



Island Sun

SANIBEL & CAPTIVA ISLANDS FLORIDA

Postal Customer ECRWSS

OCTOBER 1, 2021

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Community House Events

The Community House Arts and Crafts Fair will take place on Sunday, October 3 from 9 a.m. to 2 p.m. There are still booth spaces available for vendors to sell original handmade goods. Contact Allison at office@sanibelcommunityhouse.net for more information.

Kid's First Mondays cooking classes will begin on October 4 from 2:30 to 4:30 p.m. Students will be making mini-meatball subs, grilled cheese sandwiches and cookie dough. Classes are \$35 for members and \$40 for nonmembers. Scholarships are available.

Weekly Line Dancing Classes begin on Tuesday, October 5 from 1 to 2 p.m. Weekly Social Bridge will also be starting up again on Tuesday, October 5 from 1 to 3 p.m.

The Adult Wine Course Series with Chef John Wolff will be held on Saturdays, October 9, 16, 23 and 30 from 4 to 6 p.m. Cost per class is \$25 for members and \$30 for nonmembers. To sign up, contact Allison at office@sanibelcommunityhouse.net.

Community socials resume on Wednesday, October 13. Chef John Wolff will prepare Sundried Tomato, Fontina Crostini and End of Summer Stone Fruit Salad for starters. The main dish choices will be Herb Crusted Pork Loin or Autumn Apple Chicken with sides of Fire Roasted Baby Vegetables or



The Community House

photo by Logan Hart

Loaded Baked Potato Gratin. For dessert, it's Blackberry Cobbler. Drive-through meals to go will be available with pick up from 5 to 6 p.m. The in-person buffet will begin at 6 p.m. Cost per person is \$20 for members and \$25 for guests. Dessert is \$5 additional. Sign up online at www.sanibelcommunityhouse.net or call 472-2155.

The Community House will be hosting a Life Line Screening event on Tuesday, October 19. Call 1-888-814-0416 or visit www.lifelinescreening.com/community-partners to register for your screening and receive a \$10 discount. This screening covers five different areas of artery health and osteoporosis risk assessment.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend the class; supplies range between \$3 and \$5.

Aerobics with Mahnaz Bassiri is offered in two sessions on Monday, Wednesday and Friday; 9 to 10 a.m. and 10:30 to 11:30 a.m. Bring your own weights (optional). Cost is \$5 per class.

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 donation is \$5.

Chair Stretching Exercises with Mahnaz Bassiri are offered on Thursdays

from 1 to 2 p.m. Cost is \$5 per class.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Suggested donation is \$5.

There are fresh batches of mango chutneys, salsas, barbecue sauces, hot jellies and jams available for purchase. All proceeds from the kitchen go toward scholarships for the Culinary Education Center.

The Community House is looking for sponsorships for Line Dancing classes taught by Marie DiRosa in the amount of \$200 per month and for Aerobics with Mahnaz Bassiri in the amount of \$1,500 (or a portion thereof for the weekly classes offered). Contact Allison at office@sanibelcommunityhouse.net if you are interested in sponsoring either of these programs.

The Community House is looking for volunteers to help with Fall Fest, which will take place as a drive-through on Sunday, October 31 from 4 to 6 p.m.

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

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

CDC guidelines are being followed.

The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.*

Try our Boobalicious Ice Cream

(strawberry ice cream with chocolate chips & rainbow sprinkles)

Purchase our "Boobalicious" Ice Cream to support Pink Out for Breast Cancer Awareness, founded by our local gal, Mary Bondurant! Proceeds from each purchase of "Boobalicious" will go to Pink Out.

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FISH Of SanCap Leaders Named Award Finalists

Maggi Feiner and Maria Espinoza of FISH of SanCap have been named finalists for the ENPY (Excellence in Nonprofit Performance Yearly) awards, hosted by Cape Coral Community Foundation (CCCF). Feiner, president and CEO of FISH, has been nominated for Nonprofit Executive of the Year and Maria Espinoza, assistant executive director of FISH, was nominated for Nonprofit Employee of the Year. CCCF chose 36 finalists out of the over 160 nominations received this year.

Feiner delivered meals to housebound Sanibel and Captiva residents as a volunteer for FISH over 17 years ago. Since then, she has been at the forefront of the “neighbors helping neighbors” social service agency.

Feiner has grown the organization into a full service agency that today operates with over 175 volunteers, eight professional staff members, many programs and services, and a \$1.8 million budget. And, she does it all without accepting a salary.

Feiner recognized the gap in social services available to not only those that live on Sanibel or Captiva but those in the workforce. She believes in community partnerships to help those in need and has strong relationships with many of the organization’s donors.

“It’s such an honor to be included as a finalist in this category. FISH represents an army of selfless people who work hard to promote a positive impact on our remarkable community. It takes a village and I am proud to be a part of the FISH



Maggi Feiner



Maria Espinoza

family that helps our neighbors,” Feiner said.

Espinoza has been with FISH since 2017. She began as a volunteer after Hurricane Irma. She soon became not only a full-time employee, but walk-in center manager, director of food programs and now, assistant executive director.

Espinoza is a senior at FGCU, working on her social work degree with a minor in political science. Her motto is, “Treat others as you wish to be treated... with dignity and respect.”

Espinoza said, “I’m so grateful for the nomination and to be recognized alongside so many wonderful nonprofit professionals who go above and beyond to meet the needs of our community. It is a privilege to be able to come to work every day and make an impact in people’s lives. I’m constantly motivated and encouraged by the support of the FISH board and exceptional team of dedicated staff and volunteers.”

The ENPY awards will be broadcast across Southwest Florida on CTN Television on Saturday, October 19 at 7:30 p.m. Finalists and winners will be recognized during the televised event. To watch the live stream, go to www.ctntelevision.com.✱

SCA Nominated For Award

The Sanibel Community Association (SCA) has been chosen as a finalist for the ENPY (Excellence in Nonprofit Performance Yearly) awards as Business Impact Partner of the Year. This award nomination reflects SCA’s commitment to supporting nonprofits and its surrounding communities.

The 5th annual ENPY awards presentation, hosted by Cape Coral Community Foundation, will be broadcast across Southwest Florida on CTN Television and streamed at www.ctntelevision.com on Tuesday, October 19 from 7:30 to 8:30 p.m.✱

Fun Day At The Rec Center

Registration is open for the Fun Day at Sanibel Recreation Center on Friday, October 15. There will be a variety of athletics, arts and crafts, and games. Enrollment is open to children in kindergarten through eighth grade. The program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, water bottle and swimsuit. Face masks

are required.

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

Blessing Of The Animals Saturday

St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way, will hold its annual Blessing of the Animals on Saturday, October 2 from 10 a.m. to noon. All activities will be held outdoors. Bring your pet(s) on a leash or in a carrier. You can also bring a photo or a stuffed animal to be blessed.

There will be a brief service at 10 a.m. with blessings from 10:20 a.m. to noon. You can drive through or walk up. Treats will be available for owners and their pets. Representatives from Clinic for the Rehabilitation of Wildlife (CROW) will be on hand with Gigi, the Virginia opossum, one of CROW’s animal ambassadors. A donation list for CROW is on the church website at www.saintmichaels-sanibel.org.

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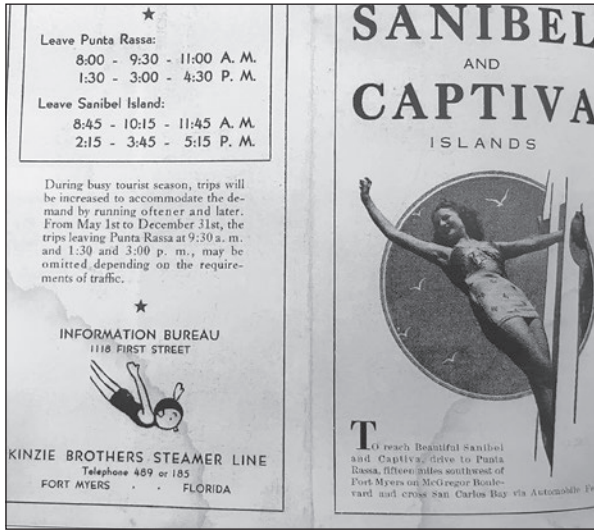


Sanibel Historical Museum And Village

Looking Back: Ferry Schedule

This week's image is from 1936 and shows the ferry schedule for departures from Sanibel and Punta Rassa aboard the Kinzie Brothers Steamer Line. Until January 1937, the ferry landed at the dock at Bailey's General Store. The move farther east saved time and made navigation easier for the ferries, and allowed the Kinzie Brothers to operate a restaurant on their property. In 1936, the Singleton Brothers began their mailboat operation, and the era of the wood-burning steamers ended when the *Gladys* sank.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based 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.✧



Ferry schedule from 1936
photo courtesy Sanibel Historical Museum and Village

Email your editorial copy to:
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Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat Services at 7:30 p.m.
Email batyamsanibel@gmail.com for zoom link.

HISTORIC CAPTIVA CHAPEL BY THE SEA
Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 14, 2021 through April 24, 2022. Previous services posted on the chapel's website for viewing. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 7:30 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
Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH
Sunday services at 9 a.m. in the Sanctuary and 11 a.m. in the Historic Chapel. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com,

Sanibel Community Church is an evangelical, non-denominational congregation, 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. 10 a.m. Traditional Worship Service, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH
Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Bill Van Oss, Rector. Service schedule through October, Saturday 5 p.m. and Sunday 9:30 a.m. We follow CDC guidelines regarding masks and other covid protocols. The 9:30 a.m. Sunday service is also livestreamed at www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 239-472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. on the third 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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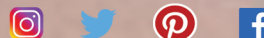
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OBITUARY



RONALD EDWARD GIBSON, SR.

After a joyful summer spent with family and dear friends, Ronald Edward Gibson, Sr. passed away peacefully Monday, September 27 from injuries suffered in a fall earlier in the month while working in his home in Fort Myers, Florida.

Ron was a military veteran, a successful businessman, committed civic and community leader, Captiva volunteer fire fighter, past president

and longtime board member of Sanibel-Captiva Conservation Foundation (SCCF) and past commodore of Captiva Island Yacht Club.

Of his many leadership roles and achievements, none gave Ron more delight than being a loving and dutiful husband to his wife, Phyllis Gibson (née Steffe); father to his beloved children, Georgann Marie Ramage of Cape Cod, Massachusetts and Ronald Edward Gibson, Jr. of Newport News, Virginia; devoted grandfather to Henry, Holden, and Isabelle Ramage of Cape Cod, Massachusetts, Ronald Edward Gibson, III of Fort Bragg, North Carolina and Maddie and Jack Gibson of Chesapeake, Virginia; and supportive uncle and tireless father-figure to Kevin Brian Offer of Wollaston, Massachusetts.

Ron's personal commitment to conservation and uncanny ability to rally friends, businesses and Captiva lovers from all walks of life led to permanent protection of Buck Key – a pristine, historically significant island in the Roosevelt Channel – and new initiatives to monitor and preserve adjacent waters. His powerful example of commitment to friendship, family, civic engagement and community service lives on.

In lieu of flowers, memorial contributions may be made to SCCF, P.O. Box 839, Sanibel, FL 33957.

A celebration of Ron's life will be planned for the spring of 2022.*

OBITUARY



BARBARA ELAINE MCGARRY

Barbara McGarry, 80, passed away on September 23, 2021 with her loving husband, Bob, of 56 years and her daughter, Christine Kingdon, by her side. She was able to share farewells with her three grandchildren, Lily, Tyler and Logan, and son in-law, Keith Kingdon, via Facetime.

Barbara was born and raised in Glen Cove, New York. She was a resident of Syosset, New York until moving to

Bristol, Rhode Island in 2010 and later, she and Bob became full-time residents of Sanibel in 2017 after having a home on the island for over 20 years.

Barbara was an active volunteer with FISH of SanCap, Saint Isabel Women's Guild, San Cap Catholics and the Sanibel Island Garden Club.

The family is planning a memorial mass and celebration of life later this year. In lieu of flowers, memorial gifts may be made to FISH of SanCap at www.fishofsanap.org.*

Top 10 Books On The Island

1. *All the Little Hopes* by Leah Weiss
 2. *You Belong Here Now* by Dianna Rostad
 3. *The Thursday Murder Club* by Richard Osman
 4. *White Ivy* by Susan Yang
 5. *Under the Southern Sky* by Kristy Woodson Harvey
 6. *V2* by Robert Harris
 7. *Squeeze Me* by Carl Hiaasen
 8. *The Cold Millions* by Jess Walter
 9. *Hello Summer* by Mary Kay Andres
 10. *Sanibel Flats* by Randy Wayne White
- Courtesy MacIntosh Books and Paper.*

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The native southern toad is an important part of the ecosystem and should not be harmed. It is often mistaken for the giant toad, or cane toad, which is invasive. photos provided

Sanibel Is A Sanctuary For Wildlife

submitted by Chris Lechowicz,
SCCF Wildlife & Habitat
Management Director

Living on Sanibel, where conserved
wildlands occupy nearly 70
percent of the island, eventually
results in some unexpected animal
encounters. Whether you are familiar
with South Florida wildlife (both native
and exotic animals) or everything
you encounter is a surprise, always
remember that the official Sanibel Plan
defines the island as a sanctuary for
native wildlife and we must do what we
can to uphold this vision in our urban
interface with nature.

Sanibel is truly a unique barrier
island in Florida. The City of Sanibel
incorporated with a mantra of living
in harmony with the island's wildlife
and natural habitats, and three
entities (Sanibel-Captiva Conservation
Foundation, JN "Ding" Darling National
Wildlife Refuge and the City of Sanibel),
with the help of residents and visitors,
have limited development to roughly
one-third of the island. Living in

harmony with the great diversity of
wildlife species Sanibel has within its
boundaries is essential to maintaining
this Sanibel lifestyle that has attracted
nature lovers from all over the world.

Whether you live on the island full-
time, part-time, or just visit occasionally,
critter encounters can be frequent.
Respect for all forms of wildlife is
essential for keeping this harmony in
balance. For example, a small hole in
an electrical box allows the corn snake
to find a safe place to hide. Harmless
snakes like this go in and out of places
like this for refuge. If you do not like
the snake living in the box, then patch
the hole it uses to enter (after it is out).

Without a doubt, most homeowners,
business owners and renters on Sanibel
will encounter various species on a
regular basis such as bobcats or river
otters) running through their properties,
or a gopher tortoise foraging on
some freshly sprouted grass near the
roadside.

There are many things you can do to
assist with the cohesion of islanders and
wildlife. Make yourself knowledgeable
about the local wildlife and be proactive
in preventing unwanted occurrences
on your property. Living in a natural
place does come with its own set of
obstacles that could come up, such
as woodpeckers drilling holes in the



A corn snake hiding out in an electrical box

eaves of your house, or marsh rabbits
eating ornamental flowers or garden
vegetables.

Snakes, such as southern black
racers and rat snakes, frequently enter
open garages, pool cages and sheds
for cover. American alligators and
even an American crocodile could
use the bank of a waterway behind
your house as a basking spot. Most
of these wildlife occurrences can be
minimized in a non-harmful way (to the
species and yourself) with some prep
or repair work. This is all part of living
in a wildlife ecosystem and why many
people choose Sanibel.

Coyotes may have found their way
to Sanibel in 2011, but their presence
is likely a permanent feature on the
island. Just like in parts of the country
with bears and wolves, residents and
visitors must be aware and take the
necessary precautions to protect their
pets and property.

There are many other ways to get
to know your wild neighbors. Volunteer
with monitoring and research projects
involving island wildlife, such as SCCF's
shorebird, sea turtle, and the terrestrial
and freshwater turtle programs.

Follow wildlife ordinances (such as
keeping nighttime lighting within limits
on the beach during sea turtle nesting
season) and report sightings (such as a
hatched sea turtle nest or an unmarked
box turtle) to the right organization,
which can assist with conservation

measures. Report sea turtle issues
to our SCCF Sea Turtle Hotline at
978-728-3663. Report unmarked
box turtles to Chris Lechowicz at
clechowicz@sccf.org.✱

From page 1

Artists

artists at The Community House. She
is a member of the Sanibel-Captiva Art
League and BIG ARTS.

Sadighi worked in the field of
biological sciences but took a hiatus
when her children were young and
learned printmaking. She studied with
Helen Febbo in Massachusetts and later
with Craig Dennis at Williams College.
From 1976 and 1981, her work was
shown in galleries in Massachusetts and
Connecticut.

When her children were older,
Sadighi enrolled in graduate school
at University of Massachusetts and
earned her master's degree in wildlife
biology. She worked for The Nature
Conservancy in the fens and forests of
New England for more than a decade.
Sadighi retired from fieldwork and is a
Sanibel resident. She reignited her art
career, referencing her photography to
create works in watercolor, acrylic and
oil. She is a member of the Sanibel-
Captiva Art league.

The Community House is located at
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Howard Prager
Gerri Reaves PhD
Angela Larson Roehl
Julie Rosenberg, MD
J. Brendan Ryan, CLU,
ChFC, MSFS
Di Saggau
Jeanie Tinch
Allison Havill Todd
John Wolff



Participants at a previous workshop

photo provided

Workshops To Begin At BIG ARTS

The BIG ARTS 2021-22 workshop season kicks off this month with a wide range of classes led by experienced instructors. The October schedule is:

"Grateful" Farmhouse Artwork with Jenny Licht – Saturday, October 23, 9 a.m. to noon, donor: \$69; nondonor: \$86.

Glass Fusing with Petra Kaiser – Tuesdays, October 28 to November 18, 9:30 a.m. to 12:30 p.m., donor: \$99; nondonor: \$124.

Pre-registration is required for all classes and workshops. For more information, call the box office at 395-0900, open 9 a.m. to 3 p.m., or stop by BIG ARTS, located at 900 Dunlop Road on Sanibel. For complete course descriptions, workshop and class schedules, visit www.bigarts.org or email info@bigarts.org.✱

Young Players Earn Awards



Players received awards and team photos

photo provided

The City of Sanibel Youth Fall Basketball League wrapped up the season on September 24 at Sanibel Recreation Center. Participants ranging from kindergarten through eighth grade had a great season and learned the fundamentals of basketball while

experiencing gameplay. The Tiny Tots Division, ages 3 to 4, wrapped up their season on September 25.

The City of Sanibel thanks Captiva Cruises for their co-sponsorship of the league, which provided jerseys, team photos and awards to all participants.✱

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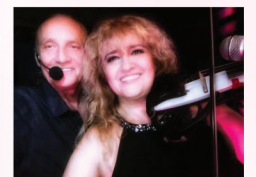
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1974 BMW 2002 Tii (original owner)

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Motor Club Cruise-Ins Resume

The San Cap Motor Club kicks off its seasonal Cars & Coffee Cruise-ins on Saturday, October 2 from 9 to 11 a.m. at Periwinkle Place Shopping Center. No pre-registration is necessary and club members say, "There is no better excuse to get your classic wheels out of the garage and show them off."

A continental breakfast with donuts,

coffee and other refreshments will be provided by The Blue Giraffe Restaurant of Periwinkle Place.

Club membership dues for the season are \$50 for an individual or \$75 for a couple or family. A membership includes one new club T-shirt. Members gather on the first Saturday of the month for the cruise-in, and on the second Tuesday for dinner, beginning October 12.

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

Shark Theme For Sea School Winter Camp

From December 27 to 31, Sanibel Sea School will offer a week-long winter camp themed Year of the Tiger (Shark) – 2022 is the Year of the Tiger in the Chinese zodiac. Symbolizing strength and bravery, the tiger is a king of all beasts. Additionally, each zodiac sign is associated with one of five elements and 2022 happens to be the year of the water tiger. Inspired by this ancient tradition, Sanibel Sea School is taking a salty spin and honoring the tiger shark for Winter Camp 2021.

There will be tiger shark themed activities, seining, snorkeling and surfing in the gulf. Campers will learn about the tiger shark's critical role in the ocean and how they can help them thrive.

To close out the week, Sanibel Sea School will hold an annual ceremony, Give Your Worries to the Sea, to wash away all troubles from 2021. "The ocean is a special place that has the ability to help us heal," said Shannon Stainken, youth education director. "Every year, we ask campers to trust us and show them how therapeutic it can be to let go and give their worries away for a moment. We are grateful to share this experience with campers – it's really magical."

Winter camp is designed for campers ages 6 to 13 and counselors in training ages 13 to 17. Registration will open



A young camper with a stone crab claw at last year's winter camp photo provided

on Saturday, October 23 at 10 a.m. at <https://www.sanibelseaschool.org/sanibel-camps>.

Email sanibelseaschool@sccf.org or call 472-8585 with any questions.

With COVID-19 still prevalent in Florida, Sanibel Sea School staff will take the necessary steps to maximize safety of participants, staff and the community. Camp will be limited to a smaller number of participants, staff will wear masks and conduct health screenings daily, and they will ensure proper sanitizing of all field gear and classroom spaces.✴

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Coastal Cleanup Nets Over 3,000 Pounds Of Trash

Kee Lee County Beautiful, Inc. (KLCB) is the local organizer of the International Coastal Cleanup (ICC). Since the first ICC, more than 16 million volunteers have removed over 340 million pounds of trash from more than 500,000 miles of shoreline.

Keep Lee County Beautiful had over 1,200 volunteers at 43 sites across the county on September 18. The volunteers participated in shoreline cleanups, waterway cleanups in kayaks, and a dive cleanup on Captiva. In addition to removing over 3,000 pounds of litter and debris from Lee County, volunteers contributed to the world's largest database on marine debris by collecting data which will be sent to the Ocean Conservancy. This data is used by scientists, environmentalists, governments and others to better understand and characterize the global plastic pollution problem.

The data shows that 80 percent of global litter is plastics and is dominated by food and beverage items. Every year, 78 million tons of plastics enters the oceans, entangling wildlife, polluting beaches and costing coastal municipalities hundreds of millions of taxpayer dollars. All the top-10 most-collected items were made of plastic, including cigarette butts (which contain plastic filters), plastic bottles, food wrappers, plastic bottle caps, plastic



Volunteers on the Sanibel Causeway

utensils, grocery bags and straws. These plastics never fully biodegrade. They break up into smaller pieces, called microplastics, which are the growing concern of the global plastic pollution.

The last 35 years of the International Coastal Cleanup have proved that everyone has a role to play in stopping plastic pollution. Individuals can do their part by joining cleanups, cutting out single-use plastic items by looking at their shopping habits and refusing, and reducing plastics.

KLCB thanks the volunteers and the following Coastal Cleanup sponsors for making this event possible: The Common Club at The Brooks, Red Sox Foundation, Surfing's Evolution & Preservation

Foundation, Passarella & Associates, Family Thrift, Manheim Fort Myers, Berry & Pear, MK-Architecture, Doc's Beach House, Buffalo Chips, Royal Scoop, Captiva Cruises, Suncoast Beverage, Gasparilla Vacations, Waste Pro, Advanced Disposal, Coca-Cola Beverages Florida, Lee County Solid Waste, Lee County Parks & Recreation, Santiva Salt Water Fishing Team, Scubavice Diving Center, Captiva Rod & Gun Club, Kayak Excursions, Home Hunters USA, Bass Pro Shops Cabela's Outdoor Fund, Tunaskin, Safeguard Shredding, Ocean Conservancy, Florida Park Service, The Town of Fort Myers Beach, The Great Calusa Blueway, City of Bonita Springs, Keep America Beautiful, City of Fort Myers, Keep Florida

photo provided

Beautiful, Fort Myers Beach Community Foundation, Sanibel-Captiva Conservation Foundation, and Lovers Key State Park.✪

Cotillion Gears Up For Season

submitted by Julie Boyd

The first Island Cotillion was held 35 years ago. It was an exciting time. The island was growing and people were looking for new things to do.

Cotillion members, dressed in tuxes and formal gowns, gather three times a year for dinner and dance to live music, in celebration of just being together. Occasionally, there will be a costume theme. Initially, dances were held at clubs off the island but as the years passed, The Sanctuary Golf Club soon became the preferred location.

Cotillion members will gather again on Thursday, December 9 after a year and a half of inactivity. Other dance dates include February 16 and April 26.

If you are interested in joining the cotillion or would like more information, call Julie Boyd at 395-0464 or Jan Halliday at 614-580-5663. Membership is limited to those with island connections and is by referral. Dues are \$100 annually. Steering committee members are Julie and Corky Boyd, Bill and Judy Cheney, Maggie and James Davis, Jan and Pete Halliday, Gail and Phil Pilibosian, Laura and Shawn Shaffer, and Patsy and Hubie Whitaker.✪

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Plant Smart

Smooth Rattlebox

by Gerri Reaves

Smooth rattlebox (*Crotalaria pallida* var. *obovata*) is an all-too-common shrub in wild areas, disturbed sites and even preserved lands.

This pretty weed's native range is tropical Africa to Taiwan. It was one of several plants in the genus *Crotalaria* originally introduced to the U.S. because, like many members of the pea, or bean, family, they stabilize soil and are nitrogen-fixers.

However, it turned out that the seeds are toxic to livestock.

It has since become naturalized in Florida, meaning that it easily self-cultivates. Furthermore, it has highly invasive potential and is considered a noxious weed.

In fact, the species is being formally assessed and considered for invasive status.

The erect multi-branched stems have short flattened hairs and can grow to a height of nine feet.

The leaflets on the alternate trifoliate leaves are elliptic or obovate. The center leaf is larger than the lateral ones and is often pointed. The leaflets of one to three inches long have flattened hairs on the undersides.

The elongated terminal flower spikes bloom throughout the year.

They have pendulous closely arranged yellow flowers of about a



Non-native smooth rattlebox is a member of the pea family. It has invasive potential and is toxic to livestock photo by Gerri Reaves

half-inch long. The petals often have reddish brown streaks.

Like many members of the pea

family, this species' flowers take an elaborate form, in this case oblong wings, a rounded banner and a projecting curved keel.

The fruit is a cylindrical inflated pod of about an inch and a half long containing 30 to 40 seeds.

The name rattlebox refers to the noise the seeds made. They detach from the pod at maturity and "rattle" when the pods are shaken.

Despite its undesirable qualities, one

thing can be said in this wildflower's favor: It's a food source for birds and a nectar source for butterflies.

Sources: *The Guide to Florida Wildflowers* by Walter Kingsley Taylor; *Weeds of South Florida* by George Rogers, PhD; <https://mrec.ifas.ufl.edu>; <https://nwdistrict.ifas.ufl.edu>; and www.plantsoftheworldonline.org.

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

Sea Turtle Tracker Sends Signal From Key West

On June 16, 2020, Sanibel-Captiva Conservation Foundation (SCCF) staff affixed a satellite transmitter to a loggerhead sea turtle, named Junonia. She was first encountered in 2016 and has been observed nesting on Sanibel three years in a row: 2018, 2019 and 2020. The satellite tag should have tracked her movements to her foraging grounds. However, less than a month after the tagging, on July 11, 2020, her transmitter stopped sending locations. This provided only a small dataset and did not offer insight into her migration pathway or foraging grounds. Surprisingly, on September 11, 2021 – a year and two months later – staff received a transmission from Junonia.

It was assumed the tag had malfunctioned or detached, which eventually occurs with many satellite transmitters several months or years following deployment. It appears that she established residency near Key West, which provides useful information when interpreting the toxin concentrations that were measured in her blood.

Junonia is the first loggerhead sea turtle ever to be satellite-tagged after

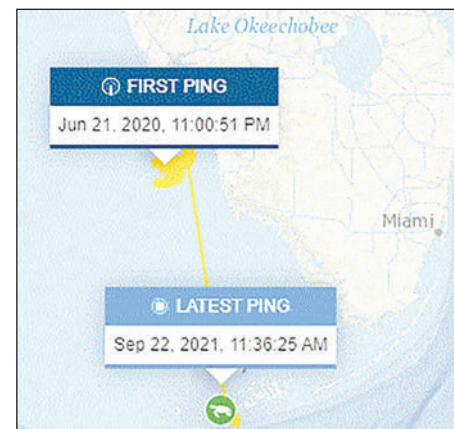


image provided

nesting on Sanibel. She is part of a study to learn more about the post-nesting movements, migratory pathways and foraging grounds of loggerhead sea turtles that nest on the gulf coast of Florida. Since Junonia was nesting during the 2018 red tide bloom, the data will also contribute to a research project investigating the long-term impacts of red tide events on the health and reproductive success of nesting sea turtles (funded by the Florida RESTORE Act Centers of Excellence). All research is authorized by the Florida Fish and Wildlife Conservation Commission.

Sanibel sea turtle nesting update as of September 22: There are 56 nests incubating on Sanibel and 44,398 hatchlings have emerged.*

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Audrey Albrecht

photos provided

SCCF Biologist To Lead Classes On Shorebirds

Fall is a great time to venture out to Southwest Florida beaches to look for migratory shorebirds and seabirds. Identification can be tricky because many of these birds have molted into their non-breeding plumage by the time they reach the shores.

After an outpouring of interest in the Sanibel-Captiva Conservation Foundation



More than 25 species of shorebirds and seabirds will be reviewed

(SCCF) World Shorebird Day event earlier last month, SCCF Shorebird Biologist Audrey Albrecht decided to offer a virtual shorebird identification presentation in October followed by guided beach walks.

"We will go over the most commonly observed species on our beaches during migration and how to tell them apart from one another, and some of our less common visitors as well," said Albrecht, who monitors the beaches of Sanibel and Captiva on a regular basis for shorebirds.

During the World Shorebird Day count on September 7, more than 25 species of shorebirds and seabirds were documented. Albrecht will review all of those.

Participants can attend the virtual

class only, or attend a guided walk led by Albrecht in addition to the presentation. Due to COVID-19 restrictions, group sizes will be limited, and participants must socially distance and/or wear masks if in close proximity to others during the walk.

Schedule:

Shorebird ID Presentation –
Wednesday, October 13, 9 to 10 a.m.

Guided Walk 1 – Tuesday, October 19, 9 to 10 a.m.

Guided Walk 2 – Wednesday, October 20, 9 to 10 a.m.

A third walk will be scheduled if these fill up. To sign up, visit <https://www.eventbrite.com/e/shorebird-identification-presentation-walk-tickets-175482632277>.

Double Rainbow On Sanibel



Double rainbow

photo by Ken Burgener

Island resident Ken Burgener submitted this photo of a double rainbow he captured on September 21. It was taken from Rabbit Road on Sanibel. Burgener is the founder of Carefree Birding, a merger of cruising and birding.*



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Beach Blitz



by Capt.
Matt Mitchell

Fishing action out along our beaches has really picked up over the past few weeks. This fall fishery presents anglers with some amazing sight-fishing opportunities

on a wide variety of species. Conditions are everything when fishing along the beaches. The longer our weather stays consistently calm, the more predictable this bite is. During calm weather periods, it's possible to return to the same places day after day.

My main target out on our beaches this next few months is tarpon. These amazing game fish stack up on schools of bait often within casting distance of the beach. Fall post-spawn tarpon are hungry as they are packing on pounds before they migrate south. Watching them crash the surface as they gorge on these schools of bait is an amazing sight. Unlike our spring tarpon fishing, these fish are much more willing to eat a bait with a hook in it.

With so many other types of fish feeding in these same baitfish schools, it's often best to wait until you get a clear opportunity to make a cast to them. Sharks, ladyfish, jacks, mackerel and even sailcats are all feeding on these bait schools too and will get to your bait



Capt. Jesse Minoski with a blacktip shark caught out on the beach this week

photo provided

before the tarpon. Live pinfish under a float are my bait of choice. Feeding Spanish mackerel and ladyfish

mark the places to start your tarpon hunt. Usually these frenzies happen in clouds of fry bait in relatively shallow water

normally within a mile or so of the beach. Anywhere from Fort Myers Beach north to Redfish Pass is a good place to get started. Seems the further south you run, the less boat pressure there is.

Many days you will have these tarpon all to yourself without another boat in sight. Run the beaches while looking for any kind of bait, birds and life. Once you locate this life, shut down and watch. Some days, the signs are very subtle with just tips of tarpon fins showing, while other times they can be seen breaking the surface as they gulp mouthfuls of fry bait.

Something else we find this time of year out on the beach are large muds. These muds seem to disorient the bait fish and are often where the tarpon are feeding. I'm convinced tarpon are mudding the bottom by digging or stirring it up to set up a place to feed.

This action out on the beach can continue as late as January or until we experience our first major cold front dropping water temperatures below 70 degrees. The past few years, this bite has finished up by around Thanksgiving. For the next few months, I will take advantage of any chance I get to fish this beach bite with or without clients. Although it's not as consistent as our spring tarpon fishery, it will bring some of the most wide open tarpon fishing of the year.

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

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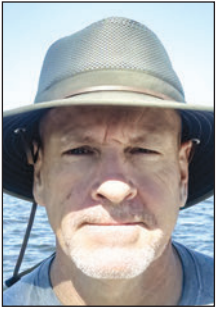
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Softshell Turtle Hatchlings



by Bob Petcher

The Florida softshell turtle (*Apalone ferox*) is the largest species of softshell turtle in the country. This turtle has an elongated head, a long snorkel-like nose and large webbed feet, each

sporting three claws.

Unlike hard shell turtles, the Florida softshell turtle has a cartilaginous carapace, which means its upper shell is covered in leathery skin that some say resembles a pancake. This skin color is olive green to dark brown – a pattern that serves as a form of camouflage to conceal turtles from potential predators.

Florida softshell hatchlings have a lighter carapace color with yellow and orange markings. These colors fade and are lost as the juvenile ages into an adult.

At CROW, the clinic has seen an influx of pregnant Florida softshell turtles, including some that were involved in accidents.

"We've had softshell turtles come in gravid for the past several months and have had hatchlings on and off since mid-spring," said CROW Rehabilitation



Florida softshell hatchlings during their brief stay at CROW

photo by Haillie Mesics

Manager Breanna Frankel.

On September 21, a clutch of Florida softshell turtle eggs began to hatch after incubating for several months. A total of 19 eggs hatched, but their mother did not make it.

"Mom was a patient that suffered severe trauma after being hit by a car. She had severe sinus, jaw and shell fractures," said Frankel. "The trauma was so severe that she didn't make it, but we were able to harvest her eggs after she passed. Once we harvested the eggs, we were able to successfully incubate them."

Once hatched, the baby turtles were

monitored while in CROW's care.

"After hatching, they are placed on damp paper towels until their yolk sac absorbs and then they are transitioned into a shallow water tub with foliage and rocks for basking," Frankel explained.

"We keep them in our reptile room which is kept at ideal conditions for recovering reptiles, with high heat and humidity."

According to the CROW official, baby turtles do not require much assistance once they hatch.

"Turtle and tortoise hatchlings are self-sufficient as soon as they hatch and do not require any assistance from the

parents," said Frankel. "There is no real care aside from observation that is necessary. We just make sure they appear healthy after hatching and ensure they fully absorb their yolk sacs, then the rest is up to them."

Not only do turtle hatchlings take up a minimal amount of space in the reptile room, their stay at CROW is relatively short as well.

"They are typically released within a few days of hatching," said Frankel. "This group was released September 24 in Fort Myers, in suitable habitat."

In addition to this clutch of 19 eggs, CROW officials are watching the progress on another clutch of 11 Florida softshell turtle eggs from a different mother that are expected to hatch soon. Once those eggs hatch, the same care process will be extended to those baby turtles until they too are released to begin their lives in the wild.

"We try to put our animals back in the general area from which they came," said Frankel. "The second set of hatchlings, which hasn't hatched yet, will be distributed appropriately but not in the same locations as the first."

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

The Hairy Triton



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

M*onoplex pilearis*
(Linnaeus,
1758) is a relatively
common tropical
western Atlantic

species that is also present in the tropical Indian and Pacific oceans, including Polynesia and Hawaii. Hairy Tritons may reach 140 mm (5.5 inches) in some parts of its distribution. The long-lasting pelagic (open-water) larvae in the species allow for ocean crossing at the larval stage, one of the reasons for its broad geographical distribution. You can see the larval shell preserved as the protoconch (at the apex) of the shell in the illustration. The Hairy Triton is the most commonly found triton snail species along the East Coast of Florida. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

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Monoplex pilearis
Coral Cove, Florida, USA
Swenson Collection

The Hairy Triton, *Monoplex pilearis*, from Coral Cove, Florida photo by Patricia A. Starkey

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.✱

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American Legion Post 123

American Legion Post 123 is serving Italian favorites from noon to 8 p.m. this Sunday, October 3. All are welcome to stop by for spaghetti and meatballs, stuffed shells and sides.



The ladies auxilliary meeting will be held on Tuesday, October 5 at 6 p.m.

On Tuesdays, tacos are served all day. Steak and cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. Sunday specials are served from noon to 8 p.m.

The first Thursday of the month is Open Mic Night from 6 to 9 p.m.

The 8-Ball Pool League plays at 5 p.m. on Monday nights. Two tables are in play. Come out and watch the action.

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

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

Post 123 is a non-smoking facility with an outside area available for smokers. It 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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Annie Kisskeys and Kay Casperson of BeautifulLife by Kay Casperson

photo provided

Longtime Supporters Rally For Fundraiser

“We support Let’s Pink Out every year because we believe in affirming life,” said Kay Casperson, owner of BeautifulLife by Kay Casperson lifestyle boutiques. “Making mammograms available to uninsured individuals and supporting cancer needs in the community is in harmony with our mission,” she said. BeautifulLife by Kay Casperson will

sponsor the take-home keepsakes at the Pink Flamingo High Tea on Tuesday, October 5 presented by Let’s Pink Out, Sundial Beach Resort & Spa and Sanibel Captiva Business Women’s Association. “Lovely vintage tea cups and saucers, encouragement bracelets and a unique tea bag cozy with an affirmation inside make up the keepsake,” said Casperson. “It will be a reminder of what promises to be an uplifting event.”

“Longtime Let’s Pink Out supporters Bailey’s General Store and Sanibel’s Best Homemade Ice Cream are sponsoring a signature Pink Flamingo cocktail at the event,” said Taylor Osborne Clarey, president of Sanibel Captiva Business Women’s Association. “It includes an exclusive recipe pink flamingo sorbet and a generous splash of pink Champagne or prosecco. RS Walsh Landscaping – In the Garden is creating premium centerpieces for all 16 tables. The design will be unveiled at the event, but early indications are that the centerpieces will be stunning.”

Osborne Clarey said, “We’re especially grateful to the VIP table sponsors supporting the event: Mary Bondurant at The Bondurant Family – Kingfisher Real Estate Inc.; Becky Mulka, realtor; Maureen McGauran at Beachwalker Marketing & Communications; and my own team at Iris Print & Designs.”

Pink Flamingo High Tea activities are planned from 11 a.m. to 2 p.m. Email sancapbwa@sancapbwa.org for information about tickets, sponsorships, raffle baskets and silent auction donations.✧



A gopher tortoise in its burrow

photo by Carol Lynn Parrish

Land Needed For Gopher Tortoises

The Florida Fish and Wildlife Conservation Commission (FWC) is seeking landowners to help with gopher tortoise conservation efforts as part of the agency’s Gopher Tortoise Recipient Site Program. The program benefits landowners and tortoises, and is compatible with other land uses, such as hunting and wetland mitigation.

The program provides landowners with an opportunity to generate additional revenue from their lands, as the landowner may charge a market-based fee for each tortoise received at the site.

The price landowners can charge per tortoise received at an approved site is not set by the FWC, so the landowner can adjust the fee based on their needs. Based on the current market for gopher

tortoise recipient sites, landowners can generate more revenue from this program than ever before while contributing to the conservation of the species.

The program offers a variety of conservation benefits to gopher tortoises. Tortoises benefit by being moved out of harm’s way when relocated from development sites to the safety of FWC-permitted recipient sites. Recipient sites minimize the loss of tortoises, preserve habitat, restock depleted populations and promote genetic diversity of the species. Managing properties and habitat for the gopher tortoise has a conservation benefit for more than 350 other species that have been documented using gopher tortoise burrows. Many of these species are also state or federally listed.

“Landowners play a significant role in conserving gopher tortoise habitat throughout Florida,” said Alex Kalfin, program planning and monitoring administrator for the FWC’s Wildlife Diversity Conservation Section. “We are hoping we can get more property owners enrolled in this program, which is not only a critical component of gopher tortoise conservation in Florida but also provides substantial benefits for landowners.”

FWC staff will assist property owners, whose lands meet the recipient site criteria, throughout the application process. They will also help landowners make improvements to their land to

continued on page 18



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CROW Calendar Of Events

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

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

Guests learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation (see schedule) and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

Wildlife Walk Guided Hospital Tours

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The hour and a half program has two



parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 12:30 p.m. Capacity is limited to eight participants. Advance Registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule

Friday, October 1, 11 a.m., Why

Animals Come to CROW – Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital. One of CROW's animal ambassadors will be present.

Monday, October 4, 11 a.m.,

Species Profile: Snakes of Southwest Florida – Florida is home to 46 species

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

Tuesday, October 5, 11 a.m.

Species Profile: Sea Turtles – There are seven different species of sea (or marine) turtle, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Wednesday, October 6, 11 a.m.,

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

Thursday, October 7, 11 a.m.,

Patient Profiles: Owls of Southwest

Florida – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.✱

From page 17

Tortoises

improve quality habitat for gopher tortoises and other wildlife.

The gopher tortoise is a protected species that resides in all 67 Florida counties. The tortoise is known as a keystone species, and its burrows serve as important refuges for 350 native species including threatened species such as the eastern indigo snake, burrowing owl and gopher frog.

To learn more about gopher tortoises, the recipient program and how to apply, visit www.myfwc.com/gophertortoise.

Through the FWC Landowner Assistance Program (LAP), biologists provide technical assistance to private landowners, helping them develop management plans for their property that maximize benefits to wildlife and people. They can also assist with finding financial assistance to complete important habitat restoration projects on private lands. For more information, visit www.myfwc.com/lap or call your FWC regional office and ask to speak to a LAP biologist.✱

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Ian Bartoszek of the Conservancy with a 16-foot female Burmese python weighing 148 pounds photos provided



Conservancy conservation associate Mady Eori with a 15-foot female Burmese python weighing 125 pounds

Program Expanded To Control Pythons

The Conservancy of Southwest Florida, in partnership with the Fish & Wildlife Foundation of Florida, reports the success of expanding its sentinel snake program targeting invasive Burmese pythons that are devastating native species across the Greater Everglades. Through the collaboration, an additional 10 adult male “scout snakes” were captured and implanted with radio-transmitters to lead biologists to reproductively active female pythons across multiple breeding seasons.

Through the Fish & Wildlife Foundation of Florida “Conserve Wildlife” license tag grants, the Conservancy of Southwest Florida’s groundbreaking research and removal program was expanded by 40 square miles into Picayune Strand State Forest, a critical wildlife management area with an active Everglades restoration project. Male scout snakes are effective at locating reproductive females within areas where they would otherwise remain undetectable.

“We were thrilled to fund such an innovative approach to combating

invasives,” said Andrew Walker, foundation president and CEO. “The Conservancy is using science and speed to remove one of the biggest threats to wild Florida. We look forward to partnering with them again to advance this work.”

Three biologists removed 192 adult pythons weighing approximately 7,800 pounds, including 105 female pythons containing over 4,000 developing eggs, over two breeding seasons.

“The massive size of the female pythons located in the project expansion area indicates that there was limited removal effort placed on these invasive snakes in an ecologically critical area,” said Ian Bartoszek, environmental science project manager for the Conservancy. “It is mission critical to continue to apply pressure on the existing python population as these animals have had over a 20-year head start expanding their population throughout the bio-region.”

For more information about the Conservancy’s python research and removal project, visit www.conservancy.org/?s=pythons. This fall, the opening of the new John & Carol Walter Discovery Wing at the Dalton Discovery Center will feature an Invasive Species Gallery that will include information for the public about the impact of invasive pythons in the Everglades.✱

District Selects Water Treatment Component

by Leah Reidenbach,
SCCF Research & Policy Associate

The 10,000-acre C-43 West Basin Reservoir in Hendry County on the Caloosahatchee is intended to store excess water during the wet season which can be used during the dry season to maintain minimum flows to the estuary. Concerns about the quality of the water coming out of the reservoir and directives in Gov. Ron DeSantis’ Executive Order 19-12 led to the initiation of a water quality treatment feasibility study in

2019. Last week, the South Florida Water Management District (SFWMD) announced the completion of the study and the selection of aluminum sulfate as the water treatment component of the C-43 Reservoir.

Several water quality treatment technologies were compared and researched, including treatment wetlands which are effective, natural filtration systems that provide habitat for native plants and animals. However, the chemical technology using aluminum sulfate (alum) was selected as the prevailing plan for treatment of water stored in the C-43 West Basin Reservoir. It was primarily chosen because it has a smaller footprint, requiring less land, and is less expensive to implement. The

continued on page 20

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Is Your Dog A Canine Good Citizen?



by Allison Havill Todd

It may seem like a silly question... dogs aren't really "citizens" after all, are they? Yet in 1989, the American Kennel Club (AKC) developed the Canine Good Citizen Certification (CGC

in 1989) to promote responsible dog ownership and encourage well-mannered behavior from our canine companions. The CGC certification is a two-part course that can be administered by AKC approved trainers/evaluators across the country and is open to dogs of all pure or mixed breeds, sizes and ages. This is often used as a screening tool for owners who want to involve their pets in therapy dog programs, agility trials or crisis response dog programs. However, for most owners, it is simply an opportunity to become best friends with your dog and great neighbors in your community. You may also find that you get a discount on your homeowner's insurance for having a CGC certified pet. If you have just introduced a new dog or puppy into your home, this is a perfect opportunity to get off to a good start by



A well-trained dog is a true best friend
photo courtesy American Kennel Club

teaching them desired manners that will lead to a happier life for both of you, and enable you to better understand and communicate with each other. Some of the skills your dog will learn through this program include: accepting a friendly stranger; sitting politely for petting; being receptive to grooming and handling; walking on a leash in a controlled manner; navigating gracefully through crowds or public places; following commands to sit, down or stay; coming when called; behaving politely around other dogs; demonstrating that it can be left with a trusted supervisor while their owner is out of sight without showing anxiety; and not overreacting to loud or unexpected sounds. Many basic obedience classes include these training elements in their programs.

It does take some time, patience and love, but the benefits of spending this time with your pet far outweigh any perceived inconveniences. Along with teaching your dog good manners, training is a great way to provide mental and physical stimulation for your pet and is something you can incorporate into a daily routine, further strengthening the bond you have with your canine friend. Teaching desirable behavior to our pets also helps prevent more dogs from ending up in shelters. The AKC has documented that 98 percent of dogs who complete the CGC certification are still with their owners after their first year. This is typically a time when many dogs are turned in to shelters and other pet rescue organizations because of behavioral issues that the owner has not taken the time or does not understand how to address.

If you are not ready to hire a CGC trainer or attend group obedience training classes with your pet, you might consider looking into the Virtual Home Manners (VHM) program that the AKC offers online at www.akc.org. This is a great starting point to learn practical skills with your dog before attending a training class. There are 10 necessary skills for a well-mannered dog to achieve in a home setting, and the AKC provides tips about training on its website. For a nominal application fee, participants are able to video their pup accomplishing each step

of the program. Your dog must pass all items on the list to earn the VHM title. Successfully completing these programs will enable you to venture out confidently with your pet in many different environments and also allow guests to feel comfortable around your pup when visiting your home. The benefits of becoming a Canine Good Citizen are rewarding for both you and your dog companion. Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggie mom and facebook.com/thedoggie mom.*

Turner Beach Park Reopens

The Captiva Erosion Prevention District (CEPD) has completed the southern portion of the beach nourishment project on Captiva and Turner Beach Park is now open to the public. The city advises park visitors to use caution as workers could possibly be present at times to finish some details. For more information on the project, visit mycepd.com.*

Water Treatment

From page 19 concerns about this treatment, including increased aluminum and sulfate in treated water, were addressed in SFWMD studies and no impacts were found in their short-term experiments, prompting them to give the green light to select this technology for this project. The treatment of stored water in the C-43 West Basin Reservoir is not a panacea for our water quality woes. While there will be a reduction of total nitrogen in the reservoir by about 30 percent and

total phosphorous by about 62 percent, and a significant increase in water clarity, the water stored in the reservoir accounts for only 10 percent of basin flows. The C-43 reservoir only accounts for approximately 38 to 42 percent of water storage needs for the Caloosahatchee watershed. This highlights the need for more water quality storage and treatment projects throughout the basin and for a balanced plan that supports the needs of the Caloosahatchee estuary during the U.S. Army Corps Lake Okeechobee System Operating Plan (LOSOM) optimization process.*

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Fish Caught



Grant Tucker with the 12-pound redfish
photos provided



Grant Tucker with the 12-pound snook

Grant Tucker of Columbus, Indiana caught a 12-pound snook and a 12-pound redfish at Boca Grande while fishing with Capt. Jimmy Burnsed.

The fish were caught on September 20, which was Tucker's birthday and a full moon. A free-lined hooked the snook while a pinfish, fished the same way, landed the redfish. grunt

According to Tucker, it was a great birthday trip. Over the course of two days, the pair caught well over 75 snook, several nice redfish, trout and

snapper, some of which Tucker took to the Lazy Flamingo to have cooked up for a memorable meal. The rest are going back to Indiana, for tacos.

Tucker said, "Get out on the water. September and October are fantastic months. The temperatures are beginning to moderate and the fish are feeding actively in anticipation of colder weather. Even if fishing isn't your thing, just get out and appreciate nature. Go shelling, sightseeing or watch the wildlife. The islands look very different from the water."☆☆

Sanibel Fishing Club Resumes Monthly Meetings

The Sanibel Island Fishing Club will hold its first monthly meeting of the year on Tuesday, October 12. The meeting will be held in the north room of The Community House. Social time begins at 6:30 p.m. and the meeting begins at 7 p.m. There is no admission charge and the angling public is welcome. Refreshments will be available at a nominal charge. The City of Sanibel requires that everyone inside The Community House wear a mask, and vaccinations are recommended.

This is the first official meeting in well over a year. The club suspended all meetings during the 2020-21 season due to COVID-19. Topics to be discussed include season fishing outings, the Christmas party, social gatherings and upcoming speakers. Another highlight will be the various catches by members over the summer months.

If you are interested in becoming a member of the Sanibel Island Fishing Club, stop by and see what this



Charles Sobczak with two large red grouper he caught in May
photo provided

organization is all about. The Sanibel Island Fishing Club is one of the longest running social clubs on the island.

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

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 1 cup ricotta cheese
 1 cup mozzarella cheese, shredded
 2 cups marinara sauce (your favorite)
 2 egg yolks
 1 teaspoon Italian seasoning mix
 1/3 cup parmesan cheese, grated
 1/4 cup fresh basil, hand torn
 Sea salt and fresh ground pepper, to taste

Lay out all the zucchini and yellow squash slices on paper towels. Lightly sprinkle each side of the sliced zucchini and squash with sea salt. Let the salted slices sit for about 20 minutes. After 20 minutes use another paper towel to soak up any liquid from the vegetables. In a small bowl combine the egg yolk, mozzarella cheese, ricotta cheese and Italian seasoning. Season cheese mixture

Zucchini Ricotta Rollups

lightly with salt and pepper. Spread a thin layer of the cheese mixture on one side of each vegetable slice. Roll each slice up

carefully and place seam side down in a baking dish. Evenly add marinara sauce to the top of the vegetable rollups. Sprinkle

with Parmesan cheese and bake in a 375 degree oven for about 15 minutes. Top with hand torn basil, serve warm.✱



photo courtesy Fresh From Florida

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The Community House

Florida's Edible Wild Plants



by Chef John Wolff

Little did you know, but Florida is host to a variety of edible wild plants that may be in your very own backyard. Many people identify plants as “weeds,” when they actually may be medicinal, edible plants. In order to sustain a healthy environment, it is important to identify and preserve indigenous plant species. In our grocery-dependent culture, it is especially necessary to take advantage of the resources around us in case of natural disasters or lack of food availability, or even for fun.

Wild plants can be found in uncultivated places, fields, forests and alongside trails. But before traversing “the great outdoors” to forage for your goodies, there are some precautions

you must take before consuming them. It is important to correctly identify any plant before consuming to avoid exposure to poison or toxins that may cause sickness, nausea, or even death. Foragers must acquaint themselves first and foremost with the Universal Edibility Test. <http://www.wilderness-survival.net/plants-1.php> (Test at your own risk).

It is also important to think about the location of the plant as it can affect its quality and even pose a hazard. If it is found near roadways, plants are often coated with pollution and those found near farms could be exposed to chemicals. If the plant is found near waterways, it is important that the plant is washed thoroughly to prevent ingestion of microscopic parasites. Other than that, get out there and have some fun foraging for edibles with knowledge as your guide.

Here are some examples of forgeable edible plants commonly found in Florida:

Kumquat – The kumquat tree, also known as Nagami, is a small gem of the citrus family. It was introduced into Florida from Japan in 1885 and has been grown commercially in the “Kumquat Capitol,” – Saint Joseph, Florida – since 1895, but now grows wild nearly everywhere in Florida. Kumquats can be eaten whole, made into salads, preserves or marmalades. An interesting fact about kumquats is that it's the only citrus you can consume with skin and all.

Blackberries – Blackberries are best

picked in spring and are typically found in sandhills, woods, wet hammocks, and even along pond edges throughout Florida. They have many uses where the berries can be eaten fresh or implemented into a sorbet, jam, jelly, cobbler, juice, and even wine.

Wild Mushrooms – In Florida, as elsewhere, “edible mushroom” is something of a moving target in that there are a lot of species that can be safely eaten by some people sometimes,

while making other people – or even the same people – sick at other times. It's not always clear why.

There are dozens of other forgeable edibles found in Florida's tropical climate but I urge caution and use of the Universal Edibility Test before consuming any wild plants.

Here is a simple Kumquat Marmalade recipe you can try should you happen upon a grove of kumquat trees at some point in your travels.

Kumquat Marmalade

Zest and juice of one lemon
Small pinch of cayenne
One star anise
One cup white sugar
One cup cold water

Quarter kumquats lengthwise; cut off white center membrane and remove seeds. Slice quarters into small pieces.

Place kumquats into a pot. Add lemon zest (white part only), lemon juice, pinch cayenne, star anise (I remove this after 10 minutes of simmering), sugar and water. Mix together. Cover and let sit at room temperature 2 or 3 hours to allow fruit to macerate. Or you can refrigerate overnight.

Place pot over medium-high heat and bring mixture to a simmer, stirring occasionally. Reduce heat to

medium; cook and stir occasionally for 10 minutes. Continuing cooking and stirring often until mixture is thick enough so that if you scrape a spatula across the bottom of the pan, you can briefly see the bottom of the pan before marmalade spreads back out, 30 to 40 minutes. Mixture should reach a temperature of 215 to 220 degrees F (120 to 125 degrees C). Remove from heat and allow to cool slightly, 5 to 10 minutes.

Spoon warm marmalade into sterilized jars. Cover and let cool to room temperature. Refrigerate until thoroughly chilled.

*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

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Information Literacy Month At The Library

For the past decade, National Information Literacy Awareness Month has been celebrated in October. According to the American Library Association, “information literacy is a set of abilities requiring individuals to recognize when information is needed and have the ability to locate, evaluate, and effectively use information.” In study after study, libraries are ranked among the public’s most trusted sources of information.

Besides books and printed materials, your library offers digital collections including local, national and international newspapers, plus DVDs and streaming video for education and leisure. Public libraries offer an incredible public resource that uplifts, educates and builds communities.

The library offers daily and weekly newspapers for patrons to read inside the facility, like the *Island Sun*, *The New York Times*, *The Wall Street Journal* and *The News-Press*. Cardholders can also keep up to date on current events from home with PressReader. Used via computer or app, PressReader offers online access to U.S. newspapers plus publications from around the globe. Its accessibility mode – with navigation, audio, tab navigation, color contrast, large named buttons and larger font size – can



Margie Klein in the magazine and newspaper section photos provided

convert digital newspaper text into speech read aloud. From the *Los Angeles Times* to the *Chicago Tribune*, *Baltimore Sun*, *New York Post*, *La Prensa* to the *South Florida Sun-Sentinel*, readers can get news from a variety of sources with PressReader.

Stop by to read current news magazines like *Barron's*, *Bloomberg Businessweek*, *The Economist*, *Foreign Affairs* or *Scientific American*. Use your library card to borrow past issues to take home. The library also offers *Investor's Business Weekly*, *Value Line*, *Washington Examiner*, *News*



Melissa Balthaser at the service desk where patrons can pick up materials on hold

China, *ARTnews* and *Christian Science Monitor*.

News magazines like *The Economist*, *Newsweek*, *Harper's* and *Money* are available to download via the Libby app. The extensive online collection is available 24/7/365. Thousands of eBooks, audiobooks, magazines and movies can be accessed at any time through the eShelf.

Get in the know with PBS *Frontline* investigative documentary series on Kanopy streaming service. You can watch up to 10 films or television episodes each month on Kanopy using your library card. If you need help using apps on your

devices, schedule an appointment at www.sanlib.org/techappointment. Cardholders can borrow Mobile WiFi Hotspots with their library card. Hotspots allow users to connect enabled devices to the Internet. October is also Cybersecurity Awareness Month, a time to raise awareness about the importance of cybersecurity and ensure everyone has the resources they need to be safer and more secure online. In addition to borrowing books like *Cybersecurity for Dummies*, you can also learn about protecting your data and your devices from *Consumer Reports*. Stop by the library to access *Consumer Reports* online to read news articles about cybersecurity and to search buying guide information. You can also borrow *Consumer Reports* magazine in print with your library card. If you need help using reference services like Morningstar, Ancestry.com or *Consumer Reports*, call 472-2483 to set up an appointment.

The library is open for normal season hours. Contactless curbside service ended September 30. Patrons can pick up items on hold from the main (east) service desk.

Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year.

Computers, printers, scanners and fax machines are available. For more information, visit www.sanlib.org.✱

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Army Corps Has New District Commander

On September 9, Col. James L. Booth took command of the U.S. Army Corps of Engineers Jacksonville District. Booth is the 61st commander of the Jacksonville District. Jacksonville is the second largest civil works district in the Army Corps of Engineers and encompasses Florida, Puerto Rico and the Caribbean.

The district is responsible for managing ports and navigation, beach renourishment, hurricane recovery, water management and ecosystem restoration, including implementation of the Comprehensive Everglades Restoration Plan (CERP). It is also responsible for overseeing the Central and Southern Florida Project, which includes Lake Okeechobee and water management infrastructure from Orlando to the Everglades, and the Caloosahatchee and St. Lucie estuaries.

Booth replaces Col. Andrew D. Kelly who served as the Jacksonville District Commander since August 2018.

"Col. Booth will have big boots to fill," said Sanibel-Captiva Conservation Foundation (SCCF) Environmental Policy Director James Evans. "Col. Kelly pushed the envelope on the use of operational flexibility when operating Lake Okeechobee to balance the needs of our coastal estuaries. For that, our



From left, Col. James L. Booth receives the Jacksonville District flag from Brigadier Gen. Jason E. Kelly, commanding general of the U.S. Army Corps of Engineers South Atlantic Division, as Col. Andrew D. Kelly looks on during the change of command ceremony at the Terry Theater, Times Union Center, Jacksonville

USACE photo by Mark Rankin

communities are grateful. We look forward to working with Col. Booth as he and his talented staff work to complete the many missions of the Jacksonville District."

One of Booth's first missions will be to oversee the completion of the Lake Okeechobee System Operating Manual (LOSOM). LOSOM will guide lake operations for the next decade

and will determine the distribution and volume of freshwater releases into the Caloosahatchee and St. Lucie estuaries and Everglades. The corps is currently working to improve the performance of the plan for the Caloosahatchee. The revised plan is anticipated to be presented to the public in November, with implementation expected in late 2022.✱

Poetry Corner

by Jim Weyant

WIZENED AND GNARLED

'Neath a weeping willow
loll'd an elderly man,
his jacket his pillow,
he stared at his hand.
Wizened and gnarled,
with a worn wedding band
testimony to why time
is not often your friend.

Thoughts drift back
to a period long ago,
to a woman in his life
who he once loved so.
Had taken for his wife
but foolishly he strayed
squandering her love,
finally driving her away.

And now in his solitude
beneath same willow tree,
where they'd first kissed,
he'd proposed on one knee.
He bemoaned that missed
as he stared at his hand
all wizened and gnarled
like the life once planned.

Jim Weyant and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. His book, Poems From Paradise and Beyond, is available on Amazon and at local bookstores.✱



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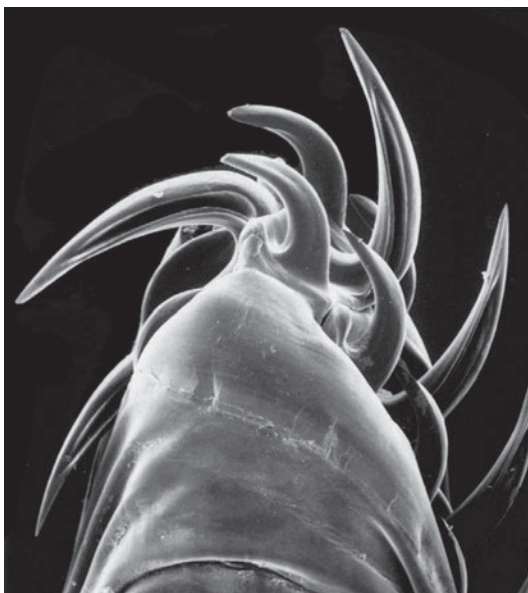
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Book Review

Billy Summers



by Di Saggau

Stephen King has long been an author with a huge imagination. Known as a master of horror novels, his thrilling new novel is a definite switch. *Billy Summers* is about a good guy in a bad job. He's a killer for hire and good at his job, but he'll only do his job if the target is a truly bad guy. Now 44 years old, Billy, a decorated Iraq war vet, wants out but he has to do one last hit.

Billy is offered \$2 million for his one last big job. He agrees to the assignment and settles down in a small Midwestern town, pretending to be a freelance writer working on a novel. He makes friends and becomes part of the community. As he writes his novel, actually a memoir based upon his time in Iraq, he learns things about himself that he had forgotten about decades ago.

Billy is intelligent, but likes to put what he calls his "dumb self" in front of those who hire him. He assumes new identities. While waiting for his target to arrive, he reads comic books in public but in private reads works by Zola and Dickens. With a great deal of careful planning, Billy carries out the hit, but questions whether or not



image provided

he will be paid what he was promised.

A new character joins the plot in the second half of the book. It is someone almost as dynamic as Billy, and together they form an unlikely team. To say more would rob the reader of the unexpected twist. It's one of the most compelling and surprising duos in King fiction. Many have called *Billy Summers* King's best book in years. It's a spectacular novel that is part war story and part love letter to small town America and those who

live there. Billy is a complex hero with one last shot at redemption, and he's someone you are not likely to forget.

I agree, *Billy Summers* is Stephen King at his best.✧

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My kids want to use speech-to-text software for their writing assignments, but I think that might be a bad thing for them. Isn't it a lazy way to write? Does any learning happen when they use speech-to-text?

Allyson P, Fort Myers

Allyson,

Speech-to-text writing is an important tool for children to use, and there are many reasons why it's so helpful for the writing process.

It's a wonderful tool for getting ideas down quickly before children might forget what they want to say. A blank page can be intimidating for any writer and with speech-to-text, kids will participate in both vocalizing their words and ideas and simultaneously seeing their words appear "on paper." They don't have to worry about penmanship, grammar, or spelling at this initial stage of their writing, they just need to focus on the words they are choosing to use. This immediacy of seeing their words may reduce some feelings of intimidation and decrease some of the stress in the writing process. Children can watch their words fill the page and feel proud that they have come up with something to say. Once children have their first draft in front of them, they

can move on with the writing process.

Speech-to-text typically has a spelling and grammar function. Children should use this tool as well. Spell check is a simple way for students to see that they have misspelled words, with the automatic underline quickly notifying students of a mistake. They can then go through their work and revise their grammar and ideas, correcting anywhere the technology misheard them and getting practice editing their own writing.

Another benefit of speech-to-text is the reverse process of text-to-speech that is also available with this tool. The computer reads aloud the student's work, and that way through hearing the text read aloud, the student can be sure that words or lines weren't skipped, improving comprehension.

Speech-to-text software is typically included on word processing programs like Word. Google Docs Voice Typing, Microsoft Dictate have a speech-to-text function and Chrome has a speech-to-text extension that is available. There are some apps as well that perform speech-to-text.

Writing is linked to critical thinking and has implications for academic success across all areas of the school curriculum. Children show what they know and have learned through writing. And, of course, they must be good writers to do well on tests, complete homework assignments and eventually compose advanced essays and reports. Speech-to-text is a great tool to help them become great writers.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught 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 or at www.schoolconsultationservices.com.✧

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From page 1

Auction

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Auction items include a seven-night stay at a luxury condominium in Hollywood, Florida

allow Zonta to positively impact women and girls. For more information and to donate at www.ZontaSanCap.org.

You can also donate through the auction site or send a check to: Zonta Foundation of SWFL, P.O. Box 1244, Sanibel, FL 33957. Follow Zonta Sanibel-Captiva on Facebook and "like" us (@zontsanca) on Instagram. And have fun shopping!✧

'Ding' Darling Leaders To Speak At Luncheon

The Sanibel & Captiva Islands Chamber of Commerce returns to its in person business luncheon format on Wednesday, October 13, featuring guest speakers Toni Westland, supervisory refuge ranger for the JN "Ding" Darling National Wildlife Refuge, and Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The meeting will take place in an outdoor tent at The Dunes Golf & Tennis Club on Sanibel starting at 11:30 a.m. Face masks are requested.

Vector & Ink is sponsoring the luncheon and will be unveiling the cover for the chamber's 2022 annual visitor guide at the meeting.

The "Ding" team will bring chamber members up to date on the expanded education staff and their latest efforts both on site at the refuge and through community outreach, such as the new WoW (Wildlife on Wheels) mobile classroom experience.

"Our education mission is based on our belief that you can't solve environmental issues without including all people in the conversation," said Westland, who joined the refuge team in 2002 as a conservation



Birgie Miller and Toni Westland with an award DDWS received from the U.S. Fish & Wildlife Service recently photo provided

educator and in 2009 was promoted to her current position overseeing visitor services, education and other facets of refuge operations. "WoW is allowing us to spread that word in places and to an audience that otherwise would never get to experience the refuge."

Westland has received a number of

awards along the way, including a U.S. Fish & Wildlife Service Regional Director's Award for her curriculum design and proactive approach to resolving student transportation problems to the refuge. With the help of DDWS and philanthropic contributions, she arranges private busing for thousands of children each year, a private-public partnership program that will continue once pandemic guidelines allow. In 2008, Westland accepted the Florida chapter of The Wildlife Society's (FLTWS) 2018 Outstanding Educator Award.

Miller will touch on events and activities planned through 2022 as DDWS celebrates its 40th anniversary. She served on the DDWS board of directors for three years before accepting the position as executive director in 2010. A Sanibel resident for more than 20 years, Miller brought two decades of nonprofit experience to "Ding" Darling.

Raising millions of dollars through donations, fundraisers and grants, Miller has overseen the acquisition of several parcels of new refuge lands and the implementation of more than a dozen new exhibits, improvement projects and research studies for the refuge. She launched signature annual fundraisers such as Go Wild for "Ding" and the

"Ding" Darling & Doc Ford's Tarpon Tournament. Most recently, she and her staff raised capital for and helped the refuge design and institute the WoW project, including hiring and supporting staff and bilingual interns to operate the program.

"Ranger Toni and Birgie bring a lot of energy to their mission and to their chamber presentations in the past," said John Lai, chamber president and chief executive officer. "I'm anticipating a highly charged update on how the islands' major attraction is raising awareness and ultimately bringing visitors to our business community."

The chamber business lunch is a monthly networking opportunity held at various member locations. The chamber strives to provide speakers to discuss relevant business topics for the membership. Sanibel-Captiva chamber members will receive meeting invitations by email. Cost for the luncheon is \$30 for chamber members only. Advance registration is required; walk-ins are not accepted. Attendance will be limited as per federal guidelines. Register by 5 p.m. on Friday, October 8 at www.sanibel-captiva.org or by calling 472-8255. Payment is due at time of registration.✪



BIG ARTS 2020-21 Juried Exhibit

Call To Artists For Juried Exhibition At BIG ARTS

BIG ARTS is inviting artists to submit their artwork for the annual juried exhibition in Dunham Family Gallery. This year's show, entitled Creative Ventures, asks artists to explore new ideas, styles and mediums, resulting in fresh one-of-a-kind works.

The popular exhibit is known for bringing many noteworthy artists to the community. Last year's juried show featured 62 works of art that were selected from 205 entries submitted from around the globe.

The exhibit opens on Friday, January 28 and is an open-theme exhibition for

artists working in painting, photography, drawing, sculpture, fiber, printmaking and other media. Artwork will be judged according to artistic merit. The exhibit is juried by BIG ARTS Visual Arts Committee: Diane Olsson, Deborah Butler, Bunny Ospa, Bea Pappas, Kathy Taylor, Annie Wainwright, Peter Zell and BIG ARTS Programs and Gallery Manager Lauren Huff.

Artwork can be submitted digitally by January 2 through the BIG ARTS website at www.bigarts.org. The entry fee is \$25 for donors, \$30 for nondonors and \$15 for students. All artists will all be notified by email by January 7. To view the full prospectus, visit the Creative Ventures page located in the Fine Arts section of the website at www.bigarts.org/fine-arts/. For more information, contact Lauren Huff at lhuff@bigarts.org.✪

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Dangerous Use Of Public Roads Action Upheld

The Lee County ordinance prohibiting dangerous uses of public roads and rights-of-way within unincorporated Lee County, which had been challenged in court, was found constitutional on September 23.

The Lee Board of County Commissioners in April approved the ordinance. The Lee County Sheriff's Office immediately began to educate and raise awareness of the ordinance. Enforcement is used as a final step. Violations of the ordinance are punishable by a fine not to exceed \$500 and/or by imprisonment in the county jail not to exceed 60 days, as provided in Section 125.69, Florida Statutes.

Dangerous uses include stopping and standing on a median or engaging in any physical interaction between a pedestrian and an occupant of a motor vehicle within certain areas of unincorporated Lee County.

The board adopted the ordinance because increased use of public roads and rights-of-way by pedestrians to solicit drivers had led to heightened concern regarding pedestrian and driver safety within unincorporated Lee County.

The Cape Coral-Fort Myers metropolitan area currently ranks 11th in the nation for most dangerous places

for pedestrians, according to the 2021 Dangerous by Design Report issued by Smart Growth America in conjunction with the Centers for Disease Control and Prevention.

The unexpected presence of individuals standing in the medians or interacting with drivers further increases the danger of collisions between pedestrians and motor vehicles, the board said.✴

Airport Expansion Project To Begin

The Lee County Board of Port Commissioners authorized the construction and total budget for the terminal expansion project at Southwest Florida International Airport (RSW) at a board meeting held on September 21. The \$331 million project focuses on improving the airport's efficiency by consolidating and streamlining security checkpoints, adding concession space and providing passengers more amenities and options. The RSW Terminal Expansion Project is set to begin soon and construction is planned for three years. The expansion is the second largest public works project in Lee County history, only being surpassed by the airport's midfield terminal complex construction completed in 2005.

"Southwest Florida International Airport is the front door to our community and supports travel, new

business and tourism in our region," said Kevin Ruane, chair of the board of port commissioners. "We are pleased to start this essential project that will enhance infrastructure and manage growth while vastly improving the passenger experience at RSW. It will also create hundreds of jobs for our local economy."

Plans for the project include consolidating the transportation security administration checkpoints into a new 16-lane configuration and providing additional seating, concession spaces and a business lounge. In total, more than 164,000 square feet of space will be remodeled and 117,000 square feet of new walkways and concession space will be added to the airport terminal.

The consultant working on design and planning is Atkins North America, Inc. The construction manager/general contractor for the project is Manhattan Construction (Florida).

The project is being funded with grants from the Florida Department of Transportation, Passenger Facility Charges (PFCs), airport revenue bonds and Lee County Port Authority construction funds. No ad valorem (property) taxes are used for airport operation or construction.

The Lee County Port Authority operates Southwest Florida International Airport (RSW) and Page Field (FMY) in Fort Myers. RSW is an award-winning, medium-hub airport that served nearly six million passengers in 2020 and has had record-breaking traffic this summer. For more information, visit www.flylcpa.com or www.flylcpa.com/rswterminalexpansion.✴

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Superior Interiors

Designing A Bedroom For Multiple Children



by Jeanie Tinch
You might wind up having to sleep two kids or grandkids per bedroom at some point, particularly in your vacation home. However, having multiple children share a room

doesn't have to be a catastrophe. With a little creativity, you can get the most out of any space, no matter how many little ones share it.
As the beds will likely be the largest pieces of furniture in the room, they'll have a big impact over how you arrange everything else. When it comes to multiple children, you have a few options. Of course, you can put them side by side, but you can also include bunk beds or murphy beds if space is a consideration. Each choice has its advantages as adjacent beds help open the middle of the floor for activities, while lofted or bunked beds add an element of fun for older kids. Keep in mind that if children are separated by a few years in age, they might not go to bed at the same time, so make sure your sleeping situation allows for staggered bedtimes.
Especially as they get older, your children might want to have a little more privacy. In the absence of a second bedroom, a pocket door is a perfect compromise. They can slide right into the middle of the room, creating a barrier that can be taken in or out as necessary, making them one of the more flexible interior design choices. They're also a good way to add a novel textural element into a space, without changing the overall

aesthetic of the room.
Even one kid is more than capable of making a mess, so when two are sharing the same space, it's even more important to stay organized. Keep everybody on track by equipping the room with plenty of storage solutions. Baskets or containers should be clearly labeled based on what should go inside. Each child should know exactly where everything is kept, which cuts down on arguments and makes cohabitation more harmonious.
As children grow up, their tastes change. It's perfectly natural that your little one won't want the same bedroom design at age 5 as they will at age 9. However, you don't need to perform a complete renovation every time your children develop a new interest. Use neutral paint and furniture to begin the room, and then turn to accents and accessories to add bursts of color. This way, you don't have to paint and re-paint the room, and it's easy to update the feel.

Kids like to feel included, so allow them to make some of the choices for the room. Choose a few themes that are within your budget and fit in with the rest of your vision. Then, let your children make the final call together. It's a good time for them to learn about the benefits of compromise, and they'll be much happier knowing that they had some level of ownership over the design of their space.
When a child must share a room with a sibling, he can start to feel like he doesn't really have a space of his own within the house. You can ward off these feelings by adding personalized touches throughout the room, such as monogrammed pillows, or a chest that features his favorite animal painted on the outside. Hang up artwork drawn by both children, so they each understand that even though they are sharing a room, they also have their own individual stakes in the living area. Each child could have a little space of his or her own within the larger room, that could be as small as separate drawers or as large as individual night tables, depending on how much

space is available. Sharing a bedroom doesn't have to be a challenge and can even bring siblings (or visiting cousins) together.
Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.

New Director For Clean Water Advocacy Group

The board of directors of Calusa Waterkeeper has appointed Trisha Botty to the position of executive director. Botty brings a wealth of experience to the organization, which is dedicated to the protection of clean water in the Caloosahatchee river and estuary, Lake Okeechobee, Charlotte Harbor, Estero Bay and other portions of Lee, Hendry, Glades and Charlotte counties' watersheds.



Trisha Botty

"We welcome Trisha's dynamic leadership and advocacy in our fight for drinkable, fishable, swimmable water in our region," said Jim Watkins, Calusa Waterkeeper president. "We're excited about her vision to grow the organization's reach and capacity as we look to expand our staff and leadership team."
Calusa Waterkeeper is a nonprofit organization focused on improving the quality of water in the region through public policy, advocacy, community education, monitoring and court action when necessary. Its force of volunteer citizen rangers monitors local waters and advocates for water quality issues in Southwest Florida.
Botty most recently served as head of social impact and connectivity (grantmaking lead) at Collaboratory (Southwest Florida Community Foundation) in Fort Myers. Her professional background includes positions in government, philanthropy, organized labor and nonprofits in the

DC metro area, Upstate New York and Southwest Florida. Through her experience in philanthropy, she has developed and implemented strategies to foster community collaboration, strength organization and deliver social impact through sustainable funding.
"Calusa Waterkeeper is impactful, science-driven and innovative in its approach to protect and restore Southwest Florida's vital waterways," said Botty. "Growing up near the Great Lakes, I developed an early understanding of how the health of our waters are interconnected with the health and wealth of our communities. I am honored to represent our area's most authoritative source on the condition of our waterways, and I look forward to building its capacity so it can have an even greater impact on our community."
Botty graduated from the State University of New York at Oswego with a political science degree. She is currently working on her master's degree at the University of Florida College of Journalism and Communications with a concentration in public interest communication. She was a 2020 recipient of Gulfshore Business magazine's 40 under 40 distinction.
Botty is replacing former executive director KC Schulberg who is taking on another role within the Waterkeeper Alliance.
To become a Calusa Waterkeeper member or to make a tax-deductible donation, visit www.calusawaterkeeper.org/contribute.

COVID-19 Impact Survey

The City of Sanibel received notice that Lee County is conducting a community impact survey to determine the impacts of COVID-19 on Lee County households and businesses.
Sanibel residents who are interested in sharing their input and ideas for the American Rescue Plan recovery and resilience programs in Lee County may participate in the survey by visiting https://survey123.arcgis.com/share/285546324ea746ee9c92a62e38e71cf9?utm_source=newsletter&utm_medium=email&utm_campaign=SEPT2021-2.



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LEE COUNTY
FLORIDA

Landscape Designer Joins Local Company

RS Walsh Landscaping has hired Katia Olmstead as landscape designer.

"We are excited to add Katia to our team," said Robert Walsh, owner of RS Walsh Landscaping. "She has a passion for landscape design, particularly in our tropical environment, and has strong roots in Southwest Florida."

"I'm inspired by my Puerto Rican heritage and love of traveling to create well-designed projects with a variety of color, texture and foliage," said Olmstead. "Just as interior spaces serve as sanctuaries for reflection and nourishment, so too should our natural environment, particularly in Southwest Florida, where the weather affords us the opportunity for comfortable outdoor living year-round."

Olmstead, a Fort Myers native, graduated from Clemson University in 2020 with a bachelor of landscape architecture. She is working toward licensure as a Florida registered landscape architect. During college, Olmstead spent a semester studying in Genova, Italy where

she gained a greater understanding of architecture and urban cultures. She is an active member of Florida Association of Landscape Architecture (FLASLA).✱



Katia Olmstead

Wildlife Society Gains Intern For Season

Christina Hester arrived from Pembroke Pines, Florida recently to help JN "Ding" Darling National Wildlife Refuge with staff shortages in the coming season through an internship with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

The Florida native graduated December 2019 from Florida International University in Miami with a double major in journalism and philosophy. Before coming to Sanibel, she worked at the YMCA in her suburban hometown as a member engagement representative and also freelanced as an artist and media editor.

"The refuge is one of the most beautiful locations ever," said Hester, who has quickly become enamored by the island's beaches and their seashells. "I feel so fortunate that I get to be here every day



Christina Hester

and appreciate the serenity that doesn't exist on my side of the state. I am so excited to be working with everyone on the team. I'm looking forward to our Go Wild for 'Ding' fundraiser in February. I've already heard so much about it, and I'm looking forward to seeing the community come out and have fun together for a good cause."

"Our interns bring youthful energy, enthusiasm and creativity to the refuge team and in turn learn about nonprofit and refuge operations," said DDWS Executive Director Birgie Miller. "Our friends group works hard to assist the refuge, through monetary support, with conservation work and messaging, community outreach, and programmatic and staffing needs. These are all important skills our interns learn and take with them into their professional lives."

For more information about the program or to make a donation to support future internships, contact Lynnae Messina at 472-1100 ext. 233.✱

Learn The Sounds Of Fire Safety

Learn the Sounds of Fire Safety is the theme for Fire Prevention Week, which runs October 3 to 9. The National Fire Protection Association (NFPA) has been the official sponsor of Fire Prevention Week for 99 years.

From beeps to chirps, this year's campaign works to better educate the public about the sounds smoke alarms

make, what those sounds mean and how to respond to them.

"Smoke alarms have played a leading role in reducing fire death rates over the past 40 years, but we still have more work to do in maximizing their effectiveness," said Lorraine Carli, NFPA vice president of Outreach and Advocacy.

According to the latest NFPA "Smoke Alarms in the U.S." report, working smoke alarms in the home reduce the risk of dying in a reported fire by more than half (55 percent). However, almost three out of five home fire deaths occur in homes with no smoke alarms (41 percent) or smoke alarms that failed to operate (16 percent); missing or non-functional power sources, including missing or disconnected batteries, dead batteries, and disconnected hardwired alarms or other alternate current (AC) power issues, are the most common factors when smoke alarms fail to operate.

"When the smoke alarms in your home beep or chirp and you can't figure out why – or how to make them stop – it can be frustrating. All too often, that frustration leads people to remove the batteries from their alarms or dismantle them altogether," said Carli. "These actions place people at serious risk in the event of a home fire."

This year's Fire Prevention Week theme, Learn the Sounds of Fire Safety, helps people better understand the reasons smoke alarms may sound and the know-how to effectively address them, helping ensure that smoke alarms remain in working order. The campaign also addresses special considerations for the

continued on page 38



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Sandalfoot Unit 5B1



Beautiful 1BR/1BA unit with walk out to pool and beach. Updated with open floor plan. Excellent rental income potential. Located on the quiet East End of Sanibel, Sandalfoot is a wonderful complex with an on-site rental/management office. On-site amenities include heated pool, tennis, shuffleboard, grills, bike rentals, and WiFi.

\$769,500

Rotary Happenings

submitted by Cindy Carter

Sanibel and Captiva citizens are proud of their islands' history and conservation efforts as seen by the many educational nonprofits and for-profit businesses on the islands. This past week, we had the pleasure of hearing from Brian Holaway, who shared his knowledge about the Calusa Indians. Holaway worked for Captiva Cruises for over 20 years as a captain/interpretive guide on regular shelling trips to Cayo Costa State Park. Fascinated by the history, people and cultures of Southwest Florida, Holaway researched the history of the area



Brian Holaway photo provided through extensive reading and learning from longtime residents of the islands. "I am always trying to keep the stories alive, and learn from the past," Holaway wrote. In 2016, Holaway chose to become a

full-time independent nature/shelling/island guide. The capital town of the Calusa was Mound Key, which is now an archaeological state park. It is estimated to have been inhabited over 2,000 years ago. Mound Key is a large mound that was built up of shells, bones and pottery. While these mounds were originally thought to be a trash pile, research has found that the mounds also served as territory markers and burial memorials. They were a complex society but a non-agrarian society. The Calusa relied heavily on fishing and hunting as main sources of food and also gathered wild berries, roots and nuts. Holaway shared with us several artifacts from the Calusa showing their sophistication as a tribe. Holaway's goal is to allow guests "to experience and gain appreciation for the waters, islands, shells, plants, marine life, wildlife, history and people of this unique area of Southwest Florida," according to the Visitor and Convention Bureau of the Beaches of Fort Myers

and Sanibel. Holaway received the coveted Junonia Award in 2018, calling him, "humble, quiet and totally focused on telling the story of our exquisitely natural county through visual, historical and common sense messages." He also won an E-Award in 2014 and the Good Samaritan Award in 2015. Holaway earned a Florida Master Naturalist certification through University of Florida. He has served as an active board member of Friends of Cayo Costa State Park since 2013, was designated as part of the Founders Circle of the Randell Research Center in 1996, and contributes articles regularly to *Times of the Islands*. The Sanibel-Captiva Rotary Club holds meetings on Zoom and in person at The Community House. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. For more information, visit www.sanibelrotary.org.✪

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Training Run Held For First Responders



From left, Greg Kerns, Joe Nygaard, Jodi Luckner, Tim Barrett, Nicole McHale and Roger Timm photo provided

Earlier this month, the Sanibel Spoonbills Run Crew and members of the Sanibel Fire Department held a FISH 10K training run in honor of 9/11 fallen responders. Participating in the run were Greg Kerns, Joe Nygaard, Jodi Luckner, Tim Barrett, Nicole McHale and Roger Timm. The Crew, started by Eva Vertes in 2018 and co-led by Roger Timm, consists of 12 members that train and run together at various events. Members of the Spoonbills Run Crew are instrumental in the planning and coordination of the annual 10K Race 4 FISH, and take part in the race as well. This year's FISH 10K offers a virtual opportunity for runners to participate while supporting FISH of SanCap, the islands' social service organization. Registration is open through the Fort Myers Track Club at www.ftmyerstrackclub.com. Runners log their results online through a race link. Times will be accepted at any point from registration through October 31. Participating runners will receive a dri-fit shirt with the Hortoon 10K logo on the front, as well as a 10K medal, both of which will be mailed to participants. For more information on the 10K race or for sponsorship information, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com, race committee chairs. For more information on programs and services offered by FISH of SanCap, contact Alicia Tighe Orgera, executive director, at 472-4775 or visit www.fishofsancap.org.✪

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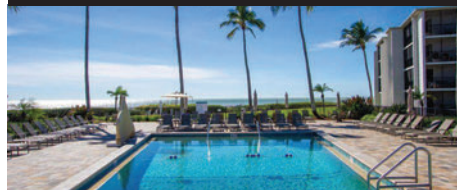
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Will Power

First Volley: House Ways And Means Committee Unveils Tax Proposal



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

In my efforts to keep you up to date, here's a synopsis of President Biden's tax proposal that arises from the House Ways and Means Committee. The bill is not law until passed by the Senate and House and signed by the president. There will likely be changes through negotiations. Here's my summary:

Gift and Estate Tax Provisions

Estate and Gift Exemption Decrease – Currently, the gift and estate tax exemption is \$11.7 million per taxpayer. The bill would reduce it to approximately \$6,020,000, effective

December 31, 2021.

If You Own a Farm – You have a special exemption to reduce its value, rather than being taxed at highest and best use. The farm provisions are the only pro-taxpayer provisions in this legislation.

Taking Away Estate Planning Tools – Many of you know that the Sheppard Law Firm uses advanced estate planning strategies, including SLAT (Spousal Lifetime Access Trusts), IDGT (Intentionally Defective Grantor Trusts), and sale to IDGT, GRAT (Grantor Retained Annuity Trust) and QPRT (Qualified Personal Residence Trust), to name a few. All of these strategies involve retaining grantor trust status for income tax purposes yet enabling a transfer for gift tax purposes, excluding assets from the grantor's estate. While it's unclear whether the GRAT and QPRT would be eliminated under the law as they are both sanctioned by the Internal Revenue Code, IDGT and SLAT strategies would be eliminated. There are other issues with QSST (Qualified Subchapter S Trusts). *The date of enactment of the law would be the date where these strategies are eliminated.*

Insurance Trust Rules Change – Irrevocable Life Insurance Trusts (ILIT) would no longer be able to use trust income to pay premiums without including the insurance proceeds in the grantor's estate for estate tax purposes.

Sales to IDGTs – Another tool in our arsenal to minimize gift and estate taxes is to create a sale between the grantor and an IDGT. Under the current law, no capital gain is recognized. This legislation would force recognition of capital gain.

Valuation Rules – You may know that when transferring interests in businesses, real estate and even investments, the current law provides for a discount when those interests are held in a company, partnership or LLC. The discounts relate to the fact that the closely held business interests aren't marketable, are usually a minority interest and lack voting control. Passive business interests and other non-business assets would no longer receive these discounts on valuation. The only exception are active business interests where the taxpayer is an active participant.

Income Tax Provisions

Estates and trusts with income over \$100,000 pay an additional three percent surtax on their modified adjusted gross income.

Keep in mind that irrevocable trusts that don't pass through their income currently are taxed at the highest federal marginal rate to the extent that the income is equal to or exceeds \$13,050. Individuals don't pay the highest marginal rate until they have \$523,000 of taxable income. This three percent surcharge on AGI over \$100,000 adds to the disadvantage of accumulating income.

Qualified Small Business Stock Exclusion – New provision cap gains that would otherwise not be taxable at 50 percent.

What Is Not Part Of The Bill?

Step-up in Basis – Congress did not include a provision that would eliminate the step-up in tax cost basis at death.

No Deemed Sale at Death – which would have triggered capital gains.

No Added Limitations on GRATs – so short-term GRATs appear to remain feasible.

No Elimination of Dynasty Planning – to the extent that taxpayers have enough exemption left to engage in planning that eliminates estate taxes at each generational level.

No Increase in Gift/State Tax Rates – while many strategies are threatened, the actual tax rate will remain the same.

No Estate Tax Surcharges for Billionaires – Good news for Jeff Bezos and Bill Gates.

What Should Clients Do Now, Before A Bill Passes?

Clients should focus on creating SLATs, undertake sales to grantor trusts using valuation discounts, use their exemptions before they lose them. For clients who have already exhausted their gift tax exemption but not their GST tax exemption, it may make sense to gift equal to the balance of their GST tax exemption and pay tax on the gift. If the donor lives for three years from the date of the gift, the gift tax paid will be removed from the estate.

I'll keep you posted with further developments as they transpire.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✴

How's The Market? Ask Ann Great Market For Sellers!



Ann Gee
Broker/Owner

We continue to be in a "Sellers" market. Only 25 Homes and just 19 Condos for sale on Sanibel. Going back 12 months, selling prices on Sanibel have increased between 25 and 30 percent. History tells us that, at some point, prices will peak Hard to know when this will happen, isn't it? Here's what I think, as long as our inventory remains at historically low levels, and if the economy remains stable, we will continue to experience higher prices. At the same time, we see some of our buyers becoming "discouraged" and pulling away from the market... Lessening demand. I would appreciate any feedback from readers with a different point of view.

14 Closed Sales Going Back One: 7 Homes & 7 Condos

845 East Gulf Dr. 211 Sanibel Moorings - \$525,000	4506 Bowen Bayou Rd. - \$819,000
760 Sextant Dr. 323 Mariner Pointe - \$533,000	827 East Gulf Dr. C6 Sanibel Arms West - \$915,000
937 East Gulf Dr. 3514 Sanibel Inn - \$665,000	5268 Ladyfinger Lake Rd. - \$950,000
937 East Gulf Dr. 3513 Sanibel Inn - \$690,000	2265 West Gulf Dr. 330B Island Beach Club - \$990,000
1846 Ardsley Way - \$701,468	5817 Sanibel-Captiva Rd. - \$1,090,000
9032 Mockingbird Dr. - \$740,000	2475 Tropical Way Ct. - \$2,340,000
3041 West Gulf Dr. C3 Breakers West - \$775,000	4949 Joewood Dr. - \$4,075,000

Have a good week and call me with any comments or questions.

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Trailways Camp Registration Open

Trailways Camps provide residential camping experiences for adults with special needs, and respite for their families and caregivers. Activities include fishing, swimming, hiking, hayrides, canoeing, arts and crafts, hiking, visits from support animals, horseback riding and talent shows.

Camping sessions are planned for October 11 to 14, October 19 to 21 (full), November 15 to 18, and February 21 to 24, with a grand "I Am Special" Camper Reunion on Sanibel on April 2.

Applications are now being accepted. Email trailwayscampscoordinator@gmail.com or call 941-564-9861 for assistance.

Volunteers are needed. Sign up opportunities on Sanibel and/or instructions for online registration are available now and upon request throughout the 2021-22 season. Whether for a few hours, a half day or a full day,



Jerry Miller with a camper photo provided
gifts and talents from volunteers enhance the healthy, safe, and quality experiences led and enabled by professional staff.✴

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Sanibel-Captiva Kiwanis Club

photo provided

Kiwanis Club Sponsors Race

The Sanibel-Captiva Kiwanis Club is a sponsor of the 10K Race 4 FISH, a benefit for FISH of SanCap. The 13th annual 10K race will be held in a virtual event this year due to the pandemic.

“The Kiwanis Club and foundation are delighted to partner with FISH in lending a helping hand to our island youth,” said one Kiwanis member. “Club members have been dedicated to providing all youth with an array of educational opportunities for many years.”

The Kiwanis Club consists of about 100 members that serve the islands’ children. They use their budget to give local children educational opportunities through annual grants. The club administers scholarships for preschoolers at the Children’s Education Center of the

Islands to post-secondary students.

“We are grateful for the generous support of Kiwanis Club members and its foundation,” said Nicole McHale, co-chair of the race committee. “They are good neighbors who care about our young neighbors and the future of our community. We are pleased to have Kiwanis as a sponsor of the 10K race.”

Registration for the race is open through the Fort Myers Track Club at www.ftmyerstrackclub.com. Runners will log their results online through a race link. Times will be accepted at any point from registration through October 31. Runners will receive commemorative shirts with the 10K logo on the front as well as medals, which will be mailed to them based on sign up date.

For more information on the race or if you are interested in becoming a sponsor, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.✱



Volunteers dispersing fossil shell

photo provided

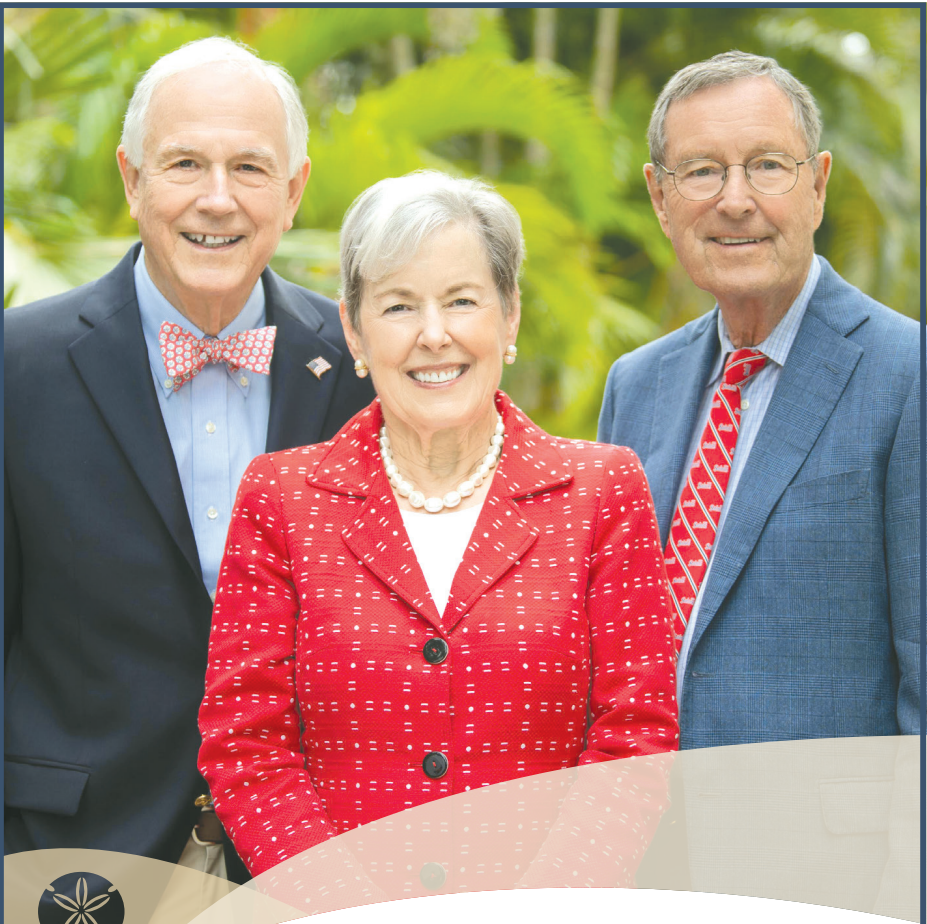
Volunteers Needed To Help Restore Habitat

The Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab and Coastal Watch are looking for volunteers for restoration trips throughout the fall months to disperse fossil shell to

promote oyster growth and to plant red mangrove propagules. Trips are expected to take place twice a week.

If you are interested in volunteering but are physically unable or unavailable, you can still help out by collecting red mangrove propagules on local beaches and waterways.

For information on these projects, contact Coastal Watch Conservation Initiative Coordinator Kealy McNeal at kmcneal@sccf.org or 472-8585.✱



Successful Community Partnerships

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Frankly Speaking



by Howard Prager
Knute Rockne is regarded as one of the greatest coaches in college football history. The College Football Hall of Fame identifies him as “without question, American

football’s most-renowned coach.” From Wikipedia: “Rockne helped to popularize the forward pass and made the Notre Dame Fighting Irish a major factor in college football. On November 1, 1913, the Notre Dame squad stunned the highly regarded Army team 35-13 in a game played at West Point. Led by quarterback Charlie “Gus” Dorais and Rockne, the Notre Dame team attacked the Cadets with an offense that featured both the expected powerful running game but also long and accurate downfield forward passes from Dorais to Rockne. This game was not the “invention” of the forward pass, but it was the first major contest in which a team used the forward pass regularly throughout the game.

During 13 years as head coach from 1918 to 1930, Rockne led Notre Dame to 105 victories, 12 losses, five ties and three consensus national championships, which included five undefeated and untied seasons. Rockne posted the highest all-time winning percentage (.881) for a major college football coach. He was also shrewd enough to recognize that intercollegiate sports had a show-business aspect, so he worked hard promoting Notre Dame football to make it financially successful.”

So what? Brian Kelly just surpassed Rockne’s record with his 106th victory in a dominating win over Wisconsin last Saturday. Kelly has been coach since

the 2010 season. However Kelly also knows his legacy, and said “I’m now the winningest coach at Notre Dame without a national championship.” We know his goal.
The Chicago White Sox have now made the playoffs two seasons in a row, getting in as a wild card team last year and winning the division this year. So what? This is the first time the Sox have been in the playoffs in back-to-back seasons in their history, 121 years. Surprising.

Clemson is now a .500 team. So what? Four collegiate teams, Alabama, Clemson, Ohio State and Oklahoma, have accounted for 71 percent of the playoff spots since the new playoff system began seven years ago. Ohio State and Clemson have losses this season, and Alabama and Oklahoma have squeezed out some close victories. *Sports Illustrated* asks the question “Are we getting closer to parity?” Time will tell.

The Chicago Bears averaged 1.1 yards per offensive play in last Sunday’s 26-6 loss to the Cleveland Browns. So what? This was the second fewest by any team in a game this century, according to the NFL on CBS. Chicago managed just 47 yards on 42 offensive plays. They had just one net passing yard after taking into account the 67 yards lost on nine sacks, three more sacks than completions for QB Justin Fields who was 6 for 20. For Cleveland’s defense, it was the fewest yards they have allowed since 1946. Da Bears.

The United States clinched the 2021 Ryder Cup on Sunday after rookie Collin Morikawa secured the final half point to get to a 19-9 victory. So what? As reported in *The Sporting News*, it’s the largest margin of victory in Ryder Cup history since the 28-point format came about. It’s the first time since 1979 and 1983 that Team USA won back-to-back home Ryder Cups after winning in 2016 at Hazeltine.

My daughter Hillary ran her first full

Ironman last Sunday in Chattanooga. So what? She said because it was so hot in her last half-Ironman in Ohio, this was actually easier for her to do because of both the temperature and the number and helpfulness of the volunteers. The ratio was 1:1 between volunteers and athletes, allowing the athletes a great amount of support over the 145 mile course – a 2.4-mile swim followed by a 116-mile bike ride and concluding with a 26.2-mile marathon. One example was getting help with a quick tire repair on the course, or getting a pair of goggles to use when hers broke right before the swim. Hillary was very pleased to have completed this in just over 14 hours. Amazing.

Our good news story is another Paralympics story from the Good News Network. “In the spring of 2016, 17-year-old Beatrice de Lavalette was waiting for a flight when she got hit by the terrorist bombing at Brussels airport. Along with serious burns and a spinal cord injury, De Lavalette lost both legs below the knee.

De Lavalette began riding horses at age three and by age 12, she’d taken up dressage. Getting back in the saddle was no easy feat in light of her injuries, but she was determined to do so as soon as she was able. Five months after the bombings, thanks to her grit, determination, and extensive regimens of rehab and retraining, that’s exactly where she was. “I had no muscle, I was just skin and bones, so being back on the saddle with no sense of balance was really uncomfortable. But with time, I was able to build up the muscle and work on my balance, and it got easier with time,” she told CNN.

Unsurprisingly, Beatrice was depressed as she tried to come to terms with her injuries. She admits to crying a lot in the hospital until an unexpected visitor turned things around for her. “DeeDee (my horse) saved my life,” Beatrice said in an interview on The Doctors. “My mom had figured out a way to get DeeDee into the hospital parking lot. I said, ‘Where’s my [wheel] chair?’ I went outside in the rain and as I got closer, she came towards me and

put her head against my chest. That moment made me decide that I wasn’t going to give up on life.”

It’s taken a great deal of hard work for her. Having to adjust to her body’s new normal was, in many ways, like having to learn to ride all over again. But as her efforts began to pay off, the Paralympics seemed the perfect outlet to showcase her hard-earned skills. After making her first appearance as part of the U.S. Para-Dressage team in 2020, De Lavalette set her sights on Tokyo, where she rode an “awesome” 14-year-old Dutch Warmblood named Clarc. “The reason I’ve gotten to this level of recovery is because of my horses,” De Lavalette told News 4 JAX. “I can’t change what happened, but I can succeed at being me. As I have said many times, I was in the wrong place at the wrong time. What else is there to say? I have a new life in front of me,” she said on her website. “What’s important is that I’m alive and I feel that I will do something grand with my life.” Beatrice, 22, partnered Clarc to fifth place in the grade II individual (70.27 percent) and sixth in the freestyle (72.19 percent).” To me, Beatrice finishes first in attitude and determination.

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.

From page 1
Branded Beer

Darling Wildlife Society reached out about this collaboration, it was an easy decision. Encouraging people to get outside, conserve our wild spaces, and enjoy a nice cold beverage as they do it, is a great opportunity. We are excited about supporting the JN ‘Ding’ Darling National Wildlife Refuge in this unique and special way.”

For more information about Wild Daze Ale, visit www.dingbeer.com or contact April Boennen at 472-1100 ext. 4.*

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SPORTS QUIZ

1. What Atlanta Braves outfielder won consecutive National League MVP honors in 1982-83?
2. What pro golfer turned TV analyst mistakenly left a check for \$40,000 – his prize for winning the 1975 Pleasant Valley Classic – behind in a bar?
3. Former Philadelphia Flyers head coach Dave Hakstol was named as the first head coach in the history of what NHL franchise?
4. The Pittsburgh Steelers’ Franco Harris caught the famous “Immaculate Reception” in the 1972 AFC divisional playoff game, but who was quarterback Terry Bradshaw’s intended receiver?
5. What WNBA franchise, one of the league’s original eight teams, folded after the 2006 season?
6. What conservative pundit was hired by ESPN as an NFL commentator in 2003 and resigned four weeks later after making controversial remarks about Philadelphia Eagles quarterback Donovan McNabb?
7. What athletic footwear and apparel company’s name is derived from a Latin phrase meaning “sound mind in a sound body”?

ANSWERS

1. Dale Murphy. 2. Roger Maltbie. 3. The Seattle Kraken. 4. John “Frenchy” Fuqua. 5. The Charlotte Sting. 6. Rush Limbaugh. 7. ASICS (anima sana in corpore sano).

Business Women's High Tea Garner's Local Support

Gloria Garrett, founding president and board member of the Sanibel Captiva Business Women's Association, said, "Local business support for our first major fundraiser has been generous and heartfelt. It was just one year ago that we split from the national association and launched a local nonprofit serving the local community. Attendees at the October 5th Pink Flamingo High Tea at Sundial Beach Resort & Spa will enjoy some wonderful prizes and auction items as a result."

Julie DeBord, owner of Kennedy Construction, joined forces with Melissa Donahue, owner of Sweet Melissa's Cafe, to co-sponsor a \$400 gift certificate to Sweet Melissa's Cafe as the lead door prize. "Melissa and I connect as women business owners beating the odds in traditionally male dominated industries," said DeBord. "Anyone who buys a pack of raffle tickets at the high tea will get a complimentary door prize ticket and can win our gift certificate or other attractive prizes. We hope everyone attending is inspired to participate and give generously."

"Rosier Insurance is sponsoring the raffle baskets because we believe in supporting the community and have a long history of participation," said Angie Roehl, branch manager of Rosier



Julie DeBord of Kennedy Construction and Angie Roehl of Rosier Insurance photo provided

Insurance. "It looks like there will be 20 to 30 baskets valued between \$100 and \$200," said Roehl. "This is our first time sponsoring a high tea and I'm delighted to hear that it's nearly sold out."

The silent auction sponsored by Heidrick & Co. Insurance will showcase prizes between \$300 and \$3,500 in value. "Our staff is comprised of 13 licensed professionals with nearly a century of combined insurance industry experience," said Chris Heidrick, founder of Heidrick & Co. "We are firm believers in giving back to the

community and are proud to be part of this event."

Dr. Dylan Murphy and Andrea Murphy of SaniMed, PA have stepped up to be the high tea face mask sponsor. "Our mission is to provide life-changing, personalized, preventive care, so our members can lead healthier and more vibrant lives," said Dr. Murphy. "Sponsoring face masks at a fundraiser supporting needs in the community fits with our purpose. I hope the masks contribute to reducing concerns about public health risk at the event."

The Pink Flamingo High Tea is

a joint effort by the Sanibel Captiva Business Women's Association, Sundial Beach Resort & Spa and Let's Pink Out. The fundraiser supports local scholarships and local cancer needs. Activities on Tuesday, October 5 run from 11 a.m. to 2 p.m. with a full high tea served at noon.

Email sancapbwa@sancapbwa.org for information about last minute tickets, sponsorships, raffle baskets and silent auction donations.✱

Adopt A Shelter Pet This Month

October is Adopt a Shelter Dog Month. Lee County Domestic Animal Services (LCDAS) will celebrate along with the American Society for the Prevention of Cruelty to Animals (ASPCA) and adopters using #Dogtober on social media. Adoption fees are reduced on all dogs 4 months of age and older to \$30 for the entire month of October. Cats and kittens are \$10 with an approved application.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. The package is valued at \$600. The adoption center is open from 10:30 a.m. to 3:30 p.m. Monday through Saturday.

LCDAS is located at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com to see pets available for adoption.✱

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Health First

What's On Your Bucket List?



by Julie Rosenberg, MD

“Kicked the bucket” is an idiom denoting death. This phrase has spawned the term, “bucket list.” A bucket list is a list of things that a person has not done before but wants to do before they die. In other words, a bucket list is a set of experiences that someone wants to have before they “kick the bucket.”

Developing a bucket list is a tangible recognition of mortality and the transience of our lifespans. It allows us to reflect on our personal values and identify important life milestones and experiences that we want to have before we die. When you consider what you really want to do, you find perspective as to how you are currently spending your time versus what you'd really like to be doing. Finally, a bucket list is a sign of hope and future orientation.

Having a bucket list can support your health and wellbeing. It helps you to identify what you really want out of your life. It can also help to motivate you to learn and explore ways to realize your

aspirations.

I believe in the power of positive thinking and manifestation. Manifesting is making the things you want to feel and experience a reality via your thoughts, actions, beliefs and emotions.

Do you have a bucket list? If not, consider making one. I'd encourage you to include wellness topics on the list, as they may help you to achieve a better state of wellbeing now and to maintain it in the future. Setting goals for personal wellness is key for a healthy lifestyle.

While wellness goals vary from person to person, I'd like to offer some important wellness goals for your consideration as you create or refine your bucket list. (It's a good practice to review and update your bucket list at least once per year, and ideally more often).

I divide wellness goals into two general categories: Physical health goals and emotional health goals. Following are 10 examples in each category:

Physical Health Goals

1. Move your body daily and as often as possible
2. Find a fitness routine that works for you and keep it up
3. Stretch for five minutes each morning after you awaken
4. Eliminate processed foods from your diet
5. Eat more fruits and vegetables
6. Wear sunscreen each day, and especially for outdoor activities
7. Get regular health screenings
8. See your doctor annually for a checkup

9. Brush and floss your teeth daily
 10. Get seven or more hours of restful sleep each night
- Emotional Health Goals
1. Laugh every day
 2. Take time to appreciate nature
 3. Make time for yourself every day
 4. Meditate, if only for a few minutes each day
 5. Clear the clutter in your home and workspace
 6. Find time to relax each day – try yoga, take a warm bath, listen to soothing music, or get a massage
 7. Spend time with people who make you happy
 8. Practice forgiveness
 9. Embrace boundaries
 10. Practice gratitude

In conclusion, creating a bucket list can help you identify what you value the most. For me, as you might expect, it's my health and wellbeing. I keep track of my health-related goals and my progress. I plan my goals into my life, such as going to the gym at least three days per week. I check them off upon completion.

How about you? What are your goals and aspirations? How do you track them? Have you shared your list with others? Remember, while you may not complete every item on your list, you will likely complete at least some of your goals and realize more of your dreams than if you had not created the list.

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.

Skilled Nursing Unit, HealthPark Care & Rehabilitation Center and Lee Memorial Hospital Skilled Nursing Unit each received top scores in Overall Quality in the five-star ratings report from CMS.

The Gulf Coast Medical Center Skilled Nursing Unit and Lee Memorial Hospital Skilled Nursing Unit also received five stars across the board in all categories (health inspection, quality measures, staffing and RN staffing).

“We are honored to be recognized by CMS for the high quality care we provide our patients every day at Lee Health,” said Leslie Vollmer, senior administrator of skilled nursing services and post acute intake and business development. “Thank you to all of the doctors, advanced health providers, nurses and support staff for their commitment to providing compassionate and exceptional care in our nursing facilities.”

Scores are based on previously reported quality and safety data points including patient satisfaction, value and outcomes.✱

From page 31

Fire Safety

deaf and hard of hearing, along with information about carbon monoxide alarms.

“Giving people the tools to properly respond to alarms sounding – whether it's an actual fire or simply time to change a battery – can make a lifesaving difference,” said Carli.

Key messages include:

When a smoke alarm or carbon monoxide (CO) alarm sounds, respond immediately by exiting the home as quickly as possible.

If your alarm begins to chirp, it may mean that the batteries are running low and need to be replaced. If the alarm continues to chirp after the batteries are replaced, or the alarm is more than 10 years old, it is time to replace the alarm.

Test all smoke and CO alarms monthly. Press the test button to make sure the alarm is working.

If there is someone in your household who is deaf or hard of hearing, install bed shaker and strobe light alarms that will alert that person to fire.

Know the difference between the sound of a smoke alarm and a carbon monoxide alarm – three beeps for smoke alarms; four beeps for carbon monoxide alarms.✱

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Nursing Facilities Earn High Ratings

The Centers for Medicare and Medicaid Services (CMS) released its recent Five-Star Quality Ratings, awarding Gulf Coast Medical Center Skilled Nursing, HealthPark Care & Rehabilitation Center and Lee Memorial Hospital Skilled Nursing with five stars. CMS created the system to help consumers, families and caregivers compare healthcare facilities. CMS ranks facilities from one to five stars. The Gulf Coast Medical Center



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dearRPharmacist

Chantix Recalled By FDA Due To Contamination



by Suzy
Cohen, RPh

Dear Readers:
If you use the medication called Chantix, you need to stop, according to the United States Food & Drug Administration (FDA). This

medication has just been officially recalled by Pfizer, in all lot numbers, sizes and dosages. It goes by the chemical name varenicline.

The medication was FDA-approved for the masses in May 2006 because studies proved it worked better at placebo to get people off tobacco. The studies showed that in three months over 40 percent of people using Chantix were able to quit smoking. But that doesn't matter anymore because the medication was found to be tainted with a cancer-causing chemical called nitrosamine. For clarity, I want to be sure you know that Bupropion, a different drug altogether, is not impacted by this recall. It is also used for smoking cessation and may serve as an alternative for some of you. It used to go by the name of Zyban, but the brand was discontinued – only generics are available today.

Since 2006 when the FDA approved it, millions of men and women took Chantix (varenicline) tablets to help them with their nicotine addiction. The reasons vary for why a person would want to quit smoking but, for sure, smoking leads to disease and disability, as well as faster signs of skin aging due to the free radical damage done to the skin.

Everyone knows that it can increase one's risk for emphysema, chronic obstructive pulmonary disease (COPD) and lung cancer. So to have a medication that helps such as Chantix was something that everyone welcomed. It is ironic that those who feared lung cancer induced by smoking – who took Chantix to stop – now have to face the fact that they were likely exposed to the cancer-causing nitrosamine found in the drug itself!

According to the FDA official statement from their website:

"Long-term ingestion of N-nitroso-varenicline may be associated with a theoretical potential increased cancer risk in humans, but there is no immediate risk to patients taking this medication. The health benefits of stopping smoking outweigh the theoretical potential cancer risk from the nitrosamine impurity in varenicline.

Nitrosamines are common in water and foods, including cured and grilled meats, dairy products and vegetables. Everyone is exposed to some level of nitrosamines. These impurities may increase the risk of cancer if people are exposed to them above acceptable levels over long periods of time."

If you took Chantix, I would not think you are in any immediate danger, so try not to worry yourself, but do take action to improve your lifestyle and increase antioxidants in your body. It would be great if you could have basic blood work drawn to make sure you're healthy and strong. If you smoke (or if you took Chantix), I highly recommend Vitamin C and Catalase as two antioxidants to fight oxidative damage in the body. These are very strong antioxidants that work all over to do good housekeeping on your cells.

If you'd like to read the extended version of this article, I have it posted on my website at www.suzycohen.com.

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

Airport Traffic

During August, a record-breaking 647,534 passengers traveled through Southwest Florida International Airport in Fort Myers. This was an increase of 180 percent compared to August 2020 and 23 percent more than the passenger traffic in August 2019. Year-to-date, passenger traffic is up 66.7 percent compared to last year.

The traffic leader in August was Southwest Airlines with 155,548 total passengers. Rounding out the top five airlines were Delta (129,825), American (113,168), United (98,715) and JetBlue (49,646).

Southwest Florida International Airport had 6,664 aircraft operations, an increase

of 57.2 percent compared to August 2020. Page Field saw 8,857 operations, a 13.8 percent decrease compared to August 2020.

Southwest Florida International Airport served nearly six million passengers in

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: My father is an 80-year-old who takes the contrarian stance just about every time we have a discussion. It makes me resentful toward him, and I don't even want to talk to him anymore.

He thinks he is right, and refuses to listen to my stance. What do you suggest to avoid these constant conflicts?

A: It may be that your father doesn't mean to be so argumentative, rather he may be uncomfortable with emotions and therefore not know how to express them. Perhaps you could assert yourself and tell your father you prefer to spend your time with him having healthy discussions rather than arguments. It will most likely have to be you to steer the conversations in the healthy direction you want them. Lead the conversation to one that is more conducive to what you want. It's important

to have a clear intention on how you want the conversation to go and maintain that vision.

It's safe to assume that your father really wants to feel a closeness to you and being argumentative isn't a healthy place to be. Be sure to take lots of deep breaths to calm yourself, and don't take the bait when he talks to you in the familiar contrary way. Then, it is perfectly okay to say to him that you really do prefer to have a comfortable and pleasant conversation with him and you hope he can tell you more about A, B and C... where the conversation is a specific request. By addressing the issue this way, you are standing up for yourself and addressing it in a healthy manner. Yet, you are refraining from criticizing your father, which is a much healthier way to communicate. This is a caring and appropriate way to show your father you want to engage with him, and you are giving him a healthy script for a healthier conversation now and for the future.

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. ✨

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Doctor and Dietician

Coconut, Nut Butter Paleo Banana Cookies



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

The doctor definitely has a sweet tooth. Yet, he wants to avoid consuming white sugar/flour products because of the ill effects on one's health. Thus, the dietitian is always trying to come up with something "healthier" but satisfying to the sweet tooth. When looking at some very ripe bananas, she decided to combine a recipe for keto cookies with one of the flourless banana cookie recipes. The results were excellent according to the doctor. Unfortunately for those with whom we are sharing this recipe, quantities are estimated because of our tendency toward non-measuring when cooking.

We want to encourage you to try these types of recipes instead of consuming products laden with sugar, flour and preservatives/chemicals. In a recent staff meeting at Caring Medical, we were discussing the cumulative effect of maximizing health by doing a lot of little things in our lives to lessen the toxic load our bodies have to fight in order to keep diseases at bay.

We all know that excessive consumption of sugar leads to adult-onset diabetes, cardiovascular disease as well as stresses the immune system. Chemicals and processed so-called food lead to toxin build-up and increases strain on our livers and other organ systems to detoxify. Control what we can control – and food is a major part of that, right? Try to eat as clean as you possibly can. It's worth it and work towards developing a lifestyle, not a "diet."

Back to the recipe. What you need: 2 ripe bananas, 1 cup nut butter (we used half peanut butter and half coconut almond butter), 1 egg, 1 tsp. baking powder, 1 tbsp. raw honey, 1 tsp. kosher sea salt, 1/2 tsp. cinnamon, 1/2 cup chopped pecans, 1/2 to 2/3 cup unsweetened coconut flakes, 1/2 cup dark chocolate chips, and a heaping 1/2 cup gluten-free chocolate rice cereal or oats.

What to do: Preheat oven to 375. Mash bananas in large bowl, add nut butter and stir vigorously until combined. Add egg and continue mixing, followed by baking powder, honey, salt and cinnamon. Stir until well mixed. Add nuts,

coconut and chocolate, folding in well, followed by cereal. Add more of these ingredients if dough seems too wet. Chill cookie mixture for about 30 minutes. This is a key step because it helps solidify the dough. Drop heaping teaspoons of dough on cookie sheet lined with parchment paper. Bake eight minutes. Remove from oven and consume with a

lovely cup of espresso. Cheers.
*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.**

Beautifulife: Snapshot



by Kay Casperson

I have an ongoing picture project that I work on whenever I get the chance. It always seems to hit the back burner as other things in life take precedence. But, eventually, I will be organized entirely. I am sifting through all of my old photos and videos. My goal is to bring them to a company that will put them all in order on a digital drive to have everything in one place. This way, I don't have to worry about losing any of our most precious memories. I am also creating keepsake books for my girls to look back on their earlier years and, eventually, share them with their own families.

As I rummaged through many of these photos, I began to think about how taking pictures and videos have changed drastically over the years – from the throw-away cameras, instant cameras, 35mm cameras, HD cameras, and all the way up to the current cell phone cameras, which seem to do it all. I also realized how things have changed in terms of printing these photos and cherishing the memories. These days, we tend to keep them on our phones or in the iCloud.

My youngest daughter, who is 14, actually lives in a generation that never prints out photos. They are called Gen Z, which is between 13 and 17 years of age. Many in this age group are using a social media app called Snapchat. Snapchat is a mobile app for Android and iOS devices. One of the core concepts of the app is that any picture,

video or message you send is made available to the receiver for only a short period. Then it gets deleted, and the memory or "snap" just goes away for good.

Although I accept the new generation of communication, I have a hard time embracing the fact that photos seem to disappear and memories are no longer assumed. I will continue to encourage my kids to take pictures and keep photos for cherished memories that will last a lifetime. When my girls go out for school dances or get-togethers, I always ask them to snap a few pics as I continue to collect things for them, even if they do not.

Whether you are a snapshot fan or a Snapchat fan, I know for sure that capturing the moment is essential for all of us. Looking back on those memories may be more fun for some of us than others. Don't ever think that any moment in life is insignificant, because they all matter. Maybe the younger generations understand this even better than we thought.

My affirmation for you this week is: "I will cherish the snapshots of life and continue to embrace the beautiful moments."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.*

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PUZZLES

Answers on page 46 and 47



"Don't forget—I'm supposed to start _____ next year."

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!

Debris

HARTS

Cabin

OGLED

Special

MUSCOT

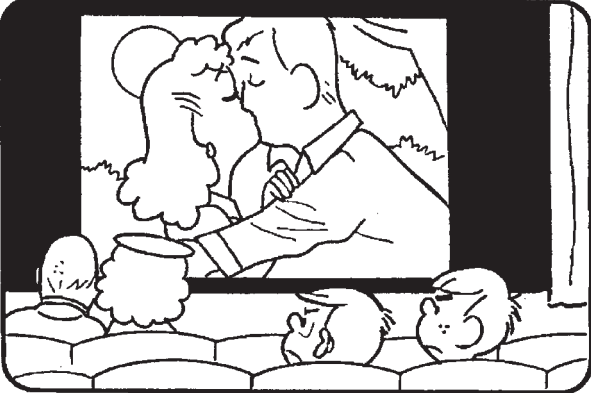
Error

GROWN

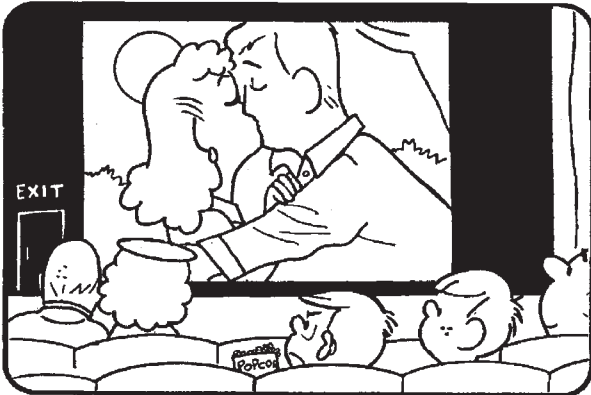
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Popcorn is added. 2. Leaves are missing. 3. Exit is added. 4. Button is added. 5. Expression is changed. 6. Man is added.

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

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.

PUZZLES

Answers on page 47

Super Crossword

PAIRS OFF

- ACROSS**

1 Gallery display

8 Bits of fabric, e.g.

14 "Quit that!"

20 Low-cost and inferior, informally

21 Apple ad catchphrase

22 For a short period

23 Actress Freeman who lived in a European gambling mecca?

25 Cello relative

26 Classic Ford

27 Animated one, in brief

28 Like some radio shows

30 Cereal grass

31 Palmist, e.g.

32 General —'s chicken

33 Two-masted sailboat

35 Oahu beach

38 IV flow

39 Land of ska

43 King or czar

47 Fluctuate

51 Really hurt the feelings of?
- 54 Aquatint, e.g.

55 Quaint newspaper sections

56 Very little

57 Enter gently

60 Actor Ron

61 Golf club

62 Saints' org.

64 Like someone who has moved to America again?

66 Coup group

68 Like a black chimney

70 Nothing, in Latin

71 Parasite on a passenger flight?

74 Mil. rank

75 Sonar sound

78 Groom's vow

79 Hound breed

80 Laugh loudly

82 Cut off with scissors

83 T-man Eliot

85 Be too busy for a health-resort visit?

89 Stun guns

92 Go to bed

93 Acclimated

94 Essence

96 Making a snug home
- 98 "Alice" waitress who specialized in serving Dad's soft drinks?

104 Styled after

105 Peat source

109 Indisposed

110 Sporty Chevy

111 Clay lump

113 Vixen's boss

114 Sight-related

116 Apt getaway spelled by this puzzle's missing pairs of last two letters

119 Get even for

120 Follows

121 Discharge an egg

122 Usurer, e.g.

123 Typists in trials

124 Rode a bike
- 8 Fodder storer

9 "Move it!"

10 Bighorn male

11 BP gas brand

12 Carrier founded in 1927

13 La — (opera house)

14 Rescuers

15 Hostess classic

16 "So that's your game!"

17 Stove light

18 Of a pelvic bone

19 Extra inning

24 Chess piece

29 Classic Ford

32 Burrito's kin

33 Very little

34 Sword sort

35 Nintendo game consoles

36 Not engaged

37 Petty of NASCAR

39 Actress Ryan of "Boston Public"

40 God of love

41 Bikers' competition on a dirt trail

42 In no key, musically

44 Take — (plop down)
- 45 Actor Keach of "Man With a Plan"

46 Errand, e.g.

48 Most hard and cold

49 Rights gp.

50 Reasons

52 Poking tool

53 Essence

58 Monogram letter: Abbr.

59 Final degree

62 Papa's ma

63 Edible fruit part

64 — choy

65 Rap genre

67 Chest protector, of sorts

68 Holey utensil

69 Musical piece for eight

71 "— life grand?"

72 Brain flash

73 Old autocrat

74 Slalom, say

76 Neck area

77 Alum

80 Bygone days

81 Former foes of Navajos

82 Forest buck

84 Labor Day mo.

86 Madre's boy

87 Postal slot
- 88 Actress Best of "The Man Who Knew Too Much"

90 Chest protector, of sorts

91 Thieving type

95 Dress border

97 Southwest art mecca

98 Foe

99 Antipasto bit

100 Cindy Brady player Susan

101 Goes very quickly

102 Facade

103 Mature nit

105 "The Practice" actress Sokoloff

106 "Barry Lyndon" star Ryan

107 Situation

108 Filled fully

111 Singer Laine

112 A smaller amount of

113 Valuable sire

115 Conjunction in Cologne

117 Wordplay bit

118 Actress Best of "Nurse Jackie"

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	112				113				
114			115				116			117					118					
119							120							121						
122							123							124						

King Crossword

- ACROSS**

1 — Valley, Calif.

5 Indent key

8 Booty

12 Portent

13 Hot temper

14 Corduroy ridge

15 Arm of the Arctic Ocean

17 Desire

18 Sub detector

19 Sunflower State

21 Study all night

24 Pvt.'s superior

25 Salamander

28 Canal feature

30 Acapulco gold

33 "The Greatest"

34 Continental cash

35 "Awesome!"

36 Sweetie

37 Apple computer

38 Memory unit

39 A billion years

41 Crazy

43 Treat badly

46 Available

50 Contented sounds

51 Left the band

54 "— Rhythm"

55 Actress Mendes

56 Now, on a
- memo

homer

32 Poetic tribute

34 Drei minus zwei

38 Dwarf tree

40 Expels

42 Camp bed

43 Postal delivery

44 "Othello" villain

45 Ornamental jug

47 Pitch

48 Jai —

49 Band in Boston?

52 Prior night

53 Snooze
- 9 Veteran's tale

10 Pond growth

11 Pop music's Bee —

16 Goof up

20 Requests

22 Grad

23 Aesopian ending

25 "Unh-unh"

26 "Evil Woman" gp.

27 Port authority?

29 Designer Chanel

31 Squealer

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: CONTAINER FOR HOLDING INK

- Cromwell

Dwell

Farewell

Maxwell
- Orwell

Powell

Roswell

Stilwell
- Swell

Unwell

Well-done

Wellborn
- Wellhead

Wellington

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FRIDAY
Mostly Sunny
High: 86 Low: 73




SATURDAY
Sunny
High: 87 Low: 75




SUNDAY
Sunny
High: 85 Low: 72




MONDAY
Partly Cloudy
High: 86 Low: 75



TUESDAY
Sunny
High: 85 Low: 73



WEDNESDAY
Sunny
High: 88 Low: 77



THURSDAY
Sunny
High: 87 Low: 75

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	12:24 am	2:56 am	9:10 am	4:54 pm	Fri	8:15 am	2:58 am	11:38 pm	4:56 pm	Fri	7:17 am	12:06 am	10:42 pm	4:21 pm	Fri	2:34 am	6:12 am	11:20 am	8:10 pm
Sat	12:33 am	4:13 am	10:28 am	5:37 pm	Sat	9:33 am	4:15 am	11:49 pm	5:39 pm	Sat	8:47 am	1:28 am	None	5:25 pm	Sat	2:43 am	7:29 am	12:38 pm	8:53 pm
Sun	12:44 am	5:06 am	11:29 am	6:14 pm	Sun	10:34 am	5:08 am	None	6:16 pm	Sun	12:02 am	5:00 am	11:26 am	6:21 pm	Sun	2:54 am	8:22 am	1:39 pm	9:30 pm
Mon	12:56 am	5:50 am	12:22 pm	6:46 pm	Mon	12:01 am	5:52 am	11:27 am	6:48 pm	Mon	12:41 am	6:21 am	12:33 pm	7:06 pm	Mon	3:06 am	9:06 am	2:32 pm	10:02 pm
Tue	1:09 am	6:33 am	1:12 pm	7:15 pm	Tue	12:14 am	6:35 am	12:17 pm	7:17 pm	Tue	1:10 am	7:16 am	1:24 pm	7:47 pm	Tue	3:19 am	9:49 am	3:22 pm	10:31 pm
Wed	1:24 am	7:16 am	2:02 pm	7:42 pm	Wed	12:29 am	7:18 am	1:07 pm	7:44 pm	Wed	1:36 am	8:02 am	2:14 pm	8:25 pm	Wed	3:34 am	10:32 am	4:12 pm	10:58 pm
Thu	1:42 am	8:01 am	2:55 pm	8:06 pm	Thu	12:47 am	8:03 am	2:00 pm	8:08 pm	Thu	1:59 am	8:47 am	3:08 pm	9:02 pm	Thu	3:52 am	11:17 am	5:05 pm	11:22 pm

My Stars ★★★★★
FOR WEEK OF SEPTEMBER 27, 2021

Aries (March 21 to April 19) You'll soon have a chance to take a big step up from where you are to where you want to be. Check it out first. Remember: Even the Mountain Sheep looks before it leaps.

Taurus (April 20 to May 20) This week brings a challenge that could determine the future direction of your life. If you're ready for a change, accept it with confidence. A loved one supports your decision.

Gemini (May 21 to June 20) A

disruption creates a delay in completing your projects. Use this time to pursue a personal matter you were too busy to deal with before. You'll find it will be time well spent.

Cancer (June 21 to July 22) You still need to be on the alert for any signs of problems that could create serious misunderstandings. A more positive aspect begins to emerge toward the week's end. Be patient.

Leo (July 23 to August 22) With things slowing down a bit this week, it would be a good time for luxury-loving Leonines to go somewhere for some well-earned

pampering. Things liven up around Friday.

Virgo (August 23 to September 22) Single Virgos looking for partners are finally getting a break from Venus, who has moved in to make things happen. Attached Virgos see their relationships blossom.

Libra (September 23 to October 22) You've been working hard to get things done. Now take a breather and recheck your next step. You might want to make some changes in view of the news that comes your way.

Scorpio (October 23 to November 21) The watchword for savvy Scorpions

this week is "preparation." Consider sharpening your skills to make the most of the new opportunity you're about to take on.

Sagittarius (November 22 to December 21) There might still be some loose ends that need tucking up if you hope to get that important relationship repaired. A new spurt of activity starts soon.

Capricorn (December 22 to January 19) It's a good idea to keep the positive momentum going by finding and getting rid of anything that could cause you to

continued on page 46

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END OF SUMMER AC TUNE-UP
Have you done your
AC Tune-Up Yet?

From page 44

My Stars

stumble. Keep the path ahead clear and open.

Aquarius (January 20 to February 18) A period of contemplation is advised before you make your next move. Be sure that where you decide to go is the right place for you. A health matter needs attention.

Pisces (February 19 to March 20) That new energy surge that hit you last week continues to send out good vibrations. Try investing a part of it in creating something noteworthy on the job.

Born This Week: You like to balance your personal universe, and in doing so, you help bring harmony into the lives of the rest of us.

MOMENTS IN TIME

- On October 6, 1847, *Jane Eyre*, the book about the struggles of an orphan girl who grows up to become a governess, is published. Author Charlotte Bronte wrote of her experiences at being sent to a boarding school at the age of 5.
- On October 8, 1869, future auto inventor and mechanic Frank Duryea is born. In 1893, his Duryea Motor Wagon made its first successful trip, 600 yards down his street in Springfield, Massachusetts, before the transmission blew.
- On October 9, 1936, harnessing the power of the Colorado River, the Hoover Dam begins sending electricity over transmission lines spanning 266 miles to Los Angeles. The dam was built for the collection, preservation and distribution of that most precious of all Western commodities, water.

NOW HERE'S A TIP

- Have your carpets cleaned.

High-traffic areas may require cleaning as often as every three or four months, but bedrooms can go as long as 18 months. Use runners and area rugs to safeguard spots that may be vulnerable, like under a vanity or by your sofas.

- “I had some residue on my bathroom ceiling from hard water condensation. I happened to have a set of crutches lying around. I used a hair elastic to secure a hand towel to the arm rest of one crutch. Then I sprayed it with water and used it to scrub the ceiling. It worked really well. I was done in no time.” – AA in Florida
- Two ways to remove a bandage: Rub a little baby oil or vegetable oil over it. The oil will soak in and make it easier to remove. Or – and this works especially well with kids – have them soak in the bath and use baby shampoo to soften the sticky edges.
- A baking soda and water mix is great for tile floors if you want a quick mop up. If a lot of your floors are tile, do yourself a favor and invest in a steam mop. They clean and sanitize, leaving your floors brilliant.
- Be sure you use a trivet or other protectant when placing flowerpots on wood floors. Also, purchase felt pads for the bottoms of furniture. This will eliminate divots or other kinds of depressions or scratches in the floor.
- “Tiny tears in your window screen can be secured with clear nail polish. I dab the spot, then use tweezers to line up the tiny wires, then dab again. Just make sure the window is open, or the screen might stick to the windowpane.” – TT in Indiana

STRANGE BUT TRUE

- During the entire run of *Gilligan's Island*, it was never revealed if “Gilligan” was his first or last name.
- Although lesser known today, the

temperance novel *Franklin Evans; or, The Inebriate: A Tale of the Times* was one of Walt Whitman’s most commercially successful works. The great American poet wrote this novel at the start of his career, strictly for cash. Interestingly, considering the book’s subject matter, he later admitted that he wrote it in a three-day drunken stupor.

- Tic Tacs got their name from the sound they make when they are tossed around in their container.
- The gelatin in Haribo gummy bears contains nine out of the 10 amino acids that are essential to our bodies.
- On February 1, 2005, the Emergency Alert System was accidentally activated in portions of Connecticut, calling for the immediate evacuation of the entire state. Later studies showed that citizens’ common sense prevailed, with the typical response being to “change the channel” or seek other confirmation.
- Between 12,000 and 15,000 bicycles are retrieved from the bottom of Amsterdam’s canals each year.
- In Ethiopia, a spot known as “The Gateway to Hell” is one of the hottest on earth, with air that’s toxic to humans. Scientists have found organisms in its acid pools that are capable of surviving without oxygen.
- After the release of the 1996 film *Scream*, which involved an anonymous killer calling and murdering his victims, Caller ID usage tripled in the United States.
- Your ears secrete more ear wax when you are afraid than when you aren’t.
- 1912 saw the last Olympic gold medals made entirely out of gold.

THOUGHT FOR THE DAY

“Stop the habit of wishful thinking and start the habit of thoughtful wishes.” – Mary Martin

TRIVIA TEST

1. **General Knowledge:** What is the full name of the famous Barbie doll?
2. **Movie:** Which movie features a family home on Cherry Tree Lane?
3. **Geography:** What is the capital city of Bermuda?
4. **Awards:** For what achievement is the Folio Prize awarded?
5. **Music:** What was the only U.S. Top 40 song that guitarist/singer Jimi Hendrix had?
6. **Anatomy:** What connects muscles to bones?
7. **Television:** What is the name of the van in the animated series *Scooby-Doo, Where Are You??*
8. **Measurements:** What does a candela measure?
9. **Food & Drink:** Which spirit is sometimes described as the “green fairy”?
10. **Literature:** Owen Meany is a character invented by which author?

TRIVIA ANSWERS

1. Barbara Milllicent Roberts 2. *Mary Poppins* 3. Hamilton 4. Literature written in English and published in the United Kingdom 5. *All Along the Watchtower* 6. Tensons 7. *The Mystery Machine* 8. Luminous intensity 9. Absinthe 10. John Irving

SCRAMBLERS ANSWER

1. Trash 2. Lodge;
3. Custom; 4. Wrong

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6/5 * TFN

HELP WANTED

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for Sanibel physical therapy/wellness clinic. 35-40 hrs/week with overtime options during season, and reduction to 20-30 hrs/week off-season. Office management or medical/wellness office experience required. Must be efficient, enthusiastic, comfortable with computer scheduling and multitasking, and have excellent customer service and communication skills. Email resume to rachel@islandtherapycenter.com or bring to Island Therapy Center front desk.
10/1 * 10/8

LEGAL NOTICE

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Direct Refining, located in Lee County, FL, with an address of 15693 Anderson Lane, Ft. Myers, FL 33912 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 24th Day of September, 2021.
Ashley Hall
10/1 * 10/1

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for Sanibel physical therapy/wellness clinic. 30-40 hrs/wk during season, with reduction by half in off-season. Experience with computer scheduling and customer service/front-desk required, with ability to multi-task. We are seeking a friendly, energetic candidate to welcome our patients and clients, assist our therapists and office manager, and perform cleaning/laundry tasks. Please e-mail resume/cover letter to rachel@islandtherapycenter.com, or bring to Island Therapy Center front desk.
9/24 * 10/8

**Cycling
Safety Notes**

Ride to the right
Warn to pass
Wear a helmet
Use lights at night
Always be courteous



SANIBEL BICYCLE CLUB

PETS OF THE WEEK



Flora ID# A882952
photos provided



Luna ID# A880776
photos provided

Lee County Domestic Animal Services

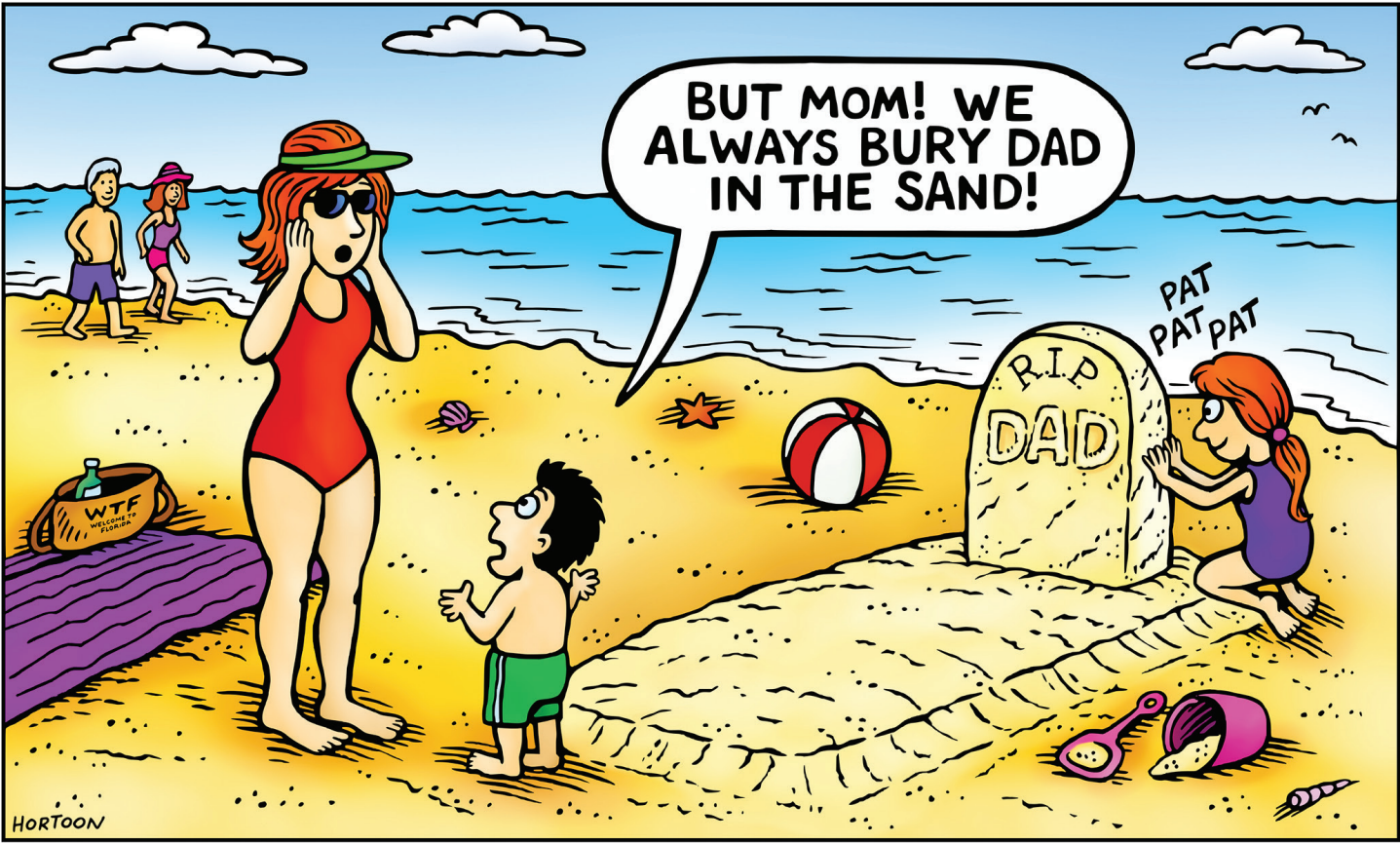
Flora And Luna

Hello, my name is Flora. I'm a 4-year-old pit bull. I'm very well-mannered, and would be a welcome addition to any family. My adoption fee is \$30.

Hi, my name is Luna. I'm a 7-month-old domestic shorthair. I'm a spunky kitten who is full of life and personality. My adoption fee is \$10.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 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.★

HORTOONS



PUZZLE ANSWERS

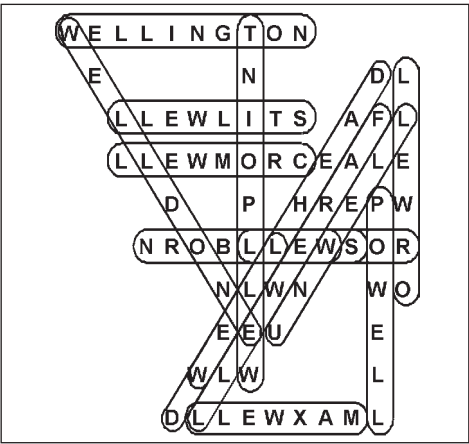
SUPER CROSSWORD

A	R	T	W	O	R	K			S	C	R	A	P	S			S	T	O	P	I	T	
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I	D	O	B	A	S	S	E	T	Y	U	K		S	H	E	A	R						
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2016	4,930	\$8,750,000	\$8,500,000	3
Sandrift	Captiva	1988	2,076	\$3,349,000	\$3,250,000	0
Cape Coral	Cape Coral	2007	3,676	\$1,999,000	\$1,900,000	18
Shenandoah	Fort Myers	2009	5,815	\$1,875,000	\$1,750,000	31
Pine Island	Bokeelia	2018	2,939	\$1,794,999	\$1,665,000	226
Cape Royal	Cape Coral	2015	4,123	\$1,695,000	\$1,550,000	20
Town And River	Fort Myers	1974	2,949	\$1,699,900	\$1,400,000	20
Horse Creek	Fort Myers	2007	5,534	\$1,645,000	\$1,400,000	100
Sunset Captiva	Captiva	1980	1,440	\$1,395,000	\$1,395,000	0
Bonita Farms	Bonita Springs	2001	3,802	\$1,350,000	\$1,200,000	39



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