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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 20, 2019

SEPTEMBER SUNRISE/SUNSET: 20 7:16 • 7:28 21 7:16 • 7:27 22 7:17 • 7:26 23 7:17 • 7:25 24 7:17 • 7:24 25 7:18 • 7:23 26 7:18 • 7:22



The existing Center 4 Life/Senior Center facility on Library Way photo by Jeff Lysiak

Center 4 Life Plans Updated

by Jeff Lysiak

At the city's first budget meeting on September 9, members of the Sanibel City Council were provided an update on the plans to renovate/replace the Center 4 Life/Senior Center facility, which has been in discussions for the past few years in a variety of locations

and building dimensions. According to City Manager Judie Zimomra, there are two options currently being considered for the Center 4 Life/Senior Center project. Members of her staff have been meeting with architect Amy Nowacki on a monthly basis, with several options being considered. Nowacki "weeded down" the numerous choices being considered to only two: Plan A would include extending the existing facility with the structure located next door continued on page 8

Songwriter Fest Kicks Off On Captiva Island

MI's Songwriter of the Century, Even Stevens, will be among the performers on Captiva Island this weekend during the 6th annual Island Hopper Songwriter Fest. The 10-day festival kicks off on Captiva from Friday, September 20 to Sunday, September 22, then moves to historic downtown Fort Myers from September 23 to 26, and wraps up on Fort Myers Beach from September 27 to 29.

Stevens will be on stage with Dylan Altman and Phil O'Donnell at Doc Ford's Rum Bar & Grill on Saturday, September 21 from 8:30 to 9:30 p.m. He penned many famous songs including the multi-platinum international hit, *When You're In Love With A Beautiful Woman* by Dr. Hook and three week No. 1 pop hit *I Love A Rainy Night* by Eddie Rabbitt.

Altman had three No. 1 songs: Tim McGraw's *Watch The Wind Blow By*, Jake Owen's *Barefoot Blue Jean Night* and most recently, Jason Aldean's *Take A Little Ride*. O'Donnell's songwriting



Even Stevens photo provided

credits include the No. 1 single *Doin' What She Likes* recorded by Blake Shelton, No. 1 single *Give It All We Got Tonight* recorded by George Strait and No. 1 single *Back When I Knew It All* recorded by Montgomery Gentry.

Other headliners on Island Hopper's continued on page 29



Celebrate National Public Lands Day by helping to clean up the beach while learning about beach flora and fauna photo provided

Beach Cleanup Part Of National Public Lands Day

The JN "Ding" Darling National Wildlife Refuge on Sanibel will celebrate National Public Lands Day and Urban National Wildlife Refuge Day on Saturday, September 28 with a

beach cleanup at its Perry Tract and a free film showing. The day, also a designated fee-free day by the U.S. Fish & Wildlife Service (FWS), will offer free admission to Wildlife Drive.

A signature event of the National Environmental Education Foundation, National Public Lands Day promotes both recreational enjoyment and volunteer conservation of public lands. The FWS continued on page 10

Pink Out Events Return In October



From left, Sanibel Fire Rescue District Capt. Kevin Barbot, Mary Bondurant, FF/EMT Craig Shelby, Sandra Feather and FF/Paramedic John Reitenbach photo by Jeff Lysiak

by Jeff Lysiak

With a number of special Breast Cancer Awareness Month events coming up next month, organizers of Let's Pink Out! Sanibel are reminding folks that they are holding weekly fundraisers as well as the traditional

picnic luncheon open to the community.

On four consecutive Saturdays, Let's Pink Out! organizers and volunteers will be bagging groceries for tips at Bailey's General Store, located at 2477 Periwinkle Way. All are invited to visit the business continued on page 7

City Reminder: Peak Of Storm Season Upon Us

The hurricane season in the Atlantic Basin (Atlantic Ocean, Caribbean Sea and Gulf of Mexico) runs June 1 to November 30. As shown in this NOAA graph, a storm can occur anytime, however, the busiest period is mid-August to mid-October.

The City of Sanibel reentry pass easily identifies who and when persons are authorized to return after an evacuation. The reentry pass program is all about safety and security, therefore, getting a pass requires a short application and specific documentation. The passes are issued all year long: do not wait until a storm threatens to get one. Visit www.mysanibel.com/emergency-management.

The purple (residential) and tan (commercial) passes issued in 2016 are still in use for 2019. People already issued those passes do not need to apply.

A new emergency notification system – alertLee – is replacing CodeRed. Both the city and county use this popular tool to send targeted emergency alerts. You can receive alerts on multiple devices in your home and/or on your cell phones. Even if you were enrolled in the old system, to continue receiving alerts, you must sign up for alertLee on the city website: www.mysanibel.com (in

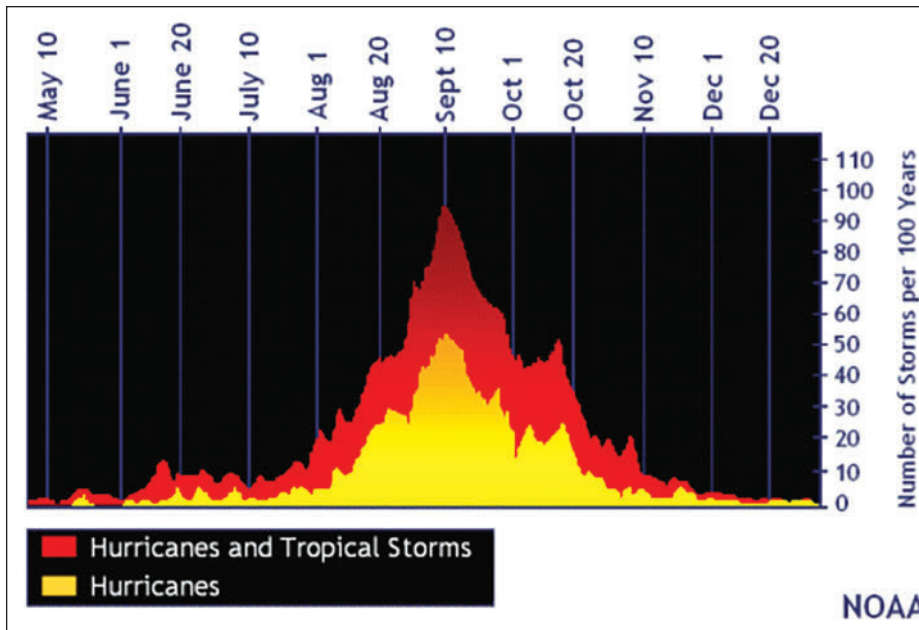


image provided

the Quick Links on the right side).

It is recommended that you complete a pre-formatted family emergency plan. Following it will provide safety and improve your quality of life during a storm. The plan is available on the county website at www.leeec.com.

The special needs program provides shelter from a tropical system to those who live in a home that isn't safe from storm surge or wind, and who have no other safe place to go. It can also provide transportation to a shelter if needed. The program is available to Lee County residents at no cost,

but you must pre-register every year. Registration is suspended when the county enters the five-day forecast cone of a storm. The Sanibel Police Department urges Sanibel and Captiva residents to register via FISH of SanCap by calling 472-4775, or you can register directly with the county online at www.leeec.com.

The Lee County All Hazards Guide is a great resource on a variety of topics like preparations, shelters and emergency contacts. View it online at www.leeec.com, or get a hardcopy at these locations: Sanibel City Hall,

Sanibel Recreation Center, Sanibel Public Library, and The Community House on Sanibel.

The Federal Emergency Management Agency lists the entire City of Sanibel as a Special Flood Hazard Area. Floods kill almost 200 people a year in the U.S. and 50 percent of those are vehicle related.*

September Fun Day At The Rec Center

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

Cost is \$30 for members and \$40 for non-members with early bird registration by Monday, September 23. After September 23, cost is \$36 for members and \$48 for non-members.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com.*

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The Gibson family in 1900
Sanibel Historical Museum And Village

photo courtesy Sanibel Historical Museum and Village

Looking Back: The Gibson Family

This week's image depicts the Gibson family and their packing house for the produce they grew in the early 1900s at Wulfert on Sanibel. The family planted, picked, packed, built boxes for shipping, and hauled their goods to the dock for the steamers to pick up. Note the packing boxes under construction on



the left. The Gibsons arrived on Sanibel in 1900.

Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, 950 Dunlop Road, next to BIG ARTS. The village is closed for the off-season and reopens on Tuesday, October 15. Hours will be Tuesday through Saturday from 10 a.m. to 4 p.m. with guided tours at 10:30 a.m. and 1:30 p.m.

There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✪

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

FIRST CHURCH OF CHRIST, SCIENTIST

Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

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. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary; 11 a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

Youth Group Meetings Begin This Sunday

This Sunday, September 22, the Sanibel Congregational United Church of Christ (SCUCC) youth group, CREW, will launch its monthly Sunday evening gatherings for middle and high school students. The fellowship and service group will meet at 6 p.m. for pizza, ice cream sundaes, games and to make plans for future discussion topics and service projects.

Gatherings will be held on the second Sunday of the month at 6 p.m. For more information or to be added to the notification group, email danacrater@gmail.com or call the church office at 472-0497.

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

SCCF Notice

Due to ongoing interior renovations, the Sanibel-Captiva Conservation Center (SCCF) Nature Center, located at 3333 Sanibel-Captiva Road, will be closed for educational programs until further notice. Administrative offices remain open for meetings and other business activities. The trails behind the nature center will also stay open for visitors. The SCCF Native Landscape & Garden Center will maintain its regular retail schedule within the Bailey Homestead Preserve, located at 1300 Periwinkle Way.✪

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The original location of the Children's Education Center of the Islands in 1974 was on the bay at the end of Bailey Road photo provided

Children's Center Celebrating 45 Years

The Children's Education Center of the Islands (CECI) is celebrating 45 years of dedication to education this year. The school was founded in 1974 by a group of Sanibel parents of 3- and 4-year-olds wanting their children to have group social activities and

prepare them for kindergarten. They designed a self-sustaining parent co-op and obtained use of the old Bailey's General Store, which was located on the bay at the end of Bailey Road. The original building is now restored and part of the Sanibel Historical Museum & Village.

If you have more details on the history of the Children's Education Center of the Islands, or have pictures you would like to share, contact Cindy DeCosta at 472-4538 or cindy@childrenseducationcenter.com.✧

Award-Winning Band Coming To Sanibel Church

Sanibel Community Church is hosting a concert with Sidewalk Prophets, the Dove Award-winning band and Billboard Music Award nominee. The performance, to be held on Sunday, September 29 at 7 p.m., is part of the band's These Simple Truths – 10 Years and 1,000,000 Miles – Tour. The 30-date tour kicked off on September 20.

Tickets prices range from \$15 to \$50. General admission is \$15. Early entry ticket is \$25 and includes a devotional with the band. The VIP ticket is \$50 and includes a pre-show party, band devotional as well as a photo opportunity. Group rates are available. Reserve online at www.sidewalkprophets.com.

The concert will be held in the main sanctuary at the church. There will be a special message from Mark Stuart of Audio Adrenaline as well as musical guest Curt Anderson.

Sidewalk Prophets was formed on the campus of Anderson University and built around vocal powerhouse and pop culture nerd Dave Frey. The band has sold over 500,000 albums, 1.5 million digital singles, played over



image provided

2,000 shows, garnered five number one singles and eight top five radio hits, such as their latest, *Come To The Table*.

Sanibel Community Church is a non-denominational, evangelical church, located at 1740 Periwinkle Way. For more information, call 472-2684 or visit www.sanibelchurch.com.✧

Our email address is press@islandsunnews.com

DO YOU KNOW YOUR BIRTHSHELL?

September: The Limpet Shell, Sapphire. The Limpet shell is truly unique in that though it houses a sea snail, it is not a coiled shell. Characterized by clear thinking and individuality, those born to this shell are often seen as having enhanced mental clarity, a meticulous attention to detail and an analytical and reliable nature.

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Jaxson Britt frustrated by not being able to climb like the bigger kids photos provided

Jaxson Britt finally made it up onto the slack line after struggling for months

Preschooler Shows True Grit

submitted by Cindy DeCosta

The word "grit" is defined as courage and resolve; strength of character.

All too often, when a child says, "It's too hard" or "I can't do it," parents and teachers are quick to jump in. But did the child really accomplish anything? By

helping them, we are actually hurting them, and certainly not teaching them.

The word "grit" has been making a trendy appearance in educational circles. Another word for grit would be perseverance. When we allow our children to fail, we teach them to persist despite difficult situations or delay in a successful ending. Grit has been found to be a stronger indicator of school success than IQ. This shows that success is not just due to intelligence.

In the case of Jaxson Britt, a

2½-year-old student at the Children's Education Center of the Islands (CECI), he had been trying since the beginning of July to climb up onto the slack line on our playground. He watched the older kids succeed and would try to follow them, never quite getting up there. Falling many times under the watchful eyes of our teachers, we would encourage and support him. We would have him add the word "yet" after the phrase, "I can't do it... yet." He would cry and try again. Fall and try again. Walk away and try another day.

Last week, we are so thrilled to be able to shout from the tree tops that he finally climbed up onto the slack line all by himself! Grit, perseverance, strength of character. He finally did it.

That, my friends, is what the world needs more of. That is the definition of true grit.*

Afternoon Dessert And Program For Trailways Camp

The Village Church, Women's Connection at Shell Point has chosen The Robert V. & Benjamin G. Miller/Trailways Camp to be the recipient of its annual Christmas fundraiser. The event will take place at the Village Church on Wednesday, December 11 at 2 p.m.

Tickets are \$10 and must be purchased in advance. They will be

available in October and November. All proceeds will be donated back on the day of the event to the Robert V. & Benjamin G. Miller Fund for Trailways Camp scholarships.

Trailways Camp is an overnight camping experience for adults with disabilities in Southwest Florida. Camp founders and Shell Point residents Sharon and Jerry Miller will lead the hour-long program by narrating their story. Community partners will be introduced, and videos from camp will be shown. Several campers will be singing as part of the program. Dessert and refreshments will be provided. A resource table with information about the camps, an opportunity to talk with the Trailways team, and an opportunity to sign up for various volunteer activities will be available.

Trailways campers take part in activities such as fishing, canoeing, arts and crafts, swimming, campfires and nature walks. The camp also provides respite for caregivers and an opportunity for campers to develop social connections and recreational skills. Last year, there were three camping events with 60 participants.

To RSVP, contact the Millers at rv.bg.millerlegacy@gmail.com or call 512-784-3879.

The Village Church is located at 15101 Shell Point Boulevard in Fort Myers. For more information about The Robert V. & Benjamin G. Miller Fund/Trailways Camp, visit www.trailwayscamps.org*

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From page 1

Pink Out

between 9 a.m. and 5 p.m. on October 5, 12, 19 and 26. In addition, all volunteer baggers will receive Pink Out T-shirts, which are also being offered for sale by donation.

Then, on Thursday, October 24, the 8th annual Let's Pink Out! celebration and luncheon will be held at Sanibel Fire & Rescue District Station #1, located at 2351 Palm Ridge Road. From 11:30 a.m. to 1:30 p.m., a picnic-style celebration – with food and refreshments provided by Cip's Place – will take place inside the facility.

"The Pink Out luncheon is open to the entire community, whether you're a breast

cancer survivor or someone whose life has been touched by cancer," said Mary Bondurant, a Sanibel resident, realtor, breast cancer survivor and founder of the Pink Out gatherings. "If you're a survivor, your lunch is free; everyone else may make a donation."

Breast cancer is the most common cancer among women in the United States, with approximately one in eight developing invasive breast cancer over the course of her lifetime. More than a quarter of a million new cases of invasive breast cancer are expected to be diagnosed in women in the U.S. this year, along with over 60,000 new cases of non-invasive breast cancer. When breast cancer is detected early, and is in the localized stage, the five-year relative survival rate is 100 percent.

Also at the luncheon, Radiology Regional Center's Mobile Mammo Coach will be on site at Sanibel Fire & Rescue District Station #1 for tours and information. The state-of-the-art vehicle will offer breast cancer screenings on Tuesday, October 15 at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. To schedule an appointment, call 936-4068.

Representatives from three other health-related services – Central Florida Medical Thermography, YOLLO Wellness and Balance For All, Inc. – will attend the luncheon, offering demonstrations and free information.

Local businesses are asked to donate a raffle item. Non-perishable food items, which will be donated to FISH of SanCap, will also be accepted. To become

a sponsor or make a raffle item donation, call Mary Bondurant at 839-3633.

Checks can be mailed to Pink Out, 9125 Mockingbird Drive, Sanibel, FL 33957.


Sponsors of this year's Let's Pink Out! Sanibel events include Sanibel Fire & Rescue District, Bailey's General Store, Cip's Place and Kay Casperson Lifestyle Spa & Boutique. The media sponsor is *Island Sun* newspaper.

To sign up as a grocery bagger, with one-hour or all-day shifts available, visit www.pinkoutsanibel.com. Sponsors of reusable bags to be distributed at Bailey's General Store during the Bagging For Tips events, which can be customized with a business name or logo, are also being sought. For more information, send an email to PinkOutSanibel@gmail.com or call 839-3633.*

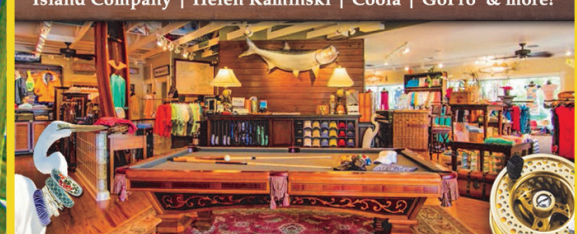
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Council Drops Millage Rate To 1.8922

by Jeff Lysiak

During last week's first budget hearing, Sanibel City Council approved a budget for fiscal year 2020 of \$73,266,546, along with a rolled back operating millage rate of 1.8922 mills, the lowest tax rate the city has adopted in the past six years.

Sanibel's 2020 budget includes \$25,510,805 from the General Fund, \$11,379,307 in Special Revenue Funds, \$3,234,189 in Capital Project Funds, \$1,095,855 in Debt Service Funds and \$32,146,390 in Enterprise Funds. The General Fund is the city's primary operating fund. Special Revenue Funds are used to account for revenues that are restricted to a specific purpose. Debt Service Funds are used to account for proceeds of city issued debt and repayments of principal and interest (non-sewer related). Capital Project Funds are governmental funds used to account for the acquisition and construction of the city's capital assets. Enterprise Funds are

used to account for revenues and expenses of the city's business-type functions.

According to Steve Chaipel, finance director, the total tax rate levied by the city will decrease from 2.5760 mills in fiscal year 2009 to a proposed 2.1855 in fiscal year 2020, a decrease of 15.2 percent.

"The City of Sanibel's taxable property value for fiscal year 2020 (tax year 2019) has been preliminarily assessed by the Lee County Property Appraiser at \$5,279,612,650. This is 1.6 percent higher than the fiscal year 2019 final post value adjustment board value of \$5,196,520,865," the tentative budget report reads, in part. Chaipel noted that property values on Sanibel have again reached an all-time historical high, which was previously set last year.

Other highlights noted in the tentative budget report:

The budget includes a total millage rate of 2.2186, which represents the lowest total tax rate assessed to citizens since fiscal year 2004. An operating millage rate of 1.8922 was used to calculate the ad valorem tax levy in the General Fund.

In the Transportation Fund, revenues expected to be received from gas taxes are budgeted at \$1.4 million, a decrease of approximately \$250,000 from the adopted fiscal year 2019 budget.

In the Sewer Fund, \$1,000,000 in

grants from the State of Florida to assist in funding the continued renovation of the Donax wastewater treatment plant is included in the fiscal year 2020 budget; \$500,000 of this amount is a carry-over from the \$2.0 million the city received in fiscal year 2019. The remaining \$500,000 is new funding approved by the state for fiscal year 2020 that has not yet been received.

Beach parking revenues are budgeted to remain flat as compared to estimated ending amounts in fiscal year 2019 based on projections for the remainder of the current fiscal year.

Funding for the city's supported nonprofits is budgeted per contractual agreements. Community Housing & Resources (CHR) funding support increased 5.0 percent to \$358,041 from fiscal year 2019 and the Sanibel Historical Museum and Village support is budgeted at \$50,000.

The city has received approximately \$3.3 million of the \$3.9 million expected from FEMA and the State of Florida for reimbursement of Hurricane Irma expenditures. In the event of additional disaster needs through the end of hurricane season, the city has secured a \$5.0 million line of credit with a local financial institution to use for immediate cash expenditures.

Following Chaipel's presentation, several council members weighed in on the budget document.

"I think the appreciation, when you see it in black and white, we as a city are paying down \$4 million per year, considering how small our budget is, I think that's important," said Mayor Kevin Ruane. "Because one of the things we're doing is we're going to be taking some more debt on. I don't want people to be alarmed about taking debt on because what we're doing is not only working on water quality but we're also paying it in a way that by the time we put the debt on, we will have paid off something very close to the equivalent of it."

"I'm actually very happy with (the budget)," said Councilman Jason Maughan. "There was a lot of work that went into it and a lot of 'truth' throughout the budget about getting things done and saying what we've promised to do. And that's really what matters."

"I would challenge anybody to come up with a better plan than what we just heard," added Councilman Richard Johnson.

The city's final budget hearing will be held on Monday, September 23 beginning at 5:01 p.m. in MacKenzie Hall. Public participation is invited.✪

From page 1

Center 4 Life

(currently the Sanibel Captiva Community Bank building) on Library Way; Plan B would involve renovating the existing building and adding a second story. The consensus amongst city staff was to move forward with Plan B.

The five-page document detailing both options being considered compares Plan A – totaling 4,750 gross square feet – with Plan B, totaling 6,266 gross square feet. For the latter, the first floor of the expanded Center 4 Life facility would include 3,558 square feet of space with a fitness room, lounge and reception areas, offices and elevator. The second floor would house CHR in a 2,039-square-foot space.

Zimomra explained that no offer has been extended to purchase any building related to the project. She also stated that next steps would include developing site plans.

Vice Mayor Mick Denham asked

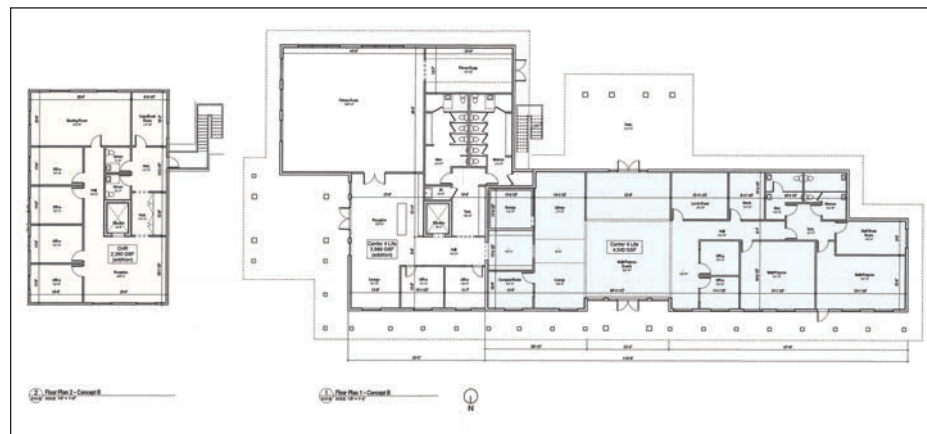
Zimomra about the benefits of choosing Plan B.

"You would get more space," Zimomra said of a two-story building, which would also include additional space for storage. "A lot of it is fixed costs. If you acquire the building, that's a fixed cost. Removing the old existing building is a fixed cost. So you would gain that additional space. You would get the privacy of CHR being in their own dedicated space."

After some additional discussion, members of the council agreed to move forward with plans looking into constructing a second story addition at the Island Seniors facility. The cost of Plan B is estimated at \$1.879 million, to be paid off over 15 years. Plan A would cost approximately \$1.425 million.

"This is a promise I want to make sure we get through," Mayor Kevin Ruane said of the project. "I was here for the rec center, and I want to be here for the senior center."

As the council liaison for CHR, Councilman Richard Johnson was asked



Plan B for the new Center 4 Life/Senior Center facility, which would include an expanded first floor (on the right) as well as a second story addition (on the left) image provided

for his opinion of the two options being considered for the new Center 4 Life.

"We did take a look at the two alternatives... we got to Plan B relatively quickly," said Johnson, who met recently with CHR Executive Director Melissa Rice and Zimomra to go over both plans being

considered. "I think there's a lot to be gained from going up as opposed to going out. It just made sense when you look at the two plans."

After some additional discussion, council voted 5 to 0 to move forward with Plan B.✪

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Duck Stamp Winners, Nature Art On 'Ding' Day

Two-time Federal Duck Stamp winner Scot Storm will travel from Minnesota to headline the "Ding" Darling Day Duck Stamp Presentation at the JN "Ding" Darling National Wildlife Refuge on Sunday, October 20 from 1 to 1:45 p.m. He will sign stamps following his presentation. Florida Junior Duck Stamp winner Anna Grace Swanson from Titusville will also be on hand to meet and greet.

"This year, we have folded Conservation Art Day together with "Ding" Darling Day Family Fun Day," said Supervisory Refuge Ranger Toni Westland. "Besides honoring our winning duck stamp artists, we will be offering nature art and photography with the addition of even more programs."

Free art activities will include a guided nature-sketching walk, wildlife origami, chalk drawing, an iPhone photography walk, individual take-home canvas painting, nature art demonstrations, plein air artists on Wildlife Drive and nature crafts.

The art activities have been added to the calendar of free live wildlife presentations, archery and paddleboarding clinics, birding and biking tours, hiking, Wildlife Drive admission and tram tours, puppet



Scot Storm designed the 2019-20 Federal Duck Stamp photos provided

shows, live music, a butterfly house and touch tank, and hot dogs.

"Ding" Darling Day celebrates the birthday of our namesake, Pulitzer-winning political cartoonist Jay Norwood Darling, father of the duck stamp," added Westland. "We honor his memory and legacy with programs focused on conservation and duck stamp art."

Tarpon Bay Explorers, the refuge's recreation concession, will be offering a 25 percent discount off paddling and boat tours that day. For a full schedule of activities, tours and presentations, visit www.dingdarlingdays.com.

The U.S. Fish & Wildlife Service, "Ding" Darling Wildlife Society-Friends of the Refuge and Tarpon Bay Explorers co-host "Ding" Darling Day with support from the following sponsors:

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One of the art activities will be chalk drawing demonstration and participation

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Electric Bikes (eBikes) are gaining significant traction as a recreational means of transportation. Class 1 Pedal Assist (PAS) eBikes have a battery-powered electric drive system that is ONLY activated through a pedaling action by the rider and DOES NOT utilize any sort of throttle.

The amount of assistance is selected by the rider and ceases when the bike reaches a speed of 20 MPH.

Why should Sanibel continue to allow Class 1 Pedal Assist Electric Bikes to utilize our shared-use paths?

- Sanibel roadways have no 3ft Bike Lanes or shoulders to safely accommodate Class 1 eBikes or conventional bikes on our streets.
- Class 1 (PAS) eBike riders are cyclists who have chosen an eBike option over a conventional bike and would be on our shared use path anyway - meaning no incremental traffic or crowding of our paths.
- Class 1 (PAS) eBikes make cycling more inclusive and allow people to continue to cycle longer in life.
- When used as a replacement for motor vehicle trips, Class 1 (PAS) eBikes benefits accrue thru a reduction in emissions and roadway congestion.
- There are numerous studies and statistics that conclude that Class 1 (PAS) eBikes are as safe as conventional bikes.
- Class 1 (PAS) eBikes benefit the Sanibel community that prioritizes safe mobility and access for an aging population.
- In the interest of increased safety for all riders, helmets should be required on the shared-use path regardless of what type of bike is being ridden.
- Florida Statute 316.003(4) defines BICYCLE as a generally two wheeled vehicle propelled "solely by human power" or "by a combination of human power and electric helper motor" up to a speed of 20MPH on ground level..." Electric bikes are allowed on "any road, path or way that is open to bicycle travel."

Plant Smart

Florida Arrowroot

by Gerri Reaves

Plant experts differ on the proper classification of Florida arrowroot (*Zamia integrifolia*), also known as coontie.

Thus, this native cycad has several synonyms, including *Z. pumila* and *Z. floridana*.

Although its “fronds” give it a fern- or palm-like appearance, it is neither a fern nor palm.

Cycad species, of which there are only a couple found in the state, are more closely related to pines than to ferns, as their cones indicate. *Zamia* is Latin for pine nut or cone.

Its natural habitats are pine flatwoods and rocklands, shell mounds, scrubs and hammocks.

A thick underground starchy stem not only makes it very drought tolerant but has led to its exploitation. It is currently on the Department of Agriculture’s list of commercially exploited plants.

In early Florida history, both Native Americans and pioneers extracted an edible arrowroot-like product from the rootstock, thus the common name.

In early Florida, arrowroot flour and biscuits were staples, thus another common name, Indian breadroot.

Cycads might have been round since the age of the dinosaurs, but a century or so with Florida pioneers put its survival in the wild in question.

The dark green stiff compound leaves have a leathery texture and numerous pairs of slender leaflets.

The plant is dioecious, which means that it is male or female. Both cones have a velvety texture and vary in color from reddish brown to purple.

Male cones are slender and up to seven inches long. They have brown scales and interior pollen sacs.

Female ones are broader and fall apart when mature to reveal poisonous bright orange-red angled seeds.

The plant is adaptable, long-lived, very drought tolerant, and moderately salt



Both male and female plants produce cones. The female cone breaks apart to reveal poisonous orange-red angled seeds. photos by Gerri Reaves



Native Florida arrowroot is a low-maintenance low-growing cycad

Field Guide to Florida by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Sheryl Bowman et al., *Wild Plants for Survival in South*

Florida by Julia F. Morton, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.*

tolerant.

It will grow in full sun or shade and makes a good groundcover of two to four feet tall.

Give it well-drained soil with some organic matter.

It can be propagated with seeds but is so slow growing that you might prefer buying pot plants. Sometimes it self-sows near the female plant.

Help this threatened species recover by purchasing it from a reputable native nursery and avoid confusing it with another cycad, nonnative cardboard palm (*Zamia furfuracea*).

Florida arrowroot is the larval host for the atala butterfly and the echo moth. The atala was once thought to be extinct in the state. While populations have rallied, it is still the focus of serious conservation attention.

The brightly colored seeds are eaten by birds, insects and small mammals – yet another reason to give it a place in your yard.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, *Gardening for Florida’s Butterflies* by Pamela F. Traas, *A Gardener’s Guide to Florida’s Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *National Audubon Society*

From page 1

Beach Cleanup

also celebrates urban refuges that day; “Ding” Darling is considered among the 101 urban refuges out of more than 560 total across the U.S. because of its proximity to a municipality and nearly one million annual visitors.

Wildlife Drive opens at 7 a.m. for free touring and closes at 7 p.m. Narrated tram tours will run at normal cost and schedule – 10 a.m., 12:30 p.m. and 3 p.m. Visit www.tarponbayexplorers.com to reserve space. The always admission-free “Ding” Darling Visitor & Education Center opens at 9 a.m.

From 9:30 to 11:30 a.m., refuge staff will lead a beach cleanup of its Perry Tract area adjacent to Gulfside City Park Beach. City parking fees apply. All participants receive a free nationwide Public Lands Pass good for one year. Those who aren’t here at that time can post a picture of themselves on social media cleaning up a local public land, using #NPLD. Email the picture to Toni_Westland@fws.gov to

receive the free pass.

At 1 p.m., refuge staff invites the public to a free showing of the 56-minute documentary *The Forgotten Coast: Return to Wild Florida* in the Visitor & Education Center. Following in the footsteps of a wandering Florida black bear, three modern-day explorers leave civilization and enter a lost American wilderness on a rugged thousand-mile journey by foot, paddle and bike.

Traversing Florida’s vast and seldom seen “Forgotten Coast,” the expedition encounters stunning and rare wildlife in a fragile corridor stretching from the Everglades to the Florida-Alabama border.

Premiered in April 2017, the PBS documentary captures manatees, alligators, ancient river fish and endangered woodpeckers. On the wind, in the waves, through the trees and under the stars, *The Forgotten Coast* offers a chance not just to look back in time but to look forward to a future filled with new hope.

For more information, contact Ranger Monica Scroggin at 472-1100 ext. 237.*

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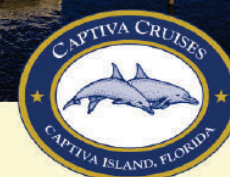
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Deadline Nears For Recycled Fashion Designs

October 1 marks the deadline to submit an application as a designer for the Project Refuge: A Couture Fashion Show Using Trash, a "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) fundraiser for the JN "Ding" Darling National Wildlife Refuge and part of its 75th anniversary celebration.

DDWS is accepting up to 25 applications for fashion designs made from recycled and repurposed materials to be modeled on the runway on Tuesday, March 10 for the fashion show and Twist Tie Optional Luncheon that will take place at The Sanctuary clubhouse on Sanibel.

Eco-minded designers can visit www.projectrefugedesign.com for more information and to print an application form. A \$50 deposit entry fee is due upon acceptance of the application and will be refunded upon completed participation in the fashion show.

Tickets to attend the Twist Tie Optional Luncheon will go on sale through the website starting on November 1 for \$100 each, which includes the show and luncheon.

"We are excited to debut this fun and creative event to celebrate the refuge's 75th anniversary and raise awareness about recycling and the threat of



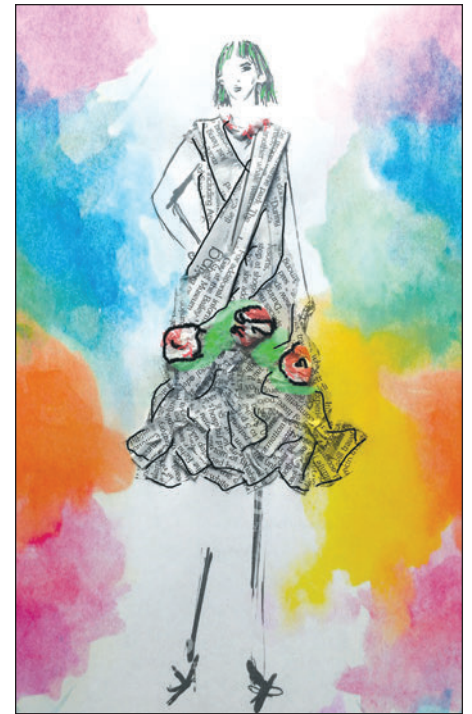
MaryBeth Greenplate and her mother, Carol Strange, are creating a rain ensemble with recycled plastic cards and other materials photos provided

trash to our wildlife," said Birgie Miller, DDWS executive director. "All profits will directly benefit the refuge's education and water-quality research programs."

DDWS is tying the event in with free presentations by internationally recognized upcycle designer Nancy Judd (www.RecycleRunway.com) on March 13, part of the refuge's annual Friday Lecture Series. Judd will meet

with designers, models, volunteers and sponsors at a post-party following the March 10 fashion show.

"In addition to designer applications, we are seeking volunteers for the event," said Project Refuge co-chairs Toni Ory and Kimberly Powers. "Sponsorships are key to raising support from the event, and this highly publicized show will be a real win-win for both the refuge and the sponsors."



Artwork by Toni Ory

Contact Dot Voorhees at 472-1100 ext. 239 for more information about sponsoring or volunteering.*

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October 20, 2019



Fall Fishing Frenzy



by Capt. Matt Mitchell

The amazing waters of Pine Island Sound continue to be just full of life. Feeding birds and hungry fish are being found in the entire length from Lighthouse Point

all the way to Bokeelia. With strong prevailing northeast winds this week, I concentrated my efforts on the calmer eastern side of the sound. Fishing any place with feeding birds brought a mixed bag of fish including trout, snapper, jacks, bluefish and ladyfish. This crazy wide-open bite has to be experienced to be believed. For sheer numbers of fish, it cannot be beat.

My clients wanting to target redfish have been happy, though it's been all about the tide to catch these fish. This redfish bite, as usual, has come during the higher water periods. Windy conditions all week made sight fishing the schools tough if not impossible, so it's been a matter of working the mangroves and oyster bars.

Our redfish bite this week came from Mason Key south to Clam Key. Picking away at the wind-blown shorelines with both fresh-cut ladyfish and tail-hooked pinfish, we caught redfish after redfish up to 26 inches. The hot spots would

often hold three to five fish, then it was time to move again.

My days on the water have played out the same way, with us catching the easy fish near the feeding birds and giving my clients lots of action. This has generally included a mangrove snapper dinner while waiting on the tide to get high enough to redfish. Other options on the lower water have been in the passes for snook and redfish, though once the tide gets moving, the water has been just too fast and it's all over. It's amazing how many big snook and redfish I'm seeing near the tower in the passes, though most of the time these fish are just not feeding for me.

Now that winds have finally started to lay down, flats on the inside of the passes are a great place to look for schools of redfish. Mid-September until mid-November are prime time for these hungry charging bull reds to pop up. On shallow water flats, these fish are easy to locate as they churn up the water with birds feeding close to the water on the bait spraying to get out of the way. Basically, any long-casting bait or artificial will catch these fish. A weedless half-ounce spoon or chunk of cut bait can be thrown a mile and does not hang much grass in the shallow water.

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.



Phillip with one of many big trout caught on his birthday fishing trip this week

photo provided

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Shell Of The Week

Glossy Vitrinella



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

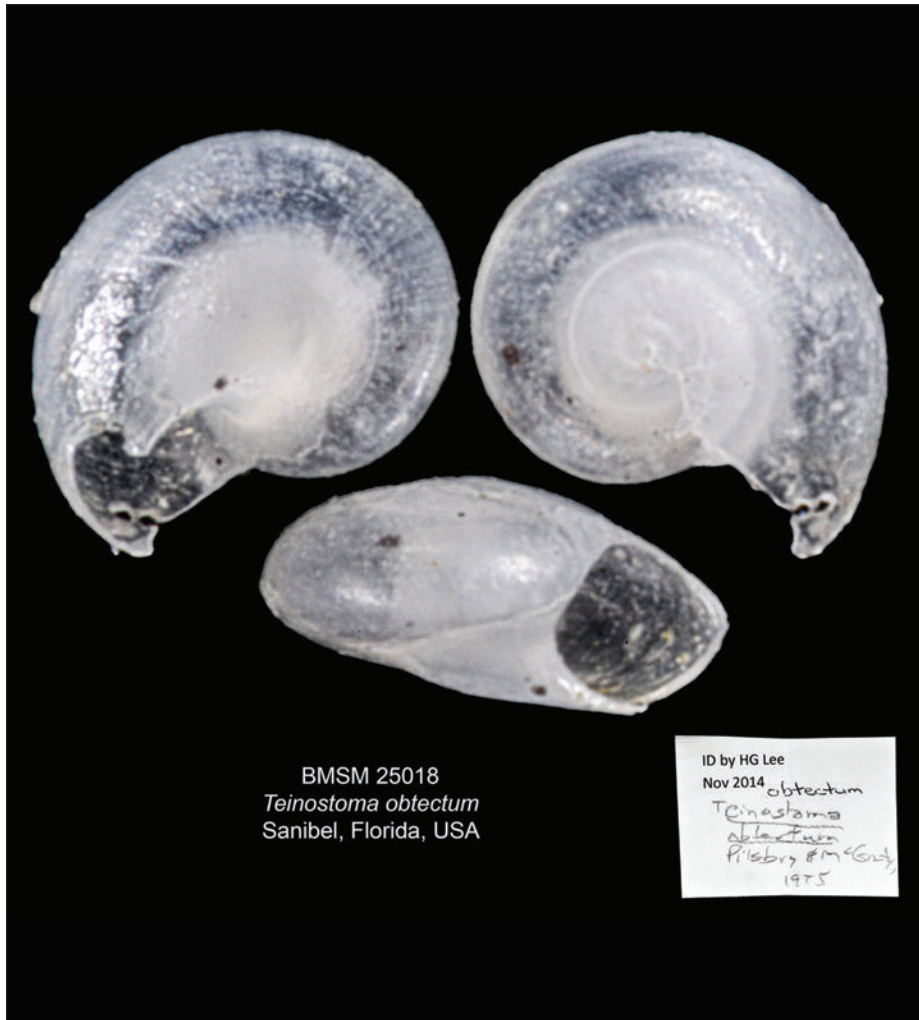
Teinostoma obtectum Pilsbry & McGinty, 1945 is another member of a highly diverse family of micromollusks,

the Tornidae. The Glossy Vitrinella reaches about 2.2 mm (about 0.9 inch) in diameter, and its shell is strongly depressed (flattened), with the spire (the top) covered with a glass-like glaze. The shell outline is rounded, and the base shows a prominent callus. Shell color is white. The illustrated shell was collected in 1996 on Sanibel, and later identified by Harry G. Lee. Read more about local mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a liVe Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org or call 395-2233.

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



The Glossy Vitrinella, *Teinostoma obtectum*

photo by James F. Kelly

BMSM 25018
Teinostoma obtectum
Sanibel, Florida, USA

ID by HG Lee
Nov 2014
obtectum
Teinostoma
obtectum
Pilsbry & McGinty
1945

American Legion Post 123



American Legion Post 123 is serving barbecued ribs and chicken this Sunday, September 22, from noon to 8 p.m. Stir fry is on the menu the following Sunday, September 29, from noon to 8 p.m.

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

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

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

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

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

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CROW Case Of The Week:

Magnificent Frigatebird



by Bob Petcher

Besides having one of the coolest names in the animal world, the magnificent frigatebird (*Fregata magnificens*) has been called a "master aerialist" when discussing its flight description.

It soars seemingly effortlessly on tropical breezes with hardly a flap, and its floating motion is, as the name implies, magnificent.

This large seabird has angular wings and a forked tail, which it uses to steer, as well as a long bill with a notably hooked tip. With this appearance, it has been referred to as pterodactyl-like.

Despite being a seabird with webbed feet, magnificent frigatebirds do not dive into the water after fish. One reason is, unlike other seabirds, they lack waterproof feathers. Instead, frigatebirds soar just over the surface of the water in an attempt to skim fish. They are more inclined to chase other birds though, forcing them to give up their recent catch. In fact, if you hear other seabirds or gulls making a ruckus, you'll probably notice a frigatebird harassing them for their meal.

Magnificent frigatebirds are the only seabirds in which the male and female



Patient #19-3849 is recovering nicely from multiple lacerations photo by Brian Bohlman

look strikingly different. Males are predominantly black except for the bright red throat pouch, while females may not have the males' bright red pouch, but they are larger than males.

At CROW, an adult male magnificent frigatebird was admitted to the hospital after it was found in Punta Gorda bleeding and in the water, unable to fly. Upon examination by CROW veterinarians, they found multiple lacerations across the chest and pectoral region of the bird consistent with a predator altercation. The wounds were deep with exposed fat and muscle, but fortunately for the bird, the coelom (inner body cavity) was intact.

"Frigatebirds tend to avoid altercations with predators, since they spend most

of their time soaring on the thermals. However, if the frigatebird is in the process of stealing a fish from another bird, a common method of obtaining food for this species, then that bird may retaliate and cause injuries," said Dr. Robin Bast, CROW staff veterinarian, when asked about predators. "Although we cannot prove it, this is a plausible theory in this case."

Despite the wounds, the patient has a good body condition score. Dr Bast further described the patient as "not thin and had appropriate muscle condition, indicating the injury had happened recently and the bird had not been debilitated for a significant length of time."

After cleaning and closing the wound

with sutures, CROW medical staff is closely monitoring the frigatebird to ensure the wounds are healing and that he is maintaining his body weight.

"The emergency laceration repair took approximately 30 minutes and involved removing damaged and contaminated tissues, flushing the wounds and suturing them closed," said Dr. Bast. "Due to concerns for infection based on the wounds and the bird's bloodwork, an IV catheter was placed on admission and it received IV fluids and broad-spectrum antibiotics. As the bird improved, it was switched to oral antibiotics and pain medications. The wound closure sites are regularly checked to ensure appropriate healing."

The patient has progressed with regards to its diet since being admitted. It appears to be improving towards a hopeful release.

"Initially, this bird was on a liquid diet as it recovered from the procedure. Now, it is being transitioned to whole fish and it prefers finger mullet and smelt," added Dr. Bast. "Once the bird's bloodwork shows that the infection has cleared, the bird will be test-flown prior to release. Today (September 16), the patient was moved to an outdoor enclosure, but remains on medications."

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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Paddling With Predators



by Kealy McNeal

If your paddling adventures take you to the swamps of Southwest Florida, you will be in alligator habitat. Please do not let the presence of these prehistoric reptiles discourage

you. As cliché as it sounds, it's true that they are more afraid of you than you are of them. However, you should always use caution when paddling where alligators could be present.

In the wild, alligators mostly keep to themselves and leave paddlers alone. It is uncommon for alligators to swim up to paddling vessels. If one does approach you, it is most likely looking for a meal – perhaps because it has been fed by humans in the past. For your own safety and the safety of other paddlers, never feed an alligator. We

encourage you to follow best paddling practices by quietly observing wildlife from a safe distance.

Alligators are very territorial animals, especially during the spring mating season. Female alligators closely guard their babies for the first few months, and will exhibit extremely aggressive behavior when protecting their young. Steer clear of any baby alligators, because mom is probably watching nearby.

If you are approached by an alligator, make a loud noise to scare it away. You can hit your paddle against the side of your vessel, blow the whistle on your PFD, or even consider keeping an air horn on board. Some paddlers carry a rubber mallet with them to thump the bottom of their kayak when entering alligator habitat. We also recommend keeping your hands, feet and pets inside your vessel while paddling in these areas.

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

Scavenger Hunt Prizes Include Sea Star Pendant

Do you know when the Sanibel Lighthouse was built? Or when Bailey's General Store first opened its doors? If so, your group has already scored points for Sanibel Sea School's Flip Flop Family Scavenger Hunt. This family-friendly, all-ages event will be held on Saturday, October 5 starting at 10:30 a.m. All proceeds will support the nonprofit's scholarship fund, which makes it possible for children and families in need to have meaningful ocean experiences.

"Before the scavenger hunt begins, teams will be given a book of clues and challenges, each worth a set amount of points," said event coordinator Chrissy Basturk. "Some will test your knowledge of our islands and the ocean, and others will require you to take funny pictures or find specific items to bring back with you," she added. One lucky participant will win a white diamond and yellow sapphire sea star pendant valued at \$1,895, donated by Lily & Co. Jewelers.

"We can't wait for the next Flip Flop Family Scavenger Hunt," said Jodi Rienzo, who participated with her family last year.



One lucky participant will win this sea star pendant from Lily & Co. Jewelers photo provided

"It stood out as one of the most fun days we had in 2018. An incredible bonding experience for families and friends."

Tickets are \$25 per person, and teams of up to eight people can register. To learn more and reserve your spot, visit www.sanibelseaschool.org/flipflopfundraiser or call 472-8585.✧

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CROW Calendar Of Events



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

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

Friday, September 20, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Friday, September 20, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, September 23, 11 a.m. to

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

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

Monday, September 23, 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, September 24, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with

Rehabilitators and Staff hospital tour.

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

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

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

Wednesday, September 25, 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, September 26, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Thursday, September 26, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profiles: Sea Turtles (daily presentation).

There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility between Sarasota and Marathon, Florida. From boat strikes to washback hatchlings, one of CROW's team members 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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Sharon Thomas and Chuck Bergstrom
photos provided



From left, Hazella and George Veilette, Paul Clemons, Solomon Frielich and Brent Williamson



From left, Chris Walsh, Susan Taylor, Maggie Goldsmith and Florence Samuel



From left, Sandie Sultar, Kate Dietrich, Austin Walker and Dee Caldwell



From left, Helen Taylor with Louise and Gerry Fitzgerald

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The Community House

Jamaican Sorrel



by Resident Chef Jarred Harris

Jamaican sorrel, also known as hibiscus sabdariffa, Thai roselle, sour leaf and Indian sorrel roselle, is a plant that produces fruit and a flower that are used in cooking and making beverages. The plant is a member of the hibiscus family and grown in tropical climates around the world.

Originally cultivated in West Africa, Jamaican sorrel is widely grown throughout India, Southeast Asia, West Indies and south Florida. Extracts of this plant are used around the world for therapeutic purposes.

The leaves of the Jamaican sorrel are shaped like green maple leaves and taste like spicy spinach when cooked. In fact, the whole plant is edible. The flowers of this plant are cream colored with a cranberry colored center and are a delicious addition to salads. The base of the flower is called the calyx and after the flower falls off, the calyx grows into a large

cranberry colored seed pod. These pods can be split open to reveal a seed ball. The seeds can be eaten raw, cooked or dried. The outer shell of the calyx can be dried and used to make tea.

The dried calyx or tea can be found in health food stores and Asian markets. The tea contains high levels of antioxidants and is used to treat colds and lower blood pressure. Jamaican sorrel contains high levels of vitamin C and it's also an excellent source of copper, calcium, magnesium, iron and phosphorous.

Here is a simple recipe to try:

Jamaican Sorrel Tea

Ingredients

16 ozs. dried Jamaican sorrel

½ gallon water

1 cup honey

4" piece of fresh ginger

Rum to taste

1 tsp. whole allspice

Method

Wash sorrel thoroughly, drain and place in bowl.

Peel and grate the ginger then add to the sorrel.

Add the allspice.

Boil the water and pour over the sorrel.

Allow to stand for at least 3 hours.

Strain, then sweeten and add rum to taste.

Serve chilled.

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.✪

Superior Interiors

How To Style Your Kitchen Island And Countertops

by Trinetta Nelson



Decorating the kitchen can be one of the most exciting home projects, especially if this is a space where you and your family members spend ample time. Between painting the walls,

hanging decor and choosing cabinetry, you have so many different styles and themes to work from. Once you have the foundational pieces in place, it's time to think about something that often goes overlooked: how to style the island and surrounding countertops.

If you find it difficult deciding what appliances to put on display alongside complementary accessories, have no fear. Here are a few tips for styling those kitchen surfaces with ease:

When it comes to decorating the kitchen countertops, less is always more. The last thing you want to do is clutter the space with a large mixer that you only use to make cookies when Christmas comes around. Store those appliances and leave the ones you use on a daily or weekly basis on the counter,

such as the coffee pot and toaster.

The same goes for utensils – if you like to leave a pot of slotted spoons, spatulas and whisks on display, don't go overboard. Keep it to one or two versions of each utensil to avoid cluttering up the space with things you won't use.

There's something so vibrant and lively about house plants; they effortlessly bring Mother Nature in without feeling like there's no barrier between the inside and out. The kitchen counters pose the perfect space to put your favorite bouquet of freshly picked flowers on display. Succulents can be a great focal point in the middle of the island or kitchen table as well.

Leave a bowl of fresh fruit on the island. Fruit bowls are a traditional option for kitchen decor that still look divine to this day. Consider placing your favorite seasonal fruit in a bowl for a modern and defined look. An assortment of fruits is a simple way to bring color to the countertops when they're lacking brightness.

If you like the idea of decorating with pieces that are fully functional, consider an arrangement of cutting boards on the countertops and against the backsplash. This is a great way to bring your kitchen accessories to life and make a statement with pieces that would normally go unnoticed in the cupboard.

Don't be afraid to think outside the box. If you're willing to decorate with accessories you wouldn't normally find in the kitchen, you have plenty of options to choose from that can effortlessly

continued on page 21

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CHR Celebrating 40th Anniversary

Community Housing and Resources (CHR) will begin a year-long celebration of its 40th anniversary on Wednesday, October 2 at 5 p.m. with An Evening at Island Cinema, sponsored by Bailey's General Store. The featured movie will be *The Art of Racing in the Rain*, starring Kevin Costner, Amanda Seyfried, Milo Ventimiglia and a lovable golden retriever.

Prior to the movie, there will be hors d'oeuvres and refreshments – including wine and beer – provided by Bailey's. The movie will be shown at 6 p.m. starting with a short video on the history of CHR. Popcorn and soda will be provided by Bailey's General Store. Tickets are \$40 each, with all proceeds benefiting CHR.

Longtime CHR supporters and owners of Bailey's, Calli and Bailie Johnson, along with CHR board member Lena Brown, are part of the team coordinating festivities. "We thought this would be a great way to kick off the year-long celebration of CHR's fortieth," said Brown, who is also a member of the 40th anniversary committee.

CHR Executive Director Melissa Rice and the 10-member volunteer group have four events planned over the next six months including an Eco Tour at Sanibel Island Golf Club (November 30), a Captiva Crawl to include three dining establishments (January 10) and a Rauschenberg Estate Tour (early April).



image provided

To reserve tickets, stop by CHR, located at 2401 Library Way, visit www.SanibelCHR.org, call 472-1189 or email info@SanibelCHR.org.

The City of Sanibel will read a proclamation in honor of CHR at the next city council meeting on Wednesday, October 2. Prior to the meeting, there will be a congratulatory pastry and coffee reception at city hall, located at 800 Dunlop Road, beginning at 8:30 a.m., which is open to the public.*

Programs At Sanibel Library

Weekly children's programs continue in September at Sanibel Public Library. The full schedule is on the calendar at the library's website at www.sanlib.org.

Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m.

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

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

Experiment with the HTC Vive Virtual Reality System and Oculus Go headset from 3 to 4 p.m. on Friday, September 20. First come, first served, with no registration required. Ages 10 and older.

On Thursday, September 26 at 10 a.m., licensed insurance professional Anthony Idaspe of Informed Choice will present a program about Medicare choices. Whether you're turning 64 or still working at age 65, the session will review your options. No registration is required.

September is Library Card Signup



Bob Kent and Betty Shewfelt trying out Oculus Go virtual reality photo provided

Month, a time when the Sanibel Public Library joins with the American Library Association and public libraries nationwide to make sure that every student has the most important school supply of all – a library card. Studies show that children who are read to in the home and who use the library perform better in school. Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor cards are available for a \$10 fee, and are good for one year. For more information, call 472-2483.*

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Jean Le Boeuf, News-Press

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Blue Crab Stuffed Shrimp

1 pound shrimp, peeled, deveined, and butterflied
 1/2 pound blue crab, picked over for shells
 1/3 cup panko (Japanese breadcrumbs)
 1/4 cup mayonnaise
 2 tablespoons seafood seasoning
 1 lemon, juiced
 1 tablespoon fresh parsley, chopped fine
 Oil for cooking
 Sea salt and fresh ground pepper, to taste

In a small bowl combine panko, mayonnaise, 1 tablespoon seafood seasoning, lemon juice, parsley, salt and pepper. Gently fold in crab making sure not to break up any large pieces. Using a tablespoon or small scoop, roll small



Blue Crab Stuffed Shrimp

balls of crab mixture. Place stuffing on top of shrimp and gently press shrimp tail over to hold in place.

Heat oil in large sauté pan over medium-high heat. Season shrimp with salt and pepper. Place flat side down and stand upright in pan (as

shown in finished picture) and cook for 3-4 minutes. Place lid (or tin foil) over pan and finish cooking for 2-3 minutes or until shrimp are cooked through. Sprinkle 1 tablespoon seafood seasoning and serve immediately.*

LIVE ON THE ISLANDS

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

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

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

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

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Rotary Happenings

submitted by Shirley Jewell

Rotary International declared August as Membership Month. Our club focus during the last couple of weeks in August was diverted toward helping those affected by Hurricane Dorian in the Bahamas. Sanibel-Captiva Rotary has collected over \$8,000 from Rotarians and friends of Rotary, which will be directed to the East Nassau Rotary Club for Hurricane Dorian Rotary Relief. The East Nassau Rotary Club is the home of the immediate past president of Rotary International, Barry Rassin. As I stated in last week's column, Rassin is leading Rotary's efforts in the Bahamas.



A strong membership roster is important to Rotary International's mission as an international service club. The collective force of our members brings strength to projects throughout the world that helps people improve their lives. Rotary International is ranked in the top 10 Charities Changing the World. The list includes some of the largest and highest-rated charities that help women, children, the poor and the environment throughout the world, according to Charity Navigator. Those charities must also maintain high standards of financial health, accountability and transparency.

On September 6, we inducted our newest member, Bill Harkey. Harkey has had connections and held membership status in Rotary clubs in West Point, New York, Carlisle, Pennsylvania and, Gridley, California. He was somewhat of a permanent fixture at Sanibel-Captiva Rotary meetings during season but now, he and wife Laurie are year-round Sanibel residents. Harkey's classification for membership is retired Army officer.



Eldon Bohrofen and Bill Harkey
photo provided

Rotary classifications serve as a basis for creating professional diversity in club membership. Paul Harris, the founder of Rotary, wanted a cross-section of the community's business, vocational and professional interests among members, allowing the development of a pool of resources and expertise to successfully implement service projects.

On his first day of being a Sanibel-Captiva Rotarian, Eldon Bohrofen, our club president, asked Harkey to give a classification talk along with two other Rotarians: Plastic engineer Chet Sadler and United States Navy Rear Admiral Ret. Roger Triftshouser. Member classification talks give fellow club members insight into members' professional experiences.

Harkey graduated from the University of Georgia. He spent 30 years in the Army as a public affairs officer reaching the rank of colonel. During his career, he got to spend two tours of duty as public affairs officer at the Pentagon. He affectionally called the Pentagon the "Puzzle Palace." Two actions that he mentioned being involved in while at the Pentagon were the investigation of Gulf War veteran Timothy McVeigh in the Oklahoma bombing and Army sexual assault and harassment scandals.

In the 1967 movie *The Graduate*, young Benjamin Braddock's (Dustin Hoffman) father's friend gives him career advice, "I've got one word for you, Benjamin: Plastics." I don't know if that is what motivated Chet Sadler to become an engineer, but he was smart enough to pursue a degree in plastic engineering from the University of Colorado. He went to work for Goodyear with assignments in Sweden, Jamaica and roughly seven other countries, and changed jobs 14 times. Although Sadler no longer works as a plastic engineer for large corporations, he owns Sadler and Associates, a head hunting firm that specializes in job placement for engineers. He also has a side gig with Sanibel Taxi.

Sadler is known in the club as "Mr. Rotary." He has held positions with Rotary as chairman of the arts and crafts fair, club president, and is secretary for life of our Rotary board of directors. He has been trust board officer, Rotary International Trust Foundation representative, district and international grant guru, among other leadership roles for the club. He has traveled the globe representing our club and making connections, putting together grants that support our international projects. Sadler said, "You get from Rotary as much as you put in."

Next week, Roger Triftshouser will be highlighted in this column. *The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.**

From page 18

Superior Interiors

complement this living space. Books, artwork and ceramic sculptures can make a gorgeous centerpiece when executed correctly.

If you've gathered your accessories and you're still having a hard time getting everything to flow, it's time to reach out to a design professional to evaluate the space and check out the current accessories you're working with. From there, he or she will provide insight based on the prior tips, your personal style and offer additional ideas to enhance the space.

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



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Book Review

We Were Killers Once



by Di Saggau

Most of you are familiar with Truman Capote's *In Cold Blood* about the killing of the Clutter family in Kansas in 1959. Becky Masterman has one-upped Capote by putting both

fictional and non-fictional characters in her novel *We Were Killers Once*. In this page-turner, she poses two questions: what if a third killer was involved and what if he is still alive? This is the fourth in the Brigid Quinn series, and it's a suspenseful thriller.

As the book opens, 6-year-old Brigid Quinn hears her family talking about not only the Clutter murders, but also the murder of the Walker family that occurred near Sarasota on December 19, 1959, not far from where she lives. In present day Arizona, retired FBI agent Quinn is obsessed with the idea that Dick Hickock and Perry Smith, also murdered the family in Florida a month after the Clutter slayings. The crime has never been solved. Brigid and her husband Carlo, a former priest and university professor, discover a letter hidden behind a sketch that was given to Carlo. It's a written confession by Hickock implicating

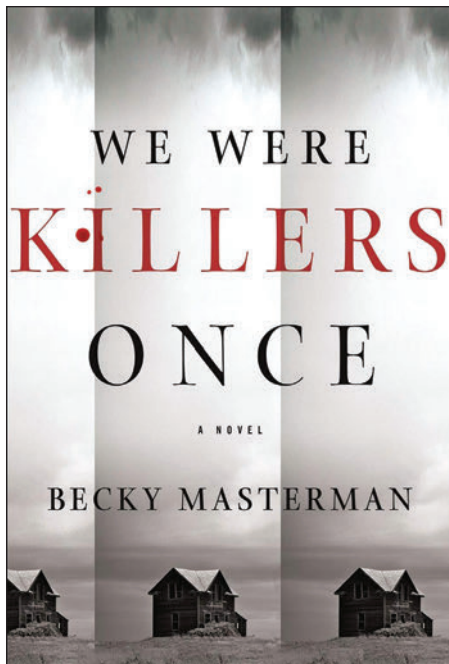


image provided

a third person, Jerry Beaufort, who was 15 years old at the time.

Beaufort, is being released from prison at age 69, after serving time for drug possession. He is fearful that modern-day forensics could reveal his role in the murders. His research leads him to Carlo, and he sets out to make sure no evidence reaches the authorities. Beaufort thinks he is pretty smart, but he's a few quarts low on intelligence in the way he expresses himself. He is a dangerous sociopath in a world that is foreign to him. It's clever how Masterman portrays his character and also how she takes what we know about the Clutter murders and adds her own twists about a third killer.

Following the path of Hickock's letter brings Beaufort into contact with Carlo and Brigid, and he's committed to get rid of anyone who gets in his way. *We Were Killers Once* is a fascinating alternative look at one of America's most famous crimes. It's easy to get lost in this novel and forget that it is a blend of fact and fiction.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I know how important learning vocabulary is for kids. I want to help my middle school son start the new school year off right with his

vocabulary work, but we don't have a lot of study time at the end of the day. Do you have any good ways to study vocabulary that are quick but work?

Jesse L, Fort Myers

Jesse,

You are absolutely correct about vocabulary being important. Students with small vocabularies are more likely to struggle with reading, have difficulty understanding content and can be seriously at risk for academic failure. Getting vocabulary words into long-term memory is vital to helping students understand and remember content. The Common Core State Standards have set the bar high for vocabulary, so now it's even more important than ever.

Middle school teacher and author Marilee Sprenger says, "If we can explicitly teach about 300 words per year to our students, it can make a big difference in their vocabularies. Some students will learn about 3,000 or 4,000 words per year due to the literacy that surrounds them, while others have limited access and will only learn 1,000. Imagine how much you will be helping those students who have limited outside access to greater vocabulary".

Ms. Sprenger says that vocabulary can be taught successfully in a 10-minute block and has published several 10 minute learning activities for teachers to use. I have adapted these for parents. Some of these activities can even be practiced while you are driving to school. They are listed below:

Say a word from the list and have your student respond with both a synonym and antonym for the vocabulary word. Keep going until your 10 minutes are up.

Ask your student to write or speak a sentence of 10 or 12 words demonstrating their understanding of one of the vocabulary words. Repeat until your time is up or you may want to practice the entire list for the week.

Ask your son (and other children) to act out one or more of the week's vocabulary words. This may be enough fun to go beyond 10 minutes.

Have your student draw a picture or symbol representing a word and have them explain their picture to you telling how it symbolizes the word chosen.

Since these activities are rather unique, it's quite probable that your son will remember the words he studies in these unconventional ways. Highly verbal children need one to two repetitions to learn new material, while typical learners need somewhere between five to 10 repetitions of material to learn it. Students who struggle with learning new information may need as many as 20 to 30 repetitions of new material to learn it successfully. The above activities give you some options for study and review that will help.

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.*

Bailey's Coffee Bar Now Serving Beer And Wine

Bailey's General Store is now serving beer and wine at its coffee bar daily from 7 a.m. to 9 p.m. Gateway Gold and High Five IPA, locally brewed craft beers from Fort Myers Brewing, are now available along with White Claw Mango hard seltzer. Twelve-ounce servings of beer are \$5. In addition, Bailey's is serving red wine, Josh Cellars cabernet sauvignon, and a white wine, William Hill chardonnay. Each five-ounce wine serving is \$9. Guests can drink their beverages on the veranda in front of the store. Store owners hope to add more beer and wine menu items in the future.

In addition to the new beer and wine service, the coffee bar offers hot and iced espresso coffees, hot chocolate, smoothies and other drinks, and freshly baked snacks.

Trip Advisor has awarded Bailey's Coffee Bar a certificate of excellence annually since 2015 based on the consistently high reviews from residents of and travelers to Sanibel.

For more information about Bailey's General Store, located at the corner of Periwinkle Way and Tarpon Bay Road, visit www.baileys-sanibel.com.*



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ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands



Kimberley Andrews



Chuck Andrews



Julie Potts



Sarah Ashton

The top associates for August at RE/MAX of the Islands were: Kimberley and Chuck Andrews/Julie Potts Team, top selling associates; and Sarah Ashton, top marketing realtor associate.*

Pfeifer Realty Group

The top producers at Pfeifer Realty Group for August were: Wendy Kirschner and Jennifer McSorley, top listing agents; and Kerri Maw, top sales agent.*



Wendy Kirschner

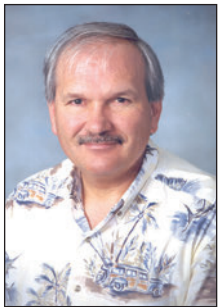


Jen McSorley



Kerri Maw

VIP Realty Group



Charles Sobczak



Bell Team



Ted Benjamin

The top producers for August at VIP Realty Group were: Charles Sobczak, top sales; Karen Bell and the Bell Team, top listings; and Ted Benjamin, top producer.*

Royal Shell Real Estate



McMurray and Nette



Cathy Rosario



Brian Murty

The top producers for August at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray and Nette, top listing and top sales producers team; Cathy Rosario, top listing producer individual/partners; and Brian Murty, top sales producer individual/partners.

The top producers for July at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray and Nette, top listing and top sales producers team; Cindy Sitton; top listing producer individual/partners; and Andre Arensman, top sales producer individual/partners.*



Cindy Sitton



Andre Arensman

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 FRIDAY Cloudy High: 87 Low: 79	 SATURDAY Mostly Cloudy High: 90 Low: 81	 SUNDAY Mostly Sunny High: 89 Low: 79	 MONDAY Partly Cloudy High: 87 Low: 81	 TUESDAY Cloudy High: 88 Low: 80	 WEDNESDAY Sunny High: 87 Low: 79	 THURSDAY Sunny High: 89 Low: 77
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	4:32 am	11:56 am	7:07 pm	10:35 pm
Sat	5:18 am	1:14 pm	9:21 pm	11:07 pm
Sun	6:18 am	2:39 pm	None	None
Mon	7:39 am	3:56 pm	None	None
Tue	12:06 am	2:33 am	9:12 am	4:58 pm
Wed	12:31 am	4:02 am	10:34 am	5:50 pm
Thu	12:54 am	5:07 am	11:42 am	6:34 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	3:37 am	11:58 am	6:12 pm	10:37 pm
Sat	4:23 am	1:16 pm	8:26 pm	11:09 pm
Sun	5:23 am	2:41 pm	None	None
Mon	6:44 am	3:58 pm	11:11 pm	None
Tue	8:17 am	2:35 am	11:36 pm	5:00 pm
Wed	9:39 am	4:04 am	11:59 pm	5:52 pm
Thu	10:47 am	5:09 am	None	6:36 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	4:36 am	11:52 am	6:22 pm	11:12 pm
Sat	5:07 am	12:42 pm	7:11 pm	11:34 pm
Sun	5:46 am	1:57 pm	8:10 pm	None
Mon	6:34 am	12:03 am	9:21 pm	3:13 pm
Tue	7:37 am	12:47 am	10:52 pm	4:25 pm
Wed	9:18 am	3:01 am	None	5:38 pm
Thu	12:09 am	5:13 am	11:47 am	6:40 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	6:42 am	1:23 am	9:17 pm	3:12 pm
Sat	7:28 am	1:51 am	11:31 pm	4:30 pm
Sun	8:28 am	2:23 am	None	5:55 pm
Mon	9:49 am	7:12 pm	None	None
Tue	2:16 am	5:49 am	11:22 am	8:14 pm
Wed	2:41 am	7:18 am	12:44 pm	9:06 pm
Thu	3:04 am	8:23 am	1:52 pm	9:50 pm

Island Seniors At Center 4 Life

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



Donations Needed For Trash & Treasures Sale

Island Seniors, Inc. is looking for donations of clean, gently used items for the fall Trash & Treasures Sale, to be held on Saturday, November 9 from 9 a.m. to 2 p.m.

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

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

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

non-members.

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

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

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

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

BBQ Blast at Rosie’s – Friday, September 27. Transportation is on your own. Separate checks provided. Rosie’s Café & Grill, the award-winning Sanibel restaurant is back, and offers a large selection of breakfast, lunch and dinner favorites. Menu will include your choice of ribs or chicken with coleslaw and corn muffin. Advance registration is required.

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

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

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

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

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

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

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

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

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

Keep your brain fit, and your heart, lungs and muscles strong. Hand weights, stretch cords, stability balls and your body weight will be used. The format is 30 minutes of cardio dance and 30 minutes of balance exercises, core strength, flexibility exercises and mat work.

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

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

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

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen

while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

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

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

American Red Cross CPR Course At Rec Center

The American Red Cross Community CPR/AED/First Aid course will be offered on Saturday, September 21 from 1 to 5 p.m. at the Sanibel Recreation Center.

The course provides participants with the knowledge and skills necessary to sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives. Upon successful completion of this course, participants will hold an adult, infant, child CPR/AED/First Aid certification valid for two years.

The cost is \$74 for members and \$96 for non-members and includes all materials. Skills acquired in this course cannot be applied to a lifeguarding certification as this course certifies participants in rescue skills for lay responders, not professional rescuers.

For more information, call 472-0345. The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available.✱

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Just-Renovated Bayfront Pool Home with Dock on Boat Basin

Amazing water views beginning at entry. 1238 Isabel Dr in Sanibel Harbours just got a facelift both inside & out, with new roof, landscaping, bayside pool. Offering easy 1-level living with guests above, or perfect for large family or entertaining. Special features: air-conditioned 3-car garage, high ceilings, wood floors, 4-stop elevator, huge media room, butler's pantry, fireplaces, gas cooking, skylights, & more. \$3,495,000



East End With ~140' of Seawall on Deepwater Canal

Popped-up pool home. 842 Limpet Dr in Shell Harbor. Fully remodeled with high ceilings, light & bright. Central great room with den & sliders to huge outdoor waterside entertainment area. Open eat-in kitchen with breakfast bar & a large dining area too. 3 split-plan suites at ground-level, each private. Loft above provides another living area or could become a 4th bedroom. 90' dock & boat lift too. \$2,195,000



Beach-Facing Condo

Recently-updated residential Gulfside Place #222 is in stand-alone tier facing gulf. All new kitchen & luxurious baths with walk-in showers. Covered parking & private storeroom. \$1,429,000



Gulf-Front Income-Producer

Sanibel Arms West #E2, fully-equipped 2 bedroom with remodeled baths, open kitchen, 2 screened lanais, impact sliders, & stack washer/dryer. Building just painted. \$849,000



Sunset Views Over Lake

Piling home with pool at 1558 Sand Castle Rd, in The Dunes. Priced as fixer-upper, though very livable. Roomy master suite on one end. Family room with fireplace & 2 guest rooms & bath on other. \$699,000



Lakeside Cul-de-Sac Privacy

Spacious 1-level living in Gumbo Limbo at 9448 Begonia Ct. Semi-raised. 680 sq. ft. waterside deck. 3 bedrooms plus family room. Side-entry 2-car garage, huge dry under-home storeroom. \$649,000



Great Island Alternative

Easy-access lakeside villa home with garage in Gulf Harbour community of Coronado with nearby pool. 2,000+sq. ft. under air with many special features & beautiful water views. \$499,000



Build In The Sanctuary

One of last lots in Augusta Greens, 5737 Baltusrol Ct. Quiet cul-de-sac, yet convenient to club. Parcel overlooks 9th fairway. Conservation land across street. \$299,000



Lowest-Price Near Beach

Build your island home on this lot at 4566 Buck Key Rd in Sanibel Bayous & Bowman's with great shelling is closest beach. Handy to bike path & Clam Bayou too. \$149,000



Lot for Single-Family Home

This county aerial shows the size home that might be constructed on the neighboring lot at 898 Rabbit Rd near-the-beach in Windrow. Lot is ~75'x200'. The catholic church is the other neighbor. \$170,000

The SanibelSusan Team



Susan Andrews
Realtor®
Broker
Owner



David Anderson
Realtor®



Lisa Murty
Realtor®



Elise Carnes
Licensed
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More info & real estate blog at SanibelSusan.com

Will Power

Sin Taxes We Could Have



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

We all know the government taxes everything that it can – and even imposes additional taxes on those indulgences that aren't good for us. Common examples of such taxes, known as “sin taxes,” are the Mafioso-style usurious tariffs on cigarettes and alcohol.

The government searches for more and more revenue given the state of our current economic climate. So I thought that I might suggest (tongue in cheek, mind you) several other sin taxes that, as far as I know, haven't been imposed... yet.

Over Procreation Tax – The biblical adage to “be fruitful and multiply” can be taken too far. Case in point – the Duggar family (those of 19 kids, or is it 21?) who lead me to wonder – when in the world is Michelle Duggar finally going to go through menopause? Or another question, how in the world can one couple give the requisite love and attention to that many kids? So to discourage such behavior, I suggest the imposition of an “Over Procreation Tax.” For each child over four, starting with the fifth child a couple has, the government imposes an annual tax equal to the cost of that child's public education, currently around \$6,500 annually (Disclosure: this columnist has three children! In true Congressional form, set oneself outside the boundaries of any new tax that one suggests).

Crying Baby in Restaurant Tax – For those parents who don't get the idea to remove their lovely bundle of joy from the restaurant within five minutes of it hitting 140 decibels (equal to the sound of a jet engine taking off), a tax equal to the cost of all other restaurant patrons' meals is imposed. This is similar to the age old golfer requirement that whoever hits a hole in one must buy a round of drinks for everyone in the bar – but without the joy of accomplishment.

Speedo/Waist Ratio Tax – While Europeans might be disproportionately affected, I suggest a tax be imposed equal to \$500 for every inch a man's waist exceeds his Speedo swimsuit's waist size. Proceeds used to supply those men with a government paid gym membership and board shorts swimwear of proper size.

Tattoo/Tooth Ratio Tax – If the ratio on any one person of tattoos to teeth exceeds 1:1 then a tax equal to the amount of laser tattoo removal surgery is imposed. The tax is imposed at the time the tattoo is applied, but the funds from the tax are then invested until the tattoo becomes an unrecognizable dark blue blob, at which time the government pays for its removal. Additional amounts may be imposed for proper dentures.

Thump Thump Thump Tax – Police would be encouraged to pull over and ticket those annoying drivers who blast their car stereos to the point that all nearby vehicles rattle to the bass beat. Fines of \$500 per incident should quiet the roads a bit.

TMI Facebook Tax – For those who post their every move on Facebook, I suggest a “Too Much Information” Tax equal to \$1 per post multiplied by that person's number of Facebook “friends.” For some – many of whom friend everyone from all of their former third grade classmates to the waiter who served them at Perkins last Sunday morning – that could amount to thousands of dollars per day.

Too Long at Checkout Line Tax – This tax will be levied on those men and women who wait until after the clerk rings up ALL of the groceries before they realize that they actually have to pay, and only THEN do they begin to take out their checkbook (and who pays by check anymore?!). These people usually have unusually long names such as Mary Joyce Simpson McGuillicuddy – which they take great pride in signing neatly and clearly – and oh, so very slowly – in perfect Palmer Method cursive.

Gullibility Tax – Speaking of grocery store checkout lines, a Gullibility Tax should be imposed on all of those checkout line “newspapers” such as the *Enquirer* and *Globe* – proportionately related to the number of times the words “Elvis,” “Alien,” “Abduction” and “Baby” appear in print.

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Dylan Altman photos provided

From page 1

Songwriter Fest

lineup include Rodney Atkins; Gone West, a new rock-country quartet featuring Colbie Caillat; Jerrod Niemann; Kristian Bush; and Ryan Hurd

Island Hopper Songwriter Fest is the largest songwriter festival in Southwest Florida and offers a unique experience to interact with songwriters. This year, more than 70 singer-songwriters from around the country will perform more than 100 shows.

While most of the festival



Phil O'Donnell

performances are free, ticketed shows are available on the Island Hopper app under the schedule tab.

The 2017 Island Hopper Fest received three SunSational Awards through the Florida Festival & Events Association, and the Southeast Tourism Society named Island Hopper one of its Top 20 events.

For a complete schedule of artists, their bios and sites where they will be performing, visit www.island-hopper.com or follow the festival hashtag #islandhopperfest as well as the event's Twitter, Instagram and Facebook feeds.✪

Refuge Welcomes Fall Education Intern

On September 2, education intern Hannah Pauly joined the team at the JN "Ding" Darling National Wildlife Refuge on Sanibel to help with staffing shortages this school year, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Pauly, a Chicago native, graduated from the University of Wisconsin - Madison in May with a bachelor of science degree in community and environmental sociology with a certificate in sustainability. For a previous internship, she worked in environmental education at the Madison Children's Museum.

"It's really exciting to run into new animals every day at the refuge and learn more about them," said Pauly. "I'm really looking forward to student field trip days. I can't wait to take the kids outside so that they can explore the refuge and see the wildlife."

Pauly will assist Sara Hallas, refuge conservation educator, with school-year programming through May 2020. The education team has scheduled 58 field trips to the refuge for this school year.

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



Hannah Pauly photo provided

"Our interns bring youthful energy, enthusiasm and freshness to the refuge team," said Toni Westland, supervisory refuge ranger. "At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations while strengthening their ethic of conservation stewardship."

For more information about the internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the intern program, contact Lynnae Messina, DDWS associate director, at 472-1100 ext. 233.✪



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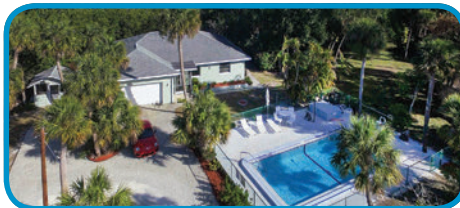
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836 Donax Street



This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

\$575,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

\$1,329,000

Seashells of Sanibel #36



2-BD/2-BA second floor unit! Great rental income with 3-day minimum rentals! Conveniently located and just a short walk from the beach, this complex is an ideal West Gulf Drive location.

\$380,000

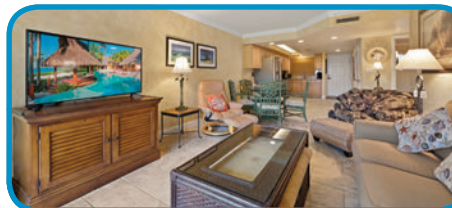
678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

\$699,900

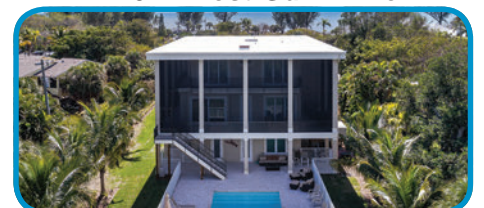
Sandalfort #3C1



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

\$674,000

4014 West Gulf Drive



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

\$3,699,000

Frankly Speaking

by Howard Prager



It's 4:30 a.m., dark and cloudy outside, adding to the darkness. I'm up on purpose – I'm taking my daughter Hillary to her first Ironman competition, the 70.3 in Atlantic City. That's an

official half Iron Man with athletes competing from 41 states and 20 countries. She's swimming 1.2 miles, then biking 56 miles, and finally running a half marathon, 13.1 miles along the Atlantic City boardwalk. My job: to get her there and cheer her (and other athletes) on throughout the race armed with maps and online timing to have an idea as to where we can find her. But it's not about me. It's about Hillary and the 2,700 other athletes, up to 77 years old, who compete in this specific event for this extreme sport. They also have an aqua bike competition – people who just swim and run – and even relay teams competing. I'm fine observing. The day before, there were hourly briefings on rules, equipment, penalties and advice. Lots of pop-up stores selling all types of specialty gear, food and even recovery slippers, and appointment times for giant leg restoration recovery systems designed to help athletes "recover faster, increase circulation and conquer

sore muscles." This is a whole world and industry I never even knew existed.

The bright lights at Bader Field, pumping music and palpable excitement wafted through the air as athletes got their gear in place for transition where they would go after completing one segment and moving on to the next. Bike racked in place, approved helmet, athlete's number on the bike and helmet. Bike shoes, socks, water bottles, energy gels, bars, tabs and salt, and number tattoos on their arms and legs. Running shoes with automatic laces. Cap and sunglasses. Additional energy food snacks. Then over their tri-suit, the wetsuit along with Vaseline, anti-fog spray in the goggles, swim cap. Ready to go. It's starting to brighten up a bit and drizzle. As long as there are no thunderstorms and we get some clouds to keep the sunrays down for the athletes, all is good.

Minor bugs don't stop anyone. One athlete, a former college basketball player, said she woke up with the stomach flu. She wasn't sure she could make it but was going to try. There was an amputee participating who changed prosthetics on his leg and did the running on a blade. Others battled various challenges, all revved up and excited to be competing.

Then they're off. Groups of five athletes jumping into the water every 10 seconds and swimming on a route patrolled by lifeguards and officials in boats and paddleboards. It was very colorful seeing all the bright swim caps and people swimming quickly through the water. The fastest person finished

the swim in just over 25 minutes. In fact, elite athletes go first. From there it was running through a shower spray, getting the wetsuit off and with their tri-suit underneath, racing to their bikes to quickly dry off and get ready to bike out. Hillary did OK on the swim portion, her toughest section. She was determined to make up the time through the bike and run, her strongest suits. Sure enough, she averaged over 20 mph and sailed through the 56-mile bike section. Due to a light rain and drizzle, there were quite a few wipeouts, flat tires and accidents. These athletes just got up and got going. Spectators helped throughout, yelling both words of encouragement and to slow down on wet curves where some of the athletes had wiped out. One final transition and it was off running to the famous Atlantic City boardwalk, where a lane was roped off the whole distance and a stage, village and pop-up stores appeared at the end of the run. Can you imagine running a half-marathon after all this?! Hillary's official time: 6 hours 17 minutes. She finished 30th out of 79 in her group of age 30

to 34 females. The athlete with the stomach bug and the amputee finished, as did 1,944 participants. The fastest elite athlete completed at 4 hours, 10 minutes. It was exhilarating watching and cheering these athletes who trained for months and purchased extensive equipment for this competition. Definitely, athletes all.

Feel good story of the week? Do you remember going to your first major league baseball game? Very exciting. My first game was at age 7 at Yankee Stadium. What about a 112-year old man, a lifelong White Sox fan, celebrating his birthday at his very first Sox game? Thanks Club 100. Or a 99-year old fan who was surprised by her family to be taken to her first Pirates game? It's never too late for your first major league experience, or in my case, my first Ironman spectator experience.

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

SPORTS QUIZ

1. In 2018, Boston's Craig Kimbrel became the fastest pitcher to 300 career saves (330th opportunity). Who had held the mark?
2. Gleyber Torres, in 2018, became the youngest New York Yankee to hit a walk-off home run (21 years, 144 days). Which Yankee Hall of Famer had been the youngest?
3. In the highest-scoring playoff game in NFL history, was the point total over 100 or under it?
4. Since being in the NCAA championship game in 1998, how many games has Utah's men's basketball team won in the NCAA Tournament?
5. Name the last Calgary Flames player before Johnny Gaudreau in 2019 to have a six-point NHL game.
6. Sifan Hassan set a women's record in 2019 for running the mile in 4 minutes, 12.33 seconds. How long had the previous world record stood?
7. Only three PGA golfers in the past 30 years have won at least one major three years in a row. Name two of them.

ANSWERS

1. Joe Nathan got his 300th save in his 335th save opportunity in 2013. 2. Mickey Vantle, who did it at 21 years, 185 days old. 3. Under: Arizona and Green Bay combined for 96 points in a playoff game in 2010. 4. Eight, the last coming in 2016. 5. Al MacInnis did it in 1994. 6. It stood for 23 years – Russia's Svetlana Masterkova set the previous mark of 4:12.56 in 1996. 7. Brooks Koepka, Phil Mickelson and Tiger Woods.

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Heartburn Medicine May Be Laced



by Suzy Cohen, RPh

Dear Readers: The news broke on September 13 with a statement from Dr. Janet Woodcock, the director at the Center for Drug Evaluation and Research. This is a day that will go down in history.

According to the statement, "The U.S. Food and Drug Administration has learned that some ranitidine medicines, including some products commonly known as the brand-name drug Zantac, contain a nitrosamine impurity called N-nitrosodimethylamine (NDMA) at low levels. NDMA is classified as a probable human carcinogen (a substance that could cause cancer) based on results from laboratory tests. NDMA is a known environmental contaminant and found in water and foods, including meats, dairy products and vegetables."

Part of how it hurts us is by rendering inactive two powerful antioxidant "cleansing" enzymes in the liver. The first one being catalase, and the second one being glutathione. These two enzymes are used to neutralize poisons in the body. NDMA is hepatotoxic.

We get into NDMA when we eat bacon and hot dogs, cold cuts and cured meats. It's in cheese, beer and chewing tobacco. But in our stomach medicine?!

The FDA is not issuing a drug recall and advising that everyone remain on their medication. In other words, they don't want you to panic and stop taking it during their evaluation. Traces of this carcinogen were found by a Connecticut lab in both the brand name drug and a few generic samples that were tested. They did not test every single brand that you see on the shelves. They did not yet publicly name the brands that are tainted. But there was enough found for the FDA to start warning consumers.

When most people think of a generic drug, they think that there is just one generic maker of that drug. But that's not true at all. There are dozens of manufacturers of the generic version called "ranitidine." Not all of the generic makers have this NDMA problem.

So again, finding NDMA in a handful of samples does not mean that every single generic version of ranitidine is contaminated.

As for other H2 receptor antagonists in the same category as ranitidine, there is nothing to be worried about yet: Cimetidine (Tagamet), famotidine (Pepcid) and nizatidine (Axid).

By the way, this isn't the first problem with NDMA. In June 2019, the FDA issued a recall for the blood pressure drug called losartan "over small amounts of carcinogen."

One more thing regarding the PPI drugs such as Prilosec (omeprazole), Nexium (esomeprazole) and Prevacid (lansoprazole). These medications have

not been evaluated or found to be contaminated with any NDMA. But if you take them, just support yourself with a good magnesium supplement because they are strong drug muggers.

According to the Toxicology Data Network, some symptoms that might occur if you're poisoned with NDMA include nausea/vomiting, cramps, diarrhea, liver damage, enlarged liver, fatigue, headache and kidney problems. If you are not

dependent on your heartburn medicine, consider some natural alternatives that could suppress acid and/or coat and soothe your stomach. I have those articles posted on my website at www.SuzyCohen.com.

*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.**

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Is it alright to confront someone when you feel he is treating you or someone else poorly?

A: Confrontation can be helpful for all involved. It basically brings an important

and legitimate issue to the forefront that can no longer be ignored. Confrontation doesn't have to be hostile or belittling.

Confronting in a firm but unwavering way is addressing the person's behavior, not his core personality. That is where the focus needs to be. You possibly will get defensiveness on the receiving end. However, you must stay calm yet strong and, no matter how manipulative this person may be, stay consistent and speak your truth. Depending on the personality

traits of the person you are confronting, you may feel you have confronted a bus going down a hill with no brakes. You don't want to be flattened like a pancake. Once the flood gates open, look out. It's important that you stay consistent and do not back down as you know the truth and reality of what this person did. He or she may try every trick in the book to get out of taking on any responsibility. Do not let him or her get away with that.

Remember, you care enough to bring up an important issue and address it to get a positive outcome. It's up to you to take charge, and do it quickly so you are not put on the defensive. You have in mind your own set of boundaries and expectations you plan to use to get the intended results you want from the confrontation. Be willing to enforce these boundaries, limits and expectations to get the most out of what your intention and desired result is.

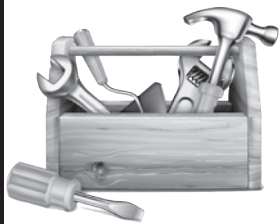
*Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.**

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Doctor and Dietician

How To Stop Eating Junk Food



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

Why is junk food so addictive? Studies show that manufacturers aim for the point where consumers experience ultimate pleasure combining salty, sweet and fatty flavors together. These combinations are difficult to resist, and the brain reacts similarly to cocaine.

There are ways to resist the junk: Plan meals and snacks, have them packed and ready, making you less susceptible because alternatives are

ready and waiting. I meal prep on Sunday, shop, make Mason jar meals, and prepare veggies with nut butters and hummus.

Focus on the perimeter of the grocery store where you will find healthy produce, dairy, meats, fish and grains that are packed with nutrients. As you learn to incorporate these foods into your diet, the fake junk food will begin to lose its appeal.

Choose foods that make you full such as healthy fats and protein. We need fat, so if you are eating fat-free, time to dump that stuff. Nuts, olive oil, avocado, fatty fish like salmon, or coconut oil are great resources. Consume foods that contain protein: meat/fish, or vegetarian sources such as legumes, tofu and nuts. When you are full, you are less likely to reach for the junk.

Choose fruits instead of sugar, which are high in vitamins, water and antioxidants, as well as fiber, which slows and balances blood sugar. Wean yourself off sugar, and fruit will taste really sweet.

Diversify your food choices and try new things. Eating a more varied diet lessens the chances of reaching for junk out of boredom, as well as helps with disease prevention. How about kale

or collards, or maybe yellow beets or rainbow carrots with a new hummus flavor.

Focus on the health benefits and positive effects of eating healthy. You only live once! Let's make it a good one.

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:

No Pain, No Gain



by Kay Casperson

You have most likely heard the term, "no pain, no gain." What does this mean to you? You may relate this to gaining strength or becoming a better athlete. After all,

unless you feel the burn, the bruises, the fall, the sweat or the defeat, you really are not moving forward, right? I'm not so sure that it takes that much to push some people, but others might need a more significant nudge now and then to become better, stronger and even more appreciative in many ways.

Another way to look at this phrase is from a health standpoint. I recently had a weird issue come up that sent me to the doctor's office searching for answers as to why I had an excruciating pain in my neck shooting up into my head. I couldn't even move, and it was so unbearable that I finally had to give in and get it checked out. My pain tolerance is extreme, from having babies to sports injuries and everything in between, but nothing was worse than what I just recently felt. It was diagnosed as Acute Torticollis, which basically means an abnormal tightening of the neck, causing shooting pain, which can come up suddenly for different reasons. This issue can be caused by sleeping in an awkward position, extending or twisting the neck muscles, a past injury, or even an infection of some kind. In my case, the only thing I could come up with was overdoing it while thinking I'm invincible, moving large pieces of outdoor furniture around due to a hurricane heading our way!

This experience taught me

something interesting. I am usually extremely healthy, active, energetic and strong. I actually can't remember the last time that I had been sick or in pain. I may even have been a bit relaxed and overconfident about my capabilities in terms of lifting, doing, going non-stop... without much thought. My children were concerned because they never see me in pain to the point of tears. When I started feeling better, I realized just how precious it is to feel good, and it moved me forward to a place of being very appreciative and blessed that I was healthy and pain-free.

No pain, no gain can coincide with other areas of your life as well, such as your finances, your career, your love life, your dreams and your goals. You see, unless there is loss of some kind, a setback, or even a closed door, some people never move forward. I believe that sometimes we need to be knocked down to get back up and become even stronger than we were before. Sometimes things need to be thrown at us, to move us into a different place, or we would not have made a move ourselves or grown that much stronger.

Regardless of how you look at the term "no pain, no gain," I bet you can remember a time in your life that something painful moved you farther, made you run faster, made you think smarter and changed your life in some way. It's not always by choice, but it is a part of this beautiful life we live in.

My affirmation for you this week is: "I choose to learn from pain, disappointments and setbacks, and will use them to push me forward to be better and to appreciate life even more."

*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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Ruger And Catrina



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Hello, my name is Catrina. I am a 5-year-old female domestic shorthair who is a curious gal that loves to check out everything and everyone. I am not shy about the world around me, and I love attention. My unique coloring gives me that little extra something that puts me above the rest of the other gals if I say so myself!

My adoption fee is \$10, and you can get another kitty at no additional charge.

Hi. I'm Ruger. I am a 2-year-old male hound mix who is a perfect-sized dog for an apartment, condo or home. This mid-sized cutie loves to play and run in the play yards. I am learning basic obedience skills from the team of volunteers, and they report that I am quite the quick learner. My new family can continue the



Ruger ID# A790881

training with ABC 4K9's.

My adoption fee is \$10.

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

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

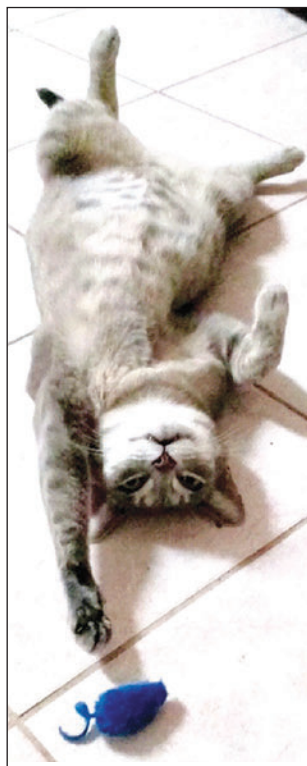
call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.*

PAWS Of Sanibel

Sweetie Pie

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

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



Sweetie Pie



AbbyCaDabby



Winter

Haven on Earth Animal League

AbbyCaDabby And Winter

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

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

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



Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
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
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
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 Assoc. 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.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
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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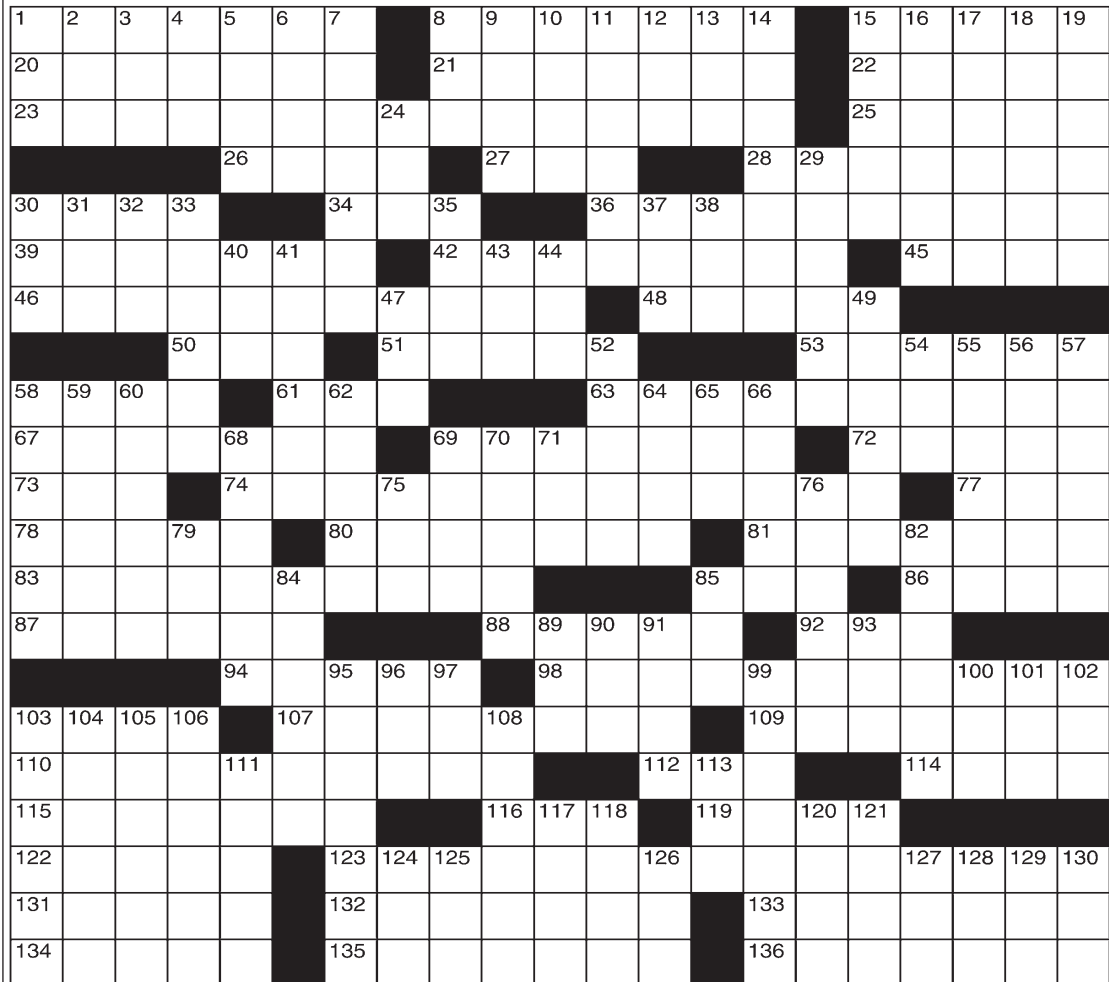
PUZZLES

Answers on page 39

Super Crossword

NOVEL COUPLES

- ACROSS**
- 1 High-fiber cereal ingredient
 - 8 Thwacked
 - 15 Something imperative
 - 20 Endorse
 - 21 Many a quaint cabin
 - 22 "The Gypsy" singer
 - 23 Tree anchors growing in a groundwork?
 - 25 Split in two
 - 26 Lyric poems
 - 27 — chi
 - 28 Dirtier, as a chimney
 - 30 Headland
 - 34 Awful review
 - 36 Actress De Mornay after marrying "Star Trek" ensign Harry?
 - 39 Egg-shaped instrument
 - 42 Defeat in cleverness
 - 45 Lays (down)
 - 46 Dear granny?
 - 48 Indulges fully
 - 50 Belle of a ball
 - 51 Butler's girl
 - 53 Knight's tunic
 - 58 Livy's "to be"
 - 61 Geller of the paranormal
 - 63 Small, thin part of a beach hill?
 - 67 Government financial assistance
 - 69 — News (Utah paper)
 - 72 Elliptical
 - 73 Laughter
 - 74 Scott Joplin's "The Entertainer," for the film "The Sting"?
 - 77 Long of film
 - 78 Boise locale
 - 80 Related compounds
 - 81 Wielded, as power
 - 83 Distress after a really deep sleep?
 - 85 Eminent lead-in
 - 86 Gives help to
 - 87 Neighbor of Norway
 - 88 Biblical queendom
 - 92 Woolen cap
 - 94 Nash of funny poems
 - 98 President Grant is gabby?
 - 103 Blood type, informally
 - 107 Physician who may cry "Stat!"
 - 109 Hall of talk TV
 - 110 Have a phobia of queasiness?
 - 112 "I" finisher
 - 114 Dog ID sites
 - 115 Pistol, e.g.
 - 116 Sarge, e.g.
 - 119 Lacerations
 - 122 Tough guy's claim
 - 123 Abducted old Japanese chief?
 - 131 Give rise to
 - 132 Brainless
 - 133 Treat as a hero
 - 134 Finisher
 - 135 Moves very quietly
 - 136 Tallinn's land
 - 41 Space cloud
 - 43 One, to Juanita
 - 44 Road coater
 - 47 "— do not!"
 - 49 Dancer in Matthew
 - 52 "Be — and help me"
 - 54 ROY G. —
 - 55 1972 Jack Lemmon film
 - 56 Made tighter, as a knot
 - 57 Horrors
 - 58 Moral code
 - 59 Eye makeup
 - 60 Bagel variety
 - 62 Former TV host Philbin
 - 64 Some vases
 - 65 Mesh
 - 66 Thin air
 - 68 Start of a cry from Juliet
 - 69 Gucci alternative
 - 70 Awards for Tina Fey
 - 71 Recognize
 - 75 Philosopher Lao- —
 - 76 Phillips — Academy
 - 79 Harbored
 - 82 Kind of plane engine
 - 84 Engaged, as a car engine
 - 85 Ballet step
 - 89 Lean-to's kin
 - 90 Roy Wood's rock gp.
 - 91 51-year senator Robert
 - 93 Equine beast
 - 95 It includes a snare
 - 96 Mag. team
 - 97 — Valley, San Francisco
 - 99 Lazed about
 - 100 Comic Gasteyer
 - 101 Faux hair
 - 102 Maritime "Mayday!"
 - 103 Business workplace
 - 104 — Marcus (retailer)
 - 105 Accessory for an iPod
 - 106 Oily matter
 - 108 Am unable to
 - 111 Reformer Ralph
 - 113 Native metal of Rome
 - 118 Andy Taylor's tyke
 - 120 Greek letters
 - 121 Quick drink
 - 124 Africa's Amin
 - 125 Quick swim
 - 126 HP products
 - 127 Artist Yoko
 - 128 Gimlet liquor
 - 129 Arm of Israel
 - 130 Tchr.'s org.



King Crossword

ACROSS

- 1 Old love boat
- 4 Cattle comments
- 8 Dispatch
- 12 Luau side dish
- 13 Reed instrument
- 14 Inlet
- 15 Small
- 17 Enthusiastic
- 18 Eviscerate
- 19 Soon
- 21 Rook
- 24 Potential syrup
- 25 Roman 52
- 26 Thanksgiving veggie
- 28 Pass along
- 32 Ricelike pasta
- 34 — Mahal
- 36 Cannonball, maybe
- 37 Color workers
- 39 High-pitched bark
- 41 A mere hand-ful
- 42 Mimic
- 44 Bets
- 46 Poetic feet
- 50 Existed
- 51 Tangelo trademark
- 52 Do some firing
- 56 Sandwich cookie
- 57 Great Lake
- 58 Londoner's letter
- 59 Cut, as logs
- 60 Tear to bits
- 61 Type mea-sures
- 7 Prophets
- 8 Resold for big profits
- 9 Corporate symbol
- 10 Shakespeare's river
- 11 Safecracker
- 16 Historic boy king
- 20 Listener
- 21 LummoX
- 22 Ethereal
- 23 Dine on
- 27 Has permis-sion
- 29 Of natural dimensions
- 30 State with certainty
- 31 Some ever-greens
- 33 Speech
- 35 Mandible
- 38 Agent
- 40 Hocked
- 43 Church leader
- 45 Petrol
- 46 Twosomes
- 47 City in India
- 48 Ball of yarn
- 49 Angry
- 53 Triumph
- 54 Buddhist sect
- 55 Wood and Wynn

DOWN

- 1 Smartphone download
- 2 Marseilles monarch
- 3 Huge
- 4 Pretty much
- 5 Japanese sash
- 6 Leak slowly

MAGIC MAZE

GOT WORDS?

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

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

- Begot
- Gotcha
- Gotten
- Negotiate
- Ergot
- Gotham
- Ingot
- Spigot
- Escargot
- Gothenburg
- Maggot
- Turgot
- Forgot
- Gothic
- Margot

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

SUDOKU

answer on page 39

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.



"I was just practicing — I'm getting
_____ next week."

answer on page 38

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!

Clout
WOPER _____

Growl
LUMBER _____

Control
ANGAME _____

Beyond
TEDIOUS _____

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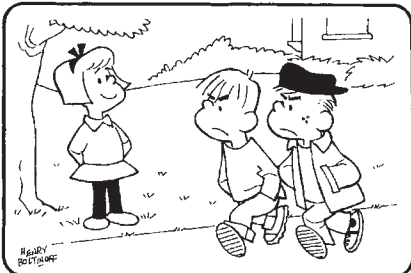
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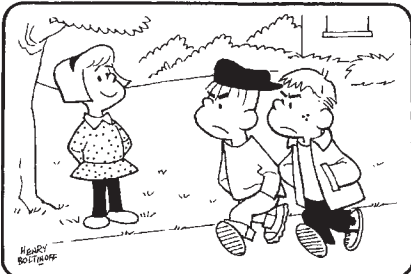
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BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Press is dotted. 2. Jeans are black. 3. Different boy is wearing cap. 4. Bushes have been added. 5. Girl's bow is gone. 6. Side window is gone.

My Stars ★★★★★

FOR WEEK OF SEPTEMBER 23, 2019

Aries (March 21 to April 19) An offer to help with a stalled project should reassure you that you have a workable plan in spite of the problems in getting it up and running. The week's end brings more positive news.

Taurus (April 20 to May 20) A past problem about a workplace situation re-emerges early in the week. Talking things out helps ease tensions by midweek, but some hurt feelings could linger a few more days.

Gemini (May 21 to June 20) Optimistic aspects dominate your efforts. However, expect to confront some criticism, some of which might be valid, so keep an open mind. But overall, it's your views that will count.

Cancer (June 21 to July 22) Social interaction with new people, especially on the job, could be a bit strained in the early part of the week. But the awkwardness passes as you get to know each other better.

Leo (July 23 to August 22) Expect news about a follow-up to a workplace change that

could make a difference in your career path. Meanwhile, new friends widen the circle for all you Social Lions who love to party.

Virgo (August 23 to September 22) Enjoy your well-earned plaudits for a job well done. But be aware that some people might not share your colleagues' admiration, and you might have to work harder to win them over.

Libra (September 23 to October 22) It's a good week to recheck your probably already overlong "to do" list and decide what to keep and what to discard. Lose the clutter and focus your energy on what's really important.

Scorpio (October 23 to November 21) This is a good time to take a new perspective on what you've been offered. Expanding your view could help to uncover any plusses or minuses that weren't apparent at first.

Sagittarius (November 22 to December 21) Applying the usual methods to this week's unique challenges might not work too well. Instead, use your creativity to find a way to resolve any impasse that develops.

Capricorn (December 22 to January 19) So what if fate throws some obstacles in your path this week? Just keep in mind that

the sure-footed and resolute Goat can get past any barrier by focusing on the goals up ahead.

Aquarius (January 20 to February 18) This week calls for better communication with people in both your private life and the workplace. Start by asking questions, and then pay close attention to the answers.

Pisces (February 19 to March 20) Potentially beneficial workplace changes could be closer than you realize. Make sure you know what's going on so that you're not left high and dry when the good things happen.

Born This Week: You're not timid about pushing to have your aims realized once you've set your mind to accomplishing your goals.

STRANGE BUT TRUE

- It was infamous French statesman and military leader Napoleon Bonaparte who made the following sage observation: "In politics, absurdity is not a handicap."
- It may be hard to believe, but there is an official competition to see who can sit

CLASSIFIED

REAL ESTATE

REAL ESTATE FOR SALE

First class office building for sale. 2,860 sqft. Perfect for small business. On private cul-de-sac off McGregor, 15 minutes from Sanibel. Many unique features including 45KW on-demand generator. Call owner for tour. 239-357-4330. 9/20 * 10/4

COMMERCIAL RENTAL

POPULAR RENTAL LOCATION ON SANIBEL



Call Judy at 239-851-4073. 6/21 * TFN

COMMERCIAL UNIT FOR RENT

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

PELICAN PLACE SHOPPING CENTER

Palm Ride Road on Sanibel. 3 units available or combined 2,400 sq. ft. (2 at 700 sq. ft., 1 at 1,000 sq. ft.). Call 703-593-7024. 6/21 * TFN

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Cottages To Castles
Unique Vacation Rentals
2427 Periwinkle Way
Sanibel, FL 33957
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Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 * TFN

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Miles of Beaches & Bike Paths
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1-888-451-7277
1/4 * TFN

ANNUAL RENTAL

FORT MYERS GULF HARBOUR YACHT & COUNTY CLUB TOWNHOUSE

3 Bed, 3 1/2 Bath + Den/Office, Unfurn. 2 Car on 16th Green. Golf, Tennis/Spa Avail. \$2,500 a month. 239-634-0258 239-233-2930 9/6 * 9/27

SCRAMBLERS

1. Power; 2. Rumble; 3. Manage; 4. Outside
Today's Word
MARRIED

ANNUAL RENTAL

GREAT ISLAND COTTAGE

This 3 BR/1 BA home offers privacy with loads of Island charm with wood floors, walls, large screen porch inviting you to the large fenced in back yard with shed. All appliances. Close to everything, shopping, banks. \$1,850/mo. Plus utilities. Call for an appointment to view.

472-6747
Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.
9/6 * TFN

PRESTIGIOUS WEST GULF DRIVE

Elevated Duplex, 2,000 Sq. Feet, Private Beach Access, 3BR, 2 Bath, LR, DR, open floor plan, 2 car garage, vaulted ceilings, 2 lanais, loft, no pets, no pool, \$2,800. Call 239-910-6430. 9/20 * 9/27

RENTAL WANTED

ROOM/RENTAL NEEDED

Mom getting married - says I have to move out. I'm a kind, very polite and well-mannered, military-raised, young male with full-time job as electrician worker, and am also a full-time electrician student in need of room to rent (furnished or unfurnished) on Sanibel (my family lives here). Self-sufficient, hard-working (I've had a job since I was 14) clean, and very handy. Would be perfect for elderly looking for someone to take care of simple tasks/have around, or someone looking for easy-going roommate. Call Chandler at 239-203-6657. I have a budget. 9/20 * 9/27

ROOMMATE WANTED

ROOMMATE WANTED

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

SERVICES OFFERED



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

ROGER NODRUFF ELECTRIC

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

SCARNATO LAWN SERVICE

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

NEED COMPUTER HELP?

We specialize in residential computer repair services. Call 239-770-3063 or visit www.computer-giant.com 9/20 * 9/20

SERVICES OFFERED

ODD JOBS WANTED

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

ALTERATIONS BY HAZELLA

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

BOATS-CANOES-KAYAKS

BOAT FOR SALE

2009 19' Hewes Redfisher with Yamaha F-150, Minn Kota trolling motor. 27K or best offer. 145 hours on engine, stored on lift, just serviced. Email biery.leah@gmail.com. 9/20 * 9/27

HELP WANTED

JERRY'S FOODS SERVERS & BARISTAS

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

GARAGE SALES

GARAGE SALES
Home Decor, jewelry, kids & ladies clothes, toys, bikes, crafts. 2090 Sunset Circle Sat. 9/21, 8-12; bag sale 12-2 9/20 * 9/20

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

in a sauna for the longest period of time. The World Sauna Championships have taken place in Heinola, Finland, annually since 1999. The starting temperature is 110 F, and a liter of water is poured on the stove every 30 seconds. The winner is the last person who is able to leave the sauna without assistance. Competitors participate at their own risk, and they are required to sign a waiver agreeing not to take legal action against the event organizers.

- The ubiquitous summertime flip-flop sandals are known in Australia as pluggers, are called slops in South Africa and slippers in Hawaii, and New Zealanders call them jandals.

- Evidently, it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

- Those who keep track of such things say that about 15 percent of all Google searches are new – that is, they have never been searched before on Google.

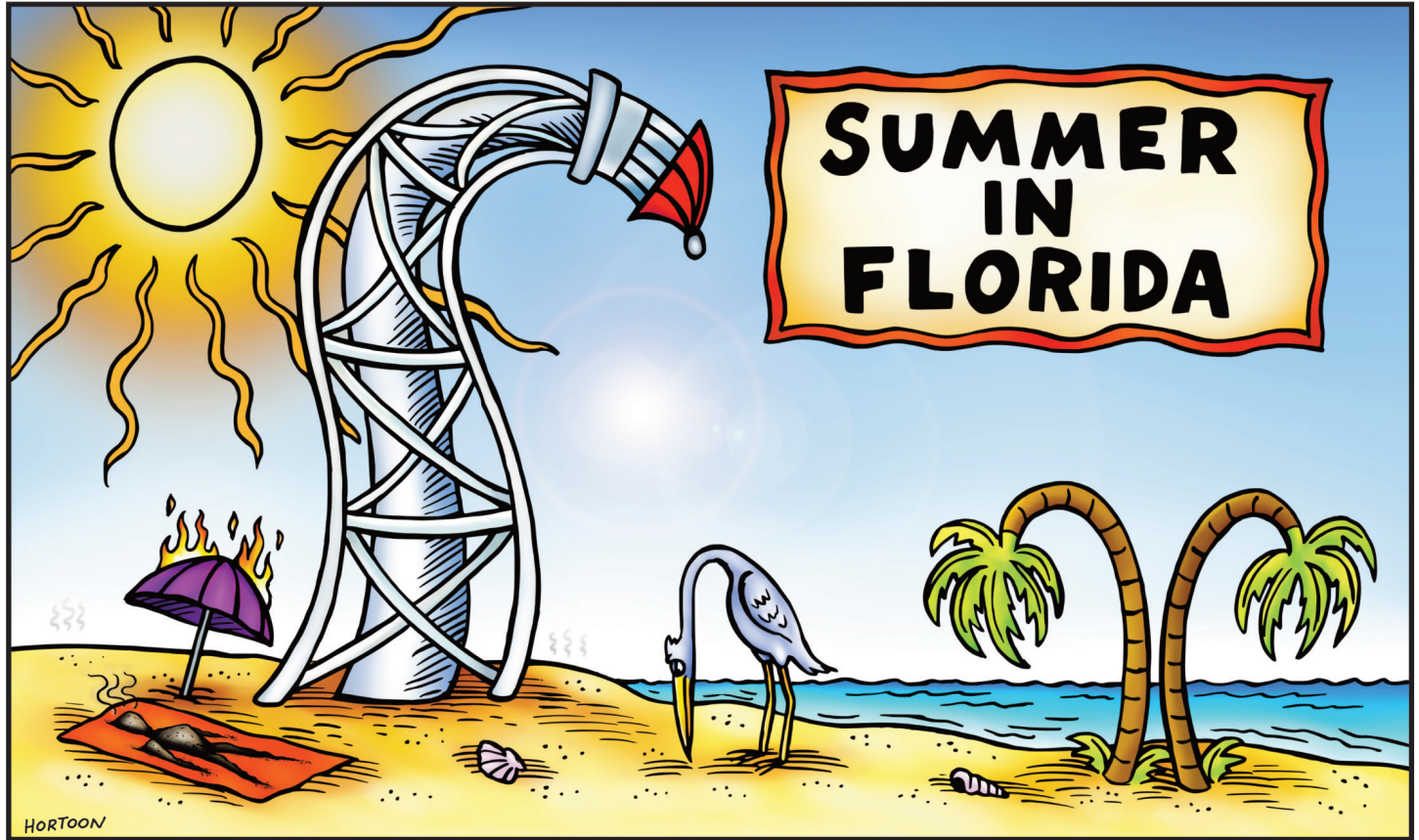
- In 2006, an Illinois police officer was arrested for driving under the influence of alcohol. This probably would not be noteworthy, except that it was the same police officer who received an award for making the most DUI arrests in his county.

THOUGHT FOR THE DAY

“Be not too hasty to trust or admire the teachers of morality; they discourse like angels but they live like men.”

– Samuel Johnson

HORTOONS



PUZZLE ANSWERS

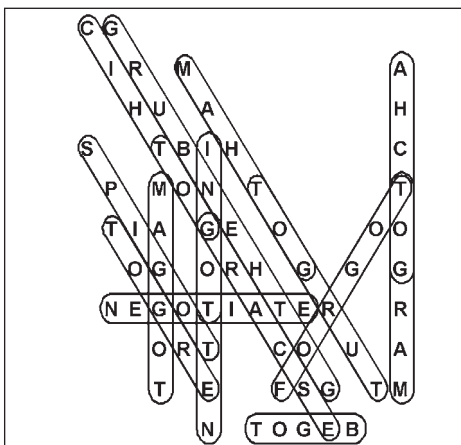
SUPER CROSSWORD

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F	O	U	N	D	A	T	I	O	N	R	O	O	T	S	H	A	L	V
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Palmetto Point	Fort Myers	2007	6,600	\$2,495,000	\$2,225,000	566
Orchid Ridge	Bonita Springs	2002	4,134	\$1,998,900	\$1,775,000	516
Cortona	Miromar Lakes	2019	2,821	\$1,896,000	\$1,765,000	160
Shell Harbor	Sanibel	1973	2,230	\$1,595,000	\$1,400,000	56
Shell Harbor	Sanibel	1970	1,750	\$1,395,000	\$1,205,000	169
Trevi	Fort Myers	2007	3,613	\$949,900	\$800,000	259
Woodlake At Bonita Bay	Bonita Springs	1988	2,687	\$949,000	\$949,000	11
Cape Coral	Cape Coral	2019	2,454	\$799,900	\$780,000	154
Buckingham	Fort Myers	2017	3,279	\$749,900	\$735,000	9
Crown Colony	Fort Myers	2005	3,037	\$718,000	\$685,000	122

DOC FORD'S

RUM BAR & GRILLE

Randy Wayne White

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

The New York Times Magazine



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