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VOL. 28, NO. 14

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 2, 2020

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Community House October Exhibit Is Open

submitted by Renée Chastant

Local artists and Sanibel Captiva Art League members Mary Klunk and Helen Ketteman are exhibiting their artwork during the month of October at The Community House. Viewing hours are 9 a.m. to 1 p.m. Monday through Friday. The exhibit is also available as a virtual show on the website 24 hours a day at www.sanibelcommunityhouse.net.

A working artist for over 30 years, Klunk earned a bachelor of science degree in art and psychology at Towson University, and a masters degree in education from Loyola University. She studied painting and drawing at the Mitchell School of Fine Arts and the Maryland Institute of Art in Baltimore, Maryland.

Klunk's work includes portraits, still life, landscapes and figure studies. Her works are completed in a classical "Old Master's" style with emphasis on color relationships,



Self Portrait by Mary Klunk images provided lighting and value. She works in oils and pastels and has exhibited nationally, and in the Florida and Maryland areas. She has won numerous awards for her work.

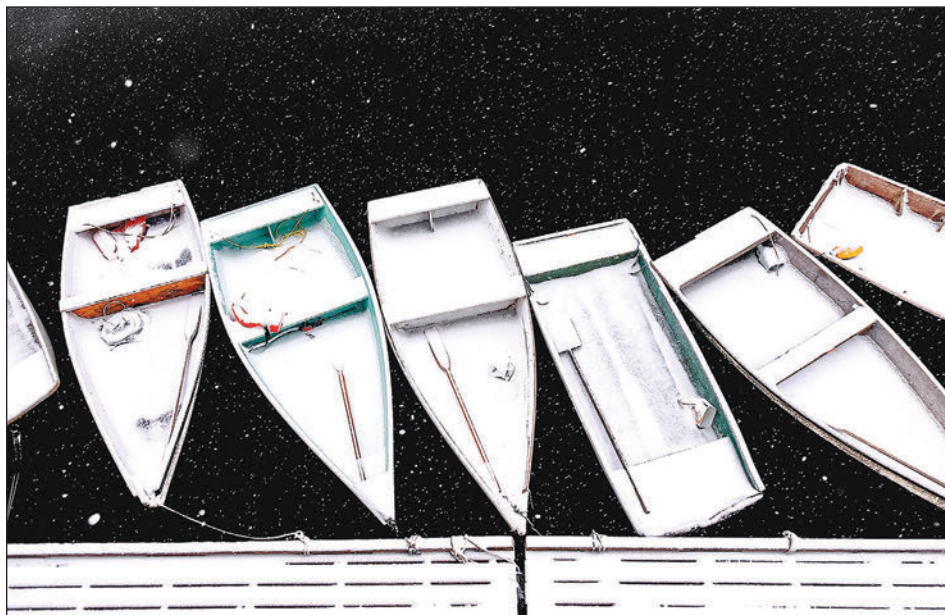
"Trying to make a living as an artist has been challenging," Klunk said. "I taught studio courses in painting and drawing,



Be There Or Be Square by Helen Ketteman

lectured on history of art, offered art as therapy in colleges, hospitals, prisons and nursing homes, worked as a caricature artist, held a painting workshop in

Nassau, Bahamas, and painted murals for corporations, entertainment venues and private homes. My passion for art put me continued on page 2



...and the snowflakes became stars by Eric Taubert

photo provided

Exhibit To Feature Archival Piece

One of fine art photographer Eric Taubert's pieces depicting Perkins Cove in Ogunquit, Maine was accepted into BIG ARTS first juried exhibit to open in the new Dunham Family

Gallery on Sanibel.

The show is entitled Create, Inspire, Connect and mirrors the BIG ARTS 2021 season theme which celebrates the vital role the arts play in reflecting shared humanity and the healing power of community and creativity. The show opened Thursday, October 1 and can be

continued on page 26

Refuge To Debut Virtual Plant Trail



A beach bean flower captured at Perry Tract adjacent to Gulfside City Park

photos by Patrick Carney

The start of National Wildlife Refuge Week begins Sunday, October 11 across the more than 560 federal refuges nationwide. To honor the occasion, JN "Ding" Darling National Wildlife Refuge will debut its new Plant ID on the Go virtual vegetation trail and open Wildlife Drive free of charge to all visitors that day.

The refuge education team, led by intern Patrick Carney, created virtual plant identification trails on Wildlife Drive, Indigo Trail, Bailey Tract trails and Perry Tract. Accessed by a QR code on a sign at each of the four sites, a PowerPoint



Shiny-leaved wild coffee on Wildlife Drive

presentation will identify native plants found there with photos and descriptions that include preferred environment and how wildlife benefits from them.

Visitors can scan the code on each sign at the beginning of the trail. Most new iPhone and Android phones have automatic QR code scanners. Older phones may require a download of the free NeoReader app. Once the virtual guide pops up on visitors' phones, they can use the photos to identify what they are seeing.

The QR codes or links to the guides

continued on page 14



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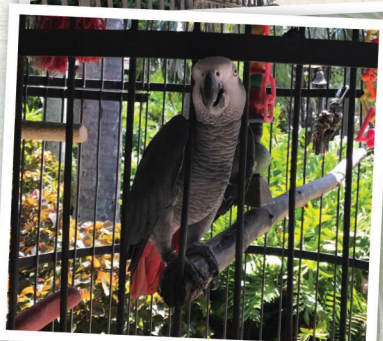
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Community House Events

Chef Jarred Harris will lead a culinary demonstration on Thursday, October 8 from 10 a.m. to noon. Call or check the website for details.

The Octoberfest Feast will be held on Friday, October 9 beginning at 6 p.m. Menu items include German beer cheese soup, Brezen (soft pretzels) with mustard sauces, sauerbraten and spaetzle, chicken schnitzel with lemon tyme sauce and potato pancakes. Cost is \$20 for members and \$25 for guests. Apple strudel dessert is \$5 additional. Curbside pickup available between 5 and 6 p.m. Register in advance by calling 472-2155.

Anita Force Marshall will teach a watercolor class on Monday, October 12 at 9:30 a.m. Participants will paint a flamingo. Cost is \$30 for members and \$35 for guests.

Ken Burgener and Linda Warschauer will share stories and photos from their trip to Australia on Tuesday, October 13 at 7 p.m. See the unusual animals and amazing landscapes of Kangaroo Island. Cost is \$5 suggested donation.

Kids First Mondays with Chef Jarred Harris return on Monday, October 5 from 2:30 to 4:30 p.m. Plant Based Goodness is the theme, with a menu of sundried tomato pesto and polenta lasagna, and vegan brownies. Cost is \$30 per class.

Life Line Screenings will be offered on Thursday, October 29 beginning at 9 a.m. Reservations are required by calling 888-653-6450.

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested



See the amazing animals of Australia in a presentation on October 13

photo by Ken Burgener

donation is \$5. Masks and social distancing required.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights, \$5 suggested donation.

Play the card game Hearts on Fridays at 1 p.m. Open to all levels, \$5 suggested donation.

Camp to Go Shell Critter Kits are available for purchase or to ship. Choose four out of 13 critters for you to assemble. Cost is \$20 per kit, shipping is \$8 additional.

Camp to Go Art Kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Sharpie and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

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

From page 1

October Exhibit

on the road less traveled and provided me many wonderful adventures." Klunk is currently teaching pastels and portraiture at BIG ARTS on Sanibel.

Kettelman works in various mediums including acrylics and oils, often using cold wax with her oils. She said, "My taste in art has changed through the years, and I now lean more toward abstract art. I am crazy about collage – the mixing of textures and materials is so satisfying, so I often use collage in my paintings."

Growing up in a small Georgia town, Kettelman's creativity initially leaned toward language, stories and writing. Then she took two painting classes in her junior year of college. Those courses, she said, "were the best thing I had ever done. However, I was raised to be practical and had no idea how I could possibly support myself as an artist." Kettelman did the practical thing – she majored in English and taught school. She lived in Chicago for 10 years, then moved to Seattle where her love of language and story led her to become a writer. She focused



Mary Klunk



Helen Kettelman

on children's picture books. She also started painting more regularly.

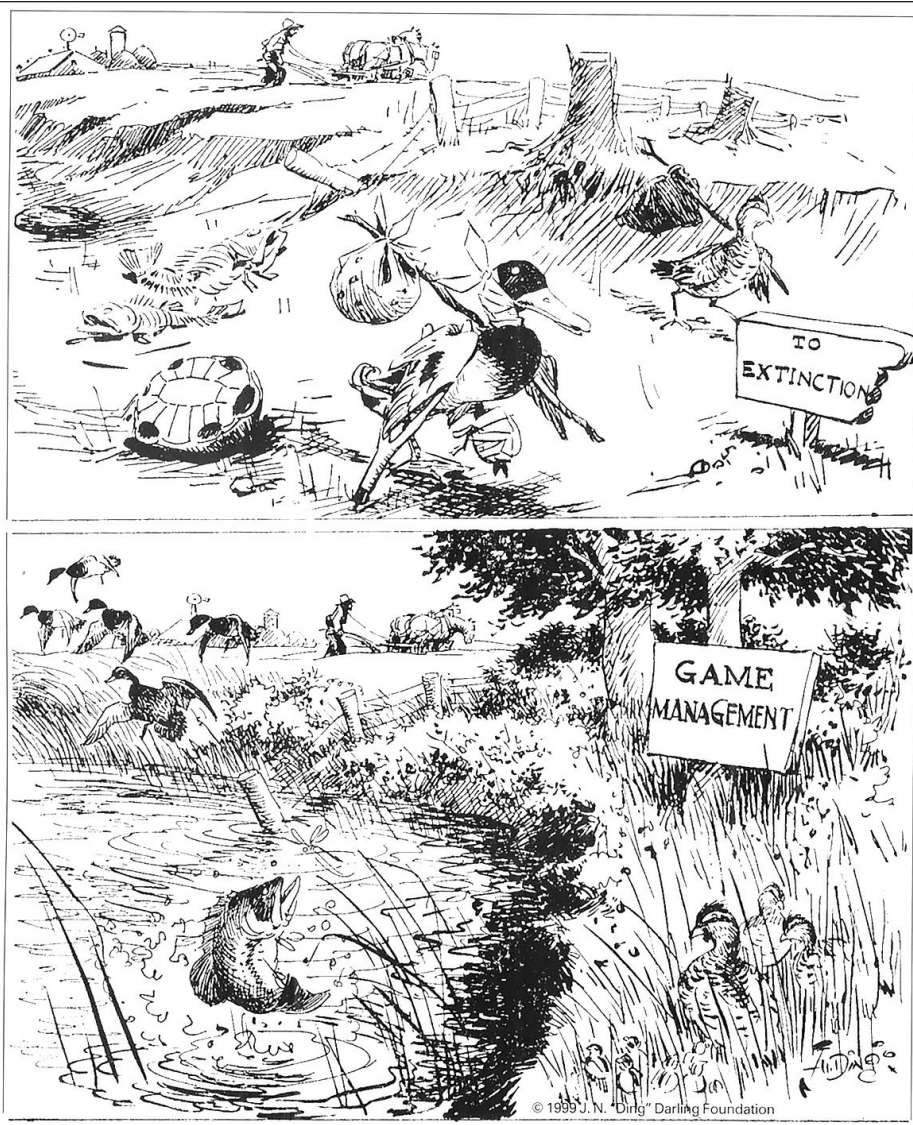
Kettelman retired and she and her husband moved to Sanibel in 2001. She also took up quilting. "I adore fabric and texture," she said. Her goal as an artist is to create art so powerful it will pull a person across the room to look at it – and then hold that person there for a while. "To me, art is an exploration," Kettelman said. "Everywhere I wander with it is a new adventure. I don't know why I make art, I just know I am driven to do it."

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, visit www.sanibelcommunityhouse.net.✧

f www.jerrysofsanibel.com



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From The Pen Of 'Ding' Darling

Although Jay Norwood "Ding" Darling's editorial cartoons often dealt with the dire consequences of overhunting and poor resource management, this untitled one ends on an optimistic note.

Besides his 50-year career as a Pulitzer-winning newspaper cartoonist, Darling served as the chief of the U.S. Biological Survey, a forerunner of today's U.S. Fish & Wildlife Service. While in

that position and throughout his life, he instituted many programs to protect wildlife, including the Federal Duck Stamp Program. The JN "Ding" Darling National Wildlife Refuge recently unveiled a 3D mural to honor Darling's role in creating the duck stamp program, as part of a 75th anniversary celebration at the refuge ongoing until December 1.

To learn more about Darling, his work and his legacy, watch future *Island Sun* issues for this monthly feature. For more information about the refuge's 75th anniversary celebration, visit www.ding75.org.✱

image provided

Bank Supports FISH 10K Race As Silver Sponsor

Bank of the Islands has signed up as a silver sponsor of the 12th annual 10K Race 4 FISH.

"Bank of the Islands continues to be a strong supporter of FISH (of SanCap), our 10K race and the islands," said Diane Cortese, chair of the 10K committee. "We're so grateful to work with them again this year."

The 10K Race will be held virtually this year, and runners can participate and log their time at any point from

when they register through Saturday, October 31. Registration is open through the Fort Myers Track Club at www.ftmyertrackclub.com.

"Our island community is so very fortunate, now more than ever as COVID challenges persist, to have the full service social service agency we affectionately known as FISH," said Bank of the Islands Vice President Willy Ocasio. "I'm excited to see how great the virtual 10K will be. Participating in the race is such a wonderful way to support all that FISH does for our neighbors in need each and every day."

Bank of the Islands encourages all islanders to donate non-perishable food items at the drop-off baskets located in its Sanibel and Captiva bank lobbies.✱

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by KAY CASPERSON

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Sanibel Post Office
Sanibel Historical Museum And Village

Looking Back:
Post Office

Sanibel has had at least five designated post office buildings, and this one on Ferry Road was replaced because it was too small. It was about the same size as the earlier Reed Homestead post office that is now at the Sanibel Historical Museum and Village.



photo courtesy Sanibel Historical Museum and Village

The Sanibel Historical Museum and Village, located at 950 Dunlop Road, next to BIG ARTS, is closed for the off-season and will reopen on October 20. Regular hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✧

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
(Reform Jewish Congregation) Friday night Torah commentaries with Rabbi Stephen Fuchs at 7 p.m. at either www.batyam.org or Stephen Fuchs' Facebook page. Rabbi's coffee morning on Zoom Wednesdays, July 15 and August 12 at 11 a.m. Food and paper drive drop-offs Thursdays from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ.
Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.
CAPTIVA CHAPEL BY THE SEA
Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.
CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.
FIRST CHURCH OF CHRIST, SCIENTIST
The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed.
2950 West Gulf Drive, 472-8684.
SANIBEL COMMUNITY CHURCH
Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main

Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11 a.m. in Fellowship Hall. View the Sunday Service online at sanibelchurch.com, 1740 Periwinkle Way, 472-2684.
SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.
ST. ISABEL CATHOLIC CHURCH
Father Ed Martin, Administrator, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m., Sunday May through October, 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. Holy Days. 3559 Sanibel-Captiva Road, 472-2763.
ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Alan Kelmereit, Priest-in-Charge. Livestream service Sunday at 10:30 a.m., other services, meetings and events are suspended until further notice, www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.
UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. on the second Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.
Email changes to press@islandsunnews.com or call 395-1213.✧

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BIG ARTS Corner

Workshops
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BIG ARTS is offering the following workshops and seminars:

Glass Fusing with Petra Kaiser – Wednesdays, October 28 through November 18, 9:30 a.m. to 12:30 p.m. Members \$74; non-members \$93.

Beginner Pastel with Donna Filomio – Thursday, October 29, 9 a.m. to noon. Members \$85; non-members \$106.

Figure Drawing from Photographic References with Francesco Gillia – Tuesdays, November 3 through 17, 9:30 a.m. to noon. Members \$93; non-members \$116.

Life Drawing – Open Studio Non-Instructed with Carol Rosenberg – Fridays, November 6 through 20, 9:30 a.m. to noon. Members \$52; non-members \$65.

New Techniques in Pastel Painting and Preservation with Donna Filomio – Tuesday, November 10, 9 a.m. to 4 p.m. Members \$145; non-members \$181.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Friday and Saturday, November 13 and 14, 9 a.m. to 3:30

p.m. Members \$160; non-members \$200.

Beethoven: Moonlight Sonata with Thomas Cimarusti – Friday, November 17, 9:30 to 11:30 a.m. Members \$40; non-members \$50.

New Techniques in Watercolor Painting and Preservation with Donna Filomio – Tuesday, November 17, 9 a.m. to 4 p.m. Members \$145; non-members \$181.

One-Day Drawing Workshop: Eyes with Francesco Gillia – Tuesday, November 24, 9:30 a.m. to 3 p.m. Members \$95; non-members \$119.

Art Evening with Jenny Licht: Coastal "JOY" with Jenny Licht – Thursday, November 19, 6 to 8 p.m. Members \$35; non-members \$44.

The health and safety of instructors, students, staff and patrons is a priority at BIG ARTS. Staff is following CDC recommendations and asks for your cooperation in best practices safety standards. All students and instructors must wear a mask and social distance. Class seating will be carefully spaced. Signage and procedures are posted in the facility. All rooms are sanitized between classes and class sizes will be limited. To monitor any changes in policy, visit www.bigarts.org or call 395-0900.

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

OBITUARY



STEPHANIE ANN SMITH

Stephanie Ann Smith (nee Stegmann) passed away on Wednesday, September 23, 2020.

Stephanie was the beloved wife of Gary Smith; loving mother of Jason (Claire) Smith; dear grandmother of Henry Smith; daughter of Richard Stegmann and the late Dena Stegmann; sister of Mike (Gayle) Stegmann, Rick (Mary) Stegmann, Deborah Fick and Andrew (Laura) Stegmann; sister-in-law of Alan Smith and Sandra (Terry) Croslow; and aunt, great aunt, cousin and friend to many.

A private funeral service was held at the Schrader Funeral Home and Crematory in Ballwin, Missouri. In lieu of flowers, contributions may be made to St. Jude Children's Research Hospital. Friends may sign the family's online guestbook at www.schrader.com.

More Yard Waste
Bags Available

In response to high demand, the City of Sanibel has obtained an additional 3,200 complimentary biodegradable horticulture waste bags for distribution. The elimination of polyethylene-based plastic bags from Sanibel's yard waste stream went into effect on October 1. Homeowners may pick up their complimentary bags, while supplies last, at the front door of the City of Sanibel Public Works offices, 750 Dunlop Road, between 8 a.m. and 5 p.m. Monday through Friday.

Polyethylene-based bags contaminate the mulch and compost products generated at the county horticulture processing site. The bags the city is distributing have been provided by Lee County.

Yard and horticulture waste may continue to be properly bundled, containerized in refuse containers or disposed of in biodegradable paper lawn and leaf bags.

For questions regarding yard and horticulture waste management on Sanibel, email sanpw@mysanibel.com or call 472-6397.

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Pawstivity During A Pandemic



submitted by
Allison Havill Todd

We are certainly in the middle of a time that none of us ever could have imagined. Just a few months ago, prior to the eclipse of the pandemic, we

had made the decision to leave the metropolitan Atlanta area and live full-time on Sanibel Island with our two rescue dogs. Our long-term dream was finally coming to fruition. Life was good. Then, in a matter of weeks, we watched our world change. The COVID-19 virus rapidly spread across the globe, and the United States became an epicenter of its growth. Panic, fear, soaring unemployment levels and the global disruption of trade have had a devastating effect on our lives.

However, in the midst of this strife, I have been observing some very positive effects, especially in relation to our furry friends. It may sound odd to say there has been a silver lining to our Shelter at Home status, and I have been witnessing it every day in different ways. This is not intended to discount the hardships that many of us are enduring but rather to give attention to some



Luke and Nina

positive (or pawstive) benefits resulting from the changes in our lives.

Many people have been fortunate to be able to continue to work from home which has eliminated countless hours of time each week commuting to and from an office. Instead of sitting in traffic, some professionals are regaining three hours or more a day; that adds up to 60 hours or more a month! This is new found time that can be spent in more satisfying ways such as sleeping, meditating, exercising and spending time with family. Others are retired or

photo by Allison Havill Todd

may be in between jobs as our economy shifts during this crisis. For many, one of the uplifting things coming out of this is being able to spend more time with our pets.

I have noticed more people spending time outdoors walking or playing with their dogs. Pets that were previously spending long days alone at home are now able to enjoy more time with their humans. While this doesn't help pay the bills, there are many rewards that come as a result of this improved relationship with our furry friends.

Neighbors are meeting neighbors they had never known before just because they are outside walking their dogs. Even if it's just a friendly wave or exchange of words across the street, it helps give us some sense of community and awareness that we're all in this together. Walking with your dog has always been a great way to meet and connect with others and alleviate a sense of isolation.

Dogs are a natural magnet. Have you ever noticed how a child's face lights up when it sees a dog? There is a reason there has been such an increase in the request for therapy dogs in schools, assisted living facilities, hospitals and other places where dogs help to comfort and reduce stress levels. Unfortunately, these activities are not able to take place

at this time, but we can still enjoy the benefits of spending more time with our own pets. Dogs are natural mood lifters.

Our canine companions are great about encouraging us to get out of the house and enjoy some exercise. I have heard dozens of people say they are getting more exercise now than ever before because they are walking their dogs a few times a day to help alleviate boredom and anxiety.

Due to the current disruption to our normal social activities, dogs (and other pets) are able to provide an important feeling of companionship for those who live alone and might be feeling isolated and lonely. They also help to alleviate feelings of depression for many of us. Studies have found that petting a dog for just 15 minutes boosts the so-called "feel good" hormones, serotonin, prolactin and oxytocin and even lowers blood pressure by 10 percent. A further study found that petting any creature, even a pet turtle, reduced anxiety in participants to a significant extent. Our furry family members also provide us with great lessons about what's important in life: They live in the moment; they are fully present; they experience joy in the small things; they love their humans unconditionally; they are always happy to see us and spend time with us.

While the human-animal connection has always proven to be beneficial for both parties, it has become even more important in our current environment. It has been very uplifting to see so many happy, wagging tails enjoying time outside, and in, with their beloved humans. They don't worry about tomorrow or fret about yesterday and, speaking for myself, they never cease to put a smile on my face and that can never be a bad thing.

Allison Havill Todd is a full-time resident on Sanibel. She has been an advocate for dog rescue groups and volunteered for over 10 years in the Humane Hearts Pet Therapy program with her rescue dogs, Luke, Nina and Jesse. She created a Facebook and Instagram page dedicated to promoting the benefits of adopting a dog and features weekly success stories along with tips and a dash of humor about dog ownership. Follow her at www.facebook.com/thedoggieomom, @thedoggieomom, or email thedoggieomom1@gmail.com. ✨



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SCCF Launches Nature-Inspired Book Club

Sanibel-Captiva Conservation Foundation (SCCF) has launched The Green Readers, a nature-inspired book club. Residents and visitors are invited to gather and discuss books close to the heart of SCCF's mission. Each month, a new selection will be chosen that focuses on an aspect related to SCCF.

Members can participate by reading the book, joining the Facebook group for ongoing online discussion, or take part in the virtual Zoom meeting to discuss the book at the end of the reading period.

To join the Facebook group, go to SCCF's Facebook page and click on "Groups." You will be asked a few simple questions when joining to prevent spam posts in the group.

To celebrate Florida's Native Plant Month in October, *The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World* by Peter Wohlleben is the first selection.

Adrea Wulf from *The Washington Post* wrote, "A walk through a forest might never be the same again after reading this elucidating book, which makes a case for trees as social beings that communicate, feel and help each other."

Despite its popularity with the public

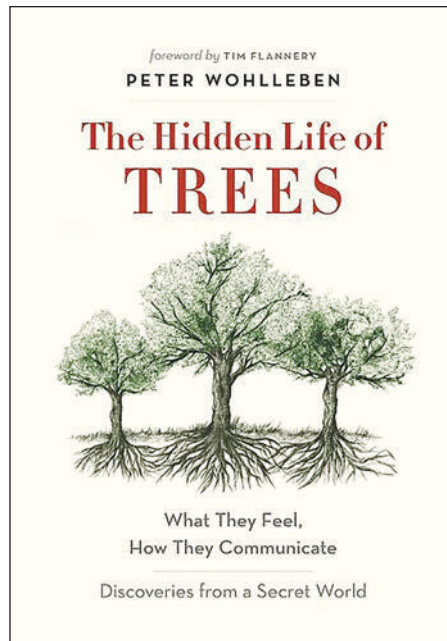


image provided

and his reliance on scientific studies, Wohlleben, a German forester, faced sharp criticism from many in the scientific community for his use of anthropomorphic terms to describe trees.

Nonetheless, his goal in getting the public excited about the forest was successful, as the book topped both *The New York Times* and *The Washington Post's* bestseller lists.

The official kickoff of The Green Readers was September 27, with discussion on Facebook occurring throughout the month of October. The

first online discussion group will take place during the week of October 18. Specific dates and a Zoom link will be provided at a later date.

Copies of *The Hidden Life of Trees* may be ordered at a 20 percent discount through MacIntosh Books and Paper at www.macintoshbooks.com or 472-1447.

If you have any questions, contact Jenny Evans at jevans@sccf.org.

Governor Issues Order For Full Capacity

On September 25, Gov. Ron DeSantis announced that the state will move to Phase 3 of his "Safe. Smart. Step-by-Step. Plan" for reopening Florida, including allowing restaurants and hotels to operate at full capacity, effective immediately.

There will no longer be operational limitations enforced by the State of Florida. He further explained that his executive order will prohibit local municipalities from restricting the reopening of businesses. They must be allowed to operate at least at 50 percent capacity, regardless of local rule.

Gov. DeSantis highlighted that the restaurant industry is difficult to succeed in with thin margins, and there have been devastating effects from COVID-19 shutdowns on operators and their employees since March.

"We are saying in the state of Florida everybody has an opportunity and the

right to work," said Gov. DeSantis. "Every business has the right to operate."

"Florida's hospitality industry has been decimated by COVID-19," said Carol Dover, president and CEO of the Florida Restaurant and Lodging Association (FRLA). "This has been a crisis like we have never seen before. Businesses have closed and more than 336,000 people have lost work in our industry. The effects on the local and state economy have been significant. I want to thank Governor DeSantis and DBPR Secretary Halsey Beshears for their support as we have navigated this unprecedented time and for allowing us the opportunity to get back to work. We look forward to welcoming back our wonderful guests and to reopening the Sunshine State."*

American Legion Post 123 Is Open

American Legion Post 123 has reopened and is following all safety guidelines. There are daily specials as well as half-pound burgers, served from 11 a.m. to 8 p.m.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.*



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Highlights From CHR Give Back Wednesday At Matzaluna



Penelope Stewart photos provided



Lisa and Bruce Cochrane



From left, Clela Yamauchi, Debra and Jeramie Campana, and Don Yamauchi



Dick, Emilie and David Muench



George Campean and Chris Coile



From left, Greg and Diane Cortese, Sherry and Doug Gentry, and Barbara and Alan Marti



Melanie Holiday and John Trebilcock



Steve and Jackie Royka



Scott and Arlene Mowry



Lori Shuster and Kelly Greten

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This sub-adult loggerhead was brought in to CROW with a missing front flipper from a previous injury photos provided

Loggerhead Released After Stay At CROW

On September 15, a sub-adult loggerhead sea turtle was released on the beach along West Gulf Drive on Sanibel by staff members of the Sanibel-Captiva Conservation Foundation (SCCF) after spending nearly a month recovering at the Clinic for the Rehabilitation of Wildlife (CROW).

CROW sees nearly 200 different species of native and migratory wildlife admitted to its hospital each year, including three different species of sea turtle. As the only licensed sea turtle rehabilitator on the west coast between Sarasota and the Florida Keys, CROW's hospital typically admits 12 to 20 sub-adult or adult turtles a year and dozens of hatchlings.

On August 18, the sub-adult loggerhead sea turtle, weighing 55.6 kilograms (122 pounds), was rescued from the surf by SCCF staff near Beach Access 5 on Sanibel as it was washing ashore. The turtle was missing its right front flipper, but this appeared to be an older injury that had already healed. Veterinarians performed a full exam

including bloodwork and radiographs. The turtle was found to be dehydrated and under weight along with having copious amounts of barnacles on its shell, underside and mouth. The turtle was also anemic, which may have been a result of the traumatic injury or other environmental factors.

The veterinary team provided the turtle with subcutaneous fluids, iron and B12 supplements, and antibiotics to treat any lingering infection that may have been present from the traumatic injury to its flipper. It was then transferred to an outdoor rehabilitation tank filled with freshwater which helps with hydration and kills off barnacles growing on the shell. Over the next few days, the water was transitioned to brackish water and then pool salt was used to gradually match the salinity of seawater.

"The turtle began eating just a few days after being admitted, unlike many of the turtles that we see," said CROW Rehabilitation Manager Breanna Frankel. "Our main concern was that it was undernourished and its willingness to eat helped it gain weight."

Getting a sea turtle to gain weight is no easy (or cheap) task. A loggerhead turtle will eat two to three percent of its body weight in squid and fish each day. For a turtle weighing over 100 pounds, that's a lot of food. Thanks to donations from Whitney's Bait and Tackle Shop, the turtle also feasted on blue crabs, one of its favorite foods, while at CROW.

"It is important that we provide a variety of foods for the turtles in our care to ensure they get the right nutrition to help them recover," said Frankel. "At the time of release, the turtle had gained more than 10 kilograms (22 pounds)."

In accordance with marine turtle permits, the loggerhead turtle was tagged with a flipper tag and passive integrated transponder (PIT) prior to release.✱



From left, SCCF Biologist Jack Brzoza, Technician Megan Reed, Research Associate Andrew Glinsky and Sea Turtle Team Coordinator Kelly Sloan carrying the loggerhead to the gulf

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Dragon fruit is grown commercially and used to make a variety of foods, from smoothies and salads to candy
photos by Gerri Reaves

Plant Smart

Attention-Grabbing Fruit

by Gerri Reaves

South Florida's astounding variety of plant life is a delight to the eye and intellect, and fruit like the ones pictured here are a reminder that we live in a fascinating subtropical region where just about any curious plant will grow.

But it pays to know which are edible – even touchable.



Pandanus's pineapple-like fruit is actually numerous prism-like individual fruits

Does a colorful fruit offer a delicious dessert, an allergic reaction, or a possible death sentence? Is the fruit edible but the seeds toxic – or should both be avoided?

Of the four shown here, two are non-native edibles, one a native with poisonous seeds, and one invasive species so dangerous that its sale was prohibited in the state nearly 20 years ago.

What could be a more decorative centerpiece than dragon fruit (*Hylocereus undatus*), with that spiny dayglo pink skin?

In addition to being a conversation-starter, it is easy to grow and edible.



Native gray nicker's prickly pods contain pretty egg-like poisonous seeds used to make jewelry and other objects

Make smoothies, salads, desserts, or jams with it.

Many cultivars exist for this climbing cactus that's native to the tropical forests of Mexico and Central and South America. It is grown commercially in South Florida and is pollinated at night mostly by moths.

There is some disagreement over whether the skin is toxic.

Non-native pandanus's (*Pandanus utilis*) pineapple-like fruit is actually 100 to 200 prism-like compressed fruit that is edible for both wildlife and people.

However, not all Pandanus species are edible, so exercise caution.

The fruit can be six to 12 inches long and eight inches in diameter, ripening from green to yellow or orange.

Native to Madagascar and a relative of palms, grasses and bananas, it has "walking" stilt roots and frond-like leaves and is common in South Florida.

Although a Florida native, gray nicker (*Guilandina bonduc*) has its faults, specifically, a tendency to be aggressive and invasive and shade out other plants.

The smooth grayish seeds inside the



Avoid castorbean. The seeds within its bur-like fruit is the source for deadly ricin.

prickly clam-shaped pod are both a vice and virtue, one might say.

Although they are poisonous, they have medicinal and decorative uses. The seeds that resemble tiny bird eggs or marbles are used to make jewelry, "pet" objects, good-luck charms, or prayer beads.

Even if you're don't make jewelry, though, this shrub-like vine is worth tolerating, for it is a host and nectar plant for several native butterflies, including some species protected at the state and federal levels.

Castorbean's (*Ricinus communis*) fruit is definitely one to avoid.

When you hear a news report about deadly ricin being mailed to someone, it's referring to the seeds in this plant's bur-like fruit.

If even one seed is ingested or chewed by people or animals, it can kill. Inhalation can result in death too, although mere touching is not likely to be fatal.

Furthermore, there is no antidote for ricin.

If that's not enough to alarm you,

continued on page 16

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The Outing Is Back In Scouting



Local scouts are looking forward to their monthly camping trips photo provided

Scout Pack and Troop 1740 of Sanibel are gearing up for a new year of fun-filled activities. Meetings will take place the first and third Tuesdays of every month from 5:30 to 7 p.m. at Sanibel Community Church, located at 1740 Periwinkle Way. Scouts will follow the church's guidelines for COVID-19 protocol.

Events this year include a kick-off Raingutter Regatta boat race, monthly camping trips all over the state of Florida, culminating in an "Out of this world experience" camping at Kennedy Space Center under the Space Shuttle *Atlantis*.

For more information about joining Scouts, contact Kim Kouril at 233-4180 or kouril 2013@gmail.com.✱



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In 1975, Jerry and I married and raised two beautiful children, Melissa and Chris, right here on Sanibel's East End. They went to Sanibel School as had their father before them. While the kids were young, I started the housekeeping business I still run today. And with the help of my brother, Ritchie, we take very good care of my clients' homes.

Jerry and I eventually separated, and he became very ill. He was fortunate to live in CHR housing until a heart attack took him. I needed CHR housing when the home I was renting was sold.

CHR was here for me and my family in the most critical times and has been a blessing. I cannot imagine living anywhere else. I love Sanibel—the people, grocery store, banks, beach and most of all CHR."

—Yleanna Way, CHR resident

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Fabulous Fall Fishing



by Capt. Matt Mitchell

Signs of fall, although very subtle, have begun. A couple of cooler, less humid mornings were a nice break and a sure sign the oppressive heat of summer is just about over. Massive schools of bait can be found just about everywhere, both in the sound and out on the beaches.

Our water has changed color due to the heavy rains we had a few weeks ago, along with releases from Lake O. Although this

water is now tannic, it's still clear and very healthy. These rains stained and cooled our waters, which turned on both the snook and redfish bite. Giant morning high tides this week were the perfect set up to target both these species on oyster bars throughout the sound.

Fishing in an annual small cooperate tournament out of Captiva this week, our clients who usually do this trip in April, got to experience how good our fall fishing is. After fishing with this group for more than 10 years, they had the most exciting and productive trip ever. This slam tournament not only had lots of fish caught but also let them see how good Pine Island Sound can be.

Fall tarpon fishing is in full swing with the best numbers being found out on the beaches. When you have a nice calm morning with light winds and slick water, ride the beaches looking for diving birds and bait. Go in quietly while keeping your eyes on the water for rolling fish. Some days, the signs are very subtle with fish gently raising up, while other days they can be seen crashing hatch bait. Cast live pinfish and crabs under a float out in front of them for the best results.

While out running the beaches hunting tarpon, take a lighter rod and some smaller baits, and even some lures. Running into Spanish mackerel and bonita is always a possibility, as well as a tripletail.

Quiet waterways and fabulous fishing are what fall is all about.

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



Mike from Cape Coral with a redfish caught while oyster bar fishing with Capt. Matt Mitchell this week
photo provided

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CROW Case Of The Week:

Brown Pelican



by Bob Petcher

The brown pelican (*Pelecanus occidentalis*) is a fish-loving seabird that can be found along the southern coasts of the U.S., including the Atlantic and Pacific oceans as well as the Gulf of

Mexico. These water-plungers make huge splashes when diving for fish, or annoy fishermen by hanging out and begging near their boats.

At CROW, a juvenile brown pelican was admitted from the Sanibel Causeway after being seen with a left wing droop and not flying. Upon examination, veterinarians found a hook embedded in the patient's leg, as well as a hook that had been ingested.

"The hook in the right leg is not directly associated with the wing droop; however, we suspect there's a soft tissue injury of that wing associated with being entangled in the associated monofilament line," said Dr. Robin Bast, CROW's staff veterinarian. "The (ingested) hook was in the proventriculus, or the glandular stomach in birds where food begins to be digested before it passes into the ventriculus, also known as the gizzard or mechanical stomach. It was still embedded in a partially digested fish carcass upon removal."

Upon intake, the patient was also noted to be very thin, possibly related to the



CROW medical staff members remove a partially digested fish carcass from patient #20-4427
photo by Brian Bohlmann

ingested hook.

"Ingested hooks can cause internal trauma or even obstructions resulting in loss of body weight," said Dr. Bast. "Alternatively, this patient could have had a pre-existing condition (such as a wing injury) that made it difficult to obtain food on its own, making it more tempting to take the easy meal of a fish on a hook/line. Since our patients cannot talk and provide a history, we have to consider both possibilities."

At this time, it is unclear if the wing

droop was or will become an injury that the pelican lives with.

"Time will tell. If it was a more recent injury associated with the line entanglement, this bird might improve given time and pain medications while the soft tissues heal," said Dr. Bast. "If it was a chronic injury, it may be a more permanent issue for this animal."

After the hooks were removed, veterinarians flushed the wounds and started the patient on oral fluids and a refeeding plan. The pelican was still

seen with the wing droop that has been wrapped, but is continuing to heal. The patient is receiving tub time and medication.

"This bird is still in ICU (intensive care unit) receiving pain medications and supportive care, but we expect to move it to an outdoor enclosure within the week to test its ability to use the left wing," said Dr. Bast. "This patient must regain full function of the wing and have normal flight ability in order to be considered for release."

CROW has seen an uptick in brown pelicans admitted this year than all of last year. Many of these preventable injuries are related to hook and monofilament line issues as well as anglers feeding pelicans. According to Florida Administrative Code 68A-4.001, intentionally feeding or placing food that attracts pelicans and modifies the natural behavior in a way that is detrimental to the survival or health of a local population is prohibited by law.

"We see hundreds of hook/line cases every year, and not all of those patients survive their injuries," said Dr. Bast. "The good news is these injuries are easily preventable. Check out the Mind Your Line webpage (www.mindyourline.org) for more information on how you can help if you see an animal that has encountered hook and line."

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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Shell Of The Week

False Mangelia



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

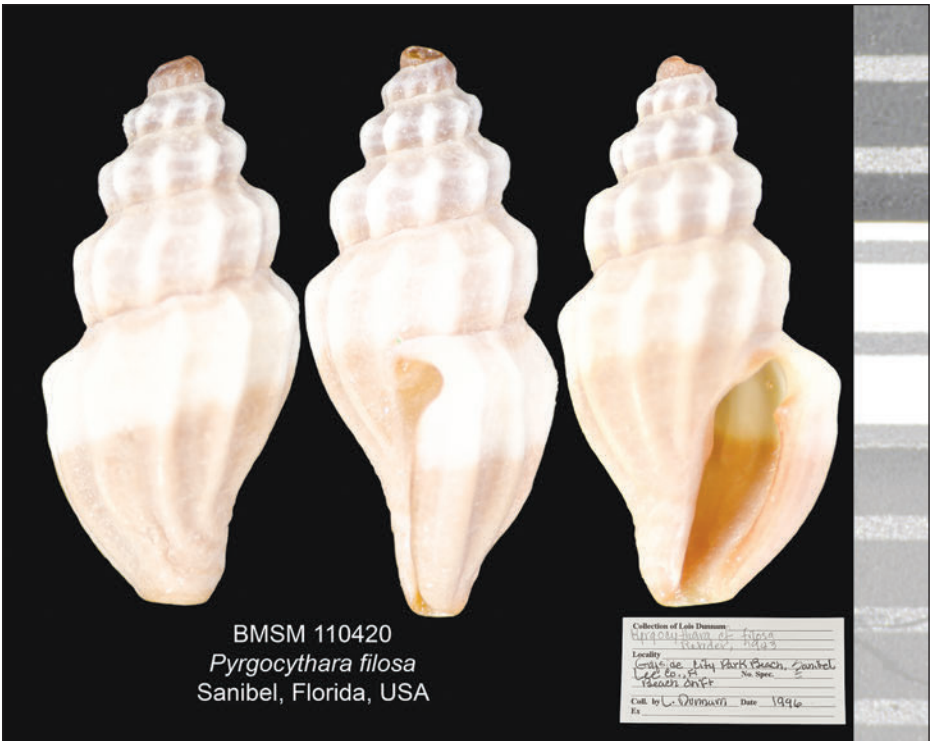
Yet another member of the hyper-diverse gastropod family Mangeliidae, *Pyrgocythara filosa*

Rehder, 1943 grows to about 7 mm (0.28 inch) in length, and has a sculpture of about 10 to 12 axial ribs that span the entire whorl, each rib abutting the ones in previous whorls. The ribs are crossed by finer spiral lines. The shell color in this species is very distinctive, with each half-whorl divided into an anterior brown part and posterior cream-colored one. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in place, and staff and visitors are required to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.*



The False Mangelia, *Pyrgocythara filosa*, from Sanibel

photo by Patricia A. Starkey

Grief Support Group Meetings

Sanibel Community Church is offering a GriefShare program in the Family Life Center on Tuesdays at 5 p.m. The program is

open to anyone who has lost a loved one, and there is plenty of room for social distancing. Sessions feature a video, book, discussion and support.

For more information, contact Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.

Sanibel Community Church is located at 1740 Periwinkle Way.*

From page 1

Plant Trail

will also be available at www.dingdarlingsociety.org/articles/ding-at-home after October 11.

“Thanks to the great work of our visitor services team, we are able to offer plant lovers and curious minds a paper-free, touch-free method of brushing up on their vegetation skills,” said Supervisory Refuge Ranger Toni Westland. “It’s a great way to hit the trail independently or in your own social distancing group. Get out to celebrate your national wildlife refuge, get some fresh air and learn a few things.”

National Wildlife Refuge Week, which runs October 11 through 17, presents opportunities for the public to experience and celebrate the network of lands and waters that conserves and protects Americans’ precious wildlife heritage.

The National Refuge System, which is managed by the U.S. Fish & Wildlife Service, covers 95 million acres of land in the U.S. and its territories. In carrying out the system’s wildlife conservation mission, under the National Wildlife Refuge System Improvement Act of 1997, wildlife refuges pump \$3.2 billion per year into regional economies and support more than 41,000 jobs. For more information, visit www.fws.gov/refuges/events/National-Wildlife-Refuge-Week.html.

“Ding” Darling Wildlife Society-Friends of the Refuge supports the refuge internship program for interns like Carney, whom the refuge encourages to take on projects of interest to benefit its nearly one million visitors each year.*

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A previous cruise-in at Periwinkle Place

Classic Car Show This Saturday

The San Cap Motor Club Cruise-ins are resuming for season, with the kickoff this Saturday, October 3 from 9 to 11 a.m. at Periwinkle Place shopping center. Masks are required. Donuts from Bailey's General

Store will be available along with complimentary coffee.

All are welcome to bring their classic cars. No pre-registration is necessary.

Club membership dues will not be collected and T-shirts will not be distributed until November's cruise-in.

For more information, call Scot Congress at 472-4177 or email scot@scongress.com.✱

photo provided

Intern To Help With Outreach

Taína A. Milán recently joined the team at the JN "Ding" Darling National Wildlife Refuge on Sanibel, thanks to funding through the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). She will serve as a bilingual interpreter and translator for the refuge's forthcoming WoW (Wildlife on Wheels) mobile classroom and other educational programs.



Taína A. Milán

Born in Sabana Grande, Puerto Rico, Milán graduated from Interamerican University, San Germán Campus, in May 2020 with a major in biology. Prior to traveling to "Ding" Darling, she worked as a summer Youth Conservation Corps (YCC) supervisor at the Cabo Rojo National Wildlife Refuge in Puerto Rico.

"Taína's first language is Spanish, so she will be such a valuable resource in helping us fulfill our mission to reach the local Latin community," said Supervisory Refuge Ranger Toni Westland. "Our first priority with WoW outreach is to travel to underserved schools and other venues where kids and adults don't have the opportunity to visit the refuge."

"I'm looking forward to working directly with the people and helping them know about the different resources the refuge has to offer and also to increase their awareness of the importance of our environment so they will protect it for the future of our society and our planet," said Milán.

During her initial quarantine period, Milán got to know the island's flora and fauna by hiking, biking and photographing the environment.

DDWS provides living stipends and other benefits for about a dozen interns each year. Milán's internship was made possible by the 2021 Suzanne M. Dubuc Education Intern Fund, established in the name of a lifelong educator remembered for her creativity in the classroom and later in a retail operation selling supplies for teachers.

"Dubuc passed away in 2016, but her commitment to education and the value she placed upon inspiring students continues through this internship in her memory," said Westland.

"It is an honor to hold an internship named in memory of someone who had such a passion for education and making a difference," said Milán.

For more information about the refuge's internship programs and supporting them, contact Lynnae Messina, DDWS associate director, at 472-1100 ext. 233. DDWS is now accepting donations for future named intern funds at \$12,500 a year, which is the cost for supporting one intern including living stipends, travel, tolls, recreation center membership and other expenses.✱



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Miller Preserve

photo provided

Sign Installed At Miller Preserve

Boaters off the gulf shoreline of North Captiva can now see a new landmark – a sign recognizing the Charlotte and Delbert Miller Preserve. Donated to Sanibel-Captiva Conservation Foundation (SCCF) by C. Douglas Miller in December 2016, the sign identifies 11.46 acres in the area known as Charley Pass, where Hurricane Charley temporarily divided North Captiva into two parts. The Miller Preserve runs from

beachfront to bayside, providing excellent habitat for many wildlife species. It welcomes nesting Wilson’s plovers in the summer, and is also an important spot for migratory and resident shorebirds, seabirds and wading birds, including piping plovers and red knots. The adjacent bayside shoal is a favorite site for the white pelicans in the winter months. There is a bald eagle nest nearby, and the eagles like to perch on the Miller Preserve when not on their nest. The site is also valuable sea turtle habitat with high nesting density. SCCF thanks to the Miller family for preserving this land in perpetuity as significant wildlife habitat.✴

More Than 35 Species Tallied In Shorebird Counts

Sanibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht covered more than 18 miles of beach on Sanibel and Captiva as part of the Global Shorebird Count, which ran from September 3 to 9. As part of the counts, she also boated to North Captiva to survey shorebirds on the bayside mudflat adjacent to SCCF’s Charlotte and Delbert Miller Preserve. “I counted 4,755 individual birds of 35 species including shorebirds, seabirds, wading birds and birds of prey,” said Albrecht. “The five most numerous species observed were sandwich terns, sanderlings, royal terns, laughing gulls and willets.” Numerous banded birds were encountered including sanderlings (*Calidris alba*), piping plovers (*Charadrius melodus*), black skimmers (*Rynchops niger*), royal terns (*Thalasseus maximus*) and a single least tern (*Sternula antillarum*). The least tern, pictured here, was originally banded at the Space Center,



This least tern was originally banded in north Pinellas County in 2017

photos by Audrey Albrecht

a rooftop colony in north Pinellas County, in 2017. In August, it was seen for the first time since banding at Fort Island Beach in Crystal River. Aubrecht’s encounter was the second re-sighting of this bird. Email shorebirds@sccf.org with any questions about shorebirds or to report sightings of banded birds.✴

Plant Smart

From page 10 there’s more. The spiny fruit splits open when dry to reveal three mottled or black seeds commonly described as resembling an “engorged tick.” To top it off, this native to

Northeastern Africa and the Middle East is listed as a category-II invasive species in Florida. The tree is fast-growing and aggressive. Think twice before even touching or allowing a child or pet to touch an intriguing unfamiliar fruit. *Plant Smart explores the diverse flora of South Florida.*✴

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Catch Up On Global News With Your Library Card

Sanibel Public Library is open for normal hours, and is still offering contactless curbside service, which has been used 6,000 times since it was introduced in May. To use the service, patrons place item(s) on hold online, or make requests by calling 472-2483. You will be notified when your items are ready for pickup. Patrons will have three days (excluding Saturday and Sunday) to pick up items; hours are Monday through Friday from noon to 3 p.m.

The library continues to offer daily newspapers for patrons to read inside the facility. Library cardholders can also keep up to date on current events from home with RBDigital's PressReader app. PressReader offers online access to U.S. newspapers plus publications from around the globe.

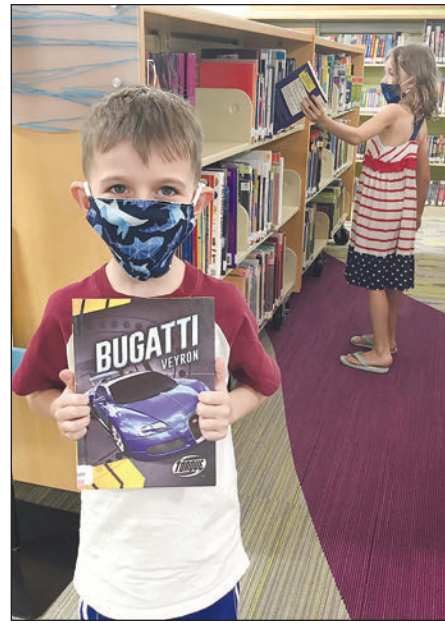
From the *Tampa Bay Times*, to the *Chicago Tribune*, *Baltimore Sun*, *Los Angeles Times*, *New York Post*, *La Prensa* to *The South Florida Sun-Sentinel*, readers can get news from a variety of sources. Hundreds



Use PressReader to access news around the world photos provided

of periodicals in many languages have recently been added to the app, including many selections for children.

"With remote access, patrons can get news content they'd normally find at the library, while they're at home," said Margaret Mohundro, library executive director. "News buffs use it to stay on top of current events. Students can use it for their research. Others like to read their hometown newspapers." Hundreds



Yari and Isla Mendez pick out books

of periodicals in many languages have recently been added to PressReader, which can be used on a computer or via an app.

Brainfuse is the latest pilot project funded in part by the Sanibel Public Library Foundation. Brainfuse provides cardholders of all ages access to live,

online tutoring, whether attending school in person or working from home. The tutoring service is available from 2 to 11 p.m. each day of the week.

Brainfuse also offers PSAT/SAT, ACT, AP and state standardized test preparation. Patrons can submit essays and other forms of writing to Brainfuse's Writing Lab for constructive feedback. There is also a foreign language lab and Spanish-speaking support.

Remote learners can borrow mobile WiFi hotspots with their library card. Hotspots allow users to connect enabled devices (laptops, tablets, smartphones, etc.) to the Internet.

The library's public access computers, copiers, scanners and printers are available. Precautions are in place to help protect staff and patrons from COVID-19. Patrons have to maintain social distance inside the building and wear masks (except for children under age 6). Library staff is implementing safety and sanitizing procedures consistent with the CDC and Florida Department of Health guidelines.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit www.sanlib.org.



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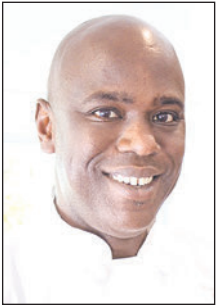
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The Community House

Bell Peppers



by Resident Chef Jarred Harris

The bell pepper is a member of the nightshade family. It is related to tomatoes, potatoes and chili peppers, all of which are native to Central and South America. Also called sweet peppers or capsicums, bell peppers are eaten as vegetables, however, the bell pepper is actually a fruit. It is produced from a flowering plant and contains seeds.

Bell peppers come in a wide variety of colors, from green, which is the most common, purple black, brown, red, orange and yellow. Red, yellow and orange bell peppers are the riper versions of the green bell pepper. As bell peppers mature, their sugar and nutritional content also increases, that's why red bell peppers are sweeter than green bell peppers. Unlike their fiery cousins, the chili peppers, bell peppers do not contain capsaicin. Capsaicin is the chemical that makes chili peppers hot.

Bell peppers were named "capsicums" by Spanish explorers searching for

peppercorn plants to produce black pepper. Christopher Columbus took bell pepper seeds back to Europe for cultivation. The success of the plant made it possible for other Spanish and Portuguese explorers to introduce the bell pepper to different parts of the world during 16th and 17th centuries.

Green bell peppers are a good way to add flavor to a dish. If you want to make your dishes sweeter and healthier, try brighter-colored bell peppers and eat them raw. Colored bell peppers contain vitamins A and C. They also contain the antioxidant lycopene, which is not found in the green bell pepper.

Here is a simple recipe to try:

Vegetable Gumbo**Ingredients**

3 tbsp. olive oil
1 onion (rough diced)
1 bell pepper (rough diced)
3 stalks celery (rough diced)
3 cloves garlic (minced)
3 cups vegetable broth or chicken stock
3 cups water
16 ozs. tomatoes (diced)
1 ½ cups okra (sliced)
1 zucchini (rough diced)
2 potatoes (peeled and rough diced)
4 sprigs fresh thyme (leaves removed)
1 cup red lentils
1 tsp. gumbo filé powder
½ tsp. salt
½ tsp. pepper
Hot sauce, to taste
4 cups rice, pre-cooked

Method

In a heavy bottom pot, heat the olive oil over medium heat.

Add the onions, peppers, celery and garlic. Cook until the onions are

translucent (about 5 minutes).

Add the tomatoes, okra, zucchini, potatoes and thyme, then cook for 2 minutes.

Stir in the lentils, gumbo filé and stock, then bring to a boil.

Reduce heat to a simmer. Cook on a low heat, gently simmering for 30 minutes.

Remove from the heat and season with salt, pepper and hot sauce.

Serve over rice.

*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.**

Island Promotions Support FISH 10K

For the past 11 years, FISH of SanCap has held its 10K Race 4 FISH. This year, the race will be virtual due to the COVID-19 health crisis. Though the pandemic has impacted island businesses, many will be supporting FISH through sponsorships and promotional events in order to continue to assist island neighbors.

In addition to traditional sponsorship requests, FISH encouraged businesses interested in supporting the 10K to host promotional events as a way to safely bring the community together, promote their business and support a good cause.

Upcoming events include Bailey's General Store Fish for FISH, October 4 through 10, where a portion of seafood sales will benefit the race. The Great White

Grill will follow suit with a 10K special on October 13, and Joey's Custard will offer a 10K special on October 15; both establishments will donate a portion of sales to the 10K. Tips to ToeZ with Pattee Frank will donate a portion of sales from customers that visit the shop from October 16 through 23, and Island Paws and Over Easy Café will offer a 10K special day on October 23.

"Our local businesses are always there for FISH when we need them most and are such a critical part of our community," said Diane Cortese, FISH 10K committee chair. "This year, we wanted to find a fun way for the community to participate in the 10K event even when we're not gathering in once place."

If a business would like to participate, FISH is asking that sponsorship events or projects take place between now through October 31.

Registration is open for the virtual race through the Fort Myers Track Club at www.ftmyerstrackclub.com. Cost is \$40 for those who register before October 20, prices increase after October 20 at 11:59 p.m. EDT. Participating runners will receive a dri-fit shirt with the Hortoon 10K logo on the front, as well as a matching face covering which will be mailed to them. New incentives this year include a refund of registration fee to a runner if they fundraise \$250 or more (excluding processing fees). For every five referrals a runner makes to others who sign up, they receive a \$20 discount.

For more information or to sponsor the race through a monetary donation or promotional event, contact Diane Cortese at Dianerc10@gmail.com.*

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Bank of the Islands team

Bankers Come Out In Force For Coastal Cleanup

The Edison National Bank/Bank of the Islands team volunteered to help Sanibel-Captiva Conservation Foundation (SCCF) complete a successful Coastal Cleanup on September 19. A team of 30 banker volunteers and their families wore masks and stayed socially distant while tackling debris on Sanibel's beaches.

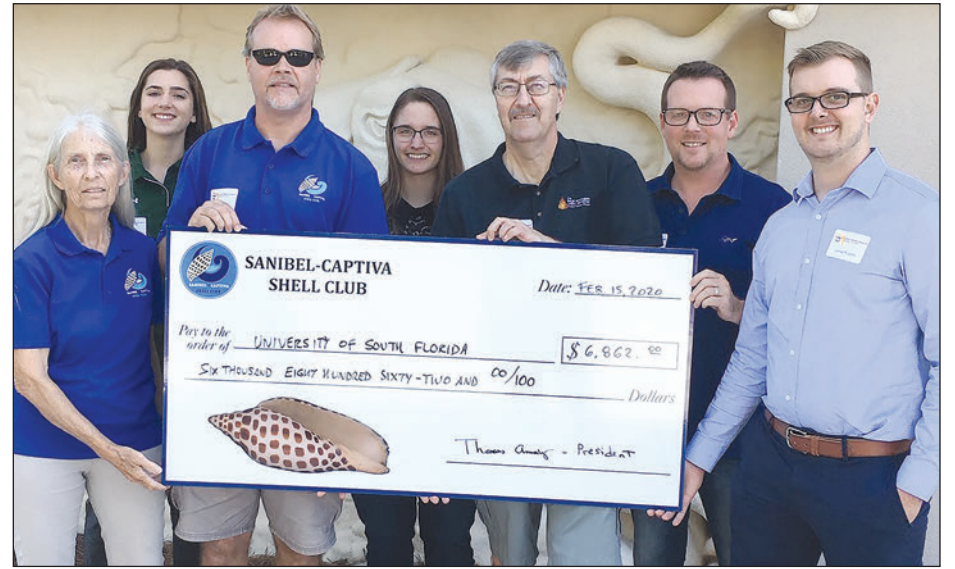
"We are so grateful to the Edison/Bank of the Islands team," said SCCF

Events and Facilities Manager Jeff Siwicke who coordinates the annual community event. "When we see their blue T-shirts coming every year, we know they'll do a great job of keeping our beaches free from trash and wildlife-harming debris like fishing lines."

The local Coastal Cleanup efforts are coordinated in partnership by SCCF and Keep Lee County Beautiful as part of the Ocean Conservancy's International Coastal Cleanup. According to the Ocean Conservancy, 10.5 million volunteers have cleaned 350,000 miles of shoreline, collecting 192 million pounds of trash in the more than three decades of this international effort.✱

photo provided

Shell Club Grants Go To Students



From left, Karen Turner, Morgan Tomlin, Joe Timko, Nicole Seiden, Tom Annesley, Dr. Greg Herbert and Jamie Rogers
photo by Barbara Timko

The Sanibel-Captiva Shell Club awarded two graduate students at the University of South Florida over \$6,800 in separate grants in late 2019.

Nicole Seiden received \$2,462 to study the life history traits of the Florida horse conch to determine how rapidly they reach reproductive maturity, and how long they live and reproduce. Populations of these conchs in west Florida are declining and this study will help determine what level of commercial harvest is sustainable.

Jamie Rogers received \$4,400 to conduct a comparison study of modern vs. historic oysters to determine how

they have changed over the last 200 years. Tampa Bay has lost approximately 90 percent of its oyster reefs since the early 1900s, and this study will assist with efforts to restore the reefs by providing answers to gaps in the current understanding of oyster biology.

The shell club awards grants from the proceeds of its annual shell show. Grants are given in the fields of conchology and malacology, as well as the fields of conservation and water quality, primarily in Southwest Florida. New members are welcome; visit www.sanibelshellclub.com.✱

Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm's beginning. We're grateful for their continued counsel as members of our Advisory Board.

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WEALTH SERVICES



Guacamole

photo courtesy Fresh From Florida



Guacamole

- 2 avocados, pit removed and mashed
- 1 tomato, diced small
- 2 Key limes, juiced
- 1/4 red onion, diced small

2 tablespoon fresh cilantro, roughly chopped
1/2 teaspoon cumin
Several dashes hot sauce (optional)
Sea salt and fresh ground pepper, to taste
Mix all the ingredients together in a large bowl and stir to combine. Taste and adjust seasoning as needed. Store in an air tight container in the refrigerator.✱


PUZZLES Answer on page 39

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

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.

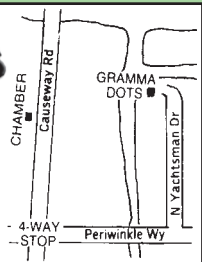
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Book Review

The Book Of Lost Names



by Di Saggau
Kristin Harmel's *The Book of Lost Names* is inspired by a true story from World War II. A young Polish/French Jewish woman is able to forge documents with fake names,

helping hundreds of Jewish children flee the Nazis. She keeps track of their real names so that they may be reunited with their parents after the war, even though she understands that their parents may not survive the war.

The book begins in 2005 with 86-year-old Eva Traube, who lives in Winter Park, Florida, working at a library. She reads a story about a man in Germany returning rare books stolen by the Nazis and sees a photo of a book that once belonged to her. She immediately leaves for Berlin. Harmel then transitions back to 1940s France, when Traube, at age 23 along with her mother, escape to the tiny town of Aurignon. She eventually joins the French resistance and helps Jewish people escape to Switzerland. She uses an old religious book to keep track of the children's names. It's the book of lost names.

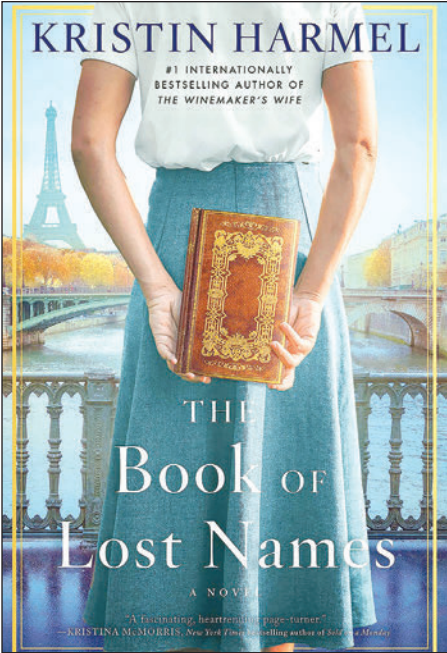


image provided

Traube's mother doesn't show much appreciation for her daughter's work. She remains bitter because her husband was taken into custody during a raid. He instilled a love of reading in Eva who was grateful because he opened the world to her. She realizes she cannot help her father but she can help hundreds of Jewish people. She works close with a mysterious forger named Remy and a local priest. The book is a story of survival and bravery and shows how important forgers were during the war, and the dangers they faced in order to

save others.
The Book of Lost Names is a beautifully written story. It is dedicated in part to: "And to librarians and booksellers everywhere, who ensure that the books

with the power to change lives find their way into the hands of people who need them most." It's a thoughtful story about men and women working together to save lives.✧

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley,
My fifth and seventh grade children have many writing assignments that require revising and editing. Now that we are learning at home, they want me to help them with their writing. This is becoming very difficult because they think I am being too critical of their work. How can I give them feedback without seeming overly judgmental? Thank you.

Tonie P, Fort Myers

Tonie,
Writing is such a deeply personal and reflective experience. Even for the best writers, it is not an easy process and providing feedback on your children's writing assignments may often feel like walking on eggshells. If you're too critical, your children might not want to share their writing assignments with you again. On the other hand, if you give too much praise, you may not be helping them improve, and your children may question the sincerity of your feedback. It's difficult to make constructive comments to your children so that they accept your advice instead of feeling as if you are criticizing them, but here are a few ideas that may make this easier for you.

Highlight both the positive and negative aspects of the writing without judgment – without using the words "good" and "bad." Make sure that your children understand the functions of revising, editing and rewriting, and explain that revising writing isn't a matter of having done something wrong – it's a chance to make something that's already very good even better. Revising involves making changes like adding or deleting words, reorganizing sentences or ideas, while editing

involves reviewing spelling, punctuation, capitalization, sentence structure, grammar and correcting any mistakes.

When something doesn't work, you might ask, "Why did you choose to say it this way?" or "Did you mean to say this?" Making it a conversation, rather than criticism, can help engage your children in the process, and teach him/her that editing and revising are a natural part of growing as a writer, regardless of age or skill level.

With beginning writers, the revising and editing process will be simpler. Start by reading your child's piece aloud exactly as it is written, having your child listen for the following things: Are any words missing? Are any important facts or events missing? Is there a beginning, middle and end to your work? Read the piece aloud again, and if any of these things are missing, have your child revise accordingly.

With a child who has more writing experience, you might also ask him or her to think about the following revising questions: Do I describe what my characters look and feel like? Do I use the right action words with my nouns? Ask your child to fill in any details she/he may have left out.

Then have your child reread the piece and think about the order of sentences and paragraphs. You might ask whether reordering one or two sentences helps communicate an idea more logically. Ask if words or ideas are repeated in the same paragraph. Use a thesaurus to improve vocabulary and suggest expanding an idea instead of repeating it. Finally, make sure that your child can identify the main idea in each paragraph.

Now it's time to edit the piece for spelling and grammar. Any word processing program will have a spelling/grammar checker that will do this quite easily, but you may want your child to learn how to edit independently. Use a grammar checklist to help your child learn how to edit for grammatical errors. Once they understand how to edit for spelling and grammar, using

continued on page 24

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Superior Interiors

Decorating Tips For An Upscale Modern Bedroom



by Marcia Feeney

Bringing a more modern feel to your bedroom will help transform it into a comfortable place that you'll want to spend your time in. Impress anyone who steps foot inside – most

importantly yourself – with key furniture pieces and decor. If this sounds like the type of upscale space that you are looking for, read on for some tips on how to bring your bedroom into the modern age.

Take advantage of unique decor pieces – Finding furniture or decor that is unusual or prominent can really help bring a modern flair to any room. However, it also depends on the structure and layout of your bedroom. Do you have small windows that only allow

minimal natural light into your space? Try incorporating some bold lighting fixtures. Not only will this liven up the room, but it will also bring a unique focal point into the mix.

As seen in recent design publications, some of the most innovative and upscale features include a dark statement wall, glamorous wallpaper and distinctive headboards. Adding a dark statement wall to your bedroom will keep it from being bland and will also allow you to incorporate that into your color scheme with your other furniture. Glamorous wallpaper can make even the simplest room turn into a luxurious and modern space. Distinctive headboards can transform your bed into a comfortably modern getaway, while still adding some decorative style.

Incorporate current, modern color schemes – Keeping your colors overall neutral, clean and consistent will help you to achieve the modern feel you're striving for. Pick one color scheme and stick with it throughout your decor to help your bedroom look more cohesive and upscale. A very popular palette for modern looking rooms is the color white. White walls, white bedspread, white rug... you name it. Keeping everything one neutral color will help give your space a more modern aesthetic.

Besides sticking with neutral themes, incorporating some peaceful colors into your room is also a way to make your bedroom a bit more upscale. Sticking with blues, greens and soft yellows keep your environment feeling calm and serene. While you are more likely to correlate neutral colors with a more modern feel, choosing one accent color is never a bad idea. It can help bring more life to your bedroom.

Choose your style and stick with it – One of the keys to successfully completing a modern bedroom is implementing one clear and cohesive style. Whether you decide to go with a more neutral tone, bold decor choices or

even a vibe that pops, it should remain consistent throughout your space. For example, if you want to add some colorful and highly modern art pieces, make sure the rest of your room isn't full of vintage furniture.

An upcoming trend is to include some natural elements to your room. This will add to your aesthetic like no other, and it also goes well with many different types of styles. For a more modern feel, having a sparse uncluttered space will add to the overall appeal, not to mention adding to the appearance of a larger room.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeciden.com.✽

Luminary Holiday Stroll Reinvented

This year, in the spirit of good cheer and good health, the Sanibel and Captiva Islands Chamber of Commerce has extended Luminary 2020 from seven hours to seven days for the Coastal Distance Edition, December 4 through 11.

"We have worked very closely with the City of Sanibel to ensure that we can promote a version of Luminary that will benefit our business community yet adhere to CDC guidelines," said John Lai, chamber president and chief executive officer.

Luminary Week will take place Friday to Friday during normal operating hours, when businesses will be offering special discounts and deals. Retailers, restaurants, accommodations, personal services, attractions, recreational activities and other local operations are invited to participate. The chamber will create a dedicated landing webpage for showcasing the week's offers online.

With a tagline of "Eat. Shop. Stay. Play," Luminary Week promotes commerce on Sanibel and Captiva. Unlike Luminary past, however, the chamber and city have put the kibosh this year on luminary light bags, alcohol (except where licensed), and any entertainment, events and activities that might draw a crowd.

Bank of the Islands and Vector & Ink have already stepped up to help sponsor Luminary Week, but the

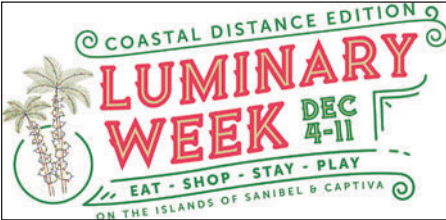


image provided

chamber still has more sponsorships available. Businesses interested in sponsoring or participating should contact member services manager Ashley Pignato at ashley@sanibel-captiva.org. Participating businesses should submit their logo or photo, special offer, and any details by November 1.✽

School Smart

technology to do this makes sense. As your children move into middle and high school they should be writing on the computer and using all the supports that technology provides to support the writing process.

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

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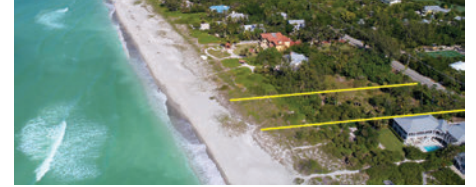
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Record Month For Real Estate Team

The Burns Family Team of Premier Sotheby's International Realty achieved a record-breaking \$21 million in closed transactions in August. The team consists of Jeff and Tiffany Burns, Joe and Joan Burns, John and Denise Beggs, Kathy Haungs, Tim Drobnyk and Shaelyn Dimiceli. "Sanibel, Captiva and Southwest Florida are experiencing a very strong market right now," said Jeff Burns. "Our relatively low density and warm climate make us an attractive place where people can enjoy, social distance outdoors, and go for a boat or bike ride all year-round. All price points are enjoying good activity right now."

Burns said that August's buyers came from all over – including California, Illinois, Indiana, Michigan and New York. "Interest rates are still near record lows and the summer months are usually our slowest.



Burns Family Team photo provided

When snow starts to fall up north and our northern neighbors return, we typically see another boost in sales activity. With such a strong summer from a sales perspective, we are very optimistic about the fall and winter season."✽✽

Realtors Help With Cleanup



From left, Rowen Goodman, Deb Gleason, Janka Varmuza, Brendan Albright, Sofi Lee Varmuza, Audrey Mulka, Angie Roehl, Cathie Lewis, Kelly Huguenin and Kim Kovacs (not pictured: Bill Robinson) photo provided

On September 19, thanks to the organizational efforts of Sanibel-Captiva Conservation Foundation (SCCF), the annual International Coastal Cleanup Day offered a chance for the Sanibel & Captiva Islands Association of Realtors (SCIAR) to get out and do what they love: volunteer. While it was a little different this year, as masks were worn and social distancing was in effect, the volunteers came out and got to work to help clean up the island shoreline. Realtors and affiliate business partners

cleaned trash and other refuse on a strip of beach from Colony Inn down to Beach Road. They collected roughly six bags of debris.

Thanks goes out to the following realtors, affiliate business partners and family members for doing their part to help clean up the Sanibel shoreline: Brendan Albright, Deb Gleason, Rowen Goodman, Kelly Huguenin, Kim Kovacs, Cathie Lewis, Audrey Mulka, Bill Robinson, Angie Roehl, Janka and Sofi Lee Varmuza.✽✽



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From page 1

BIG ARTS

viewed on site by limited groups at a time. You can also visit the show online in the 3D virtual gallery starting Monday, October 5 at www.bigarts.org.

The photo being exhibited by Taubert is an archival aluminum dye sublimation print of *...and the snowflakes became stars – perkins cove, ogunquit, maine*.

Taubert said, "For half of the year, I live in an historic home (circa 1750) just outside of Perkins Cove in Ogunquit, Maine. When I walk out the door, I'm standing on truly hallowed ground when it comes to American art history. This is the same scenery that inspired Charles H. Woodbury, Gertrude Fiske (and so many other notable artists) to form the storied Ogunquit Art Colony. There are very few towns in the world, especially tiny towns like Ogunquit, that have been depicted so many times by such a wide variety of artists over the years. This photo, *...and the snowflakes became stars – perkins cove, ogunquit, maine*, was captured as part of my ongoing effort to create artwork that honors the legacy of the Ogunquit Art Colony, while also saying something new, adding something original to the large body of work this town has inspired."

"For the other half of the year, I return to Southwest Florida," said Taubert. Sanibel and Captiva are such an important part of my life. This is where I married my wife. These are the places that sparked something in me, so many years ago, to explore every inch of

shoreline with my camera in every quality of light – and begin earnestly working to develop my own voice through the medium of photography. I was very pleased to hear I was going to be able to merge my love for Ogunquit and Sanibel by showing in this Create, Inspire, Connect exhibition at BIG ARTS. It feels like something has come full circle."

BIG ARTS received a record number of art submissions for the exhibition. More than 110 artists submitted 205 pieces of artwork, which include everything from watercolor and oil paintings, to sculpture and photography.

"The response to the show was fantastic," said BIG ARTS Programs and Gallery Manager Lauren Huff. "It was great to see the mix of artists, and the artwork they submitted. We had submissions from BIG ARTS members, past artists who have shown with us, and a ton of new artists from across the country, as well as a few international submissions."

The show was juried by members of BIG ARTS Visual Arts Committee: Diane Olsson, Deborah Butler, Bunny Ospa, Bea Pappas, Kathy Taylor, Annie Wainwright, Peter Zell and Lauren Huff. The jury selected 62 works out of the 205 submitted to be part of the show.

To maintain a safe environment for guests, volunteers and staff, BIG ARTS is limiting the number of people allowed in the gallery to a maximum of 30 at any given time. Masks are required to enter the building guests are asked to be mindful of social distancing. For more information, contact the BIG ARTS box office at 395-0900.✽✽

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Will Power

Who Should Own Your Life Insurance Policy?



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

Several years ago, you took out a life insurance policy on your life and named your spouse as the owner and primary beneficiary. Makes perfect sense, doesn't it? When completing the life insurance paperwork, you may have relied upon the agent who sold you the policy. Or you may have just figured that because the policy insures your life that it's logical to conclude your spouse will survive you, so she should own the policy. Except that's not how you should title the ownership of the policy.

Suppose, for example, that you survive your spouse, and you want to change the beneficiary of the policy on your life. You can't change the beneficiary of the policy because you don't own it. Your spouse owned the policy. She was the only one who had the legal right to change the beneficiaries. On her death, her Last Will and Testament leaves you everything, including the insurance policy, but in order to transfer ownership from her estate to you, a probate process would be required.

That probate process could be very time consuming and expensive. So, how should you title the ownership of life insurance policies? Everyone's situation will be different, so as a general rule, you should tell your estate planning attorney about any life insurance policies that you own. He or she can then counsel you on the most advantageous way to designate the ownership and beneficiaries for that policy.

Important information that your attorney will need to counsel you on includes not only the amount of the death benefit, but also the current cash surrender value, whose life the policy insures, who owns the policy, the amount of the annual premium payments, and the names of the primary and contingent beneficiaries.

Another important factor when deciding who should own the life insurance policy is the tax consequence associated with the policy. While life insurance is usually income tax free to the recipient, the amount of the policy is included in the deceased owner's estate for federal estate tax purposes. So, if Glenn owns a \$2 million life insurance policy on his life that pays to his children, that \$2 million death benefit increases the value of Glenn's estate. That could, conceivably, create a taxable estate where none would otherwise exist.

If estate tax is not a concern even when adding the value of the life insurance to one's estate, then, generally speaking, it is a good idea for the person who is the insured to

own the policy on his or her life. The transfer of the policy to change beneficiaries is not an issue, because when the insured dies, then the policy pays the death benefit to the beneficiaries. In other words, the policy will never continue on beyond the insured's life, since by definition it pays the death benefit when he dies.

If, on the other hand, estate tax could be a concern in the insured's estate, then several other options should be considered. One option is to create an irrevocable life insurance trust (ILIT) to own the policy. By having an ILIT own the policy (provided the insured survives the transfer to the ILIT for a period of three years), the death benefits could avoid taxation. The transfer to the ILIT, however, could be a taxable gift, depending upon the cash surrender value of the policy at the time of transfer. Moreover, the ongoing premium payments could be taxable gifts, so the ILIT should be constructed in such a manner as to take advantage of the gift tax annual exclusion amounts (currently \$15,000 per beneficiary annually). You may have heard of "Crummey powers" that are used to that end.

Another viable option includes having the insured's revocable living trust own the policy and also be the designated beneficiary of the policy. Here, the ownership and beneficiary designation could be constructed to take advantage of the deceased's federal estate tax exemptions, if they are needed, while the revocable trust that receives the death benefits would then benefit the deceased's spouse and children. The trust could also include provisions designed to protect the benefits from creditors or predators of the surviving spouse and children.

Yet another option is to create a revocable trust that the insured's children own. This strategy is used when the children are the intended beneficiaries of the policy but the family's goals include minimizing estate tax while preserving flexibility and avoiding probate.

As one might fathom from this short article, there are several good strategies to think about when considering the owner and beneficiary of a life insurance policy. As with many estate planning decisions, it is good practice to take one's time and consider all alternatives since mistakes can be costly and are easily avoided with a little forethought.

©2020 Craig R. Hersch. Learn more at www.sbshlaw.com.✱

New Fitness Classes At Sundial

Sundial Beach Resort & Spa introduced a new fitness program on October 1, which is open to the public. The resort will offer morning and afternoon classes with an augmented schedule beginning November 1. All classes will be held outdoors with social distancing in mind.

October classes include Zumba, Meditation & Stretch and Body Weight Boot Camp. Aqua Zumba, Zumba Kids and Yoga will be added to the schedule beginning November 1. Classes are priced at \$10 per session with no pre-registration required. Class check-in will be at the activities hut located on the resort's main pool deck. Schedules and

information are available by calling 395-3813 or online at www.sundialresort.com/play/fitnessclasses.

On site personal training sessions will be available by appointment through Paragon Fitness Coaching. Appointments may be made by contacting derrick@paragonfitnesscoaching.com.

"We're pleased to introduce fitness programming to both our resort guests and to the Sanibel community," said Becky Miller, general manager. "Sundial is already a popular destination for tennis and pickleball, and we've been looking forward to expanding our health and wellness offerings to the island."

The resort's racquet sports program continues to be open to the public, and features tennis and pickleball clinics, private lessons and tournaments.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.✱

How's The Market? Ask Ann

Last week, we talked about a buyer employing a licensed home inspector during a 15-day "due diligence" period, that when using an "as is" contract gives the buyer the right to cancel the contract at their SOLE DISCRETION. It is not unusual for some buyers to cancel during this period. This entire scenario begs the question, should a seller get a home inspection prior to receiving an offer to purchase? My opinion, YES!, for the following reasons:

1. It will provide information regarding repair issues that may not be apparent to you and give you an opportunity to address these issues, or be prepared to negotiate a price.
2. Termites do exist on Sanibel many times sellers are not aware that their home has them. Knowing this ahead of time allows the seller the choice of selecting the treatment.
3. It will be a selling point for the listing. What's the expression? "Knowledge is Power."

Closed Sales Going Back A Week:

1610 Middle Gulf Dr. Spanish Cay A3 - \$280,000	345 Cowry Court - \$722,500
312 Periwinkle Way #4 Casa Blanca - \$337,000	610 Donax St. 126 Sanibel Surfside - \$750,000
3214 Kincaid Court - \$355,000	2661 Wulfert Rd. 4 Sanctuary Golf Condo - \$760,000
2255 W Gulf Dr.134 Cottage Colony West - \$575,000	1271 Sand Castle Road - \$880,000
454 Lake Murex Circle - \$610,000	940 Lindgren Blvd. - \$935,000
1341 Middle Gulf Dr. 2D Sunset South - \$675,000	845 E. Gulf Dr. Moorings 522 - \$1,250,000
9106 Mockingbird Dr. - \$700,000	1329 Eagle Run Drive - \$1,280,000
1350 Middle Gulf Dr. #1F Moonshadows - \$708,375	4577 Waters Edge Lane - \$2,754,333

Thank you for reading my column. Feel free to call or email me with any questions or comments. Stay safe.

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Health First

Eight Tips For Healthy Joints



by Julie Rosenberg, MD

The connection between two bones is a joint. A joint is usually formed of fibrous connective tissue and cartilage. Synovial joints are the most common type of joint in the body. Examples of synovial joints are the knee, shoulder and hip joints. Synovial joints are characterized by a fluid-filled joint cavity contained within a fibrous capsule. Synovial fluid helps to cushion your joints, so your bones don't rub together.

Increasing age, injury or being overweight puts wear and tear on your joints, which can lead to arthritis. Healthy longevity includes keeping your joints healthy. Here are eight tips for good joint health:

Watch Your Weight – Keeping your weight within a healthy range is key for healthy joints. Weight-bearing joints, such as the knees and hips, pelvis and spine (especially the low back) support the weight of your body. Individuals who are overweight often have problems with weight-bearing joints. However, if you are overweight, even small amounts of weight loss may significantly improve the health and function of your joints.

Keep Moving – Exercise gets your heart pumping, which increases blood circulation throughout your body – including your joints. As a result, the synovial membrane is exposed to an ongoing supply of nourishing oxygen and nutrients. Do whatever type of movement that you enjoy on a daily basis – but keep moving!

Minimize the stress on your joints – Avoid positions or movements that

put extra stress on your joints. Change position often, since staying in one position for an extended period tends to increase stiffness and pain. Be aware of your body position, using good posture to protect your back and the joints of your legs and feet. Use your strongest joints and muscles to reduce the stress on your smaller joints. For example, carry a purse or a briefcase by its shoulder strap rather than by its handle. To protect finger and wrist joints, push open heavy doors with the side of your arm or shoulder.

Build Muscles to Support Joints – Strong muscles support your joints. Strengthening exercises such as weight training help build muscle and keep muscles and the surrounding ligaments and tendons strong. When these tissues are strong, they form a protective barrier so that your joints don't have to do all the work. If you are not accustomed to strength training, speak with a certified personal trainer to help design the best strengthening program for your needs.

Develop a Strong Core – Make sure your exercise routine includes activities that strengthen your core, which is comprised of your chest, back and abdomen. Stronger abdominal and back muscles enhance balance and stability, and thus help to prevent falls that can damage your joints.

Perfect Your Posture – Standing and sitting up straight protect your joints from your neck to your knees. Good posture also helps to safeguard your hip joints and back muscles.

Posture is also important when lifting things – be sure to use the largest muscles in your body by bending at your knees instead of bending your back.

Choose Joint Friendly Exercises – For many people, the best type of physical exercise involves activities that do not pound the joints. Low-impact exercises support good joint health. These types of exercises include water aerobics, swimming, bicycling, yoga and walking.

Eat a Healthy Diet – Eating a healthy diet is good for your joints, because it helps build strong muscles and bones.

You need enough protein in your

diet to keep your muscles healthy. Most Americans get enough protein in their diet. Exactly how much protein you need depends on your age, sex and activity level. Good sources of protein include lean meats, seafood, beans, legumes, soy products and nuts.

Vitamin D and calcium are needed to keep your bones and joints in good health. Vitamin D helps your body absorb calcium from the foods you eat. Dairy products, many cereals, soy milk and almond milk are fortified with vitamin D. Kale and other dark leafy vegetables are also an excellent source of calcium, as well as the antioxidants, vitamin C and

beta-carotene. If you think that you are not getting enough calcium and vitamin D in your diet, consider taking dietary supplements.

In summary, healthy joints are crucial to overall health and wellbeing. Life is motion. Preserving your joints will help to ensure long-term mobility.

*Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.**

SCCF Appoints Outreach Coordinator

Sam Lucas has a new role as community outreach coordinator at Sanibel-Captiva Conservation Foundation (SCCF). Lucas joined Sanibel Sea School in 2017 as conservation initiative coordinator and marine science educator.



Sam Lucas

Born and raised in Baltimore, Maryland, Lucas spent her childhood

summers exploring Florida's Gulf Coast. She earned a bachelor of science degree in biology from Salisbury University on Maryland's eastern shore. While at school, Lucas worked as a naturalist at a local discovery center, where her passion for environmental education was ignited.

In her new role, Lucas will be coordinating volunteers across all SCCF departments and will continue to promote, organize and manage all Coastal Watch activities.

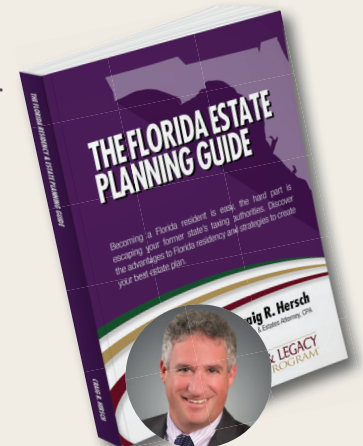
"I am thrilled to be starting a new role at SCCF. I look forward to continue working with our community through Coastal Watch and now, with our amazing volunteer base," Lucas said.

The mission of Coastal Watch is to create and implement local conservation initiatives that promote and improve the future of marine resources and the coastal heritage.*

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by **Craig R. Hersch**
Florida Bar Board Certified Wills,
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Island Sun Columnist

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Frankly Speaking



by Howard Prager

I'm not a big hockey fan, but do watch the Stanley Cup Finals, and this year's Stanley Cup has been exciting with lots of action and overtime. Congrats to Tampa Bay on winning

the cup, their second! I thought I'd do a little Wikipedia research about the cup, the oldest trophy to be awarded to a professional sports franchise in North America. The Stanley Cup was commissioned in 1892 as the Dominion Hockey Challenge Cup and is named after Lord Stanley of Preston, the Governor General of Canada, who donated it as an award to Canada's top-ranking amateur ice hockey club. The entire Stanley family supported the sport, the sons and daughters all playing and promoting the game. The first cup was awarded in 1893 to Montreal Hockey Club, and winners from 1893 to 1914 were determined by challenge games and league play. Professional teams first became eligible to challenge for the Stanley Cup in 1906. In 1915, the National Hockey Association (NHA) and the Pacific Coast Hockey Association (PCHA), the two main professional ice hockey organizations, reached a gentlemen's agreement in

which their respective champions would face each other annually for the Stanley Cup. In 1926, it was established as the championship trophy of the NHL and, in 1947, the NHL reached an agreement with trustee J. Cooper Smeaton to grant control of the cup solely to the NHL. It was not awarded in 1919 because of the Spanish flu epidemic, (apparently, they didn't know how to do a bubble), and in 2005 because of the 2004-05 NHL lockout. The Montreal Canadiens have won it a record 24 times; the Detroit Red Wings have won it 11 times, the most of any United States-based NHL team. More than 3,000 different names, including the names of over 1,300 players, had been engraved on it by 2017 although some names were erased from older years to make room for names for the next 10 years.

What's most interesting about the cup and different from any other sports trophy is how it travels with the winning teams and players, with some rather unusual experiences. During the 1940-41 NHL season, the mortgage on Madison Square Garden was paid. The management publicly celebrated by burning the mortgage in the cup. Some fans claimed this act "desecrated" the cup, leading to the Curse of 1940, which allegedly caused the Rangers to wait 54 years for another win. In 1957, Maurice "the Rocket" Richard chipped both of his front teeth while drinking from the Stanley Cup. The New York Islanders' Bryan Trottier admitted to sleeping with the cup (as have, apparently, dozens of players). In 1987, the Edmonton Oilers'

Mark Messier took it to his favorite club in his hometown of St. Albert, Alberta, and let fans drink out of it. It wound up slightly bent in various places for unknown reasons. It was repaired at a local automotive shop, and shipped back to the Hockey Hall of Fame. This appears to be a common occurrence with players, fans and the cup. The 1991 Pittsburgh Penguins and 1993 Montreal Canadiens decided to test its buoyancy by tossing it into Mario Lemieux's and Patrick Roy's respective pools ("The Stanley Cup" - noted then-Canadiens captain Guy Carbonneau - does not float."). In 1994, several New York Rangers took the cup to Belmont Park, filled it with oats and let Kentucky Derby winner Go for Gin eat out of it. On August 22, 2004, Walter Neubrand, keeper of the cup, boarded a plane to Fort St. John, British Columbia, to deliver it to Tampa Bay Lightning head scout Jake Goertzen. However, Air Canada officials at Vancouver Airport removed it because of weight restrictions. The cup spent the night in the luggage area and was flown to Fort St. John the following day. On June 17, 2010, the *Chicago Tribune* swabbed the cup for germs. A lab tech for EMSL Analytical stated no staph, salmonella or E. coli were found and the general bacteria count was 4 percent of what is typically found on an office desk. On April 21, 2011, the cup was traveling to Quebec City when its vehicle broke down forcing keeper of the Cup Mike Bolt to hitchhike with the cup.

Here's a great story from the Good News Network. Have you ever repaid a centuries old debt? That's what the country of Ireland's National Lacrosse team did last week, ceding their spot at the next World Lacrosse Games in 2022 to a Native American Iroquois squad who'd been shut out of the international competition on a technicality. Eight teams were chosen to play based on their standings in 2018. The Iroquois Nationals came in third, but the Iroquois are not recognized as a sovereign nation nor do they have an Olympic Committee, so they were disqualified from the championship. Then in a statement, Michael Kennedy, chief executive officer of Ireland Lacrosse said, "It's simply the right thing to do... As much as our players would have been honored to compete, we know the right thing is for the Iroquois Nationals to represent our sport on this international stage." While it

might seem unusual for a team to make this kind of sacrifice for another team, it's not the first time Native Americans and the Irish have reached out to help one another in troubled times. During the Irish Potato Famine of 1845, even though impoverished themselves, the Choctaw tribe sent a monetary donation to help alleviate suffering across the ocean. The Irish recently returned the gesture, donating generously to a GoFundMe campaign that benefits Native American tribes particularly hard-hit by the coronavirus pandemic and now have returned the gesture yet again, centuries later, by stepping aside for the founders of the sport to compete. An example of true sportsmanship.

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

Chamber CEO Elected To State Board

John Lai, president and chief executive officer of the Sanibel and Captiva Islands Chamber of Commerce, recently took a seat as chair-elect of the Florida Association of Chamber Professionals (FACP). The statewide chamber agency installed its 2020-21 board of directors from throughout the state at its annual conference held Sep 15 to 17 in Fort Walton Beach.

The board of directors is the governing body responsible for overseeing the operations of FACP, whose mission is to advance excellence in chamber management in the state of Florida.

"I am highly honored and humbled to be taking this position with an

continued on page 31



John Lai

SPORTS QUIZ

1. What U.S. Olympic gymnast, born in Moscow in 1989, won the women's all-around gold medal at the 2008 Beijing Summer Games?
2. The annual award given to Major League Baseball's best left-handed pitcher is named in honor of what legendary southpaw?
3. What Heisman Trophy winner had his No. 27 retired by both the Tennessee Titans and the Ohio State Buckeyes?
4. What country won the gold medal in the inaugural Olympic women's ice hockey tournament at the 1998 Nagano Winter Games?
5. Name the three drivers who share the record for NASCAR Cup Series season titles with seven apiece.
6. What stadium was ransacked by souvenir hunters during the Philadelphia Phillies' final home game there in 1970?
7. With what Major League Baseball team did Bo Jackson finish his playing career in 1994?

ANSWERS

1. Nastia Liukin. 2. Warren Spahn. 3. Eddie George. 4. The United States. 5. Dale Earnhardt, Jimmie Johnson and Richard Petty. 6. Connie Mack Stadium. 7. The California Angels.

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dearRPharmacist

New Treatment Approach To High Cholesterol



by Suzy Cohen, RPh

Dear Readers: For years we have heard that statins are the gold standard pharmacological treatment for high cholesterol. But there's more

to the story, because those drugs, introduced in the 1980s when I was a young pharmacist, do not sweep out the cholesterol in your blood vessels. They only block endogenous production by your body, and in doing so, they can lead to devastating side effects due to the drug mugging effect of ubiquinol, the activated form of CoQ10.

But first I'd like to make sure you know my stance on cholesterol. I don't think it's bad at all, however, the ratios need to be in a healthy balance. It is not cholesterol itself that leads to heart attacks... it couldn't be or we'd all be dead. It's more the imbalanced ratio of certain particles. There are many particles of cholesterol, but the two most famous ones are LDL and HDL. Keeping this superbly simple, you want to keep the HDL level high, and reduce the amount of LDL.

Even though I prefer natural approaches to medical problems, as a pharmacist I can offer you my perspective on a new therapeutic option for high cholesterol. I'm referring to a new category of medications called PCSK9 inhibitors.

The PCSK9 are a new class of LDL-lowering medications, and they are given

by self-injection every two weeks.

You, as a human being, carry a gene called PCSK9, which stands for proprotein convertase subtilisin/kexin type 9. The PCSK9 gene provides the blueprint for your body to build a protein also abbreviated as PCSK9. This protein regulates the amount of cholesterol that floats around in your bloodstream. The drugs inhibit PCSK9 and so they work by improving your liver's ability to remove cholesterol from the blood. They do this by inhibiting PCSK9, which prevents destruction of LDL receptors on your cells.

There are two medications in this category:

Praluent (chemical name: Alirocumab)

Repatha (chemical name: Evolocumab)

See the names here, they both end in "cumab" so since it's easier for the sake of reading my article, I will refer to this category of drugs as cumab drugs, or the cumabs. That's not an official nickname, it's just for reading ease and I've made it up!

The cumab drugs reduce LDL cholesterol by about 60 percent, which in turn could reduce risk of heart attack, chest pain, unstable angina and stroke by up to 15 percent. Cumabs are stronger than statins. They do not interfere with CoQ10 like the statins, because the cumabs reduce LDL cholesterol at the level of the receptor site, not by inhibiting production. Please also evaluate homocysteine levels, CRP, Lp(a) and blood pressure. Finally, age and hormone status matter. Insufficient levels of DHEA, estrogen and testosterone all affect your cardiovascular system. If this topic interests you, subscribe to my newsletter at www.suzycohen.com, and I will email you a longer version of this article.

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. ✨

From page 30

Chamber CEO

organization of such import to our state and the chamber of commerce movement," said Lai. "I look forward to strengthening the islands' standing with this front-row connection."

Lai has served at the chamber's helm since his appointment in 2017. He has

led members through toxic water quality issues and pandemic upheaval during that time by rallying local businesses at the state and federal government levels. Lai was instrumental in bringing together the Southwest Florida Alliance of Chambers and in seeing the chamber's visitor center modernized and named by Visit Florida as one of 13 official Florida Certified Tourism Information Centers. ✨

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: How can I stop comparing myself to others? I know this is hurting my self-esteem.

A: Comparing oneself to others is a natural tendency, yet it can be detrimental to your

self-esteem as you are stating. Often when we compare ourselves to others, we tend to feel a sense of lack and don't see ourselves in a favorable light as we should. It can be positive if we emulate the positive qualities we see in others and feel good about ourselves.

You want to refrain from judging yourself as better or less than others. These natural comparisons start early on. Your self-esteem has to come from being you. Your life is designed for your soul's growth and working with that each day brings your way. Keep your sights on you in order to build healthy self-esteem. Recognize all of your attributes and focus on them rather than comparing yourself to others. It's great to see the attributes in others; however, your attributes are a unique part of you and only you. Focus on that uniqueness and build what you have as opposed to what you lack.

Remember to keep your eyes on

yourself and you will flourish. This can forge a beautiful freedom within yourself. Praise yourself for all of your gifts and strengths. Show humility and avoid comparisons to foster self-compassion and self-love. Do this every day and you will notice that you will flourish.

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. ✨

Bank Earns Service Award

The Independent Community Bankers of America (ICBA) named Sanibel Captiva Community Bank as a recipient of its 2020 National Community Bank Service Award for extraordinary efforts to help small businesses, consumers and the community amidst the pandemic.

"We are grateful for the opportunity to support our friends and neighbors and humbled by this recognition from ICBA for doing what we've always done; supporting our community through good times and adversity," said Amy McQuagge, bank vice president and director of marketing.

The bank's team processed over 750 loans totaling nearly \$70 million to save an estimated 9,000 jobs in Southwest Florida. ✨

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Doctor and Dietician

Fabulous Fall Foods



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

When we lived in the Midwest, we welcomed fall, cooler weather, crunchy colorful leaves, and, of course, the beautiful fall food. Just the smell of fall is intoxicating, isn't it? Our favorite fall foods include apples, pumpkins and winter squash. So many great recipes are available for these foods. In fact, pumpkin has now become a popular food to use to make gluten-free desserts instead of using flour. Who knew?

Fall foods are loaded with antioxidants.

Apples are a good source of vitamins B and C, fiber and phytonutrients, which help protect the body from free radicals associated with aging. They also stimulate immune function, which helps us fight infections as we move into winter. The apple skin contains three to four times phytonutrients, so make sure you eat it.

We like apple slices with a few pieces of cheese or almond butter to prevent those afternoon sweet cravings. We like to add chopped apples to oatmeal or coconut yogurt for breakfast, sliced apples with some goat cheese and raisins on salads, and a very easy dessert of baked apples – core the apple, stick

a piece of butter inside, sprinkle with cinnamon and a dash of sugar and bake.

Pumpkin is high in antioxidants, including beta-carotene, which provides that vibrant orange color while helping slow the aging process, heart disease and certain types of cancer. Eating pumpkin is good for the heart. It is also a high potassium food, which is important for regulating electrolyte balance, and protects against muscle cramping and the loss of muscle mass.

Pumpkin is also a good source of fiber. We like to add chunks of pumpkin to soup or pasta, or add a couple tablespoons of canned organic pumpkin to oatmeal or rice/risotto. Preparing pumpkin from scratch will provide the highest nutritional bang for the buck, but many find that too laborious. Canned organic pumpkin can provide high nutritional value but read the labels and make sure the only ingredient is pumpkin puree, avoiding those loaded with sugar. Check out www.HauserDiet.com for our pumpkin chocolate brownie recipe that tastes like regular brownies.

Winter squash is loaded with nutrients, as you can imagine, carotenoids and vitamin A due to their bright orange and yellows colors, as well as fiber and phytonutrients. Winter squash refers to acorn, butternut, kabocha, buttercup, spaghetti squashes and more. We love winter squash and Bailey's General Store carries them year-round, but they are especially tasty in the fall. Give them all a try. We have made squash soup, pasta sauce, roasted and pureed squash – you name it, we've tried it.

Happy fall! And here's to some cooler weather too!

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

Beautifulife:
Resurface



by Kay Casperson

There are a few meanings for the word resurface. One is to change something's surface, whether it be a countertop, a floor or a piece of furniture. The other is to bring something back up that has been pushed down, suppressed or confined.

This word is essential because I believe it is another step in having your most balanced and beautiful life. Resurface is the name of our detoxifying mask that can actually change the look and feel of the surface of your skin.

The affirmation on this mask's jar helps you identify what needs to be addressed in your life.

The product's actual meaning and the message is to bring back up to the surface the things that need to be addressed so that you can begin to remove them or deal with them appropriately.

We relate this to our everyday lives, where we tend to push things aside, suppress them, or avoid dealing with them because they take up much of our energy and focus. What happens instead is they never go away and become more significant issues if left unattended.

Suppose we follow the steps to living

our beautiful life, including dealing with things head-on instead of avoiding them. In that case, we will find ourselves able to move more easily forward instead of being stuck in the past, or in place we don't need to be.

Take a close look at what you are pushing away or avoiding. I have included the five aspects of life that I think are very important:

Emotionally – Are you following through with your good thoughts and making them a reality?

Spiritually – Are you making it a point to find your joy and pray, learn and grow spiritually?

Physically – Are you finding the best solutions for your wellbeing with the ultimate results?

Environmentally – Are you focusing on your surroundings to love where you live?

Socially – Are you mending the past with those you care about, so all can move on?

None of this is easy, but all of it is necessary to resurface your life now and then.

My affirmation for you this week is: "I will resurface my life and will deal with things head-on to move forward to a better place."

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.✧

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands



Kimberley Andrews



Chuck Andrews



Julie Potts



Chuck Bergstrom

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PETS OF THE WEEK photos provided



Lady ID# A828216
Lee County Domestic Animal Services

Lady And Nugget

Lady is a 9-year-old female pit bull who is the “Super Senior” of the week and ready to settle into her forever retirement home. She has lots of spunk, personality for days, and the manners you would expect from a dog named Lady. She is a total cuddle-bug that is quite content spending her afternoons hanging out next to you, or in your lap. Her adoption fee is \$10.

Nugget is a two-year-old male Belgian Malinois mix who got his name because he is



Nugget ID# A828891

a petite 35 pounds and fully grown. He is the perfect mix of the Malinois look and personality in a pint-sized body. He tilts his head whenever he is curious about something, which makes for great pictures. He would make a great playmate for another canine. His adoption fee is \$75.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Rug is missing. 2. Hat is backward. 3. Blanket is shorter. 4. Man's hair is different. 5. Sun has fewer rays. 6. Shrubs have been added.

BEACHWEAR

“Sure, this suit is perfect to meet a man in
— but I need something to meet his
_____ in.”

Answer on page 39

SCRAMBLERS

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

Glide

ALOFT

Stock

PUPYLS

Edge

ARMING

Eat

SETING

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Fire Department, Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
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City Council	472-4135
City Building Department	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
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 House	472-2155
Center 4 Life, Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Herb Strauss Schoolhouse Theater	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	https://www.audubonswfl.org/
Audubon Society	472-3744
Bailey-Matthews National Shell Museum	395-2233
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
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
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
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, Protection of Animal Welfare Society	472-4823
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
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PUZZLES

Answers on page 39

Super Crossword

LIVING A LIFE OF E'S

- ACROSS
- 1 Renounces the throne

10 Hexa- plus two

14 Best results possible

20 Right Guard, e.g.

21 Oom- (polka sounds)

22 Drink of beer after a shot

23 2014 Oscar show host

25 In a position facing

26 Standing in good —

27 "Put it — tab"

28 Tiny charge carrier

29 In times past

30 Grazing site

32 Sociologist who coined "survival of the fittest"

36 La-la lead-in

39 Mushroom variety

41 Tavern

42 Author and activist on Alabama's state quarter

45 Little — (tots)

46 Appends

50 Egg shapes

51 Get defeated

52 "Kapow!"

54 Bar garnish

55 Kosovo citizen

56 LXX / X

57 He wrote "He's Just Not That Into You" with Liz Tuccillo

61 Ticklish red Muppet

62 Dawn direction

64 A, in Argentina

65 Part of many German names

66 Suffix with lion or seer

67 Player of Colonel Klink on "Hogan's Heroes"

72 — -pitch

75 "The Catch" network

76 Wedded

77 Verve

78 Verge

82 "The Pink Panther" co-star

86 "— you with me?"

87 End a flight

88 Bird-related

89 Tahiti, par exemple

90 Posterior

92 Egyptian peninsula

93 Vapor

94 Guitar's kin, for short

96 Longtime "What's My Line?" panelist

98 Amer. body with 100 members

102 "Aladdin" figure

103 Cagey

104 1965-66 poet laureate

108 Chichi retreat

110 Coop cackler

111 PC key

112 Mani- —

113 "There Is Nothin' Like —"

117 Not tardy

119 "Nurse Betty" star

124 Vexes

125 A hat hides it

126 Deviations

127 Drive home

128 Finds to be refined

129 Small-stakes poker

DOWN

1 Fruit drinks

2 Boxing prize

3 Portion (out)

4 Utopian

5 Denounces

6 Ending for dull or drunk

7 — kwon do

8 Mem. of the U.K.

9 Canonized Fr. woman

10 Where drinks are on the host

11 Monterey County city

12 "— playing our song"

13 Balking beast

14 Ink-squirting sea creature

15 Gives a ring

16 "I taut I — a puddy tat!"

17 Newton who was knighted

18 Come together

19 Enthusiasm

24 —'easter (storm type)

28 Currently has the stage

31 Just fine

32 Hint-offering columnist

33 Architectural add-ons

34 Twiddled digit

35 Zora — Hurston

36 The ones there

37 Make merry

38 Make fearful

40 Trust

43 Bodily joint

44 Brain wave test, for short

47 Sup stylishly

48 Blockbuster rented them

49 Places

52 Nota —

53 Top competitive effort, informally

54 Novelist Sarah — Jewett

56 "Live" and "learn," e.g.

58 Shah or czar

59 She played Miss Brooks

60 Lena of song

63 Gremlin's kin

68 Be worthy of

69 Bodily joint

70 Appointment calendar

71 Vestige

72 Inbox junk

73 Jeans-maker Strauss

74 Big elevator name

79 Copenhagen citizens

80 Make twisty

81 Uplift morally

83 Devour

84 Claims on property

85 That miss playwright William

92 Move aside

94 Of no help

95 Smallville's Clark

96 Drinking spree

97 "— the season to be jolly"

99 Dishonors

100 Emerge

101 — -weenie

104 Bazaar units

105 Creed part

106 PC key

107 Fritz out

109 Writer — Rogers St. Johns

114 Not "fer"

115 Come together

116 Irish Gaelic tongue

118 "— done it!"

119 Frat letter

120 Electric jolt

121 Ending for ethyl

122 Chaney of old chillers

123 Run after K

1	2	3	4	5	6	7	8	9		10	11	12	13		14	15	16	17	18	19
20										21					22					
23									24						25					
26									27					28				29		
			30		31		32	33					34				35			
36	37	38		39		40				41										
42			43						44				45				46	47	48	49
50						51					52	53				54				
55					56				57	58				59	60					
61					62			63		64				65				66		
			67	68				69					70				71			
72	73	74		75				76				77					78	79	80	81
82			83					84				85		86				87		
88								89				90	91				92			
93					94	95					96					97				
			98	99						100	101			102					103	
104	105	106										107				108		109		
110				111												113		114	115	116
117				118									120	121	122	123				
124													125			126				
127													128			129				

King Crossword

- ACROSS
- 1 Waller or Domino

5 "— not choose to run"

8 Stoolie

12 Hardly ruddy

13 Calendar abbr.

14 In due time

15 Noble gas

16 Born

17 Loosen

18 Cowpoke of the pampas

20 Get new actors

22 Car-pool lane abbr.

23 Profit

24 Elevator name

27 Crucial experiment

32 See

12-Across

33 Heavy weight

34 Mainlander's memento

35 Midday party

38 Favorable votes

39 Raw rock

40 Boom times

42 Merry

45 This or that, it matters not

49 Sheltered

50 Possess

52 Legislation

53 Factory-fresh

54 Craze

55 Malaria symptom

56 Automaton, for short

57 To and —

58 Egg part

DOWN

1 Vampire tooth

2 Cruising

3 Grand

4 Harmonizes

5 Start something new

6 Buck's mate

7 Finished

8 Tap

9 From birth

10 Affirmative actions

11 Entanglement

19 Word after heave or gung

21 Finish

24 Night flyer

25 Greek cross

26 Guiltless

28 Bill and —

29 Sly slur

30 Glimpse

31 "— the sea-son ..."

36 Vinegar bot-tles

37 Coop denizen

38 Off

41 "Life of —"

42 Door-frame piece

43 Hodgepodge

44 Remove, as a cap

46 "Les Miserables" writer

47 Hebrew month

48 Stench

51 Simple card game

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

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

- Beaver
- Dinosaur
- Hippo
- Rabbit
- Bison
- Elephant
- Horse
- Rhino
- Cattle
- Giraffe
- Kangaroo
- Sheep
- Deer
- Goats
- Koala

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FRIDAY
Partly Cloudy
High: 84 Low: 70




SATURDAY
Mostly Cloudy
High: 81 Low: 68




SUNDAY
Cloudy
High: 84 Low: 69




MONDAY
Cloudy
High: 85 Low: 72



TUESDAY
Cloudy
High: 82 Low: 67



WEDNESDAY
Few Showers
High: 84 Low: 71



THURSDAY
Few Showers
High: 81 Low: 66

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:47 am	7:46 am	2:28 pm	7:55 pm
Sat	1:59 am	8:20 am	3:05 pm	8:13 pm
Sun	2:15 am	8:55 am	3:45 pm	8:31 pm
Mon	2:37 am	9:34 am	4:31 pm	8:50 pm
Tue	3:04 am	10:19 am	5:26 pm	9:10 pm
Wed	3:36 am	11:12 am	6:44 pm	9:27 pm
Thu	4:16 am	12:19 pm	None	None

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:52 am	7:48 am	1:33 pm	7:57 pm
Sat	1:04 am	8:22 am	2:10 pm	8:15 pm
Sun	1:20 am	8:57 am	2:50 pm	8:33 pm
Mon	1:42 am	9:36 am	3:36 pm	8:52 pm
Tue	2:09 am	10:21 am	4:31 pm	9:12 pm
Wed	2:41 am	11:14 am	5:49 pm	9:29 pm
Thu	3:21 am	12:21 pm	None	None

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	2:12 am	8:37 am	2:34 pm	8:54 pm
Sat	2:34 am	9:12 am	3:15 pm	9:22 pm
Sun	2:52 am	9:45 am	3:56 pm	9:44 pm
Mon	3:04 am	10:16 am	4:36 pm	10:01 pm
Tue	3:16 am	10:47 am	5:14 pm	10:16 pm
Wed	3:43 am	11:20 am	5:52 pm	10:32 pm
Thu	4:19 am	11:59 am	6:35 pm	10:53 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:57 am	11:02 am	4:38 pm	11:11 pm
Sat	4:09 am	11:36 am	5:15 pm	11:29 pm
Sun	4:25 am	12:11 pm	5:55 pm	11:47 pm
Mon	4:47 am	12:50 pm	6:41 pm	None
Tue	5:14 am	12:06 pm	7:36 pm	1:35 pm
Wed	5:46 am	12:26 pm	8:54 pm	2:28 pm
Thu	6:26 am	12:43 am	None	3:35 pm

My Stars ★★★★★
FOR WEEK OF SEPTEMBER 28, 2020
Aries (March 21 to April 19) Although practical situations continue to dominate this week, there's time for the Lamb to indulge in the fun things in life – like maybe taking a special someone out for a great evening.
Taurus (April 20 to May 20) This week favors relationships. Take time to renew old ones, and make time to go where new friends can be found. On a more practical note, expect news about a business deal.
Gemini (May 21 to June 20) You should be seeing some progress on that new workplace situation. Meanwhile, family matters might demand more attention, and you'll want to set aside time to deal with them.
Cancer (June 21 to July 22) A relationship suddenly might present some challenges you never expected. After talking things out, you might want to consider taking some time to assess what you've learned.
Leo (July 23 to August 22) A disappointing response to a request might dampen the Lion's spirits. But you might want to ask the reasons behind it. What you learn can be of great importance in a

future undertaking.
Virgo (August 23 to September 22) A once-volatile situation should be settled by now, giving you a chance to refocus on a project you've been planning for. Look for an interested party to rally to your support.
Libra (September 23 to October 22) A business matter that unexpectedly turns into a personal situation could create complications. Best to resolve the matter now before too much harm can be done.
Scorpio (October 23 to November 21) Emotions can run high when they involve personal matters that no one really wants to talk about. But this could be a good time to create the means to a workable outcome.
Sagittarius (November 22 to December 21) A positive response to a workplace request could lead the way to other long-sought changes. Congratulations. A personal situation also takes a welcome turn.
Capricorn (December 22 to January 19) Patience pays off, as that once-overwhelming work situation continues to become easier to handle on a one-by-one basis. Look for positive news from a colleague.
Aquarius (January 20 to February 18) It might be a good idea to take more time to reassess your next move in working

out a complex situation. You could benefit from a new perspective on the matter.
Pisces (February 19 to March 20) You might want to consider making time to discuss a change of plans with everyone concerned. Be prepared to explain your actions. Also be prepared to listen to alternatives.
Born This Week: You have a strong sense of what is right, and you try to work from that foundation. Friends see you as reliable.
MOMENTS IN TIME
• On Oct. 11, 1793, the death toll from a yellow fever epidemic in Philadelphia hits 100. By the time it ended, 5,000 people were dead. A vaccine now prevents yellow fever in much of the world, though 20,000 people still die from it every year.
• On Oct. 5, 1892, the Dalton Gang attempts the simultaneous daylight robbery of two Coffeyville, Kansas, banks, but are surrounded by townspeople, who kill every gang member except for Emmett Dalton. Emmett was convicted and sentenced to life in prison. Paroled after 14 years, he ended up as a screenwriter in Hollywood.
• On Oct. 8, 1918, U.S. Army Cpl. Alvin C. York reportedly kills over 20 German soldiers and captures an additional

132 in France. The exploits earned York the Congressional Medal of Honor.
• On Oct. 6, 1926, Yankee slugger Babe Ruth hits a record three home runs against the St. Louis Cardinals in the fourth game of the World Series. In 1928, in the fourth game of another Yanks-Cards World Series, he knocked three more pitches out of the same park.
• On Oct. 9, 1942, Chicago bootlegger Roger "The Terrible" Touhy escapes from prison by climbing the guard's tower. Touhy, who had been framed for kidnapping, was serving a 99-year sentence. He was recaptured months later.
• On Oct. 7, 1975, a New York State Supreme Court judge reverses a deportation order for John Lennon, allowing him to remain legally in New York City. The order against Lennon and his wife, Yoko Ono, were based on a 1968 marijuana conviction in England.
NOW HERE'S A TIP
• If you are looking after baby kittens that are bottle feeding, when you handle the kittens, wear pants and long sleeves. Tiny kitten nails are like razor blades they are so sharp. And of course, they love to climb up on you to get your attention.
• "While my family is still participating

continued on page 38

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Julia Cacioppo and Lisa Lauther of Kingfisher Real Estate photo provided

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Kingfisher Real Estate, Inc. recently donated \$2,100 to Clinic for the Rehabilitation of Wildlife (CROW) to help the nonprofit in its efforts to save wildlife through state-of-the-art veterinary care, research, education and conservation medicine.✱

From page 36

Now Here’s A Tip

in virtual learning, it’s important that we recognize some structure. This means preparing – or at least planning – lunch meals ahead of time. Our house is small, and one of us is near the kitchen. This saves us two to three periods of someone banging around in the kitchen being disruptive.” – E in Florida

- “Want to be more organized in your home cleaning? It seems many people want to have a cleaner, more organized home but get overwhelmed when putting it into practice. Start by creating a cleaning schedule that breaks down jobs into a list incorporating tasks to be done daily, weekly and even monthly or quarterly. It takes the ‘if I can’t do everything I’ll just do nothing’ factor out of play.” – JM in Pennsylvania
- A bathroom squeegee can help eliminate water spots before they form on your shower doors. Hang one in your shower.
- If you haven’t worn an item in six months (of its seasonality), it’s time to let it go. That’s been the Golden Rule for as long as I can remember. I was asked recently, Does it apply this year? I think now, like always, is a good time to look critically at your overall summer wardrobe, but I would add “opportunity”

to the caveats. Meaning, if you haven’t worn it because you have not had an opportunity you otherwise would have had, save it. Those work clothes will be important again. – JoAnn

STRANGE BUT TRUE

- In early 2016, a 155-year-old mousetrap caught a mouse in a British museum. The trap was part of the exposition and hadn’t even been considered operational for a long time.
- Bill Nye the Science Guy holds a patent for ballet pointe shoes.
- Some odd things have been sold online, but an entire country? Yep, a fellow from Brisbane, Australia, tried to sell New Zealand on eBay in 2006. The site closed the auction at a top bid of \$3,000.
- A mental phenomenon called the Troxler effect, discovered in 1804, causes people to see monsters in mirrors – whether they say “bloody Mary” three times or not.
- In order to prevent Boggle players from using a certain swear word, the letters F and K appear only once on the same cube, making it impossible for them to both be played at the same time.
- In 1987, Steve Rothstein paid \$250,000 for a lifetime unlimited first-class American Airlines ticket, even

hopping on planes to get a sandwich or go to a baseball game in other cities. It cost American Airlines around \$21 million, and they unsurprisingly ended his contract in 2008.

- A full 12 percent of sighted people dream exclusively in black and white.
- Levi’s once made an all-denim tuxedo for singer Bing Crosby after he was refused admittance to a hotel simply for wearing jeans.
- Japan has the highest density of vending machines worldwide, with approximately five million machines, or one for every 23 people. You can buy everything from live lobsters and bread in a can to underwear and Buddhist amulets from a vending machine.
- Anakin Skywalker/Darth Vader meets six of the nine diagnostic criteria for Borderline Personality Disorder. Five are sufficient for a diagnosis.

THOUGHT FOR THE DAY

“If you think education is expensive, try ignorance.” – Andy McIntyre

TRIVIA TEST

1. **Geography:** Which modern city was originally named Byzantium?
2. **Ad Slogans:** Which national company’s slogan is “We’ll leave a light on for you”?
3. **Anatomy:** Which bone are babies

CLASSIFIED

COMMERCIAL RENTAL

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

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Palm Court Center
2424 Palm Ridge Road, Sanibel, FL 33957
Highly visible ground floor space,
534 square feet. Move in condition.
Formerly Buyer’s Choice Realty.
\$ 900 per month.
Landlord pays all common.
Area Maintenance.
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7/31 ★ TFN

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Island Vacations
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Million \$ Views Await You!
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1/4 ★ TFN

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Sanibel, FL 33957
Local: (239) 472-6385
Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 ★ TFN

STILL AVAILABLE!
Totally charming remodeled ground level home. 1 min bike ride, 5 min walk- door to shore. 3 bed/2 bath with additional private outdoor shower. This home has it all, lush landscaping, updates galore, spacious family room, over the top remodeled kitchen looking out onto the heated pool with attached enclosed sunroom. This home is ready for October and January rentals, call today before you miss out!!
Brooke Brownyard 239-281-4179
9/25 ★ 10/9

RENTAL WANTED

FEMALE SEEKING RENTAL
Female seeking long term rental on Sanibel Oct-May. Master gardener/landscaper able to do yard work or pet sit if needed. Will consider all types of rentals: house, apt, boat, etc. Debbie 815-302-7668.
9/25 ★ 10/2

ANNUAL RENTAL

ANNUAL RENTAL
SANIBEL
This updated 3BR/2BA Executive Home with split plan, offers tile thru-out, paver scr. enclosed Pool, overlooking water to golf course. Short walk to beach access.
\$3,500. UF.
472-6747
Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.
9/25 ★ TFN

RENTING FOR OVER \$1,500?
Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.
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chipwolfe.com
239-848-0906
REMAX OF THE ISLANDS
6/5 ★ TFN

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scarnatolawn@aol.com
1/25 ★ TFN

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• Tree Trimming by a Licensed Arborist
• Professional Irrigation Repair
• Licensed & Insured Home Watch Service Residential & Commercial
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11/29 ★ TFN

RECREATIONAL VEHICLE

IMMACULATE MOTORHOME

32' Motorhome – ONLY 26,815 miles! NADA VALUATION with included options is over \$70,000. We are selling for \$62,500. One owner Class C 2015 Model Forester 3051S maintained in immaculate condition! We love this RV, however we have purchased a second home in Sanibel and no longer use RV like we originally did. Will also sell 2013 Honda CRV Toad with Tow Bar and InvisiBrake System. NADA value of CRV is \$13,250, selling for \$11,000. CRV is will maintained with 4 new tires and includes a bike rack that carries 4 bikes. Together, the RV and CRV is priced to sell and will provide you everything you need to explore the country. 412-580-5467.
9/4 ★ 10/23

Shore Fishing:

Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you’re going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you’re going to release it. The less you can touch a fish before release the better for the fish. If you want a picture with the fish, support it as you lift it out of the water – and do it quickly. Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it’s ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

- born without?
4. **History:** Which European monarch was known as the “Sun King”?
 5. **General Knowledge:** What is Samhain?
 6. **Medical Terms:** What is the condition formally known as diastema?
 7. **Art:** Which famous painting is also known as *La Gioconda*?
 8. **Literature:** Where does Winnie-the-Pooh live with his friends?
 9. **Music:** Which country is the rock group AC/DC from?
 10. **Food & Drink:** What is the primary ingredient in traditional hummus?

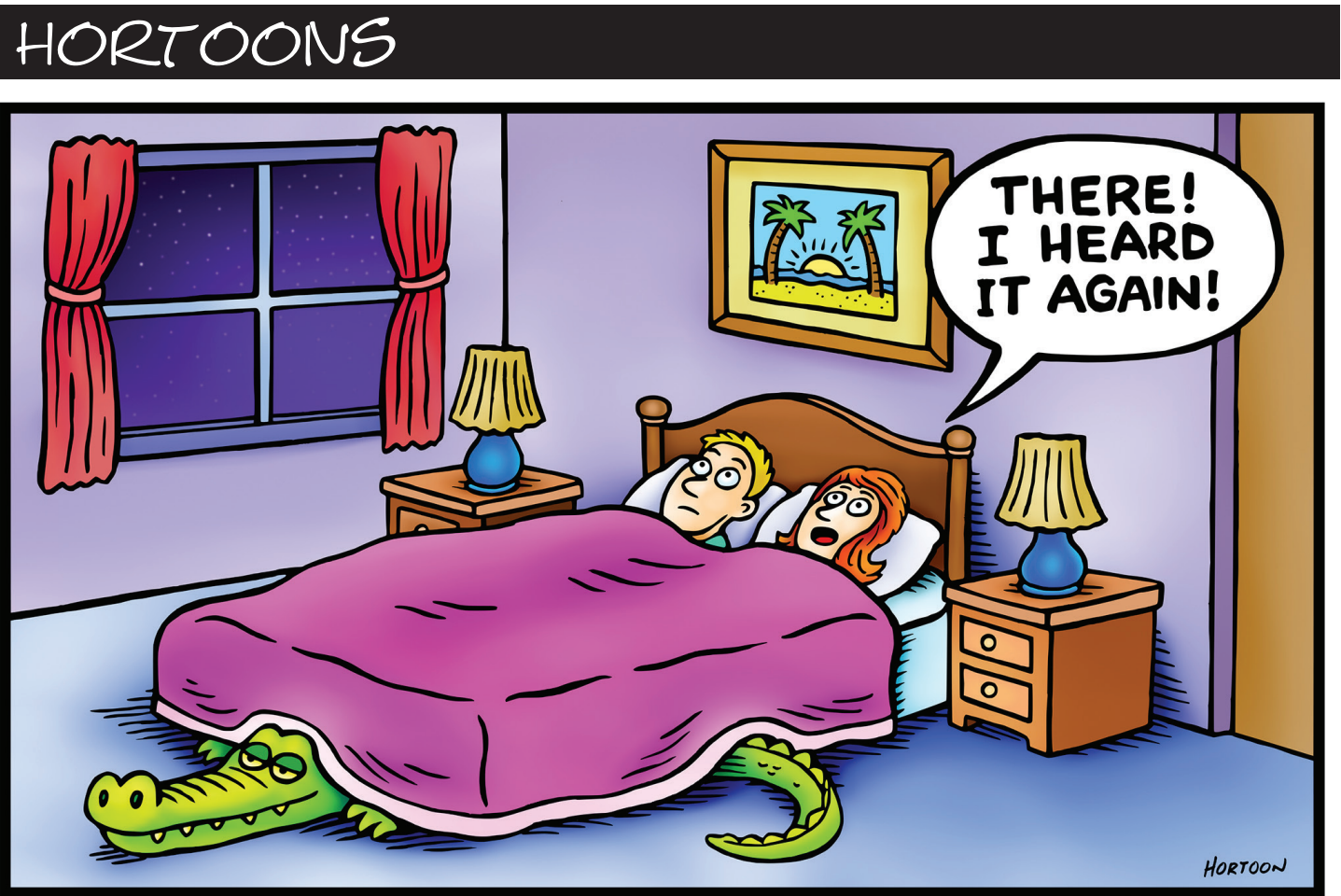
TRIVIA ANSWERS

1. Istanbul, Turkey 2. Motel 6 3. Kneecaps, which develop after birth 4. Louis XIV of France 5. A Gaelic festival Oct. 31-Nov. 1 celebrating the end of the harvest and beginning of winter 6. A noticeable gap between two teeth 7. *Mona Lisa* 8. Hundred Acre Wood 9. Australia 10. Chickpeas

SCRAMBLERS ANSWER

1. Float 2. Supply;
3. Margin; 4. Ingest

Today's Word
FAMILY



PUZZLE ANSWERS

SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE

D	I	E	I	B	E	F									
N	S														
T	O	R	G												
N	S	O		B	A										
A	H	R	E	R	R	E	E	D							
T	U	H		A	I	H	L	A							
S	R	P	V	G	I	T	L								
		S	H	E	E	P	N	T	A						
T	I	B	B	A	R	L	O	A	O	P	P	I	H		
													E	C	K

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Salerno	Miromar Lakes	2018	5,648	\$3,795,000	\$3,450,000	16
Imperial Shores	Bonita Springs	2019	3,515	\$2,399,000	\$2,100,000	333
Waldens Riviera Estates	Fort Myers	2009	4,534	\$2,395,000	\$2,150,000	205
Southport On The Bay	Bonita Springs	1995	2,835	\$1,750,000	\$1,410,000	304
Volterra	Miromar Lakes	2006	3,126	\$1,399,000	\$1,299,000	19
Cape Coral	Cape Coral	2018	2,683	\$1,214,000	\$1,150,000	73
Country Club Estates	Fort Myers	1959	4,707	\$1,199,000	\$1,160,000	304
Magnolia Bend	Estero	2006	4,082	\$1,149,700	\$1,100,000	169
Edgewater	Fort Myers	1996	4,180	\$979,000	\$880,000	164
Savona	Fort Myers	2014	3,717	\$964,500	\$964,500	4



Randy Wayne White ©

WE'RE OPEN!

We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.
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