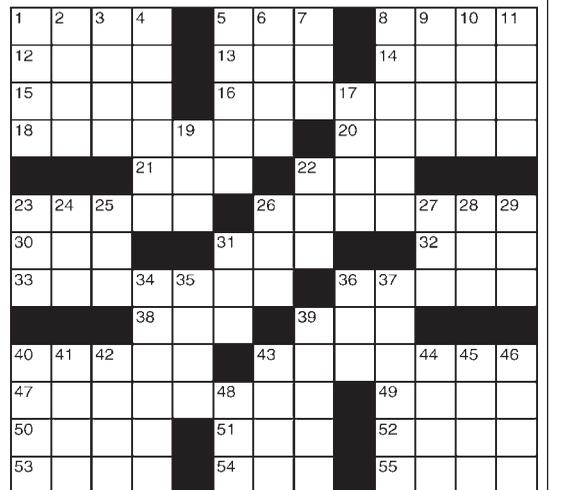
BIRD-LOVING CELEBRITIES

- ACROSS**
- 1 Small packages
 - 8 Barely gets, with "out"
 - 12 Lyric penner Gershwin
 - 15 Bamboozle
 - 19 Sea-related
 - 20 Bit of 19-Across flora
 - 21 Brew barrel
 - 22 Sampras of tennis
 - 23 Bird-loving "Hud" Oscar winner?
 - 25 Bird-loving former Argentine first lady?
 - 27 Hip-hop's Snoop —
 - 28 Speed skater Eric
 - 30 Saffron, e.g.
 - 31 Bird-loving "Show Boat" composer?
 - 34 With 111-Down, put in reserve
 - 36 Fit to be ingested
 - 39 Invoice fig.
 - 40 Ending for Saturn
 - 41 More ghostly
 - 44 Hershtiser of the mound
 - 45 Butte relative
 - 47 Circle's lack
 - 49 Bird loving co-star of "The Parent Trap"?
 - 52 Seize with a certain tool
 - 54 URL-starting letters
 - 56 Old Russian despots
 - 57 Bird-loving Rolling Stones frontman?
 - 61 Hones
 - 62 Certain PC readout
 - 65 Diarist Nin
 - 66 Iris feature
 - 69 In name only
 - 71 Twirled host of "The Tonight Show"?
 - 75 O'Hara plantation
 - 76 "Madame" of wax
 - 78 Insightful Mle.
 - 79 Popular dorm dish
 - 80 Beatified
 - 81 Free of dirt
 - 83 Bird-loving "Private Benjamin" star?
 - 86 Fleece
 - 87 Violinist Hilary
 - 89 Humorist Bombeck
 - 90 Bird-loving "Lethal Weapon" co-star?
 - 94 Truck type
 - 96 Final Four gp.
 - 100 Basso's solo, say
 - 101 Is grinning
 - 103 State
 - 105 Even a bit of
 - 106 Cinnamon gum brand
 - 109 Snow-capped peak
 - 110 Bird-loving "Santa Baby" singer?
 - 113 Like pixies
 - 115 City on the Rio Grande
 - 117 "That's not for — say"
 - 118 Bird-loving "Que Sera, Sera" singer?
 - 121 Bird-loving "White Christmas" songwriter?
 - 125 Boastful
 - 126 Lyrical poem
 - 127 Call for
 - 128 Ceramic casserole dish
 - 129 Pull along
 - 130 Lie-down
 - 131 "Jane —"
 - 132 Tainted
 - 43 Take on, as the challenge
 - 46 Name in low-carb dieting
 - 48 "War is hell" general
 - 50 Glossy fabric
 - 51 P-U linkup
 - 53 A.M. drinks
 - 55 They beat deuces
 - 57 Ship poles
 - 58 Data for processing
 - 59 Result in
 - 60 Shapely leg, slangily
 - 61 Old TV's John-Boy and Erin
 - 62 Alpaca kin
 - 63 Rod of baseball
 - 64 Quaffed
 - 67 O'er and o'er
 - 68 Chuckle
 - 70 Person from Provo
 - 72 Minty quaff
 - 73 Lofty goals
 - 74 Toon frame
 - 77 Like sore muscles
 - 79 Dreamy sleep phase
 - 82 Luring smell
 - 84 Resign, as a position
 - 85 Like Joyce and Yeats
 - 86 Mimicking a mad dog
 - 87 Phone service providing aid
 - 88 "How — you?"
 - 90 Pat
 - 91 Radio host Shapiro
 - 92 Nation of West Africa
 - 93 Repulsive
 - 95 Actor Zac
 - 97 Actress Fitzgerald or Stasey
 - 98 Basketballer Walker or painter Watteau
 - 99 Positive vote
 - 102 Pitcher Tom
 - 104 Shutterbug's equipment
 - 107 Flunking grades
 - 108 Medium-hot mustard
 - 111 See
 - 34-Across
 - 112 Gymnast Strug
 - 114 Zilch, to Juan
 - 116 Mice, to owls
 - 118 Netflix item
 - 119 Dinghy thing
 - 120 "Indeedy"
 - 122 Some sporty autos
 - 123 Gathered together
 - 124 Flanders of Springfield



King Crossword

- ACROSS**
- 1 Hurry
 - 5 Pinch
 - 8 Goose egg
 - 12 Curved molding
 - 13 Expert
 - 14 Sandwich cookie
 - 15 Sheltered, at sea
 - 16 1991 Sally Field/Kevin Kline movie
 - 18 Sink accessory
 - 20 Fuzzy collections
 - 21 Be unwell
 - 22 Lamb's cry
 - 23 Offspring
 - 26 Flapjack
 - 30 " — Impossible"
 - 31 Bliss
 - 32 Martini ingredient
 - 33 Dessert maker's shortcut
 - 36 Minion of Satan
 - 38 Society newcomer
 - 39 Crib
 - 40 Last Greek letter
 - 43 Personal song compilation
 - 47 Vintage player
 - 49 Visa alternative, for short
 - 50 Layer
 - 8 Horoscope houses
 - 9 Ms. Brockovich
 - 10 Take five
 - 11 Ahs' mates
 - 17 Blueprint
 - 19 Brooch
 - 22 Chesapeake, for one
 - 23 So, in Latin
 - 24 Sch. grp.
 - 25 Request
 - 26 Plague
 - 27 Life time?
 - 28 Family
 - 29 Conclude
 - 31 Triangular sail
 - 34 Lawn-trimming tools
 - 35 Anthropologist Margaret
 - 36 Repair
 - 37 Amount swallowed
 - 39 Harley enthusiast
 - 40 "Beetle Bailey" dog
 - 41 Hotel staffer
 - 42 Fencing prop
 - 43 DLI doubled
 - 44 Eastern big-wig (Var.)
 - 45 Church seating
 - 46 Way out
 - 48 Sprite
- DOWN**
- 1 Street
 - 2 Wrinkly fruit
 - 3 Witnesses
 - 4 Donkey's call
 - 5 Twangy
 - 6 Picture on a PC
 - 7 "The Princess and the —"



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

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

- Goalie
- Goblin
- Gone
- Gossip
- Goalpost
- Goldfish
- Goose
- Gourmet
- Goat
- Goldmine
- Gorgeous
- Gout
- Goblet
- Gondolier
- Gorilla



“I’d like to take up jogging — only thing is, if I lost any weight I’d have to get a whole new _____.”
answer on page 47

SCRAMBLERS

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

Explicit _____

Arment _____

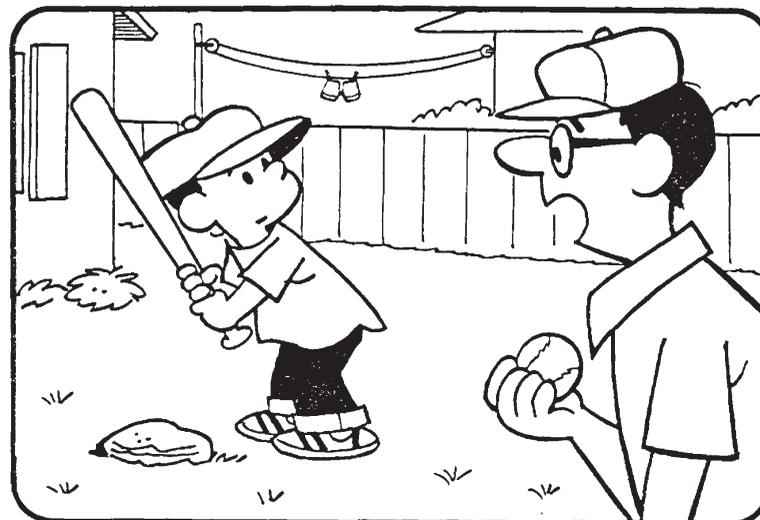
Summary _____

Volley _____

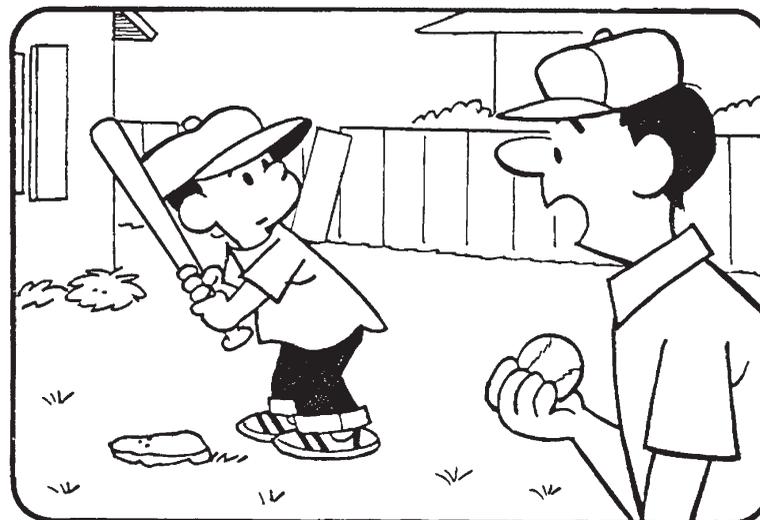
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bat is shorter. 2. Home plate is different. 3. Fence board is moved. 4. Clothesline is missing. 5. Glasses are missing. 6. Collar is smaller.

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

SUDOKU

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

answer on page 45

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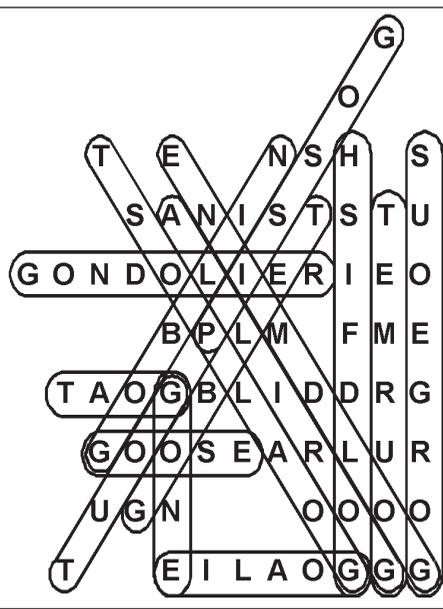
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MAGIC MAZE



SUDOKU

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

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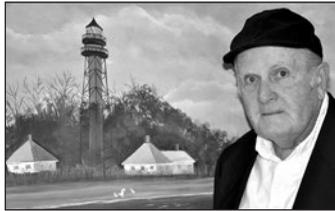
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LOST BLACK CAT

Island East end beaches and Lundgen Area. May have blue collar. Responds to name of "Blackie."
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PUBLIC SERVICE

PUBLIC SERVICE ANNOUNCEMENT

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 3/2 * TFN

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

My Stars ★★★★★

FOR WEEK OF AUGUST 27, 2018

Aries (March 21 to April 19) Your honesty might upset some people, but you inevitably win more admirers for having the courage to tell the truth when others are more likely to scramble for cover.

Taurus (April 20 to May 20) Your efforts to defend your project begin to show favorable results. You should soon be able to win over even the most determined detractors who had lined up against it.

Gemini (May 21 to June 20) You win praise for your selfless efforts in a very difficult situation. But be careful not to allow your generous nature to be exploited by those who have their own agenda.

Cancer (June 21 to July 22) A trusted colleague sheds light on a recent spate of puzzling workplace situations. This should give you the information you need to bring to your superior's attention.

Leo (July 23 to August 22) A shift in workplace management could be helpful for talented Leos and Leonas who have been waiting to have their accomplishments rewarded by receptive leadership.

Virgo (August 23 to September 22) A misunderstanding between you and someone you care for should be corrected immediately. This relationship is too important to lose over a bruised ego.

Libra (September 23 to October 22) A welcome piece of good news helps clear the air in a family situation. A job-related incident also eases as more information provides a clearer focus on the problem.

Scorpio (October 23 to November 21) Quick action to heal bruised feelings pays off in a big way. Now you'll be able to move forward with your plans without that problem holding you back.

Sagittarius (November 22 to December 21) Your creativity combined with a positive attitude should give you a considerable edge in finding a way to get around the negativity you've run into.

Capricorn (December 22 to January 19) That sudden streak of stubbornness could cause some problems. Try to be more open to helpful suggestions and more flexible in making needed changes.

Aquarius (January 20 to February 18) Now that that special relationship appears to be well and truly restored, you can spend more time dealing with those long-needed workplace changes.

Pisces (February 19 to March 20) A new opportunity sounds promising. But

watch out for any conditions that might be attached. Before making a decision, ask that each one be explained in detail.

Born This Week: You can be distracted by promises of good times, yet you ultimately reach the goals you set for yourself.

STRANGE BUT TRUE

- It was British Prime Minister Winston Churchill who made the following sage observation: "A lie gets halfway around the world before the truth has a chance to get its pants on."

- There are lots of sports fans out there, and a lot of sports to enjoy: football, basketball, soccer, baseball, hockey... olive oil wrestling? OK, maybe there aren't a lot of oiled wrestling events here in America, but in Turkey it's the national sport. Kirkpinar, as it's known there, has been popular since the Ottoman Empire. The Turkish town of Edirne has been hosting

the annual tournament since 1361.

- If you do much printing, you might not be surprised to learn that if you figure out the cost by volume, printer ink costs far more than Dom Perignon champagne or Chanel No. 5 perfume.

- The name of Alcatraz Island – famed location of a high-security prison that's now a tourist attraction – comes from the Spanish "Isla de los Alcatrazes," or "Island of Pelicans."

- The murre, a bird found in the Arctic, actually dives into the water and swims to catch the small fish that comprise its diet. Interestingly, its eggs aren't like those of any other bird in the world: The whites are blue, not white, and the yolks are bright red.

- Those who study such things claim that the oceans eventually will dry up – in about a billion years or so.

- The Transportation Security Administration banned cigarette lighters

on carry-on luggage between 2005 and 2007. During that time, TSA screeners confiscated 22,978 lighters every day. Safe disposal of those lighters cost the taxpayers approximately \$4 million every year.

THOUGHT FOR THE DAY

"In this world there are only two tragedies. One is not getting what one wants, and the other is getting it. The last is much the worst." – Oscar Wilde

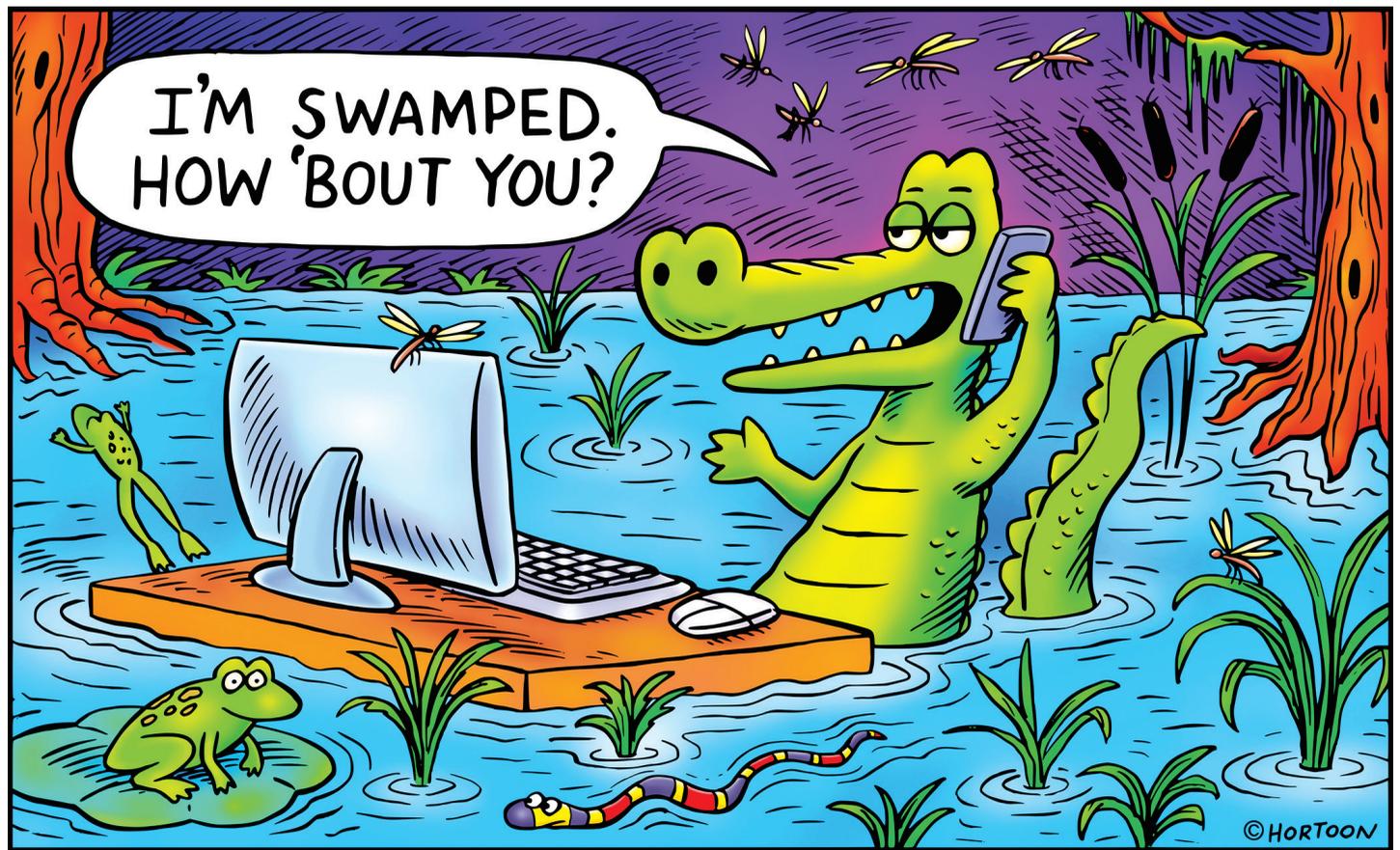
SCRAMBLERS

1. Direct; 2. Weapon;
3. Score; 4. Barrage

Today's Word

WARDROBE

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sorrento	Miromar Lakes	2017	6136	\$4,895,000	\$4,540,000	481
Metes And Bounds	Captiva	1972	2806	\$2,600,000	\$2,450,000	0
Cape Coral	Cape Coral	2018	2597	\$929,900	\$910,000	0
Cape Coral	Cape Coral	1989	3224	\$871,990	\$795,000	150
Tradewinds	Sanibel	1982	1584	\$819,000	\$795,000	16
Whispering Ridge	Estero	2001	3457	\$779,000	\$750,000	10
Fairview Isles	Fort Myers Beach	1975	1857	\$779,000	\$750,000	16
Yacht Club	Cape Coral	2017	2793	\$739,000	\$725,000	202
Cape Coral	Cape Coral	2002	2496	\$749,000	\$700,000	378
Fort Myers	Fort Myers	2018	2540	\$751,735	\$700,000	150

Labor Day Sidewalk Sale

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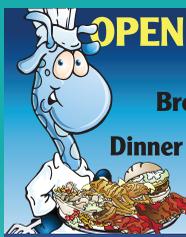


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