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HALLOWEEN



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VOL. 25, NO. 17

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 27, 2017

OCTOBER/NOVEMBER SUNRISE/SUNSET: 27 7:34 • 6:50 28 7:35 • 6:49 29 7:36 • 6:49 30 7:36 • 6:48 31 7:37 • 6:47 1 7:37 • 6:46 2 7:38 • 6:46

Tickets Selling Fast For Sanibel Blues & Jazz Festival



Elvin Bishop, a member of both the Rock and Roll Hall of Fame and Blues Hall of Fame, will headline this year's festival

photo by Bruce Fram

Ticket sales have been brisk for the 2nd annual Sanibel Blues & Jazz Festival, a fundraiser created by the Sanibel-Captiva Optimist Club, which will return to Bailey's Backyard on Sunday, November 5 from noon to 7 p.m.

The all-day concert will feature four world-class musical acts – including Elvin Bishop's Big Fun Trio, founded by the member of both the Rock and Roll Hall of Fame and Blues Hall of Fame, guitar virtuoso and British Blues Hall of Famer

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From left, DDWS President Doris Hardy with award recipient Jim Sprankle and Supervisory Refuge Ranger Toni Westland

photo provided

Sculptor Earns Award Of Excellence

At the "Ding" Darling Days finale on Conservation Art Day, held on October 21, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) presented island wildlife sculptor and former DDWS Board President Jim Sprankle with its Brush of Excellence Award. The presentation took place in the "Ding" Darling Visitor & Education Center auditorium.

In February 2015, Sam Koltinsky, filmmaker for *America's Darling* documentary

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Amateur Nature Photography Contest Winners

On October 21, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced the winners of its annual "Ding" Darling Days Amateur Nature Photography Contest at a special Conservation Art Day presentation in the Refuge Visitor & Education Center, part of the weeklong "Ding" Darling Days celebration on Sanibel.

Earlier, on September 17, judges had selected three winners and 10 honorable mentions out of 90 entries from 19 states and one foreign country. All photograph entries were shot at the JN "Ding" Darling National Wildlife Refuge complex on Sanibel.

First place went to Ben Vanos of Traverse City, Michigan for his green heron portrait titled *Green Heron Raising its Crest*. Contest judge Janet Kirk, a local professional photographer, said, "It's not an unusual bird, but they have such per-



First place went to Ben Vanos for *Green Heron Raising its Crest*

photo provided

sonalities. I love how it's perched on that stump. And the focal point is perfect."

Paul Brooke from Ames, Iowa, took

continued on page 7

Cast Net Rodeo Is Next Saturday

by Jeff Lysiak

The 24th annual Esperanza Woodring Memorial Cast Net Rodeo, a free family event with free lessons and a youth competition, returns to The Bait Box property on Saturday, November 4.

During the event, children will compete by casting nets at moving and fixed targets. Refreshments, music and a raffle will also be a part of the day's festivities. Free cast net-throwing lessons and demonstrations will be offered. Lessons begin at 8:30 a.m. and the competition starts at 9:30 a.m.

Born on Cayo Costa in 1901, Esperanza Woodring spent more than 75 years on the waters around Sanibel as a commercial fisher and as a

continued on page 40



This photo by Charles McCullough shows Esperanza Woodring preparing to throw her cast net from the dock at Woodring Point circa 1952

photo provided

Presale tickets online or at Bailey's general store

Sancap optimist club presents:

The 2nd annual Blues & Jazz Festival The Backyard at Bailey's Downtown Sanibel

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- 02:00 **Marty Stokes Band** - 3x winner SWFBS People's choice award
- 03:30 **Matt Schofield** - British Blues Hall of Famer
- 05:00 **Elvin Bishop** - Rock 'n Roll & Blues Hall of Famer
- 06:30 **Closing Band Jam**

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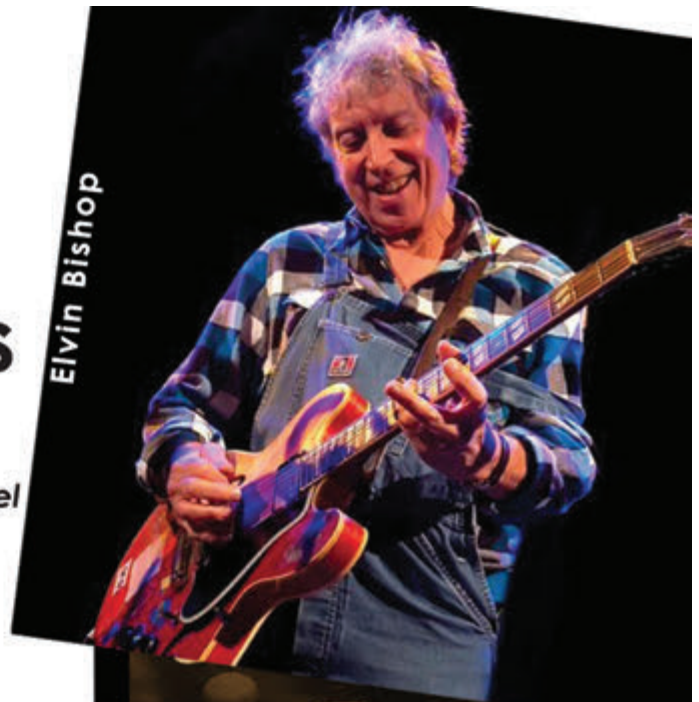
www.sanibelbluesandjazzfest.org
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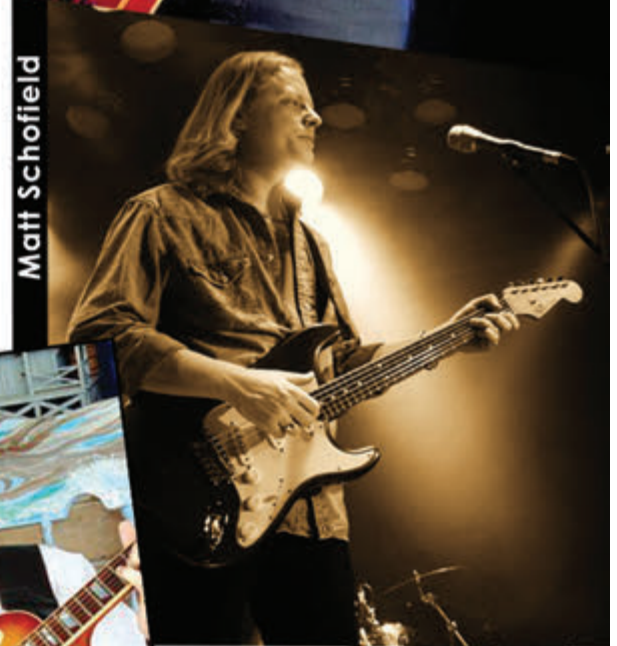


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Elvin Bishop



Matt Schofield



Johnny Jensen Photo by Jeff Lysiak



Marty Stokes band



Bailey's



Halloween Party This Saturday At 'Tween Waters

Hallo'Tween 2017 will take place at 'Tween Waters Inn Island Resort & Spa on Captiva Island on Saturday, October 28 from 10 a.m. to 2 p.m. Party-goers can expect great music, famous (and infamous) costumes and – new this year – a dual party held both inside and outdoors.

Wristbands will be available at the door for \$10 to anyone over the age of 21. The party will be rocking indoors at the Crow's Nest Bar & Grille with live music from Gatlin, known for fun and interactive cover music ranging from rock to country. There will also be music outdoors with a DJ on the Captiva House patio.

'Tween Waters Inn is offering \$1,750 in prize money during the costume contest, with \$1,000 allocated to the grand prize winner, \$500 to second place and \$250 to third, plus gift and recreation gift card prizes. Entrees must be in attendance to qualify for the cash prizes.

"For more than 20 years, we've hosted the Hallo'Tween party on the island," said 'Tween Waters Inn CEO Tony Lapi. "But this year, we wanted to offer something different. I think guests will really enjoy having both an outdoor DJ option and indoor live music."

Due to the late night party, 'Tween Waters Inn encourages party-goers to



Cash prizes will be awarded for the best costumes photo provided

make their reservations to stay the night. Guests can make reservations by calling 800-223-5865 or visiting www.tween-waters.com. Crow's Nest Bar & Grille and Captiva House restaurants will be open for dinner from 5 to 10 p.m.✴

Families Welcome To Trunk Or Treat



Superman meets Captain America

photo provided

Trunk or Treat, a family friendly event held at Sanibel Community Church, returns on Tuesday, October 31 from 4 to 6 p.m. Families of young children will not want to miss this island tradition hosted by the

church, located at 1740 Periwinkle Way. Come in costume, or just as you are, and check out the trunks. Get a treat or play the carnival games for prizes and candy. Trunk or Treat is a free event for the whole family.✴

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Fun Times And Funds Raised At Children’s Center



The Armstrong-Britt family, with daughter Charlee sipping her milkshake from Cheeburger Cheeburger, a crowd favorite

The Children’s Education Center of the Islands would like to thank the many individuals, businesses and the community as a whole for their support of the Pigs in Paradise fall fundraiser, held October 14. It was another wonderful event with plenty of laughter, great food and lots of money raised for the scholarship program.*



Board member Amy Costello with her son Guy photos provided



CECI Director Cindy DeCosta and Trish Floyd, whose son Steele attended the school



Kiwanian Tom Louwers and his granddaughters Emily and Madeline stayed until the end of the silent auction to see if they had the winning bid on a prized basket, and they did. The Sanibel-Captiva Kiwanis Club was the Title Sponsor.



Attorneys Jason Holz and Chris DeCosta, of Holtz, Mashsie, DeCosta PA, roasted a pig again this year



Board member Katie Padgett

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Sanibel Public Library Youth Services Librarian Deanna Evans, right, with her husband Pete and son Riley



Ginny and Will Zimmerman with their sons Turner and Grady



Renata, Hunter and Patrick Bailey by the Strider Bike they were bidding on, donated by Billy's Bikes



Capt. CJ of Catchin' Jiaints Charters, roasted one the pigs again this year



Alumna Jenna with her mom, Kimmy Cook, in between bidding on silent auction baskets

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From left, Island Seniors members Carole Fallon, Dorothy Sawyer, Bea Pappas, Anita Force Marshall and Mary Ann Gilhooley photo provided

Trash And Treasures Sale Is Next Saturday

The Island Seniors annual Trash & Treasures Sale will be held Saturday, November 4 from 9 a.m.

to 2 p.m. at the Center 4 Life.

A variety of gently used items including household furniture, glassware, accessories, home décor, sporting goods, collectibles and small electronics will be available for purchase. Food and drinks will be also be sold during the sale.

The Center 4 Life is located at 2401 Library Way. For more information, call 472-5743.✱

San Cap Motor Club Cruise-In

The San Cap Motor Club will hold its next Cruise-In: Cars & Coffee on Saturday, November 4 from 9 to



11 a.m. at Periwinkle Place Shopping Center. All are welcome.

No pre-registration is necessary; just show up with your car, truck or motorcycle. A continental breakfast, "special blend" coffee and other refreshments will be provided by the Blue Giraffe Restaurant.

Membership fees for the season are now due. They are \$50 and include a newly designed club T-shirt. For more information, call Scot Congress at 472-4177.✱

Community House Offering Tricks And Treats

Resident Chef Jarred Harris will give a pumpkin carving demonstration on Sunday, October 29 from 4 to 6 p.m. at The Community House. Learn to roast pumpkin seeds and make

pumpkin spice cake with citrus glaze and ginger whipped cream.

The Fall Family Festival will be held on Tuesday, October 31 from 5 to 7 p.m. at The Community House. Families are invited to stop by for trick or treating, carnival games and a hay ride. Admission is one bag of candy and wearing costumes is encouraged.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, call 472-2155.✱

Scout Sunday At Sanibel Church

This Sunday morning, October 29, Boy Scout Troop 1740 will be serving at the 9 and 11 a.m. services at Sanibel Community Church. A video presentation will be shown revealing how the troop has grown. The boys will lead the congregation in the presentation of the flag, as well as participation in the

morning service. To honor the troop, cake and ice cream will be served in the courtyard at 10:15 a.m.

Sanibel Community Church serves as sponsoring agency of the local troop, with Youth Pastor Kevin Schafer serving as church liaison. Troop 1740 serves the community in many ways in which the boys have opportunities to learn and grow.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 or visit www.sanibelchurch.com.✱

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Second place was awarded to Paul Brooks for *Mangrove Cuckoo with iO Moth Caterpillar*
photos provided

From page 1

Contest Winners

second place with his photo of a mangrove cuckoo eating a worm. Judge David Moore, a “Ding” Darling law enforcement officer, liked “the colors, the lighting, just the intimacy of the shot. Obviously, it was a difficult shot to get.”

In third place was Linda Kruleski from Beverly Hills, Florida with her hawk and snake shot. "The timing was perfect," said Millie Ford, the third judge and a DDWS emeritus board member. "If it were shot a second earlier or later, he's not going to get that snake."

"We always choose three judges for the contest," said Terry Baldwin, contest coordinator. "A refuge staff member, a professional photographer and a member of the Sanibel community."

The three winners received cash awards from DDWS at the presentation last Saturday – \$200 for first place, \$150 for second, and \$100 for third. Each honorable mention winner received a \$25 award, which reflects a refund of the contest entry fee.

The winning photographs and honorable mention award entries will be on display in the Refuge Education Center throughout the year.

To view the other top-ranking entries, visit www.dingdarlingsociety.org/articles/photo-contests.

Honorable Mentions (in alphabetical order): Frank Brinker, Oberageri, Switzerland, roseate spoonbills; Ronald Clarke, Millburn, New Jersey, roseate spoonbill; Rebecca Clemens, Sanibel, black-crowned night-heron; Beverly



Third place went to Linda Kruleski for *Hawk with Snake*

Henson, Sanibel, black-necked stilt; James Lotstein, Canton, Connecticut, reddish egret; Douglas McRae, Pierrepont Manor, New York, reddish egret; Liz Noffsinger, Fort Myers, reddish egret and white ibis; Ellen Maas Pratt, White Bear Lake, Minnesota, double-crested cormorant and sheephead; Allen Sparks, Cordova, Tennessee, reddish egret; and Charles Woodrich, Glen Allen, Virginia, green heron. 🐾

pen and an English Standard version of the Bible would be helpful for participants. Other materials will be provided.

The morning begins with muffins, coffee and juice at 8 a.m. and concludes at noon. Child care is provided for children infant through third grade.

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



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Sanibel Investing In Improving Water Quality

by Jeff Lysiak

Last week, the City of Sanibel made a formal request to the Lee County Legislative Delegation to assist in the funding of several water quality projects that have a direct impact on the region's environmental and economic health.

On October 18, Vice Mayor Mick Denham, representing the City of Sanibel, spoke before representatives of the Florida House and Senate gathered at the meeting, held on the campus of Florida SouthWestern State College in Fort Myers.

Specifically, Sanibel is asking the legislators to support three regional projects. They include:

C-43 West Basin Reservoir Project – Requesting \$100 million in funding for the South Florida Water Management District (SFWMD) to keep the project on schedule with the Integrated Delivery Schedule. In addition, a request was made for the SFWMD to start the planning and design of a water quality treatment component for the reservoir.

Lake Hicpochee Restoration Project – Requesting \$50 million in funding towards Phase II of the project that will help address stormwater runoff in the eastern Caloosahatchee watershed.

GS-10 Caloosahatchee Cross Link Project – Looking for support of the Lehigh Acres Municipal Services Improvement District project, which will provide additional water storage and treatment within the watershed. This could potentially be incorporated into a treatment component for the C-43



The water quality conditions in San Carlos Bay, provided by SanCap Aerial, taken on the afternoon of October 18 photo courtesy City of Sanibel

Reservoir Project.

“The City of Sanibel’s legislative requests for this year, again, focus on restoring appropriate freshwater flows to the Caloosahatchee and improving the quality of our coastal waters,” Denham said at the meeting. “As you are all very aware, water quality has a significant impact on our local economy – impacting tourism, jobs, property values and our very way of life.”

In the city’s correspondence highlighting all three water quality projects, it explains that the C-43 Reservoir has been designed to store up to 170,000 acre-feet of water within the Caloosahatchee watershed. The facility is expected to supply enough water to meet the existing minimum flow and level for the Caloosahatchee 80 percent of the time. Overall cost for the project is \$500 million.

“As currently designed, the reservoir does not include a water quality treatment component to remove nutrients from the

water prior to discharging it back into the river,” the city’s 2018 Legislative Priorities letter states, in part. “Because the Caloosahatchee is currently ‘impaired’ for nutrients, it is imperative that a water quality treatment component be incorporated into the project.”

For the Lake Hicpochee Restoration Project, which will also provide critical storage and treatment needed within the eastern Caloosahatchee watershed, some 2,454 acres of land – purchased during the 2016 legislative session for \$16.9 million – will be used as a flow equalization basin to store and treat water from the C-19 basin. It will also help restore freshwater flows to Lake Hicpochee and the eastern Caloosahatchee sub-basin.

Local Water Quality Investments

Additionally, Sanibel is requesting \$2 million to assist in the funding of upgrades to the city’s Donax Wastewater Reclamation Facility for advanced wastewater treatment. The total cost of the project has been estimated at

\$11,915,000, which includes local match funding of \$3,618,600 made by the city.

“Upgrades to the plant would reduce nutrient concentrations in reuse water provided to golf courses and residential properties by more than 50 percent,” Denham said.

The Donax Wastewater Reclamation Facility project was designed and engineered using \$825,000 in funding provided by the legislature in Fiscal Year 2017.

Among the proposed plant improvements are converting the Donax facility’s Unit 1 from a conventional activated sludge treatment to a flow equalization tank, upgrading Treatment Process Units 2 and 3 from an MLE process to a four-stage Bardenpho process, and adding new membrane biological reactors.

In addition to implementing the Donax Wastewater Reclamation Facility project, on-island water quality goals for the City of Sanibel this year include completing the design and engineering of the Jordan Marsh Water Quality Treatment Park, along with seeking grant funding for the project; implementing the Community Lakes Best Management Practices Education Program; launching a local water quality education website (Sanibel Communities for Clean Water); and continuing the implementation of the fertilizer education program with Lee County and other local partners.

“The total investment by the City of Sanibel represents more than \$105 million,” the city’s 2018 Legislative Priorities document reads, in part. “While the city has taken a very proactive role in improving water quality, the Sanibel River and many residential and golf course lakes on Sanibel remain ‘impaired’ for nutrients such as nitrogen and phosphorus.”

Action On Amended Roof Code Postponed

by Jeff Lysiak

On Tuesday, members of the Sanibel Planning Commission were expected to take action on an ordinance amending the city’s Land Development Code (LDC) addressing height limits for

buildings in the Resort Housing District. However, commissioners unanimously agreed to continue their discussions on the proposed legislation until additional materials – which had been requested four weeks ago – are received and can be reviewed.

At the September 26 meeting, commissioners were introduced to a draft ordinance that proposed amending the code dealing with height limits for buildings, to accommodate 4:12 pitched roofs on three-story multifamily buildings located in the Resort Housing District as well as

the articulation of facades and roofs that would restrict the area of a building that can be devoted to a flat roof.

According to Planning Department Director Jim Jordan, members of his staff recommended amending the code related to height limits for buildings, to restrict the maximum height of the pitched roof ridge to no more than 8.3 feet above the maximum permitted height of the three-story multifamily building, or 58.1 feet NAVD (North American Vertical Datum).

During discussions on the matter, Vice Chair Holly Smith asked Jordan why the proposed LDC change would be limited to buildings within the Resort Housing District. Jordan stated that the amended code would affect only the Resort Housing District – located between West Wind Inn and properties on the island’s east end – however, for properties outside of that district, the city might at some point “deal with those later.”

Smith requested that planning staff

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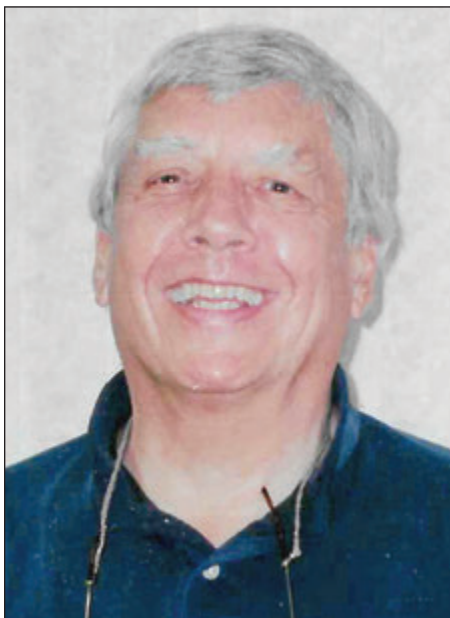
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OBITUARY



MICHAEL FREDERICK CUSCADEN

Michael Cuscaden passed away unexpectedly on October 12, 2017.

Mike was a devoted husband of Shirlla Cuscaden, proud father of Kara Cuscaden, Cathy Kasten (Ken), Kimberly Cuscaden and Kelly Cuscaden, loving grandfather of Joshua Cuscaden (Belen Cobeta), Caden Ann McMillan, Henry Holtz (deceased) and Haley Holtz, and grateful great-grandfather of Matteo, Oliver and Maya

Cuscaden Cobeta.

Mike was a loving husband to his beloved wife, Shirlla, of 62 years and a caring, devoted and supportive father to his four daughters, four grandchildren and three great-grandchildren, all of whom he felt deeply for.

Mike attended Knox College in Galesburg, Illinois and then later graduated from Florida Southern College. He then started a lifelong career in the insurance industry working for the Prudential Insurance Company and then later became president of Durham Life Insurance Company in Raleigh, North Carolina, holding many insurance designations earned through the years.

Mike's parents, Henry and Irvine Cuscaden, retired to Sanibel in the late 1950s, managing the old Reef Hotel. This is how Mike and Shirlla were introduced to Sanibel. They loved the island so much that they chose to retire there, too. They later moved to Shell Point.

Mike's beliefs in giving back to the community remained strong, serving through the years on the boards of "Ding" Darling, COTI, CHR and assisting the City of Sanibel years ago in establishing the employee's pension plan, offering his professional advice. During his involvement with CHR as president of the board of directors, his pride and joy was seeing the Center Street Limited Equity Ownership project become a reality. The unveiling ceremony was open to the community

and attended by officials from both Sanibel and Lee County.

Mike was also a faithful parishioner of St. Michael and All Angels, serving on the vestry, as well as being a eucharistic minister for years. He will always be remembered as a man with a great sense of humor, love of family and life.

A memorial service is planned for Wednesday, November 8 at 11 a.m. at St. Michael and All Angels Episcopal Church on Sanibel. Friends who wish may send donations to St. Michael and All Angels with the Madden Scholarship Fund in the memo line.✧

New Theological Studies Course

The term evangelical has a long and rich history, yet in recent decades it has come to refer to a more theologically conservative part of Protestant Christianity. Well-known evangelicals have included Dwight L. Moody, Billy Graham, Jerry Falwell and Pat Robertson.

Beginning on Wednesday, November 1, the Rev. John H. Danner, PhD, senior pastor at the Sanibel Congregational United Church of Christ, will present a three-session course exploring the history and the theology of evangelicalism.

The first session will include an examination of the evolution of the word evangelical, and a tracing of

the development of evangelicalism in the 18th and early 19th centuries. Figures such as Jonathan Edwards, often considered America's greatest theologian, and Charles Finney, an innovator in revivalism, will be discussed as well.

The second session will focus on the events leading up to and following the Civil War, and the growth of evangelicalism in the Victorian Period. The session will also examine the rise of dispensationalism among evangelicals, and the growing belief in the imminent return of Jesus Christ, the so-called Second Coming. The session will also feature a look at the rise of fundamentalism and the Scopes Trial.

The third session will cover the second half of the 20th century, and will feature original footage of Billy Graham in his early days. The senior pastor of Sanibel Community Church, Dr. Daryl Donovan, will join Dr. Danner for the second half of the session to discuss current evangelicalism in Lee County.

The course is free and open to the public. Identical sessions will be offered at 10 a.m. and 7 p.m. on three consecutive Wednesdays, November 1, 8 and 15.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way, across from the Periwinkle Place Shopping Center. For more information, call the church office at 472-0497 or visit www.sanibelucc.org.✧

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Churches/Temples

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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7:30 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack 579-0296.

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UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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OBITUARY



CAROLYN SWINEY

Carolyn Swiney, a part-time resident of Sanibel Island, died at 5 p.m. on Saturday, June 3, 2017 at the Donegal Hospice in Letterkenny, County Donegal, Ireland, after a very short battle with cancer. Her husband John, son Daniel, daughter Lauren and grandson Harlo were by her side. She is also survived by her brothers, Larry and Michael Haas, and her loving sisters-in-law, nieces, nephews and step-grandson, many of whom were able to spend precious time with her before her death. She faced her brief illness as she had every other aspect of her life: with dignity, grace, humor and enormous determination.

Carolyn was born on December 26, 1946 in Cincinnati, Ohio to Herman Carl Haas and Edna Louise Bauer. She was the third of four children and the only girl. She grew up in Camp Hill, Pennsylvania and then attended Rollins College in Florida, where she was a member of Kappa Kappa Gamma sorority. Upon graduation in 1968, she took a job as a social worker in

Atlanta, Georgia.

In 1970, while holidaying on a beach in Barbados, she met her future husband, John Swiney, an Irishman from County Donegal who was working there for a telecommunications company. After a whirlwind and largely long-distance romance, they married on September 11, 1971, embarking on a 45-year adventure that would see them live all over the world.

Their married life began in London, where son Daniel was born. Dubai was next, where Carolyn gave birth to her daughter Lauren in a women's-only hospital. The family continued to move around the globe – to Bermuda, Ireland, Hong Kong and back to London. Carolyn embraced the adventure and challenge of every move, and made a fun, loving and joy-filled home for her family wherever she went.

In 1995, with both of their children in college, she and John bought a house on Sanibel Island and for the next 22 years, divided their time between Sanibel and the family farm in County Donegal, Ireland.

Carolyn was gregarious, smart and fearless. She had an incredible ability to make ordinary moments special. Simple dinners became events. Trips to the corner store turned into adventures. A rainy afternoon became an opportunity to paint, play a game or watch a favorite movie with a bowl of popcorn in hand. A party or family gathering was transformed by her presence, with parlour games, musical hats, novelty earrings, specially-printed shirts, the occasional inflatable doll and always just the right food for the occasion.

Carolyn was also possessed of extraordinary energy. Wherever she found herself in the world, she would seek out challenges, tackle projects, make connections and get involved. Her candour was legendary – she said what she thought and you always knew where you stood. Everywhere she went, she made friends, and she kept them for life.

Carolyn's early choice of a career in social work exemplified a lifelong commitment to social service and community. In Hong Kong, she

volunteered at refugee camps, orphanages and with the Samaritan helpline, while also working as a relocation adviser for those new to the territory. On Sanibel, she worked as a docent at the Historical Village, was a board member and treasurer of COTI, and vice president of her neighborhood association. She was also an active member of the local Zonta chapter and, through Zonta, taught English as a second language for several years and was an organizer of the popular Peek at the Unique annual fundraiser.

Carolyn had planned many more happy years on Sanibel with her extraordinary

group of friends and colleagues. She was taken too soon and far too suddenly. The island will be a drabber place without her. She did not believe in an afterlife, but if there is one, then she will no doubt already be hard at work there, setting up committees, creating spreadsheets, reorganizing the cupboards and alphabetizing the books. Certainly, she'll make sure there's one hell of a party.

Contributions to her memory may be made to the Zonta Foundation of Southwest Florida at www.zontasancap.com or mail to P.O. 1244, Sanibel, FL 33957. ✨

OBITUARY



CLINT PARSONS

Clint Parsons, long-time Sanibel resident whose parents were Salvation Army officers, spent many years volunteering for The Salvation Army.

Working his way up from bell ringer, he headed the Sanibel-Captiva Red Kettle campaign for 10 years.

Clint was a 34-year sales rep in

Chicago for Jostens, supplier of class rings, school products and Super Bowl Rings.

His competitiveness led to a love of sports. He was a long-time season ticket holder of the Chicago Bears. He was an avid tennis player.

A scholarship paid his way to Butler University where he played as #1 on the tennis team. He was accepted into the Marine Officer Training School, proudly playing on the All Marine Tennis Team. His love of the game followed him to Chicago, Wisconsin, and Sanibel with team play, tournaments and many new friends.

He loved to sing both in the Sanibel Community Chorus and the Sanibel Community Church choir. He also served Sanibel Community Church for many years as head usher.

He was a long-time member of the Sanibel-Captiva Lion's Club, receiving the Melvin Jones Fellow award as chaplain and other areas of service.

Clint is survived by his loving wife Sally of 50 years, his son James Parsons and daughter Kimberly Michaels.

A memorial service will be held Saturday, November 11 at 11 a.m. at Sanibel Community Church, located at 1740 Periwinkle Way.

Donations may be made to The Salvation Army or Hope Hospice. ✨

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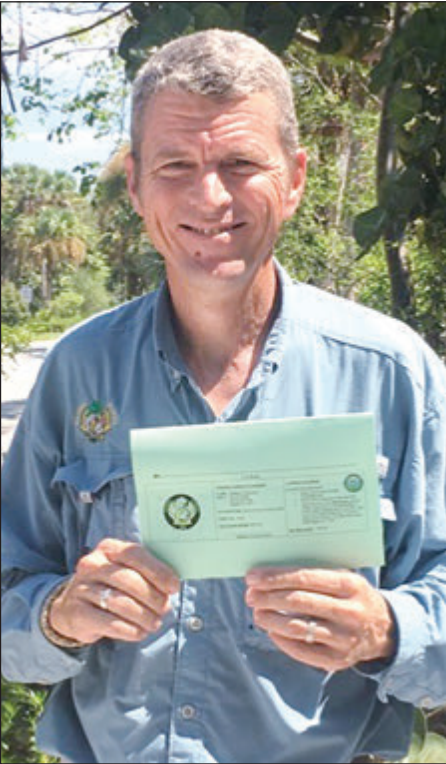


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City Of Sanibel Vegetation Committee
Things To Know
When Hiring
A Landscaper



Steve Schweitzer, tradesworker, City of Sanibel Public Works Department, displays his vegetation competency card
photo provided

Sanibel is fortunate to have an abundance of lush vegetation, and because of this, seasonal and full-time residents frequently need help with maintaining “the look” we all enjoy. This article will help answer some frequently asked questions regarding landscaping and landscaper selection.

Why do we have vegetation standards and requirements on Sanibel? The purpose is easy to explain.

“To preserve and protect vegetation from improper planting, transplanting, removing, pruning, trimming or damage or destruction,” as stated in the City of Sanibel’s Vegetation Standards. The retention of native plants is part of the Sanibel Plan, which ensures the conservation and protection of our ecosystems and wildlife. The

Vegetation Standards require that for new development, the landscape must be at least 75 percent native plants in three categories: trees, shrubs and groundcovers. The use of native plants is also encouraged for existing landscape projects.

Why should I hire a licensed contractor? The city requires vegetation contractors working on Sanibel to obtain a vegetation competency card, certification achieved by passing a written test covering Sanibel’s Vegetation Standards and a field plant identification test. When working on Sanibel, there must be at least one licensed landscaper on site to oversee any type of vegetation work. This helps to ensure compliance

with the vegetation standards.

Hiring a licensed contractor is also important to homeowners because it protects the property owner from potential litigation should an unlicensed vegetation worker be injured while on the job.

The Natural Resources Department section of the city’s website, www.mysanibel.com, offers information on native plants, a listing of licensed contractors, Sanibel’s vegetation standards and codes, and the Environmental Reference Handbook prepared by the city’s vegetation committee. The committee also offers free native plant tours. For more information, call 472-3700.✱

Causeway Inspection And Lane Closure

The City of Sanibel has received a notification from the Lee County Department of Transportation that there will be a right lane closure for bridge inspection on Tuesday, October 31 from 10 a.m. to 3 p.m. along Span A of the Sanibel Causeway.

For more information, contact Avelino Cancel of Lee County DOT Operations at 533-9416, 707-6988 or acancel@leegov.com.✱

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This powderpuff lichen blends into the white sand of scrub habitat photo by Gerri Reaves

Plant Smart

Powderpuff Lichen

by Gerri Reaves

Powderpuff lichen (*Cladina evansii*) isn't exactly a plant, although it's a common species in Florida's scrub habitat.

Also called Evans reindeer moss, this large puffy lichen is pale greenish gray, brittle when dry, and soft and sponge-like when wet.

It grows on the ground in colonies and is rootless.

Reindeer mosses are so called because the structure of their filaments resembles reindeer antlers.

Although plant-like in appearance, flora such as lichens, mushrooms,

and algae don't fall under the same classifications of familiar landscape plants.

Lichens are actually a symbiotic relationship between a fungus and a colony of microscopic green or blue-green algae (cyanobacteria).

That relationship, which can range from mutually beneficial, as in powderpuff's case, to parasitic, to detrimental, forms a new composite organism.

The fungus absorbs nutrients and provides structure, and the algae produces food through photosynthesis.

Some lichens resemble tiny bushes but others look like flat felt patches on tree bark. Powderpuff lichen is used to make little trees for model train set-ups by gluing it onto sticks.

Lichens are extremely slow-growing – as little as a millimeter per year – but can live thousands of years.

They occur worldwide, even in severe climates such as deserts and the Arctic. Lichens are the main food source for caribou and reindeer.

They are homes for tiny creatures and play an important role in the nutrient cycle.

The presence of healthy lichens is an indication of good air quality. They also provide substances used to make antibiotics.

Most lichens are edible, but they are not tasty and have a high acid content. But if you're ever stranded in scrub habitat, that might be a good thing to know.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al., www.floridata.com, www.gis.nacse.org/lichenland, www.lichen.com, and www.wildsouthflorida.com.

Plant Smart explores the diverse flora of South Florida.✧

City Accepting Applications

Sanibel City Council is accepting applications for the Recreation Financial Assistance Committee. The committee will be composed of up to seven appointed citizens. Appointees must be full-time residents of Sanibel and be able to attend at least 75 percent of committee meetings per adopted legislation. Meetings are held at 8:30 a.m. in MacKenzie Hall at Sanibel City Hall, located at 800 Dunlop Road.

Any resident wishing to serve can go online to www.mysanibel.com to access the online Advisory Committee Application. Click the green "Apply" button and continue to complete the online application. At the end of the application process, click the green "Submit" button. The deadline for submission is Friday, November 9 at noon.

If you have any questions, contact the city manager's office at 472-3700.✧

From page 1

Award

about the life of Jay Darling, presented DDWS and the JN "Ding" Darling National Wildlife Refuge with a framed and mounted paintbrush once used by artist and political cartoonist Darling – paint smudges, fingerprints and all.

Koltinsky made the presentation, also with awards to the Sanibel-Captiva Conservation Foundation (SCCF) and the Robert Rauschenberg Foundation, at the historic fish house on Captiva Island that Darling used as a studio during visits to the island. Koltinsky charged recipients with the responsibility to similarly honor individuals or organizations that have demonstrated significant impact on the success of DDWS or conservation in general. Sprinkle was the first to receive the Brush of Excellence Award from DDWS and the refuge.

"Jim has proven himself a true renaissance man with his talent and his generosity," said Doris Hardy, DDWS president, who made the award presentation. "He is one of the most kindhearted men you will ever know."

Sprinkle spoke about the privilege of volunteering for the "Ding" Darling Wildlife Society all these years and thanked the refuge and DDWS for honoring him with the first award.

"His art is everywhere in this visitor center," said Supervisory Refuge Ranger Toni Westland, who also spoke at the presentation. "And he doesn't ever stop giving. I know 'Ding' Darling would greatly approve of giving Jim this award."

Darling was a political cartoonist for the *Des Moines Register*. He won two Pulitzer Prizes for this work. The artist began visiting Sanibel and Captiva islands in the 1930s and is responsible for the creation of the wildlife refuge here. As the first head of the U.S. Biological Survey, the forerunner to today's U.S. Fish & Wildlife Service, Darling created the Federal Duck Stamp Program and designed the first duck stamp.✧



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Fishing Cold Fronts Is All About Timing



by Capt. Matt Mitchell

With the first noticeable cold front of fall forecasted to pass through midweek, the change of season is finally here. If this year is anything like past years once this

first cool down happens, we will get on a schedule of a cold front passing through every week to 10 days. Fishing around cold fronts and learning how they effect the fishing can produce some awesome action along with some slower-than-usual fishing.

Timing is everything when it comes to fishing around cold fronts. A few days before a cold front arrives, action will start to pick up. This bite really goes off giving anglers some of the most nonstop action just as the wind comes around to the south dropping the barometric

pressure just before the front passes. A few hours later on the back side of a cold front, high pressure and strong north winds grind the bite to a halt. Fishing a few hours on either side of the passing of a front will make the difference between a unforgettable day on the water and a day you just want to forget.

Redfish fishing picked up some this week with redfish of all sizes being caught all over the sound. During high tide periods, oysters bars and mangrove shorelines were the places to be while, on the lower tides, the outside edges of sandbars and deeper natural channels held the fish. Once we located these redfish, we caught several fish back to back. Many of the redfish this week where either over the 27-inch max or just under the 18-inch minimum. Finding a shoreline or oyster bar to fish where this week's strong winds helped you by being at your back was the key. Buck Key, Regla Island and Mackeever Keys in the southern sound all had redfish by them this week, although the places changed day to day depending on the wind direction and the phase of the tide.

Snook fishing was the most consistent fishing this week with lots of spots in the sound holding many, many snook. Chumming live shiners fired these fish up and, for several days, we returned to



Bob Lauer from Lexington Country Club with a 26.5 redfish caught while fishing with Capt. Matt Mitchell this week photo provided

the same shorelines to catch snook after snook. While we were fishing some of these favorite snook hot spots, it often didn't take long for dolphins to find us and run us off. Once the dolphins show up and start eating snook that your releasing, it's time to move on no matter how good this bite is. These dolphins really have this free meal thing dialed in, so please do not encourage it by feeding them. It's not only bad for our snook fishery, it's against the law to feed any wild animal.

I fished with some of my regular clients Bob, Bill and Ed from Lexington Country Club one windy day this week.

We had a great day catching redfish, snook and a few other species. Although we only ended keeping one 26.5-inch redfish, we caught two more bull redfish that were over the slot, along with a few under-the-slot reds plus about 30 snook. This kind of action along with a great variety of species is what our fall fishing is all about.

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

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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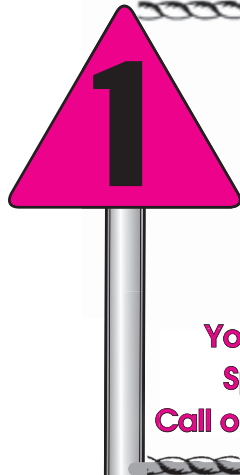


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Shell Of The Week

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

This week I hope to surprise you by presenting a local freshwater snail. The vast

majority of the species treated in this column dwell either in the marine or brackish-water (estuaries, “backbay”) realms. Once in a blue moon I may introduce a local freshwater species, those living in very low salinity environments such as some of the local in-island ponds and ditches. The Carib Fossaria, *Galba cubensis* (Pfeiffer, 1839) is one of the locally found freshwater snails. A *pulmonate* snail, it breathes in open air, and may actually spend time out of the water, grazing above the water level. Its shell is about an inch long, delicate, thin, sometimes translucent, and its color is cream or light-brown. Shells of this species may be found on local beaches, to where they wash after heavy rains. Learn more about local mollusks at www.shellmuseum.org/shells/southwest-florida-shells.

Shell Museum Events



The Carib Fossaria, *Galba cubensis*, from Sanibel

photo by José H. Leal

Daily programs included with paid admission include movies, live tank talks as well as arts and crafts. Call 395-2233 for scheduled times.

Beach Walks: Information and

registration at www.shellmuseum.org.

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



Public Works Director Keith Williams with a stump in Lake Murex photo provided

Cleanup Update

The City of Sanibel reported that as of October 21, the first pass of vegetative debris collection has been completed from 83.26 percent (69 of 80 miles) of the city’s streets. A total of 110,327 cubic yards has been transported to the temporary Island Inn Road Vegetative Reduction Site where the debris is being shredded into mulch with a tub grinder.

Most large stumps will be collected by the “claw” trucks during the second and final “mop-up” round of vegetative debris collection. The very largest stumps will be loaded on to flatbed trailers with front-end loaders to be transported to the debris reduction site.

Due to the end of Daylight Saving Time on Monday morning, November 6, the hours of the vegetative debris removal operation for the final weeks of debris removal will change to 6:30 a.m. to 6:30 p.m. seven days a week to maximize daylight hours to expedite the “mop-up” sweep and the stump hauling.✧

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CROW Case Of The Week:

Adult Osprey

by Bob Petcher



The osprey (*Pandion haliaetus*) is a fish-eating raptor often found near water. It used to be classified with other hawks, but now occupies a categorization by itself, although it is referred to as a sea hawk, river hawk or fish hawk around certain circles.

The osprey is often confused for an eagle when viewed from afar.

Ospreys are actually smaller and lighter-bodied than the eagle. The bird of prey sports a white crown and throat with a distinctive dark brown stripe through its eyes like a mask. It has a sharply hooked black bill, and its body is slender carrying long, narrow wings and long legs.

One can witness ospreys perched on the Sanibel Bridge when driving or biking across the spans. Their unique chirping, whistling calls can be heard overhead as they take flight or stand on their huge stick nests, channel markers or dead trees near or over water.

Prior the early 1970s, ospreys faced serious endangerment due to the effects of DDT and pesticides. After the chemicals were banned in 1972, they have shown a strong comeback.

At CROW, an adult osprey was admitted to the clinic from Cape Coral last week. Clinic officials said the bird was found struggling in the water of a canal. Upon examination during intake, crepitus – a grating sound or sensation produced by friction between bone and cartilage or the fractured parts of a bone – was noted in the bird's right radius, indicating a possible fracture. X-rays confirmed a fracture.

"On physical exam, each wing is palpated for any evidence of swelling, wounds or instability in the bones.



Patient #17-3565 is recovering from a radius fracture

photo by Brian Bohlman

In this case, the site of the tissue had palpable soft tissue swelling, and the bone in that area was unstable (and) freely movable. A subtle grating sound can be heard when the two fractured bone fragments move against each other," said Dr. Robin Bast, CROW veterinary intern. "The diagnosis was confirmed with radiographs."

The patient was given fluids and pain medication and then placed in a figure 8 wrap to immobilize the wing. Dr. Bast explained the differences between the wrap utilized and a body wrap.

"Both are types of wraps used to temporarily immobilize parts of the wing to aid in healing," she said. "A body wrap is used to stabilize the entire wing, such as for humerus fractures or shoulder girdle injuries, whereas a figure 8 wrap is used to stabilize the distal wing, (for) fractures involving the radius/ulna or metacarpals. As fractures of the distal wing begin to heal, the figure 8 wrap can be changed to a body wrap to help prevent contracture of the soft tissues which, if occurs, would result in decreased range of motion."

During last weekend, the patient received a switch in wraps. Dr. Bast stated the body wrap will be on for three weeks. It is being removed every three days so physical therapy can be performed.

"Radiographs will be taken weekly to assess if the bone remains well-aligned and healing appropriately," said Dr. Bast. "If we become concerned it is not healing appropriately, then surgery may be indicated at that time. After three weeks in a body wrap, it will be removed, and the patient will remain inside the hospital for one week strict cage rest and then be moved outside to an extended care enclosure for more physical therapy and flight strength training, as muscles can atrophy from disuse."

CROW medical personnel are monitoring the situation closely.

"The patient is doing well over the weekend," Dr. Bast added. "It tolerates physical therapy sessions well and has started to eat fish on its own."

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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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 David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

Friday, October 27, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

Monday, October 30, 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, October 31, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

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Wednesday, November 1, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, November 1, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Thursday, November 2, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, November 2, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

LIVE ON THE ISLANDS

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

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

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

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

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. Dusk plays Saturday, Sunday and Wednesday. Woody Brubaker returns on Thursday.

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

American Legion Post 123

Chili Cook Off

Saturday, October 28

Please have chili in house in pots or crock pot Friday or Saturday by 2 p.m.

People's Choice judging will be at 4 p.m. Saturday

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Jeweler To Host Famed Designer

Steven Mazza, a fifth generation jeweler whose family has been crafting fine pieces of jewelry since the 1840s in a small town near Naples, Italy, will visit Lily & Co. Jewelers on Thursday, Friday and Saturday, November 2 to 4 for the Fall Fest Show.

"Everything we do is nature inspired," said Mazza. "We try to keep things in their natural state for very colorful jewelry a woman can wear to express her individual personality," said Mazza.

"We are pleased to host Steve Mazza," said Dan Schuyler, co-owner of Lily & Co. "It will be an exceptional start to the season with a sneak peek at the latest fall styles in time for the holidays."

Mazza designs are inspired by architecture or the element itself, such as shells or pearls, to create fashionable pieces. "They are certainly wearable, enduring designs women will enjoy for years and years to come," said Mazza.

The designer has long known the beauty of natural shells, like those found on Sanibel. They are also incorporated into his collections. "It crosses



Steven Mazza photo provided demographics, from young to old, in the same way people are drawn to the sea," he said.

The Fall Fest Show will feature the latest Mazza collection. Champagne and hors d'oeuvres will be served.

Lily & Co. Jewelers is located at 520 Tarpon Bay Road. For more information, call 472-2888.✧

Holiday Bazaar At Shell Point

Shell Point Retirement Community will hold its 12th annual Artists and Artisans Holiday Bazaar at The Village Church on The Island at Shell Point on Friday, November 3 and Saturday, November 4 from 9 a.m. to 2 p.m.

Hosted by Shell Point residents, the annual event will feature one of a kind items created or enhanced by more than 50 talented Shell Point residents. The bazaar provides guests with an array of unique, hand-designed items and novelty gifts in time for the holiday season, including specialty Christmas décor, Christmas novelties, handbags, jewelry, wood sculptures, three-dimensional paper crafts, homemade goodies, children's clothing and holiday cards.

"Shell Point residents put an incredible amount of effort, originality and care into the creation of quality products to be sold at our annual event," said Karen Hubbard, Shell Point resident and chairperson of the craft show. "Spread holiday cheer by purchasing these one of a kind treasures for someone special."



Find one of a kind gifts for the holidays photo provided

Admission to the Artists and Artisans Holiday Bazaar is free and open to the public. Crafts may be purchased by cash or check only. After shopping, guests can stop for a meal at one of Shell Point's onsite public restaurants. For more information, visit www.ShellPoint.org.✧

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and drained
1/4 cup onion, chopped
2 fresh bay leaves
2 tablespoons celery,
chopped
1 teaspoon parsley,
chopped
1/2 teaspoon salt
1/4 teaspoon hot pepper
sauce

1/3 cup butter
1/2 cup dry breadcrumbs
1 tablespoon lemon juice
Preheat oven to 400
degrees F. Arrange oysters in
shells on rock salt in a baking
dish. Process spinach, onion,
bay leaves, celery, parsley and
seasonings in a food processor
until smooth. In a saucepan,
cook spinach mixture in
butter for 5 minutes. Add
breadcrumbs and lemon
juice, mixing well. Spoon
the spinach mixture on top
of oysters and bake at 400
degrees F until oyster edges
curl.

Yields six servings.*



Oysters Rockefeller

photo courtesy Fresh From Florida

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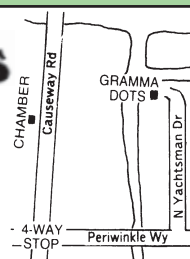


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Horseshoe Crabs Play Pivotal Role In Medicine

by Jeff Lysiak

On Day Three of the weeklong “Ding” Darling Days, Patty and Jack Wettstein offered a 40-minute presentation on American horseshoe crabs, sharing details about the unique species’ anatomy, its role in the environment and contributions to advances in medical technologies.

Presented on October 17 at the JN “Ding” Darling National Wildlife Refuge Visitor Education Center, the Wettstein’s lecture was followed by an interactive, hands-on Molt Lab Clinic, where guests were invited to handle discarded horseshoe crab molts, learn how to identify both male and female specimens, review their role in the production of human medicines and how they play an important part in the survival of a number of shorebird species.

American horseshoe crabs (*Limulus polyphemus*) are one of four different horseshoe crab species that exist around the world. Found in areas between Maine southward along the Atlantic seaboard, around the Florida peninsula to the panhandle region, there is also a small population in the waters of the Yucatan peninsula in Mexico.

The marine arthropod – which



Patty Wettstein measures a horseshoe crab molt prior to her presentation last week at the JN “Ding” Darling National Wildlife Refuge’s Visitor Education Center

photos by Jeff Lysiak

is a relative of both spiders and scorpions – is not actually a crab. It is an invertebrate that has been around for roughly 445 million years.

The body of a horseshoe crab consists of three sections: the front part (prosoma) includes the hard outer shell (exoskeleton) and both the head and



Lecture attendees peruse the Molt Lab Clinic samples

thorax. The middle part (opisthosoma) includes the gills and reproductive parts which are also covered by a hard shell that hinges to the front section. The back portion is the tail (telson).

“Never pick up a horseshoe crab by its telson because it could be life threatening to them,” Patty Wettstein warned the dozen audience members attending the lecture. “If it gets flipped, they use their telson to flip back over again.”

According to the Wettsteins, the horseshoe crab’s blood is milky blue in color (when exposed to oxygen) because of the copper binding protein contained within it. In the early 1950s,

research scientist Frederick Berg discovered that their cells contained a blood clotting agent which he called Limulus Amoebocyte Lysate (LAL), which attached to harmful, fever-inducing toxins produced by bacteria. The discovery of LAL yielded a rapid and accurate method of testing drugs to be used for treating infectious bacteria in humans.

“Three Nobel Prizes in medicine have been awarded for studies related to horseshoe crabs,” noted Patty Wettstein.

Other medical advances have been discovered through the study of

continued on page 34

Gramma Dot's

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The Community House

Pumpkins



by Resident Chef Jarred Harris

Pumpkins are in abundance this time of year and most of them will be carved or turned into pies. Those applications seem to be the most popular in the United States, but in other parts of the world, the pumpkin is a basic food staple. I enjoy eating pumpkin at least once a month because of the nutritional value of the vegetable and the availability throughout the year. I prefer the smaller heirloom varieties for cooking in savory dishes and the larger varieties for dessert applications. Although I cook with pumpkin in sweet and savory dishes, the seeds are my favorite part of this delicious vegetable. I roast pumpkin seeds and top salads with them. The seeds can also be used in salad dressings and smoothies. Pumpkin can be a healthy addition to anyone's diet. One cup of pumpkin contains 50 calories, 3 grams of fiber and almost twice the daily recommended allowance of Vitamin A. The seeds are one of the healthiest things to eat because of the antioxidants they contain. Pumpkin seeds contain vitamins A and E, magnesium, manganese, copper, phosphorus, iron and zinc. Processing a pumpkin can be intimidating and dangerous to novice cooks. I've heard stories of people using power tools, saws, hammer and chisels to cut open



Pumpkin Chutney photo provided

pumpkins. Whatever tool you choose to cut your pumpkin with, be careful. Here is a simple pumpkin chutney recipe to try.

Pumpkin Chutney
2½ pounds fresh pumpkin (½-inch dice)
1½ pounds of Granny Smith apples (peeled, cored and ½-inch dice)
2 ozs. fresh ginger (minced)
3 serrano peppers (seeds removed and fine dice)
1 cinnamon stick
½ tsp. whole cloves
1 tsp. mustard seeds
2 cups cider vinegar
2 cups organic unprocessed sugar
1 tsp. sea salt
Method
Place the first 8 ingredients in a saucepan and bring to a boil. Reduce the heat and simmer until the pumpkin is tender.

Add the sugar and salt to the pumpkin and simmer for 45 minutes. Place the pumpkin in sterile jars and seal. Heat jars in a water bath for 30 minutes. Carefully remove the jars from the water bath and cool at room temperature. The pickled pumpkin will be at its best after four months. Pickles will last up to two years. 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.✴

Taste Of The Islands Lineup

The Clinic for the Rehabilitation of Wildlife (CROW) has announced that 14 restaurants will participate in the 36th Taste of the Islands (TOTI) at Sanibel Community Park on Sunday, November 12 from noon to 5 p.m. The participating Taste of the Islands restaurants will be Blue Giraffe; The Bubble Room; The Clam Shack; Doc Ford's Rum Bar & Grille; Il Cielo; La Bella Vita; Matzaluna; Rosie's Café & Grill; Sanibel Deli; Sanibel Fish House; Sanibel Sweet Shoppe; Shima at Sundial; Thistle Lodge and The Timbers. "We have an amazing lineup of restaurants this year" said Linda Estep, executive director for CROW. "There will be some very delicious dishes being served."

The restaurants will offer an array of menu items for CROW Bucks while competing for honors in a variety of categories including Best Appetizer, Best Seafood and Taste of the Taste. Attendees of TOTI cast ballots to decide the winner of the coveted People's Choice award. Admission to Taste of the Islands, which can be purchased online or at the event, is \$7 for adults and free for children younger than age 12. Bank of the Islands/Edison National Bank has returned as the presenting sponsor of TOTI. This is the eighth year in a row that the bank has led the sponsorship for CROW's signature fundraiser. For more information, visit www.crowclinic.org/articles/36th-taste-of-the-islands.✴

From page 8

Roof Code

provide her with a list of all properties – not just those within the Resort Housing District – that could be affected by the proposed legislation. However, as of Tuesday morning, that information had not been received by Smith. "I'm not sure how I can vote on this without the information I requested," said Smith, as the proposed draft ordinance was the lone public hearing on the commission's October 24 agenda. Several other commissioners were unhappy to learn that Smith's request had not been fulfilled by the planning department staff. "I'm disappointed with the (lack of) response," said Commissioner Karen Storjohann. "Holly made this request not once but three times. I think her point is well taken." Jordan took responsibility for the staff not following through with the commissioner's request, adding that he did not object to the panel postponing action on the subject until the next meeting, scheduled for Tuesday, November 14. He also reiterated that the proposed ordinance "intended to address flat roof issues for three-story buildings within the Resort Housing District," noting that there were no three-story structures outside of the district. Smith again formally requested a list of properties, island wide, that could benefit from the amended code, while fellow Commissioner Chuck Ketteman asked if the proposed "rules" could be applied elsewhere on Sanibel. At least one member of the audience attending Tuesday's session hoped the commission would broaden its scope on the issue. "Council wants you to look at this in a macro way," Mayor Kevin Ruane said during public comment on the matter. "And coming off Hurricane Irma, there's no better time to address this." Dr. Phillip Marks, chairman of the commission, made a motion to continue deliberations on the proposed draft ordinance until their next meeting, which was seconded by Storjohann and unanimously approved, 7 to 0. Jordan assured commission members that the requested information would be provided in advance of the November 14 session.✴



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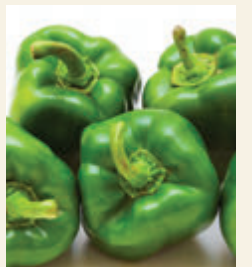
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Book Review

Do Not Become Alarmed



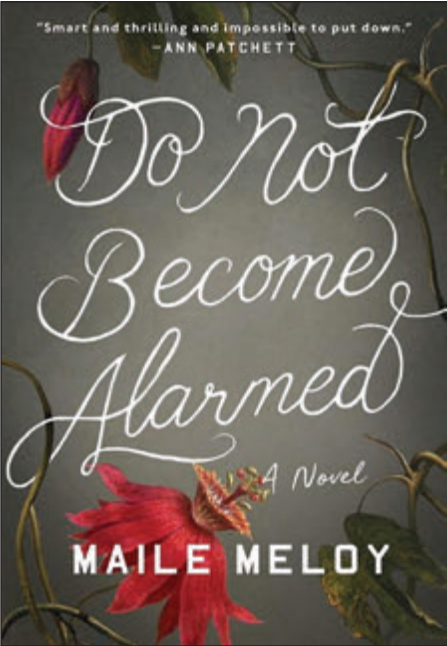
by Di Saggau

Maile Meloy's latest novel *Do Not Become Alarmed* follows three sets of spoiled, wealthy parents and their children as they embark on a cruise to Central America. The American

mothers, Liv and Nora, are cousins and extremely close. Camila is from Argentina. Each has a husband and two children. The three couples soon discover the fun part of their cruise is almost over. All three families sign up for a zip-line tour of the rain forest. When the van breaks down, their guide suggests a swim at a nearby beach and, soon after, all six kids disappear.

The children become unwilling accomplices in a murder cover-up while their parents, used to security and control, turn on one another and blame themselves as they wait for news. The plot unfolds with terrifying realism as the parents deal with their emotions and fears.

There are close to 20 important characters and each is clearly distinguished by some memorable trait. One of the kids has diabetes, another is a genius, and then there's a bossy sister. We also have a black Hollywood movie star and a neurotic, high-strung white studio executive. The Latin



American characters are also interesting.

The disintegration of the world the families knew, told from the perspectives of both the adults and the children, is riveting and revealing. *Do Not Become Alarmed* is about the protective force of innocence and the limits of parental power. Author Ann Patchett said, "This is the book that every reader longs for: smart and thrilling and impossible to put down. Read it once at breakneck speed to find out what happens next, and then read it slowly to marvel at the perfect prose and the masterwork of a plot. It is an alarmingly good novel." This is a clever and culturally savvy emotional thriller.

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, The school cafeteria is a minefield for most middle/high school kids and a major hotspot for bullying behavior. Here's a powerful story

about a couple of high school students who have faced this situation, created a solution and are now working towards positive change for themselves and their peers – finally some good news.

Blair High School senior Jake Koch-Gallup will eat lunch with most anyone, and he's made no secret of it. The 17-year-old has recently started issuing open invitations to his Silver Spring, Maryland classmates over a phone application called Sit With Us, and he's hoping the gatherings help students find new friends. Jake said he downloaded the app last year after noticing some students sitting alone in the hallways during lunch. "It made me sad, so I wanted to do something about it," he said.

With the free phone app, students can create a profile, set their location at a certain school and receive notifications about lunch meetups. As a Sit With Us ambassador, Jake organizes the gatherings; so far, he's held two of them, with the third scheduled. The first

couple of lunches have drawn five to 10 students, but Jake said about 30 to 40 people have signed up for the app at his school.

Betty Samuel, also an ambassador, said her goal is to make students feel like the lunches are a safe space. She and Jake try to strike up conversations about classes or college applications to encourage other students to get to know one another, she said. Samuel said she knows what it's like to be a newcomer. The Blair High senior said she attended a private school in ninth grade and didn't have a group of friends when she arrived. The app helps break the ice because it removes the awkwardness of walking up to students and randomly asking them to lunch, Jake said. It also gives students an element of privacy, since they can participate anonymously. The digital-era solution to organizing meetups is perfect for students who are glued to their phones anyway, Samuel added.

The school's principal, Renay Johnson, said it's not uncommon for freshmen to arrive without many friends, since Montgomery Blair draws from a number of middle schools. Many students connect with each other through after-school programs, but some find it difficult to enter a new social circle. "I think ... in a large school, you think everyone has a lot of friends, but all too often, students do feel isolated," she said. "This is a great way to connect students during their lunch period."

Jake has spread the word about the app by putting up posters, creating a

continued on page 34

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An exhibit at The Bailey-Matthews National Shell Museum

photo provided

Borrow Passes To Local Attractions With Library Card

The Sanibel Public Library now offers passes to four of the area's popular attractions – The Bailey-Matthews National Shell Museum, the Sanibel Historical Museum & Village, the Golisano Children's Museum of Naples (C'mon) and CROW's Visitor Education Center.

In addition to checking out books, movies, music and magazines, you can check out these passes. Cultural passes may be reserved to check out for one week using a current Sanibel Public Library card. Call the library to reserve a pass and to get more information. Library cards are available at no charge to all Lee County residents. Visitors may purchase a library

card for \$10, valid for one year.

CROW's Visitor Education Center (VEC) offers self-guided tours that highlight the lifecycle of wildlife patients from the time they are admitted until their return back to nature. The patients can be viewed in the outside rehabilitation area through the live feed "critter cams." The VEC, located at 3883 Sanibel-Captiva Road, also exhibits a few native and protected species including an eastern indigo snake and an American alligator. The VEC offers up-close experiences with local wildlife during daily Wonders of Wildlife presentations where guests meet animal ambassadors. One borrowed pass provides entry for one person to CROW.

The Bailey-Matthews National Shell Museum features more than 30 exhibits of mollusks from around the world. Exhibits include shell art and history, shell habitat, rare specimens, fossil shells and common

Southwest Florida shells. A learning lab features a hands-on play area for children, displays, games and a tank with indigenous mollusks. The museum is located at 3075 Sanibel-Captiva Road. One pass provides entry for one person to the museum.

At the Sanibel Historical Museum & Village, you can find the story of the islands told from the Calusa and Spanish eras to the early pioneer families who settled in the area in the 1800s. Seven historic buildings were moved from their original island locations to the historical village. The homes and commercial buildings have been restored to their original state. The Sanibel Historical Museum and Village is located at 950 Dunlop Road. The village allows admission for four people per library pass.

With hands-on exhibit galleries, the Golisano Children's Museum of Naples invites visitors of all ages to journey through the swamps of the Everglades, weave through a maze, climb a two-story banyan tree or experiment with the water play station. Throughout the day, special activities encourage guests to get involved, try something new and be energized. The museum is located inside the North Collier Regional Park at 15080 Livingston Road in Naples. The library pass provides admission for a family of four people; one child must be included.

Weekly children's programs with Youth

Services Librarian Deanna Evans continue through November 6 at the library.

Geared specifically for children in fourth through sixth grade, the After-School Clique meets on Tuesdays at 3 p.m. Children can explore new books, puzzles, games and crafts. A snack will be provided.

Family Storytime is offered for young readers and their caregivers on Wednesdays at 10 a.m. and again at 1 p.m. This all-ages program helps develop pre-reading skills through songs and stories.

The After-School Crew (for children in kindergarten to third grades) meets on Thursday at 3 p.m. Favorite books, new books, never-knew-existed books, puzzles, games and crafts, plus a snack will be provided. Children can read to Bessie, a bearded collie who is a Reading Education Assistance Dog (READ). Bessie will be at the library on rain-free Thursday afternoons at 4 p.m.

Stop by from 3 to 5 p.m. on Tuesday, October 31 to show off your costumes or masks and collect treats. For babies through eighth grade.

Friday, November 3 is International Games Day. Games and puzzles will be set up around the library. This program is for pre-kindergarten through adult.

For more information, call 472-2483 or visit www.sanlib.org. The Sanibel Public Library is located at 770 Dunlop Road.✱

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Highlights Of 32nd Annual Baileyfest Celebration



The queen and king of the 32nd annual Baileyfest, a celebration of the Sanibel and Captiva island communities, arrive via a mule-pulled carriage on Sunday afternoon. The event featured singing, dancing, games and family-friendly activities.
photos by Jeff Lysiak



Baileyfest Queen Emily Kremenchuker and King Landon Williams



Sandarella - aka Sandy Klein - belting out Diana Ross' *I'm Coming Out* during Baileyfest. She was backed by singers Jill Christopher and Julie Smith.



Representing the Johnson family were, from left, Richard, Bailie, Calli and Jenna



Kids climbing the rock wall



Emilie Alfino and Brenda Wentworth of the Sanibel Historical Museum & Village



Susan Tucker and Phyllis Gresham of The International Osprey Foundation



Sarah Barone and Marnie Miszewski of Helping Paws Animal Sanctuary



Bobby MacPhail strumming his unique instrument, known as a conchalele



From left, Stan and Dani Howard and John Jones of the Sanibel-Captiva Optimist Club



Leigh Gay of the Bailey-Matthews National Shell Museum showing off mollusks in a live tank demonstration



The Beacons Quartet performing



Baileyfest featured a number of inflatable games



Event emcee Frank Torino, left, singing *New York, New York* while some young attendees dance along



A human bowling ball game paired youngsters riding inside gigantic inflatable spheres

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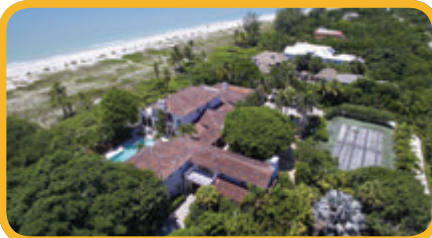
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Poet's Corner



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

Hannah Star Rogers grew up in rural Alabama and received her MFA from Columbia University and PhD at Cornell University. She has taught at Columbia University and the University of Virginia. Her poems, flash fiction and reviews have appeared in numerous quarterlies. Hannah has enjoyed various writing residencies. She is presently living in Sanibel.*

Top Ten Books On The Island

- 1. *How To Find Love In A Bookshop* by Veronica Henry
 - 2. *Origin* by Dan Brown
 - 3. *Cuban Affair* by Nelson DeMille
 - 4. *Endurance* by Scott Kelly
 - 5. *The Nix* by Nathan Hill
 - 6. *Faithful* by Alice Hoffman
 - 7. *Seduced* by Randy Wayne White
 - 8. *Shellanguage* by Pam Kirby Rambo
 - 9. *Sanibel Island Lighthouse* by Charles LeBuff
 - 10. *Uncommon Type* by Tom Hanks
- Courtesy of MacIntosh Books and Paper.*

selected by Tanya Hochschild

Night-dwelling Channeled Whelk

by Hannah Star Rogers

My heart is a translucent operculum but not too translucent and sometimes it opens automatically like a garage door and otherwise there is no budging it, a stone that cannot possibly be rolled away except by the miracle of wanting to.

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Life Drawing, non-instructed open studio by Carol Rosenberg, Fridays, 9:30 a.m. to noon, November 3 through 24.
Wheel Throwing with Clay by Martha Grattan, Tuesdays, 1 to 4 p.m., November 7 through 19.
Creating with Polymer Clay by Martha Grattan, Tuesday, 6 to 9 p.m., November 7.
Acrylic Painting by Barbara Lipman, Tuesdays, 9:30 a.m. to 11:30 a.m.,

November 7 through December 12.
Adult Tap by Bobby Logue, Tuesdays, 12:30 to 2 p.m., November 7.
What Do I Do With All These Photos? Learning to Manage Your Images and Gain Peace of Mind by David Batley, Wednesday, 10 a.m. to noon, November 8.
Clay 101/201: How to be Creative with Clay by David Hoggatt, Thursdays, 9 a.m. to 12 p.m., November 9 through December 21.
Intermediate Tap by Bobby Logue, Friday, 9 to 10:30 a.m., November 10.
Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. For complete course descriptions and the full season's workshops and seminars schedule, visit the website, www.bigarts.org/workshops, or email info@bigarts.org.*

From page 23

Horseshoe Crabs



Nancy Wallin of Cape Coral and Linda Meredith of Fort Myers visit one of the Molt Lab Clinic stations

horseshoe crab eyes – they have 10 eyes – and for chitin, a cellulose-like component found within their shell. Sutures coated with chitin have been known to enhance healing time by 35 to 50 percent.

“Processed blood drawn from horseshoe crabs costs about \$15,000 per quart,” Wettstein added. “Unfortunately, not all horseshoe crabs survive the (blood draw) process; for about one third of them, it is fatal.”
Female horseshoe crabs – which are larger than their male counterparts – will lay approximately 88,000 eggs every year. In Florida, year-round spawning takes place, with the peak period between March and May. Of the 10,000 or so eggs laid during each reproductive cycle, about six will survive to birth. Of the eggs that don’t survive, nesting shorebirds will feed upon them. Among the species whose diet is reliant on horseshoe crab eggs are red knots, oystercatchers and dowitchers.
As horseshoe crabs get older, they will continue to increase in size, requiring them to shed their old shells. After each molt, horseshoe crabs will increase their bodies by about 25 percent. They will continue to molt their shells until they reach sexual maturity (between 9 and 11 years).
Following the lecture, the Wettsteins hosted a 12-station Molt Lab Clinic, demonstrating how to identify male and female horseshoe crabs, how blood is drawn from them for medical uses, and where the largest populations of the American species can be found.*

From page 22

School Smart

Twitter account and describing it during morning announcements. He’s encouraging his peers elsewhere in Montgomery County to test it out. Jake is setting up a meeting with some school board members to talk about encouraging others to join in.
Jake said he’s been corresponding with the app’s creator, a California teenager who created the platform after being bullied in middle school. Natalie Hampton, who designed the app, told the *Los Angeles Daily News* that she ate alone her entire seventh grade year. She made friends after moving to a new school, but never forgot the feeling of being excluded. “I want to use social media, which can be harmful, and use it

for a change and to do something good,” she told the *Daily News* last year just before launching her app.
This app might be something your teen would use. Talk with him or her about the lunch time situation in their school. For more information on the Sit With Us app go to www.facebook.com/sitwithus.io/ or the iTunes app store.
Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.*

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Easy residential condo living with conveniences of a home. Garage, large private storeroom, elevator, laundry room, plus top-floor 2-bedroom 2-bath unit with expansive river view. \$499,900

**Pointe Santo #C34**

3rd floor 1 bedroom with this water view. Cute beach décor & years of rental income, grossing \$45K/year. Stack washer/dryer. Separate exterior storeroom. Resort-like amenities. \$589,000 furnished

**Loggerhead Cay #264**

Gulf-view from top floor at this 2 bedroom 2 bath with updated kitchen & super rental income. Grosses up to \$60K/year depending on owner use. Fully equipped including future bookings. \$598,300

**Cottage Colony West #119**

Gulf-facing condo at Casa Ybel Resort. Just a few steps up from ground-level with private stairs from screened lanai to beach. Easy income-producer, grossing up to \$100K/year. \$674,000 furnished

**Sand Pointe #122**

In one of the few West Gulf Dr complexes that allows weekly rentals. 2nd floor 2 bedroom with gulf view, updated kitchen & baths. Many years of vacation rental history. \$699,000 furnished

**239 Daniel Dr in Seagull Estates**

In community known for olde-Florida charm, handy location, private beach access & amenities with clubhouse. Lot adjoins preserved land on back circle with large private backyard. Lower level parking for several vehicles, storeroom, & fitness area. Main living level focuses around great room with fireplace, vaulted ceilings, bamboo floors, porches, & 2 guest rooms. Master suite with office above. \$1,069,000 professionally decorated

**9448 Begonia Ct in Gumbo Limbo**

End of cul-de-sac location designed to maximize lake views with 1-level living floor plan. Front entry opens to expansive great room with dining area (for 12). Sliders open to ~680 sq. ft. waterside deck. Adjoining den with fireplace & high ceilings expands living space. Eat-in kitchen with many built-ins & breakfast bar. 3 bedrooms, 2.5 baths. Side garage for 2+vehicles steps into hall with oversized laundry room. \$699,000 furnished

**Lot in Gumbo Limbo**

Privacy plus - backs to conservation land. Wide residential parcel at 9441 Peaceful Dr. Convenient to causeway, bay, beaches, shopping, & bike path. \$249,000

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Restaurants Team Up For Wines In The Wild



Il Cielo General Manager Marcus Preece and Chef Allen Casey photos provided

Il Cielo and Sweet Melissa's Café are among the partner kitchens for SCCF's Wines in the Wild – 50th Anniversary Edition. "Our Bailey Homestead Preserve already enjoys a great next-door-neighbor relationship with Il Cielo, and Sweet Melissa's and its owner, Gretchen Valade, have been strong SCCF supporters for many years," said SCCF Executive Director Erick Lindblad. "We are so happy both of these fine dining establishments will be highlighted Kitchen Partners at this



Sweet Melissa's General Manager Karen Schaeffer and Chef Melissa Talmage

year's event." For the first time, Wines in the Wild will have five food stations on the dramatically lit Bailey Homestead grounds. Each will feature a dish from one of Sanibel's finest kitchens – The Blue Coyote, Catering by Leslie Adams, Il Cielo, The Sanctuary Golf Club and Sweet Melissa's Café. The small plate offerings at each station will be paired with specially selected complementary wines. The evening will end with a dessert buffet in the homestead pavilion, featuring music from the Danny Morgan Trio and a live auction of special experiences. There will also be valet parking sponsored by

Doc Ford's Rum Bar & Grille and a sweet surprise from Norman Love Confections. Guests will gather on Saturday, November 11 from 6 to 9 p.m. at the Bailey Homestead Preserve, located at 1300 Periwinkle Way. It will be a great opportunity to explore the unique features of the homestead while sampling wines donated by Bailey's General Store, returning wine sponsor. Tickets are \$100 per person. Because this event is likely to sell out in advance, tickets will not be available at the door. RSVP by calling Linda Uhler at 472-3817 or Lucy Roth at 472-0341.✴

Sanibel Writers Conference At BIG ARTS

Florida Gulf Coast University (FGCU) will present the 12th annual Sanibel Island Writers Conference at BIG ARTS from Thursday to Sunday, November 2 to 5. The conference will feature a variety of workshops, panels, lectures and readings presented by celebrated and experienced writers and teachers. Alice Hoffman, Frank Turner and Dan Bern headline the conference.

Hoffman, the keynote speaker, has become a distinguished novelist. She has published more than 30 novels, three books of short fiction and eight books for children and young adults. Her novel, *Here on Earth*, an Oprah Book Club choice, was a modern reworking of some of the themes of Emily Bronte's masterpiece *Wuthering Heights*. *Practical Magic* was made into a Warner film starring Sandra Bullock and Nicole Kidman. Her novel, *At Risk*, which concerns a family dealing with AIDS, can be found on the reading lists of many universities, colleges and secondary schools. Her highly anticipated *Practical Magic* prequel, *The Rules of Magic*, was recently released.

Hoffman's keynote address, free and open to the public, begins at 6 p.m. Friday, November 3 in Schein Hall at BIG ARTS.

Turner is a singer-songwriter and author. He will perform selections from his six albums and four rarities collections at BIG ARTS on Saturday, November 4 at 6 p.m. Turner has been touring regularly for the last 10 years, performing to millions of fans around the world including sold-out gigs at Wembley Arena and as an opening act at the London 2012 Olympics. He also is the author of the Amazon No. 1 bestseller *The Road Beneath My Feet*.

Bern, also a celebrated singer-songwriter and author, will perform songs from his vast catalogue of albums he has recorded over the past 20 years. Bern's songs have been featured in films and television shows such as *Get Him to the Greek*, *Walk Hard: The Dewey Cox Story* and, recently, the Amazon cartoon series *The Stinky and Dirty Show*. In addition to his skills as a songwriter, Bern is author of the novels *Quitting Science* and *10,000 Crappy Songs*. The free concert takes place at BIG ARTS on Thursday, November 2 at 6 p.m.

Other authors, editors and literary agents include Steve Almond (creative nonfiction); MK Asante (poet); Andrea Askowitz (narrative performance); Lynne Barrett (plot and structure); Kevin Canty (fiction); Alicia Lynn Clancy (editor); Sloane Crosley (memoir); Eugene Cross (screenwriting); Dean Davis (storytelling); John Dufresne (flash fiction); Beth Ann Fennelly (flash memoir); Lisa Gallagher (literary agent); Barbara Hamby (poetry); Nathan Hill (fiction); Shane Hinton (publishing); David Kirby (poetry); Keith Kopka (poetry); Susannah Meadows (reporting/nonfiction); Linda Oatman High (YA fiction); Michelle Richmond (plot); (Christopher Schelling (literary agent); Megan Stielstra (memoir); Darin Strauss (narrative); Ann Kidd Taylor (fiction); Karen Tolchin (storytelling); Nicole Tourtelot (literary agent); and Robert Wilder (YA fiction).

Participants are urged to register. BIG ARTS is located at 900 Dunlop Road. For a complete schedule, registration fees and other information, visit www.fgcu.edu/siwc or contact Tom DeMarchi at tdemarch@fgcu.edu or 590-7421.✴

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Tina DiCharia 239-472-5187 x 259**JUST LISTED****Oversize Bayfront Lot**

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- Additional land and dockage available
- \$2,195,000 (2170901)

Jim Hall 239-472-5187 x 215**JUST LISTED****Light & Bright**

- Near beach home with tranquil lake views
- 3 bedroom, two bath
- Large caged-in heated pool & outdoor cabana w/shower
- Oversized fenced corner lot great for pets & children
- \$725,00 (2170869)

David Schuldenfrei 472-5187 x 227**Showcase Home!**

- Gated community, clubhouse, private roads, wonderful location
- 4BR/4BA, renovated kitchen, baths, bamboo flooring
- Elevator, salt-water lap pool, private dock w/boat lift
- Sited at end of cul-de-sac w/direct access to open waters
- \$1,550,000 (2160588)

Mary Lou Bailey 239-472-5187 x 246**REDUCED****Nature Is Calling**

- Spacious 3/2 Olde Florida style home
- Gourmet kitchen open to living/dining
- Overlooks Sanibel River / nature preserve
- Screened porches and fenced yard
- \$659,000 (2160444)

Cathy & Fred Gerasin 472-5187 x 236/232**Captiva's Village**

- Beautiful 5 BR/5 BA
- Steps to the beach
- Fenced pool and spa
- Furnished/great rental history
- \$1,895,000 (2161179)

Karen Bell 472-5187 x 270**REDUCED****This Masterpiece Only Needs You!**

- 2473 sq. ft.
- Corner 3bd/den/3ba
- Views - lake, preserve, gulf & bay!
- 5-star amenities - amazing lifestyle!
- \$644,900 (2170343)

Ted Benjamin 472-5187 x 247**REDUCED****Move In Ready!**

- Updated mid-island condo has direct gulf views
- 2 bedroom, 2 bath w/lots of recent upgrades
- Condo is totally turnkey
- Sand Pointe allows weekly rentals
- \$719,000 (2161146)

Lynda Traverso 472-5187 x 226**This Villa Has It All!**

- Location, amenities galore
- Volume ceilings, an atrium for dining
- 192 wet slip marina & dry storage
- Laundry room, 2 living areas
- \$379,000 (2170857)

Susan Dunn 472-5187 x 238**Stunning Island Beach Club**

- Steps to Sanibel's amazing beach and shelling
- Two Bedrooms Two Bathrooms
- Great Rental Income - Resort-Like Amenities
- Fully Furnished and Ready to Move In
- \$659,000 (2170505)

Joel Goodman 472-5187 x 224**East End Of Sanibel**

- Immaculate 2BR/2BA corner unit
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Superior Interiors

Designing For Aging In Place



by Jeanie Tinch

Designing for Boomers is a major topic in today's home furnishings industry. Many are upgrading, remodeling or relocating. And, in all three cases, there is often a desire to

be sure their home design and furniture will last and be functional as they grow older.

In some cases, it's not only about them. They also want to be sure the changes they make to their home will accommodate elderly parents when they visit.

There is even a descriptive phrase that has developed to describe this desire: aging in place. In fact, the Center for Disease Control has proclaimed a formal definition. Aging in place is the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level."

Accommodating this desire has become such a priority that the National Association of Home Builders reports that "the fastest growing segment of the residential remodeling industry is home modifications for aging-in-place."

At the market showrooms and seminars, a frequent topic was that Boomers are looking to have smarter living spaces and products, lasting quality and furnishing designs that will endure and function with changes in their lives.

Bathrooms and kitchens are exceptionally popular for remodeling. However, today we design professionals are providing Boomers with more advice about such concepts as barrier-free bathrooms with curb-free showers and other safety features.

Kitchens have always been a place for family and socializing. If you are considering a kitchen upgrade, it's worth researching the kind of changes you can make that will make for aging in place by increasing its usability and safety. Consider the height of cabinets, appliances and the sink, along with the depth of the sink.

Window treatments are also a consideration. We have seen increased requests for motorized shades that make it easier to adjust for sunlight and privacy from a distance without having to reach and pull on cords.

Lighting also should be carefully planned as you are making changes. For example, the amount of light required to sustain visual performance increases with age. Research shows that a 60-year-old needs twice as much light as a 30-year-old. Use dimmers to allow for additional light when needed. Add one or two portable fixtures in areas lacking sufficient light. It's also a chance to add an attractive accent table or floor lamp.

Motion furniture is another item

to consider. Today's motion furniture comes in all sorts of styles with a variety of benefits. We even have movable desks that can allow you to do some of your work standing up. It's not your grandfather's recliner anymore. They can help with spinal health, range of motion, stamina and decrease back pain.

In general, subtle changes to room composition and layout, in elements such as flooring, furniture placement, lighting and structure, all have a profound impact on functionality and safety - while still looking beautiful. Doing ample research or working with a knowledgeable design professional can make your changes more lasting and more enjoyable.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.

Sanibel Business Among Finalists

Adventures of Paradise is among the five finalists selected for the 23rd annual Blue Chip Community Business Award. The businesses, who are chosen by an independent panel of judges, will be recognized at the awards ceremony luncheon on Thursday, November 2 at Hyatt Regency Coconut Point Resort and Spa.

One of the following businesses will be designated as the Blue Chip Award winner: Adventures in Paradise, Davidson Irrigation, Misty's Sunshine Cleaning Service, Siesta Pebble and Sunshine Workforce.

Volunteer Training

The Sanibel Historical Museum & Village is holding its Fall Gathering for Volunteers at 4 p.m. on Monday, October 30 at the clubhouse at Sunset South, located at 1341 Middle Gulf Drive. Volunteer training begins on Monday, November 6 from 1 to 3 p.m. and continues on Monday, November 13 from 1 to 3 p.m. Both sessions will be held in Shore Haven at the village.

For more information, call 472-4648.

Financial Health Seminar

FISH of SanCap, with Fifth Third Bank of Fort Myers, is offering a three-part Empower-U financial seminar, Budgeting and Saving Money, Boost Your Credit Score and Strategies to Slash Your Debt in a 90-minute session on Thursday, November 2 from 5:30 to 7 p.m. at Sanibel Community Church.

The presenter will be Ruben Perales, financial wellness manager, Fifth Third Bank Lee and Collier counties. Attendees will leave the session knowing how to create a budget, interpret a credit score and manage debt.

The workshop is free and open to the community. Light refreshments will be provided and participants will receive a certificate of completion.

To RSVP, contact Kathy Y. Monroe at 472-4775.

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From left, SCCF intern Jimmy Burlage, Shell Islands Garden Club treasurer Patty MacInnis and president Gerri Perkins, SCCF interns Maxine Marvosa and Shannon Jackson, and SCCF Native Landscapes & Garden Center Manager Jenny Evans photo provided

Garden Club Supports SCCF Intern Program

Each year, members of the Shell Islands Garden Club support initiatives that exemplify the goals in their group's purpose: "to encourage all phases of gardening, to promote best horticultural practices, to study the art of flower arranging, to help conserve our natural resources and to promote civic and environmental responsibility."

This year, members gifted the Native Landscapes & Garden Center at SCCF a major donation because

of its historical and continuing efforts "to conserve natural resources and promote environmental responsibility." And, because members also value the importance of perpetuating that goal, they designated the money to go to the program's intern program.

Each year, interns become valuable members of the SCCF Garden Center's staff and gain knowledge and hands on experience with native plant propagation and care. They support the goals of providing habitat for local and migratory wildlife through restoration and elimination of invasives, encourage island homeowners to plant with natives, and encourage limited use of water and fertilizers to protect the waters.✽

Rotary Happenings

submitted by Shirley Jewell

Some of the best assets of our community are the people who reside on Sanibel and Captiva. They're a fascinating group with a myriad of experiences, both personal and professional. One such person is Sanibel-Captiva Rotarian John Henshaw, former assistant secretary of labor for the Occupational Safety and Health Administration (OSHA) under President George W. Bush and Secretary of Labor Elaine Chao. He was appointed to his position in August 2001. Henshaw took the podium last Friday morning to give us some insight on being part of the federal response team during 9/11.

Many of us think that most presidential appointees have some relationship to the political machine before their appointments. Henshaw told us that his experience was pretty much nonexistent. He spent 26 years in the work safety profession and didn't register as a Republican until 2000 but he did put his name in to help with George W. Bush's transition team.

When his name came up for the position at the Labor Department,



John Henshaw photo provided

Henshaw was asked about his connections with the president or involvement with the campaign. He told them there was no connection, although he had voted for George W. Bush. Secretary of Labor Chao was respectful of that because the job required somebody who knew the safety and health hazards for employees, and how to employ the standards set by the Occupational Safety and Health Act of 1970.

September 11, 2001: Terrorists hijack four airline jets and crash them into the World Trade Center, the Pentagon and in a field in rural Pennsylvania. Henshaw, like most of us, watched the scene unfold on TV. Two of the planes, American Airlines Flight 11 and United Airlines Flight 175,

continued on page 48



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Escaping Your Former State’s Taxing Authority



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

Regular readers of this column know that I like to educate on the importance of distancing oneself from your former state of domicile when declaring Florida residency. A recent State of New York State Tax Appeals ruling in the Matter of Thomas Campaniello highlights the reasons necessary to remove any doubt as to your state of residency for both income and estate tax purposes.

Campaniello had declared Florida residence, maintaining a home in Key Biscayne since 1981. He spent more time in Florida during 2007 than in New York, and had substantial business ties to Florida. He obtained a Florida drivers license and maintained personal items in Florida, including a doctoral diploma, guitar and his Ferrari.

In Campaniello, the New York State Division of Taxation had a substantial financial reason to argue that he had not established Florida as his new state of domicile or given up his ties to the State of New York. In 2007, Campaniello filed a New York state income tax return as a non-resident, which New York’s Division of Taxation audited, assessing state income taxes of \$319,000, New York City taxes of \$169,772 plus penalties and interest totaling \$709,429.

In response to the audit, Campaniello submitted a summary of his trips from December 2006 to January 2008, copy of passport pages evidencing foreign travel during that time period, credit card statements, quarterly bank statements (indicating a New York address), and cellular phone statements, among other things.

The auditor’s review of the evidence determined that Campaniello (i) was present in New York for 169 days during 2007; (ii) had significant weekly travel between New York and Florida; (iii) always returned to his domicile in New York City for a portion of nearly every week in 2007 and (iv) continued utilizing New York medical professionals. As a result, an administrative law judge sided with the New York Division of Taxation. Campaniello appealed.

The Tax Court agreed with the lower court, reaching its determination on litany of factors: (i) continuing ownership and frequent use of his New York apartment that he had owned since 1979; (ii) his presence in New York for 171 days (note this is less than half a year); (iii) maintained personal belongings and clothing in his New York apartment; (iv) continued receipt of mail and bills (cellular phone service and credit cards) at his New York address; (v) his spouse maintained New York residency; (vi) family ties; (vii)

substantial business ties to New York; and (viii) operation of his New York and Florida businesses from a New York office.

It should come as no surprise that New York state pursued Mr. Campaniello for this tax revenue. States have been chasing both “former residents” and corporations for years to cover budget shortfalls. As states raise their income and corporate tax rates, individuals and entities leave states for others, like Florida, that do not impose such taxes.

While the warning is important, that doesn’t mean that one should give up and succumb to state taxing authorities. When making the decision whether to become a Florida resident, several factors should be considered, including:

Do you intend to spend the requisite amount of time outside of your former state to qualify for non-resident status? Do you continue to earn income in the state? Is your health insurance or other benefits that you may receive non-transferrable to Florida if you should become a resident here? Are you willing to do the things necessary to sever the ties to your former home state in order to escape that state’s taxing authority?

And there may be other questions pertinent to your situation. If you must remain a state resident to retain certain government benefits such as health insurance or Medicaid, and if it would be unlikely to match those benefits in Florida, then it may not be a good idea to change domicile.

One comment, that is not pertinent, and which I hear often is this: “I have lived in that state my whole life and I cannot imagine not being a resident of that state.”

To this, I raise my eyebrows with a perplexed look. Just because you are no longer a legal resident of a state does not mean that you cannot travel within its borders, enjoy the company of family and friends who live there or otherwise feel a close association. It just means that you no longer wish to make contributions to its taxing authority on an annual basis.

So the real difficulty for those who maintain residences here and in their former home state, becoming a Florida resident is not meeting Florida residency requirements so much as it entails escaping the clutches of your former state’s taxing authority.

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From page 1

Cast Net Rodeo

fishing/shelling guide. She was a master at the art of cast netting, thus was born the Esperanza Woodring Memorial Cast Net Rodeo.

“My mom (Esperanza) would be very pleased to know we are trying to find a solution to the red tide,” said Ralph Woodring, owner of The Bait Box.

The Cast Net Rodeo will take place at The Bait Box, located at 1041 Periwinkle Way on Sanibel. To register participants (age 16 and under) or for more information, visit www.baitboxsanibel.com or call 472-1618.

Event organizers extend their gratitude

to this year’s sponsors, which include Betts Nets, Sanibel Sea School, Coca-Cola and Pure Fishing. Rodeo contributors include Bailey’s General Store, Big Red Q Quickprint, Gulf Coast Marine Excursions, Caloosa Charters of Florida, Reddy Ice, Moonlighter Nets, Get Reel Get Fish, Mustad, Frabill, Zep-Pro, Bimini Bay Marine Metals, Ego Nets, Quantum/Fin-Nor, Power Pro, Shimano, Pradco, Baker Flying Fisherman, Wahoo and Fish Miss Hayden.

All proceeds from this year’s rodeo will benefit Coastal Keepers, formerly known as the Sanibel-Captiva chapter of Solutions To Avoid Red Tide (START), a group that supports community conservation initiatives promoting marine resources and coastal heritage.



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Zontian Is Part Of A Young Woman's Career Success

submitted by Sue Denham

Zonta's mission is to empower women through service, advocacy and funding. Often, the "funding" part is the most public, with announcements about fundraisers and grants, while service often is conducted quietly, without fanfare.

Sometimes, though, a story begs to be told.

In August of 2016, Zontian Janine Boardman, a registered nurse, stepped in to mentor a young woman who had been a client of FISH of SanCap and was in nursing school, seeking to become a licensed practical nurse (LPN). A single mother with three small children, this young woman was also working full-time as a nurse's aide, struggling financially as well as academically. But with support, encouragement, patience, guidance, hard work (on both sides) and more hard work, this became a success story.

On March 3 of this year, Romaine Johnson graduated nursing school with the highest final exam results and in September, she passed her Nursing State Board exams on the first testing. She can now proudly use the title "LPN" after her name and will step into an LPN position at her current place of employment.

"Janine was more than a mentor...



Zontians recently gathered to honor Romaine E. Johnson, LPN, right, pictured with her mentor Janine Boardman, center, and Zonta President Nancy Dreher photo provided

she was patient with me and always there for me. I want to be just like her," said Johnson. "She is the reason I made it so far and never gave up, and I love her for that."

"Being a nurse says something about who you are as a person, an implication that you are compassionate, caring, ethical, trustworthy, a trained observer, critical thinker and creative problem solver," said Boardman. "The things you do for patients and their families impact their lives, something that they can remember for a lifetime."

Boardman added that Johnson had faced her challenges with strength, determination and confidence. "I am proud to have been a part of that," she

said.

Zonta has numerous service projects including literacy training, sewing classes and support for women overcoming addiction. The work is typically conducted by groups of Zontians on a regular schedule. This very personal, one-on-one project was one that touched many hearts, not just because of the hard work and sacrifice exhibited by both women, mentor and mentee, but also for the very real success that resulted from months of dedication.

"I hope the values that Miss Johnson will hold most dear as she begins her career in nursing will further her self-discovery, confidence and determination to be the best nurse,

mother and woman that she can be," said Boardman.

Asked recently if she had new goals, Johnson replied, "Now I want to become an RN."

To learn more about Zonta or to donate, visit www.zontasancap.com.✧

American Legion Post 123

The American Legion Post 123 Chili Cook Off is this Saturday, October 28. People's Choice judging will take place at 4 p.m. There will be a fish and shrimp fry on Sunday, October 29 from 1 to 8 p.m.

Every Monday, 9-ball pool tournaments are played. New and returning players are welcome. On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available.

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It 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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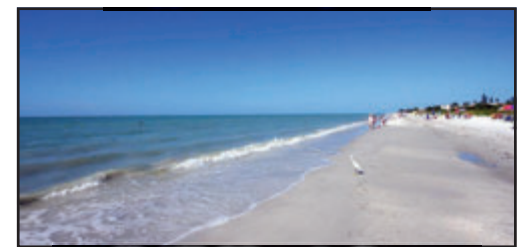
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Changes Aplenty In Baseball Even Before The World Series



by Ed Frank

We thought it was an unwritten rule of Major League Baseball that major team announcements about firing managers, hiring replacements and other staff changes were to wait until the conclusion of the World Series so as not to diminish the series media coverage.

Obviously that's not the case.

The World Series began Tuesday, but just look what was announced before the first pitch:

1. The Boston Red Sox fired manager John Farrell and hired Houston Astros bench coach Alex Cora to a three-year contract. Cora has a bit of work remaining before taking the Boston job with the Astros facing the Los Angeles Dodgers in

the World Series.

2. The Detroit Tigers fired manager Brad Ausmus and hired former Minnesota Twins Manager Ron Gardenhire.

3. The New York Mets bounced manager Terry Collins and hired Cleveland Indians pitching Coach Mickey Callaway.

4. The Washington Nationals fired manager Dusty Baker and are interviewing Chicago Cubs bench coach Dave Martinez and Mets batting coach Kevin Long.

We wrote last week that the dismissal of Farrell was a foregone conclusion after the Red Sox were eliminated in the first round of the playoffs for the past two years.

A former Red Sox player, the bilingual Cora is known to communicate well with

players and work well with young players.

Gardenhire, of course, is well known here having managed the Twins from 2002 to 2014. He won six American League Central Division titles during that span and was named American League Manager of the Year in 2010. He is one of only 10 managers in baseball history to win more than 1,000 games with the same team.

There could be one more managerial job open as the contract of the New York Yankee's Joe Girardi has expired. He just completed a four-year deal worth \$16 million. However, he is expected to resign with the Yankees. Girardi has won more than 900 games during his 10-year Yankee tenure.

Of local interest, there are reports that Farrell could possibly sign on as pitching coach for the Chicago Cubs who last week fired their pitching coach, Chris Bosio.

Farrell has strong ties with Theo Epstein, the Cubs president of baseball operations, from his days when Epstein was Red Sox general manager.

At the same time, Bosio could be headed to the Twins as he and Twins manager Paul Molitor were teammates.

Baseball's "hot stove league" fired up well before the cold weather and even before the first inning of the 2017 World Series.

Everblades Start 2017-18 Season At Perfect 4-0

The Florida Everblades hockey team swept the Atlanta Gladiators 4-2 and 5-1 last weekend in Atlanta to extend their early season record to a perfect 4-0 – all against Atlanta.

The local hockey team is home this weekend at Germain Arena against the Indy Fuel. The three-game series began Wednesday night and continues tonight, Friday, at 7:30 p.m. and Saturday at 7 p.m. Indy has never defeated the Everblades.

They came into Germain with a 1-1-1 season record.

Everblades Coach Brad Ralph earned his 300 coaching win last weekend at Atlanta.

Florida will be on the road next week facing Orlando Wednesday and Saturday.✪

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.

Trash & Treasures Sale – Saturday, November 4 from 9 a.m. to 2 p.m. Donations of clean "gently used" items are still needed. This annual sale is organized by Island Seniors volunteers and all proceeds help support programs such as kayaking, fitness, technology, games, potlucks and the arts. Donations are tax deductible and you may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothes, shoes, computers or old TVs cannot be accepted.

Page Turners with Louise Fitzgerald and 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, November 8 at 2:30 p.m. is *Being Mortal: Medicine and What Matters in the End* by Atul Gawande.

AARP Driver Safety Course – Thursday, November 9 and 16, 1 to 4

p.m. Island Seniors, Inc. is sponsoring the AARP Driver Safety Course. This is a fast-paced, interactive six-hour class for drivers ages 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers, and gain confidence in your driving. After completing the course, you will be eligible for a discount on your auto insurance. Course fee \$20 and AARP members receive a \$5 discount. Register by contacting Ed Vander Hey at 292-4012 and leave a message. You do not need to be a member of Island Seniors to attend but you must attend both classes in order to receive course certificate.

Veterans Tribute and Sunset Social on the Causeway – Thursday, November 9 at 4:30 p.m.

Complimentary for members, \$5 for non-members. Spend an evening relaxing and watching the sunset with friends. Meet on the causeway. Food will be served at 5 p.m. Bring your beach chair. This event is sponsored by Comfort Keepers. Call 472-5743 if you are interested in participating and for directions to the viewing area (weather permitting).

Coffee & Conversation – Thinking about Cybersecurity: From Cyber

Crime to Cyber Warfare, Tuesday, November 14 from 1 to 3 p.m. This is a new program offered this season that includes a video/audio presentation with a social time to follow. Learn about the structure of the Internet, the dangers it breeds and how people are learning to cope. This lecture will cover theoretical views of cyberspace, how information spreads around the world, how viruses attack computer systems, and how special tools and programs block those attacks. Call the center to register.

Crafty Corner: Alcohol Ink on Ceramic Tiles and Shells – Wednesday, November 15 from 1 to 3 p.m. Cost is \$35 for members and \$40 for non-members and includes two sea shells and two ceramic tiles along with choice of ink colors to decorate with. No artistic abilities necessary. Class size is limited. Registration and payment must be completed in advance. Call the center for more information.

Games

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

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

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

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:30 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – November 7 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 will provide kayaks, paddles and life jackets. Bring water, a snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Line Dancing Classes on Monday

– October 30 at 11 a.m. Cost is \$2.50 for members and \$5 for non-members.

If you are interested in line dancing, join the group on Monday afternoons during the month of October for an hour of fun. The instructor will review dance steps, then turn up the music. Bring a friend. Register in advance by calling the center at 472-5743.

Fitness Classes

Members cost is \$4 per class, visitors \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises. Hand weights, stretch cords and body weight are used. Athletic footwear required. Connie DeCicco is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m. (11 a.m. class resumes Monday, November 6). Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

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

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

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

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

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New Boutique Real Estate Firm



Phaidra McDermott



Bill Tomlinson



Valerie Tutor



Amy Costello

Kingfisher Real Estate recently became Sanibel Island's first boutique real estate firm. Kingfisher has been created by Phaidra McDermott to fulfill the need for a firm offering an elevated level of service with an emphasis on quality over quantity.

McDermott is joined at Kingfisher by an elite group of associates including Valerie Tutor, Bill Tomlinson and Amy Costello. They will be located in the newly redesigned Kingfisher Plaza at 2402 Palm Ridge Road adjoining Kingfisher Vacations.☆☆



Kingfisher Plaza

photos provided

The Sanibel Captiva Trust Company Current Outlook



by Richard E. Pyle,
CFA, President

While the world is experiencing the first synchronized global expansion since 2003 and asset price inflation continues apace, the challenge for investors is to

look somewhat in the rear-view mirror and make sure they understand the risks of euphoria. Many of the issues that we have had to deal with since the 2008-09 financial crisis have been resolved in a positive way.

Banking has become much more stable due to the revised capital requirements. While loan growth has only now started to show a healthy recovery after eight years of so-so results, investors remain cautious about the longer-term outlook. Revenue growth of businesses has been sluggish reflecting abnormally low inflation rates. At the same time, central bankers around the world are beginning the long process of "removing the punch bowl" from the investment party that has seen asset prices rise more rapidly than economic growth since 2009.

We have been suggesting to our clients to continue to be "careful, but not fearful" when looking at their asset allocations

and diversification strategies. Since relative asset valuations depend primarily on economic growth rates (the higher the better), interest rates (the lower the better), and inflation (stable preferably), it is important to have a point of view on these three variables before constructing a long-term investment strategy. We have been positive on all three of these trends since 2009 as we experienced fiscal and monetary policies around the world that bolstered those forecasts. We are now seeing evidence that the future trend of interest rates and inflation will be doing battle with economic growth for the first time in a long while.

For those reasons, our current outlook becomes much more muted. The synchronized global expansion that we referred to earlier will do much to maintain the rate of economic growth (or better) that we have seen in the recent past - roughly a range of 2 to 3 percent domestically and 3 to 4 percent on a worldwide basis. This is good news. The other two variables do not show a comparable positive trend. Already economists are noting the slow, but relentless tightening of monetary conditions. It started with the U.S. Federal Reserve Board actions to cut back on purchases of government bonds. That was followed by the gradual raising of short-term interest rates. It culminated recently in the disclosure of its intention to actually start selling the stockpile of bonds that it has accumulated. These are all actions designed to raise interest rates to combat a perceived increase in

continued on page 48

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Attorneys To Host Estate Planning Workshops



Craig Hersch



Michael Hill

Florida Bar Board Certified Wills, Trusts and Estates attorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA, will host free Florida Residency and Estate Planning Workshops from 2 to 4 p.m. on Thursday, November 2 at Faith United Methodist Church, 15690 McGregor Boulevard in Fort Myers and again on Friday, November 3 at The Community House, 2173

Periwinkle Way on Sanibel. A third workshop will be held from 2 to 4 p.m. on November 6 at the Naples Daily News Community Meeting Room, 1100 Immokalee Road in Naples.

The workshop is an essential educational tool for Florida residents or those considering Florida residency to learn about Florida estate law and valuable estate planning techniques. Topics will include:

The validity of out-of-state wills and trusts in Florida;

How to reduce taxes by declaring Florida residency;

Why a Durable Power of Attorney needs to be updated;

The best way to keep legal documents up-to-date;

How a revocable trust might not avoid probate.

All attendees will receive a free copy of Hersch's recently published book, *The Florida Residency & Estate Planning Guide*. In addition, attendees who bring their current estate planning documents and arrive 30 minutes prior to the workshop will receive a complimentary written trust analysis.

Reservations can be made online at www.sbslaw.com/workshops or by calling 425-9383.*

Rental Company Expands

Tween Waters Island Vacation Rentals, officially launched to serve Captiva vacation rental owners earlier this year, is expanding its services to rental owners on Sanibel. The expansion allows



Doug Babcock

vacation rental homeowners to tap into the marketing expertise and heritage of hospitality, founded by the parent corporation 86 years ago.

Doug Babcock, chief operating officer of Sanibel Captiva Beach Resorts, said, "We're dedicated to increasing revenue for rental homeowners, and helping them maximize their investment and return. We employ what we term our 'Triple Team' approach to helping owners generate reservations, loyalty and income."

For more information, visit www.TWIVacay.com.*

Museum Adds Board Member

Judith Addison has been elected to the board of directors of the Sanibel Historical Museum and Village.

A long-time volunteer at the village, Addison came to Sanibel on the ferry in 1951 to visit her grandparents, who had built a cottage on the gulf in 1950.

Addison is a native of Bexley, Ohio. She attended Northwestern University



Judy Addison

and graduated with a bachelor of music degree. Much of her volunteering has focused on music. She created and ran a music kindergarten while living in New Hampshire. She served as president of the Racine Symphony Orchestra and created their summer Pops series. She also directed and sang in many choirs as well as being a member of the Junior League and many other church and community service groups.

Addison's favorite spot at the Historical Village is Bailey's General Store, as she was actually in that store as a child.

Addison married her high school sweetheart, Tom, whose career took them from New Hampshire to Calgary, Alberta and back to Racine. They have three daughters and eight grandchildren.

This brings the number of board members to 12.*

Refuge Welcomes New Education Intern

Education intern John Murray recently arrived to help the JN "Ding" Darling National Wildlife Refuge with manpower shortages this season, thanks to funding from the "Ding" Darling Wildlife Society.

Murray graduated cum laude from Rowan University in New Jersey in spring 2017. He earned two bachelors degrees in environmental studies and geography with a concentration in geoscience. The Brick, New Jersey native worked at the Palmyra Cove Nature Center in New Jersey before arriving to Sanibel.

"I've always loved Sanibel," said Murray. "I came here throughout most of my childhood, up until I was about 12.



John Murray

After a decade, I came back at 22 years old. But now, instead of vacationing, I have a job. Funny how things work out."

At the refuge, he will be assisting educator Sara Hallas with programs, visiting school groups and special events into May 2018.

"My favorite thing about the refuge is the great people working at the facility," Murray said. "Everyone is so passionate and helpful; it's incredibly refreshing to be surrounded by such nice, friendly, likeminded people."

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

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

For more information about internship programs, contact Westland at 472-1100 ext. 237. To support the refuge intern program, contact Sarah Lathrop at 472-1100 ext. 4.*

New Agent

Allison Goss has joined the team at Pfeifer Realty Group as a special events and public relations coordinator. Goss lives on Sanibel with her husband, Chauncey, and their three sons.

Goss grew up



Allison Goss

in northern New Jersey and has a BA in history from Wheaton College in Massachusetts. She was captain of her college soccer team and enjoys playing and watching all sports.

In addition to spending time with her family, Goss enjoys running and has competed in several marathons and half marathons. Valuing community service, Goss volunteers for FISH of SanCap, BIG ARTS, The Canterbury School and SanCap Cares. She is also an active member of Sanibel Community Church.*

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From page 1

Tickets Selling Fast

Matt Schofield, local favorites The Marty Stokes Band along with newcomer Johnny Jensen performing with the FGCU Jazz Combo. Food will be provided by island-based restaurants, as well as an assortment of beers, wines and soft drinks.

Generously sponsored by The Sanibel Café, Bailey's General Store and George & Wendy's Sanibel Seafood Grille, event support is provided by Floral Artistry and DCMG, Inc. Stage sponsors include Lily & Co. Jewelers, Sanibel Captiva Community Bank and Legacy Lifestyles, along with event partners Nu Way, John Grey Painting, Adventures in Paradise, Barefoot Charley's, Cartwheel Rentals and Doc Ford's Rum Bar & Grille.

"I'm looking forward to the community gathering together after Hurricane Irma... Sanibel is back in business," said Stan Howard, president of the Sanibel-Captiva Optimists. "With yet another Blues Hall of Famer coming to town, it's going to be a fabulous show."

Festival attendees will hear outstanding live blues and jazz music including:

Elvin Bishop's Big Fun Trio – Travelling the blues road longer than most (and with the stories to prove it), Elvin Bishop's Big Fun Trio is fronted by the American blues and rock music singer, guitarist, band leader and songwriter best known as the author of the 1976 pop hit *Foiled Around And Fell In Love*. An original member of the Paul Butterfield Blues Band, Bishop was inducted into the Rock and Roll Hall of Fame in 2015 and the Blues Hall of Fame in 2016. His long and varied career has included plenty of side trips along the way, from deep down gutbucket blues played in smoky South Side Chicago taverns, to raucous roadhouse R&B, to good time rock and roll on concert stages and festivals around the world. And at every stage along the way, he's instilled all of his music with passion, creativity and a healthy helping of wisdom, wit and good humor.

Matt Schofield – An English blues guitarist and singer, his band – The Matt Schofield Trio – plays their own material, a blend of blues, funk and jazz, as well as covers of blues classics such as Albert Collins' *Lights Are On, But Nobody's Home*. Schofield is regarded as one of the most distinctive and innovative British blues guitarists, and has been rated in the top 10 of British blues guitarists by *Guitar & Bass Magazine*. Schofield's prowess has taken his band to 12 countries; seen him playing with musicians including Buddy Guy and Robben Ford; and brought a note in the *Penguin Book of Blues Recordings* as one of only two living British artists to gain the maximum four-star rating. In addition, he has been admitted to the British Blues Awards Hall of Fame.

The Marty Stokes Band – Originally raised on Sanibel and Captiva Islands, Marty Stokes has been playing different variations of blues music since he was a kid. Raw and melodic, original and reaching to the emotional core, Stokes will not disappoint the rocker who digs blues grooves on top of it all. A group of long-time friends, the band delivers the goods with tasteful grooves over Stokes' originals, alongside creative arrangements of covers. Jennifer Mazziotti (saxophone



Local blues legend Marty Stokes and his bandmate Jennifer Mazziotti will perform at this year's Sanibel Blues & Jazz Festival

photo provided

and keyboards), Darryl Best (bass guitar) and Rick Whiteman (drums) make up the core of the group.

Johnny Jensen – A 14-year-old student at The Sanibel School, eighth grader Johnny Jensen has lived on Captiva Island since he was born. He's been playing guitar for nearly four years, but began playing drums at the age of 4. Jensen performs locally at Jensen's Twin Palm Cottages & Marina Resort and Fort Myers River District Music Walks. His musical influences in the blues include Stevie Ray Vaughn, Eric Clapton and Joe Bonamassa. For the past two summers, he has attended Berklee College of Music summer programs. Jensen also participates in The Sanibel School's Performing Arts Program and recently had the opportunity to perform as a youth at the Southwest Florida International Blues Challenge.

According to event organizers, the Sanibel Blues & Jazz Festival will feature a variety of fine cuisine and spirits. Barbecued ribs and other food and beverage offerings – including beer and wine – will be available for purchase. Coolers will not be permitted, but general admission ticketholders may bring their own chairs.

On-island parking will also be available, with transportation to the festival site. Attendees are encouraged to use bicycles to reach the site, with free valet bike parking provided.

General entry donations are \$40 per person for adults and \$15 for attendees under age 14. A \$125 per person donor VIP package covers food (including a raw bar), beverages (including a Champagne bar), VIP seating in a tented area, VIP parking and a festival T-shirt. Tickets are limited and are first come, first served. Tickets are available at Bailey's General Store, George & Wendy's Sanibel Seafood Grille, The Sanibel Café, Sanibel Captiva Community Bank, from members of the Sanibel-Captiva Optimist Club and online at www.sanibelbluesandjazzfest.org.

All proceeds benefit the Sanibel-Captiva Optimist Club college scholarship program, youth programs at the JN "Ding" Darling National Wildlife Refuge, and Community Housing and Resources of Sanibel, among others.

Sponsorships for the Sanibel Blues & Jazz Festival – ranging from a Green Room Sponsor (\$500) to Stage Sponsor (\$5,000) – are also available. For more information, contact Stan Howard at 472-0836 or Richard McCurry at 292-4631.✱

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Faith United Methodist Church

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Friday, November 3

2:00 p.m. – 4:00 p.m.

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Monday, November 6

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Beautifulife:

Listen Up



by Kay Casperson

This week, I want to focus on something that I have been thinking about quite a bit lately. It is the art of being a good listener. Have you found yourself in situations that are frustrating because

the person you are talking to either seems distracted or talks over you and doesn't let you finish a sentence to get your point across?

Maybe you have been told at times that you need to be a better listener? Or, you might remember discussing something with someone but can't recall the details because your mind was elsewhere while talking with them. Now more than ever, we live in a world full of many distractions, from the day to day tasks that need to be completed to the never ending ways in which people can immediately get in touch with us. Having fast and easy communication from calls, texts and emails is good for allowing us to multi-task, but it can be bad at the same time for giving someone your full attention and really listening to all they have to say.

I don't have much patience for people that talk over you or are distracted when you're talking to them, most likely because I have always been a very good listener and was actually someone that many people would confide in and talk to about things from a very early age. I remember being a shoulder to cry on, an ear to listen for many of my friends because I would truly hear them and I could better offer the right words, mostly because I gave the time and attention to what was being communicated.

Communication is key to success in all aspects of our lives. Friendships, family, business, relationships and education all require constant, healthy communication and being good at listening to each other is what will make them thrive.

Many years ago, a Greek philosopher named Epictetus said, "Nature gave us one tongue and two ears so we could hear twice as much as we speak."

So, how is it that we can become a better listener? I have come up with a list of things that might help. Feel free to share them with someone you think could use some tips.

Make sure that you have eye contact with the person you are listening to and not looking at your phone or anything else that can distract you. This can be extremely frustrating to the other person and could result in bad feelings.

Summarizing or repeating some of the conversation can be quite effective as it will allow you to get the full point being expressed as well as to avoid any misunderstandings.

Learn to start asking questions and truly listen to the answers in order to realize what the person you are talking to needs or is wanting to express. It is amazing how much more can be accomplished when done effectively.

Make sure that you are able to take the time to listen. If you are in the middle of something, in a hurry, stressed or just mentally not able to be there in that moment, be honest and let the other person know that you want to listen but at a different time. This way you can give your undivided attention and be more effective. People will appreciate the honesty and the quality of time even if it is a bit delayed.

The most important thing to remember is, don't interrupt the other person while they are trying to tell you something, let them get the full message out before jumping in because maybe they just needed to vent and don't need advice at all.

I assure you that becoming a better listener will only lead to good things in terms of your growth, success, happiness and overall beautiful life.

My affirmation for you this week is: "I will make an extra effort to become a better listener in order to understand and communicate more effectively."

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 in Disney. Casperson has lived on Sanibel and Captiva Islands for many years with her husband and two daughters and enjoys her beautifulife everyday. For more information, visit www.kaycasperson.com or follow her on social media @kaycasperson.✽

Doctor and Dietician

Stress Eating



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

Stress eating is a vicious cycle. People get upset or depressed, and then overeat. But afterwards, they can feel upset and depressed because they ate too much. Future overeating is predicted because of the guilt and shame that follows the overeating.

Another theory about emotional eating suggests that overeating is a way to "swallow emotions." Someone doesn't feel the freedom to express what they deem as negative emotions, and therefore alleviates these feelings by finding comfort through eating.

Other reasons for emotional eating include childhood maladaptive behaviors, past trauma, stress, anxiety and depression, and low self-esteem. People can even become addicted to food. Interestingly, bingeing on sugar and high fat foods can trigger neural pathways similar

to those of drug use. Stress eating does not only affect overweight individuals, but also affects those who are underweight. Underweight individuals eat less during periods of stress, while those who are overweight eat more. So, emotional states can affect eating across the weight spectrum.

If stress eating is a problem, here are some simple ways to try to improve your mood:

1. Eat green leafy vegetables, which are significant sources of vitamins, including folate. Folate releases serotonin, a "feel good" chemical, which is also found in beans, lentils and broccoli.
2. Choose healthy foods and snacks to stabilize your blood sugar. Sugar-laden foods and drinks will cause rapid spikes in sugar levels, which can negatively affect your mood.
3. Low Vitamin D levels are linked to depression and mood disorders, so take a 15 minute daily walk in the sun for added Vitamin D and exercise.
4. Include foods high in tryptophan, like tofu, chicken, salmon and cashews. Tryptophan is an essential amino acid that plays a vital role in producing the mood and sleep regulating neurotransmitters serotonin and melatonin.

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

Flu Immunization Clinic October 29

On Sunday, October 29, Walgreens representatives will be at Sanibel Community Church in Fellowship Hall from 9 a.m. to 1 p.m. to provide flu and pneumonia vaccines. Registration forms are available in the church office, and sections A and B can be filled out ahead of time. If you have any questions regarding the form, bring it with you to ask the pharmacist.

A few additional facts: Persons 18 and under are required to receive the flu shot in their pediatrician's office; Medicaid will be accepted; Walgreens will also be providing flu shots to people who cannot afford the immunization or do not have insurance. The date is Thursday, October 25 at all stores from 7:30 a.m. to closing. Contact your nearest Walgreens or be on the lookout for announcements on television news.

Influenza (aka the flu) is a contagious respiratory illness, caused by influenza viruses which bring about a mild to severe illness – even death. The flu is different from the common cold and it usually comes on suddenly. People who contract the flu experience fever, chills, cough, sore throat, stuffy or runny nose, muscle or body aches, headaches and fatigue. While some people may experience vomiting and diarrhea, these side effects are more common in children than adults.

Young children, senior citizens and people with certain health conditions are at a higher risk of developing serious flu

complications. The best way to avoid complications is to prevent the flu by getting vaccinated each year with a flu shot.

The flu shot is composed of an inactivated vaccine (containing a killed virus) given by injection, generally in the arm. The Centers for Disease Control and Prevention (CDC) is recommending only the injectable flu vaccines (flu shots) which protect against three or four flu viruses. The CDC does not recommend the use of the nasal spray flu vaccine (LAIV).

There are many different flu viruses and they change constantly. The composition of the U.S. flu vaccine is reviewed every year and updated to match the circulating flu viruses. Flu vaccines protect against the three or four viruses that research suggests will be the most common. For the flu season 2017-18, the three component vaccines are: A/Michigan/45/2015 (H1N1) pdm09-like virus; A/Hong Kong/4801/2014 (H3N2)-like virus; 3B/Brisbane/60/2008-like (B/Victoria lineage) virus.

The vaccine becomes effective approximately two weeks after it has been administered, as antibodies (substances in the blood that protect against infection) accumulate and provide protection against influenza. Therefore, you may be susceptible to influenza during the two weeks after your flu shot.

If you have questions about whether the flu shot is right for you, contact your healthcare provider and/or speak with your pharmacist. If you have questions regarding the immunization clinic, contact Deb Stephens, parish nurse, at deborah@sanibelchurch.com.

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dearRPharmacist

Four Medicinal Herbs For Breast Cancer



by Suzy Cohen, RPh

Dear Readers: There's no time like the present to begin the changes necessary for better breast health. The take-home message today is that you can change the way you break down estrogen in your own body. You have

direct control over it and that's important because estrogen break down is different for everyone.

Let's start with the basics. When you say the word "estrogen," that's actually three compounds: Estradiol, Estrone and Estriol. Of the three, estradiol is most strongly associated with causing cancer than the other two.

Men and women both make estrogen. It's the breakdown product from testosterone actually. If you have low testosterone, you'll have low estrogen too.

Your body breaks down estrogen into metabolites, and some of those are more likely to cause cancer than others. Like I said, you can change the way that your body breaks down the circulating estrogen. So right now, I'm going to give valuable information about how to manufacture your own healthy estrogen metabolites and make it such that you break it down into forms that are less likely to cause cancer. If you are currently undergoing chemotherapy, please ask your doctor if these are right for you:

Rosemary – I recommend this as a fresh herb from your grocery store. Cook with it, and make tea with it. Rosemary

is a powerful antioxidant that has anti-inflammatory effects similar to a COX 2 inhibitor drug. Rosemary has anti-microbial and direct benefit for breast and prostate health. It has anti-tumor benefits. It works by helping you break down estrogen into the safer anti-cancer metabolites.

Broccoli – It's impossible to eat four pounds of broccoli every day so take the supplement called I3C or DIM. It helps to balance estrogen levels in the body, and appears to have anti-cancer effects particularly for the breast and prostate. Too much crash your thyroid levels due to the goitrogenic effect.

Flax Seed – This is kind of like plant-based estrogen (termed phytoestrogens) which kicks off dangerous estrogens from your cells. Men with prostate problems could benefit. Women with "Estrogen Dominance" hallmarked by heavy periods, breast pain, cramping and anxiety might benefit from flax seed. I recommend buying fresh flax seed and grinding it in a coffee grinder and sprinkling it on yogurt or oatmeal.

Sage – *Salvia officinalis* is the botanical name. Just like rosemary, sage contains a lot of "carnosic acid." This compound was shown in numerous clinical trials to exert apoptosis, which means cancer cells die off. Carnosic acid when combined with the breast cancer drug, Tamoxifen, works more effectively to slow down cancer growth. You can buy fresh sage herb and cook with it, or herbal extracts at any health food store.

There are many other alternatives that I haven't elaborated on such as vitamin D, curcumin and iodine, so if you're interested in those, come to my website and sign up for my newsletter. Please ask your physician or oncologist if these are right for you. Cooking with fresh herbs should be just fine.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy-Fisher

Q: Can you describe what "gaslighting" means?

A: Gaslighting is a form of psychological abuse where one partner persistently denies the reality of the other partner. This

can occur through lying, denying and, over time, causing the partner to doubt his or her perception of the truth, facts and reality. When one gaslights, he/she is perfectly aware of the fact that he/she is lying, usually as a way to manipulate the other person. This type of behavior is typically an unconscious goal to get away with bad behavior. For instance, cheaters gaslight because they don't want their partner to know what they are doing, or to confront or stop it. So they lie and keep secrets, and if or when their partner is

onto their behavior and confronts them, they deny, make excuses, tell more lies and say anything to convince their partner that he or she is the problem. It's a twisting of truth and form of throwing it back in their face, so the emotional reactions are the cause of rather than the result of issues in the relationship. The cheater attempts to get the betrayed partner question his or her perception of reality and to accept blame for any problems. The ability to fall for a cheating partner's gaslighting is not a sign of low self-esteem or inadequacy. It is actually based in a human strength, a perfectly natural tendency of loving people to trust the people that we care about. We want to believe the things our loved ones tell us. Gaslighting behaviors are more distressing over time than whatever the betrayer is attempting to keep secret from the partner. For many betrayed partners, it's not the cheating that was most hurtful, rather the dishonesty and deep betrayal of trust.

Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at constanceclancyfisher@gmail.com.✽

Numbers Down For Eyeglass Collections

The Sanibel-Captiva Lions Club continues to collect unused prescription and non-prescription eyeglasses and sunglasses as part of its Recycle for Sight program.

In September, 147 glasses and 18 cases were collected for distribution to developing countries where eye care is often unaffordable and inaccessible. While the numbers were lower due to Hurricane Irma, the club expects an increase in October when part-time residents return.

"We still need everyone to donate their used eyeglasses," said Tom Nachazel, club president. "In most developing countries, an eye exam can cost as much as one month's wages and a single eye doctor may serve a community of hundreds of thousands of people."

The glasses are shipped to a regional Lions Eyeglass Recycling Center where they are cleaned, categorized by prescription and prepared for distribution by Lions and other groups. Locally, the Bonita Springs Lions assist with processing and two Sanibel-Captiva Lions toured their eye clinic during a recent delivery.

The eye clinic operates with a rotating staff of 19 retired ophthalmologists and has a continual backlog of about 150 patients waiting for evaluation and service at no charge. The Sanibel-Captiva Lions have provided complimentary vision, hearing and diabetes screening for many years. Sight is undoubtedly one of the Lions defining causes.

To donate used glasses, including reading glasses, place them in the specially marked Lions Recycle for Sight collection boxes located at the following businesses: Ace Hardware, Bank of the Islands (Sanibel and Captiva), Bailey's General Store, Island Pharmacy, Jerry's Foods, Joey's Custard, Lazy Flamingo (Periwinkle Way and Santiva), Sanibel Captiva Community Bank (Library Way and PeriwinkleWay), Sanibel Public Library, Sanibel Eyecare, Santiva General Store, Center 4 Life and Captiva Memorial Library.

The Sanibel Captiva Lions meet on the first and third Wednesday of each month at 6 p.m. at The Community House, located at 2173 Periwinkle Way. Lions are a group of men and women who identify needs within the community and work together to fulfill those needs.

For more information or to get involved with the club, contact Lion Rick Siders at rwsiders@mac.com or visit www.sanibelcaptivalions.org.✽

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Florida Highway Patrol	278-7100
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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
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Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
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Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
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Community Foundation of Sanibel-Captiva	274-5900
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CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
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Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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PETS OF THE WEEK



Ginzee
Haven on Earth Animal League



Pumpkin Spice Latte

Ginzee And Pumpkin Spice Latte

Hi, I'm Ginzee. I'm only 6 months old and look how cute I am. I have big golden eyes and a little pink nose. I'm neutered and up to date on all vaccinations. I'm currently staying at Petco at Gulf Coast Town Center. Come adopt me so I don't have to stay in this cage – and maybe adopt a friend for me too. My adoption fee is \$100.

Hello, I'm Pumpkin Spice Latte. I am just adorable. Look at my cute little face – just imagine me looking up at you. My name is perfect for the upcoming fall season. I'm neutered and up to date on all vaccines. I'm staying at Petco at Gulf Coast Town Center and dreaming of my new forever home. My adoption fee is \$125. Come adopt me and take me home – and maybe adopt a friend for me too.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.

From page 43

Current Outlook

underlying inflation. Even monetary authorities outside the U.S. are beginning to talk about reducing stimulus.

When combined together, the threat of rising interest rates, even slightly, should be a wake-up call to revisit asset pricing. While overall economic growth is still expected to be positive for the balance of 2017 and all of 2018, the specter of even a modest rise in inflation and interest

From page 39

Rotary Happenings

were crashed into the north and south towers, respectively. Within an hour and 42 minutes, both 110-story towers collapsed, with debris and fires causing partial or complete collapse of all other buildings in the complex.

Henshaw knew that OSHA would have an important role in the search, rescue and recovery efforts. As the head of OSHA, he went to New York City to evaluate the condition of rescue workers. Due to the efforts in rescue and recovery of building occupants, enforcement of OSHA rules was suspended. The New York City Fire Department and police force led the rescue and recovery efforts using their own respiratory equipment. Training on OSHA respiratory systems would take time and time was not on the side of

rates could dampen returns from both equities and fixed income securities. At the same time, the performance of the economy may not be the only determinant of asset returns. We continue to monitor the changes in policy directions coming out of Washington, DC. Whether we see the tax reform, de-regulation and infrastructure spending that was hoped for at the end of 2016 remains an open question. The impact of those possible developments on growth, interest rates and inflation must also be factored into the outlook. For the time being we maintain our cautiously optimistic stance.

those in need of rescue.

Henshaw said, "The urgency of the task did not allow time to invoke OSHA's ordinary enforcement procedures to assure the safety of these workers." After the fact, this decision was questioned but it was Henshaw's call to make and he made it. Putting safety first eventually led to a joint initiative with OSHA, who distributing 131,000 respirators. OSHA and state OSHA agencies distributed 11,000 hard hats, 13,000 safety glasses and 21,000 protective gloves. During the site cleanup and recovery phase, OSHA statistics reported that there were more than 9,000 hazards identified and corrected, requiring 3.7 million work hours during cleanup. There were no fatalities during this time but a recorded 57 serious injuries.

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

PUZZLES

Answers on page 53

Super Crossword

ROYAL NAMESAKES

- ACROSS**
- 1 Stole, e.g.
6 Stoles, e.g.
11 Many a yellow ride
14 Kickoff
19 Pertaining to pitch
20 Hits upon the answer
21 Uplifting verse
22 Pointer
23 "Cleopatra" star
26 "E pluribus unum," e.g.
27 Horse-race bet taker
28 Defeater of Al Gore in 2000
30 Orator called "The Great Pacificator"
33 Knitting supply
34 Crooner Johnny
36 Camera part
37 Stew holder
39 H lookalike
41 Genoa gold
42 Abbr. that saves space
43 "Dallas" actress
51 Triscuit alternative
52 Liking a lot
- 53 Bert who had a lion's lines
54 "East of Eden" actor
59 Walked over
61 Mexican dish
65 Vocalist
66 Close-fitting, bell-shaped hat
68 Keeps repeating
70 Wee, briefly
71 "Concord Sonata" composer
73 Bit of ink art
74 Put on the air
77 "3 Women" director
78 Ginger, e.g.
80 One wooing
81 J.D. Salinger title heroine
83 "Wag the Dog" actress
85 Mater lead-in
87 Advance
89 Go out
90 "Lucy Gray" poet
96 Booster for a rock band
99 Punk rock variant
- 100 China's Chiang — -shek
101 Patriots' Day mo.
102 Ending for buck
103 Dirty mark
106 Keep going
110 "The Great Lie" Oscar winner
114 "A Book of Nonsense" author
116 Of a big artery
117 Arbor array
118 Namesakes of the 10 people featured in this puzzle
123 Some equines
124 Me, to Luc
125 Vowel run
126 Hay-bundling machine
127 Just manage
128 FWIW part
129 Stickpin site
130 Yukon vehicles
- DOWN**
- 1 Revered Fr. woman
2 Stephen who replaced Letterman
3 Like negatively charged atoms
4 Shaving tools
5 Like many piecrusts
6 See 11-Down
7 Act the fink
8 Guitar wood
9 Mine shaft
10 Like a ham
11 With 6-Down, circular diagram of the spectrum
12 Decorator
13 Arctic mass
14 Latin dance
15 Game fish
16 Place to buy paintbrushes
17 Tax shelter named for a U.S. senator
18 Binary base
24 Brand of 4-Down
25 "For" vote
29 Gives out
30 Hurry, old-style
31 Well-chosen
32 "— -hoo!"
35 Note below la
38 Prefix with angle
- 40 Up to, in brief
43 MasterCard rival
44 "— help a lot if ..."
45 Prague natives
46 Winning
47 Stationary
48 Cutesy-
49 Burn a bit
50 Food writer Rombauer
51 Pal of Stimpy
54 Drops callously
55 "Later, Luc!"
56 Prefix with second
57 Off to — start
58 Here-there connection
60 Armless sofa
62 Cobwebby storage site
63 Extract by percolation
64 Perfumer
67 Uproar
69 Bill equal to two fins
71 Toyota or Kia
72 "— bad boy!"
75 Abbr. ending many a list
- 76 E. — (bacteria)
78 — Tzu
79 Pig, to some
82 — -mo
84 Interoffice phone no.
86 Doc's org.
88 Secret org.
90 Director Craven
91 Dunk
92 Most noisy
93 Refuses to
94 Typing meas.
95 "... man — mouse?"
96 "A" or "an"
97 Sponged
98 "— favor"
- 102 Star-related
104 Uncool type
105 Long-winded
107 Auspices
108 "My Gal —"
109 Juror's event
111 Artist Dufy
112 Over there, in poetry
113 Most Iraqis
115 Pop's Lovato
117 Dog's ID site
119 Briny body
120 With it
121 Singer Bandy
122 Most coll. applicants

1	2	3	4	5		6	7	8	9	10		11	12	13		14	15	16	17	18	
19						20						21				22					
23					24						25					26					
	27									28					29						
30							31	32		33					34					35	
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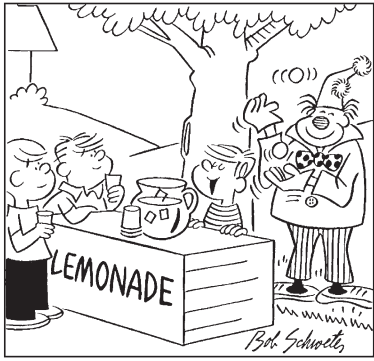
King Crossword

- ACROSS**
- 1 Chevy Equinox, e.g.
4 The enemy
8 Pharma-ceutical
12 Corroded
13 Wise one
14 Simple
15 Guard of a sort
17 Leading man?
18 Unlikely loser
19 Every crumb
21 Illustrations
22 Frank
26 Pamphlet
29 Peruke
30 Regret
31 Kind of mark or tag
32 A welcome sight?
33 Bouquet holder
34 Guitar's cousin
35 "Monkey suit" informally
36 Feelings, informally
37 Old salt
39 Shell game need
40 Affirmative
41 Yellow-flow-ered herb
45 New Zealand-er, informally
48 Elvis hit
50 Green land
51 Approx-
- imately
52 Ostrich's cousin
53 Rumble fac-tion
54 Adolescent
55 Witness
- 8 Handed out hands
9 "Awesome, dude!"
10 "Born in the —"
11 Workout site
16 Trainer
20 Journal
23 Colorless
24 English river
25 The Bee —
26 So
27 Croupier's tool
28 On the briny
29 Candle matter
32 Suspect's pic
- 33 Article of food
35 Placekicker's pride
36 Lillian of mail-order fame
38 Losing power, like a battery
39 Obey a comma
42 Mid-month date
43 Arrive
44 Chills and fever
45 Small barrel
46 George's brother
47 Be victorious
49 Raw rock
- DOWN**
- 1 Cutting tools
2 Hexagonal state
3 Kill a bill
4 Unisex gar-ment
5 "I — Anyone Till You"
6 Id counter-part
7 Billion-dollar

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- | | | | |
|---------|-----------|----------|-----------|
| Along | Headlong | Longhair | Longshore |
| Belong | Lifelong | Longhand | Oblong |
| Daylong | Longbow | Longhorn | Tagalong |
| Furlong | Longevity | Longing | |



"He's part of the ' _____ Hour!"

answer on page 55

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!

Eject
CHANUL _____

Shoot
TROUPS _____

Visual
TOPIC _____

Bitter
GRAYN _____

TODAY'S WORD

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

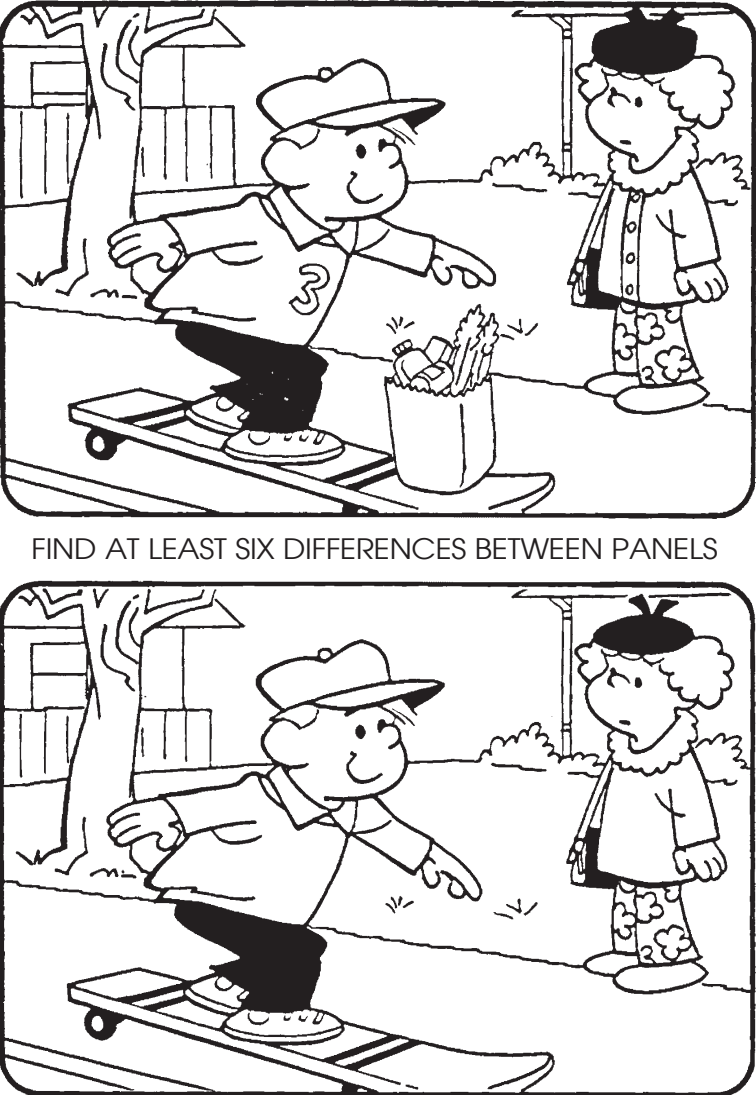
SUDOKU

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

answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Fence is smaller. 2. Number is missing. 3. Arm is missing. 4. Bag of groceries is missing. 5. Hat is different. 6. Button strip is missing.

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FRIDAY
Partly Cloudy
High: 82 Low: 76



SATURDAY
Scattered Rain
High: 78 Low: 72



SUNDAY
Scattered Rain
High: 81 Low: 75



MONDAY
Mostly Cloudy
High: 80 Low: 74



TUESDAY
Partly Cloudy
High: 83 Low: 77



WEDNESDAY
Mostly Cloudy
High: 82 Low: 76



THURSDAY
Few Showers
High: 78 Low: 70

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:27 am	1:36 pm	9:43 pm	None	Fri	4:32 am	1:38 pm	8:48 pm	None	Fri	5:08 am	1:05 pm	7:45 pm	11:41 pm	Fri	7:37 am	2:32 am	11:53 pm	4:52 pm
Sat	6:53 am	1:11 am	10:21 pm	2:39 pm	Sat	5:58 am	1:13 am	9:26 pm	2:41 pm	Sat	5:58 am	2:18 pm	8:41 pm	None	Sat	9:03 am	4:27 am	None	5:55 pm
Sun	8:33 am	2:49 am	10:49 pm	3:35 pm	Sun	7:38 am	2:51 am	9:54 pm	3:37 pm	Sun	7:07 am	2:04 am	9:37 pm	3:18 pm	Sun	12:31 am	6:05 am	10:43 am	6:51 pm
Mon	9:59 am	3:58 am	11:14 pm	4:22 pm	Mon	9:04 am	4:00 am	10:19 pm	4:24 pm	Mon	9:02 am	3:37 am	10:35 pm	4:10 pm	Mon	12:59 am	7:14 am	12:09 pm	7:38 pm
Tue	11:06 am	4:49 am	11:36 pm	5:03 pm	Tue	10:11 am	4:51 am	10:41 pm	5:05 pm	Tue	10:39 am	4:44 am	11:27 pm	5:03 pm	Tue	1:24 am	8:05 am	1:16 pm	8:19 pm
Wed	12:04 pm	5:34 am	11:59 pm	5:39 pm	Wed	11:09 am	5:36 am	11:04 pm	5:41 pm	Wed	11:55 am	5:45 am	None	5:55 pm	Wed	1:46 am	8:50 am	2:14 pm	8:55 pm
Thu	12:57 pm	6:16 am	None	6:12 pm	Thu	12:02 pm	6:18 am	11:28 pm	6:14 pm	Thu	12:07 am	6:37 am	12:49 pm	6:41 pm	Thu	2:09 am	9:32 am	3:07 pm	9:28 pm

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T	O	N	A	L	H	A	S	I	T	O	D	E	A	R	R	O	W			
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7	1	4	3	9	2	6	5	8
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4	9	5	8	2	6	3	1	7
6	8	3	4	7	1	9	2	5
2	4	1	5	8	9	7	6	3
8	7	6	1	4	3	5	9	2
3	5	9	2	6	7	1	8	4

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PUBLIC INFORMATION MEETING

Stilwell Management, LLC & Stilwell Enterprises & Restaurant Group would like to hold a Public Information Meeting under the Land Use Code at Keylime Bistro, 11509 Andy Rosse Lane, Captiva, FL on November 3, 9 AM to discuss an Administrative Reduction to Lee County Land Development Code(LDC) from 34-2020(c) and utilizing LDC 22-174 of Sunshine Seafood Cafe & Wine Bar.
10/27 ★ 10/27

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SCRAMBLERS

- 1. Launch; 2. Sprout;
- 3. Optic; 4. Angry

Today's Word
HAPPY

My Stars ★★★★★
FOR WEEK OF OCTOBER 30, 2017

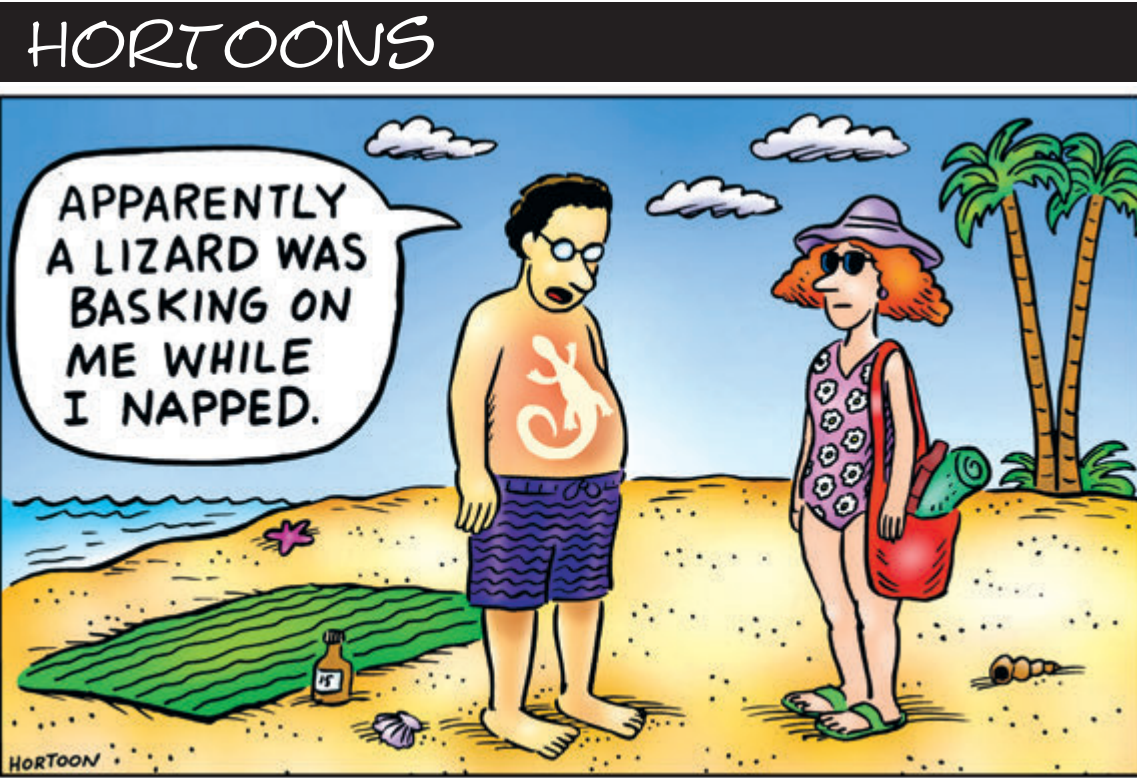
ARIES (March 21 to April 19)
This is a good time to speak out on a difficult situation. You're known for your honesty, so people will listen and, perhaps, begin to make long-needed changes.
TAURUS (April 20 to May 20)
The Bovine's sharp business sense

alerts you to question the positions of those trying to push the Bull into a deal. Demand to see proof of what they profess.
GEMINI (May 21 to June 20)
Your quick thinking helps you get out of a troubling situation that suddenly was thrust upon you. Later on, you can expect to learn more about why it happened.
CANCER (June 21 to July 22)
You might feel you've dotted all your i's and crossed all your t's regarding that upcoming deal. But there might be some facts you've ignored. Check again.
LEO (July 23 to August 22)
Time for the Lion to be more physically active. It will help shake off any lingering Leonine lethargy and restore your energy levels, so you'll be prepared for what lies ahead.
VIRGO (August 23 to September 22)
Helping those in need at this time is laudable. But don't ignore your own needs, especially where it concerns your health. A medical checkup is a wise move.
LIBRA (September 23 to October 22)
Good news: Your outspoken views about a controversial on-the-job situation could find unexpectedly strong support from a most unlikely workplace faction.
SCORPIO (October 23 to November 21)
You might have to draw on your reservoir of spiritual strength to help someone special through a difficult time. Your loving attitude makes all the difference.
SAGITTARIUS (November 22 to December 21)
Your proven leadership qualities make you the perfect person to take on an important workplace task.
CAPRICORN (December 22 to January 19)
Although some compromise might need to be reached regarding your stand on an important issue, you'll still be able to get the most crucial points across.
AQUARIUS (January 20 to February 18)
A chance to make a career change carries both positive and uncertain possibilities. Best advice: Check it out thoroughly and don't be rushed into a decision.
PISCES (February 19 to March 20)
You're still a staunch supporter of one side of an important issue.

But be prepared to deal with new information that could cause you to question your current stand.
BORN THIS WEEK: You're perceptive and quick to act when you sense that someone needs help. You are an always-dependable friend.
THIS WEEK IN HISTORY
• On Oct. 30, 1991, as a "perfect storm" hits the North Atlantic coast, the fishing boat Andrea Gail and its six-member crew are lost at sea. The disaster spawned the best-selling book "The Perfect Storm," by Sebastian Junger, and a blockbuster Hollywood movie.
• On Oct. 31, 1892, "The Adventures of Sherlock Holmes," by Arthur Conan Doyle, is published. The book was the first collection of Holmes stories, which had been published in magazines since 1887.
• On Nov. 1, 1959, Montreal Canadian Jacques Plante becomes the first NHL goaltender to wear a full facemask. After four broken noses, a broken jaw, two broken cheekbones and 200 stitches, Plante

wore the mask, against the coach's wishes.
• On Nov. 2, 1947, The Hughes Flying Boat -- the largest aircraft ever built -- is piloted by designer Howard Hughes on its first and only flight. The wooden aircraft had a wingspan longer than a football field and was designed to carry more than 700 men into battle.
STRANGE BUT TRUE
• It was German dramatist, poet, philosopher and statesman Johann Wolfgang von Goethe who made the following sage observation: "Too many parents make life hard for their children by trying, too zealously, to make it easy for them."
• At one time in Ireland, a traditional Halloween activity was predicting future romance. It was one of the few times of the year when young men and women could mingle, and fortune-telling games to predict who they would marry were popular.
• Those who are experiencing money-related relationship issues might be interested to note the

results of a survey conducted by TD Ameritrade. When asked who manages the household budget, 87 percent of women said they did, while 81 percent of men claimed that responsibility.
• Buick is one of the oldest automobile brands in the world, so you might expect that the company's founder did pretty well for himself. Unfortunately for David Dunbar Buick, who incorporated the company in 1903, that wasn't the case. In less than a year, the company was sold. Buick stayed on as a manager and worked on engine development, but only for two more years. When he left his namesake company in 1906, he sold his one remaining share of Buick for \$100,000. That was a rather hefty sum at the time, but he lost it all in a series of unsuccessful ventures. At the time of his death in early 1929, he was virtually penniless.
THOUGHT FOR THE DAY
"Absolute faith corrupts as absolutely as absolute power." -- Eric Hoffer



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
McPhie Park	Fort Myers Beach	1968	2,113	\$2,200,000	\$2,000,000	24
Palmetto Point	Fort Myers	2017	3,435	\$2,195,000	\$2,019,307	142
Mcphie Park	Fort Myers Beach	2004	3,169	\$1,099,900	\$1,005,000	72
Beachview Country Club Estates	Sanibel	1995	2,495	\$929,000	\$900,000	147
Cape Coral	Cape Coral	1974	1,983	\$779,000	\$745,000	23
Woodlake at Bonita Bay	Bonita Springs	1986	3,805	\$729,900	\$701,000	8
The Vines	Estero	1994	4,037	\$699,000	\$658,200	125
Cape Coral	Cape Coral	1976	2,994	\$699,000	\$640,000	61
Venetian Gardens	Fort Myers Beach	1976	1,737	\$659,000	\$620,000	20
McGregor Isles	Fort Myers	1960	1,952	\$644,000	\$625,000	144

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