



Daylight Saving
Time Ends Sunday
**Fall Back
One Hour**

Island Sun

VOL. 25, NO. 18

SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 3, 2017

NOVEMBER SUNRISE/SUNSET: 3 7:39 • 6:45 4 7:39 • 6:44 5 6:40 • 5:44 6 6:41 • 5:43 7 6:42 • 5:43 8 6:42 • 5:42 9 5:43 • 6:41

Wines In The Wild Coming To Bailey Homestead Preserve



Leslie Adams of Leslie Adams Catering toasts with SCCF Board of Trustees President Gwenda Hieft-Clements

photo provided

The Sanibel-Captiva Conservation Foundation (SCCF) will host Wines in the Wild – 50th Anniversary Edition on Saturday, November 11 from 6 to 9 p.m. at the Bailey Homestead Preserve. Catering by Leslie Adams and the Blue Coyote Supper Club are among the Kitchen Partners.

“When we decided to add food stations to this year’s Wines, we immediately thought of Leslie and of The Blue Coyote,” said Linda Uhler, Wines in the Wild

continued on page 4



Matt Schofield will return to the Sanibel Blues and Jazz Festival on Sunday, November 5

photo by Jeff Lysiak

Sanibel Blues And Jazz Festival Is This Sunday

The Sanibel Blues and Jazz Festival will be held in Bailey’s Backyard on the corner of Periwinkle Way and Tarpon Bay Road on Sunday, November 5. Gate opens at 11 a.m. and the first performer begins at noon. The festival

ends at 7 p.m.

Sanibel Taxi will provide free shuttle service to and from the festival. General admission parking will be available at Sanibel Congregational Church (2050 Periwinkle Way), The Community House (2173 Periwinkle Way), BIG ARTS Herb Strauss Theater (2200 Periwinkle Way) and Sanibel Post Office (650 Tarpon Bay Road).

VIP admission only parking will be continued on page 10

CROW Debuts Interactive Area For Young Visitors

by Jeff Lysiak

Two weeks ago, the Clinic for the Rehabilitation of Wildlife (CROW) introduced guests to the latest interactive exhibit inside the Visitor Education Center. Be A Wildlife Veterinarian, intended for younger visitors, welcomes children – and people young at heart – to complete a simple series of questions and activities which replicate the veterinarian experience.

CROW Development and Education Coordinator Rachel Rainbolt explained that the new exhibit, funded through a West Coast Inland Navigation District grant, is the latest example of CROW’s effort to enhance the visitor experience.

“We’re redesigning the Visitor Education Center to be more family-friendly, making some of the more com-



Sam Allen, a visitor from Denver, Colorado, taking part in the new Be A Wildlife Veterinarian area inside CROW’s Visitor Education Center

photos by Jeff Lysiak

plex themes available to children,” said Rainbolt. “Our hope is to teach visitors how to reduce human-animal interactions, which helps protect wildlife from

being harmed.”

According to Rainbolt, taking part in the Be A Wildlife Veterinarian exhibit is easy and engaging for younger visitors.



Henry Guell, 2, and his mother, Lizzi, use a stethoscope to listen to one of the patients

Upon entering the area, participants are asked to put on a lab coat (available in many sizes), gloves and safety glasses.

continued on page 18

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From left, Emanuel Duarte Santana, Nathan Ames and Isla Mendez learning how doctors operate photos provided

Young Doctors, Artists And First Responders

Summit Christian Preschool students have been busy learning all kinds of new things lately. They learned how to “operate” during a study on Taking Care of Our Body.

The children also spend time practicing the art of paper cutting. Students use a variety of art supplies during their free time, which helps strengthen their small hands.

During Safety Week, it was all about first responders, and some of the students had to call for backup.

Youngsters attend a free pre-kindergarten (VPK) program from 8:30 a.m. to 12:30 p.m. Monday through Thursday. Openings are still available. For information about preschool registration or to schedule a tour of the school, contact Andy Reidsma at the main campus at 482-7007.



Emanuel Duarte Santana and Nathan Ames practicing paper cutting

Sanibel Christian Preschool is located on the campus of Sanibel Community Church at 1740 Periwinkle Way.✱



Taylor Szymanczyk and Blake Walsh had to call in for backup during Safety Week

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Officers Casola and Jakubowski of the Sanibel Police Department with students and staff from Sanibel Christian Preschool photos provided

Preschoolers Meet First Responders

During Community Helpers Week at Sanibel Christian Preschool, students had the opportunity to meet and learn from some local helpers. First, Sanibel Police Department Officers Jakubowski and Casola came to class to share what police officers do, and how the children can always go to an officer if they need help. Each student received a badge. The children also had a chance

to see the police vehicle and sit in the front seat with Officer Jakubowski as he explained different things in the vehicle. He also had them try out the siren and hear all the different sounds that it makes.

Later in the week, it was the Sanibel Fire and Rescue District's turn. Capt. Tim Barrett and his crew demonstrated their gear to show the kids how much different they would look if they were seeing them at a fire. Then, after giving the students their own firefighter's hats, Barrett took the children out for a chance to turn on a fire hose and to sit in the driver's seat of the truck. The



Students also got to try out the fire hose

firefighters then showed the students some of the different equipment and compartments on the truck.

Sanibel Christian Preschool students thank the Sanibel Police Department and Sanibel Fire and Rescue District for spending time with them and for helping to keep their communities safe.

The preschool, as a community outreach of Sanibel Congregational United Church of Christ, thanks all the community helpers who assist to watch over community members, especially their work during Hurricane Irma. The preschool serves families of 2-, 3- and 4-year-old students, and welcomes new students throughout the school year. For more information, call director Ana Abella at 472-0497 or visit www.sanibelucc.org.



Preschoolers had fun checking out the fire truck

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From page 1

Wines In The Wild

co-chair. "We've been fans of both for a long time and are thrilled that they will be a part of this special evening."

Joining them as Kitchen Partners are Il Cielo, The Sanctuary Golf Club and Sweet Melissa's Cafe. The small plate offerings from each restaurant will be paired with a specially selected wine from Bailey's General Store, the returning wine sponsor. 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.

Due to great response, Wines in the Wild is currently sold out. To be placed on a wait list, call Linda Uhler at 472-3817. For more information, visit www.sccf.org.

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The Community House

Introduction To Wine

Sanibel wine educator Tom Uhler will present his introductory/intermediate wine class to benefit The Community House on three Tuesday nights from 7 to 9 p.m.; November 7, 21 and 28. Maximum of 30 participants. Cost is \$135 per person for the three evening series. Participants will taste over a dozen wines. Many will be paired with food from Sanibel Catering Company by Bailey's, sponsor of the courses.

Kitchen Recertification

Kitchen recertification for SCA volunteers will begin at 9 a.m. Saturday, November 4. This is a refresher course on basic sanitation procedures and the operation of kitchen equipment. Those previously trained and those who would like to volunteer in the kitchen should attend. Alcohol Awareness training will be held on Saturday, November 11 at 9 a.m.

Kids Cooking Classes

These classes are geared toward students 8 years old and up. American Culinary Federation curriculum is followed. The theme for the series is Traveling Around The World. Classes are held on the first Monday of the month: November 6, December 4, January 1, February 5, March 5, April 2 and May 7 from 2:30 to 5:30 p.m. Class size is limited to a minimum of six and maximum of 16. Cost is \$35 per child per session. Permission slip and payment must be completed in advance.

Potluck Dinner

The next potluck dinner will be held on Wednesday, November 8 from 6 to 8 p.m. All are welcome. Bring a dish to share (appetizer, entree, side dish or dessert) that serves six or more and your own beverage. A \$10 donation is appreciated. This month's guest speaker is Beth Musser from the Sanibel Sweet Shoppe. She will be bringing some samples.

Bistro And Brasserie

Bistro and Brasserie Classics by Chef Jarred Harris is featured in November. Bistro and brasserie cuisine is casual food; seasonal and regional favorites that have evolved over many generations. These dishes are all about sustenance as well as comfort. Learn how to make bistro classics such as hearty stews, rustic tarts and simple, yet elegant desserts. The first class will be held on Thursday, November 9 from 10 a.m. to 1 p.m. Cost is \$75 for members, \$95 for guests. Register online or by phone. Prepaid reservations must be made 72 hours in advance.

Shell Painting

Artist Jenny Licht will teach a Mini Shell Painting class on Friday, November 10. Materials will be provided. Cost is \$40 for members and \$50 for guests. For time and registration, visit www.sanibelcommunityhouse.net.

Colorful Sips

Sissi Janku's Colorful Sips painting



Egret Looking for a Friend by Sissi Janku
image provided

class returns Monday, November 6 from 7 to 9 p.m. No experience is necessary. Students will explore new ways to paint with acrylics. Bring your favorite snack or beverage. Registration can be completed online. Cost is \$45 for members and \$55 for guests.

Stress-free Thanksgiving

Learn eight simple steps to a stress-free Thanksgiving dinner on Saturday, November 18 from 10 a.m. to 1 p.m. Chef Jarred will cover meal planning to shopping as well as preparation and storage. Cost is \$50 per person and includes sampling. Register online or by phone. Prepaid reservations must be made 72 hours in advance.

Healthy Treats For Your Dog

Learn how to make healthy treats for your dog on Sunday, November 19 from 1 to 3 p.m. This class will cover three easy dog treats using wholesome, organic ingredients. Cost is \$35 per person and includes treats to take home. Register online or by phone. Prepaid reservations must be made 72 hours in advance.

How Does Your Garden Grow?

This lunch and lecture series begins Tuesday, November 21 at 11:30 a.m. Learn techniques you can try at home, enjoying the fruits of your own labors. Cost is \$30. Ken Ryan, local micro-green farmer and Lee County Extension Services teacher, will be the guest speaker.

Beading With Shells

Beading with Shells will be held on Wednesday, November 7 from 9 a.m. to noon. Cost is \$35 for members and \$40 for non-members. Anita Gober is the instructor.

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

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Alexander Erickson and Olivia Celestin worked on their owls, sharing fascinating information about themselves

photos provided

Fun Learning Opportunity For Church Families

Families in the LOGOS program at Sanibel Community Church had fun learning who was who when they celebrated the theme Owl About Me.



Rivkah Livermon took a turn wearing the wings of wisdom which were passed around to “whoo-ever” could guess the person the dinner dean was describing

After a dinner of cheese ravioli, salad and cupcakes, all the children guessed “whoo” the dinner dean was describing.

The LOGOS family program takes place on Wednesdays at Sanibel Community Church, located at 1740 Periwinkle Way. It is open to families who have children ages 3 years old through fifth grade. For registration information, call Kathy at 472-2684.*

Happy Birthday To All



Rivkah Livermon takes her turn pinning the tail on the donkey as Caroline Muddell, Grant Muddell and Karsten Schafer see if she is closer to the tail end than they were

photo provided

It was party time for everyone as the children in the LOGOS program celebrated Happy Birthday Night on October 15 at Sanibel Community Church. The theme emphasized how everyone is made special. For dinner, they had pizza and applesauce, followed by birthday cake with sprinkles.

LOGOS is for families who have children ages 3 years old through fifth grade. For more information, call 472-2684.*

Sanibel Beach Parking Permits On Sale Soon

Sanibel residents and property owners can purchase their 2018 Sanibel Beach Parking Permits starting Wednesday, November 15 during normal operating hours at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road.

Note: Beach Parking Permits are no longer sold at the Sanibel Police Department.

To qualify for any beach parking permit, bring a valid vehicle registration for each vehicle and a valid government issued identification. A drivers license showing a Sanibel address or proof of Sanibel property ownership is required to purchase a resident/property owner “A” sticker. Payment may be made by cash, check, MasterCard or Visa.

Parking Permit Decals and Fees (Permits valid through November 30, 2018):

- “A” Resident/property owner – \$12 (resident and/or Sanibel ad valorem taxpayer property owner)
- “B” Non-resident permit – \$124 (Non-resident/non-Sanibel ad valorem taxpayer property owner)
- “C” Restricted permit – \$90 (resident and non-resident)
- “A/C” Resident/property owner permit – \$102
- “B/C” Non-resident permit – \$248
- Decal transfer or reissue fee – \$3 (residential and restricted)
- General parking meter rate – \$5 per hour or any fraction
- General parking at \$5 per hour or “C” permit required for parking at Gulfside City Park (Algier’s) and the Sanibel Boat Ramp
- “A” permit parking only at Beach Access Lots 1 through 7 on West Gulf Drive.
- The Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road, is open Monday through Thursday from 6:30 a.m. to 8 p.m.; Friday from 6:30 a.m. to 6:30 p.m.; Saturday from 8 a.m. to 5 p.m.; and Sunday from noon to 5 p.m. For more information, call 472-0345 or visit www.mysanibel.com.*

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A Sanibel '60s Christmas At The Historical Village

The Sanibel Historical Village Luminary event on Friday, December 1 from 3:30 to 5:30 will be themed A Sanibel '60s Christmas, Change is on the Way.

"We look forward to sharing some of the things that were taking place on the island during the 1960s," said Executive Director Emilie Alfino. "Visitors can see how residents and snowbirds decorated for the holidays and view memorabilia from that exciting decade."

"As we all know, the causeway opened in 1963 and that one event forever changed our island," said Gayle Pence, co-chair of the Luminary event.

The causeway was approved by Lee County, and Lee County was making decisions for island residents at that time. This situation began to sow a seed that prompted residents to take matters into their own hands. This "them vs. us" mentality is what led to Sanibel becoming a city in 1974.

The '60s saw many other changes on the island as various interest groups were formed: Island Water Association was formed in 1965; a public library was organized at The Community

photos provided

House in 1963; The Sanibel School was built in 1962 and became the first integrated school in Lee County; Philip and Ruth Hunter bought the old school and turned it into a community theater, The Pirate Playhouse. They had their first season in 1965; The Sanibel National Wildlife Refuge was renamed for Jay Norwood "Ding" Darling in 1967; the Sanibel-Captiva Conservation Foundation began its campaign to preserve wildlife acreage; the Sanibel Chamber of Commerce was also started in the 1960s.

To help set the scene, the Historical Village is seeking to borrow 1960s memorabilia for its Christmas display this year. "We want to include as many items as possible in each display so it will truly be a memorable experience for all visitors. To do this, we need the community's help," said Pence.

Pence said the Christmas committee is looking for any and all 1960s-era items, including Chatty Cathy dolls, Barbie's Dream House, Easy-Bake Oven, GI Joe dolls, Wham-O Super Balls, Lite Brites, Operation and Life games, Hot Wheels, Play-Doh, The Slinky, Mr. Potato Head, Twister game, Sketch-O-Matic, cap guns, roller skates with a key, lunch boxes, hula hoops, cowboy outfits, hop scotch games, men's fedoras, pill box hats, poodle skirts, bobby socks, saddle shoes,



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cardigan sweaters, high school letter jackets and sweaters, 45 rpm records, Davy Crockett hats, Sanibel Causeway coupon books, any Sanibel news items pertaining to the causeway and other things that were happening on the island during this decade, aluminum Christmas tree, any household items or decorations pertaining to the '60s, and 1960s clothing items.

The Historical Village is open from 10 a.m. to 4 p.m. Tuesdays through

Saturdays. The village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults 18 and older; those under 18 and members are free. Docent-guided tours are available at 10:30 a.m. and 1:30 p.m. at no extra charge, based upon docent availability. There is handicap access at the village. For more information, call 472-4648 during business hours or visit www.sanibelmuseum.org.

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Nov 16 From Baroque to Jazz

at 7:30pm. Enjoy an evening with The Southwest Florida Symphony Orchestra, led by Music Director Nir Kabaretti. Relish in jazz influences from contemporary composer Yaron Gottfried, find delight in Peter Warlock's baroque melodies, and end the concert with familiar folk tunes crafted by Aaron Copeland. **Tickets are \$25, or purchase series tickets for a savings of \$15. Visit shellpoint.org/concerts, or call (239) 454-2067.**

Nov 28 Bach, Broadway and The Art of Escher

at 1pm. Join Shell Point resident and math instructor Dick Brown for this 75-minute presentation illustrating the art of Dutch artist M.C. Escher. It will include visuals and audio from Broadway shows like *Oklahoma*, *Music Man*, and *Guys and Dolls*, and an analysis of Bach, Bartok, and Mozart's fugues and canons. Look into the symmetries of English composer John Tavener's piece, *The Lamb*. **Tickets are \$10,* and may be purchased by calling (239) 489-8472.**



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Esmeralda Beach, Holguin

Nov 16 People to People in Eastern Cuba

at 10am. Kristie Anders, education director for Sanibel Captiva Conservation Foundation, will present a personal tale of friendships and adventures from a hub in the City of Holguin, Cuba. You will be introduced to Cuban-American Rubin Perez, and his family, during Anders' colorful presentation, with a large emphasis on nature. **Tickets are \$10,* and may be purchased by calling (239) 489-8472.**



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

SHELL POINT
RETIREMENT COMMUNITY

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation

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

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

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OBITUARY

DORIS BURKS

Doris Burks died on October 19, 2017 in Fort Myers, Florida at the age of 92. She was born in Cleveland, Ohio in 1925 and grew up in Cuyahoga Falls. Doris graduated from Miami University in Ohio and then worked for Goodyear Tire and Rubber Company. In 1950, she married Bill Burks, the love of her life. For 67 years, they had fun together, living in Akron, Ohio, Rochester, New York and Sanibel, Florida.

In Rochester, Doris joined Bill on ski trips and was his second mate on their sailboat *Sea Oats*. She loved traveling, playing bridge and going to the theater. She served on The Salvation Army Women's Board, was a deacon at Third Presbyterian Church and was a president of the Women's Association of the Rochester Yacht Club.

In Sanibel, Doris was an avid tennis player and made many great friends with whom she formed a spirited book club. She also volunteered at Sanibel Congregational United Church of Christ.

Later in life, Doris used her determination, strength and humor to fight Parkinson's disease. She never complained, and she laughed often. The family is very grateful for the friendship and care shown by LaVonne, Jean and Hope Visiting Nurses.

Doris was a devoted and beloved wife, mother and grandmother. She is survived by her husband Bill, her three children, Robin (David), Sanibel; Steve (Heidi), Grand Isle, Vermont; and Alyson, Scituate, Massachusetts; as well as her two granddaughters, Caitlin, New York City and Kara, Philadelphia, Pennsylvania.

We will all miss her sparkling blue eyes, loving smile and infectious laugh. A memorial service for Doris was held at Sanibel Congregational United Church of Christ on October 25. The family entrusted the care of their loved one to the National Cremation and Burial Society. ✨



ChoRuss

photo provided

Russian Vocal Ensemble Returns To St. Michael's

The widely acclaimed Russian vocal ensemble ChoRuss is returning by popular demand to St. Michael & All Angels Episcopal Church at 6 p.m. on Friday, November 10 in the church Sanctuary. This is the group's second appearance at the church. The ensemble consists of professional musicians, singing Russian traditional and spiritual music.

According to Dmitri Petrov, the group's director and tenor, ChoRuss specializes in sacred repertoire of the 19th and 20th centuries that accompanies worship in the Russian Orthodox Church.

"Many important Russian composers

were inspired by the Orthodox tradition," Petrov said. "We are delighted to bring this repertoire to Sanibel and St. Michael's once more. We hope to tell our audiences, through music, about Russia and its cultural heritage."

The repertoire is sung a cappella in the ancient Orthodox style. The program features music by Russian composers little known in the west, including Dmitry Bortniansky, Pavel Chesnokov and Alexander Arkhangelsky. The program also includes Russian folk songs and Christmas carols.

Founded in 2012, ChoRuss has performed extensively in France, Germany, Switzerland and the United Kingdom. It is currently on a 20-concert American tour, with in-concert or worship service performances in Florida, Alabama, Georgia, North

Carolina, South Carolina and Tennessee. The singers, conducted by Petrov, are all conservatory-trained professional soloists.

St. Michael's Rector Ellen Sloan said, "The singers are amazingly talented. We are so glad to have them back with us again. Their sacred music is deeply inspiring, the folk music is filled of joy, and Dmitri's sense of humor is ever present."

The concert is free and open to the public. Tickets are not required. Freewill donations, in support of a local charity, are gratefully accepted. A meet-the-artists reception, with light refreshments, will follow the concert in Parish Hall. The CD by ChoRuss, *Russian Spiritual and Folk Songs*, will be available for purchase during the reception.

For more information on the Music Ministry at St. Michael's, contact Rector Ellen Sloan at 472-2173 or visit www.saintmichaels-sanibel.org.

St. Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way. ✨

From page 1

Blues And Jazz

at Bank of America, located at 2450 Periwinkle Way. Bicycle valet/protected parking will be at the festival entrance. The Sanibel Police Department will provide security.

Blues and jazz music groups this year are award-winning headliners Elvin Bishop Trio, Matt Schofield and Marty Stokes Band. Two opening acts include Johnny Jensen and the FGCU Jazz Combo.

Food and beverages will be available. No coolers will be allowed. Tickets are limited to 800. General admission donation is \$40 per person. General admission festivalgoers are asked to bring their own chairs.

VIP donation is \$125 per person. VIP tickets include VIP parking, meet-and-greet with the bands, VIP viewing area with tent, high-top tables and seating, private food and beverage area with raw bar and Champagne bar, and a complimentary T-shirt.

Tickets are available at Bailey's General Store, at the festival, and at www.sanibelbluesandjazzfest.org/. Advance ticket purchase is recommended. ✨

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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.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 12, 2017 thru April 29, 2018 11580 Chapin Lane, Captiva 472-4646
FIRST CHURCH OF CHRIST, SCIENTIST Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8 and 11 a.m. Traditional in historic Chapel, 9 a.m. Contemporary

and childrens church. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 7:45 Chapel Service, 9 a.m. Blended Worship Service, 11 a.m. Traditional Workshop Service with Sunday School and nursery care at 9 a.m. 2050 Periwinkle Way 472-0497 www.sanibelucc.org.

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Communion Service Monday and Tuesday 8:30 a.m.

Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the 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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Bareback horse racers

photo provided

Western Round Up Night

It was rootin', tootin' fun at LOGOS Western Round Up Night on October 25 at Sanibel Community Church. The children dressed up in cowboy hats and boots. There was tasty grub for dinner, and horse races. The family program is held on Wednesdays for families with children ages 3 years old through fifth grade. For more information, call 472-2684.✱

New Cantor At Temple Bat Yam

Cantor Dr. Murray E. Simon, lyric tenor, agreed to take the vacant cantorial position with Temple Bat Yam. He will join with Rabbi Stephen Fuchs beginning this month.

Simon is a native of Philadelphia where he earned the degree of bachelor of music in performance from Temple University. He then enrolled at the Hebrew Union College – School of Sacred Music in New York City, where he was certified and commissioned as a cantor in addition to receiving the degree of bachelor of sacred music cum laude. He has also earned a master of music in voice from the Boston Conservatory of Music. He was awarded honorary doctor of music degrees from Hebrew Union College and the Jewish Theological Seminary.

He was a voice student of the late Eleanor Steber of the Metropolitan Opera Association and was a featured tenor soloist in a concert at Lincoln Center in New York City.

Simon also served prominent congregations in Massachusetts and New Jersey, most recently with The Jewish Center in Princeton, New Jersey. He was a member of the executive council of the Cantors' Assembly and also served as national president of the American Conference of Cantors.

He is the producer of two historic



Dr. Murray E. Simon

photo provided

documentary DVDs, *Great Cantors of the Golden Age* and *Great Cantors in Cinema* in conjunction with The National Center for Jewish Film at Brandeis University.

He and his wife, Toby, reside in Lakewood Ranch, Florida.

Temple Bat Yam services and classes are open to all those who wish to worship and learn with Cantor Simon and Rabbi Fuchs. Friday night Shabbat services are at 7:30 p.m. and are held at the Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way on Sanibel.✱

Homecoming Sunday and Picnic



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Guided Native Plant Tours At Sanibel City Hall

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants.

Upcoming tours will be held at 10 a.m. on Wednesday, November 15, Wednesday, December 13, Wednesday, January 10, Saturday, January 27, Wednesday, February 14, Saturday, February 24, Wednesday, March 14, Saturday, March 24, Wednesday, April 11 and Saturday, April 28.

Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with very little maintenance, is good for the environment and will attract birds and butterflies.

Vegetation committee members will provide valuable information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires very little maintenance, no fertilizer and no supplemental irrigation.

Registration is not required. Meet at the main entrance to city hall, located at 800 Dunlop Road in front of the main staircase. For more information, call 472-3700.✴

Vegetation Trimming On Periwinkle Way

Now through Friday, November 10, between the hours of 7 a.m. and 5 p.m., the vegetation along Periwinkle Way will be trimmed from Lighthouse Beach Park to Tarpon Bay Road. Intermittent lane closures are expected and we request drivers and pedestrians to please proceed slowly and cautiously through the area when workers are present.

Contact the City of Sanibel's Public Works Department at 472-6397 if you have any questions regarding the trimming work.✴

Cruises Resume For Season

Captiva Cruises' newest expedition in its Discover Southwest Florida History tours will focus on the fishing cultures in Pine Island Sound. This cruise, departing weekly from McCarthy's Marina on Captiva, will travel to Pineland on Pine Island. Along the way, you will get an up close look at historic fish houses of Pine Island Sound and discuss the area's diverse fishing cultures from the indigenous Calusa to Spanish Cuban Ranchos, to the Punta Gorda Fish Company and to the spectacular tarpon and sport fishing of today.

Passengers will be greeted at Tarpon Lodge, a family-run business with a storied tradition of fishing within Pine

Island Sound and Charlotte Harbor. Lunch will be at the 1926 Tarpon Lodge with waterfront views of Pine Island Sound and mangrove islands.

After lunch, walk across the street to The Randell Research Center (RRC). A research center educator will guide participants on the Calusa Heritage Trail to one of the pre-Columbian mounds of the ancient Calusa while elaborating on this unique fishing culture.

This weekly cruise goes out on Tuesdays starting in November and continues through April, departing at 10 a.m. from McCarthy's Marina on Captiva, returning at approximately 3 p.m.

For more information or reservations, call 472-5300.✴

American Legion Post 123

This Sunday, November 5, American Legion Post 123 is serving barbecued ribs and chicken from 1 to 8 p.m.

The Ladies Auxiliary meeting is Tuesday, November 7 at 6 p.m. The general meeting is Wednesday, November 8 at 6 p.m.

Due to a private birthday party being held on Saturday, November 11 (Veterans Day), the Legion will be offering a free prime rib dinner to all veterans, all day, on



Sunday, November 12.

The Ladies Auxiliary will be baking pumpkin pies for a donation of \$10. All pie orders need to be in by Friday, November 17 for pick up on Wednesday, November 22.

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

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

'Neighbors Helping Neighbors'



F.I.S.H. Open House
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4:00-6:00 p.m.

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Plant Smart

Name The Tree Seed

by Gerri Reaves

So plentiful and colorful are the flowers and foliage of South Florida trees that other plant characteristics, such as seeds or bark, are easy to overlook. But those seeds can be as varied and fascinating as any flower.

The three seeds pictured here indicate the seed variety to be found right outside your door.

The native tree that produces those triangular white seed capsules is one of Florida's most beautiful, storm-resistant and wildlife-friendly.

Gumbo limbo (*Bursera simaruba*) is known more for its sculptural form and peeling reddish bark – a characteristic that gives it the nickname “tourist tree” – than for the inconspicuous flowers or small fruit and seeds. When mature, the berries split into three parts.

Each small three-sided capsule holds one white seed of only a fourth of an inch long. It is coated with a red fatty aril, a fleshy appendage, which birds eat, thus dispersing the seeds.

Florida fishfuddletree's (*Piscidia piscipula*) light-brown papery seed pod is rectangular and up to three inches long. Flat reddish brown seeds take flight on four scalloped wings. This large native tree is also known as Jamaican dogwood. A member of the bean family, it's found only in South Florida and the Keys. Storm-sturdy and wildlife-friendly, it's an excellent specimen for coastal landscapes.

Those coconuts are among the largest seeds on the planet and grow on the iconic coconut palm (*Cocos nucifera*), a real storm survivor. It might surprise you to learn that



Native gumbo limbo produces three-angled seeds

photos by Gerri Reaves



Florida fishfuddletree's seeds are dispersed by the wind in papery four-winged pods



Coconut palm and coconuts are both fruit and seeds

the palm is not native. In fact, it's listed as a category-II invasive plant by the Florida Exotic Pest Plant Council.

Coconuts are an interesting case, in that they can be classified as both fruit and seed. Measuring about 16 inches in diameter, they have a smooth green outer husk, the exocarp, when whole, as pictured here. In the early stages, they contain jelly coconut, which can be scooped out and eaten.

Eventually, the outer husk dries out. When removed, it reveals the “nut,” the dark-brown hairy shell that most people imagine is the whole coconut because it's sold in the grocery store. By then, the jelly has solidified into a white meat, or copra, that is used to make cakes, macaroons, pies and other goodies. A central cavity contains the juice used in tropical drinks.

Florida's trees are more than just flowers and leaves. Familiarize yourself with lesser known characteristics such as seeds, be they angled or smooth, winged or earthbound, barely visible to the naked eye, or as large as coconuts.

*Plant Smart explores the diverse flora of South Florida.**

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Students in the Height's Foundation after school program spent an afternoon at Bunche Beach photo provided

Students Visit Sea School

submitted by Leah Biery

Students from the Heights Foundation's Heights Center, an organization that supports at-risk children in the Harlem Heights neighborhood through after school programs and camps, visited Sanibel Sea School for an afternoon of ocean discovery at Bunche Beach. The activity of the day was snorkeling, and participants searched for marine creatures including live shells, marine worms and crabs.

"Bunche Beach, located just across the Sanibel Causeway in Fort Myers, has some incredible mud flats, mangrove forests and seagrass beds to explore," said marine educator Johnny Rader, who led the program. "We always find interesting invertebrates that the kids are able to hold

and examine," he added. Over the years, the organization's educators have learned that hands-on ocean experiences are often the most meaningful and memorable.

Supported by grants and charitable contributions, Sanibel Sea School engages with Heights students twice each month – once in the classroom, and once in the field.

"We are so grateful that we're able to offer these outreach programs to our community," said Rader. "There are so many kids in our region who live just miles from the ocean, but hardly ever get to visit or learn about it."

Sanibel Sea School also partners with the Gladiolus Center for Learning and Development, The PACE Center for Girls, the Pine Manor Improvement Association, and numerous schools in Lee and Hendry counties to provide educational outreach programs.

For more information, visit www.sanibelseaschool.org.

Special Guests Attend Cast Netting Class

submitted by Leah Biery

The Bait Box owner and Sanibel native Ralph Woodring visited the Sanibel Sea School After School Cast Netting program to help students improve their cast net throwing skills before the 24th annual Esperanza Woodring Memorial Cast Net Rodeo on Saturday, November 4.

Accompanied by his assistant, Jack Yeslow, Woodring spoke about his mother Esperanza's keen ability to throw a net, the importance of having fishing skills during the early days on Sanibel, and how to spot bait fish in the water before casting.

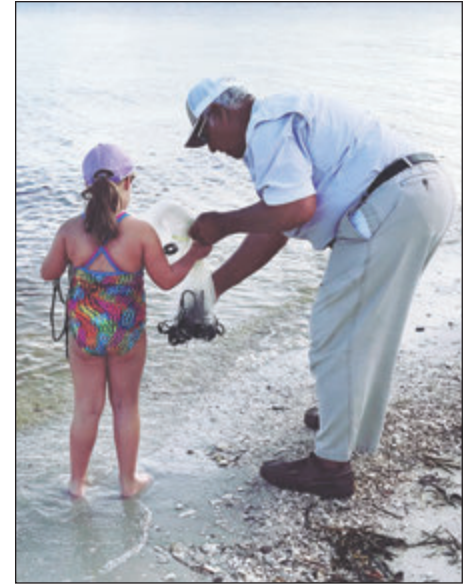
"Don't ever let anyone tell you a girl can't throw a cast net. My mom almost always caught more fish than my dad," Woodring said.

Woodring and Yeslow then observed each participant's skills and made suggestions, helping students adjust their stance and throwing methods for a more successful cast.

"There are so many ways to throw a cast net," advised Yeslow. "You just have to try a few different things and figure out what works best for you."

By the end of the session, many students had caught one or more fish in their nets.

"It's meaningful to see the kids learning directly from the fishermen," said Sanibel



Ralph Woodring helped Libby Phelan throw a cast net photo provided

Sea School educator Johnny Rader.

"Ralph Woodring always shares a few stories about growing up on Sanibel when he stops by. The island has definitely changed over the years, so hearing from someone who has been here since the beginning is a pretty special opportunity for the younger generation."

By developing waterman skills like cast netting, kids are able to carry on the legacy of the people who lived here long before us.

After School Cast Netting is offered by Sanibel Sea School every fall. For more information and to register, visit www.sanibelseaschool.org.



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Wintertime Fishing Pattern Arrives Overnight



by Capt.
Matt Mitchell

Our first cold front of fall dropped morning low temperatures in the 50s and brought breezy rough conditions for several days.

Expecting the fishing action to grind to a halt for at least a few days, I was pleasantly surprised to find the fish had just moved what seemed like overnight to the usual wintertime places. This early cold front brought us a quick 10 degree drop in water temperature basically overnight. It pushed snook deep into the mangrove creeks where they winter.

Fishing back in these mangrove creeks was about the only option for a few days as we hid from extremely windy conditions. Most days we went from creek to creek on different stages of the tide and found outstanding action on

snook of all sizes. It still amazes me how fast our fishing pattern changed this year from fall to winter in what seemed like one day. Live free-lined shiners had these creek snook bouncing off the roots as we caught fish after fish. The average size of these snook is in the low 20-inch range, but what they lack in size they make up for in sheer numbers and excitement as you watch them chase baits down.

For the next few months – unless we experience a major warm up – I spend most of my days with clients fishing back in tidal mangrove creeks all over the sound and Matlacha Pass. Learning where and what stage of the tide that snook set up in these creeks comes only from time spent in these waters. No matter what a day's conditions throw at us, I can almost always catch snook in these creek systems as long as I have shiners and the water temperature does not get down into the low 60s. The amount of life in these mangroves creeks is amazing with lots of varieties of wading birds along with raptors, dolphins and manatees to look at while catching fish.

All of the creeks systems that I find the most productive share a few key factors: deeper water; strong moving current; and natural channels.

From Shell Creek in the river to St James Creek in Matlacha Pass to the many creeks of JN Ding Darling National



Steve King of Naples with a 30-inch snook caught while fishing with Capt. Matt Mitchell this week photo provided

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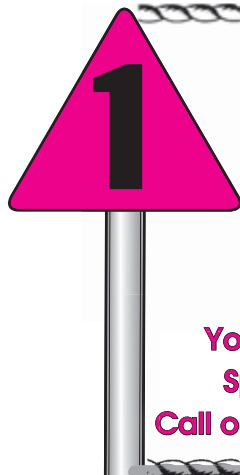


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Shell Of The Week

Semisulcate Moon Snail



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

There are locally at least eight shallow-water species of the moon snail family Naticidae.

The half-inch long Semisulcate Moon Snail, *Sigatica semisulcata* (J.E. Gray,

1839) is the second smallest of them. (The smallest is the Miniature Moon Snail, *Tectonatica pusilla*, measuring only about ¼ inch.) Semisulcate Moon Snails have egg-shaped, almost always pure-white shells. The species distinguishing feature, other than its relatively small size, is the presence of two to six *incised* (“etched”) spiral lines just below the shell *suture* (the lines that separates two adjacent shell *whorls*, or “turns.” Learn more about local mollusks at www.shellmuseum.org/shells/southwest-florida-shells.

Shell Museum Events

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.✽

From page 1

Interactive Area

Next, they select a patient chart, choose an animal (which are actually stuffed toy animals) and bring them to the exam table. Following a step-by-step guide, they fill out a chart while performing an examination of the animal – including weighing the patients, examining x-rays and slide samples underneath a microscope, and other procedures.

Among the tools used during the simulated exams are a stethoscope, otoscope, reflex hammer and a patient scale.

“It’s just like they’re one of our wildlife vets,” said Rainbolt, who noted that after the patient chart is completed, youngsters can turn in the form at the front counter for a complimentary Junior DVM (Doctor of Veterinary Medicine) certificate.

On October 25, 11-year-old Sam Allen of Denver, Colorado checked out the exhibit for himself. “It was pretty fun,” said Allen. “I like that it’s very hands on. It might even inspire some people to help animals.”

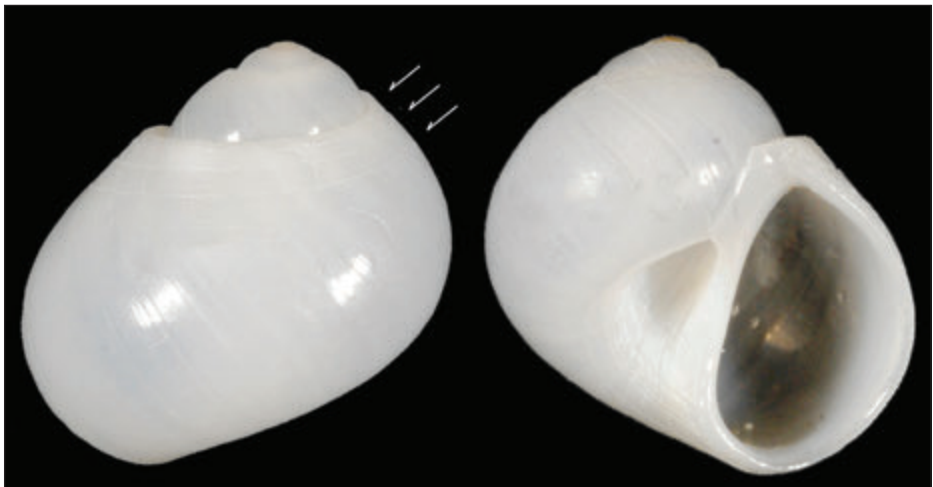
Claudia Burns, one of CROW’s volunteers, said that the new feature has received a lot of positive feedback.



Inspecting an x-ray is one of the hands-on activities for youngsters photo by Jeff Lysiak

“Last week, two sisters from England – they were probably 8 and 10 (years old) – were so into this display. They had a lot of fun.”

The CROW Visitor Education Center, open Monday through Friday from 10 a.m. to 4 p.m., is located at 3883 Sanibel Captiva Road. For additional information, call 472-3644 or visit www.crowclinic.org.✽



The Semisulcate Moon Snail, *Sigatica semisulcata*, from Sanibel; arrows show characteristic spiral lines photo by José H. Leal

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CROW Case Of The Week:

Magnificent Frigatebird



by Bob Petcher

The name magnificent frigatebird (*Fregata magnificens*) sounds more like a 1980s rock band than a feathered creature. This seabird, however, is quite silent in its

flight and is known to fly for days and nights without much rest.

The largest species of frigatebird spends its time over tropical and subtropical waters south of the U.S. When not flying in altitudes as high as 8,200 feet, this species will soar just above water, feeding from the ocean's surface and catching flying fish for meals.

The magnificent frigatebird is called a bully for its tactics of taking fish from other birds that have caught, collected and sometimes even stored food. This act is called kleptoparasitism.

Generally, the magnificent frigatebird has a dark-colored plumage, long narrow wings and a deeply forked tail. In fact, the word "frigatebird" in Spanish means "forked tail."

Male and female species have different appearances. Males are all black and have red throat sacs under their bills that inflate

to balloon proportions to draw attention to potential mates during breeding season. Females tend to be black too but with white breasts and bellies. Overall, they are slightly larger than males and possess a brown band on their wings as well as blue eye rings.

At CROW, an adult male magnificent frigatebird was admitted from Lover's Key in Fort Myers Beach last week. The bird was found soaking wet on the beach in what CROW officials call "an unusual occurrence for these birds that spend most of their lives in the air above the ocean." Initial x-rays at intake showed no significant findings. Full radiographs were taken last weekend, once the bird was stabilized and able to be anesthetized.

"There were no significant abnormalities found on radiographs or blood work," said Dr. Robin Bast, CROW veterinary intern. "On physical exam, the bird was underweight and mildly dehydrated. A specific cause for his thin body condition has not yet been identified with diagnostics. The bird has been receiving supportive care – fluid therapy, nutritional support."

The patient was also started on a medicine called itraconazole.

"Itraconazole is an anti-fungal medication that can be given orally to treat or to prevent fungal infections," said Dr. Bast. "In this case, we are using it to help prevent aspergillosis, which is a type of systemic fungal infection that can be seen in birds, particularly those that are immunosuppressed and more susceptible to infections. Pelagic species such as frigate birds, loons and gannets are more



Patient #17-3680 appears to be gaining strength with fluid therapy and nutritional support

photo by Brian Bohlman

susceptible to aspergillosis."

Dr. Bast further stated there was "no evidence of an active infection at this time" and that the patient's "white blood cell count is within normal limits and air sacs appear normal on radiographs." She did say the magnificent frigatebird is not a common patient at CROW.

"We do not see this species commonly at CROW, mostly because they are pelagic species," said Dr. Bast. "They spend most of their time over the deep ocean and only come to land for breeding purposes, or if they are ill or injured."

CROW medical staff will continue to monitor the patient.

"The bird is tolerating nutritional and fluid support well, and has gained some weight," said Dr. Bast. "The next step will be moving him to an outdoor space for flight testing, once his body condition has improved with supportive nutrition. If he passes a flight test, he will be released."

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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Shells Found



A few of Grant Tucker's finds

photo provided

Grant Tucker of Columbus, Indiana found a moon shell and an olive shell among several others at Blind Pass on October 20.✱

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

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

Monday, November 6, 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, November 7, 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.

Tuesday, November 7, 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.

Wednesday, November 8, 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 8, 11 a.m., adults \$12, ages 4 to 12 \$7,

age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (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, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Thursday, November 9, 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 9, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

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



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Benefits Of Snakes Shared At CROW Lecture

by Jeff Lysick

Last Wednesday morning, more than two dozen people attended a 40-minute lecture on Snakes of Southwest Florida, presented by Certified Wildlife Rehabilitator Breanna Frankel at the Clinic for the Rehabilitation of Wildlife (CROW). Her presentation focused on Florida's 46 species of native snakes, only six of which are venomous.

"Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem," Frankel told the group. "Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species."

Frankel's lecture included a PowerPoint presentation discussing the study of herpetology, snake biology and habitat, the difference between toxins and venoms, how to identify different species of snakes and why they are beneficial to humans and the environment.

"Snakes are often hated and feared, but there are reasons to cohabitate with them," said Frankel. She noted that snakes help with keeping other pests – including rats and insects – from destructing home gardens along with their being beneficial in many medicines. Some snake venom



CROW Certified Wildlife Rehabilitator Breanna Frankel holding Violet, an eastern indigo snake photos by Jeff Lysick

contains a blood-clotting protein that can assist trauma victims and post-op procedures. Also, enzymes from venom are currently being used to help treat people affected by Parkinson's and Alzheimer's diseases.

Throughout the presentation, Frankel held Violet, a juvenile eastern indigo snake who makes her home inside CROW's Visitor Education Center.

According to CROW staff, the eastern indigo snake is a large, non-venomous snake native to the eastern United States and is the longest native snake species in the United States. Eastern indigo snakes have a number of common names including indigo snake, blue indigo snake, black snake, blue gopher snake and blue bull snake. Because of habitat loss, the eastern indigo snake is listed as a federally threatened species in Georgia and Florida.



Violet snuggling into Breanna Frankel's arm

Like all snakes, the eastern indigo snake is carnivorous. It has been known to kill its prey by wildly beating it against nearby objects. Violet, however, is not fed live animals to prevent injury to the snake from this violent method of subduing its meal.

As defensive behavior, the eastern indigo snake vertically flattens its neck, hisses and vibrates its tail. If picked up, it seldom bites. Due to its generally docile nature and attractive appearance, some people find it a desirable pet, although its protected status can make owning one – depending on the location – illegal without a permit.

Other snake species discussed during Frankel's lecture included the eastern diamondback rattlesnake, pygmy rattlesnake, black racer, common garter snake, red rat snake, Everglades rat snake, pine

snake, cottonmouth, banded water snake and the scarlet king snake.

One venomous species, the coral snake, is often associated with the "stoplight" method of identification: "Red touches black is safe for Jack; red touches yellow kills a fellow."

Frankel also talked about how CROW handles snake patients – which are most often seen after being struck by cars – from admission, examination and diagnosis to treatment, monitoring, rehabilitating and release.

CROW's Snakes of Southwest Florida presentation will be offered again at the Visitor Education Center on Friday, November 10 at 11 a.m. For more information about upcoming animal presentations at CROW, call 472-3644 or visit www.crowclinic.org.



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Florida Snapper Macadamia

- 1/2 cup all purpose flour
- 2 large eggs
- 2 cups macadamia nuts, finely chopped
- Salt, to taste
- Ground black pepper, to taste
- 6 six-ounce snapper fillets
- 4 tablespoons olive oil

Place flour in shallow plate. Whisk eggs in small bowl until blended. Place macadamia nuts on another shallow plate. Sprinkle fish with salt and pepper. Coat fillets with flour; dip into egg mixture then coat fillets with macadamia nuts. Heat oil in a heavy large skillet over medium heat. Place fillets in skillet; cook four minutes per side until golden brown and opaque in center. Serve with jasmine rice.

Yield six servings.*



Florida Snapper Macadamia

photo courtesy Fresh From Florida

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Manatee ornament photos provided



Angel ornament

customers, residents and visitors will be able to purchase original handmade seashell ornaments designed and created by Anne Joffe, the "She" of She Sells Sea Shells. The ornaments, which range in price from \$5 to \$18, will be displayed on trees and sold at both Sanibel Captiva Community Bank island branches.

"We are proud to support local



Santa ornament

businesses for a cause that has touched all of us in some way," said Sanibel Captiva Community Bank President and CEO Craig Albert. "This fundraiser is a great way to support Moffitt's research efforts."

She Sells Sea Shells is donating 100 percent of sales to Moffitt Cancer Center and Sanibel Captiva Community Bank has committed to matching the donation.



Star ornament

"Giving back to the community is a core value of She Sells Sea Shells and has been an ongoing practice for more than 40 years," said Joffe.

Sanibel Captiva Bank branches are located at 1037 Periwinkle Way and 2475 Library Way. For more information, call 472-6100 or visit www.SanCapBank.com.

Shell Ornament Sales To Benefit Cancer Center

Sanibel Captiva Community Bank has partnered with She Sells Sea Shells for a holiday fundraiser benefiting Moffitt Cancer Center in Tampa.

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The Community House

The Chickpea



by Resident Chef Jarred Harris

The chickpea has many names around the world; garbanzo bean and egyptian pea are a couple of names for the chickpea you might recognize. This amazing legume has been cultivated for thousands of years in the Middle East and is now being cultivated in America. The American farmer has started adding this bean into their crop rotation cycle because it is drought resistant, produces its own insect repellent and adds nitrogen to depleted soil.

Many chefs are starting to use chickpeas more in recipes, because of the versatility and the nutritional value. Chickpeas can be eaten hot, cold, roasted, dried or even fried. Ground chickpeas and chickpea flour are great gluten-free options. Chickpeas contain fiber, antioxidants and minerals including vitamin B6, vitamin C, zinc, potassium, iron and calcium.

This is an inexpensive and nutritious ingredient you should absolutely have in



Falafel

your cupboard. Here is an easy recipe for you to try.

- Falafel**
Ingredients
1 cup dried chickpeas (soaked in water overnight)
½ onion (roughly chopped)
2 tbsp. cilantro (roughly chopped)
2 tbsp. parsley (roughly chopped)
1 tbsp. lemon zest
4 cloves of garlic (roughly chopped)
1 serrano chili (seeded and diced)
1 tsp. cumin
1 tsp. baking powder
6 tbsp. chickpea flour
½ tbsp. of salt
- Method
Drain and wash the chickpeas thoroughly, then put them with the rest of the ingredients in a food processor. Pulse the ingredients until the mixture is coarsely processed. The texture of the chickpea mixture should be firm

enough to easily hold its shape.

Form the falafel into small balls or flat mini burgers.

Heat some oil in a small frying pan and fry them until the surface becomes crispy (around 5 minutes). You can also bake the falafels for a healthier option.

For a baking option, preheat the oven to 375F. In the meantime, place the falafels on a baking sheet, brush the falafels with some olive oil on both sides. Bake for a total of 30-40 minutes, flipping once halfway through the cooking process. The longer you bake them, the firmer they'll become.

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.✧

photo provided

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.✧

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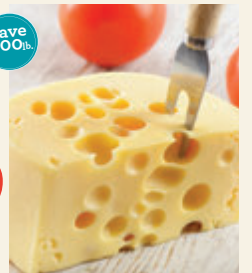
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Beans, dressed as a UPS driver
photos by Bob Petcher



Rayleigh, dressed as a hot dog



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Daisy Mae, dressed as a bat



Dexie and Dory, dressed as pirates



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Il Cielo

Celebrity Chef Tour Dinner

The James Beard Foundation (JBF) Celebrity Chef Tour brings a taste of what happens at the James Beard House in New York City to more than 20 cities across the country each year. Il Cielo, an award-winning Sanibel eatery, will host the JBF tour on Thursday, November 30 at 6:30 p.m.

Hosted by chef Allen Casey and pastry chef Melissa Akin of Il Cielo, the dinner begins with a cocktail reception with hors d'oeuvres from 6:30 to 7:30 p.m., followed by a one-night-only, multi-course dinner with wine pairings. Featuring one-of-a-kind meals from a diverse group of JBF award winners who will be preparing their specialties during each course, the culinary experience ends with a dessert

course and a question-and-answer session with the chefs.

"The opportunity for us to host a James Beard Celebrity Chef Tour event was once in a lifetime," said Casey. "For just one night, we will be hosting award winning chefs from across the country who, in turn, put together a six-course meal that locals and visitors won't soon forget."

Participating JBF award-winning chefs include Pat Sheerin, Ed Sura (Nomi, Chicago), Paul Virant (Vie, Western Springs, Illinois and Vistro, Hinsdale, Illinois) and Andrew Zimmerman (Sepia and Proxi, Chicago).

Tickets are \$200 per person and can be purchased at Il Cielo, by calling 472-5555 or online at www.jamesbeard.org/events/sanibel-island-fl.

Il Cielo is located at 1244 Periwinkle Way.✱

photo provided

Songwriter Saturdays On Captiva

'Tween Waters Island Resort & Spa on Captiva introduces Songwriter Saturdays beginning Saturday, November 4, featuring songwriter and recording artist Kevin Mac, performing poolside from 1 to 5 p.m. The event is free to resort guests and open to the public, with a very limited \$50 per "carload" fee that includes admission to the event, plus use of all resort free amenities throughout the day and evening. Due to limited capacity, 'Tween Waters recommends the public purchase admission in advance by calling 472-5161.

Mac is hot on the music scene with his debut smash hit *#Winning*. Always a "beach musician" from his youth growing up in Virginia Beach, Virginia, Mac has also opened for major national touring performers including Kenny Chesney, Rascal Flatts and The Band Perry.

Songwriter Saturdays will be staged the first Saturday of every month and will feature a nationally acclaimed singer songwriter (upcoming schedule to be announced).

"This past fall, the Island Hopper Songwriter Festival was a big hit at 'Tween Waters," said Brett Gooch, general manager. "The afternoon event at the pool attracted a large crowd, and everyone had a wonderful time refreshing and relaxing – in the pool or lounge chairs – while listening to some great, easygoing live music. We think Songwriter Saturdays will be a lot of fun."

Overnight reservations can be made by calling 800-223-5865.✱

Kevin Mac

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Book Review

The Silent Corner



by Di Saggau

I have read many Dean Koontz books in the past and I think his latest *The Silent Corner* is his best so far. He introduces us to a fierce new main character named Jane Hawk. She's 27, tough as nails

and determined to find out who is behind a surge in suicides, including that of her Marine husband. The book begins with a bang as Jane goes rogue to root out the evil people responsible for nanotech brain implants that allow them to be controlled. The victims are referred to as "ray shaws" after the protagonist, Raymond Shaw, in *The Manchurian Candidate*. Who can forget that one?

The scary thing is that nano brain implants being used for a sinister purpose is definitely more than science fiction. Jane is targeted by drones and other sophisticated technology, which causes her to hide her young son with friends as she tracks down the culprits. As a former FBI agent, Jane can outthink and outshoot the bad guys. "They were after her. The omnipotent, almost mystical They. But she had no idea who They might be."

Koontz has done his research in the field of drones, guns and ammo, and lush depictions of nature. I love his writing style. I questioned one phrase used at



the start of chapter 23 where he refers to "a colony of crows" because the correct phrase is "a murder of crows." I wrote him about it and received a quick reply. He said, "Thanks Di for your good letter and kind words. Yes, I know it's a "murder of crows," but most people don't, so when I've used the term previously, I've received many letters advising me that there's a typo. Easier to avoid the term than to answer all those letters. Besides, in this case, I wanted alliteration." My curiosity is satisfied.

We are shown that Jane was a good

person before she became angry and afraid: "Afraid for everything she loved... her friends, her country, the future of freedom and the dignity of the human heart." The antagonists in the book apply to the times in which we are living. Koontz talks about "people who push the culture in the wrong direction" and "the darkest desire of mankind to hold absolute power."

It's fascinating following Jane as she moves across Southern California

tracking down the mad scientist behind the implants. She tries to stay off the grid by using old cars, burner cellphones and library computers, but she can't elude the bad guys. However she is capable of taking them on. I look forward to Koontz's next Jane Hawk novel, *The Whispering Room*, due out Tuesday, November 21, and his newsletter reports there are more to come because like his readers, Koontz is fascinated with his new character.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My son is in fourth grade and overall doing well in school. I want to be able to continue to help him with his achievement, and I would like

some ideas from you on how to do this. We have always enjoyed reading together but now, since he can read by himself, I'm not sure how helpful reading with him really is. Do you have some suggestions about how reading together can be helpful for him?

Michael C, Cape Coral

Michael,

How nice to hear that your son is doing well; school success takes lots of work. Your instincts are correct in that continuing to read with him is

beneficial. Reading with your children is probably the single most important activity that you can do to help your child grow academically. Even though children become independent readers, there still are several ways to continue to work with them in reading.

I would suggest that you continue reading with him even though he can read independently. Together you should decide on some titles that are just a bit beyond his comfort zone and set up a reading time.

What you should do in these sessions is: model fluency and expression for challenging texts; share the experience of reading, why you enjoy reading, genres or reading etc., that may lead to productive discussions about literature or information; and give your child exposure to challenging vocabulary that he might just skim over when reading on his own.

The second most helpful thing you can do with your son is to listen to him read. As he is reading to you, you

continued on page 31

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Author Shares Special Message In Her New Book

by Jeff Lysiak

According to first-time author Sally Hanser, who recently published *A Christmas Mouse in a Christmas House*, she considers the story behind the book to be "a gift."

"One afternoon, while sitting in church, I tried to write down some notes from the sermon," Hanser noted in the preface to her book. "I was very disappointed when I discovered every pencil I picked up was broken."

Several nights later, Hanser took it upon herself to go back to the church and personally sharpen every broken pencil in the pews. "I thought at least I could do that for the congregation," she added.

But a couple of days later, the inspiration for the book came upon her.

"I was working in the garden, and all of a sudden, the whole story came to me," said Hanser, a native of Wayzata, Minnesota and a longtime resident of Sanibel. "I'm no author, but I wrote this book in about an hour."

Two years later, *A Christmas Mouse in a Christmas House* has become a reality. The 38-page hardcover book – which is intended for children ages 6 to 12, but relatable to readers of all ages – sells for \$17.95, with all proceeds



First-time author Sally Hanser holding a copy of her new book *A Christmas Mouse in a Christmas House* photo by Jeff Lysiak

donated to the Charitable Foundation of the Islands (CFI).

A heartwarming story about a mouse with a mission and a man with a purpose, *A Christmas Mouse in a Christmas House* is a tale about how both characters meet in an empty church on a cold winter's night. They discover that they shared the same wish: to deliver a gift to Baby Jesus. Working together on their common



One of Natalie Marino's illustrations in Sally Hanser's book image provided

goal, the man and mouse soon learn the true meaning of Christmas.

"The message in the story is the most important thing," said Hanser. "This was my first attempt at writing a book, but people seem to react well to the story. It's all about giving without spending money. Everybody has something to give, no matter how much or how little you have."

A Christmas Mouse in a Christmas House is being sold locally at MacIntosh Books & Paper, located at 2330 Palm Ridge Road on Sanibel.✧

BIG ARTS Corner

Workshops And Classes

Unleash your creativity, expand your horizons and meet terrific people. Upcoming BIG ARTS workshops and classes include:

Creating with Polymer Clay by Martha Grattan, Tuesdays, 6 to 9 p.m., November 14, 21 and 28.

Adult Tap by Bobby Logue, Tuesdays, 12:30 to 2 p.m., November 14, 21 and 28.

Zentangle by Meg Scott, Thursday, 9:30 a.m. to 12 p.m., November 16.

Italian Opera 101 by Thomas Cimarusti, Mondays, 1 to 4 p.m., November 27 through December 18.

Glass Fusing by Petra Kaiser, Wednesdays, 9:30 a.m. to 12:30 p.m., December 6 through 20.

Preregistration is recommended.

Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. Preregistration is recommended. For complete course descriptions and the full season's workshops and class schedules, visit www.bigarts.org/workshops, or emailinfo@bigarts.org.✧

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Symphonic Chorale

photo provided

Season Opener For Symphonic Chorale


The Symphonic Chorale of Southwest Florida will hold its first concert of the 2017-18 season, Harvest Grain: A Banquet of Song,

perfectly timed for the fall and harvest season.
The concert will be presented twice, first on Friday, November 17 at 7 p.m. at Sanibel Community Church, located at 1740 Periwinkle Way on Sanibel. The second concert will be presented on Sunday, November 19 at 4 p.m. at Faith Presbyterian Church, located at 4544 Coronado Parkway in Cape Coral.

Each self-produced concert in the 2017-18 season will be presented at no charge to the audience so that anyone in Southwest Florida can experience inspiring choral music at its finest. A freewill donation will be collected during the concert.
Artistic Director and Conductor Dr. Trent Brown will lead the 70-voice chorale in a selection of classical and contemporary works related to the harvest, food, drink and Thanksgiving, but also examines not only the many life cycles that make up our world but also includes songs that relate to the cycle of human life: birth to death.
Brown said, "If Music be the

Food of Love, created by Minnesota composer David C. Dickau, is the centerpiece of the concert. It refers both to the food and drink themes that come up in numerous pieces, but also speaks to the joy of singing."
The concert will present an interesting mix of classical works such as the Second Movement from Brahms' Requiem and Donizetti's Chorus of Wedding Guests from Lucia di Lammermoor to contemporary choices such as Gwyneth Walker's Crossing the Bar, and Eric Barnum's There was a Time.
For more information, visit www.symphonicchorale.org.*

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Movie Mavens at last year's 20th anniversary reception. From left are, Stan Gembicki, Sid Picker, Di Saggau, Hyde Tucker, Visnja Gembicki, Don and Stefi Irwin.

photo courtesy BIG ARTS

BIG ARTS Monday Night Movies Coming Soon

by Di Saggau

Movie fans are excited to hear about the new BIG ARTS Monday Night Movies Series posted online at www.bigarts.org. The new season begins Monday, November 13 with *A United Kingdom*, a biographical drama based on the true story of a young heir to the throne of Botswana.

A different movie will be shown every Monday evening with a huge variety of independent, foreign and popular films such as *I Daniel Blake*, *Land of Mine*, *The Wedding Plan*, and many, many more. Film committee chair Visnja Gembicki said, "We strive to show the best new art movies from around the world. We selected some of our favorites from the festivals in Telluride, Toronto and Chicago, which feature top rated international art films of the year. We

encourage everyone to join us for post movie discussions in Phillips Gallery. Some of us still remember the movies of several years ago because the discussions made the viewing experience that much more memorable."

Mark your calendars now for the BIG ARTS Monday Night Movie Series, starting November 13 and check back often for updates on the BIG ARTS website. The theme for the series continues to be Windows To The World, offering moviegoers a chance to experience life in another place and often another country. This is the 21st year of Monday Night Movies and it promises to be another season of films you will long remember.

The movies are shown at 7 p.m. in Schein Hall at BIG ARTS. Admission is \$10 and each film is followed by a complimentary reception and discussion led by one of our local movie mavens. Watch for a movie review each week in the *Island Sun*.

BIG ARTS is located at 900 Dunlop Road. Tickets are available at www.bigarts.org, at the door or by calling 395-0900.✱

From page 28

School Smart

should pause often to: monitor fluency and phrasing; clarify anything confusing in the text; make connections (to what he already knows, other texts or the world); ask questions about the characters, author or plot; make predictions about what might happen next; and comment on what you are reading.

It is important for your son at this age to go beyond just retelling the story and for him to interact with the text in the above ways.

A third way you can help your son is to make it a point to discuss vocabulary. Encourage the use of increasingly sophisticated words. Model dictionary use by looking up words yourself which you do not know. Discuss the meanings of prefixes, suffixes and root words, so that your child begins to understand units of meaning within words (www.funbrain.com has lots of games for this. Play word games such as Scrabble, Hang Man etc., to help increase vocabulary skills.

Reading with your son and utilizing some of these strategies will increase his oral reading, reading comprehension and vocabulary skills. It will also provide an enjoyable means for both of you to enjoy some special time together and strengthen your bonds.

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.✱

World-Renowned Pianist Coming To Shell Point

Shell Point Retirement Community is kicking off the Concerts & Conversations program of its 2017-18 Concert Series with a performance by pianist Thomas Pandolfi at 7 p.m. on Thursday, November 9 at the Grand Cypress Room at The Woodlands at Shell Point.

As part of the program, there will be fellowship and a dessert reception with Pandolfi following the concert.

An American pianist, Pandolfi is a virtuoso appreciated by audiences worldwide. Known for his passionate artistry and technique, his orchestral appearances often feature beloved masterpieces by Tchaikovsky, Rachmaninov and Liszt.

Pandolfi's musical career includes past performances with European orchestras such as the George Enescu Philharmonic and the Cluj Philharmonic of the Republic of Moldova. He has also performed with American symphony orchestras throughout the country. Pandolfi is a graduate of The Juilliard School in New York, where he earned



Thomas Pandolfi

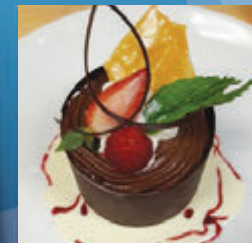
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both his bachelor's and master's degrees as a scholarship student.

The concert is open to the public, with tickets available for purchase online at www.shellpoint.org/concerts or by phone at 454-2067.✱

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Jennings Resigns From Council

by Jeff Lysiak

The longest serving member of the Sanibel City Council, Jim Jennings, officially resigned from his position on October 18.

According to Jennings, who was originally elected to the council in 2003, he and his family recently made the decision to move off island. Because city charter requires all elected members of the council to be full-time residents of Sanibel, Jennings was forced to resign his post.

"Prices (of houses on Sanibel) kept moving up, and we had to get a place somewhere," said Jennings, whose wife, Terrie Kielborn-Jennings, is the middle school gifted/enrichment teacher at The Sanibel School. "We couldn't find anything (for rent) for less than \$3,500 a month, so we widened our range to Fort Myers."

In 2015, Jennings was re-elected to a four-year council term. During his tenure, he served as council liaison to the Contractors Review Board, the



Jim Jennings

photo provided

Vegetation Committee and the Employee Dependent Scholarship Committee. He also served as the voting delegate of the National League of Cities.

Reflecting back on his time serving
continued on page 4B

Sanibel Veterans Day Ceremony November 11

The City of Sanibel and the Lee Coast Chapter of the Military Officers Association of America (MOAA) will conduct the annual Veterans Day ceremony to honor military veterans on Saturday, November 11. The ceremony will be held on the grounds of Sanibel City Hall, with military music beginning at 10:45 a.m. and the ceremony starting at 11 a.m. Fred Bondurant, past chapter president, will officiate. Mayor Kevin Ruane, Sanibel City Council members and Sanibel City Manager Judie Zimomra are also expected to participate. The BIG ARTS Concert Band will provide music.

This year's guest speaker will be retired Navy Captain and Sanibel resident Nori Ann Reed. Reed served aboard six United States Navy ships and commanded three. She was a leader in breaking new ground for women in the Navy.

For those who have never attended, one of the most touching aspects of the ceremony is Remembrances, where vet-



Nori Ann Reed

photo provided

erans recall their military experiences and how they and others were affected by them. Any veteran who wishes to participate is welcome to do so.

Sanibel City Hall is located at 800 Dunlop Road.✱

Skate Club Conducts Cleanup At Lighthouse Beach



Youth members of the Sanibel Skate Club gathered at Lighthouse Beach on October 26 to take part in a cleanup campaign, picking up debris on the beach between the Sanibel Fishing Pier and the historic lighthouse

photos by Jeff Lysiak



Adult members of the Sanibel Skate Club with mascot, Samy



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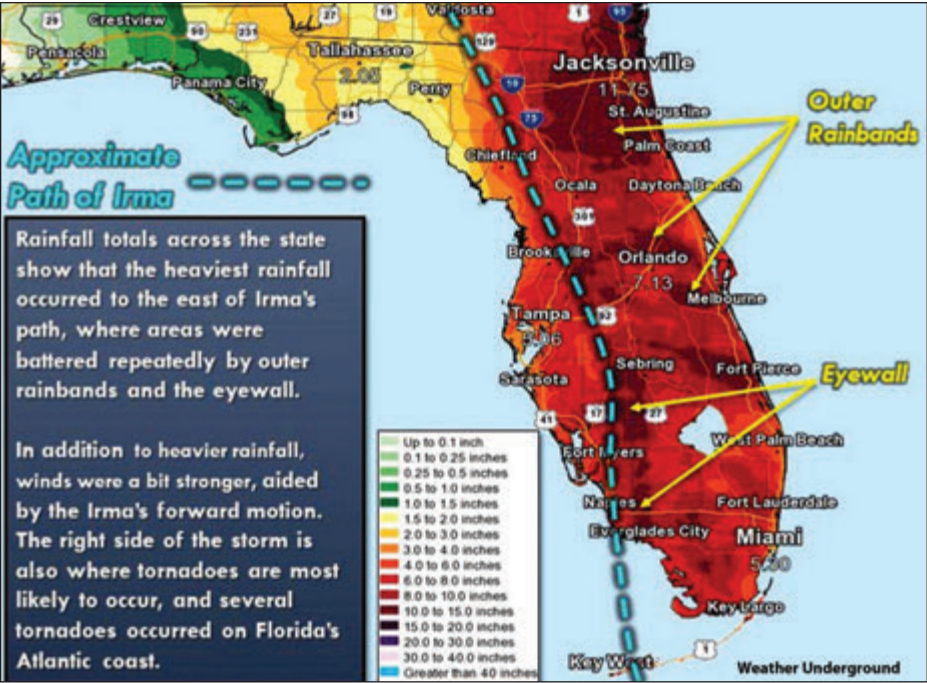
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Update On Caloosahatchee And Everglades Issues Following Irma



Map from Weather Underground showing the path of Hurricane Irma over Florida
image provided

The Sanibel-Captiva Conservation Foundation (SCCF) and The Everglades Foundation will host a presentation, entitled The Caloosahatchee and Everglades: In the Eye of the Storm, on Tuesday, November 14 at 7 p.m. at The Community House. The program and community conversation will focus on water quality issues and restoration following Hurricane Irma.

Progress is being made on Everglades restoration projects critical to opening up the southern end of the Everglades to move water south. The passage of the bill to establish the Everglades Agricultural Area (EAA) reservoir will work in tandem with these projects to add water storage capacity south of Lake Okeechobee to feed needed water to the Everglades and Florida Bay currently dumped to the estuaries. The dark, excess freshwater resulting from Hurricane Irma illustrates how badly alternative outlets and additional storage are needed.

On November 14, SCCF and The Everglades Foundation will highlight issues ranging from water conditions to restoration progress and how you can participate in the coming state legislative process and a Federal Action Day in Washington, DC in May of 2018.

While the EAA Reservoir does not solve all of the problems, it is a major step forward, and initial planning for the project has begun. There will be time for audience questions and you can find out how you can help. Community support and action will be vital in advancing the projects and funding needed, as Hurricane Irma's statewide impacts will also require funding from the state. Committee work for the next Florida legislative session has already begun and the session will open on January 9 (two months earlier than normal).

The program is free and open to the public. No reservations are required. The Community House is located at 2173 Periwinkle Way. Doors open at 6:30 p.m. and the program starts at 7 p.m. Refreshments will be available. Call SCCF at 472-2329 with questions.✧

LCEC Provides Environmental Funding Awards

Lee County Electric Cooperative (LCEC) will provide the Bailey-Matthews National Shell Museum, Sanibel-Captiva Conservation Foundation, Cape Coral Friends of Wildlife, Keep Lee County Beautiful and the Monofilament Busters with Environmental Funding Awards. These five awards total \$14,250. Funds will be used for projects varying from programs for children to mobile marine

units to educational calendars. LCEC accepts applications for this award twice a year with deadlines on March 15 and September 1. To apply for this award, organizations can email pr@lcec.net to receive an application. Interested organizations must meet certain criteria to be considered for the award including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. This funding award is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.✧

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League Of Women Voters Lunch Program

The League of Women Voters (LWV) of Sanibel will host W. David Helms, PhD at the Thursday, November 16 luncheon. Helms will help demystify the confusing tangle of health care policy making that has been center stage this past year. There will be plenty of time for questions and answers with the speaker. The luncheon and program will take place at the Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive. Registration begins at 11:30 a.m., with the luncheon program from noon to 2 p.m. RSVP by email to lwvsanibel@gmail.com or call Robin Krivanek at 472-8568. The deadline to RSVP is by noon on Monday, November 13. Dr. Helms' career has focused on advancing health care improvements through planning, policy analysis and



W. David Helms photo provided research, and the development of new initiatives to expand coverage for the uninsured. He is a senior associate in the Department of Health Policy and

Management at the Johns Hopkins Bloomberg School of Public Health, where he teaches a course on state healthcare policy and recently completed a study on state policy capacity and leadership for health reform funded by the Milbank Memorial Fund. From 2000 to 2010, Dr. Helms was president of AcademyHealth, the national society for the fields of health services research and health policy analysis. From 2011 to 2014, Dr. Helms served as director of the LMI Center for Health Reform, working on the implementation

of federal and state health exchanges established under the Affordable Care Act. He received his PhD in economics and public administration from the Maxwell School of Citizenship and Public Affairs at Syracuse University and his bachelor's degree in political science from Colorado College. Reservations are \$25 per person, which includes lunch. Mail your check to LWV of Sanibel, P.O. Box 1194, Sanibel, FL 33957. Attendees may pay at the door with cash or a check.✱

CROW Receives Gold Certification

The Clinic for the Rehabilitation of Wildlife (CROW) has been awarded certification at the Gold Level through the Florida Society for Ethical Ecotourism (FL SEE) for its Visitor Education Center, Wildlife Walk program and Lunch and Learn program. The certification was presented at the CROW Board of Directors meeting on October 25. FL SEE strives to encourage awareness and stewardship of Florida's natural resources and heritage by offering a voluntary certification program to local tour operators. To become certified, FL SEE associate members must complete a self-assessment, interview and anonymous evaluations of their tours or programs by FL SEE trained assessors. Successful candidates demonstrate their commitment to using best practices for ecological sustainability, natural area management and quality ecotourism experiences.

"CROW's participation in this process will help to standardize the way visitors approach ecotourism" said Rachel Rainbolt, CROW education and development coordinator. "We are excited to be at the forefront of this endeavor and hope our community partners will join us in the near future." CROW becomes one of 14 Certified Ethical Ecotour Providers in the state of Florida, and only the third to be certified in Lee County. Southwest Florida is filled with fascinating wildlife, and CROW's programs provide a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife Walks provide an opportunity for visitors to get an in-depth look into the inner workings of CROW's hospital and the treatment process. The 1.5-hour program has two parts: an introductory presentation covering CROW's medical and rehabilitation methods and then a guided tour through treatment areas of the hospital. Up-close experiences with animal ambassadors are included along the way. To learn more about programs at CROW, visit www.crowclinic.org.✱

From page 1B Jennings the community, Jennings said that he will fondly recall several major accomplishments made by himself and his fellow council members. "We worked together as a team, because you can't do the job all by yourself," said Jennings, who cited reducing taxes, improving water quality and constructing the Sanibel Recreation Center among the positive changes to the island during his time on council. "I've worked with so many great people

over the years. We've talked about the water issue for years, but Kevin (Ruane, mayor of the City of Sanibel) has brought it to another level. It's been a long and slow process, but things have finally started to happen." Jennings also said that he'll still be out and about on the island. "My wife and I really like Sanibel, so we'll be out there a lot," he added. Jennings' council seat, which expires in March 2019, will be decided through a special election, details of which will be announced during next week's city council meeting on November 7.✱

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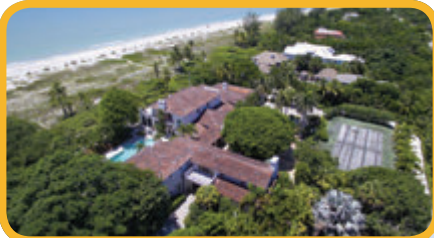
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Superior Interiors

Enhance Your Decorating Confidence



by Linda Coin

Often times here my clients say “I don’t know what my style is or what I like – you need to tell me.” When this happens, I usually try to help them by asking a few key questions. My clients have also found it helpful to practice

a few simple visual exercises that I also recommend to help them identify what they like. And once you know what you like and why, it becomes easier to develop and enhance your own decorating style – confidently!

Discovering your style involves developing an acute awareness of your surroundings and the ability to judge your reactions. Take a minute right now, in the room where you are reading this article. Look around the room – carefully – and write down five reasons why you like the room. Be very specific. For example, if you like the window – why? Is it because of the symmetry? Does it admit a lot of natural light into the room? Do you like seeing the colors in the window’s view?

Now, take a few more minutes, and look again. Ask yourself what features you don’t like. For example, a painting on the wall. What is it about the painting that you don’t like? The color? Is it hung too low? Too high?

By becoming conscious of your reactions to what you see, you’ll begin developing your own sense of likes, and just as important, dislikes.

Every time you enter a room, make it a habit to ask yourself whether you like it or not. An office, a restaurant or another home – it makes no difference. What characteristics appeal to you? Which ones

make you feel uncomfortable? Do any of the rooms approach your ideas of what you would want your home to look like? Assess the mood that is evoked in each room and the ingredients that create a particular ambience. Does it make you feel warm, cool, cozy, serene, etc?

Decorating confidence is something you develop, many times with the assistance of your own personal professional decorator, whose knowledge and resources are indispensable. Your home should be decorated with a sure awareness of how you respond to color, texture, form, line and space.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecaden.com.✽✽

New Executive Chef At Sundial

Last week, the Sundial Beach Resort & Spa announced the addition of Aaron Chavarria as executive chef. Chavarria will oversee the resort’s five dining venues and banquet dining.

The Nicaraguan-born, European-trained Chavarria studied agricultural engineering, learning the farm-to-table cycle and mastering the science behind fruits and vegetables. With a strong belief in sourcing local seafood and produce, he incorporates unexpected ingredients to create the right blend of texture and flavor in his innovative “Floribbean” cuisine.

“I am a great supporter of local farmers, seasonality and sustainability. This is where my passion comes from. Food should be fresh, simple and trendy, but the most important thing is for me to listen to our customers’ feedback and use it,” said Chavarria.

Chavarria has worked alongside internationally regarded chefs, opened several restaurants, and has graced the pages of European magazines. His expertise has earned him accolades from Zagat and many others. Despite his extensive training and experience, he still credits his mother as his culinary inspiration.

For menus and reservations, visit www.sundialresort.com/eat.✽✽

New Member Services Manager



Ashley Gibbons

photo provided

The Sanibel & Captiva Islands Chamber of Commerce recently welcomed Ashley Gibbons as its new member services manager. Gibbons stepped into her new role and met nearly 70 chamber members on her first day during the October business lunch at Captiva Island Yacht Club.

Gibbons, a Florida native, went to Fort Myers High School and is a graduate of Florida State University, where she

majoried in sociology and psychology. Her last two roles were within marketing at the Edison & Ford Winter Estates and Sunstream Hotels & Resorts on Fort Myers Beach. Gibbons has worked in the arenas of tourism at both attractions and resorts, and has a well rounded background that has prepared her to work with chamber members.

“I look forward to working with local business owners and understanding their different perspectives and needs,” said Gibbons.

In her new role as member services manager, Gibbons will be working directly with members and catering to their needs. While she has met many members, she plans to do on-site greetings. Anyone wishing to become a member can reach Gibbons by phone at 472-8255 or membership@sanibel-captiva.org.

“I am excited to work in such a unique community,” said Gibbons. “And I am looking forward to getting to know and understand local business needs.”

Gibbons and the chamber team are already meeting to make plans for the Sanibel Luminary Festival, hosted by the chamber.

“While many businesses and volunteers make the night fun and safe, lighting of the luminaries alone takes several volunteers,” Gibbons said.

“We are pleased to welcome Ashley to our team,” said Chamber President John Lai. “She brings valuable customer service and teamwork skills to this position.”✽✽

Realtor Joins Firm

Chip Wolfe has joined RE/MAX of the Islands as a sales associate. Wolfe has been an island resident since relocating to Sanibel from Tulsa, Oklahoma, where he was raised. He graduated from the University of Oklahoma in 2000 with a degree in business administration. After college, he obtained his Oklahoma real estate license. Around the same time, he and a partner established an online marketing firm. Having spent many family vacations on Sanibel as a youngster, Wolfe moved to Sanibel in 2007 to manage his family’s real estate holdings.

“I’ve known Chip for several years. He is very talented and has an excellent work ethic,” said Dustyn Corace, broker-owner of RE/MAX of the Islands. “His firsthand knowledge of maintaining and renting properties on Sanibel is invaluable. We are very happy he selected our company to



Chip Wolfe

photo provided

expand and continue his career in island real estate.”✽✽



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From left, Geoffrey Roepstorff, CEO of Bank of the Islands/Edison National Bank, CROW Executive Director Linda Estep and Robbie Roepstorff, president of Bank of the Islands/Edison National Bank photos provided

Bank Sponsoring CROW's Taste Of The Islands

Bank of the Islands/Edison National Bank return as the Presenting Sponsor of the 36th Taste of the Islands. This is the eighth year in a row that the bank has led the sponsorship for the Clinic for the Rehabilitation of Wildlife (CROW)

signature fundraiser.

Geoffrey and Robbie Roepstorff, who founded Bank of the Islands/Edison National Bank in 1997 have supported CROW throughout the bank's 20-year history.

"We believe in supporting the communities we serve," said Geoffrey Roepstorff, CEO of Bank of the Islands/Edison National Bank and past treasurer and member of the CROW Board of Directors. "In part, we do that by supporting organizations working to make their community the best it can



The crowd enjoying live music, food and drink at a previous Taste of the Islands

be. For nearly five decades, CROW's wildlife rehabilitation services have helped native and migratory birds and animals in Southwest Florida."

The Roepstorffs and Bank of the Islands/Edison National Bank's support continues as the Presenting Sponsor of the 36th Taste of the Islands, an annual event benefitting CROW on Sunday, November 12 from 12 to 5 p.m. at Sanibel Community Park. The event will showcase 14 Sanibel and Captiva restaurants.

"We have an amazing lineup of restaurants this year" said Linda Estep, executive director of CROW. "There will be some very delicious dishes being served."

The restaurants will offer an array of

menu items for six CROW Bucks or less while competing for honors in a variety of categories including Best Appetizer, Best Seafood and Taste of the Taste. Attendees 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 under 12 years of age.

This year's family friendly event will feature live entertainment by LCEC's Killa-Watts. Inside The Community House, guests can meet CROW's animal ambassadors and bid on silent auction items.

For more information, visit www.CROWClinic.org/articles/36th-taste-of-the-islands.

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Rotary Happenings

submitted by Shirley Jewell

About a month ago, Sanibel-Captiva Rotary Club President Holli Martin introduced a new feature to our monthly club assemblies: classification talks.



Classification talks are a great way to share information about your vocation. When a lawyer named Paul Harris met with a coal dealer, a mining engineer and a merchant tailor in 1905 in Chicago, they gave birth to Rotary and – by the nature of their diverse occupations – the association’s most distinctive feature, the classification principle. Today, the classification principle, though modified, remains a cornerstone of Rotary. Upon joining Rotary, you are lent a classification by the board of directors to reflect your occupation or primary source of income. By limiting active membership by classifications, each club becomes a cross-section of the business and professional life of the community it serves. Also, the classification principle makes sure that no one profession or business becomes the dominant force within the club.

Another benefit of the classification system is that representatives of many fields are brought together, providing the opportunity for Rotarians to broaden their knowledge of the contemporary



John Schwandke photos provided

workplace. This, in turn, enables Rotarians to fulfill one of the basic obligations of vocational service: recognizing the worthiness to society of all useful occupations.”

Here are some notes from our classification speakers this month: John Schwandke, classification: radio broadcaster and former owner of radio station KWPC in Muscatine, Iowa and radio station KWCC. Schwandke told us that he didn’t choose radio broadcasting as a career, but that radio broadcasting chose him. He was at the local lunch counter in Muscatine and the manager of the local radio station, KWPC, sat next to him. They started talking and the fellow asked



Carlton Anderson

him what kind of work he did. Schwandke told him he was unemployed. The guy asked if he wanted a job as the afternoon DJ for his radio station, no experience necessary. Schwandke took the job.

He expanded his position at the station over the years to news reporting, news writing and writing radio commercials for advertisers. Schwandke said, “I was having fun.” He went on to sales and moved on up to station sales manager. He built up the revenue of the station and that station was sold to an out-of-state owner. They were going to change things up and cut staff. Schwandke could see the writing on the wall. His income was going to drop.

He left the station and went on to become a sales manager in St. Cloud, Minnesota. After about 10 years, KWPC was having financial difficulties and in dire straits. They called Schwandke up and asked him, “Do you want to buy KWPC? If so, you have 72 hours to do it or the station will lose its license.” He really didn’t

have the money to buy the station but with a few phone calls and a lot of faith, he took on the challenge and bought the station. To make it a success again, he knew he would need a great sales staff. While going through the radio licensing procedures, he hired five radio salespeople and trained them for five weeks before taking over the station. He told them they had 90 days to make the station profitable again. They did.

Two years later, Schwandke bought another radio station and, in 2000, sold both stations when presented an unsolicited offer. The same thing happened again, new owner, changing things up, cutting staff. They called Schwandke and his advice was: hire great salespeople, do some live programming and remember, your audience likes local stuff.

Carlton Anderson, classification: futures management/retired, Cargill, Inc. Anderson told us that, “Trading in the futures market is an exciting career.” When he first started in his position as a futures trader on the Chicago Mercantile Exchange/Chicago Board of Trade, business was primarily conducted on trading floors in sectioned off areas called trading pits. Traders shouted and waved their arms around for attention, activating commodity orders. The pits were an exciting place to do business. The pace was fast and furious. Today, those pits are primarily closed and trading is done digitally.

Anderson traded in grain, cash grain, grain futures and peanut futures. No day was the same when trading commodities. You had to stay mentally nimble on what was going on in the marketplace, and pay attention to variables in pricing and cost, weather conditions, and a plethora of other factors that were predictors of commodity futures. That was some job.

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

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Doves Chief Jewelry Designer Doron Hakimian, front, participating in the 2016 charity tennis event at Beachview Tennis Club photo provided

Designer To Visit For Trunk Show And Tennis Event

Doron Hakimian, president and chief designer of Doves by Doron Paloma, will mark his third visit to Lily & Co. Jewelers with a trunk show on Friday, November 10 from 10 a.m. to 5 p.m. Hakimian will then take part in the charity tennis event on Saturday, November 11 at Beachview

Tennis Club.

The tennis charity event, sponsored by Lily & Co., benefits Ronald McDonald House Charities (RMHC), which creates, finds and supports programs directly improving the health and wellbeing of children and their families in Southwest Florida to keep families close. Hakimian will donate a pendant to the raffle in support of RMHC.

"We couldn't be more excited to again welcome Doron to our wonderful island," said Lily & Co. co-owner Dan Schuyler. "It is a real treat to have him

join us in our tennis event, too."

Schuyler, an avid tennis player, met Hakimian at the 2015 U.S. Open with legendary tennis coach Nick Bollettieri, who will be partnering in the charity tennis event. Bollettieri and his IMG Academy pros will be providing instruction to players on the HydroGrid clay courts of Beachview Tennis Club. The day is highlighted by Battle of the Sexes: Sanibel Style during the court-side lunch.

"I couldn't be more thrilled to once again visit Lily & Co. and Sanibel Island," said Hakimian. "From the first time I met Dan and Nick, I knew they had big hearts. This special tennis event really represents a small portion of what they do for their community. I am just delighted to be a part of it."

The one-day-only Doves trunk show will feature artistically designed pieces inspired by nature.

"Doron combines 18 karat gold, diamonds and precious gemstones to create unique treasures," said Schuyler. "His attention to detail produces a dramatic creation, yet it's his unrelenting pursuit of perfection that sets his designs apart."

In the past several years, Doves trend-setting designs have received celebrity attention. The company has designed exclusive pieces for former First Lady Michelle Obama, Jennifer Lopez, Catherine Zeta-Jones and others.

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

Top Producers



Donna Proffitt



Mary Bondurant

The top producers at John R. Wood Properties for the month of September were: Donna Proffitt, top closed sales; Mary Bondurant, top pending sales; The Starr Family Team, top listing agent; and Dave Russ, productivity award.✧



Dave Russ



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Condominium Managers Meet



Condominium Managers gathered at Thistle Lodge recently for a luncheon organized annually by CASI, the Condominium Associations of Sanibel, Inc. Pictured are CASI Board Member Julie Smith of Sanibel Siesta and David Wahl of Mariner Pointe. photos provided



Kari Cordisco of Sanibel Moorings and Dr. Nicole King-Smith, Lee County Visitor & Convention Bureau (VCB) tourism and hospitality training manager



Julie Smith of Sanibel Siesta and sponsor Jeff Dowman of Dowman Textiles



JR Ramirez, general manager of Casa Ybel Resort, CASI Board President Linda Naton of Somerset at the Reef and Rod Middleton of Suitor, Middleton & Cox



From left, sponsors Troy Conner of Symbiont Service Group, Steve Bray of IMold and Jeff Dowman of Dowman Textiles



From left, John Lai, Sanibel & Captiva Islands Chamber of Commerce president, Jim Jordan, planning director for the City of Sanibel, Paul Harmon and Julie Smith of Sanibel Siesta



From left, Pamela Johnson, deputy director for the Lee County VCB, Roy Gibson, senior planner for the City of Sanibel, Ron Congdon of Pelicans Roost, Sherry Snyder and Janet Siegel of San Cap Management and David Wahl of Mariner Pointe



From left, Kari Cordisco of Sanibel Moorings, sponsor David Foetisch and Katrina Salokar of Paradise Creative



Mayor Kevin Ruane and Chief of Police Bill Dalton seated amongst the managers



Sanibel Captiva Community Bank team receiving the Business Citizenship Award at the LCED Horizon Council Industry Appreciation Awards photo provided

Bank Receives Citizenship Award

Sanibel Captiva Community Bank was recently honored with the Business Citizenship Award at the annual Horizon Council and Lee County Economic Development Industry Appreciation Awards.

The Business Citizenship Award recognizes companies for community commitment and employee engagement in community organizations and programs. Sanibel Captiva Community Bank received the award in the More than 50 Employees category.

In 2016, Sanibel Captiva Community Bank gave on 96

occasions to local organizations, with charitable contributions and nonprofit sponsorships totaling \$151,498. The bank's directors and employees give generously of their time by volunteering on boards of directors, heading committees and serving in leadership roles for approximately two dozen not-for-profit groups.

"It is because of the commitment, support and involvement of our dedicated board members, management and employees that SanCap Bank has been able to have such a strong impact on the local community," said Craig Albert, president and CEO of Sanibel Captiva Community Bank. "Our staff knows that they're not just a part of the bank. They're a part of the community." ❄️



Legendary Automotive team in front of the Honda Odyssey van photo provided

Nominations Sought For Van Giveaway

On Saturday, November 18 at 1 p.m., Legendary Automotive and Truck Service will be giving away a vehicle to one lucky person who is nominated by the community.

Sanibel resident and owner Jason

Stretch believes that this is an amazing way to give back to the local community. "At Legendary, we service and repair vehicles, it is what we do," he said. "What better way to help someone than with reliable transportation."

Stretch had seen some of his fellow shop owners doing similar car giveaways across the country through a program called Wheels to Prosper. He believes that he has a responsibility to help improve the auto repair industry. "Joining with other

continued on page 12B

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Cultural Capital Requires Altruistic Individuals



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

Rabbi Jonathan Sacks delivered an insightful speech entitled Cultural Climate Change: The Role of Religion in a Secularized West (<http://rabbisacks.org/cultural-climate-change/>) in which he rebutted Darwin's atheistic writings by saying, "We hand on our genes as individuals, but we only survive as members of groups, and for a group to survive it has to have altruism among its members. It has to have people as part of a group that puts the group ahead of their own private interests."

Rabbi Sacks goes on to say that when society is full of altruists then that society is rich in social capital. A society of individualists who think mainly of themselves is poor in social capital. While the

Western world has arguably tilted toward the individualist, Sacks points out that social capital and altruism does exist in America, but it is found mainly in houses of worship.

I thought about this in relation to the horrific tragedies associated with Hurricane Harvey in Texas, Hurricane Irma in Florida, and Hurricane Maria in Puerto Rico. In almost all cases one can point to altruistic behavior on the part of many Americans. It's also evident that churches, synagogues and other houses of worship rallied to help those in need, organizing the collection of much needed food and supplies.

Naturally, as an estate planning attorney, Rabbi Sacks' speech and my observation of recent tragedies got me thinking about charitable planning. I'd say that roughly one-in-five or twenty percent of my clients include charitable planning as part of their estate plan. That percentage increases with those that don't have children or grandchildren.

We're all pre-programmed to care for our children and put their needs above all others, including our own. Our genetic operating system is built that way to ensure survival. At the same time, I frequently engage in conversation with my clients over their concerns that large gifts and inheritances will end up being counterproductive. The common fear is that by giving too much the child will lose his or her ambition and drive.

Those in my profession site the proverb "Shirtsleeves to shirtsleeves in three generations." Similar sayings exist in other cultures. In Japan the expression goes, "Rice paddies to rice paddies in three generations." The Scottish say, "The father buys, the son builds, the grandchild sells and his son begs." In China, "Wealth never survives three generations." Wisdom beckons from all corners of the globe.

So what is one to do? Should we create charitable remainder trusts or fund private foundations with our estate plans? That would certainly satisfy our altruistic desires. Many über-wealthy individuals such as Warren Buffet and Bill Gates have joined in The Giving Pledge, which is a commitment by the world's wealthiest individuals and families to dedicate a majority of their wealth to giving back.

Is that too easy for those with billions? If they only leave a fraction of their estates to family then that fraction may still add up to tens of millions of dollars, or more than enough for their offspring to not work and enjoy an easier lifestyle.

For those of us with more modest means, we worry that our children and grandchildren have enough to be educated, live in a decent neighborhood, enjoy a comfortable retirement and provide healthcare into old age. Is that altruistic enough? And what about our larger society? Rather than giving a portion of our wealth to those in need, should we instead abide by the adage, "Charity begins at home?"

I don't believe that there are any easy answers to these questions. Every individual

must consider his own circumstances, goals and desires. There are estate planning vehicles that provide income to family for life or a stated number of years then terminate to charity, or work in the other direction by giving income to charity for a stated number of years then distributing principal to loved ones at its termination. There are a variety of options available.

If these thoughts appeal to you, rather than "going through the motions" when sitting down with your estate planning attorney generating documents that simply divide your wealth at death, perhaps consider combining your altruistic inclination with your aspirations to provide for your loved ones.

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Seminar On Medicare Enrollment

FISH of SanCap, along with SHINE (Serving Health Insurance Needs of Elders) is offering a free Medicare Counseling seminar on Thursday, November 16 from 10 a.m. to 3 p.m. at the FISH Walk-In Center, located at 2430-B Periwinkle Way. This is an opportunity for Medicare recipients to review their current prescription drug coverage and compare it to Part D plans being offered in 2018. One-on-one counseling will be provided by SHINE counselors.

Part D plans make changes to costs and coverage from year to year, so it is important to take time to review.

Changes made in coverage are effective starting in January.

"This session is critical for individuals to utilize. It extends the opportunity to make very important changes that individualize a Medicare and prescription plan for a person's specific needs," said FISH Program Director Kathy Y. Monroe, MSG. "We are delighted to bring this offering to our community, and encourage everyone who is enrolled in Medicare to attend."

Participants should bring a list of prescription medications, including dosage, and know their Medicare information (i.e. effective dates and number).

For more information, call Kathy Y. Monroe at 472-4775. The program is a courtesy of the Area Agency on Aging for SWFL.✧

From page 11B

Van Giveaway

caring shop owners nationwide, we can all make a difference," he said.

The vehicle for the giveaway is a 2004 Honda Odyssey van.

Legendary Automotive is seeking nominations for community residents that contribute but are struggling with reliable transportation.

"This is not a hand out. We are looking for someone that will pay it forward," said Stretch. "We want to help someone that helps others. An example given was a single mom that works full time and still takes time to volunteer at a local church or food pantry."

Stretch admits it has been a team effort

to get this van back into shape. Everyone at the facility is excited to see who will be nominated and who will be chosen by a panel of three judges. Jason Labonte, one of the master technicians at the shop, is excited about doing this and hopes that they can build on it each year with help from others in the community who would be able to provide a year's worth of auto insurance and some fuel.

If you would like to nominate someone who could use a vehicle, visit www.legendaryfl.com and click on the nomination link.

Legendary Automotive and Truck is located at 1921 Courtney Drive in Fort Myers. For anyone that would like to contribute a vehicle or other support, email service@legendaryfl.com.✧

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Fishing Club To Meet Next Week

On Tuesday, November 14, the Sanibel Island Fishing Club will be holding its monthly gathering. With the renovation of The Community House completed, the meeting will return to the north room of the historic facility, located at 2173 Periwinkle Way. The meeting starts at 6:30 p.m. with a half-hour meet-and-greet. The featured speakers begin their presentation at 7 p.m. There is no admission charge and the angling public is invited. Pizza and refreshments will be available at a nominal charge.

This month's featured speakers are a trio of professional fishing guides from Whitney's Bait and Tackle. The three speakers include Whitney Jones (owner of Whitney's), Jerrett Jones and Nathan Wider. Besides speaking about how



Whitney's Bait and Tackle group with a trio of permit

photo provided

to target and catch standard inshore species such as sea trout, redfish and snook, the group will discuss how to

catch the less common – but plentiful – nearshore species such as permit, king mackerel and blackfin tuna. This should

be an especially interesting meeting for local anglers wanting to expand their horizons and target some of the many species that are uncommon inshore but readily found in many near shore ledges and artificial reefs. Speakers will address questions from the audience.

The Sanibel Island Fishing Club meets monthly through season and sponsors several group outings throughout the year as well as lending support for various fishing related charities and organizations such as START, SCCF Marine Lab and Sanibel Sea School.

For information on joining the club, contact Warren Tiegen at 579-0354 or attend the next meeting. The Sanibel Island Fishing Club has been an active social club for more than 30 years on the island. To learn more about the club, view fishing photos or explore the fish recipe section, visit www.sanibelislandfishingclub.com.✱

Kayak Fishing Tournament Is Next Saturday

The Calusa Blueway Kayak Fishing Tournament returns to Matlacha on Saturday, November 11. The tournament will begin at safe light. Weigh-ins will be from noon to 3 p.m. and the ceremony will begin at 3:30 p.m. at the Old Fish House Marina. All proceeds will benefit the Candlelighters of Southwest

Florida, a charity that benefits childhood cancer research.

All fishing will be catch, photo and release. Anglers must fish from paddlecraft on Lee County waterways. The tournament is a family fun event, featuring door prizes, raffles, food, live music, silent auctions and activities for the kids from noon to 4 p.m. It is organized by Gulf Coast Kayak and hosted by The Olde Fish House Marina.

Local sponsors have donated the gold (\$1,000), silver (\$500) and bronze (\$250) cash prizes this year. A Hobie Mirage inflatable fishing kayak will be given away

at the event. All registered anglers and anyone who participates in the Facebook contest have an equal chance to win. Gulf Coast Kayak will be giving away an additional kayak at the event.

"We are proud of our long-standing partnerships to support charity events throughout Lee County. This is a great event, which continues to grow in popularity year after year. Gulf Coast Kayak is dedicated to doing good things in their community and promoting the Great Calusa Blueway, and we're happy to be a part of it," said Mike Hammond, Lee County Parks & Recreation's Calusa

Blueway coordinator.

PointYbel Brewing Company will host the captain's meeting and registration the night before the tournament. All anglers must be present. Registration begins at 6 p.m. and the captain's meeting is at 7 p.m. The entry fee is \$65 per angler.

For more information about Lee County Parks & Recreation, locations, amenities and special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com, [facebook.com/TheGreatCalusaBlueway](https://www.facebook.com/TheGreatCalusaBlueway) or [instagram.com/greatcalusablueway](https://www.instagram.com/greatcalusablueway).✱

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Pink Out Supporters Stage Celebration Picnic



The 6th annual Pink Out Sanibel & Captiva Islands – also known as Picnic at the Pink Out – was held on October 26 at Sanibel Fire & Rescue District Station #1. More than 40 people, including breast cancer survivors and family and friends attended the celebratory event, which also helped raise money for women needing mammograms. photos by Jeff Lysiak



From left, Cip's Place team members Niki Pearson, Janet Santana, Cassy Cimato and Allison Dry



Breast cancer survivors Carol Strange and Lesley Heffron



Fernanda Boone and Hannah Mitchell



From left, Wendy Law, Linda Mondelli, Marguerite Fillion-Demos, Mary Bondurant and Heather Corbin



Members of the Pink Out organization team with Sanibel Fire & Rescue District staff



Alexis Pettinato and Nicole McHale



From left, Kitty Slocum, Tom Louwers and Barb Anerino of Briers CPA

Tournament Features Battle Of The Sexes

Lily & Co. Jewelers is once again partnering with International Tennis Hall of Fame Coach Nick Bollettieri and his IMG Academy team to present a Battle of the Sexes tennis event at Beachview Tennis Club on Saturday, November 11 from 9 a.m. to 2 p.m.

The match, featuring Christie "Billie Jean King" Bradley and Toni "Bobby Riggs" Halski, will take place at 11:30 a.m. during the courtside lunch. Bradley has been with The Sanctuary Golf Club for the past 24 years and currently serves as the director of racquet sports. Halski, owner of Beachview Tennis Club, has 36 years of professional experience and became legendary for his "tough love" clinics.

"We just couldn't think of a more fun way to entertain everyone than with two tennis experts like Christie and Toni portraying the infamous 1973 match, which King won in three sets," said Dan Schuyler, co-owner of Lily & Co. with Karen Bell and an avid tennis player. "It will be an unforgettable day of tennis and for a very worthy cause."

Proceeds benefit the Ronald McDonald House Charities. Ronald McDonald may make an appearance.

The Doubles Round Robin play, divided by skill level, will include



Christie "Billy Jean King" Bradley and Toni "Bobby Riggs" Halski will compete in a Sanibel Battle of the Sexes at a charity tennis event on November 11 at Beachview Tennis Club

photo provided

instruction by Bollettieri on one of the five HyrdroGrid clay courts. Awards will be presented to finalists of the intermediate and advanced divisions. "The idea is to help the everyday player, sure," said Bollettieri. "But it is more about helping the community, the thing that is important to Dan (Schuyler) and

Karen (Bell). I am delighted to be a part of it."

Attendees will have the chance to win one of several raffle prizes from Lily & Co., Wrigley's Tennis, Sanibel Catering Company, Beachview Tennis Club and IMG Academy. There will be breakfast fare by Sanibel Catering Company and

Champagne will be served courtside for the Battle of the Sexes.

Doron Hakimian, president and chief designer of Doves by Doron Paloma, will mark his third visit to Lily & Co. Jewelers with a trunk show during the tennis event at Lily & Co. A portion of the proceeds from the trunk show sales will go to the Ronald McDonald House Charities. Hakimian will also take part in the charity tennis event.

Player registration is \$100 and includes the youth clinic from 11 a.m. to noon. Spectator tickets are \$50 each. However, there is limited space available. To register as a player or spectator, visit or contact Dan Schuyler at Lily & Co. at 472-2888 or Toni Halski at Beachview Tennis Club at 472-9099.

Sponsors include Ed Bolter of Lamar Outdoor Advertising; Dr. Marius Espeleta, Pediatric Medicine; Skip Leonard of The Lee Health Foundation; Rich Venchey of Port Charlotte-based Wriggly Tennis; Duane Chaney of Arch Capital Advisory Group; The Bailey Family of Sanibel Catering Company; Lily Dodge of Edward Jones Investments; RS Walsh Landscaping; Alex Blgojevic, CFP, of Morgan Stanley; Brian Johnson, *Island Scene*; *Island Sun*; *Island Reporter*; and Dan and Ruthie Struble.

"We are grateful for all the support of these kind folks," said Karen Bell of Lily & Co. "They represent the giving nature of our community and make us proud to call these islands our home."

Beachview Tennis Club is located at 1101 Par View Drive.✱

Lions Club Seeking Eyeglass Donations

The Sanibel-Captiva Lions Club continues to collect used 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 this fall 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 Club members and other groups. Locally, the Bonita Springs Lions assist with processing, and two Sanibel-Captiva Lions Club members 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:

Sanibel – Ace Hardware, Bank of the Islands, Bailey's General Store, Island Pharmacy, Joey's Custard, Sanibel Captiva Community Bank on Library Way and Periwinkle Way, Sanibel Community Church, Sanibel Public Library, Sanibel Eyecare, Santiva General Store, Island Seniors Center/Center for Life.

Captiva – Captiva Memorial Library and Bank of the Islands.

The Sanibel-Captiva Lions meet on the first and third Wednesday of each month at 6 p.m. at The Community House.

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 Rick Siders at rwsiders@mac.com or visit sanibelcaptivalions.org.✱

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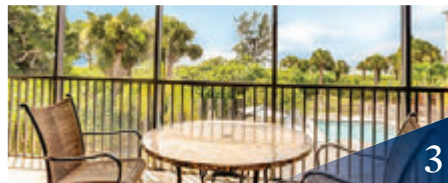
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- Newer construction, large open kitchen
- **\$1,297,700** EUR €1,103,064

5. Pointe Santo Gulf Front Unit - Sanibel

- 2 BR/2 BA Direct Gulf Front Condo
- Community pool, tennis, excellent rentals
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6. Popular East End Gulf Front Complex

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11. Captiva Village Haven

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12. Coral Cottage on Captiva

- 2 BR/2 BA with pool in Captiva Village
- New roof 2015, new air conditioner 2014, impact doors and windows
- **\$1,025,000** EUR €871,265



1. White Pelican – Captiva

- 6BR/5BA home plus art studio situated on oversized Gulf front lot
- Located in Captiva village, \$400k per year rental income with owner usage
- **\$7,599,000** EUR €6,459,263

2. Direct Gulf Loggerhead Cay – Sanibel

- 2 BR/2 BA updated kitchen, vaulted ceilings
- Washer & dryer in unit, pet friendly, weekly rentals
- **\$919,900** EUR € 781,928

3. Gulf View Bandy Beach Condo – Sanibel

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7. Gulf Access Canal Home – Sanibel

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- Boat dock and lift, Gulf access
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8. South Seas Beach Home – Captiva

- 4BR/ 3BA perfect for daily sunsets
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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.

The Center 4 Life will be closed Friday, November 10 in observance of Veterans Day

Trash & Treasures Sale – Saturday, November 4 from 9 a.m. to 2 p.m. There will be lots of treasures so come early for best selection. Hot dogs, chips and drinks will be available for purchase.

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 – Thursdays, 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. Appetizers will be served. Meet on the causeway. 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).

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.

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. ☆

Top Ten Books On The Island

1. *The Nix* by Nathan Hill
 2. *The Mothers* by Britt Bennett
 3. *Tell Tale* by Jeffrey Archer
 4. *Endurance* by Scott Kelly
 5. *Little Fires Everywhere* by Celeste Ng
 6. *Faithful* by Alice Hoffman
 7. *Seduced* by Randy Wayne White
 8. *Shellanguage* by Pam Kirby
 9. *Sanibel Island Lighthouse* by Charles LeBuff
 10. *Uncommon Type* by Tom Hanks
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World Series Has Lived Up To The Hype With Two Best Teams In Baseball



by Ed Frank

It had been billed as a classic World Series played clearly between the two best teams in baseball. But adjectives, any adjective, cannot do justice to the epic battle between the Los Angeles Dodgers and the Houston Astros. Unfortunately, due to our press deadlines, I must write this column prior to Game 6 Tuesday night in Los Angeles and a possible Game 7 the next night. However, having watched Game 5 – a five-hour, 17-minute, 10-inning slugfest that didn’t end until the wee hours Monday morning, there is no question that baseball fanatics will long remember that record-setting game won by the Astros 13-12.

In fact, Astros fans will probably etch that game in their memories along with 9/11, Kennedy’s assassination and other historic events. Baseball historians had chronicled last year’s Series Game 7 won by the Chicago Cubs over the Cleveland Indians as the best ever, another 10-inning affair that earned the Cubs their first World Series title in 108 years. This year’s Game 5 should rank alongside that game. Let’s just examine the staggering numbers in the Astros-Dodgers Game 5: The 25 runs tied for the second most tallies in a World Series game. The teams combined for seven home runs, bringing the Series total to 22,

breaking the previous record of 21 set by the Angels and Giants in 2002. It was the second longest game in World Series history, second only to Game Two of the 2005 World Series between the Astros and the Chicago White Sox that lasted five hours, 41 minutes. The Astros became just the fifth team in Series history to rally from three separate deficits and just the second to come back from two three-run deficits. After the Dodgers scored three runs in the top of the ninth inning to knot the score at 12-12, Dodger’s Manager Dave Roberts brought in his closer, Kenley Jansen, the best in baseball. He shut down the Astros in the bottom of the ninth, but the bottom of the 10th was a different story. With two outs after hitting Brian McCann and walking George Springer, Jansen faced Alex Bregman. Speedster Derek Fisher ran for McCann. Bregman, who had never had a walk-off hit in his career, lined a Jansen 92-mile-an-hour cutter into left fielder, and Fisher dashed home with the winning run, setting pandemonium among the 43,000 fans in Minute Maid Park. The emotional roller-coaster of this game would be difficult, if not impossible to duplicate. But who knows? Remember this column was written before Game 6 and a possible Game 7 is played.

Everblades Remain Atop Division

The Florida Everblades hockey team began the week in first-place in the ECHL South Division after winning two of three games last week from the Indy Fuel to improve their season record to 6-1. The Everblades are on the road this week for two games at Orlando before returning home to Germain Arena next week against the Cincinnati Cyclones – Wednesday, Friday and Saturday nights.✱



Golfers will vie for hole-in-one prizes at Shell Point Retirement Community’s 14th annual Shell Point Open Charity Golf Tournament photo provided

Sign Up Now For Shell Point Open

Southwest Florida golfers are invited to participate in Shell Point Retirement Community’s 14th annual Shell Point Open Charity Golf Tournament, which will be held on Friday, November 10 from 7 a.m. to 2 p.m. Presented by The Legacy Foundation at Shell Point, proceeds from the tournament will benefit the future Arts Center at Shell Point. Open to the public, the Shell Point Open will begin at The Club at Shell Point with breakfast at The Breezeway, followed by a four-person, scramble-style tournament on Shell Point’s championship 18-hole course. The tournament will conclude with a luncheon at the Banyan Grille. Breakfast, lunch, swag bags and the opportunity to win giveaways and hole-in-one prizes, including a two-year lease on a luxury car, are included in the \$150 player fee.

Sponsors include title sponsor Wright Construction Group, premier sponsor DeAngelis Diamond and signature sponsor FineMark National Bank & Trust. “The arts and its expression have always played an important role in the developmental lives of our residents,” said Jeff Cory, executive director of The Legacy Foundation at Shell Point. “This state-of-the-art building is beautifully designed to accommodate programming spaces that will serve the mind, body and spirit of all Shell Point residents and visitors, including inspiring those who suffer from cognitive related diseases, such as dementia.” The Club at Shell Point features an 18-hole championship golf course. The course, open to the public, offers a driving range and practice green, lessons and a fully-stocked pro shop and snack bar. It is located at 17500 On Par Boulevard in Fort Myers. To reserve an individual spot, register a team, or learn more about sponsorship opportunities, call 466-8484 or visit www.shellpointgolf.com.✱



All are welcome to bring their classic cars, trucks or motorcycles photo provided

San Cap Motor Club Cruise-In This Saturday

The San Cap Motor Club will hold a Cruise-in at Periwinkle Place Shopping Center this Saturday, November 4 from 9 to 11 a.m. Look for the checkered flag. Cruise-ins are held on the first Saturday of every month through May for any motor enthusiast.

All are welcome. No pre-registration is necessary, just show up with your car, truck or motorcycle. There is no better excuse to get that classic out of the garage and show it off. 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 the 2017-18 club T-shirt. For more information, call Scot Congress at 472-4177.✱

SPORTS QUIZ

1. Name the last Toronto Blue Jays pitcher before Aaron Sanchez in 2016 to win 10 straight games.
2. Who holds the record for most All-Star Games on the National League roster?
3. In 2016, Oakland’s Sebastian Janikowski became the NFL’s all-time leader in field goals of 50 or more yards. Who had held the mark?
4. During the 2016-17 season, two Division I men’s college basketball coaches reached the milestone of 800 career victories while coaching at their alma mater. Name them.
5. Who was the fastest NHL coach to 400 career wins?
6. Who was the last rookie driver before Alexander Rossi in 2016 to win the Indianapolis 500?
7. For the first time in 40-plus years, the ATP men’s tennis rankings at one point in 2017 had all five of its top players age 30 or older. Name them.

ANSWERS

1. Roy Halladay won 15 in a row in 2003. 2. Hank Aaron, Willie Mays and Stan Musial all played in 24 All-Star Games for the N.L. 3. Detroit’s Jason Hanson, who had 52 field goals of 50-plus yards. 4. Bob Huggins (West Virginia) and Roy Williams (North Carolina). 5. Bruce Boudreau did it in 663 games (2007-16). 6. Helio Castroneves, in 2001. 7. Andy Murray, Novak Djokovic, Stan Wawrinka, Rafael Nadal and Roger Federer.



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EVENTS

- Tennis Clinic with Nick Bollettieri and IMG Academy Pros
- Doubles Round Robin Tournament (No partner needed)
- Continental breakfast and grilled brunch courtside
- Book signing and photo opportunities courtside
- Battle of the Sexes tennis match at noon

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Beautifulife:

Safe-Smart-Strong



by Kay Casperson

When it comes to raising kids these days, it seems we have so much more to think about in order for our children to learn, grow and thrive from childhood to teen to young adult. I know for a fact my parents didn't worry or even think about half of the things I do today. My children are growing up in a world where there is almost too much access to information that wasn't available when I was young. They are also growing up in an environment that is much more volatile then I can ever remember in my lifetime. Growing up, I traveled, went to concerts and events without any fear that anything bad would ever happen. I even drove across the country at a very early age just to explore, without a cell phone or constant communication, without hesitation or thought. Why is it so different today and what does that mean for us as parents? It means we need to pay a bit more attention to everything that is going on around us and put extra effort into keeping our kids safe, smart and strong. These are the words that come to mind

when I think about what is important to me as a parent. There are many more things to add to this list, but we have to start somewhere and these are easy to remember. Here are a few of my suggestions to break it down but feel free to personalize your list: Safe – Take the time to know who your child is interacting with from school, to extra curricular activities, recreation and fun events. Also have open communication and access to any social media activity that is going on to make sure that you know how things are being communicated. Ask yourself and your child questions about who these individuals are, who their parents are and what their values are. This might not seem important to them but it should definitely be at the top of your list. Smart – This is not just about book smarts, people. This is about being really smart when it comes to having intuition, and trusting it. Smart is listening to your heart and knowing right from wrong. Smart is realizing when to say no and when to say yes. Smart is making good choices when it comes to people and behaviors. I believe in being book smart, but there is way more to it than that and we need to encourage our kids to be real smart in life. Strong – I am not talking about lifting weights, working out or physical activity, although keeping them active is definitely important. I am talking about being a strong leader, not a follower.

Teach your kids to stand up for what they believe in and to understand that they are important and have a purpose. Strength comes from encouraging them to go for it and to pursue what is in their heart, not what others are doing. And most of all, let your kids know that they are beautiful and you love and support them always. My affirmation for you this week is: "I am making sure that my children and family stay safe, smart and strong in this crazy world so that we continue

to enjoy our beautiful life together." 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
Barré-Lieou
(Cervicocranial)
Syndrome



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

Barré-Lieou (cervicocranial syndrome) is a syndrome involving a host of seemingly random symptoms. These symptoms range from dizziness, facial numbness/ pain, tearing, neck clicking/ pain, memory/thinking problems, vision disturbances, hoarseness, ear ringing/ pain, eye pain/vision problems, migraine, chronic sinus infections, and pins and needle sensations of the arms and hands. Cervicocranial syndrome symptoms often increase with neck motion and are very similar to those of post-whiplash or post-concussion syndrome. Cervicocranial syndrome is thought to be due to a dysfunction of the nerves near the vertebrae of the neck, which may develop after a traumatic injury to the skull base and the first two neck vertebrae, the atlas and/or axis (C1, C2). A high

percentage of neck motion occurs at the C1, C2 junction, yet this area has no intervertebral disks between levels, but rather stabilizing ligaments and cartilaginous articulations. When these ligaments become weak from injury or excessive forward head posture (as occurs from hours hunched over phones and computers), cervical instability and abnormal joint motion ensues. Although vast, the symptoms of cervicocranial syndrome really aren't random. The nerves (autonomic nervous system) that run through the C1, C2 area regulate the automatic systems like heart rate, blood pressure and breathing, and control the head, neck and face. In cervicocranial syndrome, that nerve system becomes underactive when the nerves are pinched. Headaches develop because the blood vessels dilate with the pinched nerves, and dizziness and ringing in the ear occur because of fluid accumulation in the inner ear. Because of the varied symptoms, cervicocranial syndrome is often difficult to diagnose and treat because most people chase the symptoms instead of stabilizing the weakened ligaments that lead to the symptoms. Regenerative injection treatments (prolotherapy) to the upper cervical spine can usually resolve the underlying cervical instability and the symptoms of Barré-Lieou syndrome. 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.*

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Medicare Information Seminar

On Thursday, November 9 at 1:30 p.m., Sanibel Community Church will hold a Medicare Open Enrollment Information Seminar in Fellowship Hall. The seminar will be presented by SHINE counselor Jo Marshall.

Each year during open enrollment period (October 15 through December 7, 2017), Medicare enrollees have the

opportunity to switch from original Medicare to a Medicare Advantage plan, or from a Medicare Advantage plan back to original Medicare. Enrollees can also switch from one Medicare Part D (prescription plan) to another. Learn important information about Medicare supplement plans as well.

For more information, contact Deb Stephens at deborah@sanibelchurch.com.

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call 472-2684 or visit www.sanibelchurch.com.*

dearRPharmacist

How Watercress Slows Down Cancer Growth



by Suzy Cohen, RPh

Dear Readers: October is Breast Cancer Awareness month, so today I'd like to share with you some little-known facts about one vegetable and its impact on breast health. It's watercress and, even

though most doctors will argue that the more chemotherapeutic drugs (anti-cancer drugs) the better, I still feel strongly that we can make dietary changes that improve

outcomes, whether or not you take chemo. They may poo-poo this thinking, but I still feel that eating specific foods can have a positive impact on your outcomes.

Research is clear and shows that a great deal of people give up on chemotherapy and fail to adhere to conventional medical treatments. Many stop altogether or they begin to integrate various holistic remedies and dietary changes. This makes me think of watercress.

Watercress, belongs to the cruciferous vegetables, same as broccoli and cauliflower, but it's not as popular as those. Still, I want to give it some love and attention today because it has some powerful, tumor-fighting compounds in it. Plus, we already know from empirical evidence that 30 to 40 percent of all cancers somehow benefit or respond from proper nutrition.

Researchers have investigated how watercress can be beneficial in breast cancer and other cancers. In a study published in the British Journal of

Nutrition, a group of breast cancer survivors went through a phase of fasting, before consuming a bowlful of watercress about the size of a cereal bowl (approximately 80 grams of watercress).

They took some blood samples from the women, at intervals over the next 24 hours.

Their blood evaluations found rather significant levels of a plant compound called phenylethyl isothiocyanate or PEITC for short. This PEITC starves the cancer cells.

This PEITC inhibits a protein called HIF (Hypoxia Inducible Factor) which is responsible for signaling normal tissue around the tumor to send oxygen and nutrients to the tumor cells. HIF is not playing nice; it's making your own cells boost cancer growth.

Am I saying watercress cures cancer? Of course not, but eating certain foods like watercress can't hurt you, it can only help you. More than anything, it puts you in a pro-active position which is empowering.

Let's face it, hearing the word "cancer" is heart-stopping. Having something you can do that is so simple is crucial.

The researchers in the study actually validated the effects of the watercress compound PEITC; they weren't guessing. They physically measured blood levels of that HIF in their bloodstream and saw it declining progressively after eating watercress. That is just so amazing!

Another study back in 2004, evaluated how PEITC impacts the speed at which cancer cells grow (termed proliferation) and tumorigenesis (the formation of tumors). The scientists were able to confirm that watercress inhibits cancer cell growth and not only that it makes cancer cells commit suicide, a process called apoptosis. It means the party's over for the cancer cells.

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: My daughter just left for college in another state. She seems excited and stressed at the same time. There is so much newness. Just so I can be aware, what are the major signs of

college-related stress?

A: There are many potential sources of stress for college students, including academic demands, financial responsibilities, health concerns, creating and maintaining a social life, self-discovery and identity formation, and preparing for life after college. Additionally, teenagers are likely still going through significant hormonal shifts and brain development. All of these things can cause distress, which is a normal part of the college experience. However, stress becomes a negative once it starts interfering with your daughter's academic performance, or if it leads to potentially unhealthy behaviors, such as alcohol abuse and experimenting with recreational drugs. While stress isn't necessarily the cause for such behavior, it's definitely a risk factor.

To further compound obvious stress triggers, college students have a tendency to be lax about their health, ignoring obvious sleep, exercise and nutrition components that can have a significant impact. When health issues do arise, the reaction may span two extremes – being too busy and lax and failing to get the care they need or being too impulsive and seeking a quick fix.

It's important to have a third party or advocate who can work with your daughter to help her understand the implications of delaying care or rushing into decisions that are not properly informed. Often, it helps to have a neutral third party in this capacity. That way your daughter won't feel you're

threatening her independence, and there won't be strain on the parent-child relationship. My guess is that she has a roommate who is going through the newness too. This helps so she doesn't feel isolated.

If you're wondering how your daughter is dealing with stress in college, there are some obvious signs to be on the lookout for. Of course, this can be difficult while your child is away, which is why it's so important to keep the lines of communication as open as possible. You can have regular chats on the phone or webcam. While talking, try to be alert to the mention of any of these problems: changes in sleeping patterns; changes in eating habits; frequent headaches; irritability; recurring infections, such as the common cold; difficulty completing tasks or staying organized; feelings of constantly being under pressure or time constraints; or increasing feelings of anger or frustration.

Fortunately, stress can be managed along with other related health concerns. She doesn't need to deal with high levels of stress and ensuing health issues alone. You can support your daughter while allowing her to maintain her independence. This can range from appropriate guidance for managing stress, dealing with addictions, or coordinating with physical or mental health providers who work on your daughter's campus. Together, you can discuss a plan for managing stress in healthy and constructive ways that align with her preferences and academic needs.

College should be a time for your daughter to grow and discover who she wants to become. Stress is a major part of life at any age, and she will need to learn how to deal with it in a healthy way. She shouldn't have to feel alone in doing this, and with the right resources to turn to, your daughter will be learning valuable skills that will be useful throughout life.

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. ✨

FSW Application Fees Waived

In order to minimize the financial burden of applying to college, prospective students can apply for admission to Florida SouthWestern State College (FSW) free of charge until Tuesday, November 7.

The decision to waive admissions application fees for all new applicants was made in order to support the many individuals and families who were affected by Hurricanes Harvey, Irma, and Maria, as well as the devastating earthquakes in

Mexico.

Dr. Christy Gilfert, assistant vice president, enrollment and student success, said, "We're waiving the admissions application fee for these prospective students because earning a degree or obtaining new skills is a step many people can take to change their lives for the better."

For more information, contact the FSW Office of Admissions at admissions@fsw.edu, www.FSW.edu/admissions or 489-9054. An FSW Open House is scheduled for Wednesday, November 15 from 3 to 5:30 p.m. on the Fort Myers campus. ✨

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

PETS OF THE WEEK

Lee County Domestic Animal Services

Captain Jack And Tommy

Hello, my name is Captain Jack. I am your typical lap dog. I'm a 3-year-old male terrier mix who is perfectly content to just hang around there all day. I'm a great passenger for car rides as well. I have an old injury to my eye that has scarred over, but this has not dampened my spirit or lovability!

My adoption fee is \$30.

Hi, I'm Tommy. I'm a 2-year-old male domestic shorthair whose story is a sad one for sure. My owner recently passed away and I am just lost here at the shelter. Our wonderful volunteers are trying to bring me out of my shell, but I yearn to be back in the comfort of a home. I am a beautiful boy that has been obviously well fed. I am very sweet and am waiting to find someone to love.

My adoption fee is \$30.

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

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

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

The adoption package is valued at \$500.*

Haven on Earth Animal League

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.*



Captain Jack ID# 715391
photos provided



Tommy ID# 643833



Ginzee
photos provided



Pumpkin Spice Latte

Hurricane Kittens



Eric Milbrandt
photos provided



Holly Milbrandt

All but one female kitten from a litter of Hurricane Irma kittens now have forever homes. Eric and Holly Milbrandt (SCCF and City of Sanibel, Natural Resources) couldn't pick just one, so they picked one of each. Eric is holding the female, and Holly is holding the male. Very happy family. Their smiles say it all. Can't wait to hear their new names.

If you're interested in a cat or kitten, contact Pam at 472-4823. Also, if you're interested in helping PAWS, submit your name, number and email address to sanibelcat@embarqmail.com. People are needed for a variety of chores like distributing and picking up PAWS donation boxes, transporting animals to the vet, fostering animals, making and hanging posters of stray and abandoned animals that need homes, and helping with miscellaneous things that come up from time to time. Help was needed during Hurricane Irma evacuation with 22 critters and all their needs that had to be moved to a warehouse in Fort Myers. If you can be on a call list that would be great.*

Donor Match Nears \$50,000

Gulf Coast Humane Society (GCHS) is close to the \$50,000 match goal to help recoup losses from Hurricane Irma. Thanks to a generous longtime GCHS supporter, who wants to remain anonymous, closing that gap from a week's worth of lost revenue is realistic.

"We are very close to making the goal," said GCHS executive director Jennifer Galloway. "We just need one more final push, and that goal will be met. This means a lot in terms of financial help for GCHS. We really need to raise every penny to match our donor's contribution."

A huge stream of food and supply donations were also received and was shared with the local community centers and food pantries.

To offer a monetary donation, go to GCHS' website at www.gulfcoasthumanesociety.org. Donations can also be mailed to: Hurricane Donations, c/o Gulf Coast Humane Society, 2010 Arcadia Street, Fort Myers, FL. 33916.*

PUZZLES

Answers on page 29B

Super Crossword

WINE-INFUSED

- ACROSS**
- 1 Broilers, e.g.
6 Incited, with "on"
11 Emit violently
15 Jules Verne captain
19 Holy artifact
20 Persona
21 Witty Bombeck
22 In between
23 Wine-loving actress?
26 Ruination
27 Tot's "piggy"
28 "The horror!"
29 "— be a pleasure"
30 Meter inserts
31 Fixed charge
33 Like pretty decent wine?
38 "Son of," in Arabic
39 Actress Garr
41 Used to live
42 Untold eras
43 Pirate's place
44 Olympic sport that wine drinkers compete in?
50 Wears
51 Knead
52 Academic URL ender
- 53 Lubed (up)
57 Exam giver
59 Comedian telling jokes about wine?
64 Cedar, say
66 Egg cells
67 Franz's skit partner
68 In the way of
69 Spanish pot
72 Vegetable piece dipped in wine?
76 "Fix" at the vet's
77 Brazilian hot spot, in brief
78 Autumn pear
79 — and aah
80 Lamarr of "Algiers"
82 Wine-sipping nightclub vocalist?
87 Adventurous
91 Response to "Am not!"
92 Negative or positive thing
93 Klutzy person
95 Bush-league
96 Wine aficionados' electoral race?
102 Fancy resort
105 Juan's "two"
- 106 Wedding vow
107 Plumlike fruit
108 Feel sorry about
109 Wine-fancying jazz trumpeter?
114 Graphic material with no gray areas
116 See 60-Down
117 Bridal bio word
118 Work measures
120 Fix illegally
121 Muddy earth
122 Planetary features formed from wine?
128 News tidbit
129 Opera tune
130 Queasy
131 "The Brandon — Story" (1998 film)
132 Sutures
133 Banana skin
134 Horses' runs
135 Build upon
- DOWN**
- 1 Round figure
2 Back bones
- 3 Top Untouchable
4 West African country
5 Zool., for one
6 Two-options-only
7 FBI figures
8 West African country
9 Big head
10 The, to 67-Across
11 Make sure of
12 Madrid art museum
13 Grounded bird
14 Ear clogger
15 Big wheel
16 PC-to-PC notes
17 Mickey's girlfriend
18 City in Texas
24 Bellboy, often
25 More flighty
30 Huge guns
31 Viewed thing
32 One who's expiating
34 MYOB part
35 Road coater
36 Toon unit
37 — polloi
40 Radio's Don
45 Terra —
- 46 Really hate
47 Joseph of ice cream
48 Raw fish dish
49 PC image file
54 Vault (over)
55 Raines of old Hollywood
56 Pivotal WWII event
58 Military info-gathering
60 With 116-Across, "Mildred Pierce" actress
61 Betray by finking
62 Every single
63 Tattooed
65 "Anyone —?"
69 Ocean threat
70 Fibbing type
71 Ear piece
73 — out (depict something via charades)
74 Drench, in dialect
75 2003-07 Fox teen drama
76 Arab country
78 Ponder
- 81 Get a bit wet
83 Sci-fi ability
84 "... or — thought"
85 Cuts into
86 Arena yells
88 Firmly fixed
89 Not pressing
90 Wave to, say
94 Easy victims
97 Chaney of silents
98 Suffix with 9-Down
99 Idaho county
100 Typed guffaw
101 A bit wet
102 Hindu sages
103 Fool's gold
104 British prince
110 Swarms
111 Actress Potts
112 Like princes
113 Famous fable writer
115 Did it wrong
119 Bring down, as a building
122 Q-Tip's style
123 Hot temper
124 Woodsy, e.g.
125 Egg — yung
126 Hellenic vowel
127 — Paulo

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				36	37				
38					39				40		41				42				43	
44					45					46				47	48				49	
50							51					52					53		54	55
57						58			59		60	61				62	63			
						64			65		66				67					68
69	70	71				72			73				74	75				76		
77						78					79				80		81			
82						83				84	85				86		87			88
91									92					93		94		95		
												99	100				101			
102	103	104				105					106				107					108
109						110								113		114			115	
116									117					118	119				120	
121												124	125					126		127
128												130						131		
132												134						135		

King Crossword

- ACROSS**
- 1 Dutch earth-ware city
6 Ado
12 More blood-stained
13 Unilateral
14 Rhododen-dron cousin
15 Busy
16 Small plateau
17 Rocketry org.
19 Started
20 Group of actors
22 Omega pre-ceder
24 Second per-son
27 Church furni-ture
29 Lecher's look
32 Toady
35 Transcending (Pref.)
36 Mine car
37 Ball holder
38 Hooter
40 Sans escort
42 Tablet
44 Inauguration recitation
46 Mine entrance
50 Captivate
52 Intertwine
54 Swear (to)
55 Like thunder
56 Prolonged
- attacks
Put into words
Wash
Watched
School of whales
If all else fails
Zoo favorite
"Help!"
Thanksgiving
Doctor's due
Area near the apse
Feathery neckwear
Open a bottle
Collection
Stephenie Meyer series
- 10 Wash
11 Watched
12 School of whales
18 If all else fails
21 Zoo favorite
23 "Help!"
24 Thanksgiving
25 Unclose
26 Modern
28 Spreads thickly
30 Shelter
31 Preceding
33 Legislation
34 "— Little
- Teapot"
Untethered
Greek conso-nant
Carrots' part-ners
Con
— and letters
Plastic user's concern
Capri or Wight
Biblical pos-sessive
"Family Guy" daughter
Enthusiast
- DOWN**
- 1 Nap
2 Historic times
3 Light purple
4 Doctor's due
5 Area near the apse
6 Feathery neckwear
7 Open a bottle
8 Collection
9 Stephenie Meyer series
- 101 A bit wet
102 Hindu sages
103 Fool's gold
104 British prince
110 Swarms
111 Actress Potts
112 Like princes
113 Famous fable writer
115 Did it wrong
119 Bring down, as a building
122 Q-Tip's style
123 Hot temper
124 Woodsy, e.g.
125 Egg — yung
126 Hellenic vowel
127 — Paulo

MAGIC MAZE

THE COLOR YELLOW

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

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

- | | | | |
|-----------|---------------|-------------|------------|
| Banana | Cab | Egg yolk | School bus |
| Big Bird | Canary | Highlighter | Squash |
| Bulldozer | Caution light | Lemon | Sun |
| Butter | Dandelions | Mustard | |



"Every man should have a _____
Harry's is making a fool of himself."

answer on page 30B

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!

Yield

Sponsor

Trifle

Prove

VETRASH

OSTROBE

BLABED

FIVERY

TODAY'S WORD

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

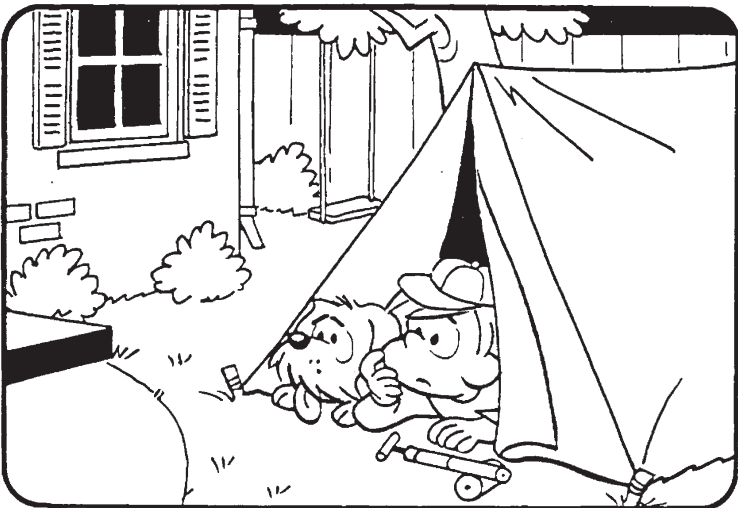
SUDOKU

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.

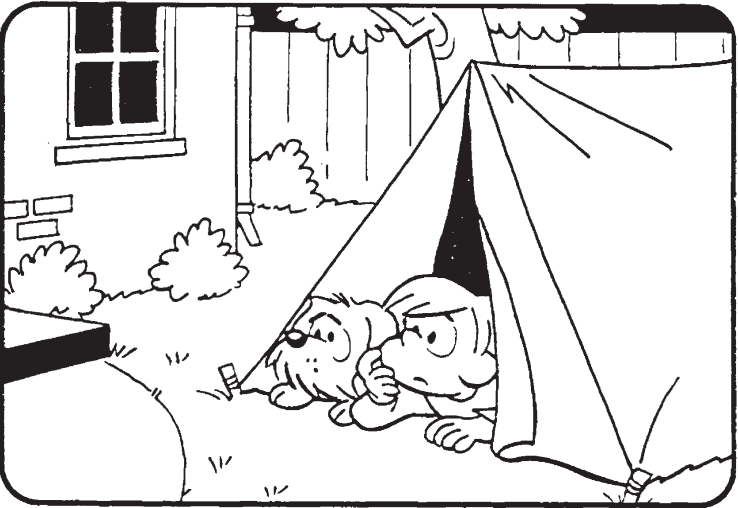
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Shutters are missing. 2. Swing is missing. 3. Dog's tongue is hidden. 4. Cap is missing. 5. Bug sprayer is missing. 6. Flap is smaller.

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--	--	---	--	---	--	---	---	---	---	---	---	---	--

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	12:23 am	6:58 am	1:49 pm	6:42 pm	Fri	12:54 pm	7:00 am	11:55 pm	6:44 pm	Fri	12:39 am	7:23 am	1:36 pm	7:24 pm	Fri	2:33 am	10:14 am	3:59 pm	9:58 pm
Sat	12:50 am	7:42 am	2:42 pm	7:12 pm	Sat	1:47 pm	7:44 am	None	7:14 pm	Sat	1:05 am	8:09 am	2:24 pm	8:05 pm	Sat	3:00 am	10:58 am	4:52 pm	10:28 pm
Sun	None	None	None	None	Sun	None	None	None	None	Sun	None	None	None	None	Sun	None	None	None	None
Mon	None	None	None	None	Mon	None	None	None	None	Mon	None	None	None	None	Mon	None	None	None	None
Tue	None	None	None	None	Tue	None	None	None	None	Tue	None	None	None	None	Tue	None	None	None	None
Wed	None	None	None	None	Wed	None	None	None	None	Wed	None	None	None	None	Wed	None	None	None	None
Thu	None	None	None	None	Thu	None	None	None	None	Thu	None	None	None	None	Thu	None	None	None	None

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

KING CROSSWORD

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

MAGIC MAZE

THE COLOR YELLOW

SUDOKU

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

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Don't Harm The Fish
by Capt. Matt Mitchell

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

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.
- If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.
- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.
- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

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11/3 * 11/10

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FOR SALE



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GARAGE SALE

Saturday, November 4, 2017

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TV, bikes, kitchen items and more.

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10/27 * 11/17

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My Stars★★★★★

FOR WEEK OF NOVEMBER 6, 2017

- ARIES** (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.
- TAURUS** (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.
- GEMINI** (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.
- CANCER** (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.
- LEO** (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purr-suasion will prove to be more effective.
- VIRGO** (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.
- LIBRA** (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.
- SCORPIO** (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.
- SAGITTARIUS** (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.
- CAPRICORN** (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.
- AQUARIUS** (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.
- PISCES** (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones by week's end.
- BORN THIS WEEK:** You're a good friend and a trusted confidante. You would be a wonderful teacher or a respected member of the clergy.

THIS WEEK IN HISTORY

- On Nov. 6, 1977, the Toccoa Falls Dam in Georgia bursts, and the resulting flash flood kills 39 people. The day before, a volunteer fireman had inspected the 100-year-old Earthen dam above the falls and found everything in order.

- On Nov. 7, 1944, Franklin Roosevelt is re-elected president of the United States for a record third time, defeating Thomas Dewey, the governor of New York, and becoming the only president in history to win a fourth term in office.
- On Nov. 8, 1895, in his lab in Germany, physicist Wilhelm Conrad Rontgen becomes the first person to observe X-rays while testing whether cathode rays could pass through glass. Rontgen received numerous accolades for his work, including the first Nobel Prize in physics in 1901.
- On Nov. 9, 1938, German Nazis launch a campaign of terror against Jews in Germany and Austria. The violence was dubbed "Kristallnacht," or "Night of Broken Glass," for the countless smashed windows of 7,500 Jewish-owned establishments. Some 100 Jews died, and hundreds of synagogues and homes were damaged.
- On Nov. 10, 1964, Secretary of Defense Robert McNamara says that the United States has no plans to send combat troops into Vietnam. By 1969, more than 500,000 American troops were in South Vietnam.
- On Nov. 11, 2000, a cable car taking skiers to a glacier in Austria catches fire as it passes through a mountain tunnel; 156 people die. Only 11 people survived the fire, which was caused by an illegal space heater in the driver's cabin.
- On Nov. 12, 1980, the U.S. planetary probe Voyager

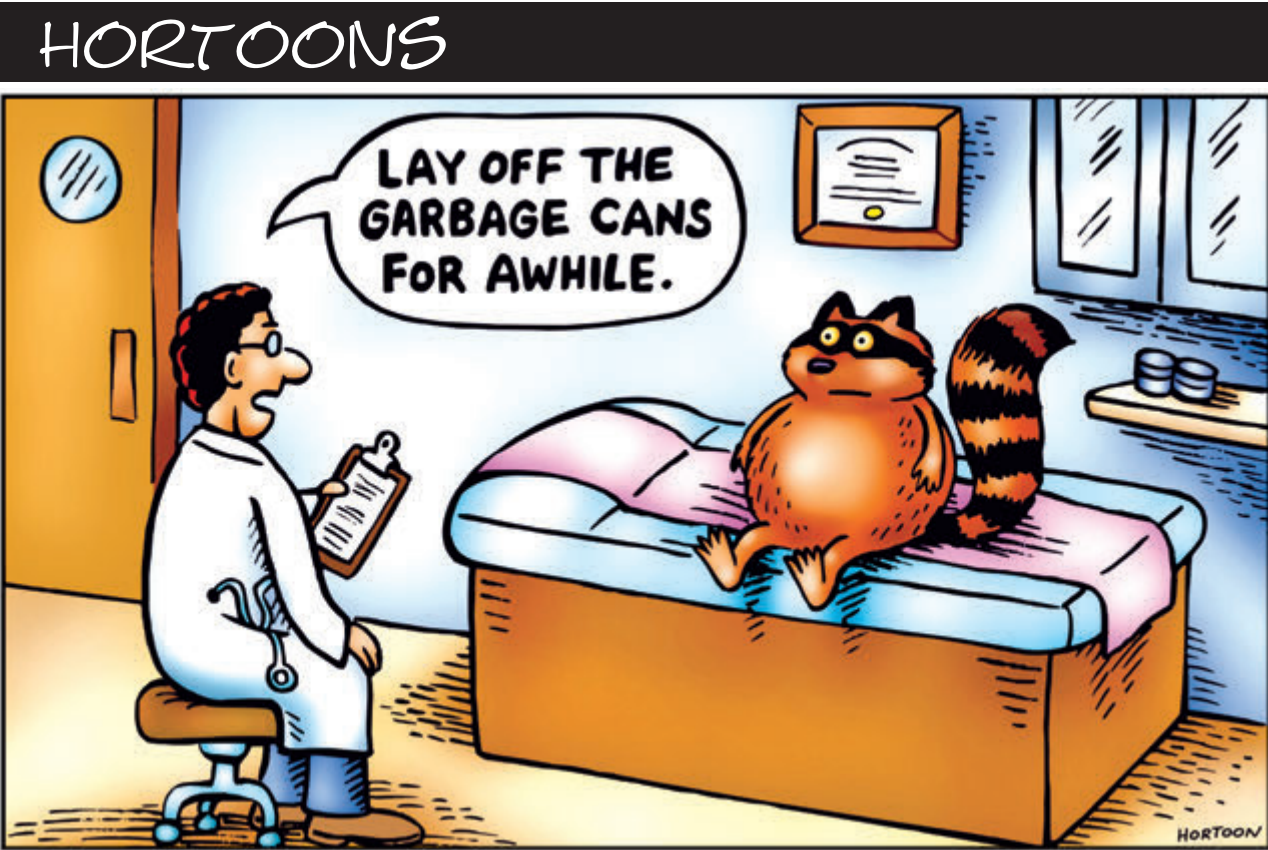
1 edges within 77,000 miles of Saturn, sending back 30,000 images that show hundreds of rings encircling the planet. Voyager 1, now in interstellar space, contains a disk featuring natural and manmade sounds of Earth.

STRANGE BUT TRUE

- It was 20th-century American author and college professor David Foster Wallace who made the following sage observation: "There is no such thing as not voting: you either vote by voting, or you vote by staying home and tacitly doubling the value of some diehard's vote."
- If you're like many wage slaves, as the end of the workweek approaches you might find yourself doing busywork -- trying to look as if you're working when, in fact, you're just shuffling papers or otherwise avoiding productivity. Well, there's a word for that: fudgel. Fudgeling may not be an approved workplace activity, but it's undeniably a part of the American workplace.
- If you look closely at the Mona Lisa, Leonardo da Vinci's famed masterwork, you might notice that the famously enigmatic subject is entirely lacking in eyebrows.
- It may not come as a surprise that when scorpions mate, it's a rather violent affair. When the act is completed, the female stings her partner to death, then eats him.

THOUGHT FOR THE DAY

"Life is a four-letter word." -- Lenny Bruce



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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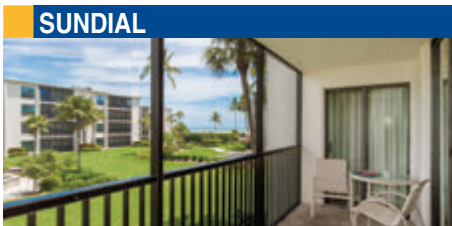


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