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VOL. 29, NO. 15

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 8, 2021

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Naples Official To Become Sanibel City Manager

by Wendy McMullen

In a close decision, Sanibel City Council selected Naples Interim City Manager Dana Souza to become Sanibel's new city manager at a special meeting held on September 30. Souza is scheduled to take over as city manager on November 15.

Souza is currently interim city manager for the affluent city of Naples, 30 miles south of Sanibel, and has dealt with an operating budget exceeding \$165 million and a full-time staffing level of 488.

Prior to becoming interim city manager, he served as deputy city manager and community services director for the City of Naples. Prior to this, he was parks, recreation and sustainability director in Greenville, South Carolina.

The vote was 3 to 2 with Mayor Holly Smith and Councilmembers John Henshaw and Dr. Scott Crater voting for Souza and Vice Mayor Richard Johnson and Councilmember Mike Miller voting for Keith Williams, Sanibel's community



Former Councilmember Chauncey Goss speaking with Dana Souza, selected candidate for Sanibel city manager

photos by Wendy McMullen

services director. Smith urged a second vote in order to show unanimity to which Johnson and Miller agreed.

Henshaw said that Sanibel, which has a city manager form of government, needed a transformational as well as a transactional leader. A transformational leader, he said, was inspirational, helping



Islanders at the Bailey Homestead pavilion to meet the candidates

staff, citizens and other stakeholders understand the city's vision linking individual needs to city goals and objectives.

"Seek first to understand, then to be understood," Henshaw said, quoting Stephen R. Covey, author of *The 7*

Habits of Highly Effective People.

"Dana Souza has experience in coastal communities. He is a grant writer. He is respected by subordinates and his management style is more on transformational style. He can lead an

continued on page 8

Evening Of Latin Flair To Benefit Sanibel School

by Allison Havill Todd

Enjoy an adult only Spanish themed evening to benefit our island's prized Sanibel School. The Parent Teacher Association (PTA) of The Sanibel School invites all members of the community to the fun and festive Seahorse Social at The Community House on Friday, October 22 from 6:30 to 9 p.m. Guests will enjoy world-class paella by Fire & Rice, sangria, beer and Spanish wines along with music from Latin Heat jazz band. There will be plenty of live and silent auction items to entice you along with a performance by the school's own steel drum band. Ticket prices range from \$115 to \$150 per person.

Jennifer Braun, PTA president, shared that fundraising opportunities have been severely compromised in 2020 and carrying in to 2021, and they don't want budgetary constraints to result in limiting the programs available to youngsters at the school. Successful fundraising efforts now will have a great impact on programs the PTA wants to continue to support for



Latin Heat jazz band

photo provided

this coming spring. She also stressed the importance of the island's educational resource as "a unique community school,

which is tied to Sanibel's history and a vital part of its future."

Braun included that "this event is about

bringing together the broader community for an evening of camaraderie for a good cause." Geat measures are being taken to ensure that this is a "COVID considerate" event. Masks are required in all common areas of The Community House, and attendees may even request specific seating assignments in advance to sit with those they know, or to allow for proper social distancing. The Sanibel School PTA is putting a strong foot forward in order to be more proactive in evaluating priorities for funding. Braun explained that while they feel fortunate to have the Sanibel School Fund working on some aspects of school programming, the PTA focuses on some more immediate needs and encourages community interaction with the school. Major support for this event is being sponsored by many local businesses such as Doc Ford's Rum Bar & Grille as well as Adventures in Paradise Outfitters.

Consider wearing clothing with a Latin flair or don your favorite casual island attire for what promises to be an entertaining evening of delicious Spanish fare, delightful beverages, music and friends... and don't forget your salsa shoes. Seating is limited for this event, so purchase your tickets early for you and your comrades at www.thesanibelschoolpta.com and experience La Buena Vida.✱

Community House Events

Weekly Social Bridge play began on October 5 and will continue on Tuesdays from 1 to 3 p.m. Suggested donation is \$5.

Adult Culinary Classes (Introductory Wine 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.

Letting Loose with Watercolor classes with Anita Force Marshall will be held on Tuesdays, October 12 (flamingo), 19 (sandollar) and 26 (sunflower) from 9:30 to 11 a.m. Cost is \$35 for members and \$40 for guests. Register online at www.sanibelcommunityhouse.net or call 472-2155. Watercolor rental kits are available for \$10 at the time of the class.

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 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



The Community House photo by Logan Hart

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 next Kids Cooking Class will be held on Sunday, October 17 from 1 to 3 p.m. These cooking classes take place on the third Sunday of each month. Cost is \$30 per session. Check the website for details.

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.

Shellcrafters 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.

Line Dancing classes are offered on Tuesdays from 1 to 2 p.m. 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 Social Bridge group plays on Tuesdays from 1 to 3 p.m. Suggested donation is \$5.

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, barbeque sauces, hot jellies and jams available for purchase. All proceeds from the kitchen go toward scholarships for the Culinary Education Center.

The Sanibel-Captiva Art League exhibit by Jane Hudson and Kay Sadighi is featured for the month of October in the lobby gallery. This exhibit can be viewed from 9 a.m. to 1 p.m. Monday through Friday or virtually at www.sanibelcommunityhouse.net.

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.

Volunteers are needed 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.

The Community House is following current CDC guidelines.

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

College Graduate

Elizabeth Barton of Sanibel graduated with a master of science degree in nursing from the College of Health Sciences and Professions at Ohio University during the summer 2021 semester.✱



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Dickey Hotel

photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

Looking Back: Dickey Hotel

This week's image is a postcard featuring a photo of the Dickey Hotel, circa 1911, in the foreground and other buildings visible in the background.

Handwritten on the photo are the words "Hotell, Captiva FLA."

The History Gallery, developed by the



Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane, and open during library hours. Call 533-4890 for information.

Visit the website at www.captivaaislandhistoricalsociety.org/archives/research to view many more images to bring you closer to Captiva.✽

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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**For information regarding membership or
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Pat Haggerty (Member Chair)

phaggerty@comcast.net or 239-560-7995

Dottie McGovern

sanibeldot@aol.com or 239-481-5950


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OBITUARY



EDITH ROOD

The family of Edith Rood is saddened to announce that she passed from this lifetime on September 16, 2021. It was a peaceful departure surrounded by loved ones and in the manner in which she wished. A private family celebration of life will take place on November 1, which would have been her 95th birthday. She is deeply missed by her beloved daughters, Nikki Rood of Sanibel and Kim Rood-Roche of New York City, her granddaughter and grandson, Emily and Christopher, great-grandchildren, Bella and Alex, and her beloved nieces, nephews and extended family who live overseas. Edith relocated from Great Britain to New York City as a young woman and went on to build several businesses where

as CEO, she worked hard and was a role model to many, creating a meaningful and burgeoning career. Married to Hale Rood, an eclectic and successful jazz musician, they lived in the heart of New York City, enjoying the unique culture there of museums, musical concerts of all genres and the many other cultural offerings. A snowbird for years, one of her greatest joys was her home on Coconut Drive on Sanibel, where spending time at the beach, sitting and watching her favorite pelicans on the bay, and enjoying the many aspects of social life and her friends on Sanibel made for a lovely change from the big city when she finally retired in her 80s. She started The Sanibel Sprout with her daughter, Nikki, a cafe and retail shop that focuses on healthy nourishment and lifestyle where Edith was a well-known and constant source of inspiration for guests and customers for many years, running the check-out register and always open to having fun dialogue and suggesting advice for guests. Edith was a decades-long volunteer at “Ding” Darling National Wildlife Refuge, where in her earlier years, she was a rover, identifying birds and the different species of wildlife for visitors, and later, working at the visitor’s center at the front desk, where she enjoyed speaking to guests in three different languages. Edith absolutely loved “Ding” Darling. “Thank you, Sanibel – for creating our Mom’s most cherished place – an island whose nature and community she loved with all her heart and soul.”

New City Manager Offered Salary Package

by Wendy McMullen

Dana Souza, who is scheduled to take over as city manager on November 15, is being offered a salary package of \$246,800 including housing, car and cell phone allowances. The city is also offering a term life insurance policy of \$500,000 and moving expenses of up to \$5,000. The breakdown of the salary package is \$203,000 base salary, \$6,600 for annual car expenses, \$1,200 as a cell phone allowance and \$36,000 housing allowance. The city manager is required to move to Sanibel within nine months of his appointment. Souza will serve on a full-time basis beginning November 15 but may begin requesting documents and meeting with city staff earlier. He will receive 20 vacation leave days and 15 medical leave days. He will also receive the same health and insurance benefits as other members of city staff. The salary package is reportedly in line with that paid to former city manager Judie Zimomra with the exception of the increase in the housing allowance, which was made in recognition of the jump in home prices over the last year. The city manager does not have guaranteed tenure and the city council

has the right to terminate services at any time. If Souza is terminated by the city, he will receive a lump sum cash payment equal to 20 weeks total compensation. Vice Mayor Richard Johnson asked the city attorney for assurance that the city is able to meet the obligations being made. “I want everyone to get what they need and deserve,” Johnson said. “But there have been times when the city was in great financial difficulty. I want to make sure that doesn’t happen again.” Johnson was assured by City Attorney John Agnew that the city was well able to meet the obligations of the contract with the new city manager.

Free Skin Cancer Screenings

Harris Dermatology will be offering complimentary skin cancer screenings at the Sanibel Recreation Center on Wednesday, October 13 from 8:30 a.m. to 12:30 p.m. Screenings are quick and easy. The exam is a non-invasive, visual inspection of exposed areas of the body that will be done after a brief medical history is completed. No appointment or registration is necessary; walk-ins are welcome. Face masks are required. The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.



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From left, New Jersey Rotarian Forrest Elliott, Diane Elliott, CWO-4 Jarrod Murphy, daughters Rylee and Havyn, and Sanibel-Captiva Rotarian Roger Triffshauser photo provided

Rotarian Honors Veteran With Family Vacation

submitted by Cindy Carter

The motto for Rotary is "Service above Self." It reminds Rotarians to think of how they can help others. The motto originated when Paul Harris, founder of Rotary, asked Rotarian Frank Collins to address the participants of the 2nd annual Rotary convention. The year was 1911.

Collins, a fruit merchant from Minneapolis, in the impromptu speech, told how his club had used the phrase "Service, Not Self" as a motto and that it was fundamental to them as to what it meant to be a Rotarian. The speech and the motto struck a chord with all the Rotarians. It really did neatly sum up in three words what Rotary, at its core, was all about.

The convention participants took the motto back to their own clubs and soon it captured the imaginations of all Rotarians. Over time, the motto evolved to "Service Above Self." At the 1950 Rotary convention, the motto was officially adopted. Frank Collins' simple idea remains as evocative today as it was nearly

100 years ago.

Recently, a New Jersey Rotarian, Forrest Elliott, who owns a condominium at Casa Ybel Resort on West Gulf Drive, decided to donate a week's stay to a worthy veteran and his/her family. This was his way of saying, "Thank you for your service." It was given in honor of his father who served in World War II, and a cousin who lost his life in Vietnam.

Chief Warrant Officer-4 Jarrod Murphy, USMC (Ret.), was chosen as the veteran to enjoy a family week of recreation and relaxation in Elliott's Sanibel beach condominium this past August. CWO-4 Murphy's illustrious military career of 26 years was steeped with ever increasing command duties and responsibilities. He completed 19 military training schools, and culminated in being promoted to the high enlisted rank of chief warrant officer-4. His personal decorations include: Purple Heart, meritorious service commendations for humanitarianism, volunteerism, sea service and for combat action deployments, serving three tours of duty in Iraq (2001, 2006 and 2008) and one tour in Afghanistan (2010). He retired from active duty in 2020 and presently is employed as supervisor of the courts for the 20th Judicial Circuit in the Lee County Clerk of Courts office.

CWO-4 Murphy and his family live in Cape Coral.✱

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Below Market Rate Housing Fiscally Stable

by Wendy McMullen

Despite a year and a half of financial turmoil as a result of the pandemic, the City of Sanibel Below Market Rate Housing (BMRH) program is in good shape, Melissa Rice, executive director of Community Housing Resources (CHR), told the Below Market Rate Housing Review Sub-committee at a meeting last week.

CHR is a 501(c)3 nonprofit organization with a mission to provide affordable housing for families and individuals who work and who serve the island community. CHR administers the BMRH program for the City of Sanibel. “We were able to help some of our residents get some grant funding, so this left us fiscally sound for the year,” Rice said, reporting net income of around \$350,000.

Around half of the income to CHR comes from rent paid by tenants in the BMRH program. The other half comes from fundraisers like the Manatee Madness program, where artist-decorated manatee mailboxes were auctioned off, as well as CHR’s Give Back Wednesdays, a program that partners with local restaurants and other retail businesses to donate a portion of their profits on Wednesdays. There were also two unsolicited donations given by individuals because of the pandemic.

Rent is set at 30 percent of the family income, so rental income can fluctuate according to the level of tenant income. Currently, tenants in 25 of the units have very low incomes, 35 units have low incomes and just four have moderate incomes. Ten of the units house disabled tenants and 25 units are occupied by seniors age 62 or older.

There are currently nine vacant two-bedroom units and three families waiting. The waiting list for the one-bedroom units is much longer, with 27 people waiting and none available.

There are 74 BMRH units located in 11 locations around the island. Fifty-two

are two-bedroom units and 14 are one bedroom. CHR is actively seeking additional units but no suitable property has been found. Bailey’s General Store’s Planned Unit Development has promised land for a further 33 units, but this still falls far short of the three percent recommended for municipalities. Three percent of the 9,400 units planned for Sanibel would require 275 BMRH units.

There are also 14 Limited Equity Ownership units in the BMRH inventory. These units are sold to tenants on favorable terms with an obligation to sell the units back to CHR.

“This allows people to move out of rental into ownership,” Rice explained to commissioners. The buyer is guaranteed appreciation and CHR buys them back and puts them into the program again. Two are currently in the process of being returned to BMRH.

Commissioners had a variety of suggestions to promote BMRH housing. One was to get the chamber of commerce involved to point out the benefits of the CHR program to businesses on the island.

Another suggestion was to make changes to the Sanibel Land Development Code in order to make BMRH housing easier to build.

“I want families here because I want to live on that kind of island,” said Commissioner Ty Symroski, speaking of the need for workforce economic diversity and the need to encourage families to come to the island to live.

A suggestion to ask city council to direct the planning commission to review the mixed-use housing regulations to facilitate BMRH properties is to be discussed at a future meeting.

CHR is currently operating remotely since the Center 4 Life building on Library Way is mostly closed.✪

From page 1

City Manager

organization as opposed to just running it,” Henshaw continued.

Critics of Williams had claimed that he lacked communication skills and did not always listen, which Henshaw said was crucial in carrying out Sanibel’s vision of a community in which its people live in

harmony with other people and nature.

Not all council members concurred, however.

“I don’t need to tell anyone in this room that we are not Naples. We are not Marco Island,” said Johnson. “And, folks, I’m very proud that we’re not.”

Johnson agreed that Souza had local knowledge and experience, and practice in a coastal environment, but added that it would be a very steep learning curve for him because of ingrained ideas and practices.

The vice mayor was also concerned at the way the search was conducted in respect to Williams.

“I made a personal commitment to you, my community, to make sure that we got the best possible candidate and I’m disappointed as to how our internal candidate was handled,” Johnson said, pointing out that he had asked that Williams be evaluated the same as any other candidate, which the recruiting firm, Colin Baenziger & Associates, did not do. Williams was the only candidate that was subject to a special and somewhat critical analysis, and interviews with people not supplied by the candidate himself.

“We all have a microscope on him because we see him day in and day out. Who’s in a better position to evaluate a candidate than the people that worked with him. He understands our critical infrastructure better than any of the other candidates. Resiliency is going to be our biggest challenge. This is his home. He has carried us through some very difficult times,” Johnson said.

Miller also spoke in favor of Williams, pointing out that while Souza’s record in Naples and Marco Island is impressive, Sanibel is a small community and that both former City Manager Judie Zimomra and former mayors Kevin Ruane and Mick Denham had all recommended him. He said that Williams had institutional knowledge and was “organized, articulate and extremely knowledgeable.”

Williams has been with the City of Sanibel for 10 years and had a great deal of support in the community, with public comment via email and in the council chambers largely in favor of him being selected as city manager.

Henshaw mentioned the dirty

laundry aired and the divisive and vindictive language that seems to have accompanied the process. Much criticism came from Williams’ use of the PE Professional Engineer designation. Williams earned the license in Georgia but had let it lapse because he said that he did not need it as a city director.

Smith conceded that things had come out of the search that had been uncomfortable.

“We have not had a strategic plan. We need someone to help us do our jobs better,” she said. “I want someone who is going to do the best for everyone. Someone who knows that any employee can come to them at any time and know they are comfortable.

“Dana Souza could be a mentor,” she continued. “I think that Keith (Williams) would benefit from having another leader lead him.”

“I think we’ve got some healing to do in this community. We do not operate as a divided community,” said Johnson.

The experience of the third candidate, Jeffrey Durbin, an interim town manager from Frisco, Colorado, was not considered relevant enough to a coastal community like Sanibel.

The selection process was comprehensive with Colin Baenziger & Associates hired to vet the 96 candidates applying for the position. These were then whittled down to nine, one of which was Williams. In the meeting of September 10, the city cut those nine candidates down to five, including Williams. Two of the candidates, both women, then dropped out, leaving three.

The two outside candidates visited last week to interview individually with the city council and to tour Sanibel. A meeting for the general public was held in the pavilion at the Bailey Homestead to meet the candidates.

The city voted 4 to 1 for Williams as the backup candidate if terms could not be negotiated successfully with Souza. Smith was the lone opponent to Williams as backup, but she agreed to change her vote in a second go-round to preserve a ceremonial appearance of unanimity.

“I support the majority selection although I did not initially select Mr. Souza,” Johnson said. “That’s how we work together.”✪

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"As a single mom working on Sanibel for many years, I cannot tell you how grateful my family is for the help FISH has provided us. Not only did FISH help with rent and utilities, but when I could not afford the copay so my daughter could see a mental health therapist, FISH immediately helped me find a therapist that would see my daughter right away, along with paying the copay. Nitza has been so very kind and helpful. FISH holds a very special place in our hearts."

—a FISH client

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Financial assistance may be provided by FISH for individuals wanting to further their education either by attending college, certification courses, required CEUs or vocational programs for enrichment and career development for a better life.

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Non-native sweet viburnum is appreciated for the dense evergreen foliage
photos by Gerri Reaves

Plant Smart
Sweet Viburnum

by Gerri Reaves

Sweet viburnum (*Viburnum odoratissimum*) is a Florida-friendly shrub with butterfly-attracting spring flowers. A member of the moschatel family and native to India, Burma, China to Japan and the Philippines, this multi-branched evergreen grows to a height of eight to twenty feet with a rounded canopy and dense foliage. The opposite leaves are oval, coarse-textured and up to eight inches long. Their edges are dentate on the upper



The summer fruit ripens from red to black half of the leaf, but smooth, or entire, on the lower half. Fragrant five-petaled flowers inspire the common name. In fact, the word *odoratissimum* is Latin for “most fragrant.” Clusters of fleshy red or black one-seeded fruit appears in summer. This shrub has a moderate growth rate and prefers full sun to partial shade. It will tolerate shade but be less robust. It is drought tolerant but not salt tolerant. Typically used as a screen, hedge, or background plant, it can also be grown in a container. Although generally pest and disease

resistant, it is susceptible to verticillium wilt. For a wildlife-friendly native viburnum, consider planting Walter’s, or small-leaf, viburnum (*Viburnum obovatum*). Sources: *Florida, My Eden* by Frederic B. Stresau; *Betrock’s Florida Plant Guide* by Edward F. Gilman, PhD; *South Florida Gardener’s Guide* by Tom MacCubbin and Georgia B. Tasker; *Waterwise: South Florida Landscapes* by the South Florida Water Management District; <https://edis.ifas.ufl.edu>; www.floridata.com; and www.missouribotanicalgarden.org. *Plant Smart* explores the diverse flora of South Florida.✧

Special Events Are Back, With Some Restrictions

by Wendy McMullen

Sanibel City Council looked at eight proposals for special event fundraisers at Tuesday’s meeting and came up with some masking and social distancing protocols for both indoor and outdoor events. Special events proposed included fall and spring fundraisers for the Children’s Education Center of the Islands, Wines in the Wild for the Sanibel-Captiva Conservation Foundation (SCCF), the Sanibel-Captiva Rotary Club Arts and

Crafts Festival, Sanibel-Captiva Lions Club Arts and Crafts Fair, Huxters Luminary event, The Bailey-Matthews National Shell Museum Season Preview and two festivals put on in the fall and spring by Sanibel Masters Art Festival. Councilmembers were concerned about the COVID-19 protocols proposed by the event organizers, which ranged from requiring patrons to produce antigen or PCR tests or proof of vaccination, to little or no provisions for outdoor events. The most restrictive was SCCF’s Wines in the Wild event, which is held outside on the Bailey Homestead property. Patrons attending this event are required to produce antigen or PCR tests administered within the previous 24 hours, or proof of vaccination more than two weeks prior. Other events required vaccination of volunteers and staff, or of the artists, servers and valets involved. One went little further than disinfecting washrooms. Some councilmembers asked for specific rules about wearing masks indoors and outdoors, suggesting that organizers make masks mandatory for unvaccinated volunteers and vendors. Mayor Holly Smith, however, cognizant of the state’s executive orders, was wary about requiring masks for anyone attending events and suggested instead that the organizers use the word recommend rather than require. Some members of the public were indignant at the weakness indicated in

continued on page 12

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José H. Leal photo provided

Classes Added To Educational Programming

The Bailey-Matthews National Shell Museum introduces four new classes starting this fall.

"The museum is glad to expand upon its educational mission by offering these new opportunities for shell enthusiasts at all levels, photographers and collectors who are interested in building their knowledge base and skills," said Sam Ankerson, Bailey-Matthews National Shell Museum executive director. The classes complement the virtual 11-session lecture series that has engaged museum followers throughout 2021, guided beach walks, keeper chats, the Adopt-A-Class K-12 school program, and other educational programming for general audiences.

The fall class lineup, taught by José H. Leal, PhD, science director and curator, and Rebecca Mensch, MS, senior marine biologist, is as follows:

Thursday, October 28, 2 to 4 p.m., Shell Morphology: Understanding Shell Descriptions – Is that a varix or a suture? Are these nodes or spines? Written descriptions of shells have you stymied? This course will cover some of the more commonly used terminology in shell descriptions. Students will have a chance to reinforce their new vocabulary with interactive activities and will gain the knowledge necessary to accurately describe their shells and easily understand written descriptions in guidebooks and

scientific papers.

Thursday, November 11, 5 to 7 p.m., Shell Photography – This course includes one hour of lecture and one hour of hands-on learning. Students will learn how to photograph shells, both in nature and in a controlled environment. Additional attention will be devoted to photography of small shells and basic rudiments of Adobe Photoshop as it applies to shell photography. Students will learn methods of shell photography applicable to documentation, collection curating, social media and art.

Tuesday, November 16 and Thursday, November 18, 2 to 3:30 p.m., What's That Shell? – Love shelling, but not sure what you are finding? Interested in becoming a shell ambassador, but a little shaky on your identification skills? The first session of this two-part course will focus on the practice of identifying local (Southwest Florida) shells and introduce resources for identification. The second session will include hands-on time for students to use their new knowledge and resources to identify their own shells, with expert staff helping to guide and answer questions.

Tuesday, December 7 and Thursday, December 9, 2 to 3:30 p.m., Understanding And Curating Your Shell Collection – The first session of this two-part course will introduce shell collections, their merit, and address ideal collection organization and maintenance. This will be followed by practical considerations on curating and maintaining your personal shell collection and how to maximize its value, both from the monetary and scientific points of view. The second session will include hands-on curating of your own collection with professional materials and expert staff available to guide you and answer questions. Students will gain the tools necessary to properly care for and document their personal collections. Helpful for estate planning.

Visit www.shellmuseum.org/classes for complete details. All classes will be held at the museum and have a maximum of 20 students. Contact Rebecca Mensch with inquiries or to register at rmensch@shellmuseum.org. Stay tuned for the announcement of spring classes, as well as additional in-person and virtual lectures.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233.*



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October Redfish



by Capt.
Matt Mitchell

October is traditionally our best redfish fishing month, and this is proving true with anglers experiencing the most wide open redfish action of

the year. Schooling reds of all sizes can be found anywhere from the passes to the backcountry. Once you locate these fish, it's awesome to watch multiple fish follow the fish you have hooked up.

Both areas in and around the passes along with mangrove islands and oyster bars held lots of hungry redfish. Choosing where and when to fish these places is all about the stage of the tide. During higher water, the best bite came while fishing mangrove islands and oyster bars on the eastern side of the sound. The higher the water, the further to the east I have been fishing. During the lower water, look for these fish in the passes along with the channels inside the passes.

Once you get this bite dialed in, it's possible to return to the same place day after day to catch that same stage of the tide and get right back in on this action. Several days in a row this week, we set up around the passes and waited for the tide to get just right. These redfish



Jeff Eames got in on the hot redfish oyster bar bite

photo provided

showed up like clockwork and the bite was on. During the incoming tide, the water in and around the passes has gone from dirty to clean within about an hour. Once it cleans up, you can see these fish laid up.

Pitching baits to hungry redfish in fast-moving current in and around the passes has been a blast. Often, it would take an almost perfect skip cast to get a bait to these laid-up fish. Though once you make and land that perfect cast, there is something very satisfying about watching these hungry redfish charge out of the trees and inhale your bait.

Mangrove and oyster bar fishing in the dirty water has been more about covering ground until you locate these fish. Cut bait has been hard to beat in the dirty water while live bait has been the better choice in the clean, clear water around the passes. Like in the passes, once you find these fish you can return to the same mangrove shorelines and oyster bars on the same stage of the tide and catch these fish day after day.

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.

From page 10

Special Events

this proposed change.

"I can't believe that you're dancing around this," commented Allison Ward. "The reason we're having this discussion is because it's Florida and because of the governor's mandates. 'I don't want to go to events where there are huge numbers of unvaccinated people.'"

A motion to post CDC guidelines at events and recommend that the unvaccinated wear masks was approved by 3 to 2, with councilmembers John Henshaw and Mike Miller opposed.

Council also decided that the interim city manager and the incoming city manager may now approve permits for recurring special events without going through city council. During the COVID-19 crisis, the city mandated that permits for all events be approved by city council. Now that will no longer be necessary.

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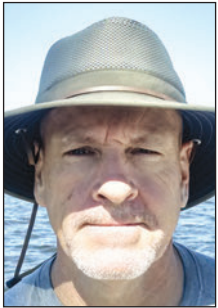
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Magnificent Frigatebird



by Bob Petcher

The magnificent frigatebird (*Fregata magnificens*) is a large seabird with long, angular wings and a deeply forked tail. According to the results of a study that involved tracking their

altitude and distance, frigatebirds were found to routinely stay in air columns around 150 to 2,000 feet, when not searching for prey.

At CROW, an adult male magnificent frigate bird was admitted after being found in the water unable to fly. Upon examination, the patient had several broken tail feathers. Veterinarians suspect some sort of unknown trauma that caused him to fall into the water. Since these birds don't have waterproofed feathers, they become waterlogged.

"Once the bird is no longer in the water, the feathers can dry appropriately. Until then, the patient is at risk of becoming hypothermic since their feathers provide the main source of insulation," explained Dr. Laura Kellow, CROW veterinary intern. "This particular bird is lucky he was found by caring



This adult male magnificent frigate bird is patient 5,000 this year

photo by Haillie Mesics

people who pulled him out of the water and wrapped him in towels for transport to one of our partner clinics."

Full radiographs were taken and showed no major abnormalities at first.

"The magnificent frigatebird initially had x-rays that demonstrated a small amount of swelling in one of the bones of his wing – the distal phalanx, which equates to a finger bone in humans. Over time, the swelling increased and, on repeated x-rays, it became evident that he had dislocated this small bone," said Dr. Kellow. "The dislocation was corrected and splinted to keep the bones in place. The patient is currently on pain

medication, antibiotics and antifungal medications. He is fed a size-appropriate fish diet which he eats readily on his own."

There was also some good news reported about the damaged tail feathers in regard to flight.

"In this particular case, the frigatebird damaged two of his oldest tail feathers, which were already bleached and are likely going to be the first to molt. He already has new feathers, called blood feathers, coming in to replace these tail feathers," said Dr. Kellow. "While it is not ideal since these feathers provide finesse to turning/flying, these feathers

should not prevent flight."

The patient will continue to be treated at CROW until he makes a full recovery.

"The magnificent frigatebird will receive repeated x-rays this week to evaluate his dislocation, and from there, further plans will be made regarding flight testing and release. Since these patients fly at such high altitudes, it is difficult for us to flight condition them at CROW, and we try to release these patients as soon as possible to prevent muscle atrophy."

This case marked CROW's 5,000th patient of the year.

"It is really unique and different that our 5,000th patient this year is a magnificent frigatebird, as we have only had three other patients of this species in our care this year. At the time of writing, we are almost 600 patients ahead of October last year," said Dr. Kellow.

"This means that we are on track for a record-breaking year of over 6,000 patients to last year's 5,618. Moreover, we hope that this increase in patients means that more people know about the excellent work that happens at CROW and are aware and engaged with helping wildlife in our area."

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 Banded Transennella

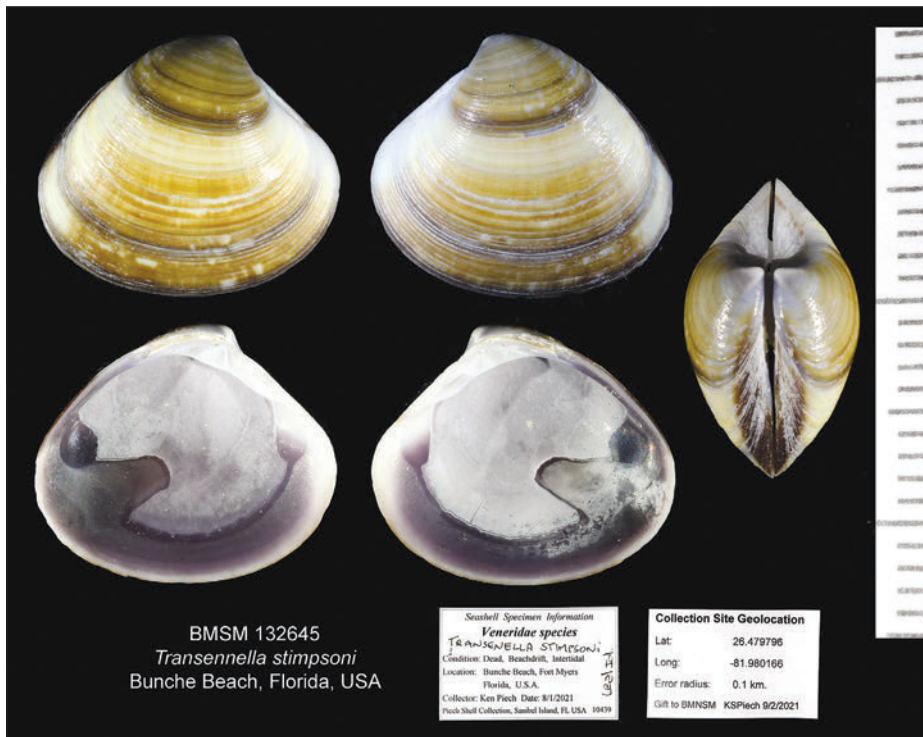


by José H. Leal,
PhD, Bailey-
Matthews National
Shell Museum
Science Director
and Curator

Transennella
stimpsoni
Dall, 1902
reaches 14 mm
in length. The
rounded-trigonal

shell is smooth except for very low commarginal ("concentric") ridges. The shell color is usually white, often with brown or violet chevron-like markings, internally infused with purple. The outer shell layer, or periostracum, is varnish-like, yellowish. Compare with the locally occurring *Transennella conradina*, which is more pointed posteriorly and lacks the purple color. Also known as Stimpson's Transennella. This unusually dark shell was collected by Ken Piech on August 1, 2021, on Bunche Beach in Fort Myers. It is a new record of the species for our general area. 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



The Banded Transennella, *Transennella stimpsoni*, from Bunche Beach, Fort Myers, Florida

photo by José H. Leal

place, and staff and visitors are required to wear face masks.

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

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

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, October 10. There will be a fish and shrimp fry the following Sunday, October 17.



The general meeting will be held on Tuesday, October 12 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.*

Flounder Season Closes Next Week

Recreational harvest of flounder in state and federal waters closes October 15 and remains closed through November, reopening December 1. Visit www.myfwc.com/marine.*



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Zonta's Auction Has Something For Everyone

submitted by Sue Denham

The exciting October fundraiser hosted by the Zonta Club of Sanibel-Captiva is off and running. Zonta's Peek at the Unique Auction went live on October 1, with supporters invited to bid on 70-plus experiences, art pieces and other treasures: bidding is now under way. Even though you'll have a whole month, visit www.32auctions.com/ZontaPEEK21 now and join the fun.

"We are repeating the auction experience after the successful outcome of Zonta's March 2021 event," said Nancy Dreher, co-chair of the October auction. "Auctions are safe, fun and easy to organize, and we have received great support from the community in assembling a spectacular array of gift



Spend two relaxing weeks on Sanibel, just steps from the beaches

items, excursions, adventures and treats that buyers can enjoy for themselves, or give as gifts."

The auction runs around the clock through October 31 at 5 p.m. Think of the holiday season, just around the corner: the media are already talking about shortages, retail stockpiling and delays in delivery of goods. "We could all be focusing on gift shopping right now," Dreher added. "The women of Zonta are offering a wonderful opportunity to pin down much of your holiday giving while supporting a vital cause: improving the lives of women and girls."

All proceeds from Zonta fundraisers are awarded in grants to area nonprofits whose programs mirror Zonta's mission of helping women. Currently, the group's grants committee is planning the distribution this December of funds raised last spring. Money raised during the current auction will be awarded in 2022.

Over the past 19 years, Zonta has raised and given out more than \$1.2 million, most of it to Lee County

organizations. While continuing effects of the pandemic have struck down a repeat of most former fundraising practices, Zonta's creative team is generating "buzz" about this new auction, which they hope will attract a wider audience.

"We are asking all our members to share the website link with friends and family," Dreher said. "And even if you don't win your bid, consider a donation through our club website." Every dollar counts. Go to www.zontasancap.org for more information or to donate.

Alternatively, send a check to Zonta Foundation of SW Florida, P.O. Box 1244, Sanibel, FL 33957; follow Zonta Sanibel-Captiva on Facebook and "like" us on Instagram (@zontasancap). Your contribution will help countless women.✱

Resiliency Group To Meet At FGCU

Leaders and elected officials from across Charlotte, Collier and Lee counties will meet on Friday, October 8 for the first time as part of the Southwest Florida Regional Resiliency Compact. The purpose of the compact is to build an alliance among county and municipal governments, and natural and cultural resource managers to improve the region's resilience to the effects of sea-level rise, storminess and warming temperatures. The session is the first of two workshops to formally organize the group and will be facilitated by The Water School at FGCU, Growing Climate Solutions and the FCRC

Consensus Center.

The meeting will take place from 1:30 to 4:30 p.m. in Room 118 at Florida Gulf Coast University's Emergent Technologies Institute, located at 16301 Innovation Lane in Fort Myers. Due to the continued risk of COVID-19, the meeting will also be accessible virtually.

Participants include representatives from the three county governments as well as those from Everglades City, Marco Island, Naples, Bonita Springs, Estero, Fort Myers, Fort Myers Beach, Sanibel, Cape Coral, Punta Gorda, Captiva Erosion Prevention District and Seminole Tribe of Florida. These jurisdictions previously ratified a memorandum of understanding, agreeing to establish the compact.

Meetings are open to the public. For more information, contact Michael Savarese, PhD, distinguished professor of coastal resilience and climate adaptation at The Water School, at 590-7165 or msavares@fgcu.edu.✱

Sanibel Youth Soccer Begins

The Sanibel Youth Soccer season begins on Friday, October 8 at the Sanibel Ball Fields. To register for the season, visit www.sanibelsports.org. For more information, contact Tim Drobnik at drobnik@comcast.net. To become a volunteer coach, contact Connor Russell at connor.russell@mysanibel.com.

The City of Sanibel is not sponsoring or endorsing this event.✱



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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 – \$25 (includes general admission)

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 11 a.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 8, 11 a.m., Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves. One of CROW's animal ambassadors will be present.

Monday, October 11, 11 a.m.,

Red Tide – Every summer, the Gulf Coast of Florida deals with a harmful algal bloom that locals refer to as red tide. This algal bloom is caused by microscopic algae that produces toxins that kill fish and make shellfish dangerous to eat. Not all blooms are harmful though. This talk will review the cause and effects of algal blooms in Southwest Florida. One of CROW's animal ambassadors will be present.

Tuesday, October 12, 11 a.m., Turtles, Terrapins and Tortoises – Is it a turtle, a terrapin, or a tortoise? They are all members of the Chelonian reptile family but convey distinct differences. This presentation discusses the distinctions between the three. One of CROW's animal ambassadors will be present.

Wednesday, October 13, 11 a.m., Amphibians – What is an amphibian? Learn about the many interesting characteristics of amphibians and what makes these animals so unique. This presentation will introduce you to the various frogs, salamanders and toads that call Southwest Florida home. One of CROW's animal ambassadors will be present.

Thursday, October 14, 11 a.m., Patient Profiles: Birds of Prey – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.✧

Finalist Named For Service Award

FISH of SanCap volunteer Mary Holden has been nominated for the Paul Sanborn Service Above Self Award in the annual Excellence in Nonprofit Performance Yearly (ENPY) awards. Hosted by the Cape Coral Community Foundation, the awards recognize nonprofit leaders in the community. There are 36 finalists out of over 160 nominations.



Mary Holden

The Paul Sanborn Service Above Self Award is dedicated to a Southwest Florida citizen who exemplifies the spirit of “Service Above Self,” in memory of Paul Sanborn, one of Cape Coral's earliest residents, who passed away in 2017.

Since 2018, Holden has dedicated her time and talent to almost every area of service offered by FISH. Holden is a retired nurse, who is passionate about helping island residents, especially the senior population. She has dedicated an extraordinary amount of time to one elderly woman, in particular.

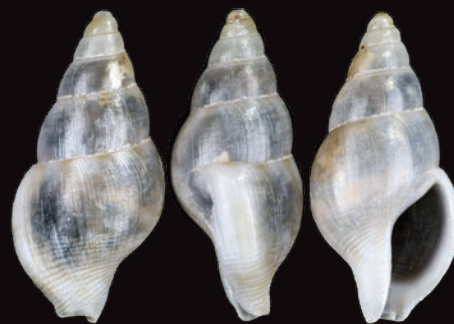
Finalists and winners will be recognized during a live broadcast on CTN Television on Tuesday, October 19 at 7:30 p.m. Live stream at www.ctntelevision.com.✧

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Workshops tend to fill up fast, so register early

photo provided

Fall Workshops At BIG ARTS

BIG ARTS workshops are a great place to learn a new hobby. The 2021-22 workshop season offers a wide range of classes from experienced instructors. They include:

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

Glass Fusing with Petra Kaiser – Thursdays, 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.

Recreation Center Offering Fitness Classes

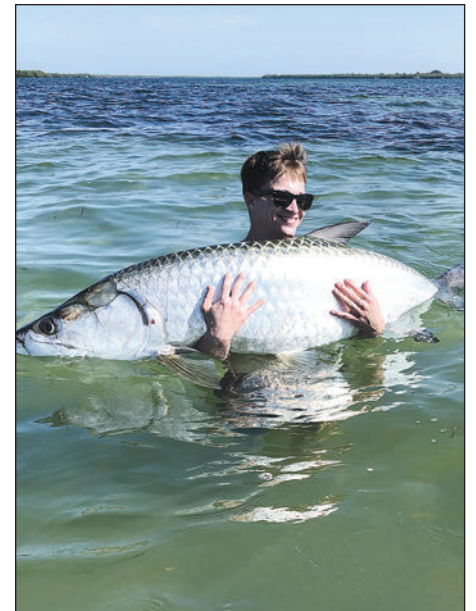
Fitness classes have resumed at the Sanibel Recreation Center. Classes are for ages 12 and older at all fitness levels. They are included with membership and you must show your membership card to attend classes. Face masks are required inside the recreation center for all persons ages 2 and older.

Weekly Fitness Class Schedule

Mondays: 8:30 a.m. Basic Yoga; 10 a.m. Vertical Pilates
Tuesdays: 8:30 a.m. Cycling; 10 a.m. Power Sculpting
Wednesdays: 8:30 a.m. Meditation; 10 a.m. Bosu Pilates
Thursdays: 8:30 a.m. Cycling; 10 a.m. Power Sculpting
Fridays: 8:30 a.m. Cardio Yoga; 10 a.m. Dailey Method
Saturdays: 8:30 a.m. Cycling; 10 a.m. Mat Pilates

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.

Fish Caught



Ben Tucker

photo provided

Ben Tucker of Bloomington, Indiana caught this tarpon recently while fishing with Capt. Jimmy Burnsed. The tarpon ate a cut bait, fished on the bottom near Captiva Pass.

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Foods That Are Toxic To Dogs

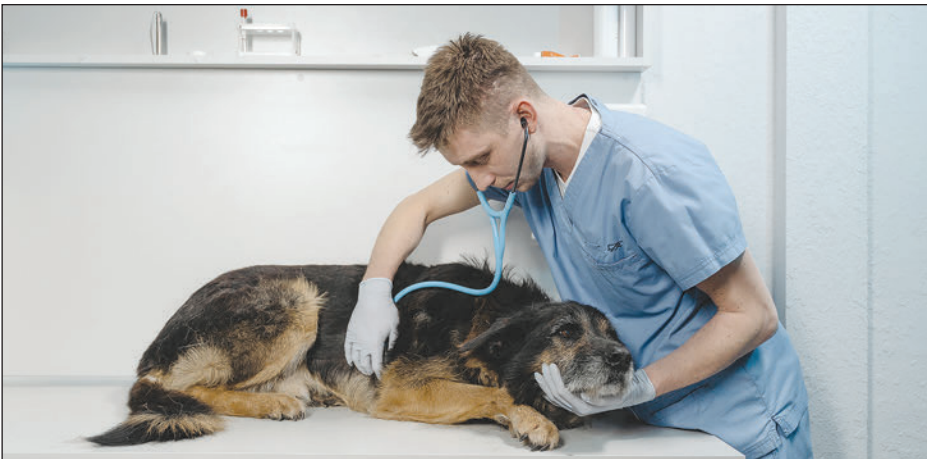


by Allison Havill Todd

While much attention is given by many pet owners about the right food to feed their animals, most of us are not fully educated on what foods in our

refrigerators or pantries may be potentially toxic to our furry family members. When your dog looks up at you with its big, brown eyes, it can be difficult not to succumb to sharing your treat with them, but think again; it could end up with an emergency trip to the veterinarian, and even be fatal for your animal.

Though you may not be intentionally sharing human food with your pet, dogs can be opportunists and are masterful at nosing through the trash, snatching items left on the floor, or counter surfing for unattended goodies. There are many foods that are commonly found in most households that are toxic to your animal, resulting in maladies such as vomiting, diarrhea, lethargy, seizures, gastrointestinal disorders, breathing difficulty, damage to the central nervous system, and kidney or liver failure. It is worth taking the time to learn which foods can be poisonous to



Avoid an unexpected trip to your vet

your pet as listed below:

Onions, including items in the onion family such as garlic and chives;

Macadamia nuts and walnuts;

Corn on the cob – The kernels can be digested but the cob can cause blockage in the intestines;

Avocado;

Grapes and raisins – Beware of cookies, cereals and other baked goods that may contain raisins;

Xylitol – This artificial sweetener is found in a variety of foods including gum;

Cooked bones – Raw bones are fine for your dog to gnaw on (except chicken bones), but cooked bones can splinter easily causing constipation or perforation of the gut;

Alcohol – It is never humorous to share your beer or other adult beverage with

photo provided

your dog, because even a small dose of alcohol can have a hugely toxic impact on your pet;

Chocolate, especially dark chocolate.

Years ago, I was fortunate to become aware of the toxicity of chocolate for dogs, although I foolishly left a pan of fresh baked double dark chocolate brownies on the edge of the stove while I stepped out of the kitchen for a bit. Upon returning, I found the pan, licked clean, lying on the floor. Of course, these types of incidents always happen after normal veterinary office hours, and we had no choice but to contact the closest emergency veterinary hospital for guidance. They advised, given the quantity of chocolate ingested, that we bring the affected animal in right away.

Having two dogs, we immediately suspected the golden retriever, who had

previously displayed a history of ingesting any type of food within seconds if we turned ours backs on her for even a moment. We loaded her up in the car, along with our more recently adopted German shepherd, and made the late night visit to the animal emergency care hospital. Upon arriving, they rushed the golden into the back room and began to induce vomiting while placing her on an IV for hydration. Shortly after, the veterinarian on duty came out to see us in the waiting room with a curious look on his face. It seemed there were no contents in our golden retriever's belly to suggest she had, in fact, been the brownie thief. He proceeded to ask if we had another dog and if we had brought it with us. Thankfully, we had, and our shepherd, the true culprit, was then guided into the back room to start the procedure again to the tune of \$900 per dog!

Though we had initially blamed the wrong dog, both ended up safe and healthy, because we were aware of the toxic nature of chocolate for dogs and were able to react swiftly. Learn from our mistake and avoid any opportunity for your animal to access any foods that may potentially be harmful to them!

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 @thedoggiemom and facebook.com/thedoggiemom.*

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Florida Vs. Hass Avocado, What's The Difference?



by Chef John Wolff

There are hundreds of types of avocados grown throughout the world. Actually, there are over 500 varieties that vary in seed size, fruit size, texture, shape and maturity rate.

Spanish explorers first encountered this leather-skinned fruit in the jungles of Central America and the Caribbean. The indigenous people, Aztec and Mayan cultures, had been using the fruit (actually classified as a berry) for thousands of years. The appealing texture and flavor of the fatty pulp was introduced into Indonesia in 1750, Florida in 1833, Australia in the late 19th century and Israel by 1908.

So, if there are so many types of avocados, why do we only usually see a couple of types in our supermarkets throughout the year? It mostly has to do

with marketing and where distinct types of avocados grow best. The plant species arrived in California in 1856 and today, almost 90 percent of all avocados sold in the U.S. are produced by orchards in southern California. The Hass variety makes up the vast majority of California avocado production while smaller farms grow numerous rarer varieties such as Reed, Fuerte, Zutano and Bacon.

Similarly, albeit on a much smaller scale, Florida has sustained a strong avocado growing industry since the fruit was first introduced. The two most common Florida varieties are Choquette and Hall, with some farms growing some lesser known types such as Lulu, Donnie, Hardee and Russell. The distinguishing characteristics of the Florida avocado are the shiny green skin and the less oily, sweeter tasting fruit that was more popular with the Caribbean immigrants, who likely brought the plants to Florida originally.

To see for yourself the diverse range of avocado varieties and each one's culinary virtues, line up several types from various parts of the world and dig in. You can use some of the species I mentioned or any of these less commonly known but readily available varieties: Shepard (Australia); Tonnage (Guatemala); Daily 11 (California and Hawaii); MacArthur (California); Mexicola Grande (California); Criollor (Mexico); Dupuis (Florida); and Pinkerton (California). Pinkertons are considered to be one of the best avocado varieties grown in the world today. Although it is hard to say that one avocado variety is better than any another, they are all simply different.

Many of these different varieties are

available through local nurseries (purchased as seedlings) and almost all varieties can be grown here in south Florida, even Hass and other California species. How do you grow avocados in Florida on your own? To grow almost any type of avocado, simply buy one at the grocery store, remove the seed, enjoy the fruit then pierce the avocado seed on three sides with toothpicks. Place the seed on top of a glass of water such that the seed is about halfway submerged in the water. Place the

glass in a sunny spot, maintain the water level so that the seed is always partially submerged and in two to six weeks, roots and leaves will be well-established. Plant the seedling outdoors in a sunny area and provide it with plenty of water (especially in dry season) until it is well established. It can sometimes take five to 10 years for certain varieties to produce fruit.

Here is an easy avocado recipe you can use to compare the diverse types of avocados for yourself:

Deep Fried Avocados With Dipping Sauce

1/4 cup mayonnaise
1/2 teaspoon wasabi powder
1/2 teaspoon fresh lime juice
1 1/2 cups vegetable or canola oil (or 2 inches oil in skillet)
1/2 cup all-purpose flour
1 egg, beaten
1 cup panko crispy breadcrumbs
2 avocados
1/2 teaspoon coarse kosher salt

In 6-oz. ramekin or other small dish, mix mayonnaise, wasabi powder and lime juice. Cover; refrigerate until ready to serve.

In deep 10-inch skillet, heat oil over medium-high heat to about 350°F.

Meanwhile, in 3 separate small, shallow bowls, place flour, beaten egg and breadcrumbs. Line large plate with kitchen towels.

Remove pit and peel from avocados. Cut each avocado into 6 wedges. Dip 1 wedge into flour to coat; tap off excess. Dip into beaten egg to coat, then coat

with breadcrumbs. Continue until all wedges are breaded.

In batches, carefully place breaded avocado wedges in hot oil. Fry 30 to 60 seconds on each side or until golden brown. With slotted spoon, carefully remove fried wedges from skillet; place on towel-lined plate. Season with salt. Serve with dipping sauce.

If you cannot find panko breadcrumbs, you can substitute regular breadcrumbs.

Use a candy thermometer to monitor the oil temperature.

To easily cut an avocado, cut in half vertically and carefully remove the pit with a sharp knife. With a serving spoon, scoop out the avocado flesh in one piece.

*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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- 1 cup fresh sweet corn kernels
- 2 bell peppers, diced
- 1 avocado, diced
- ½ cup onion, chopped
- 1 teaspoon ground cumin
- 1 cup salsa, your favorite kind
- 1 can low-sodium black beans, rinsed and drained
- 10 (6-inch) corn tortillas
- 2 cups shredded Monterey Jack cheese, divided
- 1 can enchilada sauce
- 1 tablespoon vegetable oil
- pan-release cooking spray
- Sea salt and fresh ground pepper, to taste

Preheat oven to 350 degrees. Lightly spray an 11x7-inch (2-quart) baking dish with pan-release cooking spray. Preheat a saute pan over medium-high heat and



Sweet Corn, Avocado and Black Bean Enchiladas

add vegetable oil. Cook onion, corn and bell peppers over for 3 minutes. Add cumin, salsa and black beans and continue to cook for 2 minutes, stirring occasionally. Season with salt and pepper to taste. Remove pan from heat and let cool slightly. Place an even amount

of the filling mixture in each of the 10 tortillas. Using 1 cup of shredded cheese, evenly distribute it on top of each of the 10 tortillas. Carefully roll up each stuffed tortilla and place them seam side down in the sprayed baking dish. Pour the enchilada sauce over the rolled

enchiladas, spreading to coat all tortillas. Sprinkle with remaining 1 cup cheese. Bake 25 to 30 minutes or until cheese is melted and sauce is bubbly around edges. Remove enchiladas from oven and let cool slightly. Serve enchiladas with diced avocado, salsa and sour cream.✱

photo courtesy Fresh From Florida

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Joint Acquisition Of South Seas Island Resort

submitted by Sanibel & Captiva Islands Chamber of Commerce

Timbers Company, Wheelock Street Capital and The Ronto Group announced the joint acquisition of South Seas Island Resort on Florida's Gulf Coast. The acquisition of this historic property supports Timbers Company's continued plans for growth as announced earlier this year.

"At Timbers Company, we are actively looking for exceptional properties like South Seas Island Resort to diversify our offerings and expand our footprint. For more than two decades, we have been successfully developing, selling and operating master-planned resorts around the world and are delighted to add this iconic coastal Florida property to our collection of diverse destinations," said Timbers CEO Greg Spencer. "As a native Floridian and having vacationed on both Sanibel and Captiva growing up, I have an immense appreciation for just how special this resort is to all the generations that have visited over the last several decades. Securing a coastal Florida resort location was one of our primary goals when we relocated to Florida from Colorado and we are pleased to be working with such distinguished partners as Wheelock Street Capital and The Ronto Group. We plan to elevate the guest experience with expanded services and amenities while working on future plans to reimagine and restore the famed South Seas Island Resort to its original grandeur."

Following the recent announcement of a strategic partnership with Timbers Company, Wheelock Street Capital – a private investment firm – will provide the capital for this transaction. Tim Hodes, principal and Wheelock's head of hotel acquisitions, said, "Wheelock is pleased to partner with Timbers and Ronto to acquire such a unique and renowned Florida property and to re-envision the future it holds. The acquisition of South Seas Island Resort is a perfect match for our team as we seek to invest in the best the upscale luxury resort market has to offer."

The successful acquisition of South Seas Island Resort highlights Wheelock's continued focus on high-end resort and residential development projects. Wheelock and Ronto have successfully developed over 700 condominium units on the west coast of Florida. South Seas Island Resort adds to Wheelock's growing collection of leisure-driven hotel assets, which includes: Chateau Elan Winery and Resort, located outside of Atlanta, Georgia; the 265-key all-suite AAA Four Diamond Hotel Contessa, an independent hotel located on the Riverwalk in San Antonio, Texas; and the 167-key Perry Lane Hotel, a Luxury Collection Hotel located in Savannah, Georgia.

The Ronto Group, based in Naples, Florida, will be partnering with Timbers for the development of the property. In a statement provided by Anthony Solomon,

owner of the company: "Our team looks forward to partnering with Timbers and Wheelock to create a blended vision for this iconic Florida landmark resort that has meant so much to generations of vacationers. The outcome will surely provide guests with an exemplary luxury experience for future generations."

Timbers has extensive experience with master-planned resort communities, including properties such as: Castello di Casole in Tuscany, Italy; The Preserve at Botany Bay in the U.S. Virgin Islands; and Hokualea Resort in Kauai, Hawaii.✱

Tournament Postponed

Grampy's Charities is postponing its 2nd annual Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities (RMHC) Southwest Florida, until May 13. The event was scheduled for October 15 of this year. This is the third postponement due to COVID-19.

"It's disappointing to have to reschedule again," said Jim Castle, founder of Grampy's Charities. "The course was filling up fast; I think people were ready to get back to the outdoor events. But it's just not the right time. We'll set our sights on next year."

The tournament will still take place at Sarasota Trap, Skeet & Clays in Nokomis. Sponsorships and reservations are available at www.rmhcswfl.org/events/grampys-sporting-clays.✱



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Book Review

Survive The Night



by Di Saggau
The inside cover of *Survive The Night* says, “It’s November 1991. Nirvana’s in the tape deck, George HW Bush is in the White House, and movie-obsessed college student Charlie

Jordan is in a car with a man who might be a serial killer.” If that doesn’t get your attention, I don’t know what will. In his new thriller, Riley Sager invites readers into the passenger seat for a car ride you won’t forget.
Charlie has just accepted a ride from Josh, a stranger she met on her campus ride board. She wants to get back home to Ohio, after suffering the loss of her best friend who was brutally murdered. She was the victim of a serial killer known as the “Campus Killer.” Josh is heading that way too, and offers Charlie a ride. What could go wrong?
Shortly after they begin their journey, Charlie becomes suspicious of Josh and soon has reason to believe that she is in the car with a serial killer. The book is a gripping thriller that becomes one of the most memorable suspense stories of the year.
Survive the Night has everything

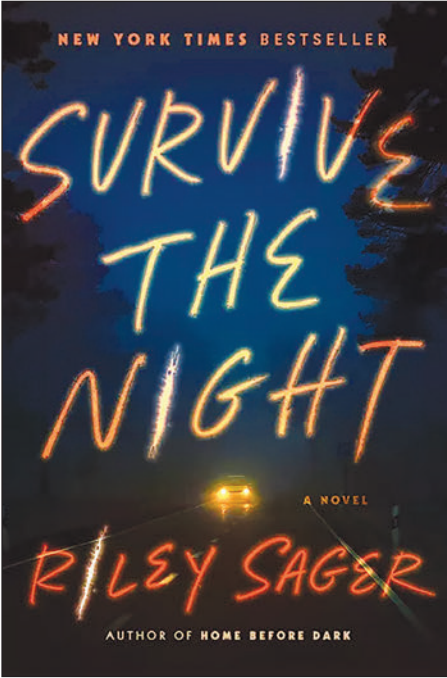


image provided

readers expect from a Sager suspense novel: an endearing, independent protagonist who is suffering from hallucinations, a horror-movie-worthy premise, tension that never lets up and characters you’ll be rooting for along with a shocking finale that ties the book together. The plot and pacing in this inventive thriller will keep readers turning the pages.
Author Jeffrey Deaver said, “Noir at its best. This one-sitting-read of a thriller will

grab you in the opening pages and simply not let go until the very (and very shocking) end. Author Sager is a master of creating both psychological suspense and richly drawn characters, both good, bad and somewhere in the middle. Bravo.”✧

School Smart



by Shelley M. Greggs, NCSP
Dear Shelley,
I am new to my child’s school, and I know it’s important to be involved with it. What activities can you suggest that will help me become more active with the school community?
Shannon W, Fort Myers Beach

Shannon,
Becoming involved in your child’s school is very important to your child and her school. Parental involvement makes a difference and shows your child how important education is for you, her and your family. Below are some suggestions of how you can become involved at school and set high expectations for education at your home.
Make School Important – Talk positively about school with your child. Send your child prepared for school each day with pens, pencils, notebooks and homework completed. Make school a priority by ensuring they are at school every day and arrive on time.
Be Seen at School (if that is currently allowed) – Arrange a visit to your child’s classroom, have lunch with your child at school, or visit the Parent Center. Your presence matters and shows the school that you are invested in your child’s education.
Volunteer at School – Schools often send home lists of various ways that parents can volunteer. If they don’t, let your child’s teachers, principal, or counselors know your special skills and ask what you can do to help.
Show Your Child That You Care – Have a conversation with your child about school and homework regularly. Ask specific questions that inform you about your child’s day. Know what classes your child is taking, who your child’s friends are and other essential information.
Provide a Rich Learning Environment at Home – Make time for meaningful dinner conversations, trips, games, reading time, family sports and daily routines. Activities like these will contribute to your

child’s academic achievement at school.
Keep In Touch with The School – Get to know your child’s teachers, principal, counselors and parent involvement coordinator. Make it a point to stay in contact with them throughout the year.
Attend School Meetings, Functions and Events – Make time to attend virtual and in person parent-teacher conferences, parent fairs, curriculum nights, award ceremonies and other events. Your attendance and support matters to your child.
Seek Out Information – Request a meeting with your child’s teacher regarding any aspect of your child’s education. If you have other questions, ask the school by calling or sending a note so they can link you with the appropriate person who can respond to your needs.
Be An Active Part of Decision-Making Committees – Participate in parent or school leadership organizations. Ask your school about the Parent Teacher Association or Parent Teacher Organization, school council, parent advisory committee or other parent organizations and then join one.
Be Informed and Responsive – Ask, collect, read and respond, if needed, to all information (school policies, field trip information, student handbook, etc.) that is sent from your child’s school or teacher. If you need to receive information in a language other than English, call or visit the school.
Visit Your School’s Website – Access all kinds of information, including homework assignments, class schedules, lesson plans, test dates and grades on your child’s school website.
Pick your child up from after school activities or stop by a few minutes early to watch your child in action if you are unavailable during the school day. It is also important to know your child’s after school teacher, instructor or coach.
Partner With the Community – Encourage local businesses, churches, clubs, or civic organizations that you are involved with to volunteer or financially support the school. Have community partners provide schools and families with information about services and resources they provide that support student learning such as mentoring, tutoring and service-learning activities.
Shelley Greggs 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 may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✧

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Rotary Club President Eldon Bohrofen with Rotarian Scot Congress photos provided

Rotary Happenings

submitted by Cindy Carter

This week, we had the honor of recognizing several of our members as Paul Harris Fellows. Presenting a Paul Harris Fellow



Award is the Rotary Foundation's way of expressing its appreciation for a substantial contribution to its humanitarian and educational programs. It is named for our founder, a Chicago attorney, who with three of his business associates, started the movement in 1905. Today, we total 35,000 clubs in over 200 countries with 1.2 million members.

Paul Harris Fellow recognition is given in appreciation of anyone who contributes, outright or over time, a gift of \$1,000 or more to the annual programs fund, PolioPlus, or an approved Rotary matching grant. Recognition consists of a certificate, a medallion and a lapel pin. A multiple Paul Harris is one who has contributed additional \$1,000 gifts to the foundation, and their pins have added sapphires or rubies.



Eldon Bohrofen and Rotarian Paul Barlo

While it is an honor to receive a Paul Harris Fellow, it's not just about recognition. It's about what we do in the world as Rotarians, and how we fund it. This past week, we recognized four of our members with their multiple Paul Harris Awards: John Grey received his plus-eight; Eldon Bohrofen received his plus-seven; Scot Congress received his plus-six; and new member (to our club) Paul Barlo received his plus-eight. These Rotarians use their time and talent to enhance the lives of others.

Congress said, "I joined Rotary and our family business in 1984 after college. I learned very quickly that this was a terrific group and immediately signed up to help our club meet the then 'new' Polio Plus Campaign goal of \$25,000 per club. I am so grateful for all of my Rotary friends and all of the humanitarian giving we have accomplished together over the last four decades." Congratulations to these Rotarians.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. 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. All are welcome. For more information, visit www.sanibelrotary.org.

Sundial Resort Sponsoring Race



From left, Lavender Yi, Roger Timm, Bob Gonring, Kim Johnson, Donna Brown, Becky Miller, Tracy Snyder, Francesca Giachetta, Antoinette Lodico and Jamie Armstrong photo provided

Sundial Beach Resort & Spa has joined the list of sponsors for the 10K Race 4 FISH, a virtual race to benefit FISH of SanCap

General Manager Becky Miller said, "Sundial values and honors the tremendous role that FISH plays in our community, offering an array of services to the islands. We're delighted to be a community partner, helping to fulfill the mission of neighbors helping neighbors.

Each year, we look forward to both sponsoring and participating in the race."

"Year after year, Sundial shows their support of our organization through their sponsorship of the 10K race," said Nicole McHale, co-chair of the race committee. "We cannot thank them enough for supporting our island neighbors."

For more information, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.

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Superior Interiors

Current Home Design And Decor Trends



by Katie Frederick

Can you believe it's already autumn? We've kissed another summer goodbye and, soon enough, we'll be welcoming our "season" with open arms. If you're in between seasonal decor and

you're looking for a way to bring one of the rooms in your home to life, you may consider a style option that's currently trending.

From color options and contrasting patterns to bold and daring decor, there are plenty of current home and design decor trends to choose from.

Here are a few of our favorites to consider:

Consider the Pantone Color of the Year – It's not too late to get behind the color of the year, and 2021 came with two: ultimate gray and illuminating. The Pantone Color of the Year typically reflects what is taking place in our global culture, expressing what people are looking for that color can hope to answer. As society continues to recognize color as a critical form of communication, and a way to

symbolize thoughts and ideas, many designers and brands are embracing the language of color to engage and connect, according to the Pantone Color Institute.

These shades can work wonders as wall and accent colors but can also make a major statement in accessories. Consider taking a break from neutrals. Color has always been a powerful tool to use as you revive your living space. With a new season well on its way, it's important to keep your home from feeling stale and out of touch. Incorporating more warm colors into your living room can help guests feel more comfortable, and it can bring an element of depth to your space. Consider hues like peacock blue and burnt orange to add some character to your home.

Bring your rooms to life with houseplants – Houseplants have always been an endearing accessory, but they're more popular than ever. The pandemic encouraged more people to take on greater responsibilities in the comfort of their homes and, for some, that led to adding more flowers, succulents and other plants to their design and decor scheme. But they don't only make a gorgeous accent piece – they also come with many additional benefits. Indoor trees and plants are going to continue their presence in home interior design. They freshen indoor air, bring the clarity and calm of nature indoors, act like a sculpture on a shelf or tabletop, and caring for them is grounding and life-affirming. Developing a collection of interior plants wins on all levels: aesthetic, functional and mental.

Multifunctional outdoor spaces – You often use your patio for lounging by

yourself or entertaining friends, but have you ever considered the other ways to utilize this space? An outdoor workspace or kitchen is a popular consideration for the deck or patio that can give you a new perspective for creativity.

Trends come and go, but designers can help you navigate the ones with a longer shelf life. If you're interested in incorporating one of these trending styles into your home decor repertoire, but you're not sure which one makes the

best choice, consider consulting a design professional. You can share these trending themes or ask for industry advice based on what's currently hot in the market. With this viewpoint, you can revamp your home with a style that's bound to turn heads and keep your guests talking for months to come.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindecaden.com.✧

Poetry Corner



by Clay C. Ewell

COLLISION

This collision of two souls, the two that have become the us in this story.
Each yearning for that sense of peaceful oneness,
That contentment that emerges from the knowing.
We two whose innermost fears can propel us away
From that which we need the most.
Like the tides, beckoned by the silent swirling hands of earth and moon.

And we stand on the shores of the sea, that in an instant can rise
From gentle swell to raging torrent,
Threatening to sweep away all that stands before its fury.
Yet we feel the sun and smell the sweet air, our entwined fingers
Affirming the life we have chosen and been fated by the gods to lead
Voyaging together across this restless, mythic ocean.

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandsunnews.com.✧



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Royal Shell Sponsors Race



Front, FISH race committee members Nicole McHale and Roger Timm with the Royal Shell team: middle, from left, Kris Slagle, Mariea Lastinger, Pamela Bogart, Jeff Foreman and Rozalynn Chesebro; back, from left, Kayla McCurry, Jacques Louis and Vicky Firestone. photo provided

Royal Shell has signed on as a sponsor of the 10K Race 4 FISH. The Royal Shell team of eight will run the race virtually as a group in support of FISH of SanCap.

"Supporting our community is one of our priorities at Royal Shell. It is a good feeling to give back, especially when helping an organization like FISH that puts more than 90 percent of the donations they receive into good works locally," said Michael Polly, president.

Royal Shell Real Estate was formed in 2005. The company has expanded to Fort Myers/Cape Coral, Bonita Springs, Naples and Ocala. In 2012, Royal Shell Real Estate acquired Landmark Realty Group and opened in Cashiers and

Highlands, North Carolina.

"Royal Shell's dedication and enthusiasm for our island community is outstanding, and we can't thank them enough for their continued support," said Nicole McHale, co-chair of the race committee. "We are looking forward to seeing their running team complete the virtual race."

This year's 10K will be held in a virtual format. Registration is open through the Fort Myers Track Club at www.ftmyertrackclub.com and 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 a race shirt as well as medals, which will be mailed.✱

Bank Donates To BIG ARTS



From left, David Lowden of Bank of the Islands, BIG ARTS Executive Director Lee Ellen Harder, Shareen Groce and Susan Schulte of Bank of the Islands photo provided

Bank of the Islands made another donation through its We Love Our Islands program recently. The winner, Shareen Groce, was spotted with a "We Love Our Islands" decal on her vehicle, winning her the right to select which local nonprofit would receive a contribution from the bank. Groce chose to donate her winnings of \$600 to BIG

ARTS. That donation marks \$92,700 given away to date through the program.

"We're so glad Shareen chose to give our donation to BIG ARTS. Bank of the Islands is proud to be a longstanding BIG ARTS sponsor. They make such a huge contribution to the cultural richness of our community," said Susan Schulte, Sanibel-Captiva assistant office manager.✱

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Health First

Benefits And Barriers Of Telehealth



by Julie Rosenberg, MD
Telehealth is healthcare delivery, information and education through the use of telecommunications technology. Telemedicine is under the umbrella

of telehealth but refers specifically to clinical services. Telehealth and telemedicine cover similar services such as medical education, remote patient monitoring and patient consultation via videoconferencing or telephone. Telehealth includes use of email, the Internet and mobile devices. The original concept of telehealth was to provide basic care to rural and underserved individuals. However, several factors have led to broader acceptance and incorporation of telehealth well beyond rural areas. The use of telehealth has significantly expanded during the coronavirus disease 2019 (COVID-19) pandemic, enabling healthcare providers to continue to care for patients safely and effectively.

In an era in which there is ongoing pressure for hospitals and healthcare providers to cut costs, telehealth is an efficient and cost-effective method of delivering quality patient care. Telehealth reduces patient travel and wait times, and allows people better access to care. However, the widespread adoption of telehealth has been hampered by a variety of barriers, which must be overcome. These include the following:
Inability to perform a comprehensive physical examination – Face-to-face encounters between a patient and his healthcare provider are necessary circumstances in which auscultation (listening to sounds from the heart, lungs or other organs, typically with a stethoscope) and palpation (using one’s hands to check the body) are needed. In such cases, telehealth is best used to supplement in person visits, not in place of them.
Lack of technical access or knowhow – Patients who are digitally savvy and equipped with smartphones, tablets, laptop computers and desktop computers can readily use telehealth applications. However, older adults, particularly the frail elderly, often struggle with the technology. They may not have the knowhow to utilize technical devices in support of their health-related needs. Similarly, those individuals with low income may not have ready access to the required technology for telehealth services.
Risk for security breach – Telehealth encounters are more vulnerable to privacy and security risks than face-to-face

encounters. While most telehealth platforms are highly encrypted, there is still a risk for security breach. No platform is completely safe from hackers or data breaches.
Legal and regulatory hurdles – Telehealth is associated with many legal and regulatory hurdles including variations in rules, regulations and guidelines for practice. Telehealth rules and regulations vary state to state. Such variability can lead to confusion among providers and patients.
Lack of multistate medical licensure – Telehealth practitioners can provide medical services across geographic borders. The good news is, patients are no longer limited to accessing healthcare providers in their state or region. However, the lack of multistate licensure presents a barrier. While some requirements were temporarily relaxed due to the COVID-19 pandemic, long-term plans across professional disciplines (physicians, physician assistants, nurse practitioners, psychologists, etc.) for the provision of telehealth services are needed.
Medical liability – The use of telehealth raises several questions regarding malpractice liability; informed consent, practice standards and the provision of professional liability insurance coverage, to name a few. Professional liability policies may not include telehealth in the scope of coverage. Providers must be aware of what their liability insurance policies cover, especially if they provide telehealth services in multiple states.
Reimbursement – A major obstacle

to the widespread adoption and use of telehealth is the lack of significant reimbursement from Medicare, several state Medicaid programs and commercial insurance plans. Importantly, more than one-half of the U.S. now has laws in place enforcing coverage for telemedicine services, but additional provisions for provider reimbursement are necessary.
In conclusion, telehealth clearly complements in person healthcare and is an efficient and effective tool for improving healthcare access and outcomes. The power of technology, coupled with the need to reduce overall healthcare costs, will likely lead to the continued expansion of telehealth services in the U.S. However, we should not have a goal of completely digitizing the healthcare system. There is no substitute for in person encounters in building trust and confidence between patient and healthcare provider.
*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.**

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Will Power

New Law Penalizes Beneficiaries Who Abuse The Elderly And Disabled



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

Florida has always had a “slayer statute” that denies a beneficiary who intentionally kills someone from benefiting from the victim’s estate. Consequently, if Johnny kills his father, whose will leaves everything to Johnny, then Johnny inherits nothing, and the alternate beneficiary will inherit.

But what about a caretaking relative who didn’t actively murder an elderly person, but whose negligence or abuse resulted in that person’s death? The slayer statute wouldn’t apply, yet it doesn’t seem right that Johnny inherits after leaving his elderly father to rot in a spare bedroom until he dies.

Recognizing elder and disabled person abuse and neglect as a problem, the Florida legislature responded this year with several new statutes that criminalize abuse, as well as exclude abusers from inheriting.

A beneficiary who is convicted in any state or foreign jurisdiction of abuse, neglect, exploitation or aggravated manslaughter of an elderly person or disabled adult is now not entitled to any benefits under the decedent’s will or trust. Property appointed by the will or trust to benefit the abuser, neglector, exploiter or killer passes as if that person predeceased the decedent.

The abuser does not have to be convicted either. The probate court may determine by the greater weight of the evidence whether the decedent’s death occurred from abuse, neglect, etc., resulting in loss of benefits under a will or trust.

If Johnny is caring for his elderly father who depends upon Johnny for everyday needs, and Johnny doesn’t ensure that father is getting proper care – taking his medication, eating, washing and the like – Johnny could very well lose his inheritance and be criminally charged.

What about persons who exploit the elderly and disabled by getting frequent gifts?

A statutory definition presuming exploitation includes any transfer of money or property valued over \$10,000, whether in a single transaction or multiple

transactions, by a person age 65 or older to a nonrelative whom the transferor knew for less than two years, and for which the transferor did not receive the reasonably equivalent financial value in goods or services, unless it was a valid loan evidenced in writing that includes the repayment dates and is not in default.

Exploitation is also expanded to include a breach of fiduciary duty that results in a kickback or receipt of improper benefit. Here, kickback can include payment by a healthcare provider as an incentive or inducement to refer patients when the payment is not tax deductible as an ordinary and necessary expense. Improper benefit can mean payment by any service provider or merchant of goods as an incentive or inducement to refer customers or patrons.

When someone obtains a fiduciary appointment such as a personal representative or trustee with the purpose and design of benefiting someone other than the principal or beneficiary, exploitation has occurred.

Obtaining or using property through intentional modification, alteration or fraudulent creation of a plan of distribution or disbursement expressed in a will, trust agreement or other testamentary device without either a court order, written instrument executed by the elderly or disabled adult, or action of an agent under a valid power of attorney, is also deemed exploitation.

If, for example, Johnny gets his vulnerable father to put his home in joint name with rights of survivorship, that may fall under the definition of exploitation.

When something is presumed under the law, it is very difficult for the accused to rebut it. Imagine trying to prove a negative – an “I didn’t do it” defense. Consequently, those caring for elderly individuals need to be on their best behavior. Now, friends and relatives who suspect neglect, abuse or exploitation can call in the authorities who have statutory powers to prosecute such individuals criminally, and other affected family members can prosecute now civilly.

What if the elderly or disabled individual wants to bequeath or gift a convicted person despite the abuse or neglect? In that case, clear and convincing evidence that the victim ratified an intent that the convicted person retains the inheritance, survivorship right, trust interest or other right by valid written instrument, sworn to and witnessed by two persons, expressing a specific intent to allow the convicted person to retain the inheritance, survivorship right, trust interest or other right will result in salvation from disinheritance.

These laws were a long time in the making. Regretfully, I believe that many court cases will arise pointing out abuse, neglect and exploitation. The Florida Department of Children and Families has an abuse hotline and online reporting mechanism that can be found and accessed at www.myflfamilies.com.

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How’s The Market? Ask Ann

Selling? Call me first!

What’s going on in the market? This time period is generally considered our slow time of the year. Our office was involved in negotiating two sales contracts, both over the listing price and both competing with other offers over the last week. Still not uncommon to hear the adjective “crazy” to describe our market.

We continue to describe Sanibel’s Real Estate market as being strong. Listing inventories continue to be low, creating competition for listings. If you are considering selling, make sure you contact me. I can make it work for as little as a 3.5% Selling fee. Buying? Take advantage of a free home inspection and a one-year Home Tech appliance warranty.

Thank you for reading my column and feel free to call me with any questions. Confidentiality Assured.



Ann Gee
Broker/Owner

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2265 West Gulf Dr. Island Beach Club 330E - **\$1,225,000**
5747 Pine Tree Dr. - **\$1,475,000**

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

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Frankly Speaking

by Howard Prager



It's been an exciting time for sports. In MLB, the two best teams in baseball battled for who would win the division and who would be a wild card team. The Giants won the NL West with 107 wins. The

defending champion Dodgers, no slouch with 106 wins, are a wild card team and faced St. Louis in a one-game playoff on Wednesday (you'll know the outcome before reading this). Does the hottest team in baseball this month put down the defending world series champions, who despite their wild card status are favored to make it back and win the World Series? The Cardinals are the longest shot of any playoff team to win it all. Anything can happen in a one game series. In the AL on the last day of play, four different teams (Yankees, Red Sox, Blue Jays and Mariners) vied for the wild card, and a playoff between one of the oldest rivalries in baseball, the Yankees at Boston was played Tuesday. With the wild card providing excitement in baseball, maybe now's the time to expand the playoffs.

College football also had an exciting weekend. Here's the roundup courtesy of The Athletic: "Cincinnati is now in the Top 5 in the latest AP poll after beating Notre

Dame in South Bend. This was their first road win against at Top-10 team, and the first time since 2009 they've been in the Top 5. And where one rises another one falls with Clemson dropping out of the Top 25 for the first time since 2014. Iowa has moved up to No. 3 and face No. 4 Penn State next week in Iowa City. Big Ten or big game fans, set your recorder. In total, nine ranked teams lost Saturday, including five against unranked opponents: Oregon (at Stanford), Florida (at Kentucky), Texas A&M (vs. Mississippi State), Fresno State (at Hawaii) and UCLA (vs. Arizona State). It was the first time in seven years that six top-15 teams lost on the same day."

Sunday night's NFL matchup was supposed to be the return of the GOAT (Tom Brady) versus the Coach. It became the GOAT vs. the hot rookie, as Mac Jones kept bringing the Patriots back into the lead until the final minutes, when Brady brought the Bucs down the field to score the winning field goal and the Patriots bouncing one off the goal post in the final seconds. Brady now owns the all-time NFL passing record, beating Drew Brees. And he's one of only four quarterbacks (with Brees, Favre and Manning) to beat every NFL team.

Tokyo continues to bring us good news stories and here's one from the *Hillington and Uxbridge Times*, about how Gold medalist Ellen Buttrick combined Paralympic training with good deeds. "While Olympic and Paralympic athletes adapted their training regimes to the challenges and restrictions caused by Covid, Ellen Buttrick took it upon herself

to add a secondary challenge to her list. The Yorkshire rower divided her time between intensive training sessions and as area coordinator for the Henley COVID-19 Mutual Aid group. The 24-year-old oversaw a group of about 150 volunteers, helping those who were self-isolating or particularly vulnerable to the virus.

"Before I joined the team, I worked for the Refugee Council and volunteered for the British Red Cross and the Girl Guides. Then when I moved down to Reading and I got full National Lottery funding to be an athlete, I thought that I want to help people and now I have an opportunity to volunteer rather than have to work for my money," said Buttrick, "When the games were postponed it was like 'well, what am I meant to do now?' and I thought what we need in society is to help one another and get through this as a community so I worked to help set up that group in our area. In between training sessions, if somebody rang me, I'd jump off the rowing machine and run and get their prescription or I might link it into a training session, so with my bike rides I might check up on people and make sure they were ok that day. I really believe in volunteering and especially in sport I wouldn't be here without the volunteers."

Buttrick was attending Northumbria University when her vision began to deteriorate, and she was later referred to the hospital to discover that she needed more than just new glasses, as she had first assumed. She was diagnosed with Stargardt macular degeneration, a genetic eye disorder that causes progressive vision

loss. During a period in her life where she was enjoying life at university and improving on her rowing, Buttrick found out her vision was going the opposite way. Rather than giving up, she channeled her determination into a new career as a paralympic athlete.

"I think it's massively important that we capitalize on the profile of the Paralympic Games," she added. "Rowing for me has changed my life. When I found out in 2014 that I was sight impaired, I was 19 and it was rowing that kept me going. I didn't really get upset, I thought about what's the opportunity in this - I could maybe go to the Paralympics. I've been focused on that for the past seven years and the community of the sport is what was able to get me to this space. I think sometimes we get divided, especially in Britain, but I think sport is something that equalizes us all and brings us together. Having events like this, meeting kids who are in sport clubs and showing them that one day they could go to a Paralympic Games, I never met any elite athlete until I was on the team myself, so to be able to meet people as kids lights a fire in them." This lights a fire in the rest of us who admire Ellen and all the other paralympic athletes who overcame obstacles to make a difference and inspire others. Thank you Ellen!

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@islandnews.com.



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dearPharmacist

Why You Should Freeze Herbs And Veggies



by Suzy
Cohen, RPh

Dear Readers: Food shortages are continuing as grocery stores face supply chain issues and fewer deliveries. I highly recommend that you learn to

freeze some things for the winter season. It's also a good idea if you live in snowy areas and don't feel like driving out in a blizzard to get one lemon.

Here's how you do it:

Parsley – Parsley is known as a blood cleanser and diuretic. Take a bunch and cut off the stems, and wash them well. Spread them out on a clean towel and dry them the best you can. Try to get as much water off as possible. You can chop them nicely if you want to, but this is optional. Once dry, put them in a little storage bag and seal tightly getting out as much air as you can.

Kale – Kale contains many anti-cancer compounds and antioxidants. Take a kale bunch and cut it into pieces then wash it very well. Drain it and pat it dry with paper towels. Lay the pieces out on a cookie sheet lined with wax paper. Freeze that for

an hour or even overnight, then take it out and you'll have individual pieces of kale. Store those in a big storage bag. If you don't do it this way, you'll wind up with one big green glob that's hard to work with.

Carrots – I cut off the green tops and the very ends of the carrots, then peel them. Rinse them and chop into slices. Blanch the carrots for three minutes in hot water, and cold water. Lay the slices out on a cookie sheet lined with wax paper. Dry them off completely. Freeze the whole tray for a few hours and then transfer to freezer bags. Carrots contain beta carotene, which converts to vitamin A in the body, and you need A for good eyesight, beautiful skin and a strong immune system.

Rosemary and Thyme – Every rice dish and soup I make contains rosemary and thyme. The compounds in both rosemary and thyme exert strong antibacterial, anti-fungal and anti-inflammatory actions on the body.

Rinse them and then remove the leaves off the sprigs and put a tablespoon of herb into each cube of an ice cube tray. Then pour some good olive oil over each "cube" and freeze the whole tray. This does not impact the quality of your oil, don't worry. When ready to use it, just put a cube into your soup and cook with it.

Lemons – I use lemon juice in my marinades, smoothies and teas. Honestly, I never want to be without lemons. Wash the lemons well and slice them or cut into wedges. Dry them and put into your labeled storage bag and freeze. You can freeze zested lemon rind too, just store it in a small glass container.

To maintain freshness, make sure your

fruits, vegetables and spices are as dry as possible and use a straw to siphon out all air in the bag as you seal it. If you're interested in freezing more fruits and veggies, I have a longer version of this article posted on my website at www.suzycohen.com.

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I have made a decision to start going to therapy. Can you help me with how to go about it?

A: Therapy is an investment in yourself first and can be life-altering

if done correctly. First of all, there needs to be a good fit between the client and therapist, which can be determined in the initial session. You might want to look through *Psychology Today's* therapist directory for licensed and credentialed therapists in your area. Once you have determined the right therapist for you, it's important that you are open and honest so the therapist can gain the most insightful information to guide you on the best path. Since what you disclose with your therapist is confidential, you can feel confident that you are not being judged, but rather accepted.

It's helpful for you and your therapist

to discuss a treatment plan together so the therapy is conducive for growth and positive outcomes. Try to stay consistent so there is continuity for your treatment and you can feel the progress occurring. It's also a good idea to keep a notebook and take notes during your sessions. You can refer to them and track your progress as you continue your therapeutic process.

Therapists are trained to see and understand things you cannot see in yourself. Part of the work is for the therapist to guide you until you can see things more clearly. You may feel as though you are outside of your comfort zone, however, if you want to grow and learn, trust the process and know you can make significant progress. Your therapist wants to guide you to embrace change and live your life to the fullest. Allow time for feedback and make adjustments accordingly in order for growth to occur. Know that you and your therapist together can make decisions on the course and length of treatment for the best results and outcome.

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

Is Lack Of Sleep The New Smoking?



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

Do you find yourself plowing through the day with a cup of coffee in one hand, cell phone in the other, racing to accomplish all that needs to be done? Do you find yourself yawning just a few hours after getting up? Congratulations. You can join the multitude of people who experience regular sleep deprivation. World Sleep Day statistics say that sleep problems constitute a “global epidemic that threatens the health and quality of life for up to 45 percent of the world’s population.”

For most adults, seven to eight hours of sleep is needed per night for proper cognitive and behavioral functioning, but babies, children and teens need much more. Lack of sleep, especially when chronic, can result in serious health issues. Poor sleep or lack of sleep can lead to poor attention span, inability to think clearly, delayed reaction times and moodiness, in addition to increased risk for development of chronic diseases such as obesity, adult-onset diabetes, hypertension, stroke, heart disease, mental illness and even increased risk of early death.

Some studies have shown that lack of sleep may be as bad for our health as smoking, hence “is lack of sleep the new smoking!?” According to the sleep

neuroscientist Matthew Walker at the University of California at Berkeley, “The number of people who can survive on six hours of sleep or less without measurable impairment, rounded to a whole number and expressed as a percent, is zero.”

Here’s an interesting statistic for you. Did you know that during daylight savings time each year, millions of people lose an hour of sleep when we “spring ahead” and with that comes a higher incidence of heart attacks and even suicides in the week following? During sleep, our brains drain. Toxins are removed and the body regenerates and rejuvenates, strengthening the immune system, protecting us against infections and diseases. Without adequate sleep, these processes do not occur and, thus, we are put at risk for the conditions mentioned above.

What should be done about this problem that so many people face? First, recognize that it is a problem and that it is important to get it under control. Do not chalk up poor sleep to aging or “just the way it is!” The rampant problem of lack of sleep is wreaking havoc on our health. We used to make fun of our triathlon-training buddy who always left parties or events to go home and sleep. But he had the right idea – get up and go to sleep at the same times every day/night. If you want to get up early to exercise like we do, then you must go to bed early – typically no later than 9:30 p.m. This applies even on weekends and during vacation.

To support good sleep, consider these tips: When you are in your bed, keep the room cool, limit light exposure, establish comfortable bedding including mattress, pillows, sheets and blankets, limit “screen time” immediately prior to sleep, avoid large meals, caffeine, or alcohol immediately prior to bedtime, and do not exercise immediately prior to bedtime. Listen to something uplifting and soothing as you drift off to sleep. Read something that your brain can focus on as you slip into sleep – such as a Bible verse, a motivational message, or an encouraging word. If you do need a sleep aid, consider something natural such as melatonin which is the hormone produced by the brain in response to darkness and helps

regulate your internal alarm clock. Many people are deficient in melatonin due to a lack of darkness before bedtime. Don’t underestimate the power of good sleep. Take time to rest and recover so that you can face the day renewed.

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: Mudita



by Kay Casperson

I recently had the opportunity to attend an event where the University of Alabama head softball coach spoke. He has proven himself to be a leader capable of recruiting and developing talented players who perform on the field and in the classroom. Combining that with the lure of athletic tradition at Alabama and the nation’s finest facilities, the Tide softball team remains among the best in the country.

Many follow him and love him because he really believes in his organization. He also continues to instill values that help those who are currently in the program and can also assist them in living a better and more valuable, beautiful life.

He used a word that encompassed his view of the organization and how it has become such a great success. I had never heard this word before but can relate to it and really appreciated his thoughts about it. The word is Mudita, which means to find joy in the joy of others. The dictionary meaning says finding joy, especially sympathetic or vicarious joy, or the pleasure that comes from delighting in other people’s wellbeing.

Having Mudita is known to bring happiness to yourself as you find enjoyment in others. To show such joy is to celebrate the happiness and achievement of others even when we are

facing tragedy or loss. We can also find this concept in the scriptures. In Romans 12:15, the apostle Paul said, “Rejoice with those who rejoice; mourn with those who mourn.” As well in 1st Corinthians 12:26, “if one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.”

I can relate so much to this word as I believe it is essential to have this in our lives to find true happiness and success. So, how do we begin to have Mudita in our lives more and more every day?

Reach out to others when they achieve something, whether it is an event, a milestone, an award, or a new venture, and tell them how excited you are for them.

Encourage others to follow their hearts and reach for the stars, as the world is full of opportunities. Then, celebrate as they grow and bloom.

If you cannot physically express your joy for someone with a hug and smile, you can send good thoughts, a prayer, or even a friendly note.

Today is the day to ensure that you are finding the joy and experiencing the joy in every aspect of your life. And, now more than ever, we need to provide the opportunity for everyone to experience the best and most beautiful support ever.

My affirmation for you this week is: “I am finding joy in seeing others accomplish, reach milestones, celebrate and succeed.”

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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NO

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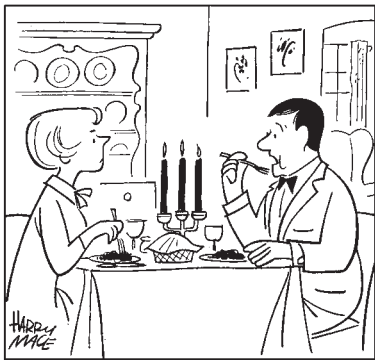


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PUZZLES

Answers on page 38 and 39



SCRAMBLERS

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

Gift
OWNED [] [] [] []

Chilled
DICE [] [] [] []

Wood
RACED [] [] [] []

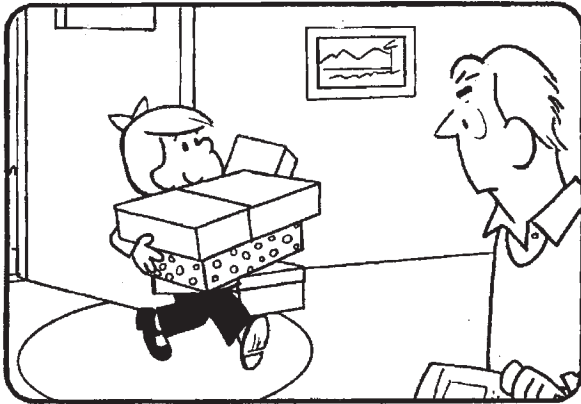
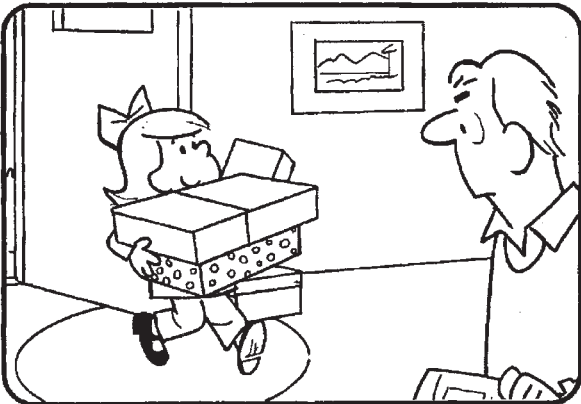
Marvel
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



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

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 39

Super Crossword

OPENING FROM PAUL

- ACROSS
1 Prickly plant
7 Seaport in Argentina
14 Aim high
20 Musician using reeds
21 The Who's "The Kids Are —"
22 "Frozen" studio
23 Less pudgy
24 Bertie created by Wodehouse
25 Piddling
26 Like adults
28 "Oops, I'm at fault here"
30 — Angeles
31 — Paulo, Brazil
33 Hairy "Addams Family" cousin
34 Locker-room motivator
39 Is distressed over
46 Declare
47 Opposite of 60-Across, in France
48 Pantry insect
49 Java holders
50 Looked like
53 Ontario metropolis
55 Loses control
- 56 Baba au — (alcoholic cake)
57 Sportscaster Albert
59 Declare
60 Direction of sunrise
61 Crack pitcher
62 Explosive stuff
63 Actor Holm
65 NYT staffers
66 "You think I didn't already know that?"
72 Put down, to a hip-hopper
75 Hoppy brew
76 Ltd., in the U.S.
77 U.S. spy gp.
78 Gelatin in petri dishes
82 Put into effect
84 By — of (due to)
86 Sturdy — oak
88 Geography class spinner
89 Like the sky's color
91 A long time from now
94 Sound off
95 Sendai sash
97 Former U.N. chief Kofi
98 Last Greek letters
- 99 Popular Christmas hymn
102 Paramount
103 Suffix for hexa-
104 Canonized Mlle.
105 Note below la
106 Title song lyric followed by the first words of seven answers in this puzzle
111 Group that had a #1 hit with 106-Across
118 Be a pilot
119 Gory film
122 Most parched
123 Small finger
124 Exit ramp
125 Restlessness
126 Precipitates pellets
127 Brings in from abroad
128 Human
- DOWN
1 Pepsi, e.g.
2 Cain's sibling
3 Fuel that can get shoveled
4 Crystal-hitting sound
5 Exploiter
6 Sauntered
7 Grassy yards
8 Baseball's Matty or Felipe
9 Stage object
10 Fleur-de- —
11 T-man, e.g.
12 Organized crime
13 "Give it —"
14 Owns, as an error
15 Noon nap
16 Exam for jrs.
17 Actress Swenson
18 Smell terrible
19 Brontë's Jane
27 Stir-fry pan
29 Outward appearance
31 Passable
32 Fall seasons
34 Out of style
35 Justice Kagan
36 Entreaties
37 Seduces
38 Gets older
39 Ballet skirt
40 Diane who hosted a longtime NPR show
41 Actor Bert
42 Ram into
- 43 Sound off
44 Not married
45 Pre-Soviet rulers
47 Actor Milo
51 Formed an upward curve
52 Airport part
54 Ditty
58 Brand of eye drops
61 Hole tool
62 Mom's forte, for short
64 Alicia of "Falcon Crest"
67 Stable feed
68 Fey of "Date Night"
69 Contest hopeful
70 Investor Carl
71 Journalist Cronkite
72 Messing of "Will & Grace"
73 Relative via marriage
74 Spa hot spot
79 Extort from
80 The "A" of James A. Garfield
81 Shortstop Pee Wee
83 Large town
85 "Correct me — wrong"
- 86 Comic Meara
87 Asterisk
88 Forrest played by Tom Hanks
90 Toasted people, e.g.
92 Playwright William
93 Bungled
96 Nuptial ring
100 "OK already!"
101 Safe place
102 Weep
105 Feudal workers
106 Flaps one's gums
107 Demonic
108 Trig topic
109 Grab hold of
110 Italian wine town
111 Marvel hero
112 Lift to test the weight of
113 Obama cabineteer Duncan
114 Arena level
115 Meadows
116 Gas brand in Canada
117 Anna of "Nana"
120 Dada artist Jean
121 — -cone

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								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								102								
					103					104					105								
106	107	108	109							110				111	112				113	114	115	116	117
118										119			120	121				122					
123										124								125					
126										127								128					

King Crossword

- ACROSS
1 "Arrivederci —"
5 Jazzy style
8 Wild guess
12 Slender
13 Piercing tool
14 Brownish purple
15 In — veritas
16 Corp. boss
17 Desertlike
18 Nowheresville
20 Saint Patrick's Day event
22 Hide-hair insert
23 Nine-digit ID
24 Engrossed
27 Promptly
32 Wedding words
33 Expert
34 Granada gold
35 "Wonder Woman" actress
38 Remain
39 Beer barrel
40 Stolen
42 Alpine home
45 Casts out
49 Opera set in Egypt
50 Guffaw syllable
52 Lavish party
53 Espy
54 Reuben bread
- 55 Kismet
56 Sparkling Italian wine
57 German conjunction
58 Lean-to
59 chair
60 Meager
61 Puccini opera
62 Battery fluid
63 Eliot's "Adam —"
64 Rejection
65 Bat wood
66 Predetermine
67 Oklahoma city
68 Bikini pattern
69 Sgt., for one
70 Tied down
71 Mouths (Lat.)
72 Playpen item
73 Trattoria deserts
- DOWN
1 Answer an invite
2 Hodgepodge
3 Behave
4 Quantity
5 Scenic route, often
6 Have bills
7 Fall into a
8 Meager
9 Puccini opera
10 Battery fluid
11 Eliot's "Adam —"
12 Rejection
13 Bat wood
14 Predetermine
15 Oklahoma city
16 Bikini pattern
17 Sgt., for one
18 Tied down
19 Mouths (Lat.)
20 Playpen item
21 Trattoria deserts
22 Candle count
23 Refuses to pay
24 Symbol of strength
25 Juanita's home
26 Swinging joints?
27 Drive- — window
28 Wife of Jacob
29 Diminutive suffix
30 Burpee buy
31 Novelist Rand

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		

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: BUGS BUNNY'S FAVORITE FOOD

- Beets
Garlic
Ginger
Kohlrabi
- Leek
Onion
Parsnip
Potato
- Radish
Rutabaga
Shallot
Sugar beet
- Turnip
Yams
Yucca root

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FRIDAY
Sunny
High: 87 Low: 78




SATURDAY
Sunny
High: 86 Low: 79




SUNDAY
Mostly Sunny
High: 85 Low: 75




MONDAY
Partly Cloudy
High: 86 Low: 78



TUESDAY
Mostly Sunny
High: 87 Low: 77



WEDNESDAY
Sunny
High: 85 Low: 78



THURSDAY
Sunny
High: 86 Low: 76

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	2:05 am	8:49 am	3:52 pm	8:29 pm
Sat	2:33 am	9:43 am	5:00 pm	8:47 pm
Sun	3:06 am	10:45 am	6:36 pm	8:52 pm
Mon	3:46 am	11:58 am	None	None
Tue	4:36 am	1:23 pm	None	None
Wed	5:46 am	2:49 pm	None	None
Thu	7:37 am	3:59 pm	None	None

Point Ybel Tides				
Day	High	Low	High	Low
Fri	1:10 am	8:51 am	2:57 pm	8:31 pm
Sat	1:38 am	9:45 am	4:05 pm	8:49 pm
Sun	2:11 am	10:47 am	5:41 pm	8:54 pm
Mon	2:51 am	12:00 pm	None	None
Tue	3:41 am	1:25 pm	None	None
Wed	4:51 am	2:51 pm	None	None
Thu	6:42 am	4:01 pm	11:18 pm	None

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	2:21 am	9:31 am	4:03 pm	9:37 pm
Sat	2:44 am	10:14 am	4:55 pm	10:10 pm
Sun	3:16 am	10:58 am	5:44 pm	10:39 pm
Mon	3:58 am	11:45 am	6:35 pm	11:08 pm
Tue	4:45 am	12:46 pm	7:33 pm	11:36 pm
Wed	5:37 am	2:03 pm	8:36 pm	None
Thu	6:57 am	1:11 am	9:49 pm	3:16 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	4:15 am	12:05 pm	6:02 pm	11:45 pm
Sat	4:43 am	12:59 pm	7:10 pm	None
Sun	5:16 am	12:03 am	8:46 pm	2:01 pm
Mon	5:56 am	12:08 am	None	3:14 pm
Tue	6:46 am	4:39 pm	None	None
Wed	7:56 am	6:05 pm	None	None
Thu	9:47 am	7:15 pm	None	None

My Stars ★★★★★

FOR WEEK OF OCTOBER 4, 2021

Aries (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention.

Taurus (April 20 to May 20) It's a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday-world ready for the next

challenge.

Gemini (May 21 to June 20) With your planetary ruler, Mercury, going retrograde, you might want to slow down the pace in pursuing some of your projects. Rushing things could be counterproductive.

Cancer (June 21 to July 22) Tensions begin to ease in those once-testy relationships. This helps create a more positive aspect all around. Expect to hear news that could lead you to rethink a recent decision.

Leo (July 23 to August 22) The pace of activity that had slowed last week now

begins to pick up. This is good news for Leos and Leonas who have career-building plans that need to be put into operation.

Virgo (August 23 to September 22) Venus offers encouragement to romance-seeking Virgos who are ready to get up, get out and meet more people, one of whom could be that long-sought soul mate.

Libra (September 23 to October 22) An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from which to make your argument.

Scorpio (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.

Sagittarius (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal.

Capricorn (December 22 to January 19) Relationships could be either helpful

continued on page 38

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

From page 36

My Stars

or hurtful as you pursue your career goals. You might have to make some difficult choices depending on what your priorities are.

Aquarius (January 20 to February 18) You might still have some doubts about a career move that could involve a lot of travel. If so, continue to check things out until you feel secure about making a decision.

Pisces (February 19 to March 20) Love rules, as Venus continues to exercise her cosmic influence on both single and attached Pisces. New developments might cause you to change your travel plans.

Born This Week: You often think of others before you consider your own needs. You enjoy helping people and would make a fine teacher or caregiver.

MOMENTS IN TIME

- On October 12, 1492, Italian explorer Christopher Columbus sights a Bahamian island, believing he has reached East Asia. Columbus, and most others, underestimated the world's size, calculating that East Asia must lie about where North America sits on the globe.
- On October 17, 1906, Wilhelm Voigt, a German shoemaker wearing a stolen captain's uniform, impersonates an army officer and leads an entire squad of soldiers to help him steal 4,000 marks from the mayor's office cash box, exploiting their blind obedience to authority. The Kaiser thought the story was funny; the German army did not.
- On October 16, 1946, at Nuremberg, Germany, 10 high-ranking Nazi officials are executed by hanging for their crimes during World War II after they were found guilty by the International War Crimes Tribunal.
- On October 13, 1957, the

science-fiction thriller *The Amazing Colossal Man* premieres in theaters. The film revolved around an Army officer who began to grow uncontrollably after he strayed too close to an atomic blast in the Nevada desert.

NOW HERE'S A TIP

- Keep the yolks in hard-boiled eggs from crumbling by wetting your knife between slices.
- "Save plastic bags that cannot be recycled, and use them to collect food scraps that cannot be composted or flushed." – BM in New York
- "I use double-stick tape to hang lighter items on my walls, since it does not leave a hole, and I am a renter. You also can use it to reduce noise from vibrations. For instance, I used it in my car to keep the carpet lying flat in the trunk." – JT via e-mail
- "To soften butter without melting it, warm a bowl that is bigger than the butter stick and invert it over the butter on a plate. It's nice before a meal because it makes a hard stick of butter easier to spread on bread rolls, but not so soft that you use too much." – TG in Indiana
- "That time of the year is almost here. You know, the time when running the heater gives the whole house the zaps. To keep our carpets from giving us static shock, we fill a water spray bottle with one part laundry softener and four parts water. Give the air and carpet a spritz, and it kills the zaps." – AO in Canada
- "Hard-water stains in the toilet are no match for denture tablets. Simply drop one in the toilet and let sit overnight. A quick scrub and a flush in the morning should do it." – PS in Washington

STRANGE BUT TRUE

- The Chocolate River in the *Willy Wonka and the Chocolate Factory* was

real. The production used 150,000 gallons of water, cream and chocolate. But the ingredients spoiled and smelled really bad when the movie ended.

- Studies have shown that playing Tetris can curb sex, drug and food cravings.
- CS Lewis coined the term "vericide" to denote the killing of a word or distortion of its original meaning.
- A Vietnamese man was hospitalized after drinking too much methanol. Doctors transfused 15 cans of beer into his body to revive him. The liver breaks down ethanol before methanol, which gave doctors more time to do dialysis to remove the methanol from his system.
- The University of Oxford is older than the Aztec Empire.
- Santa Claus was issued a pilot's license from the U.S. government in 1927, along with airway maps and a promise to keep the runway lights on.
- The fighting on D-Day was so fierce that as much as four percent of the sand on Normandy beaches is magnetic due to shrapnel that has been broken down over the decades into sand-sized bits.
- Only official members of federally accepted Native American tribes may legally possess or collect eagle feathers.
- During a game, Babe Ruth would place a cabbage leaf under his cap to keep cool under the sun, replacing it every inning or two.
- Instead of kissing his bride, Edward II of England sealed his wedding vows with a smooch to his lover, Piers Gaveston, 1st Earl of Cornwall.
- A house cat could beat superstar runner Usain Bolt in the 200-meter dash.

THOUGHT FOR THE DAY

"Never worry about numbers. Help one person at a time and always start with the person nearest you."

– Mother Teresa

TRIVIA TEST

1. **Geography:** What is the second largest island in the Hawaiian Islands?
2. **Television:** Which popular 1980s-90s sitcom featured characters named Sophia, Dorothy, Rose and Blanche?
3. **History:** Which country hosted the first Olympics?
4. **Music:** How many African-American singer/songwriters have won a Grammy for Album of the Year?
5. **Movies:** Which 1990s film featured a twist contest at a restaurant called Jack Rabbit Slim's?
6. **Comics:** What was the name of the Daily Planet editor in *Superman* comics?
7. **Chemistry:** Which English chemist is credited with discovering hydrogen?
8. **Literature:** Hamlet (Shakespeare) was the prince of which country?
9. **Games:** How thick is a puck used in the National Hockey League?
10. **Animal Kingdom:** What kind of animal is used to hunt truffles?

TRIVIA ANSWERS

1. Maui 2. *The Golden Girls* 3. Greece, in 1896 4. Ten in the history of the awards. Stevie Wonder was the first in 1974. 5. *Pulp Fiction* 6. Perry White 7. Henry Cavendish 8. Denmark 9. 1 inch 10. Pigs

SCRAMBLERS ANSWER

1. Endow 2. Iced;
3. Cedar; 4. Wonder

Today's Word

DINNER

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10/1 * 10/22

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1/4 * TFN

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4/20 * TFN

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12/11 * TFN

HELP WANTED

OFFICE MANAGER

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

OFFICE ASSISTANT

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

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1/26 * TFN

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chipwolfe.com
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REMAX OF THE ISLANDS

6/5 * TFN


FOR SALE

BIKE FOR SALE

Bria EB Balloon Matte 7 Aqua Blue 15"
Bike for male or female. Purchased at Billy's Bike Shop Sanibel in 2020 for \$650.
Less than 200 miles on it. \$400 firm.
352-255-5789

10/8 * 10/15

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

PETS OF THE WEEK



Lexus ID# A773948
photos provided



Chanel ID# A883781

Lee County Domestic Animal Services

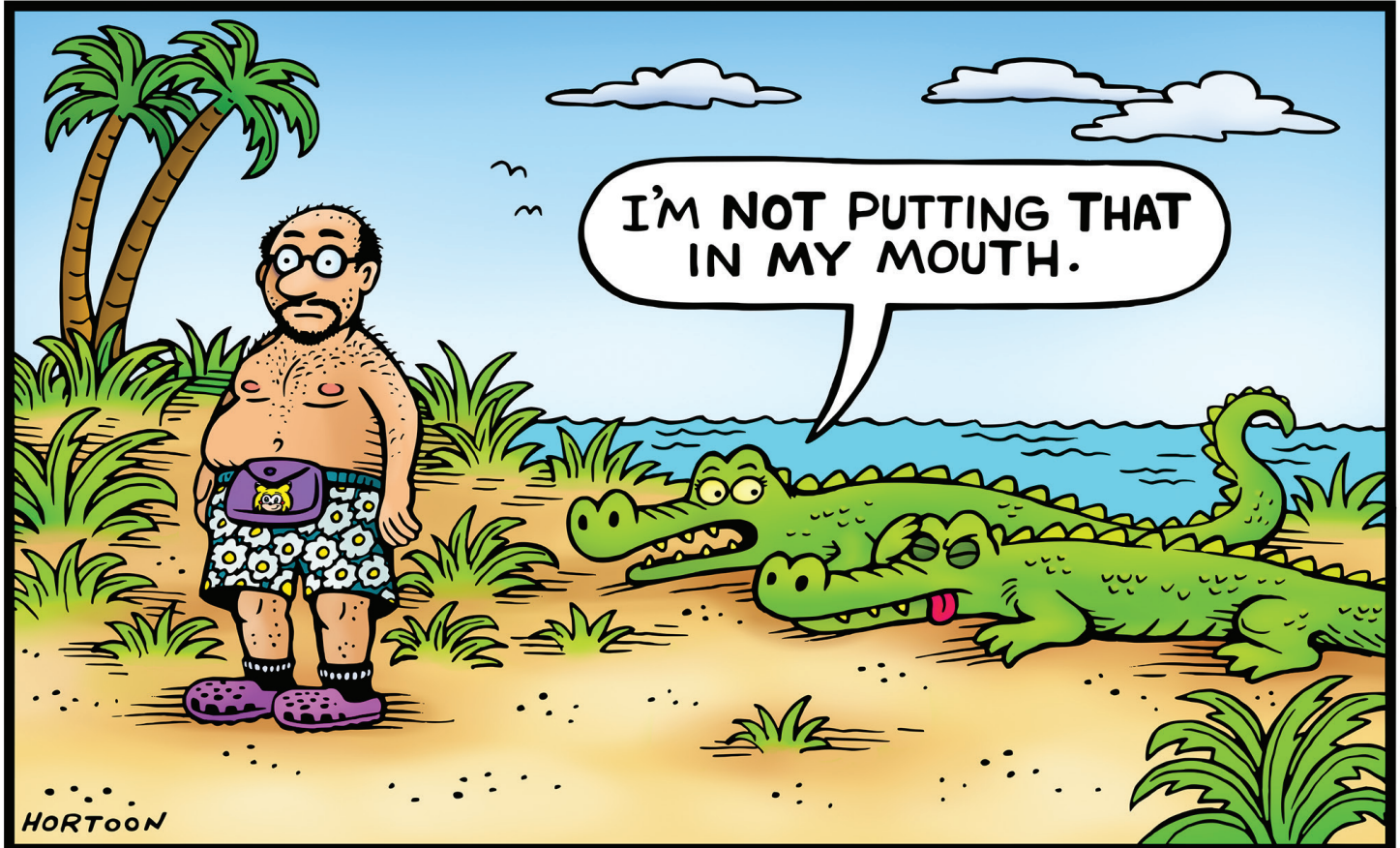
Lexus And Chanel

Hello, my name is Lexus. I'm a 3-year-old German shepherd. I'm very well-mannered, leash-trained and house-trained. My adoption fee is \$30.

Hi, my name is Chanel. I'm a 3-month-old domestic shorthair. I'm a pint-sized cutie who is full of spunk. 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

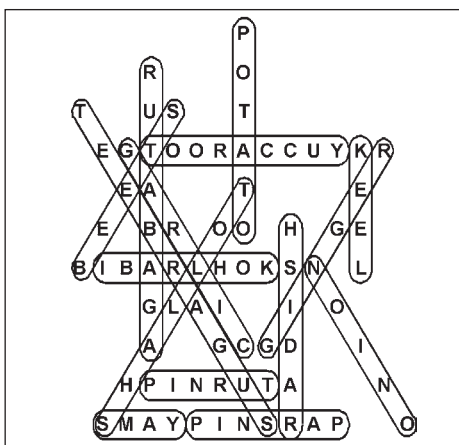
SUPER CROSSWORD

C	A	C	T	U	S		L	A	P	L	A	T	A		A	S	P	I	R	E	Y	
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KING CROSSWORD

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S	L	I	M		A	W	L		P	U	C	E
V	I	N	O		C	E	O		A	R	I	D
P	O	D	U	N	K		P	A	R	A	D	E
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fort Myers	Fort Myers	1992	6,760	\$7,900,000	\$7,475,000	119
Venetian Gardens	Fort Myers Beach	2015	3,699	\$2,999,999	\$2,950,000	6
Winklers Subdivision	Fort Myers Beach	1926	2,558	\$3,150,000	\$2,930,000	580
Yachtsmans Cove	Sanibel	1982	2,932	\$2,795,000	\$2,795,000	1
Fort Myers	Fort Myers	1965	3,522	\$3,000,000	\$2,750,000	20
Cape Coral	Cape Coral	2019	4,850	\$2,930,000	\$2,700,000	682
Cape Coral	Cape Coral	2010	3,751	\$2,500,000	\$2,500,000	0
Case Subdivision	Fort Myers Beach	2020	3,026	\$2,750,000	\$2,500,000	124
Siesta Isles	Fort Myers Beach	2007	5,767	\$2,399,500	\$2,225,000	93
Cape Coral	Cape Coral	2002	3,074	\$1,965,000	\$1,823,000	85

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Magazine



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