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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 26, 2018

OCTOBER/NOVEMBER SUNRISE/SUNSET: 26 7:34 • 6:50 27 7:34 • 6:50 28 7:35 • 6:49 29 7:35 • 6:48 30 7:36 • 6:54 31 7:37 • 6:47 1 7:37 • 6:47

'Ding' Darling Wins America's Best Restroom

by Jeff Lysiak

Last October, when officials from the JN "Ding" Darling National Wildlife Refuge unveiled the second phase of the #LearningLav project, little did they realize that the restroom renovations would be the subject of national news. But on Monday morning, the spotlight shined squarely upon the Sanibel facility.

At the refuge Visitor & Education Center on October 22, Cintas Corporation announced that the refuge's Learning Lavatories were voted America's Best Restroom in its nationwide contest. Three months earlier, the refuge joined nine other finalists in an online vote to select the country's top-rated restroom.

"We're thrilled that the public is as wild about our restrooms as we are," said Supervisory Refuge Ranger Toni Westland. "As one of 566 national wildlife refuges around the country, we saw the restrooms as a major missed opportunity



From left, Paul Tritaik, Birgie Miller and Toni Westland accepting the America's Best Restroom award from Cintas Corporation Marketing Manager Sean Mulcahey

photo by Jeff Lysiak

for educating visitors, which is why our new Learning Lavatories encourage visitors to become entirely immersed in

refuge habitat and wildlife. We are the first in the entire national refuge system to have a restroom like this, and winning this

award is a real honor."

Sean Mulcahey, marketing manager from Cintas, explained that the America's Best Restroom – now in its 17th year – is a "fun and unique way" to feature restroom facilities across the United States.

"Ninety-five percent of customers say they won't return to a business if they've had a negative experience in their restroom," said Mulcahey.

Other contest finalists included Barrio in Chicago, Illinois; Bryant Park in New York City; Dream Hollywood Hotel in Hollywood, California; Green Bay Botanical Garden in Green Bay, Wisconsin; Hotel La Jolla, Curio Collection by Hilton in La Jolla, California; MI VIDA in Washington, DC; Morgan Manufacturing in Chicago, Illinois; The Mud House in St. Louis, Missouri; and The Progress in San Francisco, California.

"We encouraged visitors and fans of the refuge to vote," said Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), which raised the funds to turn the refuge restrooms into an artistic, educational exhibit. "We even had entire

continued on page 27



Kenny Neal

photos provided

Blues And Jazz Festival Returns

The 3rd annual Sanibel Blues & Jazz Festival, a fundraiser created by the Sanibel-Captiva Optimist Club, returns to Bailey's Backyard on Sunday, November 4 from noon to 7 p.m. The



JP Soars

all-day concert will feature four world-class musical acts – including award-winning blues guitarist Kenny Neal, acclaimed axeman JP Soars, award-winning Florida-based blues band The Marty Stokes Band, island musician Johnny Jensen and the talented FGCU Jazz Ensemble – plus cuisine provided by island-based restaurants, and an assortment of beers, wines and soft drinks.



Marty Stokes

Festival attendees will hear outstanding live blues and jazz music including (in order of performance):

FGCU Jazz Ensemble – The Florida Gulf Coast University Jazz Ensemble is gradually becoming one of the top collegiate ensembles and has been featured at the Landings Music Festival and the Sanibel Blues & Jazz Festival. The ensemble performs a variety of



Johnny Jensen

styles pertaining to the jazz idioms. The ensemble is a small chamber group composed of the top players in the school and performs for various campus events, including the Celebration of Excellence Ceremony.

Johnny Jensen – The 15-year-old, award-winning blues enthusiast who resides on Captiva, Jensen has been

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Surrounded by family and friends at Sanibel's Center 4 Life, Berdenna Thompson, seated center, celebrated her 95th birthday last week photo by Jeff Lysiak

Island Resident Celebrates 95th Birthday

by Jeff Lysiak

Surrounded by several family members and a handful of friends, Berdenna Thompson celebrated her 95th birthday last week at Sanibel's Center 4 Life. The Island Seniors hosted a small party with cake and refreshments.

Thompson, a longtime member of the city's vegetation committee, helped

organize The Sanibel School's annual Arbor Day festivities for more than two decades, impacting generations of island youth. She has also published three children's books.

Asked what the secret to her longevity was, Thompson responded with a wide smile. "I enjoy reading my books to children at the recreation center... that keeps me young," she said. "I also try to walk a half mile every night. As far as health goes, I've done pretty good."

Born on October 17, 1923 in Marion, Indiana, Thompson moved with her family to Sanibel in 1971.*



Noah's Ark has apparel departments for women, men and children

photo provided

Noah's Ark Opens Next Week

Noah's Ark, a popular island thrift shop and charitable outreach program for St. Michael & All Angels Episcopal Church, begins winter season full weekday hours on Thursday, November 1. To celebrate and welcome back longtime winter patrons, the Ark offers coffee, sweets and conversation to all shoppers on that day.

Winter hours are Monday through Friday from 9:30 a.m. to 12:30 p.m., November through the end of May. The Ark will be also open for business on Saturday, November 10 from 9:30 a.m. to 12:30 p.m. The Ark will be closed

on Saturday, December 1 to prepare for its 1st annual Christmas Open House (Noah's Noël). Thereafter, the Ark will be open on the first Saturday of each month.

The Ark offers for sale, at bargain prices, merchandise of all kinds, including women's and men's apparel, children's clothes, bedding, bicycles and sports equipment, kitchen goods and housewares, furniture and home furnishings and a varied selection of books – including excellent vacation reading – in its own book station, called Barnes and Noah.

For more information, call 472-3356 or visit www.saintmichaels-sanibel.org. St. Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way.*



flip flop

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OBITUARY



JAMES M. OTT

James “Jim” M. Ott, 66, of Media, Pennsylvania died surrounded by family on October 16, 2018 at his home after a two-year battle with pancreatic cancer.

He leaves his wife of 36 years, Becky (Booth) Ott; his two sons: James M. Ott, Jr., daughter-in-law Sarah Alden Ott and granddaughter Eva Grace Ott of Hoboken, New Jersey and Matthew Cares Ott of Media, Pennsylvania; his sister Judy L. Ott (husband Larry Blevins, d. 2013) of Jupiter, Florida; and

brother John H. Ott of Stuart, Florida. He also leaves behind his mother-in-law Barbara Booth Dahlgren of Leesburg, Florida, brother-in-law Robert O. Booth (wife Diane, d. 2005) of Danville, Pennsylvania, brother-in-law William E. Booth, Jr. (and wife Charlotte) of Eufaula, Alabama, in addition to his niece and nephews, Erin, William III and Robert Jr.

Jim was born and raised in Defiance, Ohio, the son of Laverne (Pete) and Alene Ott. He was an excellent student and talented musician at Defiance High School. He attended Ohio University on an academic scholarship and earned a bachelor of business administration degree in 1974.

After working in the insurance industry in Washington, DC and Pittsburgh, in 1983, he began a 32-year career with two medical societies, initially, the American Society of Internal Medicine (ASIM) in Washington as director insurance services and later as vice president, management and member services. ASIM merged with the American College of Physicians (ACP) in 1998 and in 2001 he was promoted to senior vice president, membership until 2011 when he became senior vice president, international programs. Jim’s promotion at ACP in 2001 resulted in a transfer to Philadelphia, Pennsylvania for the last 14 years of his career. He retired in December 2015 but not before visiting several countries in his final role at ACP, including Italy, Greece, the Philippines, India, United Arab Emirates and Dubai.

Jim and his family have been visiting Sanibel since the early 1970s, when Becky’s parents bought a home on the island. He cultivated (after many interesting learning experiences) a love for sailing in his West Wight Potter. Jim eventually switched to power boating due to his wife’s love of fishing. He was a quick learner, although each trip at sea continued to have unexpected adventures over the years.

On Sanibel, Jim became a member of the Sanibel Captiva Sail and Power Squadron, CROW, SCCF and Captains for Clean Water. He was a past grand champion of the Captiva Tween Waters Inn NasCrab Thoroughbred Racing competition.

Jim had looked forward to his retirement but unfortunately was diagnosed with cancer in October 2016. He was grateful for the kind and caring doctors and nurses he encountered at both Thomas Jefferson Hospital and University of Pennsylvania Abramson Cancer Center in Philadelphia, Johns Hopkins University Medical Center in Baltimore and Morristown Medical Center in New Jersey.✽

Youth Group Gathering

Sanibel Community Church Youth Ministry H2O group is holding its 1st annual Treat & Meet on Wednesday, October 31 from 6 to 8 p.m. at 1575 Bunting Lane in Gumbo Limbo.

For more information about H2O, contact Pastor Kevin Schafer at Kevin@sanibelchurch.com or call 472-2684.✽

Top Ten Books On The Island

1. *Unsheltered* by Barbara Kingsolver
2. *Mrs.* by Caitlin Macy
3. *Less* by Andrew Sean Greer
4. *Juror #3* by James Patterson
5. *Shade* by Pete Souza
6. *Spark of Light* by Jodi Picoult
7. *Grie Cottage* by Gail Godwin
8. *Misfits* by Jen Calonita
9. *Collector’s Apprentice* by BA Shapiro
10. *Ninth Hour* by Alice McDermott

Courtesy MacIntosh Books and Paper.✽

MEMORIAL SERVICE

ALDEN W. OSTERBUSCH

A memorial service for Alden W. “Buzz” Osterbusch will be held on Saturday, November 3 at 11 a.m. at St. Michael and All Angels Episcopal Church, 2304 Periwinkle Way, Sanibel, FL 33957. A reception at the church will follow. In lieu of flowers, donations may be made to St. Michael’s Discretionary Fund.✽

Free Symphonic Chorale Concerts

The Symphonic Chorale will hold two free admission performances, one at Faith Presbyterian Church on Friday, November 2 at 7 p.m. and the second at Sanibel Community Church on Sunday, November 4 at 4 p.m. Symphonic Chorale Artistic Director Dr. Trent Brown will conduct.

Taking inspiration from British composer Gerald Finzi’s choral piece *My Spirit Sang All Day*, which will open the concert, Dr. Brown weaves together traditional and contemporary choral music to create a uniquely entertaining and emotional experience.

“This concert features music that explores how talented composers pay tribute to the creative and complex human spirit through song; from praising God, to the stage, to soaring melodies and dance, to love and to joy,” said Dr. Brown.

As a gift to the community, admission to chorale-produced concerts is free. Tickets may be printed from the website at www.symphonicchorale.org.

The chorale is seeking businesses and individuals in the community who would like to support the free concerts during the 2018-19 season with a Challenge Match Sponsorship to match freewill donations at these concerts.

The chorale continues its November concert tradition by recognizing veterans. There will also be a collection area in the lobbies for donations of hotel-size toiletries (shampoos, toothpaste, etc.) to be distributed to veterans in need in Southwest Florida.

For more information, visit www.symphonicchorale.org, email contact@symphonicchorale.org or call 560-5695.✽

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Sanibel-Captiva Optimist Club



3rd Annual

Blues & Jazz Festival

Bailey's Backyard

SUNDAY, NOVEMBER 4, Noon to 7 PM

FGCU JAZZ ENSEMBLE - Local University Talent

JOHNNY JENSEN - Local Island Musician

MARTY STOKES BAND - Award-winning Florida-based Blues Band

JP SOARS - Acclaimed Blues Guitarist

KENNY NEAL - Award-winning Blues Guitarist

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VIP area offers covered seating, raw bar, Champagne, food, beverages, T-shirt, parking.

Parking at several Sanibel locations with shuttle to festival site for general admissions.

Free secure bicycle valet parking. Bailey's Backyard is at the corner of

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KENNY NEAL



JP SOARS



MARTY STOKES BAND



JOHNNY JENSEN

Free Concert At St. Michael's

Dr. Bruce Vantine's Cornerstone Chorale & Brass – a widely acclaimed professional touring ensemble – will perform at St. Michael and All Angels Episcopal Church on Friday, November 2 beginning at 6 p.m. Dr. Ellen Sloan, rector at St. Michael's, will serve as the guest narrator for the program. St. Michael's Minister of Music Hank Glass will be the guest organist.

The concert will feature a unique combination of traditional choral and instrumental music with narration, all of which is woven together to musical themes. It will offer a unique faith experience, reflecting on three-time Pulitzer Prize-winning writer Archibald MacLeish's famous words to describe the July 1969 *Apollo 11* moon landing: "To see the earth as it truly is... is to see ourselves as riders on the earth together: Brothers (and sisters) in the eternal cold."

The performance will include works by JS Bach, the early Italian Baroque composer Lodovico Viadana, popular church composer and arranger Jane Marshall, the American orchestral, winds and choral composer Daniel Kallman, and the American Lutheran choral conductor and composer Paul J. Christiansen. The performance will also feature music newly composed by Vantine.

Founded by Vantine in 1988, Cornerstone consists of 28 professional vocalists, brass players, a keyboardist, percussionist, clarinetist and narrator.



The Cornerstone Chorale & Brass

The group is currently on an 18-concert tour, with performances in nine states across the midwest and south. Since its inception, Cornerstone has presented more than 460 performances throughout the United States.

According to Vantine, the concert contains a special message about faith. "Cornerstone offers a moving program

encouraging unity and hope in a time when many Americans are often discouraged by the difficulties we face as a nation," said Vantine. "It is a program about God's love for humankind. It helps us see that it is within our power as individuals to make a difference, and that we have many opportunities to work together to respond to human need."

The concert is free and open to the public; tickets are not required. Freewill donations will be accepted. A meet-the-artists reception, with light refreshments, will follow the concert in the church Parish Hall.

For more information, call 472-2173 or visit www.saintmichaels-sanibel.org.

photo provided

WOMEN'S CLOTHING

MEN'S CLOTHING

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Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack. www.batyam.org, 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646
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, 9 and 11 a.m. Traditional in historic Chapel, 8 a.m. Contemporary

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor, 7:45 a.m. Chapel Service and 10 a.m. Workshop Service. Sunday School and nursery care at 10 a.m. 2050 Periwinkle Way, www.sanibelucc.org, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



Dave Risinger and Jim Jennings trying their luck at the bean bag toss

photo provided

Cookout Reunion For Men Of All Ages

This Sunday evening, October 28 beginning at 5 p.m., the Sanibel Community Church Men's Ministry invites all men, ages 9 to 99, to join in a bean bag toss tournament, have some barbequed ribs, experience worship

and hear inspiring testimony, as well as receive updates about opportunities for men and young men to grow in their faith. The reunion is free, with all men and young men welcome; no need to pre-register.

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

Trunk Or Treat At Sanibel Church

Sanibel Community Church invites all little princesses and superheroes to Trunk or Treat on Wednesday, October 31 from 4 to 6 p.m. There will be plenty of trunks brimming with all kinds of candy to collect. Families can play games and have a snack. This is a free family event.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 and ask for Holly, or email her at holly@sanibelchurch.com.✱



Superman meets Captain America at a previous Trunk or Treat photo provided

Church Hosting Seminar On Medicare

Sanibel Community Church is hosting its annual Medicare Open Enrollment information seminar on Thursday, November 1 starting at 11 a.m. in Classroom 130, presented by SHINE (Serving Health Insurance Needs of Elders) counselor Jo Marshall.

Each year during open enrollment period (October 15, 2018 through

December 7, 2018 for 2019), Medicare enrollees have the opportunity to switch from original Medicare to a Medicare Advantage plan or Medicare Advantage plan back to original Medicare. Enrollees can also switch from one Medicare Part D (prescription plan) to another. Attendees will learn important information about Medicare supplement plans as well.

SHINE is a free program offered by the Florida Department of Elder Affairs and Area Agency on Aging.

Contact Deb Stephens at deborah@sanibelchurch.com for more information. Sanibel Community Church is located at 1740 Periwinkle Way.✱

Island Paw's 14th Annual

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Winner Best Shell Shop -Islander/Island Reporter Readers Poll 2000-2018
2015 Best Craft Shop & Best Gift Shop

Variances Granted For Boat Docks, Lifts

by Jeff Lysiak

During Tuesday’s Sanibel Planning Commission meeting, variances were granted in two separate application actions, one to allow for the construction of three boat docks and five boat lifts within the Yachtsman’s Cove subdivision and another to allow for the installation of a new boat lift at a Lighthouse Way property.

In the first hearing, commissioners continued deliberations on the variance application introduced at their September 25 meeting. Since then, the applicant – Yachtman’s Cove Property Owners Association – worked extensively with the city’s planning and natural resources department staff to revise their proposed dock and boat lift plans in an effort to address public comments received opposing the variance request. In addition, concern had been raised about vessel navigability within the adjacent canal turning basin.

According to Josh Ooyman, city planner, representatives from the applicant submitted a revised set of plans on October 12 which included trimming of mangroves, relocating the proposed boat lifts closer to the shoreline, and reducing the overall waterward extent of the proposal.

“The revised plans submitted by the applicant propose to partially demolish the existing parallel dock, and construct three angled finger pier docks accommodating five total boat lifts,” the staff report reads, in part. “The applicant’s revised plans reduce the variance requested by approximately 9.5 feet – from a maximum of 27 feet to 17.5 feet past the allowed waterward extension, and reduce the overall proposed waterward extent from a maximum of 55 feet to a maximum of approximately 45.5 feet when measured from the mean high water line. Additionally, the revised plans reduce the combined total dock area of the three docks by 95 square feet, from 863 square feet to 768 square feet.”

The revised plans also proposed acceptable mangrove trimming and a mitigation plan to accommodate the revised proposal, which was approved by

natural resources staff.

Following some questions from members of the commission, who expressed concern over public comments aired at the last meeting by several neighbors from adjacent properties, attorney Steven Hartsell stated that nearly all of the objections had been addressed satisfactorily. “It’s a public participation process,” he said.

“Everybody came together and did this the way it should be done,” added Bruce Everly, representing the property owners association.

Commissioner Matt Kirchner made a motion to grant the variance, which was seconded by fellow Commissioner Roger Grogman before being approved, 6 to 0.

The other application before the commission, submitted by property owners Kevin and Janice Wolf, was seeking approval to install a boat lift at their 529 Lighthouse Way residence. A variance was required since the lift would extend waterward farther than the maximum permitted limit (i.e. more than 20 percent of the width of the waterway).

“The applicant is proposing to add a four-piling, 10,000 lb. capacity boat lift parallel to the outer edge of the existing boat dock terminal platform, while also reframing and redecking the existing dock, attached to the existing support pilings,” the staff report reads, in part. The initial boat lift plan featured a 12.5-foot wide boat lift, and staff engaged the applicant as to whether the boat lift width could be reduced. A subsequent revised plan was submitted which reduces the proposed boat lift to a 12-foot wide boat lift.”

According to Ooyman, planning and natural resources staff agree that adding a boat lift adjacent to the existing dock does not adversely impact the waterway significantly more than mooring a boat at the existing dock. The proposed boat lift would extend 12 feet past the edge of the existing dock, and the vessel that the owners hope to acquire has a beam of 10.5 feet. Therefore, the proposed boat lift would extend essentially the same distance into the waterway as mooring a 10.5-foot beam vessel to the existing dock.

After questioning Holly Milbrandt of the city’s natural resources department regarding mangrove trimming at the site, commissioners voted unanimously to approve the variance.

Commissioner Karen Storjohann noted that the 22-foot width of the canal is not

adequate for two-way boat traffic. “We are getting really close to ‘This ain’t gonna work,’” she added.

In other business, commissioners approved the final amendments made to the document on recommended criteria and procedures for appropriately recognizing historical people on Sanibel. The two-page document includes details regarding historical basis and documentation, public support for the naming/renaming, implementation considerations and procedures for the application, public notice and review.

Keith Williams, city community services director, told commissioners that the policy will be passed along to the city council for their review and final approval.*

Council Approves Hiring New Counsel

by Jeff Lysiak

Following a closed door shade session at MacKenzie Hall on October 17, members of the Sanibel City Council emerged before unanimously approving the removal of City Attorney John Agnew and his law firm, Henderson, Franklin, Starnes & Holt, from representing the city in a recently filed petition contesting the actions of the South Florida Water Management District.

Last month, Sanibel filed a joint petition – along with the City of Cape Coral and the Town of Fort Myers Beach – challenging the proposed amendments to Rule 40E-8.221(2), approved on September 13 by the SFWMD. In the petition, the three cities challenge that the SFWMD’s proposed rule “is not an invalid exercise of delegated legislative authority.” These include increasing minimum mean monthly flows out of Lake Okeechobee from 300 cubic feet per second (cfs) to 400 cfs; eliminating as a MFL (Minimum Flows and Levels) exceedance any daily salinity exceedance of 20 parts per thousand (PPT); eliminating a unit of measurement for salinity; and requiring salinity measurements occur at mean low water.

“Although the first of these four enumerated changes... is a modest improvement for the Caloosahatchee

River Estuary (CRE) and petitioners, the improvement is not enough to make a meaningful difference,” the joint petition reads, in part. “The remaining three enumerated changes are all to the clear detriment of the CRE and petitioners.”

Last week, Agnew and his firm filed a motion to remove themselves as counsel for the city, citing a conflict of interest. One of the firm’s clients, who reportedly has interests opposite of Sanibel’s, expressed their concern over the potential conflict.

Upon reconvening the special session last Wednesday morning, Councilman Jason Maughan made a motion to allocate up to \$100,000 from the environmental reserve to hire replacement counsel; allocate \$10,000 from the environmental reserve to hire a litigation expert for the hearing; move those monies directly into the city attorney’s budget at the city manager’s earliest convenience; and direct the city attorney to seek out replacement counsel. Councilman Chauncey Goss seconded the motion, which was then approved by a 4 to 0 vote, with Vice Mayor Mick Denham absent and excused.

Mayor Kevin Ruane, who appeared before the Lee County Board of County Commissioners on October 16, also requested permission from his fellow council members to return before the commission, since the Florida Division of Administrative Hearings – with whom the joint petition was filed – will likely announce a new date for the hearing soon. The initial dates for the hearing were October 29 and 30.

“For this council’s purpose, I certainly would like to go back to our partners across the bridge,” said Ruane. “Now that we might have a new date, I’d like to make the same request I made yesterday, to have the board of county commissioners intervene. And I’m willing to go take a bullet again.”

While county commissioners agreed to send a letter to the SFWMD, requesting the district increase the minimum water releases out of Lake Okeechobee in the dry season, they voted 4 to 1 – with Commissioner Cecil Pendergrass dissenting – against joining the petition as an intervenor.

Previously, the Captiva Erosion Prevention District and Captiva Community Panel, along with the cities of Fort Myers, Bonita Springs and Estero, filed petitions to intervene in the case.*

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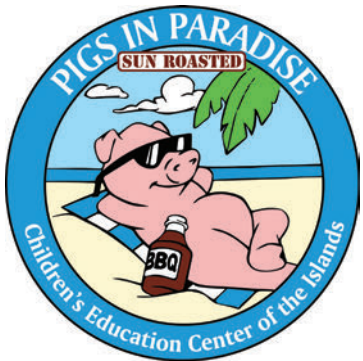
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Mastersingers Chamber Chorus

photo provided

Mastersingers To Open Season On Sanibel

The Fort Myers Symphonic Mastersingers Chamber Chorus, under the direction of Artistic Director Jeff Faux, opens the group's eighteenth season with *Shall We Dance*, an afternoon of singing and dancing in collaboration with dancers from the M&N Dance Studio. The concert will be held at Sanibel Community Church, located at 1740 Periwinkle Way, on Sunday,

November 11 at 3 p.m. Admission is free, and a goodwill offering will be taken during the performance.

Music for the performance will include familiar Broadway show tunes, contemporary choral pieces with dance themes, and the Brahms Liebeslieder Waltzes. Dancers from the M&N Dance Studio will accompany many of these numbers with waltzes, tangos and other dances. In addition, there will be a demonstration of dance steps and a time for audience participation.

Best known for performances of well-known masterworks, the Mastersingers also presents innovative concerts like their

Night at the Movies, featuring well-known music from films, a concert of three world premiere pieces, or accompanying a screening of *Star Wars* at Germain Arena.

"We like to add some different programming to our season schedule. It seemed that combining our talents with dancers was a natural fit. Choral music and dance are unique in that these forms of expression use only the human body to communicate. This concert will combine these two art forms in a unique and fascinating way that will be inspiring and entertaining to our audience," said Faux.

Martin Cardoso of the M&N Studio said, "This is a wonderful opportunity for us. We don't often get the chance to dance to live music. It should be a great experience for all of us."

The singing and dancing will be accompanied by pianists Janet Carter and Judy Richey. Carter is the longtime Mastersingers' accompanist having played for the group since its inception. Richey is a teacher at Evangelical Christian School and has worked with many choral ensembles in the area.

For more information, visit www.mastersingersfm.com.✱

Community House



French Chef Andre Gratesol

photo provided

Baking With French Chef

Learn how to make macaroons with French Chef Andre Gratesol on Friday, October 26 beginning at 10 a.m. This will be a hands-on class. Cost is \$50 per class and you can sign up online.

The next class will be held on Friday, November 16 beginning at 10 a.m. Learn how to make French cookies, butter cookies, almond croissants, coconut specialties and assorted sweets, with Christmas in mind. The chef will also show you how to turn bread dough into a Thanksgiving turkey.

Pumpkin Carving

Resident Chef Jarred Harris will teach pumpkin carving and design ideas along with a little cooking instruction on Tuesday, October 30 from 4 to 6 p.m. The class is designed with youth in mind, but is fun for all ages. Older children and adults can help decorate The Community House for the Halloween Carnival. Reservations are required.

Halloween Fall Festival

The Halloween Fall Festival Candy and Costume Carnival will be held on Wednesday, October 31 from 5 to 7 p.m. There will be carnival games, a hay ride, costume contest, prize booth, \$2 meals and plenty of candy. Admission is one bag of Halloween candy.

Volunteers are needed. Adults are welcome to sign up as well as high school students looking to earn community service hours.

Sponsors are Sanibel Captiva Community Bank, Friends Who Care, Sanibel-Captiva Kiwanis Club, Judy Montclare Family, Billy's Rentals and The Island Cow.

Kids Cooking First Mondays

The next kids cooking class will be held on November 5. Classes are held on the first Monday of the month from 2:30 to 5:30 p.m. Additional dates are December 3, January 7, February 4, March 1, April 1 and May 6.

Young chefs will learn fundamental nutritional cooking skills, basic kitchen awareness and food preparation. Students will explore different cultures using nutritious whole foods. Cost is \$50 per session or \$175 for four classes when paid in advance. Register online.

Some scholarships are available, thanks to the Rotary and Kiwanis clubs, as well as private individuals.

Shell Crafting

Shell Craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Shell Crafters are on site until 1 p.m. on Mondays for those who would like to view or purchase their work.

Honey For Sale

There is honey for sale, harvested from the hive at The Community House. Mango chutney is also available, made from locally grown mangos. In November, there will be holiday spiced pumpkin chutney available.

Parent And Child Cooking

The next parent and child cooking classes will be held on November 11 and December 13. Classes are designed for 5- to 9-year-old children with a parent/adult. Cost is \$35, \$10 per each additional family member.

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

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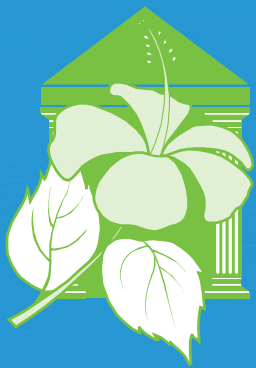
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Parish nurse Linda Convertine visited with the preschool students

photos provided

Community Helpers Visit Preschool

During the past several weeks, Sanibel Christian Preschool students had memorable visits from people who help our communities and learned how they do their jobs. They even met a certified therapy dog.

The first visitor was parish nurse Linda Convertine. She told the students what nurses do and what her job entails. She also talked about ways to stay healthy and showed some of the tools she uses to check people's health.

Loki, the therapy dog who belongs to preschool director Ana Abella and her husband, was the next visitor. He was a big hit with the children, who learned how dogs can also be community helpers.

On October 17, firefighters from the Sanibel Fire Department stopped by the preschool. They talked about fire safety and what to do in case of a fire.

"They showed us their big fire truck and allowed us to pretend to be fire fighters," said Abella. "They helped us spray water with the hose."

A member of the Sanibel Police Department was on hand at the same time and showed the children his car and let them hear the siren.

Abella expressed her gratitude to all who demonstrated and talked about their



Loki, a certified therapy dog, stopped by to show how animals can also be community helpers

work. "We are thankful for the work they do on our island and appreciate their love and enthusiasm for educating the smallest members of our community," she said.

Sanibel Christian Preschool is an outreach of Sanibel Congregational United Church of Christ. For more information, call 472-0497.✱

Weekly Bible Study Returns

Tuesday Bible Study with the Rev. Dr. John H. Danner is back at Sanibel Congregational United Church of Christ. Classes are held at 10 a.m. in Fellowship Hall on the main level of the church and feature a variety of approaches to the study of scripture.

The first book to be examined by this year's class will be *Ecclesiastes*. Danner said, "Many people know the song *Turn, Turn, Turn* by The Byrds, which is based on *Ecclesiastes* 3:1-8. But this collection of wisdom sayings and proverbs has much more to offer."

William Brown noted, "*Ecclesiastes* has been deemed the strangest book in the Bible..." and in many ways it is strange. Yet it holds profound insights for our chaotic times.

"Bible Study with Pastor Danner keeps the little gray cells sharp with an in-depth probe into interpretations of scripture and wonderfully supportive fellowship," said long-time participant Jennifer McLean.

Danner will guide students through a chapter-by-chapter examination of this

ancient work written centuries before the birth of Jesus of Nazareth. The class will include ample time for questions and discussions, and will focus on applying the lessons learned to daily living.

Each class will include a specially chosen musical selection as well as prayer to begin the session.

Another regular participant, Barb Cecala, said that Bible Study is "for everyone, no matter where you are on your faith journey."

Novice students of the Bible as well as those with extensive experience are encouraged to attend. The public is welcome, and there is no fee for this class. Students are asked to bring their own Bible; any translation is acceptable, though the New Revised Standard Version is preferred.

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

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken this Sunday, October 28 from noon to 8 p.m.



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

Every Monday night beginning at 5 p.m., the 8 Ball Pool League is in play.

The American Legion Ladies Auxiliary is having a bake sale and shell ornament sale on Saturday, October 27 from noon to 6 p.m. The auxiliary is also collecting non-perishable items for FISH of SanCap throughout October.

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

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

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Leavenworth's tickseed is one of many tickseeds designated as Florida's official state wildflower. It blooms all year and is easy to grow and maintain. photo by Gerri Reaves

Plant Smart

Leavenworth's Tickseed

by Gerri Reaves

Leavenworth's tickseed (*Coreopsis leavenworthii*) is one of 11 native tickseeds of the genus *Coreopsis*, all of which are designated as Florida's official wildflower.

The species' bright yellow color and cheerful appearance seem appropriate for a flower representing the Sunshine State.

The flowers are daisy-like, as do many members of the aster family, and are borne on very slender smooth upright stalks.

The lance-shaped opposite leaves measure one to eight inches and grow smaller at the tops of the stems.

Measuring about an inch across, they have yellow three-toothed petals, or ray flowers, which surround the brown or purplish center, or disk flowers. They

bloom year-round, reaching up to three feet tall.

This short-lived perennial is found throughout the state in moist pinelands, prairies, undeveloped fields, along roadsides and in ditches.

It's perfect for a rock garden, wildflower, or natural garden, since it's a nectar plant for butterflies and also feeds honeybees, native bees and wasps.

Give it a spot in full sun for maximum flowering. It prefers a moist but well-drained spot.

It will grow in nutrient-poor soil but needs some organic content to do well. It is highly drought tolerant but has low salt tolerance.

Once you establish this plant, it will easily self-sow in the moister areas of the yard.

Coreopsis means tick-like and refers to the oval seed's resemblance to ticks or bed bugs. Two spines on the seeds enable them to hitch a ride on clothing or animal fur.

Sources: *Betrock's Florida Plant*

Guide by Edward F. Gilman, *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida*, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, www.edis.ifas.ufl.edu, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

Bonsai Show Next Weekend

The Bonsai Society of Southwest Florida, Inc. will hold its annual Bonsai Show at the Berne Davis Botanical Garden on Saturday and Sunday, November 3 and 4 from 9 a.m. to 5 p.m. Admission is free, and free parking is available on Larchmont Street, just east of the Edison Home Garden Shop.

According to Bonsai Society President Sam Wollard, the exhibit will "contain 50 or so of the finest bonsai in Florida." Demonstrations and workshops will be conducted, and trees and materials will be available for sale throughout the show.

Bonsai is the cultivation and development of small, artistic trees in pots. It originated in China many centuries ago and thereafter spread to Japan and other Southeast Asian countries. Interest in bonsai arose quickly in the United States following World War II, and has now spread around the world.

The Bonsai Society of Southwest Florida, Inc. is a nonprofit corporation that holds meetings on the third Saturday of each month at the Berne Davis Garden Center to present programs, workshops and training sessions on bonsai techniques. The public is invited to attend all society meetings and to bring their trees

for help and advice.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers. For more information, visit www.bonsaiswfl.org.✱

Hibiscus Sale This Saturday

The James E. Hendry Chapter of the American Hibiscus Society will be holding a hybrid hibiscus plant sale on Saturday, October 27 from 2 to 4 p.m. (or until they are all sold) at The Salvation Army building, located at 10291 McGregor Boulevard in Fort Myers.

The beautiful tropical hibiscus you've always wanted but could not find at big box stores will be for sale. More than 800 hybrid hibiscus will be available; small plants for \$15 and large plants for \$25. There will be special pricing for members, and those who join the chapter on the day of the sale will receive discounted prices. The plants are being provided by Big Bad Flower of Sarasota. Expert growing advice will be available during the sale from the chapter members who are experts on growing hibiscus, referred to as Queen of the Tropics. These hibiscus are grown on their own roots and are easy to maintain. Some of the plants will grow blooms over eight inches and are in just about every color of the rainbow. Besides reds and yellows, there will be blues, greens, purples, oranges, pinks, whites and some with up to five colors.

More than 50 different plants will be available. Members of the hibiscus chapter will be available to answer any questions. There will be information available on how to care for hibiscus, plus books, pruning shears and fertilizer for sale. Admission and parking are free.

The James E. Hendry Chapter meets on the second Tuesday of each month at 1:30 p.m. at Berne Davis Gardens, located at 2166 Virginia Avenue in Fort Myers. The next meeting will be held on November 11. Visit www.hendrychapterhibiscus.com or call 848-7090 for more information.✱

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2nd Course:
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CHEF PAUL VIRANT
Passed Hors d'oeuvres:
Chicken Sausage Beignets, fermented Cherry Bomb Aioli
3rd Course:
Pompano En Papillote, Spinach, Black Truffle, Celery Root Remoulade



CHEF ANDREW ZIMMERMAN
Passed Hors d'oeuvres:
Pork and Shrimp Shu Mai, Smoked Trout Roe, Sweet Soy
4th Course:
Creekstone Farms New York Strip, Wagyu Beef Cheek
Pastrami Hash, Fondant Potatoes, Green Peppercorn Sauce



CHEF MELISSA AKIN
Passed Hors d'oeuvres:
Roasted Corn Blini, Avocado Crème Fraiche, Local Caviar
5th Course:
Duck Confit Ravioli, Smoked Duck Breast, Foie Gras Ganache,
Coffee Sand, Pomegranate-Cranberry Syrup

PASTRY CHEF LEV DALKE
6th Course:
Biko Cake, Corn whipped Panna Cotta, Sesame Nougatine, Puffed Rice, Kabuso Sauce



CHEF PAT SHEERIN
City Mouse, Ace Hotel Chicago
Chef / Managing Partner Trencherman, Chicago
Executive Chef, Signature Room, Chicago
French Culinary Institute Degree, New York
Bachelor of Arts Michigan State University



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Shell Of The Week

Sibling Tellin



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

The Sibling
Tellin,
Ameritella
consobrina
(d'Orbigny, 1853) is

a local bivalve of the diverse family Tellinidae. Its shell may reach 12 mm (about 0.5 inch), and is sculptured with *commarginal* ("concentric") lines and oblique striations. "Fresh-dead" shells may be translucent, with iridescent undertones, and the color pattern may include reddish or pink rays inside and outside. The pair of valves illustrated was collected by Dr. Jim Scatterday in early 2015 on the East End of Sanibel. Learn more about this species and other local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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



The Sibling Tellin, *Ameritella consobrina*, from Sanibel

photo by José H. Leal

Annual Bromeliad Sale In December

The Caloosahatchee Bromeliad Society of Southwest Florida is having its annual plant sale at Araba Shrine Temple on Saturday, December 1 from 9 a.m. to 4 p.m. and Sunday, December 2 from 10 a.m. to 3 p.m.

There will be bromeliads from around

the world; all sizes, colors and shapes, old favorites along with the rare and unusual. Take time to look for your favorite plant, piece of driftwood, artwork or plant related item. Growers will be available to answer your questions. There is no charge for admission or parking.

Araba Shrine Temple is located at 2010 Hanson Street in Fort Myers. For more information, contact Betsy Burdette at 694-4738.

Scavenger Hunt Bonus Clue

Sanibel Sea School will host the first annual Flip Flop Family Scavenger Hunt on Saturday, November 3 starting at 10:30 a.m. The island-wide scavenger hunt will be full of laughs and fun challenges for participants of all ages, and will end with a bonfire celebration on Lighthouse Beach. All proceeds from the event will support the organization's scholarship fund to provide meaningful ocean experiences to those in need.



Congress Jewelers has joined as a sponsor, and will offer a bonus clue for all participating children. Young participants will be invited to visit the Congress Jewelers store at Periwinkle Place Shopping Center during the month after the scavenger hunt to receive an ocean-themed gift.

"We are a family run business, and we are happy to support such a family-friendly event on the island," said business owner Melissa Congress.

Event tickets are \$25 per participant, and individual and business sponsorship opportunities are still available. To learn more and sign up, call 472-8585 or visit www.sanibelseaschool.org/flipflopfundraiser.



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Excellent Water Conditions Once Again



by Capt.
Matt Mitchell

The first white pelicans of fall just began to show up this week. I was pretty surprised to see a few hundred hanging out on Hemp Key, as warm as our weather has been.

These true snow birds are the first sign that it's cold up north and that our winter is coming soon. Conditions on the water these past few weeks have been amazing. We have some of the cleanest clear water I have seen since last winter, and there is life everywhere. Out by the beaches, huge schools of feeding migratory fish along with the birds are feeding hard on the bait schools as they slowly move south. The whole food change of fall has kicked into high gear in all of our waterways.

Most of my week was spent catching snook and mangrove snapper in the sound. We did manage a few redfish but, most days, we just enjoyed catching and releasing lots of snook of all sizes. Areas on the inside of the passes and most mangrove shorelines with good tide movement had lots of snook. Mangrove shorelines inside the passes held lots of fish and were a good choice to find moving water and active fish. As the

tide got higher, I would cross the sound and fish the eastern side working small mangrove islands and oyster bars. Most trips this week, we averaged between 20 to 30 snook a trip with a few real giants in the mix.

Carrying a few rods rigged with bucktails or small silver spoons was a good idea. We found feeding ladyfish, jacks and mackerel on a daily occurrence. The St. James hump between St James and Tarpon Bay has been alive with feeding fish and birds most days this week along with the deeper flats south west of Demere Key. Running and gunning these feeding fish is always fast-paced, and it was great on a trip I had with kids this week. Casting through these feeding fish was nonstop action while watching these fish crash baits on the surface.

Out along the beaches, I'm getting more and more reports that our fall tarpon fishing is getting started up. These tarpon are most often mixed in with the baitfish and ladyfish schools. Windy days will put a cramp in this for a few days, but when conditions are right, this is some of the best tarpon fishing of the year. Live pinfish fished under a float and cast around the rolling fish is the bait of choice. Throwing purple demon-colored plastic baits is a good option too. It's not unusual to run into sharks, bonita or even king mackerel, so bring a variety of tackle and be prepared to take advantage of what the day gives you.

The recovery of our waters has been simply amazing after experiencing the water quality issues of the past few months. Grass flats look healthier than I have seen them in years and, with the amount of fish we are catching everyday,



Kevin Murray with a slot-sized snook caught and released this week

photo provided

it seems like we never had any issues. Clients have been a little apprehensive when calling to book a fishing trip, after all they have seen and read about our water. But once out, they can't believe the excellent conditions they see. As business is now picking up, it just feels good to be seeing the same annual clients that I have the pleasure of taking fishing

year after year.

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

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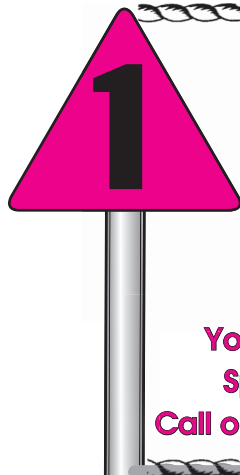


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Dave Doane

CROW Case Of The Week:

Ruddy Turnstone

by Bob Petcher



The ruddy turnstone (*Arenaria interpres*) is a short and stocky shorebird that has only one other relative tied to its surname, the black turnstone. Turnstones are so named due to their

ability to overturn stones and similar items when searching for invertebrate prey.

Ruddy turnstones are known to be opportunistic when it comes to feeding, especially during non-breeding season. They are scavengers and will pick at many food items, even human corpses. Mostly, these waders will strut along the shoreline using their stocky bills and ingenuity to flip over stones and other beach debris in search for insects and small crustaceans.

Ruddy turnstones are known to be long-distant migrants and need to feed heavily before their journeys to breeding grounds as far south as South America or Australia. These strong fliers average between 27 to 47 miles per hour to shorten their distances when over bodies of water.

At CROW, a non-breeding, adult ruddy turnstone was admitted to the

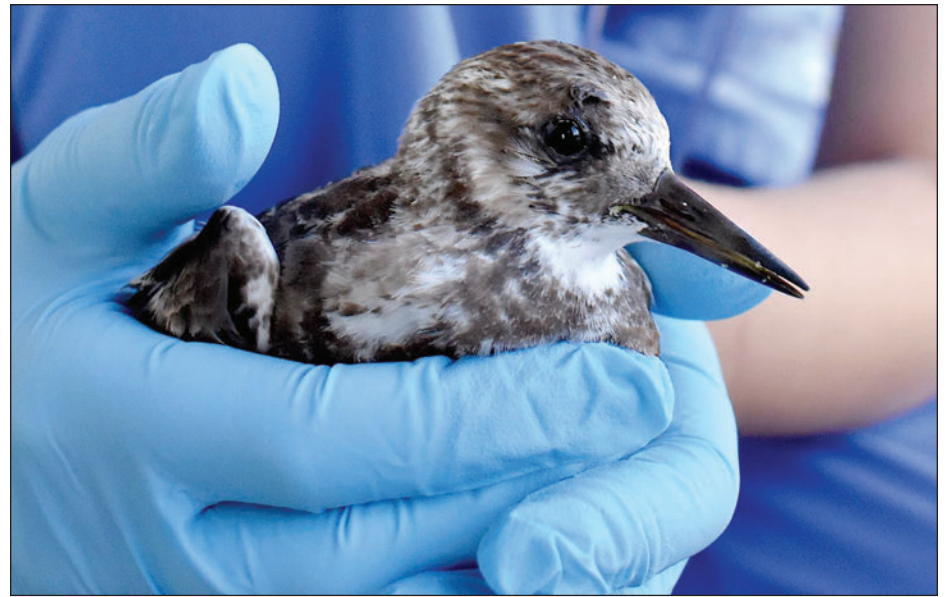
clinic from South Seas Island Resort on Captiva. The patient was suspected to be affected by brevetoxicosis, commonly known as red tide poisoning. The small bird's intake exam revealed that it had hind limb paresis and no blink reflex.

"Although hind limb paresis can also occur due to spinal trauma, in this bird's case, it had no evidence of trauma on its physical exam. It had other neurological deficits – lack of blink/palpebral reflex – which made us suspicious of red tide poisoning, which is a result of a neurotoxin affecting the central and peripheral nervous system," said Dr. Robin Bast, CROW staff veterinarian. "Brevetoxin is a neurotoxin, and it can inhibit the nerves that control the ability to blink the eyelids closed. Usually, this is temporary and resolves with treatment. Birds that cannot blink their eyes may develop secondary corneal ulcers, or abrasions on the surface of the eye, since it is not protected."

The intake exam also disclosed poor cloacal tone that caused staining of its surrounding feathers.

"The brevetoxin also can inhibit the nerves that affect muscle tone, even the ones around the cloaca resulting in weakness," explained Dr. Bast. "When this sphincter is weak, the bird will 'leak' urates and feces onto the feathers around it, and oftentimes this results in discoloration of those feathers if the bird is unable to stand."

The patient's eyes were checked for ulcers using a fluorescein stain. It was given fluids and artificial tears and



Patient #18-4047 died from the effects of red tide poisoning shortly after admittance to CROW

photo by Brian Bohlman

a treatment plan, including a feeding schedule and daily neurological checks, was determined by the veterinarians.

"This is a diagnostic tool where a topical eye drop is used. The stain sticks to areas of the eye where the cornea has been abraded or ulcerated," said Dr. Bast. "If a superficial ulcer is found, then topical antibiotics are used to treat that as well as artificial tears to provide protection to the surface of the eye until the blink reflex has returned."

The ruddy turnstone had a relatively short stay at CROW and, sadly,

succumbed to the effects of brevetoxicosis.

"Unfortunately, this patient did not survive red tide poisoning and passed away shortly after being admitted to the hospital," said Dr. Bast.

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

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CROW Calendar Of Events

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

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

Throughout the month of October, mention this article and offer code "Sea Turtle" to receive 10 percent off general admission to the Visitor Education Center. Wildlife Walk hospital tours not included.

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

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

Friday, October 26, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous.



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

Monday, October 29, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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

Tuesday, October 30, 11 a.m.,

adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on our sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques.

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

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

Wednesday, October 31, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

One of CROW's animal ambassadors will be present.

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

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

Thursday, November 1, 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.*

Vegetation Trimming Notice

Vegetation trimming along Sanibel Captiva Road is under way and will continue through Friday, November 2 from 8 a.m. to 5 p.m., weather permitting. Due to the nature of the vegetation work, one lane of Sanibel-Captiva Road may be intermittently closed to traffic for short periods of time.

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'Ding' Darling To Kick Off 75th Celebration

In 1945, in fear for the wildlife and wetlands that claimed most of Sanibel Island, Jay Norwood "Ding" Darling succeeded in petitioning for the creation of the Sanibel National Wildlife Refuge.

"He became aware of the proposal by the state of Florida to sell over 2,000 acres of state-owned lands to developers here on Sanibel," said Paul Tritaik, refuge manager of today's JN "Ding" Darling National Wildlife Refuge, renamed after the death of its creator.

"And he convinced the governor, Spessard Holland at that time, to postpone the sales and eventually convinced the state to create a state wildlife sanctuary. And following that he was able to eventually convince the Truman administration to establish this area as a national wildlife refuge."

As the refuge approaches its 75th anniversary in 2020, staff and the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) are gearing up to celebrate now through the milestone year. Last week, they released the official 75th anniversary logo, featuring whimsical wildlife art by artist Lynne Egensteiner and the slogan "A Legacy of Protecting Wildlife."

"Seventy-five years, that's huge!" said Supervisory Refuge Ranger Toni Westland. "And we plan on celebrating it big time, starting now and continuing



through December 2020, the official anniversary date."

The occasion's commemoration begins with a limited-edition glass sea star ornament etched by island artisan Luc Century for 2019. He has been crafting refuge-themed glass ornaments for DDWS since 2002. In past years, he created 250 ornaments etched with his signature, the year and the name of the refuge. This year, for the 75th kickoff, he will create only 75 sea star ornaments, each also etched with edition numbers from 1/75 to 75/75.

The 2019 ornament first will be available in the Refuge Nature Store during its Happy Hour Holiday Shopping event from 5 to 7 p.m. on Tuesday, November 27 for \$60 each. For shoppers who pre-order and pre-pay prior to November 27, the price rolls back to \$45.

Other highlights of the upcoming

anniversary season will be a Clyde Butcher photography exhibition starting the end of 2019; an exhibit beginning January 2019 to celebrate the 100th anniversary of the Woodring Home, now part of the refuge; special offers at Tarpon Bay Explorers, the refuge's recreation concession; one-of-a-kind 75th logo and "Ding" cartoon items in the Refuge Nature Store; and other unique celebratory events and programs throughout the years.

Darling twice won Pulitzer Prizes for his often-controversial political cartoons in the *Des Moines Register* from 1900 to 1949. Many focused on conservation issues far ahead of their time. Darling also served as the first head of the U.S. Biological Survey, the precursor to the U.S. Fish & Wildlife Service. While serving, he created the Federal Duck Stamp program to fund new refuge lands, and drew the first duck stamp himself.

"Jay Darling would surely be proud of how far the refuge has come since its inception," said Tritaik. "We have added acreage to the complex, built a Visitor & Education Center with the help of our friends group, educated hundreds of millions, and, most importantly, given wildlife a safe haven."

"Darling once said, 'I'm learning one thing the hard way... you have to re-educate the public mind about every 15 or 20 years or it forgets everything learned a while back,'" said Birgie Miller, DDWS executive director. "Although we've made impressive strides in the past 75 years, we must

understand – as this summer's water crisis reaffirmed – that our work to educate, protect and preserve is never finished."

For more information about "Ding" Darling's 75th celebration as it becomes available, visit www.ding75.org.✧

Sea School Adult Boat Excursions

On Friday, November 2 from 9 a.m. to noon, Sanibel Sea School will launch its 2018-19 season of adult programs with a boat excursion guided by the organization's executive director, Dr. Bruce Neill.

The fall session, which is the first of three, will be focused on Fisheries Management, and excursion participants will learn about grouper populations and the necessary steps to protect them from overfishing.

"This is a very relevant topic in our part of the world," said Neill. "We have many commercial fisheries operating in our waters, and it is important that we manage them effectively so that they will remain productive for many years to come."

To participate in the boat excursion, you must register for the entire fall session. A separate, a la carte schedule of boat trips will also be offered beginning November 7, and those trips can be chosen individually. To learn more and register, visit www.sanibelseaschool.org/sanibel-adult-programs or call 472-8585.✧

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1 teaspoon Italian seasoning mix
1/3 cup parmesan cheese, grated
1/4 cup fresh basil, hand torn

Sea salt and fresh ground pepper, to taste

Lay out all the zucchini and yellow squash slices on paper towels. Lightly sprinkle each side of the sliced zucchini and squash with sea salt. Let the salted slices sit for about 20 minutes. After 20 minutes use another paper towel to soak up any liquid from the vegetables. In a small bowl combine the egg yolk, mozzarella cheese, ricotta cheese and Italian seasoning. Season cheese mixture lightly with salt and pepper. Spread a thin layer of the cheese mixture on one side of each vegetable slice. Roll each slice up carefully and place seam side down in a baking dish. Evenly add marinara sauce to the top of the vegetable rollups. Sprinkle with Parmesan cheese and bake in a 375 degree F oven for about 15 minutes. Top with hand torn basil, serve warm.✱



Zucchini-Ricotta Rollups

photo courtesy Fresh From Florida

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.

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

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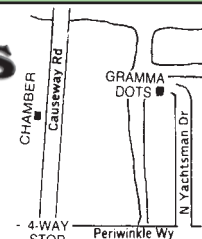
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Community Camp Day At Sea School

submitted by Leah Biery

On October 15, Sanibel Sea School hosted local students for a Community Camp Day, a free day of ocean fun and learning for children ages 6 to 13. The theme of the program was crabs, and participants enjoyed a variety of related games and activities. “The idea to offer free educational camp days to kids in our community on school holidays stemmed from the Hurricane Camp we hosted after Irma last year,” said the nonprofit’s Director of Education Shannon Stainken. “Working parents expressed how difficult it can be to find reliable, affordable childcare for just one day. We saw it as an opportunity to help our neighbors solve an ongoing challenge.”

Fun was had by all as students ran through a crab obstacle course, went surfing and looked for marine life in the shallow gulf waters, which tested free of red tide cells for the first time in months. “We found a shrimp, a brittle star and some moon jellies,” said participant Zoe Vadas.



Camp participants with a moon jellyfish

Sanibel Sea School’s Community Camp Days are made possible by a donor-supported scholarship fund, which ensures that cost does not prevent children from participating in ocean education.

photo provided

Upcoming Community Camp Days will be announced via the organization’s Facebook and Instagram pages, and will also be shared with email list subscribers. To be added, email your request to info@sanibelseaschool.org.

Shell Found



Steve Czarkowski

photo provided

Steve Czarkowski found a junonia on October 11. Czarkowski is from Atco, New Jersey.



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Students learned about inertia during Sanibel Sea School's after school program photo provided

After School Science Studies

submitted by Leah Biery

During October and November, Sanibel Sea School is offering a series of after school science programs with a mystery theme for students ages 6 to 13. Each week's session is centered on a fictional crime,

and participants will apply scientific principles in exciting, hands-on ways to solve the crime before the end of the day. Think rocket building, catapult making, floating experiments and more. Programs will be held on Tuesdays, October 30, November 6 and November 13 from 3:30 to 5:30 p.m. Cost is \$20 per student per session. Details and registration information are available online at www.sanibelseaschool.org/afterschool.✱

The Community House Cilantro



by Resident Chef Jarred Harris

Cilantro, also known as Chinese parsley or coriander, is an herb that is widely used across the world. The word cilantro is Spanish for coriander and is what Americans call the leaves and stems of the plant. The seeds of the plant are called coriander and considered one of the world's oldest spices. The origins of the plant are North Africa and Southern Europe. Cilantro has been around for thousands of years and used for culinary and medicinal purposes. The herb is mentioned in ancient Roman and Chinese texts, dating back 7,000 years and is even mentioned in the Bible 31 times. The ancient Egyptians placed coriander in tombs and believed it could be used in the afterlife as food. Throughout the world, cilantro is called coriander and both the plant and seeds are used in Mexican, Indian, Asian, Mediterranean, Latin America, Chinese, African and even Scandinavian cuisine.

Cilantro was brought to the Americas by English colonists around the mid-1600s and was mainly used for medicinal purposes. The herb contains vitamins C, A and K. It also contains folate, potassium and lutein. Cilantro is used to correct digestive issues and to treat stomach illness. It also has anti-inflammatory properties and can be used topically for joint problems. In Europe it is called the "anti-diabetic" plant because it is believed to help control blood sugar. The herb also has antioxidant properties and can delay or prevent food spoilage.

Here is a simple recipe to try. Cilantro and Poblano Meat Marinade

Ingredients
6 poblano peppers (roasted, skins and seeds removed)
1/4 cup cilantro
1 teaspoon cumin
1 teaspoon coriander
1 tablespoon white vinegar
1/4 cup balsamic vinegar
1/4 cup Worcestershire sauce
1/4 cup soy sauce
Method
Place all the ingredients in a blender and blend until smooth. Pour the marinade on at least 2 pounds of meat and let marinate for 1 hour (overnight is best). 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.✱

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From page 1

Blues And Jazz Fest

honored to play alongside many blues legends, including Bryan Lee, Matt Schofield and Rock and Roll Hall of Fame inductee Elvin Bishop, among others. He has also played at many famous venues across the country such as Douglas Corner Cafe in Nashville, Tennessee, The Red Room at the Berklee College of Music in Boston, Massachusetts, The Barrel Room in Fort Myers and the 2017 Sanibel Blues & Jazz Festival. Some of his most recent accomplishments include releasing his first all-original EP on iTunes and Spotify, and being selected by the Southwest Florida Blues Society to represent them in Memphis at the 2019 International Blues Challenge. Marty Stokes Band – Back again to the Sanibel Blues & Jazz Festival, and performing in clubs and festivals around Florida, this band won the IBC (International Blues Competition) trip to Memphis held in 2017, and is also a four-time winner of the Peoples' Choice Award, sponsored by the Southwest Florida Blues Society. Marty Stokes has produced four CDs of original blues. The latest, *Down On My Knees*, has received strong international blues reviews. JP Soars – An encore performance from the inaugural 2016 Sanibel Blues & Jazz Festival, Soars is not a typical blues guitarist. He has a diverse musical

background that encompasses a multitude of influences. Soars toured the globe and recorded several records with some of the most extreme metal bands in the world before finding his home in the blues. Kenny Neal – Born in New Orleans and raised in Baton Rouge, Louisiana, Neal began playing music at a young age. He is known as a modern swamp-blues and multi-instrumentalist, drawing his inspiration from the sizzling sounds of his native state. Neal has won many awards and was nominated three times for a Grammy, the most recent for Best Contemporary Blues Album. He also won two BMAs (Blues Music Awards); one for Best Contemporary Blues Album and the other for Best Contemporary Male Blues Artist. A true living blues legend, Neal is more poised than ever to deliver the blues like no one else can. General entrance donations are \$40 per person for adults and \$15 for attendees under age 14. A \$125 per person VIP package includes tent-covered seating, food (including a raw bar with high-top tables), beverages (including a Champagne bar), VIP parking and a festival T-shirt. Tickets are available at Bailey's General Store, from members of the Sanibel-Captiva Optimist Club and online: Eventbrite Sanibel Blues & Jazz Festival. All proceeds benefit programs for local youth. Bailey's Backyard is located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel.✱

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Back from left, CROW team members Dr. Kyle Abbott, Dr. Robin Bast, Yvette Carrasco, Missy Fox and Katie Mueller; front from left, Shelli Albright, Breanna Frankel and Dr. Heather Barron photos provided

East Coast Artist Supports West Coast Wildlife

by Jeff Lysiak

Back in 2013, Fort Lauderdale artist Lisa Miceli-Capano founded a volunteer-based cleanup group called SOS Ocean Clean Up. The group – with volunteers ranging in age from 4 to 85 years old – quickly grew to more than 2,700 members along Florida’s southeastern coastline.

“I have a long history since childhood for caring about the ocean and environment, and as I matured I continued that advocacy wherever I saw the opportunity,” said Miceli-Capano, whose nickname is Ocean Warrior. “In 2017, I was recognized for my significant contributions by the United States Coral Reef Task Force and for the creativity and leadership in minimizing marine debris in Southeast Florida oceans.”

A native of the Sunshine State, Miceli-Capano grew up visiting ocean-based destinations, including Sanibel and Captiva, the Florida Keys and Vero

Beach. “On a thrifty budget, my single mom knew that bathing suits, snorkels and towels was all that was needed to make our family holiday something special,” she explained.

So, when the effects of red tide, blue-green algae and red drift algae began to negatively impact one of her favorite vacation destinations, Ocean Warrior knew that she needed to get involved.

“You can imagine how devastating it was for me to be so far away and having to see our marine life suffering due to the red tide algae bloom,” said Miceli-Capano, who began following the Clinic for the Rehabilitation of Wildlife (CROW) Facebook page “with heart-broken compassion for the injured.”

But at the same time, the artist felt a sense of hope, reading posts that detailed CROW’s successful releases of injured sea turtles back into the wild.

Recognizing that CROW is fully supported by private donations, Miceli-Capano decided to take action by putting her creative skills to work. The artist, who had been commissioned to paint a four-wall, ocean-themed mural as part of Friday Night Sound Waves, an ongoing community-themed event



Lisa Miceli-Capano painting a pelican she nicknamed CROW on a beach facility in Fort Lauderdale

on Fort Lauderdale Beach, decided to attempt to raise money in order to help sick and injured wildlife treated at CROW.

“When I reached wall number three, I decided to redesign the art with a Florida manatee, loggerhead sea turtle, pelican and mangroves in recognition to the marine life being affected on the southwest coast,” she said.

Over 10 days, from September 14 to 24, Miceli-Capano coordinated an Adopt-A-Bucket fundraiser. For a small donation, the community was given the opportunity to paint a bucket – donated by the Windjammer Resort in Lauderdale-By-The-Sea – with all of the proceeds donated to CROW. “Within three hours, we raised \$813,” she added proudly.

The pelican depicted in her mural, by the way, is named CROW. It represented an actual pelican patient that had been suffering from medical trauma, could not eat on its own and was completely disoriented.

Following the Friday Night Sound Waves event, Miceli-Capano continued to solicit donations for CROW. Her friends at Force E Dive Shop – located in Pompano Beach, Boca Raton and Riviera Beach – allowed her to set up a donation bucket at their business.

At the end of the nearly two-week fundraiser, the artist had collected almost \$900, which was subsequently

sent to the Sanibel wildlife clinic.

“On behalf of Stoked On Salt, SOS Ocean Clean Up, SOS Debris Art and the Southeast Florida community, we would like to say thank you to the staff and volunteers at CROW for rescuing the marine life,” Miceli-Capano added. “Everyone here in Southeast Florida knows what you’re going through; we’re just starting to see red tide here on the east coast. That’s why it’s so important for us to join together as a community and get the message out there.”

Upon receiving the donation, CROW’s team of doctors, rehabilitators and volunteers was quick to respond with a heartfelt thank you.

“The support we have received from members of our local community and beyond is truly humbling, and we are incredibly thankful,” said Dr. Robin Bast, CROW staff veterinarian. “People have reached out to us from across the state and the country to offer emotional and financial support to help us treat the increased number of wildlife patients affected by the algae blooms. The generosity and support of so many caring people provides motivation and the means for us to continue our mission of saving wildlife through state of the art veterinary care, research, education and conservation medicine.”

To make a donation to support CROW and its mission, visit www.crowclinic.org.

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From page 1

Best Restroom

classrooms voting for us locally and as far away as Kansas.”

As the winner, the island refuge received a banner and plaque to signify its “ascent to the throne.” Cintas also awarded the refuge the “revered restroom treatment,” which includes \$2,500 in Cintas products and services for restroom cleaning or facility management.

Judging criteria included cleanliness, visual appeal, innovation, functionality and unique design elements.

“We clearly led in every one of those categories, especially innovation and unique design,” added Westland. “I guarantee, there are no other restrooms like these in the world that are so devoted to wildlife conservation and environmental awareness.”

Funded by a \$125,000 grant from the West Coast Inland Navigation District (WCIND) and contributions from private donors including AWC Family Fund, the Middendorf family, Laurie and Bill Harkey, and Chuck and Irene Raber, the #LearningLav debuted in October 2017. It features a mother and baby manatee sculpture (made out of recycled bicycle tires, donated for the project by Billy’s Bikes on Sanibel) along the building’s outer wall – created by Fort Myers artist Andrew Corke – and floor-to-ceiling paintings – created by North Carolina artist David Williams – depicting one-dimensional images as well as 3D sculptures of wildlife that can often be seen at the refuge.



Stunning wildlife photography is wrapped on restroom stall doors photos by Jeff Lysick

“Something we strive for every day is to inspire and educate the public,” said Refuge Manager Paul Tritaik. “We like to say that the restrooms have turned a ‘nature call’ into a ‘nature enthrall.’”

Inside, the lavatories were renovated to green standards and continue the interpretive underwater motif, featuring a photo-tile mangroves mural and more wildlife sculptures. Stall doors are wrapped with close-up professional photographs of refuge birds and identification information. Educational teaser messages were designed to entice visitors into the admission-free Visitor &



Inside one of the bathrooms, a sea turtle and river otter offer adorn one of the walls

Education Center to learn more.

“Besides educating visitors about our wildlife and habitat, the restrooms emphasize the importance of water quality and water itself as a vital resource to our livelihood and local economy,” added Westland. “We bus more than 8,000 students a year to the refuge. First stop is always the restroom. Now, the learning experience can begin immediately.”

Representatives from the refuge and DDWS leaders thanked the creative team and implementation team members who contributed towards the project.

They include creative team members Andrea Conners, MaryBeth Greenplate, Amy Herd, Marilyn Kloosterman, Emily Koval, Jen McSorley, Toni Ory, Monica Scroggin, Sheridan Snell, Christine Szymanczyk and Ann-Marie Wildman. Implementation team members include Carrie Alexander, Nate Caswell, Jeff Combs, Sierra Hoisington, Sarah Lathrop, Kathy McCabe, Birgie Miller, Paul Tritaik, Chelle Walton and Toni Westland.

To learn more about the Learning Lavatories, log on to www.bestrestrooms2018.com.

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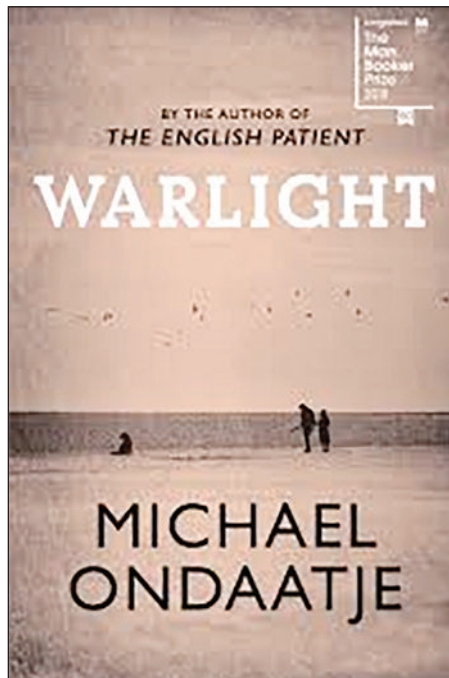
Book Review

Warlight



by Di Saggau

I'm sure many of you have read *The English Patient* by Michael Ondaatje. Now you can enjoy his latest, *Warlight*, a vivid, thrilling novel of adventure and love, intrigue and desire, from a brilliant



Britain, and that she's a woman with a captivating double life.

Reflecting back on when their parents left, Nathaniel says, "So we began a new life. I did not quite believe it then. And I am still uncertain whether the period that followed disfigured or energized my life." Neither Rachel nor Nathaniel know whether some characters are really what and who they claim to be. Nor do they know how they should feel when their mother returns without their father after months of silence, explaining nothing,

excusing nothing.

There are many memorable scenes including Nathaniel at night with The Darter on the Thames; and Nathaniel and his girlfriend Agnes in a grand west London house, making love as greyhounds run around them. "We order our lives with barely held stories. As if we have been lost in a confusing

landscape, gathering what was invisible and unspoken," Nathaniel says near the end of the book. Reading what Nathaniel uncovers over the years, all he didn't know or understand during that time, is a journey through reality, recollection and imagination. It's what draws the reader into *Warlight*, a magnificent novel, rich and beautiful.✱

author. *Warlight* is narrated by 28-year-old Nathaniel as he reflects on a strange and adventure-filled adolescence. It opens in 1945, and London is still reeling from the Blitz and years of war. Fourteen-year-old Nathaniel and his older sister Rachel, have been seemingly abandoned by their parents and left in the care of a mysterious figure they call The Moth.

The first sentence in the book explains the situation this way: "In 1945 our parents went away and left us in the care of two men who may have been criminals." Both siblings grow more convinced and less concerned as they get to know The Moth's eccentric crew of friends: men and women with a shared history, all of whom seem determined how to protect and educate Rachel and Nathaniel, in rather unusual ways. A man called The Darter, plays a pivotal role in their lives. We soon learn that it is their mother Rose, who is the reason for the parent's flight from

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 9-year-old daughter has always done well in math, but now she's getting word problems and she's struggling. I'm kind of surprised about

this, and I want to know how to help her.

Erin B, Fort Myers

Erin,

Word problems are tricky and involve a lot more than just solving calculations. Some kids who are good at memorizing math facts may not understand the phrases and concepts used in math. To get the right answer, your child has to be able to read the words, figure out which mathematical operations to use and then perform the calculations correctly. A breakdown in any of these areas can lead to difficulty with word problems.

A good first step is to figure out if your child is struggling specifically with word problems or if she's truly struggling with reading in general. Here's an easy way to figure out whether she has difficulty with reading in general. If she can get the correct answers when you read word problems to her but not when she reads them on her own, she's probably having trouble with reading and not the math functions.

Another problem that many children have is understanding the phrases in word problems that cue students in to what they need to do with numbers. Kids have to translate these phrases into what teachers refer to as "a number sentence." Here's an example of a word problem and the number sentence your child needs to come up with to solve it. Word problem: "Sam has 10 pencils. She spends one hour at the store and buys five more pencils. How many pencils does Sam have in all?" Number sentence: "10 + 5 = ____."

Some kids can picture a number sentence like this one in their heads. Other kids need to write it down. Either way, there's a lot your child must think about before getting to the point where she can calculate that the answer is 15.

To translate a word problem into a number sentence, your child must understand the language and concepts of math. She has to recognize that being asked, "How many pencils in all?" means she needs to add together the two groups of pencils. This is one reason why a child who can easily calculate $10 + 5 = 15$ might struggle

with a word problem that asks her to solve the same calculation.

You can help your child by asking the teacher to help you make flash/index cards with the math vocabulary and phrases that are commonly used in word problems. For example, one index card might show "in all" next to the "+" sign. Another card might show "all together" next to the "+" sign. Ask your child to learn the vocabulary and then encourage her to get into the habit of matching an index card to a phrase in each word problem. It's a great way to help your child learn which phrases are associated with which mathematical operations.

Two other suggestions include using blank sheets of paper to cover up the rest of the page so your child focuses on that single word problem, and having your child read the word problem aloud for increased comprehension.

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.✱

Regulations For Temporary Political Signs

The City of Sanibel's Sign Regulations (Chapter 106, Section 106-136 of the City of Sanibel's Codified Ordinances) define specific standards for Temporary Political Signs:

Area and Height – Maximum sign face of two square feet and maximum height of three feet for ground signs;

Ground Sign Standards – Signs cannot be located within the public right-of-way;

All signs must be set back a minimum of two feet from the front property line;

The sign face must be parallel to the right of way;

Political signs cannot pose an obstruction or hazard to traffic, bicycle or pedestrian safety;

Window Sign – May be affixed to the inside of, or displayed behind, a window or door of a building;

Removal – All temporary signs must be removed five days after the election.

For more information, contact the City of Sanibel Department of Community Services – Code Enforcement at terri.weich@mysanibel.com or 472-4136.✱

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Shell Point resident Beverly Shubel with her work at last year's bazaar photos provided

Shell Point Holiday Bazaar Open To Public

Shell Point Retirement Community invites the public to shop at the 13th annual Artists and Artisans Holiday Bazaar at The Village Church on The Island at Shell Point on Friday, November 2 and Saturday, November 3 from 9 a.m. to 2 p.m. each day. Hosted by Shell Point residents, the

annual bazaar will feature one-of-a-kind items created or enhanced by more than 60 talented Shell Point residents. The Artists and Artisans Holiday Bazaar provides guests with an array of unique, hand-designed items and novelty gifts in time for the holiday season, including specialty Christmas décor, Christmas novelties, stylish totes, jewelry, intricate wood sculptures, three-dimensional paper crafts, homemade tasty goodies, children's clothing, stained glass, books and scarves. "Shell Point residents put an incredible



Shell Point resident Linda Gardell sold pottery and artwork at the 2017 event

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

Admission is free and open to the public. Crafts may be purchased by cash or check only. After shopping, guests can stay for a meal at one of Shell Point's on-site public restaurants. For more information, visit www.shellpoint.org.

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BIG ARTS Ethics Film Series

Anthropoid



by Ron Green

On Wednesday, October 31 at 12:30 p.m., the Island Cinema will show *Anthropoid*, the third movie in this year's BIG ARTS Ethics Film Series. The film runs 120 minutes.

After the movie, a discussion will take place at the cinema. The final film in the series will be announced prior to the weekly showing.

Anthropoid is a 2016 historical drama directed by Sean Ellis, and written by Sean Ellis and Anthony Frewin. It is based on the true story of Operation Anthropoid, the World War II mission to assassinate SS General Reinhard Heydrich. The Reich's third in command after Hitler and Himmler, Heydrich was the main architect of the Holocaust and the leader of occupying Nazi forces in Czechoslovakia, where he earned the epithet "the butcher of Prague." Czechoslovakia's London government in exile ordered his assassination with full knowledge that even if it was successful, the assassination attempt would lead to bloody reprisals against thousands of innocent Czech citizens. A Czech and Slovak soldier (played by Cillian Murphy



image provided

and Jamie Dornan) are parachuted in to fulfill their mission and find themselves at the center of a bitter dispute about whether the attempt is worth the cost. While most films reflect the ethical values of the world they present, only a select few films present sharp and not easily resolved conflicts between competing ethical values. Each of the four films in this series asks its leading characters and viewers, "In view of the values in conflict at the center of this story, what is the right thing to do?" Among the ethical questions raised by *Anthropoid* is whether

futile resistance to evil is ever morally justifiable. How far may we go or must we go in resisting tyranny? Should you undertake resistance to evil if doing so will be far more costly than passive acceptance? The discussion will be led by Ronald

M. Green, professor emeritus for the study of ethics and human values at Dartmouth College. Green is a Sanibel resident. Tickets are \$7 and available at BIG ARTS, or the day of the film at Island Cinema, located at 595 Tarpon Bay Road, in Bailey's Corner.*

Poet's Corner



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

Conjuring Photobionts
by Hannah Star Rogers

To culture the framents, they first removed
and cleaned the inside to refill
With something also water but
not the crystals there before
Extruded from the soil some

quickness of the respiration not
bodied
But traveling hardly phases the
points that move across the
Flattened image of the nematode
a screen of radial animal under
a
Loop fixed to the impossible
divination of the molecules
leaning
Down under the rocks the noise
pushed up to the cellular level
A language absurd in its clarity
provoking with a stick
The wetted down orange pressed
up against the rocks, pleasure
Squeaking between the air.

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

November Programs At Captiva Library

The Captiva Memorial Library is offering the following free programs for adults and children in November:
Adult Programs – Available during normal library operating hours, unless noted otherwise: Tuesday and Thursday, 10 a.m. to 6 p.m.; Wednesday, noon to 8 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.
Checkers – November 1 to 30. Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.
Coloring for Grownups – November 1 to 30. The repetitive motion involved in coloring has a calming effect and adults have found this childhood activity a refreshing way to reduce anxiety, create focus or bring about more mindfulness. Participants may bring their own materials or use those provided.
International Games Week – November 6 to 10. A variety of board games will be available to play.
Cornhole Game – Friday and Saturday, November 9 and 10 from 2 to 4 p.m. Cornhole or beanbag toss is a lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores three points, while one on the platform scores one point.
Children's Programs – Available during normal library operating hours, unless noted otherwise: Tuesday

and Thursday, 10 a.m. to 6 p.m.; Wednesday, noon to 8 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.
Native American History Month – November 1 to 30. Check out the display on Native Americans. There will be activity and coloring sheets to complete. Make a teepee craft to take home.
Checkers – November 1 to 30. Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Instructions included. Alternatively, reverse the field and play Tic-Tac-Toe or Super Tic-Tac-Toe.
Internationals Game Week – November 6 to 10. A variety of board games will be available to play.
Cornhole Game – Friday and Saturday, November 9 and 10 from 2 to 4 p.m. Cornhole or beanbag toss is a lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores three points, while one on the platform scores one point.
Native Americans and Pilgrims – November 13 to 17. Native American and Pilgrim books will be on display and available. Make a Native American feather necklace.
Native American History Month – November 27 to 30. See the Native American Folklore and Legends book display and participate in a drawing activity.
The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. For more information, call 533-4890. Check the Lee County Library System website at www.leelibrary.net to find out about programs at other locations. Call the host library or Telephone Reference at 479-INFO (4636) for more information about a specific program.*

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Programs At Sanibel Library

Parts of the Sanibel Public Library are being renovated while the facility is open for normal operating hours. Popular services, like printers, high speed WiFi, newspapers, puzzle table and the Reading Porch are available.

The library is offering a new service to cardholders, called Freegal music. Freegal offers access to about 15 million songs, from artists from Bruce Springsteen to Leonard Bernstein. Download up to three songs or videos per week using your library card. If you need help with any of the services offered on the eShelf, call 472-2483 to make an appointment.

Weekly Youth Events run October 26 through November 15:

Geared specifically for children in fourth through sixth grade, the After-school Clique will meet on Tuesdays at 3 p.m. The group will be crafting, building, making and playing.

Family Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. This program helps develop pre-reading skills through songs and stories.

The After-School Crew (for children in kindergarten to third grades) will meet at 3 p.m. on Thursdays. There will be favorite books, never-knew-existed books, games, crafts, plus a snack provided.

Bessie, a bearded collie and reading education assistance dog, will be at the library at 3:45 p.m. on rain-free Thursday afternoons. Sign up on-the-spot; program



Felix and Derek Taylor play checkers at Sanibel Public Library photo provided

finishes by 5 p.m.

Weekly children's programs are listed on the library's online calendar.

On Friday, October 26 from 10 a.m. to 1 p.m., learn about 3D printing with Makerbot in the ThinkTank. See an object printed. Print a small object with Makerbot 3D printer. The Makerbot demonstration will be repeated on Tuesday, October 30 from 1 to 3 p.m.

Stop by the tech area from 10 a.m. to noon on Friday, November 2 to test drive a virtual reality (VR) viewer. Patrons ages 10 and older can view Under Sea Adventure: Blue Whale Encounter and

Coral Reef, an underwater world full of sea life. Paint your own masterpiece in Google Paint. First come, first served, no registration required.

International Games Week will be celebrated at Sanibel Public Library from November 5 to 8. Games, from solo to multi-player, will be set up Monday through Thursday.

No registration is required for these programs. For more information, call 472-2483 or visit www.sanlib.org. Sanibel Public Library cards are available to all residents of Sanibel and Lee County, Florida, at no charge.✱

Coastal Keepers Event To Feature Historical Photos

Coastal Keepers will hold a second rendition of its annual fundraiser, The Launch, on Saturday, November 17 at The Community House. The evening will include cocktails, a sustainable dinner, live and silent auctions, a 50/50 raffle and a few surprises – all in support of local conservation initiatives.

Coastal Keepers is a group of Sanibel and Captiva community members who cherish the ocean, appreciate the rich history of the region, and are determined to conserve oceans and estuaries for future generations.

Guests will have a chance to own a piece of the island's history during the

live auction. Throughout the evening, artwork will be on display featuring photographer Charlie McCullough. McCullough beautifully captured historic images of Sanibel and Captiva through his lens. His black and white photography transports viewers back in time and into the lives of those who resided here.

An addition to the photographs will be Ralph Woodring's recounts. Ralph and his mother, Esperanza Woodring, were popular subjects of McCullough's work. Ralph, grandson of Sanibel pioneers and commercial fishermen, still resides on the Woodring Homestead on Woodring Point. He is wealth of knowledge when it comes to the islands' history.

Tickets to The Launch are \$100 per person, including dinner and drinks. For more information and reservations, contact Coastal Keepers at 472-8585 or visit www.sancapcoastalkeepers.org/the-launch.✱

Sanibel Resident Joins Dean's List

Lauren Lockard of Sanibel, a Saint Anselm College education studies major in the class of 2020, was named to the Dean's List for the spring 2018 semester.

A total of 729 students representing 22 states and three countries were named to the spring 2018 Dean's List at Saint Anselm College, located in Manchester, New Hampshire.✱

The Launch

SATURDAY, NOVEMBER 17TH
6:00 - 10:00 PM

location

The Sanibel Community House

attire

Island Casual

*Guests will enjoy dinner and drinks,
auctions, entertainment, and more.*

**Celebrating The Past,
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of Our Coastal Heritage**

**Tickets are \$100 per person
To reserve your spot, please contact
Sam Lucas at (239) 472-8585
or purchase tickets at
sancapcoastalkeepers.org/the-launch**

Proceeds will fund local conservation initiatives created by Coastal Keepers, the conservation initiative branch of Sanibel Sea School, a 501(c)3 non-profit corporation.

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Positive Season For Nesting Sea Turtles On Islands

by Jeff Lysiak

Despite all of the negative news that people have associated with the impaired water conditions witnessed throughout Southwest Florida in 2018, it was a relatively positive season for nesting sea turtles and their hatchlings on Sanibel and Captiva.

Kelly Sloan, biologist and sea turtle program coordinator for the Sanibel-Captiva Conservation Foundation (SCCF), reported that this year's nesting statistics for sea turtles on the islands were surprisingly positive.

"This year's nesting season was actually pretty good," said Sloan, who joined SCCF five years ago. "We've had four record-breaking seasons in a row, and while we didn't set any records this year, it was an above average season."

According to 2018 statistics compiled by SCCF, a total of 721 sea turtle nests – including 718 loggerheads, two green and one Kemp's ridley – were laid in 2018.



SCCF Sea Turtle Program coordinator Kelly Sloan taking inventory of a nest

photos courtesy SCCF

Breaking that number down by region, 450 nests – including both greens and the Kemp's ridley – were laid along Sanibel's western shoreline; 104 nests were laid on Sanibel's east end and 167 nests were laid



A loggerhead sea turtle hatchling heading towards the gulf waters at sunrise on Sanibel

on Captiva.

Those figures compare with a total of 871 nests laid during the 2017 nesting season: 683 on Sanibel (527 on the west

end, 156 on the east end) and 188 on Captiva.

Sloan also noted that an estimated 38,579 sea turtle hatchlings emerged from their nests and entered the waters surrounding Sanibel and Captiva in 2018.

One of the primary concerns SCCF, along with their corps of sea turtle program volunteers, have expressed regarding the soon-to-be-completed nesting season is the impact that red tide, blue-green algae and red drift algae will have on sea turtle populations. Throughout nesting season, which runs from mid-April until the end of October, hundreds of juvenile and adult loggerheads have washed up on Florida's beaches, discovered in sick and already expired conditions. However, hatchlings are able to survive in the impaired waters.

"The Florida Fish & Wildlife Conservation Commission (FWC) has been studying red tide for decades, but they haven't reported any impacts to sea turtle hatchlings," said Sloan. "That's because (hatchlings) swim like crazy the first seven to 10 days of their lives before they start eating; they feed from the yolk sac, which gives them the energy to get far out into the gulf. In fact, FWC says

continued on page 14B

Students Learn Basics Of Cooking



Resident Chef Jarred Harris, working with a pair of home school students during a cooking class last week

photos by Jeff Lysiak

by Jeff Lysiak

Last Friday morning at The Community House, Resident Chef Jarred Harris offered cooking instruction to a class comprised of eight pre-teen home school

students, sharing useful kitchen tips, easy to follow recipes and basic culinary techniques.

"Good morning and welcome to our first cooking class of the season," Harris said to his eager audience. "I asked some of you last year what you liked cooking, and



Instructor Sally Parsons, helping students measure cooking oil for a granola recipe

you told me breakfast, so that's what we're cooking today."

Harris, along with fellow instructors Nancy Black and Sally Parsons of the Culinary Education Center of the Islands, divided the class into three groups. Harris' group prepared potato pancakes and

omelettes; Black and her group cooked apple flapjacks; and Parsons' trio made granola.

According to Harris, breakfast is the most important meal of the day. "Did you ever hear the saying 'Eat breakfast

continued on page 10B

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GulfShore Magazine




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From left, Susan McCallion, Anna Turner, Susan Andrews, Marlene Donaldson, Meg Dalabes, Connie Walters, Matt Alston, Kelly Huguenin, Diane Stocks and Angela Larson Roehl
photo provided

Island Realtors Donate To ACT

The Sanibel & Captiva Islands Association of Realtors (SCIAR), held a donations drive during September to collect much needed items for Abuse, Counseling & Treatment, Inc. (ACT) shelter in Fort Myers.

On October 4, SCIAR welcomed Meg Dalabes, community and education development coordinator for ACT.

Dalabes spoke to the membership about the organization's various services for abuse victims and members of the community in need. ACT offers an emergency protective shelter, a 24-hour crisis hotline, one-on-one counseling, advocacy, support groups, a children's program, and information and referrals for those seeking assistance in other matters.

Dalabes also accepted the many pillows, sheet and towel sets, toiletries and children's items donated by island realtors.

ACT is always in need of the following items:

- Pillows and pillow cases;
- Bath/hand towels and wash cloths;
- Twin flat and fitted sheets;
- Shampoo and conditioner;
- Deodorant;
- Toothpaste and toothbrushes;
- Disposable diapers (all sizes);
- Children's snacks and juices;
- Gift cards in \$10 increments.

For more information about ACT, to volunteer or donate, visit www.actabuse.com.✱

Florida Residency And Estate Planning Session

New seasonal residents and visitors considering Florida residency will have an opportunity to learn about state-specific laws surrounding estate, trust, durable power of attorney, health care surrogate and living wills at The Community House on Wednesday, November 7 from 2 to 4 p.m.

Florida Bar Board Certified Wills, Trusts and Estates Attorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA, will provide important insights regarding Florida estate law during the free Florida Residency and Estate Planning Workshop. Hersch and Hill will discuss effective estate planning techniques that expand upon the many benefits available to Florida residents. Topics of discussion include:

Are wills and trusts established out of state valid, once you move to Florida?

Can taxes be reduced by declaring Florida residency?

Why does a Durable Power of Attorney need to be updated?

How can I best keep legal documents up-to-date?

How a revocable trust may not avoid probate.

The Community House is located at 2173 Periwinkle Way on Sanibel. To reserve a seat at the workshop, sign up at www.sbslaw.com/workshops or call 334-1141.✱



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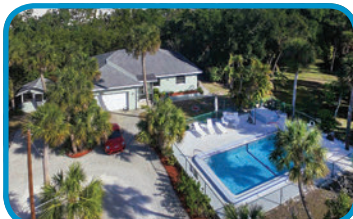


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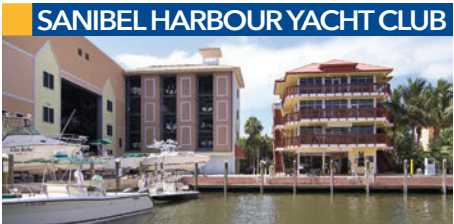
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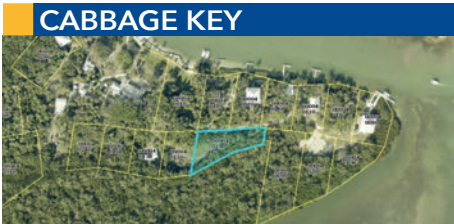
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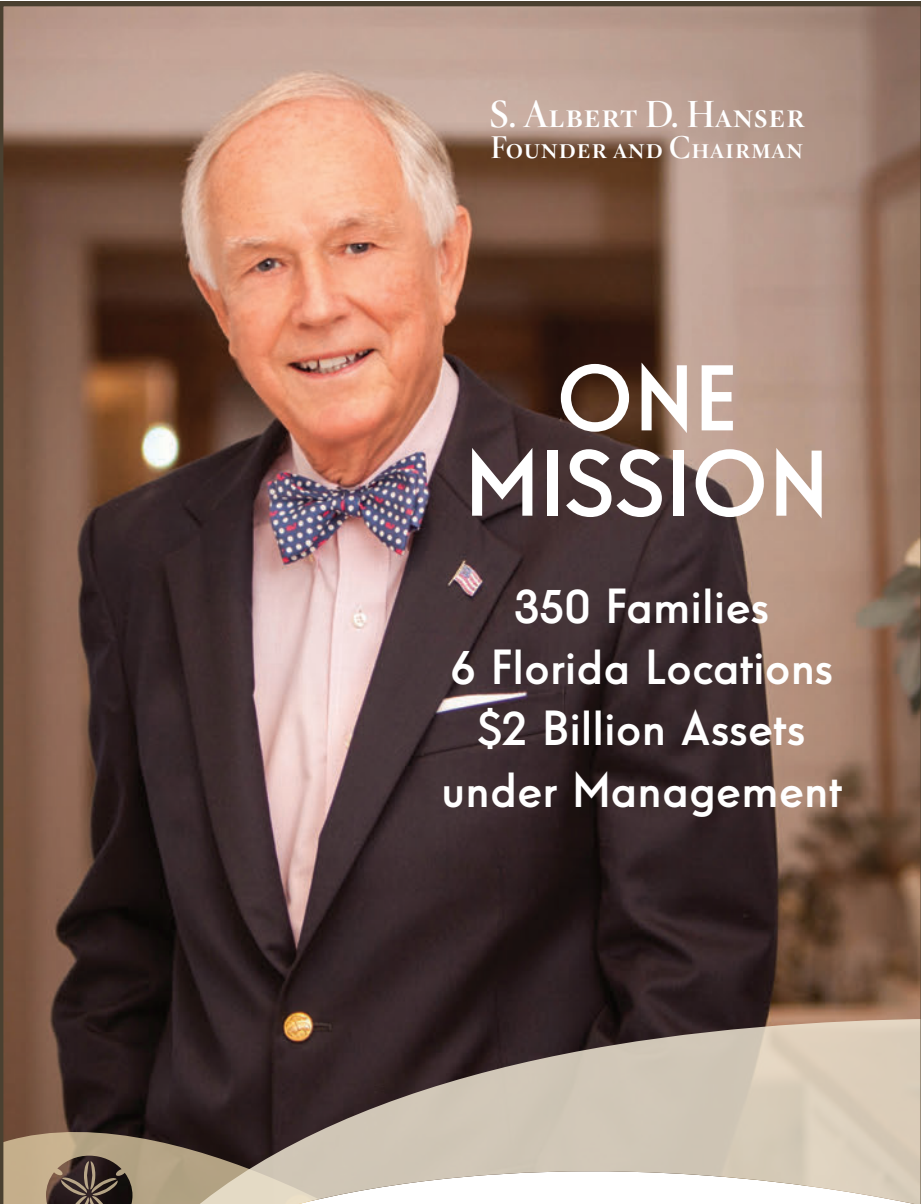
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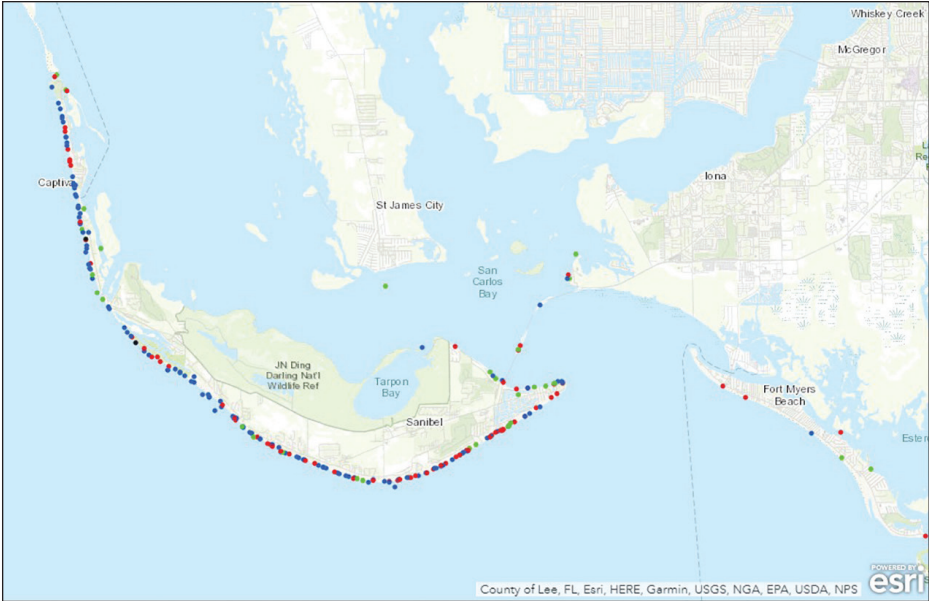
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Map depicting sea turtle strandings throughout Southwest Florida

photos provided

Map Documents Mass Mortality Of Sea Turtles

A bloom of *Karenia brevis* starting in October 2017 has resulted in the largest number of sea turtle deaths ever attributed to a single red tide event. These algal blooms start in the gulf but are fed and perpetuated by harmfully high levels of nutrients washing into the gulf from further inland.

In June 2018, an unprecedented number of sea turtle strandings (sick, injured or dead turtles) began washing up on Sanibel and Captiva beaches. When a stranding is reported, tSanibel-Captiva Conservation Foundation (SCCF) staff and interns mobilize to collect data and document the death as part of the National Sea Turtle Stranding and Salvage Network (STSSN). If the turtle is alive, it is taken to the Clinic for the Rehabilitation of

Wildlife (CROW) for rehabilitation. Sea turtles are impacted by the neurotoxins produced by red tide through ingestion of toxic prey items. Red tide poisoning presents in live turtles as loss of motor function, lethargy and labored breathing. In time, it can lead to death. Many turtles were observed swimming in circles or flailing in the water while struggling to breathe prior to rescue.

The total number of strandings since the red tide started last October now stands at 242 (196 dead and 46 alive). For reference, the previous 10-year average was 31 per year. SCCF staff, in conjunction with data provided by CROW, has created an interactive map to track the species, life stages and locations of stranded sea turtles.

SCCF hopes that this will demonstrate the impact of this unprecedented event on an already stressed population.

View the SCCF Sea Turtle Stranding Map online at <http://sccf.org/our-work/sea-turtles/sccf-stranding-map>.✱



SCCF volunteers assisting with the rescue of a loggerhead sea turtle



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Rotary Happenings

submitted by Shirley Jewell

October 24 marked a very important day for Rotary International (RI) and the World Health Organization (WHO) – World Health Day. On this date, they commemorate the birthday of Jonas Salk, who led the first team to develop a vaccine against poliomyelitis (polio). Use of this inactivated vaccine and subsequent widespread use of oral poliovirus, developed by Albert Sabin, led to the establishment of Global Polio Eradication Initiative (GPEI) in 1988.

Currently, 99.9 percent of polio has been eradicated. Without the eradication efforts of Rotary International since 1979, over 17 million currently healthy



people would have been paralyzed with polio. Rotary and its partners around the world have used this vaccine to immunize over 2.5 billion children worldwide. For 39 years, Rotarians have led the attack on eradicating the polio virus. Although there is no cure, this safe and effective vaccine has stopped the spread of the highly infectious disease that most commonly affected children under the age of 5. Rotary International is dedicated to having a polio free world.

A PolioPlus campaign to raise money for this cause was launched in 1985 by Rotary International. It is the first and largest internationally coordinated private-sector support of a public health initiative, with an initial fundraising target of \$120 million for polio eradication.

The Bill & Melinda Gates Foundation joined with Rotary in 2007 in this global polio eradication initiative and has triple-matched donations. The Gates Foundation alone has contributed over \$1.6 billion to end polio.

An important note is, as of 2018,

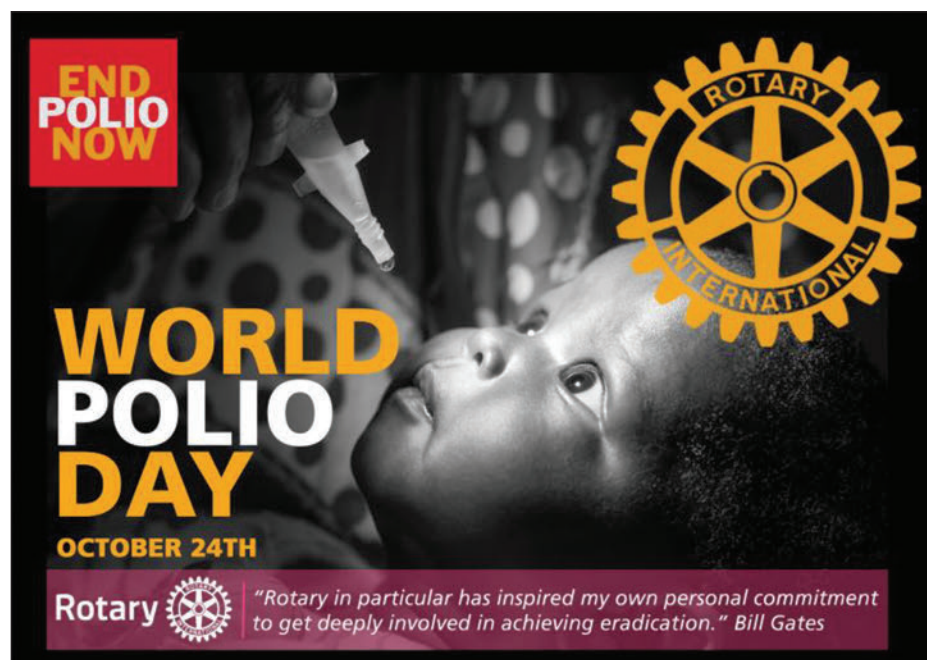


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there were only 18 new polio cases reported throughout the world. This number was lower a few years ago, but it has been difficult to deliver the vaccine to remote and dangerous parts of the world. Rotarians continue their immunization mission because, "It is essential, that we maintain the momentum for the complete eradication of polio in the world. We are very, very close, but until every country is certified polio free, and there are no more new cases of wild polio, there remains the real danger that it can come roaring back."

So many exciting plans are on the table for the Sanibel-Captiva Rotary Club. The annual arts and crafts fair is scheduled for Saturday and Sunday, February 16 and 17. There will be 120-plus talented artists, an enormous silent auction, food court with seating and plenty of fun.

Thanks to an exit survey done by Rotarian Joleen Raho at last year's fair, the club will be taking into account some of the suggestions from fair attendees and try and improve attendee experiences. This is a great fair but we can always strive to make it better.

Sanibel-Captiva Rotary's Youth

Exchange student from Taiwan will be changing host families in a few weeks. Exchange students are here for one school year and are usually hosted by at least two families to allow them a broader perspective of life here in the states.

Sanibel-Captiva Rotary's new Interact Club at The Sanibel School will be starting soon and students may get a chance to join our Rotary Club at the meal packing event for Meals of Hope on November 10. It will be fun and the students will get a chance to be involved in their first community service opportunity with their club sponsor – Sanibel-Captiva Rotary. November 5 to 11 is Rotary International World Interact Week.

Upcoming speakers: October 26 – Dr. Bruce Neill, Sanibel Sea School; November 2 – Richard Parfitt, director of safety and security, Lee County Schools; November 9 – Roger Triftshauser, Veterans Day program; and November 16 – Roxanne Dyer, executive director, Guardian ad Litem Foundation.

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

Lions Club To Host Feather Bingo For Charity

The Sanibel Captiva Lions Club will be hosting Feather Bingo for Charity at 6 p.m. on Wednesday, November 7 at The Community House. A turkey dinner with all the trimmings will be served and there will be numerous games and prizes throughout the evening.

"Feather Bingo, now it its 31st year, has always been a good time with good food for a worthy cause," said Lion Hazella Vielle, who has organized this year's event. "Guests are invited to join us for the only Bingo night on the island."

Guest entrance fee is \$20, which includes dinner. Feather Bingo cards and games are sold separately. RSVP to Lion Jeff MacDonald at j.macd@yahoo.com

or call 502-521-1158. There will be a mystery caller who will keep the evening entertaining, a cash bar and a total of \$400 in prizes up for grabs.

The Lions Club makes a difference in the community, from hosting complimentary adult health screenings to collecting used eyeglasses through its Recycle for Sight program.

"We serve where we live, as well as globally through Lions Club International, and have fun doing it," added Vielle. "Wonderful things are accomplished when you are part of the largest service organization and a generous community."

Sanibel Captiva Lions meet the first and third Wednesday of the month with a different guest speaker once a month at The Community House. Meetings begin with cocktails and appetizers at 6 p.m. and dinner at 7 p.m. Visiting Lions and anyone interested in becoming a Lion are always welcome.*



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BIG ARTS Thanks Island Partners For Sponsorship

Lee Ellen Harder, executive director of BIG ARTS announced the partnership of two major island businesses known for supporting the cultural arts in the community. The Sanibel Captiva Trust Company and Sanibel Captiva Beach Resorts are once again co-sponsoring The Platinum Club – BIG ARTS benefit to season ticket holders who are treated a full reception prior to each of the main stage events in the performance hall. Approximately 130 guests attend the Platinum Club events and have the opportunity to mingle with their hosts, meet new friends and indulge in a lavish buffet and open bar.

The companies are also co-sponsoring the popular 2019 BIG ARTS Monday Night Film Series, showcasing 19 award-winning domestic and foreign films, which are shown from November through end of April at Island Cinema, located at 535 Tarpon Bay Road. Movie-goers will see amusing clips with familiar faces prior to the show.

“To say we are grateful to both of our wonderful sponsors is an understatement,” said Harder. “We applaud their consistent generosity, which is so important to our work at BIG ARTS, as well as our ability to continue to contribute to the quality of life on the islands we love.”

Al Hanser, founder and chairman of the trust company said, “It’s our



From left, Doug Babcock of Sanibel Captiva Beach Resorts, Lee Ellen Harder of BIG ARTS, Steve Greenstein and Robin L. Cook of The Sanibel Captiva Trust Company, and Toni Lapi of Sanibel Captiva Beach Resorts photo provided

pleasure to work with Tony (Lapi) and Doug (Babcock), and associate our brand with a company as respected as theirs. Both of our companies believe in providing the best possible experience for our clientele.” Tony Lapi, president

and CEO of Sanibel Captiva Beach Resorts, said, “We also both believe in expanding that experience to our residents and visitors by supporting the high level of entertainment on the islands, which keeps people engaged

and coming back.”

Celebrating its 40th anniversary, BIG ARTS is a nonprofit cultural arts organization providing an array of quality, professional entertainment, arts and education programs. For more information, visit www.bigarts.org.✱

Volunteers Needed For Packing Meals

On Saturday, November 10 beginning at 10 a.m., members of the Sanibel-Captiva Rotary Club and Sanibel Congregational United Church of Christ will be packing meals for Meals of Hope at The Community House. The goal is to pack 25,000 meals to help fight hunger and food insecurity for American families, especially those in areas hit by recent weather events.

Volunteers of all ages are welcome to pitch in and help meet the goal. Events such as this are being held throughout the country, with food being distributed by the Feeding America food bank network to tragically hit areas, as well as food banks, food pantries and economically depressed areas.

If you would like to volunteer, call Sanibel Congregational United Church of Christ at 472-0497 or stop by the church office, located at 2050 Periwinkle Way. All volunteers must sign up in advance by Wednesday, November 7.

The Community House is located at 2173 Periwinkle Way.✱

From page 1B

Basics Of Cooking

like a king, eat lunch like a queen and eat dinner like a pauper?” he asked the students. “Think of your body like a car. If you want to get going in the morning, you have to put some fuel in your tank first.”

Harris later explained that granola is a great alternative for breakfast, since it is sweet, versatile and can be supplemented with protein. He also shared that his potato pancake recipe – which several members of the class had never tried before – would “taste like the best tater tot you ever had.”

For the apple flapjacks the group would be preparing, Harris noted that instead of a traditional maple syrup, these pancakes would be topped with all-natural honey, collected from bee boxes located on The Community House grounds.

“Did you know that 75 percent of all bees don’t make honey?” said Harris. “But those other bees are very important. Solitary bees help pollinate plants that produce vegetables and fruits. Without bees, we’d have nothing to eat.”

After preparing each simple recipe, the students sampled the dishes made with their newly learned culinary skills.

The next Cooking for Home Schoolers session will be held on



Instructor Nancy Black, center, measuring flour for the apple flapjack recipe

photo by Jeff Lysiak

Friday, November 9 from 9 to 11:30 a.m. Cost is \$15 per student. To register your child, required (with a signed parental permission slip) one week prior to the class, call 472-2155.

Upcoming Activities With Chef Jarred

This Tuesday, October 30, Chef Harris will teach pumpkin carving and design ideas, along with a little cooking

instruction, from 4 to 6 p.m. The class is designed with youth in mind, but is fun for all ages. Older children and adults can help decorate The Community House for the Halloween Carnival on Wednesday, October 31. Reservations are required.

The next kids cooking class will be held on November 5. Classes are held on the first Monday of the month from 2:30 to 5:30 p.m. Additional dates are December 3, January 7, February 4, March 1, April 1 and May 6.

Young chefs will learn fundamental nutritional cooking skills, basic kitchen awareness and food preparation. Students will explore different cultures using nutritious whole foods. Cost is \$50 per session or \$175 for four classes when paid in advance. Some scholarships are available, courtesy of local Rotary and Kiwanis clubs as well as private individuals.

The next parent and child cooking classes will be held on November 11 and December 13. Classes are designed for 5- to 9-year-old children with a parent/adult. Cost is \$35 per pair, and \$10 for each additional family member.

The Culinary Education Center of the Islands is located at The Community House, 2173 Periwinkle Way on Sanibel. To sign up for classes or for more information, visit www.sanibelcommunityhouse.net or call 472-2155.✱



Il Cielo Chef Melissa Akin and General Manager Marcus Preece photos provided

Wines In The Wild Tasting Sponsors

Il Cielo and the Sanibel Catering Company are among the Food Tasting Partners for Wines in the Wild. The fundraiser for the Sanibel-Captiva Conservation Foundation (SCCF) will be held on Friday, November 9 from 6:30 to 9 p.m.

"Il Cielo and the Sanibel Catering Company at Bailey's are such generous

corporate supporters for SCCF," said SCCF's CEO Erick Lindblad. "We are so honored to count them among the Food Tasting Partners at this year's event."

Wines in the Wild guests will stroll among six stations on the Bailey Homestead grounds. Each will feature a dish from one of Sanibel's finest kitchens. The 2018 Food Tasting Partners include Catering by Leslie Adams, Il Cielo, Sweet Melissa's Café, Cip's Place, Sanibel Catering Company, and Malia, one of Sanibel's newest restaurants. The



Richard and Calli Johnson of Bailey's General Store with event co-chairs Tom and Linda Uhler

foods will be paired at each station with specially selected complementary wines. It will be a great opportunity to explore the grounds and unique features of the homestead while sampling wines donated by Il Cielo and Bailey's General Store, the returning Wine Tasting Partner.

The evening will conclude with a dessert surprise in the homestead pavilion, music by the Danny Morgan Trio, and a live auction of unique experiences. There will also be valet parking sponsored by Doc Ford's Rum

Bar & Grille, and a thank you gift underwritten by Island Taxi.

Guests are encouraged to dress in "island festive" attire. Reservations can be made by calling founding co-chair Linda Uhler at 472-3817. Admission is \$125 per person. Because this event is likely to sell out in advance, tickets will not be available at the door.

For more information, visit www.sccf.org. The Bailey Homestead Preserve is located at 1300 Periwinkle Way.*

Southwest Florida Woman Of The Year Candidate

The American Business Women's Association (ABWA) 2018 Woman of the Year winner, Gaby Bell, is a candidate for the coveted Southwest Florida Woman of the Year Award, presented by the Southwest Florida Council of the ABWA. The award recognizes leadership in ABWA supporting the professional development of women in Sanibel and Captiva.

"Sanibel Captiva Community Bank is a great place to work," said Bell. "They support ABWA's focus on the community and on professional development."

Bell is a native of Honduras and earned a bachelor's degree in law from Universidad Nacional Autónoma de Honduras. She built her banking career in the United States with Sanibel Captiva Community Bank, progressing through roles of increasing responsibility to her current management role at the Library Way branch on Sanibel.

"Gaby is a major force in the progress of ABWA on the islands," said Gloria Garrett, local chapter president. "She encourages participation across the community, sponsors new members and has played a critical role as chapter



Gabriela Bell photo provided

treasurer for two years."

The Sanibel Captiva Charter Chapter of the American Business Women's Association is celebrating 40 years of supporting professional growth through leadership, education, networking support, and recognition. Meetings are held on the fourth Tuesday of each month from 11:30 a.m. to 1 p.m. at Sundial Beach Resort & Spa. For more information, visit www.ABWASanibelCaptiva.com*

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The entire group of travelers gathered on the beach for the inventory of a hawksbill sea turtle nest
photos by Phil Weyman

SCCF Group Takes Trip To Costa Rica

Sixteen SCCF sea turtle program participants traveled to Tortuguero, Costa Rica in late September for a once-in-a-life time experience. Tortuguero is the most important nesting site in the western Caribbean for the endangered green sea turtle and significant populations of leatherback and hawksbill turtles.

Led by biologist and SCCF Sea Turtle Program Coordinator Kelly Sloan, the group included Barbara Bluedorn, Dean and Mayri Caple, Diane Clarke, Heidi Denis, April Fleming, Gwenda Hiett-Clements, Tina James, Nancy Riley, Darlene Rizzo, Kerry Salatino, Susan Smith, Phil and Tina Weyman and Yali Zawady. Sloan arranged the trip organized by Holbrook Travel and their local representative Stefanie Plein, who is an SCCF sea turtle volunteer.

During their one-week excursion, they assisted researchers at the Sea Turtle Conservancy, the oldest sea turtle organization in the world, founded in 1959. The group members were trained by the conservancy staff in measuring and assessing the nesting turtles to have a hands-on experience. The group was divided into smaller groups to walk three different five-mile stretches of the soft, volcanic sand beach from sunset to midnight.

"It was amazing to see so many sea turtles on the beach. There was a time when two were coming up to nest and two were going back to the ocean. Then there were 10 to 15 already nesting on the beach," said Nancy Riley.

Sea Turtle Conservancy staff and interns who led the small groups only stopped to record data on turtles who were just beginning the nesting process. At that point, one of the SCCF adventurers could lie down behind the nesting green sea turtle with an outstretched, gloved hand and catch and count the number of eggs dropped into her nesting pit. The turtle was also measured, checked for carapace damage, and tagged if no previous tags were on its flippers. The nest is not marked with signs as on our local beaches. Researches use triangular measurements with tags on vegetation and distance to the



A hawksbill hatchling heads to the ocean



Dean Caple practices measuring a green sea turtle model to know what to do on his night beach patrol



A group of white-faced capuchin monkeys was spotted eating palm fruit on the river bank



Howler monkeys woke the group up each morning at sunrise nest.

Through education by the Sea Turtle Conservancy and the rangers at the Tortuguero National Park, poaching of eggs still happens but is not a major consideration. The greatest threat to the nesting turtles today is the adults being attacked by an expanding Jaguar population. Also, local stray dogs will dig nests for the eggs.

The SCCF group was also able to experience a special day-time sea turtle

event. Sea Turtle Conservancy staff conducted an inventory of a hatched hawksbill nest. They tallied the number of hatched and unhatched eggs and discovered six live hatchlings in the nest. The staff released them and everyone gathered on the beach and watched as they all successfully made their way to the ocean.

Tortuguero is accessible only by boat or small aircraft. The town, vacation lodges and the Tortuguero National Park are



A three-toed male sloth eyes the photographer

connected by a series of natural canals. The group enjoyed two days of boat trips spotting local wildlife including spider, howler and white-faced capuchin monkeys, numerous tropical birds, reptiles and even a three-toed sloth.

Sloan said, "I had the most amazing time exploring Costa Rica with our SCCF travel group. It was so much fun going back to where I first fell in love with sea turtles 12 years ago."✧



Missy Fox and Yvette Carrasco with CROW animal ambassadors, Bashful, a Virginia opossum, and Lola, an American kestrel photo provided

CROW Staff To Serve On Advisory Board

Yvette Carrasco and Missy Fox, staff members at the Clinic for the Rehabilitation of Wildlife (CROW), were recently elected to serve on the advisory board for the Florida Wildlife Rehabilitators Association (FWRA) at the FWRA Symposium which took place October 4 through October 7 in Haines City, Florida.

The Florida Wildlife Rehabilitators Association is a 501(c)3 nonprofit,

membership-based organization that has been providing education and informational support to wildlife rehabilitators in Florida and elsewhere since 1988. The FWRA provides networking and educational opportunities for rehabilitators, thus enhancing the general level of wildlife care.

The annual FWRA Symposium offers basic and advanced training courses as well as expert speakers on a variety of topics such as specialized care of unusual species, laws and regulations, organization management, wildlife restraint, feeding and nutrition, reptile handling, seabird husbandry and medication and fundraising for nonprofits. This year marks the 30th year in which

FWRA has hosted the symposium.

Fox is a certified veterinary technician and certified wildlife rehabilitator, and brings nearly seven years of wildlife and domestic animal care experience to the organization's advisory board, including

New Advisory Board Member

Douglas Gould recently joined Coastal Keepers as an advisory board member for the island nonprofit organization.

Gould grew up near Philadelphia and visited Sanibel annually for 12 years before moving to the island with his wife, Christina, and their daughter, Reagan. After graduating from Wittenberg University, he attended Vermont Law School where he served as a note editor for the *Vermont Law Review* and co-founded the school's Criminal Law Group and Trial Advisory Board.

In 1996, Gould went to work for the Montgomery County District Attorney's Office in Norristown, Pennsylvania, where he served for nearly five years. During his time with the office, Gould served on the Narcotics Enforcement Unit, Sex Crimes Unit and Major Crimes Unit. In 2001, Gould left the office and went to work for Pizonka, Reilly, Bello & McGrory, PC in King of Prussia, Pennsylvania, where he ultimately became a partner. In July, Gould successfully sat for part A and part B of the Florida Bar Exam.

Gould has been deeply affected by



Doug, Christina and Reagan Gould photo provided

the recent fish kill and economic injury inflicted on local businesses by the recent red tide outbreak. He hopes to use his personal and professional experience to aid Coastal Keepers with its goal of conserving the estuary while enhancing the Sanibel community.*



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Will Power

Understanding Your Estate Plan



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

From time to time, prospective clients tell me that they don't completely understand their estate plan. I empathize since wills, trusts and durable powers of attorney can be confusing. What may appear as straightforward terms take on entirely different meanings under the law. Moreover, each state's laws are different, so when you migrate from another state to become a Florida resident, unintended consequences might arise in your plan if you don't update it to Florida law.

Let's talk about income, for example. Suppose that

Mike has an annuity that pays out income over the course of 20 years, but he dies in year five. The annuity pays to a marital trust for his wife, Betty, and, upon her death, the trust is distributed to his sons from a prior marriage, Stan and Larry.

Assume that, at Mike's death, the annuity has a basis of \$100,000 and the current value is \$400,000. So for every distribution, 75 percent of it is taxable. So, over 15 years, each year's annuity payment approximates \$30,000, of which \$22,500 is taxable as income.

Under Florida law, however, most of the \$30,000 annuity distribution is not "income" to the marital trust, rather it is "principal" or corpus. This same law is true in many other states, by the way.

What does it mean when the annuity distribution is mostly principle under trust law rather than income? Unless the marital trust authorizes the distribution of principal to Betty following Mike's death, most of the annuity distribution will remain in the marital trust share undistributed until Betty's death.

Worse, since under federal income tax law \$22,500 of the annuity distribution is taxable, the trust will pay the income tax. Note what's happening here. State law calls the annuity distribution "principle" but federal tax law deems that same distribution to be taxable income.

When the taxable income is not distributed from the trust to a beneficiary, it is accumulated inside of the trust. Accumulated income is taxed at a very high rate, as federal tax laws compress the marginal tax rate schedules applicable to irrevocable trusts. Mike's trust became irrevocable at his death.

In other words, the marital trust, despite the modest amount of taxable income, will likely incur the current highest marginal tax rate, which is equivalent to 37 percent.

This is not very easy for the layman to understand. It's not that the average client isn't smart enough; it's just that when you are dealing in trust and tax law, what may appear simple often isn't. This is one reason why so many individuals who attempt to construct their own estate plans through web-based programs get themselves into trouble. To create the best estate plan, one must not only understand the complex income and trust tax laws, but also how the various types of assets that are unique to one's own situation affect the plan's outcome.

I'm holding a unique interactive workshop on Wednesday, November 7 at 2 p.m. at The Community House on Sanibel. I'm trying something new in that I'm asking the attendees to bring their current estate planning documents with them. I'll explain the major elements of a revocable trust, and my law partner and associates will roam the audience and help attendees find the provisions that we're discussing, answering any questions about their application.

We'll review the differences between wills and trusts, common trustee issues that every trust should address, and provisions governing the disability of the grantor, and what happens, for example, if you can't act as the trustee of your own trust because you lost your mental acuity. We'll also review administrative, tax and distribution provisions.

If you're interested in attending, you can RSVP through our website at www.estateplanu.org or by calling 322-3831.

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From page 1B

Sea Turtles

that hatchlings may be the lone glimmer of hope in an otherwise horrible red tide season."

According to The FWC Fish and Wildlife Research Institute, hatchlings are less likely to be affected because they immediately swim to offshore areas and would not remain within areas of intense red tide.

"During the current and previous red tide events in Florida, we have not observed increased numbers of hatchlings found dead or washed back to shore, or hatchlings behaving abnormally on the beach or in the water," FWC posted back in August. "Hatchlings could be exposed to the red tide toxin in aerosols as they move offshore and may experience some respiratory irritation but, at present, we do not have any indication that this causes any noticeable effects on their survival."

The agency requests that if the public witnesses sick, distressed or dead wildlife, they should call FWC's Wildlife Alert Hotline at 888-404-3922 (press 7 for the operator).

"We always see hatchlings who don't make it washed up on our beaches, but that number didn't go any higher than your average year," added Sloan.

Another observance Sloan shared from this year's nesting season was the number of incidents that sea turtle program volunteers observed nesting females acting erratically, especially towards the end of the season.

"We got reports of females acting

really lethargic, or turning right around and going back into the water while attempting to nest," she said. "Red tide mainly affects Kemp's ridleys and loggerheads because they feed on mollusks and crabs; green sea turtles eat sea grasses. We've seen data that shows greens heading down to the Keys to forage. It was a low year for nesting greens, but next year their numbers should go up."

Sloan also took time to thank her army of sea turtle program volunteers and fellow SCCF staff members. In addition to their daily beach patrols, which begin at dawn, the group collected approximately 1,117 gallons of trash and debris left on island beaches.

According to SCCF, the cost of adopting a sea turtle nest is \$75. That includes a tax-free deduction of \$58 with a T-shirt, or \$75 without one. For more information, visit www.sccf.org/our-work/sea-turtles.

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Highlights From The 33rd Annual Baileyfest Celebration



The 33rd annual Baileyfest Queen and King, Anabella Del Valle and Stephen Sampas, arriving at Sunday's celebration via mule wagon to the cheers and applause from all in attendance
photos by Jeff Lysick



From left, Calli Johnson, Richard Johnson and Sanibel City Manager Judie Zimomra welcoming the crowd



Dot Lee and Trouper the Blind Raccoon with emcee Frank Torino



Siblings Natalia and Stephen Sampas trying on PFDs with Joanne Heroy-Giller of the Sanibel-Captiva Power Squadron



Cancer survivors Mary Bondurant and Terri Cary



Roni Martorelli, left, introduces last year's king and queen to this year's royal court during the crowning ceremony



Conchalele Bob & The Seagles performing *Doctor My Eyes*



From left, Grace McKinney, Joey Giangreco and Gabby McKinney from The Sanibel School



FISH of SanCap volunteers Tom and Lynn Meline



From left, Domenico Ferrara, Sarah Barone and Marnie Miszewski from Helping Paws Animal Sanctuary



From left, Lions Club member Bob Kern with Sanibel-Captiva Optimist Club members Randy Carson, Allen Dunham, Dani Howard and John Jones



Sanibel Historical Village Executive Director Emilie Alfino speaking with Historical Preservation Committee member Yvonne Hill



Esther Silver with her dog, Chance



Sanderella singing I'm Every Woman



John Stey performing 32 Acres



A young rider tries his turn on the mechanical bull



A youngster playing on the inflatable Slam Dunk game










People lining up to sample some of the chili cook-off entries



Guests enjoying the rock climbing wall and horse and mule rides



Kids lining up for their turn on the inflatable waterslide

 FRIDAY Cloudy High: 80 Low: 70	 SATURDAY Cloudy High: 82 Low: 72	 SUNDAY Mostly Cloudy High: 84 Low: 70	 MONDAY Partly Cloudy High: 80 Low: 72	 TUESDAY Mostly Cloudy High: 75 Low: 65	 WEDNESDAY Mostly Cloudy High: 78 Low: 67	 THURSDAY Partly Cloudy High: 76 Low: 66
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:41 am	8:41 am	3:43 pm	7:59 pm
Sat	2:11 am	9:28 am	4:41 pm	8:24 pm
Sun	2:47 am	10:22 am	5:54 pm	8:51 pm
Mon	3:30 am	11:26 am	None	None
Tue	4:22 am	12:39 pm	None	None
Wed	5:33 am	1:55 pm	10:22 pm	None
Thu	7:13 am	12:59 am	10:48 pm	3:04 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:46 am	8:43 am	2:48 pm	8:01 pm
Sat	1:16 am	9:30 am	3:46 pm	8:26 pm
Sun	1:52 am	10:24 am	4:59 pm	8:53 pm
Mon	2:35 am	11:28 am	None	None
Tue	3:27 am	12:41 pm	None	None
Wed	4:38 am	1:57 pm	9:27 pm	None
Thu	6:18 am	1:01 am	9:53 pm	3:06 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	1:54 am	9:19 am	3:38 pm	9:10 pm
Sat	2:12 am	10:00 am	4:30 pm	9:42 pm
Sun	2:41 am	10:41 am	5:20 pm	10:14 pm
Mon	3:23 am	11:26 am	6:12 pm	10:45 pm
Tue	4:14 am	12:21 pm	7:09 pm	11:22 pm
Wed	5:12 am	1:34 pm	8:09 pm	None
Thu	6:34 am	12:48 am	9:07 pm	2:46 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:51 am	11:57 am	5:53 pm	11:15 pm
Sat	4:21 am	12:44 pm	6:51 pm	11:40 pm
Sun	4:57 am	1:38 pm	8:04 pm	None
Mon	5:40 am	12:07 am	None	2:42 pm
Tue	6:32 am	3:55 pm	None	None
Wed	7:43 am	5:11 pm	None	None
Thu	12:32 am	4:15 am	9:23 am	6:20 pm

Island Seniors At Center 4 Life

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

Center 4 Life activities will be canceled on Tuesday, November 6 due to elections.

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

The sale will be held on Saturday, November 3 from 9 a.m. to 2 p.m. There will be grilled hot dogs and other refreshments available during the sale.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email oceann@comcast.net or contact the center. The featured book for Wednesday, November 14 is *Before You Were Ours* by Lisa Wingate. There will be a book discussion at 2:30 p.m.

Line Dancing Classes – Monday, October 29 at 11 a.m. Cost is \$2.50 for members and \$5 for non-members. Join the group for an hour of fun. The instructor will review dance steps then turn up the music for dancing. Bring a friend.

New York Jets at the Miami Dolphins – Sunday, November 4. Cost is \$159 for members and \$169

for non-members. Includes round trip transportation, reserved upper level end zone seat, pre-game lunch and beverage. The Hard Rock stadium recently went through a \$500 million renovation including sunshade that covers many of the seats. Excessive drinking and use of profanity will not be tolerated. Limited seats available. Depart from Fort Myers location at 7:30 a.m.

Seven-Day Christmas Trip to New Orleans – Sunday to Saturday, December 2 to 8. Cost is \$1,364 for members (per person, double occupancy) or \$1,774 (single occupancy). Non-members are \$1,389 (per person, double occupancy) or \$1,799 (single occupancy). Includes round trip bus transportation, six-night accommodations including four nights in the heart of New Orleans, Oak Alley Plantation, New Orleans Cooking School, Mardi Gras Museum, World War II Museum and Mississippi Jazz Brunch Cruise. Advance registration required, while spots last.

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

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

Non-members are \$599 (per person, double occupancy); \$869 single. Includes round trip transportation, two nights at the Hyatt Place in Marathon, five meals (two breakfasts, two lunches and one dinner), Schnebly Winery tour and tasting, and lunch, full day in Key West with private tram tour and all-day hop-on/hop-off privileges, and tour of Dolphin Research Center. Advance registration required on a first come basis.

Let's Write with Vicky Lettmann – Mondays, October 29, November 5 and 19 from 10 a.m. to noon. Cost for members is \$15 per class; non-members are \$20 per class. This class is for anyone who wants to write. During class, you will look at short examples of effective, engaging writing and then plunge into your own writing using exercises, prompts and various jumpstarts. Bring a notebook and pen. Space is limited, so sign up early.

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

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

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

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – November 13, 20 and 27 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance

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

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

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

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

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

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

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

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



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Front from left, Emily Frost, Kristin Bechtel, Yenni Guido, Ana O'Connor, Sundial General Manager Phillip Starling and 10K race committee member Pete Bender; back from left, Brett Lindsay, David Irwin, Tracy Snyder, Donna Brown and Paul Cuppy photo provided

Sundial Named Gold Sponsor For 10K Race 4 FISH

Sundial Beach Resort & Spa has been added as a Gold Sponsor of the 10th annual 10K Race 4 FISH. “The Sundial Beach Resort and Spa is proud to be a gold sponsor of the race in its 10th year,” said General Manager Phillip Starling. “We recognize and support the valuable programs FISH administers within the Sanibel-Captiva community, and appreciate its multiple

social service initiatives. FISH is a true asset in furnishing resources to so many.” “Sundial has long been a supporter of our community and the race,” said Ed Ridlehoover, 10K race committee co-chair. “We appreciate the support of Sundial. They are a valued neighbor.” Sundial employees have once again formed a team. To register for the Saturday, October 27 race, go online at www.fishofsancap.org under the “Our Major Events” tab. The race will start and finish at The Community House, located at 2173 Periwinkle Way. Runners receive a T-shirt and medallion with awards in each age group.✱



Chamber guests at Dante's Coal Fired Pizza photo provided

Chamber After Hours Networking

Sanibel and Captiva Islands Chamber of Commerce members sampled a variety of pizza, pepperoni rolls and other appetizers at Dante's Coal Fired Pizza during the October After Hours gathering. The networking opportunity for the business community is hosted at a different location each month. Dante's Coal Fired Pizza, located at 937 East Gulf Drive, creates pizza, sandwiches and pasta dishes with

fresh, simple ingredients that is a family tradition. The next Chamber After Hours will be a Google Business Online program at 3:30 p.m. Monday, November 5 at Thistle Lodge, located at 2255 West Gulf Drive. Members who reserve their space will learn how to set up their business on Google and some easy marketing tips. Following the program, After Hours will be held from 5:30 to 7 p.m. in the same location. For reservations, contact the chamber at 472-1966 or sign up online at www.sanibel-captiva.org. Cost is \$5 in advance; no walk-ins.✱



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There Are Many Local Storylines In The 2018 World Series



by Ed Frank

Writing this column on the eve of the 115th World Series, I noted there are numerous connections to our local area that are worthy of describing.

To begin with, the Boston Red Sox, vying for its fourth world title in the last 14 years, have trained here since 1993 – 1993 to 2011 in the City of Palms Park in downtown Fort Myers, and since 2012 in JetBlue Park at Fenway South on Daniels Parkway.

If you have any doubts as to the frenetic following of the Red Sox in our area, consider these facts:

The Red Sox have sold out 122 consecutive Grapefruit League Spring Training home games dating back to their time at the City of Palms Park, and 223 of their last 224 home games overall.

Can you imagine the demand for Red Sox tickets come next spring, win or lose the World Series?

There are so many story lines in this World Series matchup between two baseball heavyweights, the Red Sox and the Los Angeles Dodgers, volumes could be filled.

But foremost for our area, is the story of local Florida Gulf Coast University pitcher Chris Sale, who has emerged as one of baseball’s premier pitchers. He was slated to start Game One for the Red Sox.

Sale, who continues to make his home in Fort Myers, is completing his ninth Major League season, seven with the Chicago White Sox and two with the Red Sox. He was the 13th overall pick in the 2010 Major League Draft and made it to the Major Leagues in a swift 60 days.

His pitching record is astounding any way you look at it. Although hampered this past season by injuries, his overall record since coming to the Red Sox is 29-12 with a 2.56 ERA and 546 strikeouts in 372-1/3 innings pitched.

He was matched up Tuesday night for the series opener against the Dodgers Cy

Young Award winner Clayton Kershaw. The Dodgers and Red Sox last met in the 1916 World Series, when the Dodgers were known as the Brooklyn Robins. The Red Sox won in five games. Although the Dodgers are returning to the World Series in back-to-back years, it has been 30 years since they have won a title. The Las Vegas oddsmakers have made the Red Sox a slight favorite, based no doubt on the fact they won a franchise record 108 games in the regular season. Dodger’s manager Dave Roberts and Red Sox manager Alex Cora are close friends, and there is a little bit of Red Sox history in Roberts himself. He was a bench player for the Red Sox in 2004, having been sent to Boston from the Dodgers at the trade deadline. He stole second base in Game Four in the American League Championship Series against the New York Yankees in a game won by Boston in 13 innings to keep the Red Sox alive from a three-games-to-none deficit to win the ALCS. Red Sox fans will never forget that their beloved team went on to sweep the St. Louis Cardinals in the 2004 World Series to end an 86-year World Series drought. The Red Sox-Dodgers World Series matchup promises to be exciting from the get-go. Would we want it any other way?✴✴

Hockey Night Fundraiser For School Chorale

by Jeff Lysiak

For the first time ever, members of The Sanibel School Seahorse Chorale and Elementary Choir will be performing the National Anthem prior to a Florida Everblades game at Hertz Arena in Estero, part of a fundraiser for the school music department to support the chorale’s upcoming trip to Walt Disney World. “We’re selling tickets through a special link with a promo code,” said Joey Giangreco, music educator at the K-12 school. “Tickets are only \$18 each, and the school receives \$8 from every ticket sold.”

Tickets for the Friday, November 9 Florida Everblades home game against the Jacksonville Icemen are only available online at www.floridaeverblades.com/SanibelNight. Use the promo code SANIBELSCHOOL to receive this special offer and sit in the Sanibel section with your fellow school supporters and island neighbors.

In addition to it being Sanibel Night, it’s also Swampee the Everblades mascot’s birthday. The first 3,000 children attending the game will receive a Swampee Growth Chart, courtesy of sponsor Arthrex. Children 12 and under eat free in the Breakaway Sports Pub at Hertz Arena with the purchase

of an adult entrée. According to Giangreco, funds raised through the purchase of tickets to Sanibel Night will help offset the costs to bring the school’s Seahorse Chorale to Lake Buena Vista, Florida later this year. On Friday, December 7, the group will be performing on the Disney Springs Marketplace Stage starting at 11 a.m. “In the past, we’ve brought two different groups to Walt Disney World,” said Giangreco. “In 2017, the school’s steel drum band performed at Disney Springs. And in February of this year, the Seahorse Chorale performed on the Marketplace Stage there, too.” For their upcoming performance, six songs have been planned: *We Will* by Jim Papoulis, *Homeward Bound* by Marta Keen, *Pompeii*, arranged by James Narverud, *Keep Your Lamps Trimmed and Burning*, arranged by Greg Giplin, *We’re All In This Together* from *High School Musical*, arranged by Alan Billingsley, and *This Is Me* from *The Greatest Showman*, arranged by Mack Huff. “I think it’s a great setlist; we’ll be able to showcase a wide variety of musical genres,” added Giangreco. “My students have been working together since August, and they’ve worked really hard and are sounding great. Everybody’s looking forward to performing at Disney again.” Tickets for Sanibel Night must be purchased by Thursday, November 8. Hertz Arena is located at 11000 Everblades Parkway in Estero. The puck drops at 7:30 p.m.✴✴

SPORTS QUIZ

1. Name two of the three Seattle Mariners who have been named Most Valuable Player of the All-Star Game.
2. In how many seasons did Hall of Fame pitcher Nolan Ryan’s combined total of walks and strikeouts exceed 500?
3. In 2016, LSU’s Derrius Guice became the second player in SEC history to rush for 250-plus yards twice in a season. Who was the first?
4. When was the last time NBA teammates each tallied a triple-double in the same game?
5. In 2018, the Vegas Golden Knights became the third team in NHL history to win multiple playoff series in its first season. Name either of the first two.
6. Who was the last NASCAR Rookie of the Year to go on to win a season championship later in his career?
7. The last time the U.S. tennis team played in consecutive Fed Cup finals before 2017-18 was in 2009-10, when it lost to the same country both years. Name the opponent.

ANSWERS

1. Ken Griffey Jr. (1992), Ichiro Suzuki (2007) and Robinson Cano (2017). 2. Four times (1973, '74, '76 and '77). 3. Kentucky’s Moe Williams, in 1995. 4. In 2007, the Nets’ Vince Carter and Jason Kidd each had a triple-double against Washington. 5. The Toronto Arenas in 1918, and St. Louis Blues in 1968. 6. Kyle Busch, who was Rookie of the Year in 2005 and NASCAR Cup Series champion in 2015. 7. Italy.

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Mabel Lopez photos provided

FISH Hosting Presentation On Sleep Disorders

FISH of SanCap, along with Brain and Mind Care, is offering a community presentation, titled Are You Walking Around in a Fog? on Thursday, November 8 from 12:30 to 2 p.m. at Sanibel Congregational United Church of Christ.

Dr. Mabel Lopez, PhD, neuropsychologist, will discuss the



Kathy Y. Monroe importance of sleep, why you may have sleepless nights, and how to get the amount of sleep and rest that your body and brain need to function at optimal capacity.

FISH Program Director Kathy Y. Monroe said, "Sleep deprivation plays an important role in memory and attention. Various sleep behaviors and/or disorders (insomnia, sleep apnea, sleep deprivation) affect the way our brains function. Some of these disorders, gone untreated, might lead to very unfavorable and irreversible consequences."

If you, or someone you know, suffers from sleep deprivation or other sleep disorders, this is a presentation you won't want to miss. The seminar is open to the community and lunch will be provided. For more information

and to RSVP, call Kathy Y. Monroe at 472-4775.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, visit www.fishofsancap.org.✧

Superior Interiors Welcome To Our Home



by Linda Coin

Each one of our clients expresses their own individual taste and style preferences. Ask them about color, and there are those who like bright happy hues while others desire a more subdued neutral or monochromatic palette. As far as comfort level, they will let you know if formality best suits their lifestyle, or the way they like to live is more casual. Today, the trend is individuality... whatever spells living well to a client.

However, as a group, clients face universal challenges and goals. Every client desires feeling at ease when she or he entertains family and friends, and taking pride in the way a home looks is extremely important. Nobody's house

comes without a challenge or two that needs to be addressed. It's surprising how long many people wait before converting the room that guests first see when they enter a house into attractive, functional, inviting space.

Enhancing the foyer or creating an inviting entry can be easily accomplished with minimal investment. It's important that the foyer sets the tone for the home's décor. Highlight a color present in the public rooms and add a few functional furniture pieces, rug and accessories to finish off the space.

If the entry into your home is directly into the living area, concentrate on making an inviting first impression there. A well-designed living or great room begins with a furniture plan with distinct conversation areas. These cozy arrangements draw your guests in with a "sit a while" attitude. Layers of interest with the addition of color, texture and form from paint, fabrics and furniture will complete the space. Also take into consideration adjacent rooms that are visible from the entry door and address the flow similarly.

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



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Doctor and Dietician

Laughter Is Good Medicine



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

Laughter can't cure all ailments, but it can be good medicine. When you laugh, your intake of oxygen increases, and your heart, muscles and lungs are stimulated. Not only that, but feel-good brain chemicals, like dopamine and endorphins are released. After a good hearty laugh, stress and tension are soothed, leaving you feeling more relaxed, both emotionally and physically. Stress relief is an amazing benefit of laughter, but the benefits don't stop there. The endorphins that are released with laughter loosen up the arteries, which relaxes them, allowing blood to flow more freely, which results in reduced blood pressure. Endorphins

also provide a type of natural pain relief. Certainly, health conditions need to be treated seriously by you and your medical provider, but having a sense of humor can be helpful for dealing with chronic pain and illness. We can tell you from treating thousands of patients that laughter can really help lighten the enormous emotional load that illness brings upon a family. Laughter raises serotonin levels, a brain chemical that helps to fight depression. Laughing is contagious, so surround yourself with upbeat people who encourage you to smile and make you laugh. Likewise, being surrounded by people who are routinely pessimistic and do not share your sense of humor could wear on you, including your ability to laugh. Since folks are a lot more likely to laugh when they are with others, why not invite a friend to go to a comedy performance or a funny movie? Or, check out the comedy section in the library or a bookstore and then share it. At home, hang comic strips or funny family pictures in a place that will remind you and your family to chuckle. Enjoy the natural stress relieving effects of laughter. *This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@carimgmedical.com.**

Pros And Cons Of Service Agreements



by Bryan Hayes
There are many different types of service agreements offered on the market today. There are pros and cons to each program. Following is an overview of two of the more common

programs offered. Semi-annual preventive maintenance program – This program includes two a/c checks per year. During these a/c checks, a trained technician will go through the system to make sure everything is clean and operating properly. The scope of this program is to identify any minor problems prior to them becoming major problems. The pros: You have a professional looking at your system twice a year; You have a clear picture of the health of your a/c system; Your system's drainage system is back flushed. This is the most common problem with a/c systems, and having it cleaned helps prevents a backup from happening; You receive discounts for any additional work needed; It is usually much cheaper than the parts and labor programs; As an agreement customer, you are given priority over non-program customers. The cons: It is not going to cover repairs as they arise. Air conditioning maintenance and repair program – This type of program includes the items stated previously but also has some repairs built into the price of the program. This may sound like a good thing at first, but there are some inherent problems with this type of program. Let's start with the pros: It covers some repairs, but not all (i.e. rust, corrosion, electrical lines are not covered; It can help prevent unexpected repair bills. Now, on to the cons: All repairs are not covered; This program can sometimes be three to four times the cost of a preventive type agreement; This type of program can lead to a band-aid effect. This type of agreement can lead to just fixing problems for the short term without consideration to efficiency or reliability. As you can see, there is a bit of a difference in the two programs. I believe that the best choice is the semi-annual program. But that's just me. I guess that's why they make vanilla and chocolate. *Bryan Hayes is a Sanibel air conditioning contractor. He also owns, with his brother Todd, an electrical business on Sanibel. He can be reached at Bryan@Sanibelair.com.**

Beautifulife:

Embrace Health



by Kay Casperson

How many of you are paying attention to what your body is telling you day to day? I know, some of you are saying to yourself, "If I worried about every little ache or pain, there wouldn't be enough time in the day, or I would seem like a chronic complainer." As we age, we definitely find that more things creep into our lives concerning ailments and such, but there are ways to ward off what might become a bigger problem later by listening to what your body is telling you now.

Have you been pushing through headaches or extreme fatigue? Are you finding yourself stiff more often after sitting for a while? Is there a sharp pain somewhere that won't seem to go away, even if you are getting enough rest, eating well and exercising? If you answered yes to any of these things, your body might be letting you know that something is just not right and you need to pay attention. I suggest that you take a closer look at what you might be missing regarding an over health check. Are you drinking enough water daily? This amount varies depending on your height, weight and how active you are, so drink when you are thirsty but if in doubt, try to get at least eight glasses a day. Dehydration can cause many issues, but the first sign is usually a constant headache. If you're getting enough sleep but still feel fatigued and sluggish, then there may be an underlying health issue. As we age, it is always best to get annual physicals, and I highly recommend seeing a nutritionist as well to have a good balance between science and nature. I am also a big believer in getting your hormones checked, because if they are out of balance, it can lead to a variety of health issues.

Aches, pains and stiffness can usually be altered by specific stretching, exercising, yoga moves and walking. I also like to add free weights into my routine to build strength so that your body continues to stay strong and burn excess fat. Just remember, that if those aches and pains don't go away, then see a doctor who specializes in that area of your body. Remember to embrace health for your body as well as your mind. Here are my top suggestions to keep you moving in the right direction to having your most balanced and beautiful life: Make good choices in the foods you eat, make a list of the foods you need before you run to the grocery store to avoid purchasing things that don't fit your goals. Keep fresh fruits, vegetables, and nuts on hand for snacking instead of unhealthy options.

Drink enough water to stay hydrated all day long and add a lemon for flavor and the additional benefits of extra vitamin C. Find out what your body is lacking regarding nutrition from foods and supplement with a personalized daily vitamin program. Get regular physicals to find out what you can work on to keep on track with your health, and to tackle things before they become harder to manage and control. Exercise daily by walking, biking, hiking, stretching, yoga or free weights. Or, you can try mixing all of these into your life at various times to keep things exciting. The point is, keep moving and keep building strength. Focus on affirmations every day that will keep you inspired to live your best life. Affirmations are so crucial because if you wait for others to tell you that you can do it and that everything is attainable, you will wait forever. Tell yourself how awesome you are, how strong you are, how well you are, then believe it and watch it happen. Most importantly, choose to be happy with every decision you make. Be happy where you live, be happy with what you do, be happy with who you spend your time with. If you are doing something just because you think you can't change your present situation, think again, because the choice is yours. My affirmation for you is: "I will embrace health and take charge of my body to live my best life." *Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.**

Committee Members Sought

The City of Sanibel is looking for new members for its vegetation committee. Responsibilities include: Attend committee meetings on the first Thursday of each month at 1:30 p.m. at city hall; Appointees must earn a passing score on the city's vegetation competency exam; Assist in the administration of the city's vegetation competency class and exam for landscape professionals. The class and test is offered four times per year, in January, April, June and October, on the first two Friday mornings of the month; Assist the city's planning and natural resources departments with vegetation inspections. Any resident wishing to serve may visit www.mysanibel.com for an online advisory committee application. If you have any questions, contact the city manager's office at 472-3700.*

dearPharmacist

Six Surprising Health Benefits Of Dandelion Weeds



by Suzy Cohen, RPh

Dear Readers: Dandelion greens might be considered a weed, but this potent plant contains an impressive arsenal of nutritious compounds that you may want to add to your diet. I'm referring to dandelions as in

Taraxacum officinale.

This notoriously bitter weed is packed with protein, minerals and more vitamin C than spinach. The entire plant is actually edible, though I've never eaten the whole thing, just the leaves. Some people literally harvest the yellow flowers before they open and fry them up in a pan with garlic, butter and other seasonings.

Dandelion is very easy to harvest, remember it's kind of like a weed, it grows everywhere. And interestingly, this inexpensive plant is also sold at health food stores, especially in the produce section where it's usually near the collard greens and kale. Here are six reasons to take dandelion:

Aids The Digestive System – The plant is a mild diuretic, making you urinate more than normal. It can improve the functioning of the pancreas, stomach, kidneys and spleen without depleting your body's potassium stores. Diuretics are known to reduce blood pressure. With dandelions, the two compounds that work in this capacity are chicoric and chlorogenic acid.

Good Source Of Antioxidants – You can thank the dandelion's bitter taste for its antioxidant properties that clean your blood. If you can get used to more bitter foods (and less sugary ones), then your detox pathways that operate in your liver will thank you with better health.

Can Aid Weight Loss – Though the facts are still forthcoming, there is evidence today that consuming dandelions can support weight loss by improving your fat-burning rate and metabolism, and simultaneously reducing fat absorption. It's due to the presence of chlorogenic acid – a compound also found in coffee.

Helps Fight Inflammation – Could eating flowers help you with arthritis? Probably not, but it's fun to think that way. I like herbal remedies that reduce pro-inflammatory cytokines like IL-6 and TNF alpha. Dandelion does this very thing, helping you reduce risk for heart attack, cancer and diabetes.

Can Help Control Blood Sugar – Two biologically active phytochemicals in dandelions (specifically, the chicoric and chlorogenic acid) show evidence of controlling blood sugar by regulating your pancreas's insulin production.

Useful as a skin treatment – Applying a leaf and flower extract immediately before or after intense sun exposure seems to reduce overall skin damage. Dandelion-containing creams or poultices reduce skin irritation and may help with acne.

Fresh dandelion greens can be used in fresh salads, sandwiches, smoothies and teas. If they're too bitter, make a 50-50 mix of dandelions with a subtler green like spinach or Swiss chard.

You could make a tea, or buy a commercially prepared teabag. You could also sauté the dandelion greens with some sweet fruits like pineapple. While dandelions are considered a safe plant for most people, there are a few reported incidences of adverse reactions. People with ragweed allergies are sensitive to dandelions, so please avoid if that's the case.

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.

Complimentary Bodywork Classes

The Trager Approach is a unique bodywork and movement awareness method that promotes relaxation, pain relief and freedom of movement. Marva Sletten, PT, CMPT, CLT-LANA, LMT, will provide brief individual sessions on this bodywork method on Thursday, November 1 and Thursday, December 6 from 10:30 a.m. to noon at The Community House, located at 2173 Periwinkle Way.

Contact Sletten at 910-7577 to schedule your session. There is no charge. For more information, email thenatureofwellnessflorida@gmail.com or visit www.thenatureofwellnessflorida.com.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Why is oxytocin called the love hormone, and what other hormones are released when in a relationship?

A: When we fall in love, oxytocin is released and

promotes a sense of trust to the partner and feelings of love and attachment. It is also known as the "cuddle" hormone, for when we are touched and having intimate interaction, this hormone is also released. Our bond to a partner remains strong as a result of the release of this hormone regardless of what we receive from a partner (intermittent reinforcement of gifts, flowers, compliments, etc.) Oxytocin is also released when cuddling with a pet.

When we are in contact with the person we love, adrenaline is released in the reward center of our brain. When this occurs, we experience hearts racing and sweaty palms.

Adrenaline and norepinephrine are two stress hormones that prepare our body for the fight or flight response. Cortisol, a stress hormone, gets released during the highs and lows

of a relationship. It is released by the adrenal glands as a part of "fight or flight." If cortisol drums up fear-based memories, there are some tools to use to counteract this stress hormone:

Mindfulness Meditation
Exercise
Music Therapy
Become involved in more social situations
Learn to laugh – loosens up the solar plexus

Nothing feels quite like those oxytocin chemicals releasing, so enjoy the love and cuddling.

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.

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Island Sun

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Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Choral of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc . . .	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Siamese And Dylan

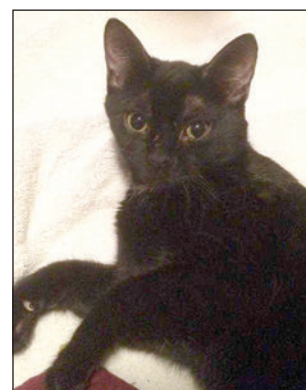
Hi! I'm a beautiful 12-year-old male Siamese cat named Siamese. I am a very sweet kitty and am in need of a new home as my human can no longer keep me. I am looking for a quiet home with someone who wants to give me lots of affection. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$75.



Siamese

Hello, I'm Dylan. Aren't I just adorable? I'm only 8 months old, so I'm quite the playful kitten. I

like other cats and hope I can find a home with another young kitty to play with. I'm neutered and up to date on all vaccines. My adoption fee is \$100. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at www.havenonearthanimalleague@yahoo.com.



Dylan

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

Lee County Domestic Animal Services

Martin And Maverick

Hello, my name is Martin, and I arrived at the shelter in July. I am a 1-year-old male pit bull mix who loves bubbles, water and dressing up but, most of all, I'd love to be in a real home. I am currently the longest-term resident in dog adoptions. I am the perfect size for anyone that loves bully breeds, but has weight restrictions as I am under 40 pounds. I know how to look up at you with these sad eyes and draw you in and then roll over for belly rubs.

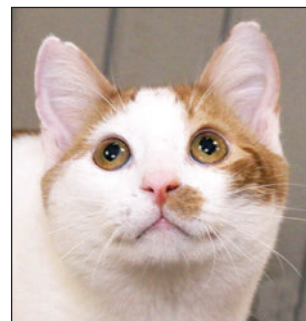


Martin ID# A747065

My adoption fee is \$30. Hi, I'm Maverick, and I am the epitome of a gentleman. I am a 2-year-old male domestic shorthair who is gentle, well-mannered and kind to my feline friends. My unique look gives me that extra special something that puts me above the rest, but I don't let that go to my head. I consider myself just one of the guys. Stop by today and meet me to see if I will be a good fit for your family today.

My adoption fee is \$10, and you can adopt one and get one free.

Lee County Domestic Animal Services (LCDAS) will be joining the American Society for the Prevention of Cruelty to Animals (ASPCA) with the #FindYourFido initiative for the second consecutive year. The campaign's goal is to raise awareness of homeless animals and to help find safe, loving homes for dogs in the community. To encourage local supporters to #FindYourFido, LCDAS will reduce its adoption fees for dogs to \$30 through October 31. The ASPCA #FindYourFido campaign is designed to expand the digital exposure for animals nationwide and raise awareness regarding the benefits of adopting a pet. During the month of October, "Fido," a cardboard cutout ambassador for adoptable dogs, will be in the lobby of LCDAS to illustrate how easy it is to picture a shelter pet in someone's daily life and encourage animal adoption.



Maverick ID# A757611

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

PAWS Of Sanibel

Sonny And Cher

This is Sonny and Cher. Some of you may remember them. Three years ago, four kitties, the momma and three kittens were trapped between the Sunset Beach Resort and Lantana condominium on West Gulf Drive. All were adopted (Lana, Tanner, Sonny and Cher) to lovely people. However, Sonny and Cher's mom



Sonny

has reached a time in her life when she feels she must move in with family over on Pine Island. Unfortunately, in addition to her granddaughter being allergic, her son operates a business out of his home that is directly on Pine Island Road and the doors are always opening and closing, so it's not safe for kitties. These are very special kitties, and need to be together forever. Call Pam at 472-4823 if you can give these sweethearts a new home.✱



Cher

PUZZLES

Answers on page 29B

Super Crossword

SIX TIMES THREE

- ACROSS**
- 1 Fruit drink brand
4 Brooklyn NBA team
8 Les États- —
12 Instrument that drones
19 Gp. of docs
20 "Give it —" ("Go for it")
21 Somewhat, musically
22 Endless
23 Command for online missives
25 "Singing to the Hits" label
26 Woodlands
27 Army chaplains open curtains?
30 Haughty sort
31 Pilferer
32 MSN competitor
33 Queen in "Frozen"
37 Flower parts with the most light, soft colors?
42 "Come on!"
45 Comes — surprise
46 "He-e-elp!"
47 Stir-frying pan
48 Provo site
- 49 Inits. at Indy
52 See 36-Down
55 Heckles
57 Leatherneck pilots stay behind?
63 Split to splice
64 City near Oneida Lake
65 Pulse
66 Hooded vipers
70 Little louse
71 Aside from
73 Hooded coat
75 Weep aloud
77 — for tat
78 Window part
- 105 Heartless doughnut shop employee pestering customers?
111 Hold to be
112 Med. plan
113 Queen, in Spain
114 Apia's locale
118 Change everyone's table positions during a spring holiday dinner?
123 Alike
126 Aid in solving
127 Racer Mario
128 Dribble
129 — -Iranian
130 Look to be
131 "I have it!"
132 Scented pouches
133 — tide
134 Makes a slip
135 Chaney of film
- DOWN**
- 1 Hinged door fasteners
2 Clarification starter
3 "I'll handle it!"
4 Convention sticker
- 5 SFO stats
6 Sad, in Paris
7 Slender, graceful girls
8 Maintenance processes
9 Averse to, with "of"
10 Like some cold coffee
11 Was bought for the price of
12 Happens to, as evil
13 On the crest
14 Richard of Hollywood
15 Determine in advance
16 Electees
17 Singer Boone
18 Ernie of golf
24 Move directly via a wholesaler
28 Comic Rudner
29 Eggs of fish
34 Yard surface
35 Coin opening
36 With 52-Across, proposes a date to
38 Get rid of
39 Before long
40 Starchy staple
41 Morales of the screen
- 42 Measures of light
43 And others, to Caesar
44 Divining cards
50 Less slack
51 Cherry stone
53 Illinois city
54 Golfer's peg
56 Spanish article
58 Lincoln loc.
59 It cuts wood with the grain
60 "Crocodile Rock" label
61 Sun orbiter
62 Reduces to pulp
67 Secondary leaflike appendage
68 Endocrine gland in the brain
69 Blizzards, e.g.
72 Log-in info
74 Lead-in to plunk
76 Crotchety cry
79 Follower of FDR
81 Copy
83 Part of Mao's name
85 Ashley Olsen's twin
87 Mass song
88 Crest
- 89 Go around
90 Bond girl player Adams
91 Comic Meara
92 Shed tool
98 Sticks fast
100 Entertainer Carmen
101 Like superstore shopping
102 Irritated fit
104 Deprives of weapons
106 Lottery winner's cry
107 Thurman of "Tape"
108 "— to it!" ("Simple!")
109 Anxiety
110 Many a sock mender
115 Rock genre
116 Brand of weedkillers
117 Iraqi, e.g.
119 Sommer of "The Prize"
120 Chip coating
121 German article
122 German river
123 Urban grid: Abbr.
124 One of the Gershwins
125 Karaoke stage item

1	2	3		4	5	6	7		8	9	10	11		12	13	14	15	16	17	18	
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123	124	125							126					127							
128									129					130					131		
132									133					134					135		

King Crossword

ACROSS

- 1 Cleo's slayer
4 — de deux
7 Ornamental loop
12 Neither mate
13 Performance
14 Wahine's greeting
15 Excessively
16 Intercom speaker
18 "— impossible"
19 African capital
20 At the home of (Fr.)
22 "— be an honor"
23 Maja painter
27 Table scrap
29 Luxury stadium seating
31 Italian isle
34 Put one's two cents in
35 Fridge
37 Insult (Sl.)
38 Ten (Pref.)
39 Anger
41 Vacillate
45 Foolish
47 Chaps
48 Chest for money
52 Type measures
53 Minimum
54 Corroded
55 "Gosh!"

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	
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48	49	50	51								52		
53							54				55		
56						57					58		

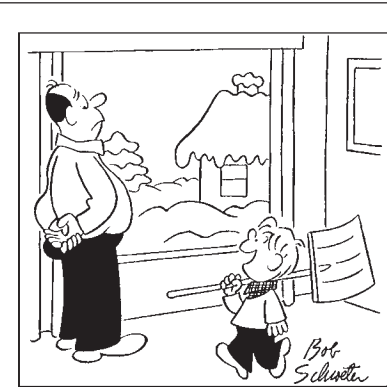
- 56 "Whoopie!"
57 Sleuth
58 Pismire
- eh?"
11 Earner's burden
17 Helps
21 1964 Anthony Quinn role
23 "Everything's Coming Up Roses" musical
24 Sapporo sash
25 Thither
26 Lumberjack's prop
28 Carnival site
30 Pond carp
31 Spanish literary hero
- 32 Expert
33 Chest muscle, for short
36 Intersection, on signs
37 Indicate
40 Moroccan city
42 Last letter
43 Mideastern land
44 Beginning
45 Division word
46 CEO, e.g.
48 Crafty
49 Earl Grey, e.g.
50 "Go, team!"
51 Bear, in Barcelona

MAGIC MAZE ● INVENTED 1900-1909

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

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

- Airplane
Bakelite
Cellophane
Cornflakes
Crayons
Escalator
Helicopter
Lie detector
Neon light
Sonar
Tea bags
Teddy bear
Tractor
Triode
Zeppelin



"Tell you what, Dad, a little
will get rid of a lot of the white stuff."

answer on page 31B

SCRAMBLERS

Unscramble the CAPITAL letters below to form four ordinary words. Then rearrange the boxed letters to form the mystery word to complete the gag!

Cunning

EIGUL

Spare

PRUSSUL

Tender

INDAYT

Impede

RHINDE

TODAY'S WORD

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

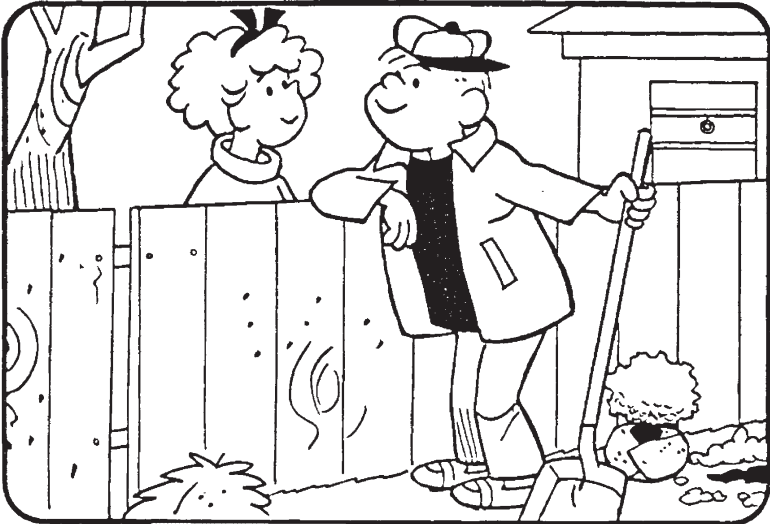
SUDOKU

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.

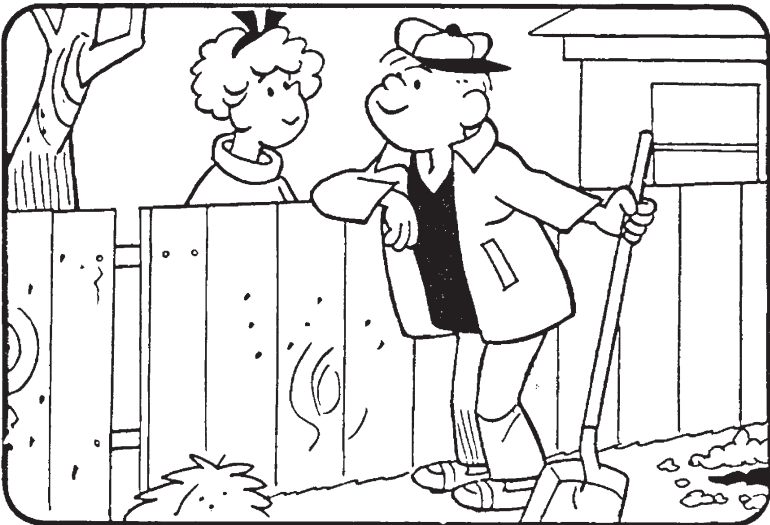
answer on page 29B

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence opening is wider. 2. Hair is different. 3. Neckline is different. 4. Arm is moved. 5. Window shade is missing. 6. Shrub is missing.

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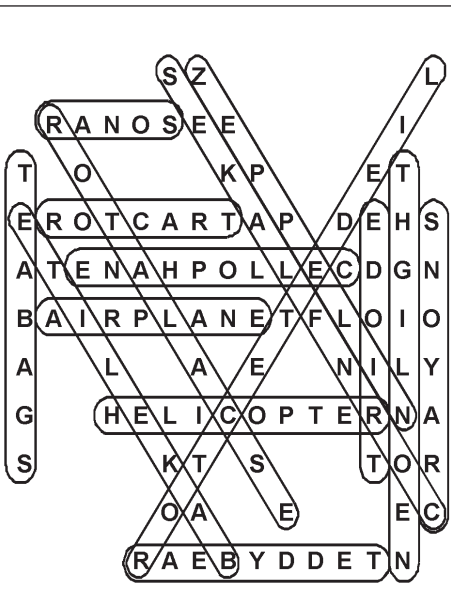
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HIC	NETS	UNIS	BAG	PIPE
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SEND	MAIL	KTEL	FORESTS	
PADRE	SSPREA	DDRA	PES	
SNOUT	THIEF	AOL	ELSA	
	PALEST	PASTEL	PETALS	
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ELOPE	UTICA	BEAT	ASPS	
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SUDOKU

4	8	3	7	2	6	5	1	9
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1	2	4	5	3	8	9	6	7
9	6	8	4	7	1	3	5	2
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10/26 ★ 11/16

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10/19 ★ 10/26

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10/26 ★ 11/2

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10/19 ★ 11/2

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10/19 ★ 11/9

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10/19 ★ 10/26

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10/26 ★ 10/26

My Stars ★★★★★

FOR WEEK OF OCTOBER 29, 2018

Aries (March 21 to April 19) The high standards you set for yourself don't always translate into the behavior you expect of others. That relationship problem can be resolved if you're more flexible and less judgmental.

Taurus (April 20 to May 20) Not enough party bids to satisfy the Bovine's fun-loving side this week? Go ahead and throw one of your own. Then prepare for some serious work coming up early next week.

Gemini (May 21 to June 20) A new and intensely productive cycle is about to kick in. Be careful not to get too stressed out, though. Make time to restore your energies by relaxing with family and friends.

Cancer (June 21 to July 22) This could be a good time to share some of your plans with those closest to you. Their comments could give you some added insight into how you might accomplish your goals.

Leo (July 23 to August 22) An attack of self-doubt might be unsettling for the usually super-assured Feline. But it could be your inner voice telling you to hold off implementing your plans until you've reassessed them.

Virgo (August 23 to September 22) This is a great time for you to reward yourself for all your hard work by taking a trip you haven't spent months carefully planning, to somewhere you never thought you'd be going.

Libra (September 23 to October 22) Some misunderstandings resist being resolved. But your sincerity in wanting to soothe those hurt feelings wins the day. By month's end, that relationship should begin to show signs of healing.

Scorpio (October 23 to November 21) A hectic job schedule begins to ease just in time to blow off all that work-generated steam on Halloween. A family situation runs into an unexpected complication.

Sagittarius (November 22 to December 21) A cutting remark in the workplace needs to be handled with finesse. Remember: How you respond could determine the depth of support you gain from colleagues.

Capricorn (December 22 to January 19) Once again, that Capricornean stubborn streak sets in and could keep you from getting much-needed advice. Fortunately, it lifts by week's end, in time to make an

informed decision.

Aquarius (January 20 to February 18) A surprise trip early in the week could lead to other unexpected offers when you return. Word to the wise: Avoid talking too much about this until you've made some decisions.

Pisces (February 19 to March 20) Learning dominates the week for perspicacious Pisceans, who are always looking to widen their range of knowledge. A series of important job-linked commitments begins late in the week.

Born This Week: Your sense of humor generates good feelings and good will everywhere you go.

STRANGE BUT TRUE

- It was American author and futurist Alvin Toffler who made the following sage observation: "Profits, like sausages, are esteemed most by those who know least about what goes into them."
- A leech can consume 10 times its own weight in its victims' blood.
- King James VI of Scotland also was,

after the crowns of England and Scotland were united in 1603, King James I of England. He may have been doubly noble, but those who study such things say his personal habits would not have been out of place in a commoner of the time. He reportedly never bathed, claiming that baths were an unhealthy practice, and he would wear the same clothes for months on end.

- A newly married couple sued the upscale resort in Chile where they spent their honeymoon after a swim in the pool turned the bride's waist-length blond hair green.
- If you remember the early-1960s TV series *Route 66*, you might be surprised to learn that the show was actually shot in Florida and Oregon, nowhere near the fabled highway.
- Those who live in the state of Minnesota might want to keep in mind that in that state it's against the law to sleep with no clothes on.
- Those of you who need your daily java fix probably won't be surprised to learn that

coffee is one of the most popular drinks worldwide and is one of the most traded agricultural commodities. Due to limitations in cultivation, however, Hawaii is the only state in the U.S. that produces the beans.

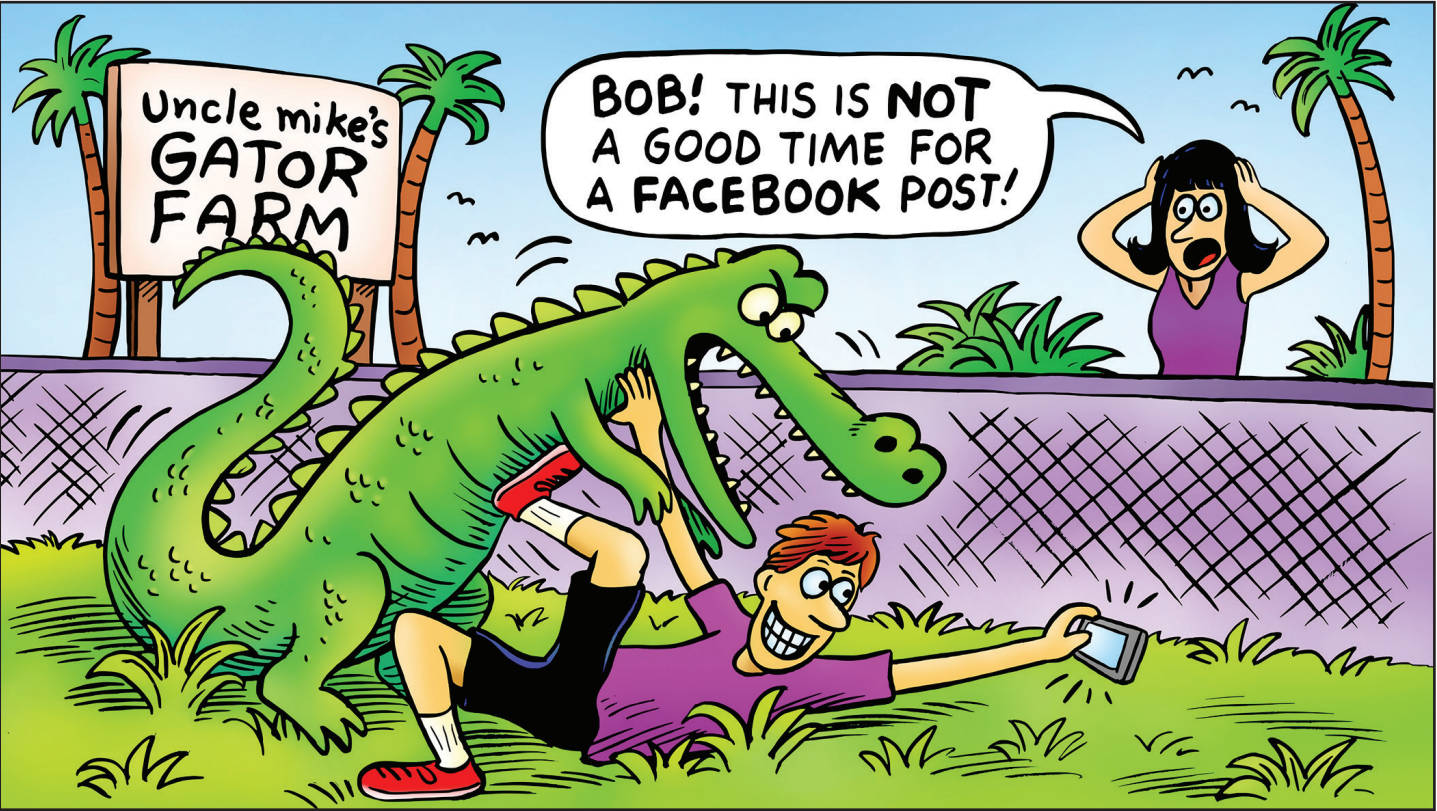
THOUGHT FOR THE DAY

"Half of the harm that is done in this world is due to people who want to feel important. They don't mean to do harm, but the harm does not interest them."
– TS Eliot

SCRAMBLERS

1. Guile; 2. Surplus;
3. Dainty; 4. Hinder
- Today's Word*
GREEN

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Southport On The Bay	Bonita Springs	1997	3,425	\$1,995,000	\$1,840,000	205
Nature's Cove	Estero	2006	2,974	\$925,000	\$890,000	0
Fort Myers	Fort Myers	1923	4,221	\$845,000	\$790,000	318
Cape Coral	Cape Coral	1994	2,977	\$729,000	\$715,000	323
Cape Coral	Cape Coral	2004	2,838	\$699,900	\$662,500	96
Corkscrew Shores	Estero	2016	2,007	\$619,900	\$592,000	3
Cape Coral	Cape Coral	2006	2,068	\$569,900	\$550,000	95
Dorondo Huffner Unrec Plat	Fort Myers Beach	1978	1,200	\$548,000	\$525,000	168
Laurel Meadow	Estero	1999	2,286	\$539,900	\$460,000	0
Bonita National Golf And Country Club	Bonita Springs	2018	2,247	\$537,790	\$492,500	36



OPEN HOUSE EXTRAVAGANZA!

FOR DIRECTIONS & A MAP, CALL 239-472-5187
OR STOP BY VIP REALTY AT: 1560 PERIWINKLE WAY, 2000 PERIWINKLE WAY OR 14970 CAPTIVA DRIVE

SUNDAY, OCTOBER 28 • ALL DAY • 10 AM – 4 PM

- 501 Lagoon Dr - Sanibel Estates**
Fantastic canal home 3 bedroom, 2 bath near beach. East End Location!!! \$979,000
- 480 Las Tiendas - Las Tiendas**
Near Beach. 3BR/3BA. Large pool and Elevator. Popular East End. \$749,000
- 534 N. Yachtsman Dr. - Sanibel Estates**
Boaters Paradise! This home has 70' dock close to Sanibel Marina. 3BR/2BA, new a/c. \$1,100,000
- Surfside 12 A1 - 585 E. Gulf Dr.**
Spacious 3BR/2BA, great Gulf views. Has Elevator. \$799,000
- White Pelican #133 - 651 E Gulf Dr**
Penthouse w/ private rooftop sundeck plus cabana! Over 3,000sf, 3BR/3BA + Den, upscale appointments. Small complex, pool, tennis, beach walkway. \$1,989,000
- Sanibel Surfside 116 - 610 Donax St**
Direct gulf front condo with rare ground floor cabana! 2BR/2BA unit with amazing views. 1 full bath in the cabana. Good rental income. Great opportunity. \$989,000
- Compass Point 183 - 1299 Middle Gulf Dr**
Top floor Gulf front Compass Point condo. Two bedroom, 2 bath plus den or 3rd bedroom with rooftop sundeck and separate furnished beachfront cabana. Choice location with close proximity to island shopping, restaurants and easy off-island access makes this a great vacation home or rental property. \$1,295,000
- Blind Pass C201 - 5117 Sea Bell Rd**
Close to Ding Darling, situated in between Sanibel & Captiva this 2/2 will allow for relaxation in your very own island retreat! \$440,000
- 1973 Wild Lime Dr - Sanibel Bayous**
AS FEATURED ON HGTV, great investment property. Includes an additional two story guest home. Close to Bowman's Beach. Low Maintenance. \$779,000
- 5606 Baltusrol Ct - Sanctuary**
Expansive Golf Estate, 4BR/6BA, guest house, lavish master, gourmet kitchen, new roof, all impact glass, 3-car garage & more! \$1,995,000

10 AM – 12:30 PM

- Gulfside Place 221 - 1605 Middle Gulf Dr.**
Spacious 2BR/2BA with den. Fantastic Gulf views. Desirable complex. \$1,295,000

1 – 4 PM

- 325 E. Gulf Dr.**
"Little Palm Cottage". Premier oversized East End Parcel (100x150). Located in old town Sanibel. A stroll to the beach and walk to dinner at the Lighthouse Café. \$569,000
- 794 Conch Ct - Sanibel Harbor**
Rare 170' canal front home in quiet cul-de-sac. Fully furnished 3BR/2.5BA, pool & spa, oversized boat dock, private beach parking. \$1,295,000
- 735 Sand Dollar Dr - Sanibel Harbor**
Perfect Sanibel Get-A-Way! Exciting, inviting colors. 3BR/3BA canal front, pool, dockage w/ a 13,000lb lift. Close to the beach! \$1,239,000
- 749 Cardium St - Sanibel Shores**
Perfect Beach Cottage, 3BR/2BA + Pool, Fully furnished, great outdoor space, 5 min walk to the beach. \$729,000
- 1236 Sand Castle Rd - Dunes**
Deal in the Dunes! Delightful 2-BR/2-BA piling home. Light & bright with updated kitchen. Large yard, room for a pool. Offered fully turnkey! \$565,000
- 1286 Par View Dr - Beachview Estates**
Tastefully updated 3BR/3BA overlooking fairway. Heated pool, spacious master suite, all custom closets. Impact glass throughout. Fully furnished! \$969,000
- Sand Pointe 111 - 2737 W. Gulf Dr.**
West Gulf Dr. Condo - 2BR/2BA, end unit. Owners may have pets. \$699,000
- White Caps Unit 5 - 2907 W. Gulf Dr.**
Three Bedrooms -Three baths-Den- Cabana- Garage-Wide West Gulf Beach-Tennis-Pool-Hot Tub-It has it all over 2000sq ft of Luxury! \$1,495,000
- 2564 Wulfert Rd - Sanctuary**
Lakefront on the 17th hole of Sanctuary Golf Course. 4 large ensuite bedrooms, 5.5 baths, large office, pool&spa. Indoor/outdoor family rooms, ground level master suite. Exquisite upgrades. \$2,149,500
- 11535 Wightman Ln - Captiva Island**
Almost brand new 4BR/4BA +Den pool home. 6 homes from the Gulf. 2 master suites. EVERYTHING is new: plumbing, electric, HVAC, Roof, Septic, Pool... \$1,995,000

MONDAY, OCTOBER 29 • ALL DAY • 10 AM – 4 PM

- 501 Lagoon Dr - Sanibel Estates**
Fantastic canal home 3 bedroom, 2 bath near beach. East End Location!!! \$979,000
- 534 N. Yachtsman Dr. - Sanibel Estates**
Boaters Paradise! This home has 70' dock close to Sanibel Marina. 3BR/2BA, new a/c. \$1,100,000
- Surfside 12 A1 - 585 E. Gulf Dr.**
Spacious 3BR/2BA, great Gulf views. Has Elevator. \$799,000
- White Pelican #133 - 651 E Gulf Dr**
Penthouse w/ private rooftop sundeck plus cabana! Over 3,000sf, 3BR/3BA + Den, upscale appointments. Small complex, pool, tennis, beach walkway. \$1,989,000
- 784 Limpet Dr. - Shell Harbor**
Gorgeous 4BR/3BA on ground level w/ pool. Direct canal access. \$1,895,000
- Sanibel Shores A2 - 832 Donax St**
2BR/2BA in a Cottage Community. Kitchen open to living room, full size laundry. Relaxing outdoor space. Swimming Pool, Open Play Areas, Over 1 Acre of Land. \$479,000
- Sanibel Surfside 116 - 610 Donax St**
Direct gulf front condo with rare ground floor cabana! 2BR/2BA unit with amazing views. 1 full bath in the cabana. Good rental income. Great opportunity. \$989,000
- Compass Point 183 - 1299 Middle Gulf Dr**
Top floor Gulf front Compass Point condo. Two bedroom, 2 bath plus den or 3rd bedroom with rooftop sundeck and separate furnished beachfront cabana. Choice location with close proximity to island shopping, restaurants and easy off-island access makes this a great vacation home or rental property. \$1,295,000
- 1304 Sand Castle Rd - Dunes**
3BD/2BA updated home on preserve. Lg wraparound deck, vaulted ceilings, wood & tile flooring, lots of storage! Room for a pool. \$570,000
- Island Beach Club 310A - 2265 W Gulf Dr**
Beautifully renovated 2BR/2BA corner unit. Tree top views. Open kitchen, full-size laundry, large storage, under bldg parking, beachfront community offers pool, shuffleboard, clubhouse. \$759,000
- 532 Sea Oats Dr - Sea Oats**
Move-In Ready 4BR/4BA pool home. Fully furnished. Lake Views. 5 Minute Walk to the Beach! \$1,695,000
- Blind Pass C201 - 5117 Sea Bell Rd**
Close to Ding Darling, situated in between Sanibel & Captiva this 2/2 will allow for relaxation in your very own island retreat! \$440,000
- 1973 Wild Lime Dr - Sanibel Bayous**
AS FEATURED ON HGTV, great investment property. Includes an additional two story guest home. Close to Bowman's Beach. Low Maintenance. \$779,000

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Perfect Beach Cottage, 3BR/2BA + Pool, Fully furnished, great outdoor space, 5 min walk to the beach. \$729,000
- 2564 Wulfert Rd - Sanctuary**
Lakefront on the 17th hole of Sanctuary Golf Course. 4 large ensuite bedrooms, 5.5 baths, large office, pool&spa. Indoor/outdoor family rooms, ground level master suite. Exquisite upgrades. \$2,149,500

1 – 4 PM

- Mariner Pointe 1052 - 760 Sextant Dr.**
Fabulous bay views from this 2/2 condo. \$529,900
- 735 Sand Dollar Dr - Sanibel Harbor**
Perfect Sanibel Get-A-Way! Exciting, inviting colors. 3BR/3BA canal front, pool, dockage w/ a 13,000lb lift. Close to the beach! \$1,239,000
- 849 Beach Rd (Right Side)**
Charming 2BR/2BA each side remodeled duplex. Updated Kitchens and baths. Short stroll to Gulf Beach path. Private landscaping & great Island neighborhood. \$595,000
- 1286 Par View Dr - Beachview Estates**
Tastefully updated 3BR/3BA overlooking fairway. Heated pool, spacious master suite, all custom closets. Impact glass throughout. Fully furnished! \$969,000
- Gulfside Place 221 - 1605 Middle Gulf Dr.**
Spacious 2BR/2BA with den. Fantastic Gulf views. Desirable complex. \$1,295,000
- 218 Daniel Dr - Seagull Estates**
Peaceful 3BR/2.5BA lakefront home in Seagull Estates. Tastefully furnished, panoramic water views. Community pool, tennis, clubhouse and beach access. \$879,000
- Sand Pointe 111 - 2737 W. Gulf Dr.**
West Gulf Dr. Condo - 2BR/2BA, end unit. Owners may have pets. \$699,000
- 568 Sea Oats Dr - Sea Oats**
Light and bright 3BR/2BA. Near beach. Pool and Elevator. Great Buy. \$749,000