

Support  
Our Island  
Businesses  
**SHOP AND  
DINE LOCAL**



PRSRT STD  
U.S. POSTAGE  
PAID  
FT MYERS, FL  
PERMIT #5718

Postal Customer  
ECRWS

VOL. 29, NO. 16

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 15, 2021

OCTOBER SUNRISE/SUNSET: 15 7:28 • 7:01 16 7:28 • 7:00 17 7:29 • 6:59 18 7:29 • 6:58 19 7:30 • 6:57 20 7:30 • 6:56 21 7:31 • 6:55

## Locals Set Up New Fund For Intern Program

Sanibel residents Laurie and Bill Harkey recently set up the Harkey Development & Communications Intern Fund with the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). As the first permanently endowed internship fund at the refuge, it will guarantee ongoing funding for one intern annually.

“Laurie and I have always been fans of the outdoors and wildlife, and this is a way to support public education and environmental and wildlife protection while we are still around to see the results,” said Bill Harkey, who serves on the DDWS board of directors. “We see what these internships do for the students and their future careers but also what they do to help both the refuge and friends group in their important conservation work. The interns bring a fresh perspective and are mentored to be our next conservation stewards, wherever



Bill and Laurie Harkey photo provided

their career takes them.” Having visited Sanibel for many years, the Harkeys were hooked on the beauty of the island. They became homeowners and moved to Sanibel permanently in 2019 and immediately began volunteering their time and resources at the refuge, CROW and other island organizations.

continued on page 12

## Chamber CEO To Lead State Board

John Lai, president and chief executive officer of the Sanibel & Captiva Islands Chamber of Commerce, was recently named to the seat of chair for the Florida Association of Chamber Professionals (FACP). The statewide chamber agency installed its 2021-22 board of directors from throughout the state at its annual conference, held September 22 to 24 in Jupiter, Florida.



John Lai

The board of directors is the governing body responsible for overseeing the operations of FACP, whose mission is to advance excellence in chamber management in the state of Florida. Lai gained the position of chair-elect last year.

He succeeds Corydon “Cory” Skeates, JD, FCCP, IOM, president and CEO of the Lakeland Chamber of Commerce. As chair, Lai will lead the board in the coming year and oversee its direction in providing development skills for professionals within the chamber of commerce industry.

“I am highly honored and humbled to be taking this position with an organization of such importance to our state and the chamber of commerce movement,” said Lai. “I look forward to strengthening the islands’ standing with this front-row connection.”

Lai has served at the Sanibel & Captiva Chamber’s helm since his appointment in 2017. He has led members through toxic water quality issues and pandemic upheaval during that time by rallying local businesses at the state and federal government levels. Lai was instrumental in bringing together the Southwest Florida Alliance of Chambers and in seeing the chamber’s visitor center modernized and named by Visit Florida as one of 13 official Florida Certified Tourism Information Centers.

For more information about the chamber, visit [www.sanibel-captiva.org](http://www.sanibel-captiva.org).\*



Sanibel Historical Village

## Historical Village To Reopen

The Sanibel Historical Village reopens on Tuesday, October 19, with operating hours of 10 a.m. to 4 p.m. Tuesday through Saturday.

Among this season’s highlights are two Twilight Talks and the village’s annual gala

fundraiser, which this year will be a movie premiere that will be held on February 22 (2/22/22) at The Community House. The full-length movie, *Secrets and Stories of the Sanibel Lighthouse*, contains not only many interesting stories about the history of the lighthouse but also the history of Sanibel.

The museum will be reaching out to  
continued on page 2

## Halloween Special Final In Lecture Series

The Bailey-Matthews National Shell Museum concludes its free 11-session Celebrating 25 Years virtual lecture series just in time for Halloween. The final lecture, Spooky Mollusks and other Evils of the Deep, will be led by José H. Leal, PhD, museum science director and curator, on Wednesday, October 20 at 5 p.m.

Dr. Leal will introduce, in an entertaining yet informative format, the myriad ways that certain marine mollusks live and die. “In genuine vampire-seeking fashion, I will unmask the shocking lifestyles of ghastly and bloodcurdling mollusks,” said Dr. Leal.

Get acquainted with vampire squid and snails, clams that live entombed for life, grave-robbing and corpse-eating snails, parasitic micromollusks addicted to blood and other harrowing creatures of the molluscan universe. And good luck sleeping after that.

Visit [ShellMuseum.org/lecture-series](http://ShellMuseum.org/lecture-series) to register and to watch recordings of previous lectures.

The Bailey-Matthews National Shell



Radula O magellanica photo provided

Museum is a natural history museum, and the only museum in the United States devoted solely to shells and mollusks. Permanent exhibitions on view include the Great Hall of Shells, which displays highlights of the museum’s collection of some 500,000 shells, as well as the Beyond Shells living gallery of aquariums with over 50 species of marine life.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open daily from 10 a.m. to 5 p.m. Admission cost is \$23.95

continued on page 10



## Community House Events

**A**dult Culinary classes (Introductory Wine Series) with Chef John Wolff are held on Saturdays, October 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 are held on Tuesdays, October 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](http://www.sanibelcommunityhouse.net) or call 472-2155. Watercolor rental kits are available for \$10 at the time of the class.

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.

A Life Line Screening event will be held on Tuesday, October 19. Call 1-888-814-0416 or visit [www.lifelinescreening.com/community-partners](http://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](http://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](http://www.sanibelcommunityhouse.net) or call 472-2155.*

From page 1

## Historical Village

current members and seeking new members. "We are again offering a reciprocal museum membership, but this time at the reduced rate of \$100 per year," said Executive Director Emilie Alfino. "We are members of the North American Reciprocal Museum (NARM) family, and a membership at the \$100 level or above offers members free admission to more than 1,000 participating arts, cultural and historical institutions, along with botanical gardens,

children's museums, science and technology centers, and more. Many institutions include a discount at their gift shops." Visit <http://narmassociation.org> for a complete list.

In addition, members at the \$150 level or above are invited to attend the museum's Volunteer Updates. These are casual, relaxed talks by a wide variety of island icons and held for the benefit of volunteer docents. Previous speakers have included Porter Goss, Ralph Woodring, Gene Gavin and former museum president Alex Werner. Talks are held at noon on the first Monday of the month, January through March.

New volunteers are always needed at the village. Training programs will be held on November 8 and 15. For more information, call 472-4648 or email [info@sanibelmuseum.org](mailto:info@sanibelmuseum.org).

In accordance with City of Sanibel regulations, masks are required inside the buildings. Full guided tours are available only if reserved in advance for groups of no more than six, depending on docent availability. This precautionary measure is due to COVID-19. "We hope to be able to resume our regular tours, at 10:30 and 1:30, as soon as possible and within safety guidelines," Alfino said.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. Admission is \$10 for adults over age 18; no charge for members and children. The village has handicap access to all but one building, the tiny Sanibel Post Office. For more information, call 472-4648 during museum hours or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).



# Let's Pink Out!

## SANIBEL & CAPTIVA

# PINK OUT PICNIC

## OCT 28TH 11:30AM

**Sanibel Fire Station • 2351 Palm Ridge Rd**

**ALL CANCER SURVIVORS FREE**

**Friends & Family by Donation**

**Reserve your lunch now at**

**PINKOUTPICNIC.COM**

**or Email [PinkOutSanibel@gmail.com](mailto:PinkOutSanibel@gmail.com) or call or text 239-839-3633**










Plan to set sail with SCCF and Upright Hootenanny

photo provided

## Pine Island Sounds Series Returns Soon

The Sanibel-Captiva Conservation Foundation (SCCF) has announced the return of a popular set of floating musical events. After a successful pre-pandemic inaugural season, Pine Island Sounds is expanding to four concerts between November 2021 and February 2022.

Presented in partnership with Captiva Cruises and Todd and Leanne Marcum, the fundraising series features world class musicians performing on private sunset cruises aboard the *Lady Chadwick*. Guests set sail out of McCarthy's Marina on Captiva Island.

"Pine Island Sounds is a passion project for me," said SCCF Event Manager Jeff Siwicke. "We are literally sailing on the waters we're raising funds to protect and share. It's great to be able to bring this caliber of musical talent from a variety of genres to enjoy in a safe, open-air setting. This would not be possible without the Marcums and the

good folks at Captiva Cruises."

SCCF will kick off the season with a concert cruise on Sunday, November 7 from 4 to 6 p.m. The three other dates are December 12, a date to be determined in January 2022 and a final sunset concert cruise on February 13, 2021. On the talent front, Upright Hootenanny – fan favorites from SCCF's Beer in the Bushes – will be joining the concert lineup.

The upcoming Pine Island Sounds events will raise funds to support SCCF Marine Lab's water quality research and its Sanibel Sea School's ocean-based educational outreach. Both areas of mission-driven work are powerful elements in SCCF's efforts to protect and care for Southwest Florida's coastal ecosystems.

"Under Jeff's leadership, Pine Island Sounds raised \$20,000 in its inaugural season," said SCCF CEO Ryan Orgera. "We hope to surpass that goal this season, funding water quality research and educational programming focused on the coastal waters surrounding Sanibel and Captiva."

For more information or tickets, email [jsiwicke@sccf.org](mailto:jsiwicke@sccf.org).



spa • salon • boutique

**REPAIR**  
Healing Gel



**NOW ONLY**  
**\$19** Reg. \$49

massage • facials • nails • hair • makeup

*"This is my favorite go to product to balance, heal, tighten and tone the skin."* XO Kay

A nourishing combination of calming orange and sandalwood oils and soothing aloe, chamomile, and lavender extracts, Kay's Healing Gel is infused with phytonutrient-rich gotu kola, extracted from a medicinal plant used for thousands of years for its powerful rejuvenating and anti-inflammatory properties, especially on the skin.,

- available in-store or online -

Cannot be combined w/ any other discounts or offers.

Skincare • Cosmetics • Hair+Body Care  
Vitamins • Essential Oils • Candles  
Home Accessories • Jewelry • Apparel



CAPTIVA  
CHADWICK'S SQUARE  
14830 Captiva Drive  
239-579-1470

[captivaspa@kaycasperson.com](mailto:captivaspa@kaycasperson.com)



SANIBEL  
SUNDIAL RESORT  
1451 Middle Gulf Drive  
239-395-6002

[sundialspa@kaycasperson.com](mailto:sundialspa@kaycasperson.com)

SHOP + CONNECT WITH US ONLINE

KAYCASPERSON.COM





## Open Every Day

**Hours:** Monday - Saturday 11am - 9pm  
Sunday Noon - 9pm

|         |                       |
|---------|-----------------------|
| Oct. 14 | Goopy Butter Cake     |
| Oct. 15 | English Toffee Chip   |
| Oct. 16 | Cinnamon Coffee Cake  |
| Oct. 17 | Key Lime Pie          |
| Oct. 18 | Almond Joy            |
| Oct. 19 | Waffle Caramel Crunch |
| Oct. 20 | Cookie Dough          |
| Oct. 21 | Caramel Apple Nut     |

DAILY FLAVORS

(239) 312-8626 • 1219 Periwinkle Way, Sanibel (Located next to Huxter's)

[f The Shack Of Sanibel](https://www.facebook.com/TheShackOfSanibel) [@TheShackOfSanibel](https://www.instagram.com/TheShackOfSanibel)



Sanibel Historical Museum And Village

## Looking Back: Webb Shanahan

This week's image shows

Webb Shanahan playing with his pet monkey.

Shanahan was 2 years old when his family came to Sanibel from Key West so his father, Henry Shanahan, could become assistant lighthouse keeper.

Henry Shanahan's wife died in 1895. That year, Othman and Irene Rutland and their children moved to Sanibel because the Great Florida Freeze had destroyed their groves in Apopka. Othman died in 1899, and the Shanahan and Rutland families merged when Henry married Irene. They added one more child to the dozen in the combined family. Webb eventually married his stepsister, Pearlie.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.✪



Webb Shanahan with his pet monkey  
photo courtesy Sanibel Historical Museum and Village

## Churches/Temples

**BAT YAM-TEMPLE OF THE ISLANDS**  
Friday Shabbat Services at 7:30 p.m.  
Email [batyamsanibel@gmail.com](mailto: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](http://www.captivachapel.com), [www.facebook.com/Captiva-Chapel-By-The-Sea](http://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](mailto: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](http://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](http://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](http://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](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901. Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✪



# She Sells Sea Shells

*"An Ocean Boutique"*

*"Where Islanders Have Sent Their Friends & Family To Shop Since 1976"*

Sanibel & Worldwide Shells • Corals & Exotic Sealife  
Shell Gifts • Jewelry • Books • Candles • Lamps • Craft Supplies  
T-Shirts • Tanks • Muscles • Hoodies • Hats • Cover-Ups & Dresses  
Handmade Shell Xmas Ornaments & Flowers

**WELCOME VISITORS**

**Celebrating Over 45 Years On Sanibel!**

**SEE OUR SHELL SCOOPS**

Adult & Kids T's sizes XS-XL  
**3 for \$29**  
XXL 3 for \$37

**20% OFF**  
Any Single Item  
(cash sales only)  
Good with coupon  
not valid on sale items

SUN



**Voted Best Shell Shop in SW Florida**  
– News Press Readers Poll 2000-2019  
Voted Best Gift Shop in SW Florida 2019



**Winner Sanibel's Best Shell Shop**  
– Islander/Island Reporter Readers Poll 2000-2021  
Best Craft & Gift Shop 2015

**FREE GIFT!**  
**WE SHIP!**

**1157 Periwinkle Way**  
**472-6991 • 472-8080**  
**Open 7 Days 9:30am 'til 7:30pm**  
**SheSellsSeaShellsSanibel.com**

**WE BUY LOCAL SHELLS!**

WOMEN'S CLOTHING  
MEN'S CLOTHING  
SHOES  
JEWELRY  
HOME DÉCOR  
COLLECTIBLES  
GIFTS  
BOOKS  
CARDS  
SPECIALTY SHOPS  
FAMILY DINING  
TAKE-OUT  
HAIR SALON  
ART GALLERIES  
PET NEEDS



## SHOP ON SANIBEL

*Come for the beaches... discover the shopping!*

**Now open in The Village Shops**  
*a restaurant by Traders*



LUNCH BAR DINNER GIFTS

*Tahitian*  
**GARDENS**  
1975-2019 Periwinkle Way

*Olde*  
**SANIBEL SHOPPES**  
630 Tarpon Bay Road

*Town*  
**CENTER**  
2496 Palm Ridge Road

*The*  
**VILLAGE SHOPS**  
2340 Periwinkle Way



For individual shop information: [www.ShopOnSanibel.com](http://www.ShopOnSanibel.com)



# We continue to support Let's Pink Out

Raising awareness for Breast Cancer in our community



**Sanibel's**  
BEST HOMEMADE  
*Ice Cream*

## Try our Boobalicious Ice Cream

(strawberry ice cream with chocolate chips & rainbow sprinkles)

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

**Buy a Quart of Boobalicious,  
Get a Pint FREE!**

(Thru October or while supply lasts)

# Soooo Good, It's Scary!!!

## Halloween Flavors Are Here!

### Headless Horseman's Vacation:

Pumpkin Ginger Snap Ice Cream

### Graveyard:

Double Dark Chocolate Ice Cream  
with Animal Crackers

### Orange Scream:

Orange Sorbet,  
Vanilla Ice Cream &  
Crushed Oreos

Boo!

**Sanibel's**  
BEST HOMEMADE  
*Ice Cream*

Quarts  
and Pints  
to go

Freshly Brewed  
Lavazza Coffee

### Specialty Coffees:

Cappuccino • Espresso  
Latte • Americano  
Cafe Mocha  
Cafe Cubano  
Chi Latte  
Affogato



Fresh Made Sandwiches To Go! Getting ready to go to the beach? Let us pack a lunch for you!

Open Daily from 8am-10pm • Two Great Shops In One Location! On the East End of Sanibel, near the Lighthouse  
362 Periwinkle Way • 239-476-0796 • [www.SanibelsBestHomemadeIceCream.com](http://www.SanibelsBestHomemadeIceCream.com)

Please like us on [Facebook](#), [Instagram](#) and [Twitter](#)

We deliver  
to East End





# 2021 SEAHORSE SOCIAL

*A benefit for the Sanibel School  
hosted by the Parent Teacher Association*

**Fri. Oct. 22**  
**Sanibel Community House**  
**6:30 - 10:00pm**

*A Spanish-themed adults night out:*

- **PAELLA, BY FIRE & RICE**
- **HOSTED WINE & BEER**
- **LIVE MUSIC**
- **LIVE/SILENT AUCTIONS**
- **& SUPPORT OF OUR VITAL COMMUNITY SCHOOL.**

**SPONSORED BY:**

Platinum




Gold




Silver







Bronze







**PURCHASE YOUR TICKETS AT**  
**THE SANIBEL SCHOOL PTA.COM**

## OBITUARY

### GRACE HORN

Grace was born on June 8, 1918 in Hayes Center, Nebraska to George Teasley, Sr. and Elizabeth Parker Teasley. On this date, there was a full solar eclipse that crossed over Nebraska; maybe this was a sign for her to live a long life.



Grace died on September 25, 2021 at her home on Sanibel at the age of 103. Days before her death, she was visited by her nephew, Gary Teasley, and his wife, Beverly, from Huntsville, Alabama and her niece, Janice Teasley Hansen, from Godfrey, Illinois. During the last days of her life on earth, she was comforted by her caregiver of almost two years, Joyce DeCamillo, and several close friends.

She was preceded in death by her husband of almost 60 years, Clarence, her parents, her brothers, Parker, Finley, and George Jr, and nieces, Cynthia Day and Kathy Beutel.

She is survived by five nieces: Sandy Teasley Radliff, Carolyn Day Downs, Janice Teasley Hansen, Christy Teasley Wallendorff, Jacqueline Horn Price and four nephews: James Day, Gary Teasley, Finley Teasley and George Teasley III. Grace and Clarence did not have children, but they shared their love with their nieces and nephews as well as their many friends.

Before moving to Sanibel, Grace enjoyed buying, collecting and selling

antiques. Grace worked in several retail positions over her lifetime, but her favorite was working for Joe Gault, former owner of the Seahorse Shop on Sanibel Island. Joe entrusted her with buying merchandise for the store and managing the store at South Seas Plantation. She also modeled the latest clothing trends at events hosted by the resort at South Seas Plantation. She loved working in retail and her charming and gracious personality was well received by customers.

Grace was very gifted with her seashell creations and artwork, and she won many awards at local craft events. For many years, she and her mother would walk the beaches of Sanibel, picking up shells for their collections and artwork. It was not unusual for Grace to sit on the beach, combing through a pile of shells for hours and looking for just the right ones.

Grace first read about Sanibel Island in a 1949 edition of *National Geographic* magazine. In the late 1950s, she made it a point to visit the island and fell in love with its charm right away.

For many years, Grace and Clarence took responsibility for caring for her mother and father. In the mid 1960s, Grace and Clarence started looking for a house to purchase on Sanibel that had space to accommodate her aging parents. Fortunately, they found a duplex that was perfect for both families. After her parents settled in their side of the duplex, there was no more going back and forth to Illinois for them. They remained there until their deaths.

Grace's last wish was to die at home. During the last two months of her life, she was tended to by Hope Hospice and her beloved caregiver. The family requests that any donations in Grace's memory be made to Hope Hospice, 2430 Diplomat Parkway East, Cape Coral, FL 33909.✧



Molly Kreter

photo provided

## Local Completes World Marathon

Molly Anne Kreter, daughter of Steve and Laura Kreter of West Gulf Drive on Sanibel, completed the London Marathon on October 3.

Aside from it being Molly's 16th in-person marathon, this completes her "Abbott's World Marathon Majors Competition." Molly has finished the New York City Marathon, the Berlin Marathon, the Chicago Marathon, Tokyo Marathon and finally the London Marathon, as well as numerous marathons throughout the United States and Canada.✧

## Top 10 Books On The Island

1. *For Whom the Shell Tolls* by Jennifer Schiff
  2. *The Cold Millions* by Jess Walter
  3. *The Santa Suit* by Mary Kay Andrews
  4. *The Man Who Died Twice* by Richard Osman
  5. *Cloud Cuckoo Land* by Anthony Doerr
  6. *A Slow Fire Burning* by Paula Hawkins
  7. *White Ivy* by Susan Yang
  8. *Harlem Shuffle* by Colson Whitehead
  9. *The Most Beautiful Girl in Cuba* by Chanel Cleeton
  10. *The Lying Life of Adults* by Elena Ferrante
- Courtesy MacIntosh Books and Paper.✧



# It's Like Shopping In A Park!

**Voted Sanibel's #1 Shopping Destination**  
*By The Lee County Visitor & Convention Bureau*



**Sanibel Day Spa**  
ESCAPE RELAX RESTORE

**Massage  
Skincare  
Hair & Nails**



239.395.2220 • 877.695.1588  
PERIWINKLE PLACE SHOPPING CENTER

  MM# 2782

**WE'RE ALWAYS SERVING UP SOMETHING SPECIAL!**  
**Open every day from 8am - 8pm!**

Enjoy Breakfast, Lunch and Dinner  
Inside or on our  
Pet-Friendly Patio  
Full Liquor Bar  
Happy Hour  
4 - 6pm



**Blue Giraffe**  
Island Dining



239-472-2525 • [BlueGiraffeRestaurant.com](http://BlueGiraffeRestaurant.com)  
Call for Takeout! - 2075 Periwinkle Way at Periwinkle Place

**OPEN**  
**Mon-Sat 10-6**  
Butterfly Beach, Chico's,  
Congress Jewelers,  
Sand Castle Gifts & Gourmet,  
Sea Glass Lane,  
Shady Rooster, Toys Ahoy,  
Trader Rick's  
**Naples Soap Open**  
**Mon-Sat 10-7**





**2075**  
**Periwinkle Place Shops**

**Sanibel Day Spa**

**Blue Giraffe**  
**BREAKFAST  
LUNCH  
DINNER**

**Original Chico's**

2075 Periwinkle Way • 2 miles off Causeway Road on the Left  
Shop Mon - Sat 10-5, select stores til 6, Naples Soap til 7 • Sun 12-5 • [PeriwinklePlace.com](http://PeriwinklePlace.com)





# Council Reviews Building Needs

by Wendy McMullen

City council determined to hold a special workshop in November to consider proposed changes to the former bank building and potentially discuss a master plan for all city buildings.

“I feel I’m not yet ready to say let’s go forward with this,” said Councilman John Henshaw in response to a request to give the architect the go-ahead to convert the former bank building on Library Way to a senior center for the Center 4 Life program “I think we need some further study.”

“Conceptually, not just for this, but for the entire city, including the offices for natural resources in city hall offices,” he continued, “I don’t want to do this piecemeal,”

He was supported by Councilman Dr. Scott Crater, who suggested that plans for outdoor exercise be incorporated into senior center plans.

Vice Mayor Richard Johnson agreed with some reservations.

“I do support taking a holistic look at what our needs are. I think that what has come to light during COVID is that we recognize some of the deficiencies that we have regarding office space,” the vice mayor commented. “My concern is that we’re postponing this for some time, and I do not want to telegraph an unintended message to our seniors that we’re putting this on the back burner. That is absolutely not my direction.”

“We don’t want to put this on the back burner but it’s hard to disagree with the workshop,” said Councilman Mike Miller.”

“We want to do it right the first time and not wrong several times,” commented Mayor Holly Smith speaking in favor of holding a workshop. “So many things are tied in to what is going on with these buildings. We need to have all our ducks in a row.”

Meantime, the city has determined that the ventilation at Center 4 Life building on Library Way is inadequate for exercise and is in the process of moving

the seniors’ programs to the currently underused Sanibel Recreation Center on Sanibel-Captiva Road.

Recreation Center Director Trish Phillips reported that the Osprey Room in the rec center is being converted for the exclusive use of seniors’ social events like bridge, mahjong and the Page Turners book club. Senior staff will have their offices in the Ibis Room at the rec center.

The facilities workshop in November will be on a date still to be determined. The issue of modernizing the police department facilities will take place in a separate workshop scheduled for Wednesday, October 27 at 5 p.m.✽

## Bonus Outdoor Seating Rules Approved

by Wendy McMullen

Outdoor dining on Sanibel became a reality at Sanibel’s City Council’s October meeting.

The new ordinance permits restaurants to add seats amounting to 15 percent of their already allowed number of seats as a bonus. The number of bonus seats, however, cannot exceed 32. In addition, takeout restaurants and what is termed “incidental dining establishments” are allowed 16 bonus outdoor seats.

Seats have to to be placed 15 feet from side or rear property lines, and 20 feet from streets other than Periwinkle Way, which has a setback of 70 feet from the centerline. The special setback for Periwinkle Way is designed to discourage placing parking spots in front of buildings and to encourage landscaping buffers.

According to the ordinance, indoor seating may be moved outdoors but bonus outdoor seating may not be moved indoors.

The demand for restaurants to be allowed additional seats to accommodate people who prefer to dine outdoors has been discussed for many years. The COVID-19 crisis added immediacy to the clamor for open-air dining and has appeared to silence people previously opposed to the measure.✽

# City Hires Consultant To Study Pay Scales

by Wendy McMullen

With city staff shortages at critical levels, the city has hired Management Advisory Group International (MAGI) to determine classification, benefits and compensation for city workers.

The consultant will conduct a survey of salaries in the public and private labor market to determine whether the city’s wages and benefits are competitive. But Administrative Services Director Crystal Mansell told city council the study may still take up to six months to complete.

“I’m concerned about the timeliness of this,” commented Karen Storjohann in public comment. “I think it’s extremely important that we get this started and done very quickly. I really think we need to know tomorrow, if not yesterday, what we’re doing about our pay schedule.”

Seventy-six full- and part-time staff were furloughed from the city at the beginning of the COVID-19 pandemic in the spring of 2020.

MAGI was hired at a cost of \$23,500 with overtime at \$200 an hour plus \$55 per clerical hour.✽

# More Than \$2 Million Approved In County Grants

by Wendy McMullen

Grants from the Lee County Tourist Development Council (TDC) of more than \$2 million were approved by Sanibel City Council during its October meeting.

Sanibel approved \$1,605,100 for beach park facility maintenance, \$200,000 for changing room rehabilitation at Bowman’s Beach and \$225,000 for bridge replacement at

Bowman’s Beach main access.

The city council also approved \$40,000 for a beach and shoreline erosion survey on Sanibel. Historically, certain beaches have accreted on Sanibel, but there are critical hot spots where erosion is taking place.

The TDC and Visitors Convention Bureau are funded by a five percent tourist tax collected on all accommodations rented for six months or less.✽

# City Accepting Aquatic Instructor Proposals

The City of Sanibel is seeking aquatic instructor proposals for fiscal year 2022. Instructors must be able to offer high quality aquatic classes in one or more of the following activities: deepwater aerobics, aqua jog, shallow water aerobics, Yogalates H2O. Instructors must be able to meet the various needs and fitness levels of the users. These classes will be held at the Sanibel Recreation Center. Selected aquatic instructors must submit to and pass a criminal background check.

Acceptable proposals must contain the following information:

- Copy of current group fitness certification(s) and/or specialty training certification(s);
- Copy of current AED/CPR/First Aid Certification;
- Copy of current liability insurance;
- A minimum of three references;
- College degree earned in a health/fitness related field or equivalent work experience in the field; and
- Proposed aquatic classes qualified and available to instruct for the city (include class type(s) and description, days of the week, and times).

Proposals are requested no later than Friday, October 22. Email, mail or submit in person to the City of Sanibel, Recreation Department, Attn: Trish Phillips, Recreation Director, 3880 Sanibel Captiva Road, Sanibel, Florida 33957; email trish.phillips@mysanibel.com.✽

Independently Owned And Operated  
COPYRIGHT 2021 Island Sun  
LORKEN Publications, Inc.



USPS 18: Bulk Rate permit paid, Sanibel, FL, 33957  
Postmaster: Send change of address to Island Sun,  
1640 Periwinkle Way, Suite 2, Sanibel, FL 33957

Published every Friday for the people and visitors of Sanibel and Captiva Islands.  
Distribution: 8,000-10,000 per week (seasonal).  
Mailed free to Sanibel and Captiva residents every Friday. Subscription prices:  
Third Class U.S. \$60 one year, \$30 six months (allow 2-3 weeks for delivery).  
First Class U.S. \$150 one year, \$75 six months (allow 3-5 days for delivery).  
Prices include state sales tax. Subscription requests by mail, email or phone.

Readers with news, tips, comments or questions, call 239-395-1213,  
write to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957  
or email: press@islandsunnews.com. To advertise, email: ads@islandsunnews.com.

*The Island Sun reserves the right to refuse, alter or edit any editorial or advertisement.  
We will correct factual errors or matters of emphasis and interpretation in news stories.*



NEWSPAPER  
Sanibel & Captiva Islands

**Publisher**  
Lorin Arundel

**Accounting**  
Mike Terry

**Advertising**  
Bob Petcher

**Graphic Arts & Production**  
Ann Ziehl, Manager  
Amanda Hartman  
Willow Peterson

**Reporters**  
Kathy Kurtz Ferrari  
Wendy McMullen

**Read Online: [www.IslandSunNews.com](http://www.IslandSunNews.com)**

| Contributing Writers  |                       |
|-----------------------|-----------------------|
| Kay Casperson         | Kealy McNeal          |
| Constance Clancy, EdD | Capt. Matt Mitchell   |
| Suzy Cohen            | Trinette Nelson       |
| Linda Coin            | Howard Prager         |
| Cindy Carter          | Gerri Reaves PhD      |
| Clay C. Ewell         | Angela Larson Roehl   |
| Marcia Feeney         | Julie Rosenberg, MD   |
| Katie Frederic        | J. Brendan Ryan, CLU, |
| Shelley Greggs        | ChFC, MSFS            |
| Marion Hauser, MS, RD | Di Saggau             |
| Ross Hauser, MD       | Jeanie Tinch          |
| Bryan Hayes           | Allison Havill Todd   |
| Craig R. Hersch       | John Wolff            |
| Dr. Jose H. Leal, PhD |                       |



PRINTED ON  
RECYCLED PAPER





— Discover —

# Tahitian Gardens

## Shopping Center

## 1975 Periwinkle Way

From Antiquity and Beyond...  
Authentic Ancient and Treasure Coins



# Natural Beauty Island Style



# Sanibel Sole



**BIRKENSTOCK®**  **Columbia**  
**VIONIC** **täo**  
FOOTWEAR **OOFOS®** **Teva**

## SYNERGY

**Tahitian Gardens**  
**1981 Periwinkle Way**  
**(239) 395-0385**  
**synergysportswear.com**

**LIFE IS GOOD®**



**For individual shop information: [www.ShopOnSanibel.com](http://www.ShopOnSanibel.com)**



## OBITUARY

## BEVERLY JANE HODGES BALL

Sanibel lost a previous longtime resident and volunteer, Beverly Jane Hodges Ball, 93, on September 22, 2021. She passed away in her sleep at her home in the Cypress Lake community.



Bev spent much of her 23 years full time on the island as a volunteer. She was probably best known for her 10-year period as director of SCCF's sea turtle program. She led over 100 volunteers on the beaches of Sanibel and Captiva, searching for sea turtle nests and then monitoring them. She was dubbed by many as "Turtle Mom" or "Turtle Warrior."

Bev served on the board of Clinic for the Rehabilitation of Wildlife (CROW) as well as a caregiver in the CROW clinic and presenter in its education center. In the early 70s, she was part of a trio that expanded CROW's education program into schoolrooms across Lee County.

Over the years, she was a weekly presenter on the dolphin cruise of Captiva Cruises. She also served as a rover at "Ding" Darling Wildlife Refuge.

Born December 27, 1927 in Meridian, Mississippi to the late Bryant and Nola

Mae Hodges, she is predeceased in death by a sister, Dorthy Mae Hodges Barefield; a daughter, Kathryn Lynn Ball; and a son, Robin Armand Ball. She is survived by her husband, Armand B. Ball, Jr.; daughter, Helen (Peter) Pound of Frederick, Colorado; six grandchildren; five great grandchildren; four great great grandchildren; two nieces; and a nephew.

She graduated from Blue Mountain College (Mississippi) and Southwestern Baptist Seminary (Texas). She taught high school in Nashville, Tennessee and Rosenberg, Texas. She was the Baptist student union director at Troy University (Alabama) and youth director at First Baptist Church in Tallahassee, Florida. She worked with youth in YMCA summer camps (Tennessee and Minnesota) and was publications director at the American Camp Association in Martinsville, Indiana. She was co-author with her husband of *Basic Camp Management*, a text in colleges and organizational courses for over 30 years. She was a tutor in courses for camp directors in countries around the world and a national trainer for Girl Scouts of the United States of America.

A celebration of her life will be held on Saturday, November 6 at 2:30 p.m. in Edison Hall at Cypress Cove, 10200 Cypress Cove Drive, in Fort Myers. Persons at a distance may participate virtually via Facebook or Zoom.

Friends are invited to share memories or to secure information on Zoom participation or memorial gifts at [www.dignitymemorial.com](http://www.dignitymemorial.com).✱

## OBITUARY

## ROSALIND JOAN HABER (DOMBEY) WEGRYN

Rosalind Joan Haber (Dombey)

Wegryn was called to heaven on October 9. She was born to Charles and Renee Haber of Queens, New York on April 27, 1936. 'Roz' attended The High School of Music and Arts as a voice major, which gave her an opportunity to sing at Carnegie Hall. She attended St. Lawrence University and Bucknell University from which she graduated in 1956 with a special degree in commerce and finance.

She was married to Daniel Dombey and later to Dr. Stanley Wegryn. Roz and Stanley built the Wegryn Medical Center on Sanibel Island.

She loved to write music and was once on *To Tell The Truth* where two of her songs were performed. In Florida, Rosalind became very involved with her church and wrote several songs expressing her personal passion and faith.

Roz leaves behind her daughters, Bonita (Gary Moore) and Naomi Ratner, and the son she and Stanley adopted, Sebastian (DeWayne Musick). There are grandchildren, Justin, Kara and Brad



Ratner, and four great grandchildren. She will also be missed by her sisters, Susan Goldberg and Judith Ruzicka.

Rosalind's funeral service and burial will be at St. Columbkille Catholic Church in Fort Myers on October 22 at 11 a.m. In lieu of flowers, donations are requested for St. Jude's Children's Research Hospital and Harry Chapin Food Bank.✱

## Repairing Relationships

Narconon reminds addicts and alcoholics that those relationships that you managed to destroy with your addiction can be repaired. Stop talking about it and making broken promises. Seek treatment and start making a change to mend those relationships.

For more information on repairing relationships, visit [www.narconon-suncoast.org/blog/repairing-relationships-damaged-by-addiction.html](http://www.narconon-suncoast.org/blog/repairing-relationships-damaged-by-addiction.html). Call 1-877-841-5509 for a no cost screening or referral.✱

From page 1

## Lecture Series

for ages 18 and over, \$14.95 for ages 12 to 17, \$8.95 for ages 5 to 11 and no charge for children under age 5. Active-duty military and their families are admitted at no charge and discounts are available for seniors through AAA and AARP. For more information, visit [www.shellmuseum.org](http://www.shellmuseum.org) or call 395-2233.✱

## MEET THE SHELL MAKERS

SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ATTEND A KEEPER CHAT AT 11 A.M. DAILY

WIN A PRIZE ON OUR SCAVENGER HUNT



BAILEY-MATTHEWS  
NATIONAL  
SHELL  
MUSEUM



3075 Sanibel-Captiva Rd., Sanibel, FL  
(239) 395-2233 • [ShellMuseum.org](http://ShellMuseum.org)

Open Daily  
10 a.m.-5 p.m.



LEE COUNTY  
TOURIST DEVELOPMENT COUNCIL

JOIN US AT  
TOWER  
GALLERY  
OCTOBER 22 - 24  
FROM 10 - 5

FOR OUR  
15th ANNUAL

TOWER GALLERY  
751 TARPON BAY RD.  
[WWW.TOWERGALLERY.NET](http://WWW.TOWERGALLERY.NET)  
239.472.4557



ARTIST ON  
DUTY DAILY

Like Us On  
Facebook and Instagram  
For All The Latest news



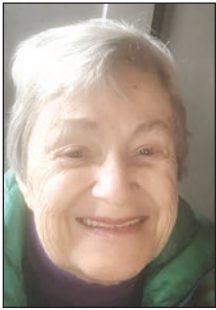
ART  
FROM THE  
ATTIC  
SALE



OBITUARY

BARBARA DEE AMON CHAPIN

Barbara Dee Amon Chapin passed peacefully on a pretty spring day on May 22, 2020 in Fort Collins, Colorado. She was born in 1936 in Youngstown, Ohio to Dee and Hazel Amon. Being the eldest of four siblings, she knew she was “the boss.” She enjoyed school, friends and, in her quiet time, books. She graduated early from Cortland High School, married in the early years of college and had four children. Barbara went on to finish her teaching degree at Youngstown State with the help of her parents watching her active kids in the evenings.



Barbara loved her family and was passionate in her careers. She began teaching social studies and English to fifth and sixth graders in the Howland school district of Warren, Ohio. After following her parents to Sanibel in the early 1970s, she was fortunate to be one of the first teachers at Canterbury School in Fort Myers. Barbara was a tough but fair teacher who cared for all her students. Barbara sometimes worked two or three jobs. It was not long before she got the real estate bug. Her love for people

and finding them a home was her new adventure. She built a well-established client base and was very involved in her community with women’s groups, the arts and mostly Realtors Political Action Committee (RPAC). Her diplomacy and hardwork made her an important fixture to the Sanibel-Captiva Board of Realtors. She was president of the Sanibel Captiva Board of Realtors twice. She respected the island and wanted her children to be fairly represented in the county, state and nationally. Along the way, she made dear friends and comrades.

Barbara’s hobbies focused primarily on her grandchildren. For all holidays, it was understood her children were all to attend a potluck at her home. Her favorite time of year was Christmas. Christmas started the day after Halloween. She would take weeks to set up her tiny villages depicting Dicken’s Christmas scenes or Santa’s workshops. One year, she opened her Gumbo Limbo home for others to tour her story book creations. She baked loaves of her Swedish bread to pass out to her friends, clients and family.

Barbara had four children: Ron (Leanne) Ritchie, David Ritchie, Connie Davidson and Scott (Wendy) Ritchie. She was blessed with nine grandchildren and four great grandchildren. These were her greatest loves.

Family and friends are asked to join together at The Community House, 2173 Periwinkle Way, Sanibel on Saturday October 30 at 10:30 a.m. There will be a gathering in memory of Barbara and her son, Scott Ritchie.✽

OBITUARY

SCOTT RITCHIE

Scott Ritchie passed on July 8, 2020 after a courageous fight with cancer. Scott was the son of Barbara and Ronald Ritchie. He was the husband to Wendy, the love of his life. He was the father to three beautiful children – Bryant (Deanna), Nick and Jilian. He was the grandfather to Bennett and was awaiting the arrival of his second grandchild, sweet Delilah. He was brother to Ron, David, Connie and Michael and a loud, fun-loving uncle to his many nieces and nephews.

Scott was born in Ohio and raised on Sanibel. He made friends easily. Once you were his friend, you had one for life. He was a hard worker and had a zest for life. After high school, he joined the Navy where he developed a love for diving and found he was a natural at organizing. He had a knack for encouraging and bringing out the best in others.

He met Wendy when they were teenagers running around the island in his brother’s pumpkin-colored Toyota he managed to borrow... a lot. Scott and Wendy married while he was a Navy man, and they went on to making their home in Fort Myers for several years.



Their adventurous souls took them to Colorado where they fell for the beautiful mountains and lakes waiting to explore. Their family camping trips became their traditions. I am not sure what he enjoyed more – the family well-planned trips or the impromptu excursions where he and Wendy took off in his beloved Jeep for a weekend. There was excitement in his voice when he described a lake they discovered or a remote camping site. He was happiest when he was with his family.

Family and friends are asked to join together for a gathering in memory of Scott and his mom, Barbara Amon Chapin. This will be held on Saturday, October 30 at 10:30 a.m. at The Community House, 2173 Periwinkle Way, on Sanibel.✽

Church Hosts Zoom Sessions

This fall, St. Michael and All Angels Episcopal Church invites the entire community to come and see via zoom what the Episcopal church and members are all about. Explore who they are, where they have come from, what they believe and how they worship. Episcopalians firmly believe that each and every person is a beloved child of God, equal in all ways and equally valued, treated and affirmed in the Episcopal church. All are welcomed and loved: no exceptions.

continued on page 16



Groceries • Hardware • Gifts



Serving Sanibel and Captiva Since 1899

ALSO SERVING YOU IN 2 OTHER LOCATIONS

**The Island Store**  
11500 Andy Rosse Lane, Captiva  
**239-312-4374**

**Bailey's Marketplace at Sundial**  
1451 Middle Gulf Dr, Sanibel  
**239-395-6016**

2477 Periwinkle Way • Sanibel, Florida • 239-558-0548 • baileys-sanibel.com • OPEN 7 DAYS 7 AM - 7 PM



THE ISLAND'S ORIGINAL SHOPPING  
experience

Whether you're visiting, vacationing or an island resident, Bailey's is an island tradition.

Fall is a fantastic time for social events and casual outings. Don't go on a date or to a fall gathering without taking a gift or something to share, like a fall bouquet to make the occasion even more special. And check out Bailey's adult beverages! You'll find a huge selection of beer, wine and spirits to celebrate the season. Enjoy fun and flavorful hard ciders like Angry Orchard, spooky IPAs like Voodoo Ranger, microwbrews, seltzers and more!





White mangrove's tiny flowers appear throughout the year

photo by Gerri Reaves

Plant Smart

## White Mangrove

by Gerri Reaves

**W**hite mangrove (*Laguncularia racemosa*) is an evergreen tree adapted to tidal swamps. Native to Florida, the Bahamas, the West Indies, Central and South America, and Mexico, it's valued for protecting coastal areas from erosion and storm damage.

White mangrove forests are also vital as a breeding ground for various marine species and birds, thus supporting the fishing industry.

Like two other popular trees in the white mangrove family, native buttonwood

(*Conocarpus erecta*) and nonnative black olive (*Bucida buceras*), it is on Lee County's Protected Tree List.

This tree can reach a height of 30 to 40 feet and be single- or multi-branched. The bark is light brown and vertically ridged.

This species grows at a higher elevation than the other two mangroves familiar to most Floridians – red (*Rhizophora mangle*) and black (*Avicennia germinans*) – although it is often interspersed with black mangroves.

The oval succulent leaves are opposite, one to three inches long, and leathery. They have lighter green undersides with smooth uppersides.

Two specialized glands on the petiole

just beneath the leaf base enable it to secrete salt, an ability that gives the species extremely high salt tolerance.

Examine the undersides of the leaves and you might see fine whitish salt deposits.

Spikes of tiny greenish white fragrant flowers appear in the leaf axils or at the branch tips. They are a nectar source for butterflies and bloom throughout the year.

The brown or greenish pods have 10 distinct vertical ribs and measure less than an inch long. Pods sometimes ripen while still on the tree.

The term *Laguncularia* in the binomial derives from the Latin word *laguncul*, which means "a little flask," a reference to the one-seeded fruit's oblong shape.

This long-lived tree should be considered more often for landscaping, especially in coastal yards. It is a moderate to fast grower, requires full sun, and is wind resistant, but not drought tolerant. It can be propagated with seeds.

Its exceptionally hard close-grained wood has been used as lumber for various purposes and is prized for its resistance to dry wood termites.

The bark's high tannin content gives it a variety of medicinal uses, including the treatment of fever, wounds, dysentery and scurvy, as well as tumor prevention.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Growing Native* by Richard W. Workman; *National*

*Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; <https://edis.ifas.ufl.edu>; [www.fnps.org](http://www.fnps.org); and [www.regionalconservation.org](http://www.regionalconservation.org).

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

## Call To Anglers For Fishing Data

**T**he Florida Fish and Wildlife Conservation Commission (FWC) wants your help improving data on catch-and-release fishing, especially for redfish, snook and spotted seatrout caught in areas of Southwest Florida that are currently catch-and-release only due to impacts of red tide.

"By using the iAngler app, people fishing for these species can give us a better idea of participation while annual season closures and temporary catch-and-release measures are in place, which can help us have a better idea of how these fisheries are doing," said FWC Fish and Wildlife Research Institute Program Administrator Luiz Barbieri.

Report your catch on the Angler Action Foundation iAngler app at [www.angleractionfoundation.com](http://www.angleractionfoundation.com).✱

From page 1

## New Fund

"This is a huge deal for us – the true gift that keeps on giving," said DDWS Executive Director Birgie Miller. "It requires a contribution of \$200,000 or more to invest in internships that continually support refuge conservation and education into perpetuity. For us, as the refuge's fundraising arm, that means security in knowing our mission will live on."

DDWS supports more than a dozen interns each year to assist refuge and DDWS staff with education programs,

visitor services, biology research and philanthropy.

"The society's intern program is crucial to the refuge's mission," said Harkey. "We have witnessed firsthand the challenges at the refuge with staffing and managing the nearly one million annual visitors, visiting school children and overall conservation work. It has been inspiring to see the work the society does to help the refuge accomplish its mission, and, as a result, we wanted to help by funding this internship."

For more information about supporting the refuge internship programs, contact Lynnae Messina at 472-1100 ext. 233.✱

## Expect Nothing Less.



## The Pecking Order Fried Chicken and Pies

2496 Palm Ridge Road  
Sanibel, Florida  
(239) 472-2534

## EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES



300 Center Road, Fort Myers FL 33907

PHONE 239.939.9663 • FAX 239.939.8504

[www.NoLawn.com](http://www.NoLawn.com) • [www.AllNative.biz](http://www.AllNative.biz)

OPEN DAILY: 9 to 5 Mon - Sat • 10 to 3 Sun



## OUR NURSERY FEATURES OVER 200 SPECIES OF NATIVE PLANTS ON SEVERAL ACRES

- Butterfly Gardens ■
- Wildlife/Bird Sanctuaries ■

We also offer landscape design,  
consultation, installation and maintenance.



# SCCF CEO Announces Departure

Sanibel-Captiva Conservation Foundation (SCCF) CEO Ryan Orgera has announced he will leave SCCF at the end of the calendar year. Orgera has accepted an opportunity to serve as the inaugural global director of an international fisheries management project that will seek to identify and fight against corruption, in large-scale, industrial fisheries around the world. In his new position, Orgera will



Ryan Orgera

have the ability to effect change in global systems and fight for the shared oceans. This new initiative is being launched by and funded through Oceans 5 and Pew Charitable Trusts.

"I am incredibly proud of the three rewarding years I have spent here. Because of our incredible staff, board and community, I have been able to help shepherd the organization to meaningful successes. This is the most committed, bright and welcoming group of people I have ever known."

The board of trustees and staff have begun the process of identifying Orgera's successor.

"Ryan has done a tremendous job of maximizing opportunities, developing partnerships and weathering pandemic challenges during his tenure," said SCCF Board President Don Rice. "While his departure was unexpected, we are proud to see him take on a new position with worldwide implications for the environment."✪✪

# Veterans Day Essay Contest

Sanibel youth are invited to participate in the annual Veterans Day Essay Contest. Every year the City of Sanibel and the Lee Coast Chapter Military Officers Association of America present the program honoring the community's veterans of U.S. military service. An important component of the program is the reading of the winning youth essays. The essay contest is open to Sanibel fourth through eighth grade students. Two winners are selected, one girl and one boy. Students wishing to participate are asked to submit a short half to one page handwritten (by themselves) paper about this topic: What is the difference between Veterans Day and Memorial Day?

Submissions are to be scanned and emailed to gabrielle.cooper-angeles@mysanibel.com or dropped off at the Sanibel Recreation Center front desk.

Email entries must be received by midnight, Tuesday, October 26 or by 5 p.m. Tuesday, October 26 at the center front desk.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.

Daily, weekly, semi-annual, and annual memberships are available. For more information, call the center at 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).✪

# Island Seniors Program Activities

Island Seniors program activities began October 12 at The Sanibel Recreation Center. Activities will be held in the Osprey room. Stop by and catch up with your friends, meet the new staff and tour the newly converted activity space at the Sanibel Recreation Center. Face masks are required.

The activities schedule is as follows:

**Table Games**  
Bridge – Mondays and Wednesdays, 12:30 p.m. to 3:30 p.m.  
Mahjonn – Thursdays, 12:30 p.m. to 3:30 p.m.

**Coffee Social**  
Monday to Friday, 9:30 a.m. to 11 a.m.

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](http://www.mysanibel.com).✪

## Island Winds Coiffures

HAIR SALON FOR WOMEN & MEN

### Manicures and Pedicures by Lois

### Hair Styling

LINDA • MARISA • JEANNE

695 Tarpon Bay Road, Sanibel

239-472-2591





# JERRY'S

Foods

The Neighborhood Place  
of Sanibel

## JERRY'S HAS EVERYTHING YOU NEED!

Groceries • Wine & Spirits • Restaurant  
Gifts • Beach Necessities • Ice Cream  
Art • Full-Service Organic Spa

Nanny's  
Children Shop

H2O Outfitters

Footloose


Sanibel Surf Shop

Spatini Teabar, Organic  
Spa & Hair Lounge

Sanibel Spirits

Love Boat Ice Cream

Sanybel's Finest Art  
and Collectables



Visit our collection  
of live parrots in  
the courtyard!

 [www.jerrysofsanibel.com](http://www.jerrysofsanibel.com) 

1700 Periwinkle Way • Sanibel Island, FL 33957  
Phone: (239) 472-9300



## Follow The Birds To The Action



by Capt.  
Matt Mitchell

Our gradual change of season is now in full swing. Its not quite drastic enough yet to notice unless your up early to enjoy that cooler air along with a significant drop in humidity. Feeding fish and birds working schools of small fry bait are appearing all over the sound and out on the beaches. The annual southerly bait migration of fall is just firing up. No matter if its spring or fall, the change of season offers anglers some of the best fishing opportunities of the year not only with our resident fish but with all the migratory species following the bait buffet.

This week brought some fabulous catch-and-release snook fishing back in our mangrove creeks systems. Over the past few trips, I've been checking out some of these favorite creeks with much success by catching over 20 snook a trip. Although we haven't had any real giants back in these magical places, pulling a snook out of this tight cover is as good as it gets. Watching snook explode on shiners then making a well-placed cast resulted in instant hook-ups or my favorite "instant gratification." Throw in a few redfish and some mangrove snapper



A beach tarpon caught and released this week

photo provided

and the creek trips I have been taking kept everyone smiling.

My favorite stage of the tide to fish most of these creeks is during the low water. The lower the tide gets, the more bunched up these fish get. During higher water, the fish just have too many places to get tucked up and are impossible to reach with a bait. As long as the water is moving, it flows like a river in these narrow passages between the mangrove bays. Look for the fish to stage on the turns and bends or where the water rips to form an eddy.

I've been hunting tarpon out on the beaches when the wind has been out of

the east. This week, the best action came while running from Blind Pass north to Captiva Pass and then again at the south end of Fort Myers Beach. Birds and bait have shown the way to this amazing fishery. Everything out here revolves around the big schools of bait fish that are usually threadfin herring. The more feeding terns and pelicans, the better the tarpon bite has been. While watching tarpon crash and roll through all this bait, it's just a matter of pitching a live pinfish rigged under a float to hook-up.

*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](mailto:captmattmitchell@aol.com).✱

## Rec Center To Offer Lifeguard Training Course

The Sanibel Recreation Center is offering an American Red Cross Blended Lifeguard Training course during a three-day period: Friday, October 29 from 4 to 7 p.m.; Saturday, October 30 from 9 a.m. to 5 p.m.; and Saturday, November 6 from 9 a.m. to 5 p.m.

Cost is \$214 per center member, and \$280 for a non-member.

The American Red Cross Blended Lifeguard Training course combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. The course gives participants the knowledge and skill-set to become professional lifeguards. This course requires all participants to pass the in-water prerequisite test on the first day of class in order to continue being enrolled. Participants must be at least age 15 by completion of course.

Swim requirements include:

300-yard continuous swim using front crawl, breaststroke, or a combination of both.

Two minutes of treading water without stopping and with hands in your armpits.

Within one minute and 40 seconds, swim 20 yards, retrieve a brick at 7 to 10 feet deep and then swim 20 yards back to the starting point while both hands are on the brick and face is above water. Exit the pool without using ladder or stairs.

Online course includes:

All participants must complete the entire online course before the first day of class and bring their completion printout to class. Instructions on how to access the online material will be emailed to you one week prior to the start of the course.

To obtain certification, participants must be able to attend all online and classroom sessions, complete the pretest, all skill checks and score an 80 percent or higher on the written exam.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call the center at 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).✱

### FLORIDA'S #1 SELLING INSECT REPELLENT

- Locally owned and operated
- 100% natural ingredients
- Smells great
- Safe to use on kids
- Works on pets & horses
- Non-greasy or sticky formula
- Repels mosquitoes & most biting insects



Visit Our Website for Locations  
on Sanibel & Captiva Islands

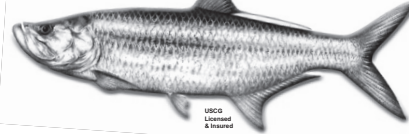
[WWW.NONOSEEUUM.COM](http://WWW.NONOSEEUUM.COM)

### f CLEAR YOUR GEAR™ It Catches More Than Fish

Cast carefully to avoid  
tangling tackle in mangroves



### CAPT. MATT MITCHELL



Light Tackle Sport Fishing  
Sightseeing • Eco Tours  
Tarpon • Snook  
Redfish & More

C: (239) 340-8651

[www.captmattmitchell.com](http://www.captmattmitchell.com)

email: [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com)

## ISLAND MARINE SERVICES, INC.

NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED

MERCURY - MARINER - JOHNSON - EVINRUDE  
SUZUKI - YAMAHA - OMC - I/O'S - MERCURUISER

Courteous Professional Marine Repair Service • Dockside Service  
Serving Sanibel & Captiva For Life

472-3380 • 466-3344

Your Bottom Specialist • Call on Paint Prices



Dave Doane with his co-worker Jesse



CROW Case Of The Week:

Southern Flying Squirrel



by Bob Petcher

The southern flying squirrel (*Glaucomys Volans*) is so small that it can fit into an adult hand. While it has excellent gliding abilities and is known to be a great escape artist, it can be vulnerable to predator attacks on the ground.

At CROW, a juvenile male southern flying squirrel was admitted after being attacked by a cat in North Fort Myers. Upon examination, the patient was severely dehydrated and had repeated uncontrollable blinking/eyelid twitching, known as blepharospasm.

“Veterinary ophthalmology defines blepharospasm slightly different than human ophthalmology; blepharospasm in our patients is often used to describe squinting,” said Dr. Laura Kellow, CROW veterinary intern. “The southern flying squirrel presented squinting in both eyes – this can be a common sign of either ocular or systemic pain in our veterinary patients. We performed a full eye exam on him looking at the front of the eye, the back of the eye – fundic examination – and a fluorescein stain to evaluate for



Patient #21-5124 recovers from a suspected cat attack

photo by Haillie Mesics

ulcers of the cornea – scratches on the surface of the eye. Luckily, despite the cat attack, our patient had no direct eye injuries. We suspect that he was likely squinting due to pain and discomfort, as well as stress.”

Veterinarians administered medications and saw improvement of its eye spasms over the next few days.

“The types of medications that are required depend on the underlying cause of the squinting,” said Dr. Kellow. “If there was an ulcer to the cornea then, depending on the severity, we may have treated with antibiotics and pain medications topically on the surface of the eye. In the case of this patient, since

his eyes were normal and we suspected it was more related to pain and stress from the cat attack, he was treated with pain medications and antibiotics orally.”

The patient reportedly began to eat on its own within a week of its clinic stay.

“The patient was improved steadily until he was comfortably holding his eyes open two days after intake and was brighter and more alert overall,” Dr. Kellow said. “Being a young flying squirrel, it still required some milk feeds to help wean and transition onto normal diet. We began to offer milk feeds and soon after added in fruits, vegetables, seeds and nuts.”

Suspected cat attacks were said to be

a frequent reason for small mammals to be admitted.

“Absolutely, cats are not a natural species in the wild and often play with, or prey upon, young birds and mammals,” said Dr. Kellow. “Naturally, these animals wouldn’t have as many predators to worry about and could go through their learning phase without issue. It is not uncommon for the animals to succumb to infection due to cat bites or scratches despite appropriate antibiotics. It is critical for cat attack patients to get medications as soon as possible after the incident.”

The young patient will continue to be treated at CROW until he is ready for release.

“This flying squirrel will need to be monitored for size, development, ability to locate appropriate food sources and ability to utilize environmental enrichment to find suitable shelter. We want to ensure it survives well past release so we must also make sure it does not habituate,” said Dr. Kellow. “(There is) no scheduled release at this point, but it will be introduced to an area that already has an established flying squirrel population. We will know more as the patient continues to develop.”

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](http://www.crowclinic.org).

PEOPLE'S CHOICE AWARD

2020 TASTE OF THE ISLANDS

FRESH SEAFOOD GRILL · FULL BAR

Home of the Chargrilled Oyster  
Voted Best New Restaurant on the Islands!

HAPPY HOUR SPECIALS

Drink & Food  
Specials  
Daily · 3-6pm

Lunch  
& Dinner  
Daily · 11am

Available for Private Bookings  
Takeout Available  
Outdoor Seating

[www.MudBugsSanibel.com](http://www.MudBugsSanibel.com) • 239-472-2221 • 1473 Periwinkle Way, Sanibel



## Shell Of The Week

## The Flat Tree Oyster



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

Not a true oyster, *Isognomon alatus* (Gmelin, 1791) is a rare find along the coast of

Southwest Florida, with very few examples from our immediate area present in the larger American museum collections. The species is common in the Tampa Bay area and along the east coast of Florida. There are a couple of holdings in our collection from Marco Island, but only recently we confirmed the presence of the species in Lee County. Lorin Buckner found and photographed a couple of Flat Tree Oysters near Sanibel. Growing up to 95 mm (3.7 inches), individuals of this species rely on mangrove roots for substrate, forming aggregations attached to the roots via bundles of fibers called byssus. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

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



The Flat Tree Oyster, *Isognomon alatus*, from Fort Myers

photo by Lorin Buckner

wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit [www.shellmuseum.org](http://www.shellmuseum.org).

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

From page 11

## Zoom Sessions

The zoom sessions will be held Wednesdays from 6 to 7 p.m. and the zoom link can be found at [www.saintmichaels-sanibel.org/adults](http://www.saintmichaels-sanibel.org/adults). Join for one or more sessions – each one stands on its own. Sessions are led by

St. Michael's clergy and will focus on the understanding of the scriptures on October 20; spirituality on October 27; church history on November 10; and how Episcopalians are governed on November 17.

To learn more about St. Michael's, visit [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org) or contact Fr. Bill Van Oss at 472-2173.✱

## American Legion Post 123

American Legion Post 123 is having a fish and shrimp fry from noon to 8 p.m. this Sunday, October 17.



Barbecued ribs and chicken are on the menu for Sunday, October 24. All are welcome

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.✱



Sanibel's Largest Selection

**Liquor • Wine**

**Beer • Cigars**

Call About Delivery  
or Curbside Pick-Up

Open 7 days • 9AM-7PM



**New!**

**CUSTOM BLEND**

**STORE PICK**

Bob Dylan's Heaven's Door  
Highway 61 Blend

Bottled Exclusively for The Grog Shop

**\$54.99**



(239) 472-1682 • [www.GrogShopSanibel.com](http://www.GrogShopSanibel.com)

(Located in Bailey's Shopping Center At the Far End, Facing Tarpon Bay Road)

In the Mooood for

**UDDERLY GREAT FOOD!**




**LIVE MUSIC**  
Fri, Sat & Sun  
5pm - 8pm




**Get a taste of Key West right here on Sanibel.**

For the past 18 years, The Island Cow is Sanibel's award-winning family dining destination with great cookin', lavish island cocktails, specialty coffees, outdoor games, and live entertainment.



**BODYGUARD Ultimate NO-SEE-UM DEFENSE SOLD HERE**



Family Owned & Operated | 300+ Menu Items | Open Daily 8am - 9pm  
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | [SanibelIslandCow.com](http://SanibelIslandCow.com)





Wines in the Wild Co-chairs Linda and Tom Uhler and Bank of the Islands President Robbie Roepstorff and CEO Geoff Roepstorff discuss wine selections photo provided

# Wines In The Wild Event Returns

Wines in the Wild will return to the Bailey Homestead Preserve on Friday, November 12 from 6:30 to 9 p.m. This is the 14th year for the popular Sanibel Captiva Conservation Foundation (SCCF) fundraiser.

Guests will experience an evening of food and wine tasting as they stroll the paths at the beautiful and historic preserve.

Five island kitchens will showcase their cuisine – Bamboo Pan-Asian Kitchen, Catering by Leslie Adams, Cielo, Spoonrift and Sweet Melissa's Cafe. Chef Malia of Spoonrift will also create a dessert just for this event. The foods will be paired with specially selected wines from Bailey's General Store.

Valet parking will be provided courtesy of Doc Ford's Rum Bar & Grille.

"Wines in the Wild is such a great way to start the season on the islands," said Bank of the Islands President Robbie Roepstorff. "Being under the stars surrounded by nature, tasting good food and wine, visiting with friends and neighbors, all to benefit SCCF, are the ingredients for a perfect evening. We're honored to continue our support of this event as Presenting Sponsor."

Tickets are \$150 per person and can be purchased at [www.winesinthewildsccf.com](http://www.winesinthewildsccf.com).

In order to ensure the safest possible event, guests will be asked to provide the results of a negative COVID-19 test or, if preferred, a record of vaccination. Details may be found at [www.winesinthewildsccf.org](http://www.winesinthewildsccf.org).

The Bailey Homestead Preserve

is located at 1300 Periwinkle Way on Sanibel. For more information or questions, call 941-564-9346.\*

**KEY LIME HONEY VODKA**

Filtered to Perfection!  
100% Gluten Free  
Flavored with ALL NATURAL KEY LIMES AND...  
PURE RAW HONEY

CAPTIVASPIRITS.COM

DISCOVER THE WORLD'S FIRST KEY LIME HONEY VODKA!

Sanibel Grog Shop Liquors  
Sanibel Spirits Liquors  
Huxters' Liquors  
Captive Liquors  
Last Chance Before Paradise Liquors  
Nick's Beach Discount Liquors  
Skipper's Liquors  
Doc Ford's Captiva and Fort Myers Beach  
Matzaluna Restaurant  
Timbers Restaurant & Fish Market  
Mr. Tequila - Fort Myers Beach  
Or Order online...Now Shipping to 31 states!

# 400 RABBITS

## MEXICAN KITCHEN & TEQUILARIA

*A New Restaurant On Sanibel Island!*

# DINE WITH US

## LET THE SPIRIT OF 400 RABBITS IN!

- Classic & Inspired Mexican Menu
- Crafted Margaritas & Cocktails
- Large Selection of Specialty & Premium Tequilas & Mezcal
- Made to YOUR Order Guacamole
- Outdoor Patio & Open Air "El Bungalow" Dining

**NOW OPEN!**

- Open Daily/Lunch & Dinner
- Carryout & Curbside Available

**Location:** 975 Rabbit Road Sanibel, FL 33957 (Corner of Rabbit Road & Sanibel Captiva Road)

**SCAN THE QR CODE WITH YOUR PHONE TO VIEW OUR MENUS ONLINE:**



**239-558-8756**

**400RABBITSSANIBEL.COM**



## 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](mailto:reservations@crowclinic.org). Payment is required to complete reservation.

### Daily Presentation Schedule

**Friday, October 15, 11 a.m.,**

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

**Monday, October 18, 11a.m.,**

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

**Tuesday, October 19, 11 a.m.,**

**Evolution of Reptiles** – Reptiles originated approximately 300 million years ago and have evolved into unique forms, such as turtles, snakes and dinosaurs, but they also have taken on the appearance and habits of other vertebrate groups such as sharks and dolphins. Delve into the past and see just how this diverse group came to be. One of CROW's animal ambassadors will be present.

**Wednesday, October 20, 11 a.m.,**

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

**Thursday, October 21, 11 a.m.,**

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

## Workshops Are Back For Season

**B**IG ARTS workshops are a great place to learn a new hobby or pick up an old one. The 2021-22 workshop season offers a wide range of classes from experienced instructors.

Fall workshops 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](http://www.bigarts.org) or email [info@bigarts.org](mailto:info@bigarts.org).✱

# Lighthouse Cafe

The World's Best Breakfast



## WE'RE OPEN!

From 7am to 3pm

Providing you with enhanced safety measures

**Breakfast 7-3:** Pan-handled egg dishes, omelettes, frittatas, hot cakes

**Lunch 11-3:** Sandwiches, salads, homemade soups, homemade desserts

**239.472.0303**

CALL AHEAD SEATING | TAKE OUT AVAILABLE

362 PERIWINKLE WAY, SANIBEL | [LIGHTHOUSECAFE.COM](http://LIGHTHOUSECAFE.COM)

**BOGO  
DRAFT BEERS  
ALL DAY,  
EVERY DAY**



**Voted  
"The Best Pizza  
on the Island"  
2009-2020**

Serving Sanibel Since 1977 • Eat In - Take Out • Free Local Delivery

## Offering Curbside Pickup & Non-Contact Deliveries

(We've teamed up with Sweet Melissa's for delivery)

## Try Our New Gluten-Free Cauliflower Pizza

(Available small or large)

**OPEN 7 DAYS 11 am - Closing**  
**239-472-1581 & 239-472-1107**

1619 Periwinkle Way, Sanibel, FL

Facebook: [islandpizzasanibel](https://www.facebook.com/islandpizzasanibel)

Instagram: [Island\\_pizza\\_sanibel](https://www.instagram.com/Island_pizza_sanibel)



## October Happenings At Sanibel Library

Stop by Sanibel Public Library to play with the new digital board game table. The Infinity Game Table features digital versions of both classic and iconic board games like Hasbro's Monopoly, Scrabble, Trivial Pursuit, Chutes and Ladders, Candy Land and Yahtzee, plus puzzles, card games, coloring books and comic books. Look for it near the puzzle area. Play with friends or try some of the one-player games.

A Sanibel-Captiva Art League exhibit is on display until November 22. It includes works by members Gloria Krekel, Mary H. Klunk, Donna Filomio, Dave Tomkins and Carolyn Johns.

Stop by the library this month to see a collection of 100 intricate origami works created by Cabe Rieck. Cabe is a self-taught artist and has been creating origami for about four years. Look in the display case on the east side, near the glass elevator.

If you're interested in learning how to make a Ddakji, you can get "how to" instructions and paper at the the library. It is also near the east service desk. Ddakji, sometimes called ttakji, is a traditional South Korean game played using folded paper tiles.

Permanent displays in the library include Elsie M. Malone's large collection



**Cabe Rieck with one of his origami works**  
photos provided

of Florida and Caribbean shells in the main entrance lobby, and ancient shell fossils in a cabinet near new fiction. Jeffrey Oth's collection of antique, shell-encrusted items like pincushions, mother-of-pearl opera glasses, carved cameos and dioramas is also on display in the main lobby. See Goz Gosselin's award-winning three-foot-tall floral arrangement, titled *Millenium Shellabration*, near the book sale room.

The library offers a display case to showcase unique and interesting collections. Past collections displayed include Calusa replica masks, corkscrews, antique toy trains, beer taps and glass German Christmas ornaments. If you



**Deanna Evans with a Ddakji board**

have a collection to share, contact the library.

The book sale room has lots of new fiction, coffee table books, magazines, CDs and young adult books. Most books are priced under \$4. In the main lobby, there is a \$1 per book sale.

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

Library cards are available to all

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

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).

## FRESH FARE



## FUN DRINKS



Visit our award-winning newly remodeled restaurant and enjoy creative farm-to-table dishes, each carefully crafted with the freshest ingredients. And be sure to check out our new bar room addition featuring small plates and yummy drinks.

To learn more,  
visit [cielo-sanibel.com](http://cielo-sanibel.com)

# CIELO

1244 Periwinkle Way, Sanibel Island

Call 239-472-5555



# Making Fish Happen For Over 40 Years



by Allison Havill Todd

Sanibel Island's longest running restaurant under original ownership is celebrating its 43-year anniversary in October.

The Timbers Restaurant, owned by Matt Asen since 1978, is featuring specials for its customers all month for dine in or take out with original opening pricing on select menu items October 18 through October 21.

Asen, who has been in the restaurant industry since 1973, moved to Sanibel Island in 1978 to operate The Timbers Restaurant, and it has been a passion of his ever since. Although the dining establishment first opened as a steakhouse at its prior location on Rabbit Road, it was not long before Asen discovered his clientele's desire for fresh fish and coined the phrase, "Life is too short to eat frozen fish!"

As The Timbers continued to grow in popularity among island locals and visitors alike, it reopened in 1991 to its current expanded address at 703 Tarpon Bay



Proprietor Matt Asen with a fresh catch of the day

photo by Allison Havill Todd

Road, which also includes a fresh seafood market as well as the island's first sports bar, The Sanibel Grill. The Timbers might best be described as the "Cheers" of Sanibel, where regulars, along with an expansive celebrity clientele, return frequently to a place that feels like home and "where everybody knows your name."

A self-described promoter, Asen has

been known by many names such as The Flamingo Man, The Sign Guy and The Pacer Guy, which he earned as an exuberant and visible fan at several major sporting events over the years and for which strangers still recognize him today. The walls of The Timbers are adorned with hundreds of photos of Asen pictured with star athletes, celebrities and politicians spanning over five decades

of history, and he has a plethora of humorous and engaging stories of life experiences which he plans to share in his book *You Can't Make This Fish Up*. With approximately 60 percent of all restaurants failing in their first year and nearly 80 percent closing the doors before their fifth anniversary, Asen and his team must be doing something right! When asked what the secret of his success was, Asen replied, "a lot of hard work, a little bit of luck and great people." He feels strongly about the importance of enjoying what you do, so it doesn't seem like work and plans to keep the restaurant as long as he's alive. He is very specific about upholding certain standards with his staff, never compromising on quality, standing true to his word and providing an enjoyable and consistent experience for his patrons. He also shared that he knows what he is good at and what he is not, and that he is able to adapt to the curveballs that life throws at him. Having bounced back from major upheavals, such as hurricanes Charley and Irma, red tide outbreaks and a global pandemic, Asen is a living example of his phrase "fish happens." You just need to make the most of it. Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggie mom and facebook.com/thedoggie mom.✱

SANIBEL'S BEST  
GULF-FRONT

DINING

SEA BREEZE CAFE'S  
EARLY BIRD SPECIAL MENU  
SEP. 7-OCT. 31 | 4:30-6:30PM | SUNDAY-THURSDAY

Featuring Gulf Shrimp Penne a la Vodka, Bacon Wrapped Sirloin Steak, Tortilla-Crusted Chicken, Cedar Plank Salmon and a "Bento Box" with your Choice of Classic Sushi Roll, Miso Soup and a Garden Salad.  
All items are served with a glass of house wine.

SUNDIAL  
BEACH RESORT & SPA

1451 MIDDLE GULF DRIVE, SANIBEL ISLAND 239.472.4151 SUNDIALRESORT.COM

COQUINA  
Coffee

OPEN DAILY  
7AM-4PM  
Jerry's Café Open Daily: 7am-8:30pm  
Jerry's Foods Open Daily: 7am-9pm

Located on Casa Ybel and Periwinkle Way



# Friendly Faces Virtual Luncheon

**F**ISH of SanCap invites islanders, friends and family to the community-wide Friendly Faces Luncheon, offered in a virtual format. The Friendly Faces lunch is scheduled for Tuesday, October 19 beginning at noon. Lunch, prepared by George & Wendy's, consists of a cold entree, side, water bottle and dessert. The cost of the October lunch is waived and complimentary to all participants. FISH volunteers will deliver meals to islanders beginning at 11:30 a.m.

Guest speaker Tabitha Stadler, executive director of EPIC Islands, will present information about Caribbean nature, why it is important and what is being done to conserve natural resources for future generations. EPIC Islands is a nonprofit, formed to protect the Caribbean environment through science, education, advocacy and stewardship. The Caribbean



Tabitha Stadler

is a biodiversity hotspot and very important to Florida and U.S. communities because of travel and leisure opportunities, goods and services provided, and culturally in terms of music, art and food. Participants will learn about actions anyone can take to protect and conserve the iconic Caribbean region. The presentation is an upbeat mix of storytelling, with video, and a PowerPoint representing photography, fun facts about various islands and lots of audience participation.

Stadler began her role in 2019 and splits her time between South Florida and St. Thomas, U.S. Virgin Islands. Her career spans more than 20 years and encompasses leadership positions responsible for environmental education, science, research and policy.

"EPIC conservation is about working with people. Where nature and people interconnect is where EPIC teams work to improve outcomes," said Stadler.

This educational lunch and learn is an opportunity for community members to catch up with friends from the past and make new connections. Meal choice details are provided upon sign-up. Reservations and meal choices are required by Friday, October 15 to the FISH Walk-In-Center at 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access.✧

## Shell Found



Brian Gills photo provided

Brian Gills of Erwin, Tennessee found a junonia while snorkeling at Lighthouse Beach. He's staying at Sanibel Arms Condominiums.✧

## Shell Found



Meadow Tonkin photo provided

Meadow Tonkin, 7, of Gilbert, Arizona found a 3.5-inch junonia hidden slightly under the sand on Captiva. Kelli Tonkin said, "Meadow has been coming to Sanibel with her sisters (twin Juniper and 6-year-old Grace) for the past six years. These girls have become experts at shelling!"✧

**m m m m m m m**

# Family Dinners to Go!

FEEDS 4-5. Visit our website [Matzaluna.net](http://Matzaluna.net)

**ON-LINE ORDERING AVAILABLE**

*All Fresh. All The Time.*

**CONTACT-FREE MENU AVAILABLE**

**Matzaluna**  
CRAFT BEER • PIZZA • PASTA

**GROWLERS TO GO!**

**HAPPY HOUR**  
4:30-6:00  
7 DAYS

**\$2.50 OFF** The purchase of each adult entree.  
Present this ad to your server. Must be seated prior to 5:30 p.m.  
Not valid on Pizza or with any other coupon or discount. Expires 10/12/21

GLUTEN FREE & VEGAN OPTIONS [matzaluna.net](http://matzaluna.net)

**Open 4:30-8:30pm 7 days**  
1200 Periwinkle Way | (239) 472-1998  
Full Liquor | Take Out Available | Family Friendly

**MATZALUNA!**

*Celebrating* **43** YEARS OF *Fresh Fish*

**ALL October WE'RE OFFERING:**

**2 ENTRÉES for \$43**

|                       |             |
|-----------------------|-------------|
| TRIPLE SHRIMP PLATTER | FISH FRY    |
| HADDOCK PARMESAN      | CIOPPINO    |
| PECAN BUTTER SALMON   | SURF & TURF |

**MARK YOUR CALENDAR**

*We're offering opening day pricing from 1978!*

|                                |                                     |
|--------------------------------|-------------------------------------|
| <b>MONDAY, OCTOBER 18TH</b>    | <b>TUESDAY, OCTOBER 19TH</b>        |
| <b>SHRIMP Scampi \$9.95</b>    | <b>BAKED Stuffed Shrimp \$10.95</b> |
| <b>WEDNESDAY, OCTOBER 20TH</b> | <b>THURSDAY, OCTOBER 21ST</b>       |
| <b>CRUNCHY Shrimp \$9.95</b>   | <b>COCONUT Shrimp \$9.95</b>        |

*• At the Timbers only • • Reservations Accepted •*

**Sanibel Grill**  
SEAFOOD • SPORTS • SPIRITS  
Grill Open at 4pm  
7 Days a week

**Friday is LOBSTAH NIGHT!**  
Best Seafood!!  
Best Place To Watch The Game!

**Happy Hour Daily 4:00pm - 6:00pm**  
Early Dining Menu \$17 5 - 6pm • 7 days

**the TIMBERS**  
RESTAURANT & FISH MARKET  
43 Years of Fresh Fish on Sanibel Island!  
Restaurant Open 7 Days at 5pm

**\*Winner Best Seafood Year After Year!**





### Stuffed Zucchini and Yellow Squash Parmesan

2 medium zucchini or large yellow squash  
 ½ cup ricotta cheese  
 1 ½ cups mozzarella cheese, shredded  
 1 cup marinara sauce (your favorite)  
 ¼ cup Parmesan cheese, grated  
 ½ cup panko (Japanese breadcrumbs)  
 2 tablespoons fresh basil or 1 teaspoon dried  
 Olive oil for cooking  
 Sea salt and fresh ground pepper, to taste

Preheat the oven to 375 degrees. Cut off the stem side of the zucchini or yellow squash. Cut zucchini or yellow squash evenly in half lengthwise. Using



Stuffed Zucchini and Yellow Squash Parmesan

photo courtesy Fresh From Florida

a small spoon, scoop out the seeds from each half to create room to hold other ingredients. Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the preheated pan. Season the zucchini or yellow squash with salt and pepper. Place the zucchini or yellow squash skin side up in the sauté pan and cook for about 2 minutes on both sides. Remove from pan and place on a cookie sheet skin side down. In a small mixing bowl, combine panko, 1 tablespoon olive oil, chopped basil and Parmesan cheese. Season ingredients to taste with salt and pepper, and stir to combine. Evenly distribute the ricotta cheese and marinara sauce on top of the zucchini or yellow squash. Top the yellow squash and zucchini with the shredded mozzarella cheese. Evenly sprinkle the breadcrumb topping mixture on top of the zucchini or yellow squash. Bake the stuffed zucchini or yellow squash for 10 minutes or until topping is golden brown and cheese is bubbly. Remove from oven and let cool slightly. Serve warm.✱

# FAST AND FRESH To Go

To advertise call: 395-1213

**Breakfast, Lunch & Dinner & Later**

**Sanibel Deli & Coffee FACTORY**

**239-472-2555**  
[www.sanibeldeli.com](http://www.sanibeldeli.com)  
**2330 Palm Ridge Rd.**  
 (Across from CVS)

**10th Anniversary**  
 Sanibel's Favorite Delicatessen

Gluten Free Options  
 Pizza & Wings • Ice Cream & So MUCH MORE!  
**WINNER Best Pizza**  
 Taste of the Islands

**BOAR'S HEAD**

*Dine In or Take Out*

**The Pecking Order**

**Old-Fashioned Fried Chicken**

Open Daily 11am to 8 or 9pm **239.472.2534**  
**Take Out • Delivery • Catering**

**BEST BREASTS ON THE ISLAND**

**2496 Palm Ridge Road, Sanibel**

**Gramma Dot's**

The Only Dockside Dining on Sanibel  
 Located at the Sanibel Marina  
 Specializing in Local Seafood  
 We also feature Petite & 10 oz. Filet Mignons

Dining Awards: 6 years running **472-8138**

**JERRY'S Restaurant & Deli**

Daily Lunch Specials • Salad Bar • Take-Out or Eat In • Breakfast • Lunch • Dinner

Open Daily  
 Cafe 7 a.m. - 8:30 p.m.  
 Grocery store 7 a.m. - 9 p.m.  
 Coffee Shop 7 a.m. - 1 p.m.

**CALL FOR DAILY SPECIALS 472-9300**

**SPOONDRIFT ISLAND BOWLS**

POKÉ BOWLS • SALADS  
 DESSERTS • BEVERAGES  
 VEGAN • GF/DF OPTIONS  
 take out or outside dining

**239.472.0875**  
[sanibelspoondrift.com](http://sanibelspoondrift.com)

**CALL FOR DAILY PREPARED ENTRÉES**

**Bailey's GENERAL STORE**  
 ESTABLISHED 1899

**FULL DELI, BAKERY  
 DAILY LUNCH SPECIALS  
 COLD BEVERAGES**

Call us for your cookout, picnic and party needs. We'll take care of you!  
 Corner of Periwinkle Way & Tarpon Bay Road  
**472-1516**

**Blue Giraffe**  
 Island Dining

**TWICE AS DELICIOUS!**

Breakfast, Lunch and Dinner 2075 Periwinkle Place **(239) 472-2525**  
 Lunch, Brunch and Dinner 1100 Par View Drive **(239) 558-5634**

Inside or on our Pet-Friendly Patios  
 Call for Reservations and Takeout!  
**BlueGiraffeRestaurant.com**

**Get The Word Out  
 About Your Take-Out!**

**~Advertise Here~**



The Community House  
Florida Blueberries



by Chef John Wolff

It took decades of research, strong partnerships and some key agricultural pioneers to pave the way for Florida’s blueberry industry today. While the history of Florida blueberry cultivation began with domestication of wild blueberries in the late 1800s, it was, and still is, the research and breeding work at University of Florida, starting in the 1950s, that allowed the industry to flourish. Southern highbush and rabbit-eye hybrids were developed to ripen earlier in Florida’s warmer climate to compete with northern berry production.

The Florida blueberry industry has grown rapidly since then despite some production problems, because Florida growers can produce high-quality fruit when few fresh berries are available and berry prices are high. However,

high prices encourage competition, and southern highbush blueberry acreage has expanded significantly in Florida, Georgia, California and Mexico during the last several years

Since the early strains were developed, varieties such as “Sharp blue,” “Misty” and “Gulf Coast” were the major southern highbush blueberries grown in Florida. Since the early 2000s, newer strains have been developed for production further south such as “Emerald,” “Star” and “Jewel.” Florida’s U-pick farms primarily grow mid-season rabbit-eye varieties, such as “Powder blue” and “Brightwell,” along with some earlier-ripening rabbit-eyes, such as “Climax,” “Chaucer” and “Becky blue.” U-Pick blueberry farms have sprung up throughout the state and can be found as close as neighboring Hendry County.

Fresh blueberries are a popular summer treat. But here in Florida, we get the earliest ripening blueberries in the country. Florida blueberries are ripe and ready to pick as early as April in most parts of the state. Florida’s blueberry varieties have a sweet flavor, and they are succulent and nutritious. Blueberries can be eaten freshly picked or incorporated into a variety of recipes. They can also be purchased frozen. They have been shown to protect against heart disease and cancer, and can also help maintain bone strength, mental health and healthy blood pressure.

Blueberries contain a plant

compound called anthocyanin. This gives blueberries both their blue color and many of their health benefits. One cup of blueberries provides 24 percent the recommended daily allowance of vitamin C. Use blueberries to top waffles, pancakes, yogurt, oatmeal or cereal, blend them in a smoothie or

syrup, or fold them into muffins and sweet breads.

From a culinary perspective, blueberries are very versatile and can be used in many different ways.

Here is a simple recipe you can try at home when you get a hankering for blueberries:

**Blueberry Crumble**

Ingredients for Filling  
24 ounces (about 2 pints) fresh blueberries  
2 to 4 tablespoons sugar  
2 tablespoons all-purpose flour  
1 tablespoon fresh lemon juice, or use water  
Pinch fine sea salt

Ingredients for Crumble Topping  
¾ cup (100 grams) all-purpose flour  
¾ cup (65 grams) old-fashioned rolled oats  
½ cup (100 grams) sugar, try combining ¼ cup brown sugar and ¼ cup granulated sugar  
½ cup (115 grams) butter, melted (1 stick) or substitute ½ cup melted coconut oil  
⅛ teaspoon fine sea salt

To Make Filling  
Heat oven to 375 degrees Fahrenheit.

Add blueberries, lemon juice, 2 tablespoons of flour, sugar and pinch

of salt to a 9-inch pie dish (or use a 2-quart baking dish). Toss well until combined.

To Make Crumble Topping  
Combine flour, oats, sugar and salt in a medium bowl. Add the melted butter then stir until all the flour has been moistened by the butter and topping is crumbly.

Sprinkle over blueberry filling. Best to use your hands to do this. As you sprinkle, press the crumbles together to create larger clumps of topping.

To Bake the Crumble  
Bake 25 to 35 minutes until juices are thickened and the topping has turned a light golden brown. Cool 10 minutes and serve.

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](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.✪

Award-winning Coastal Cuisine

**TRADERS<sup>2</sup>**

LUNCH • WINE BAR • DINNER • GIFTS




Since 2018



Tuesday–Saturday 11 to 8  
The Village Shops at 2340 Periwinkle Way  
239.558.8919 • Outdoor Dining  
[WWW.T2TRADERS.COM](http://WWW.T2TRADERS.COM)

++ ISLAND FAVORITES ++

**“BEST OF THE ISLANDS” CHEF**



Since 1998

COCKTAILS • DINNER • LIVE MUSIC

**TRADERS**

Tuesday–Saturday 4 to 8  
1551 Periwinkle Way  
Outdoor Dining • 239.472.7242  
[WWW.TRADERSSANIBEL.COM](http://WWW.TRADERSSANIBEL.COM)





**This year you can enjoy the world renowned FORUM a number of different ways.**

- Watch virtually from the comfort of your own home
- Buy a single ticket for any of the lectures
- Lock in a 2022 subscription renewable annually

**Call BIG ARTS box office at 239.395.0900 to create your tailored experience.**

Generously Sponsored by

**NORTHERN TRUST**

Sue Pick & Patricia Thurber

2022

Be part of the BIG ARTS FORUM experience and hear and meet in the post lecture reception some of the today’s greatest thought leaders and analyst of world affairs.

Call 239.395.0900 for subscription and ticket information.

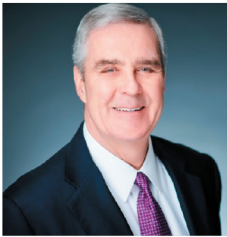


**CARTER G. PHILLIPS**

Sunday, January 9, 2022

### On the Front Line at the Supreme Court

Carter G. Phillips is one of the most experienced Supreme Court and appellate lawyers in the country. As a lawyer in private practice, he has argued 79 cases before the U.S. Supreme Court, more than any other private practitioner. As an Assistant to the Solicitor General, he argued on behalf of the U.S. government an additional nine cases before the Supreme Court. In addition to these 88 Supreme Court oral arguments, he has made more than 140 oral arguments before the United States Courts of Appeals. He has argued in every appellate circuit and has presented more than 35 cases before the U.S. Court of Appeals for the Federal Circuit. He is also a legal analyst for several television networks. In this FORUM presentation, he will offer unique insight into how judicial cases unfold.



**LT. GENERAL (RET.) AND AMBASSADOR DOUGLAS EDWARD LUTE**

Sunday, January 23, 2022

### The State of U.S.-European Military Alliances

Lt. General (Ret.) and Ambassador Douglas Edward Lute served as the U.S. Permanent Representative to NATO from 2013 to 2017. He was appointed by George W. Bush to serve as Assistant to the President and Deputy National Security Advisor for Iraq and Afghanistan, during which The New York Times referred to him as the “War Czar.” American media tends to focus on the political infighting among the 28-nation NATO Alliance. He will share what the real strength and status of these fundamental alliance relationships are now.



**JENNIFER KINGSON**

Sunday, January 30, 2022

### What’s Next: The Challenges and the Future of American Cities

Jennifer Kingson is the Senior Editor of the *Axios What’s Next* newsletter and oversees the development of hundreds of stories on the emerging social, political, real estate, and market forces shaping our urban areas. She directs the coverage of cutting-edge technology, transportation, workplace news, and lifestyle trends. For example, tech startups are growing exponentially and leaving some megacities while boosting heartland America. Where will your grandkids want to live? What’s right and wrong with big-city living? Can city schools improve to make city living viable for young middle- and upper-class families? Why are so many cities “CVS Deserts,” and why does it matter? This presentation looks at the rapidly evolving nature of the American city.



**DR. DONALD BERWICK**

Wednesday, February 9, 2022

### The Moral Determinants of Health

Dr. Donald Berwick is the former Director of Medicare and Medicaid Services and President Emeritus of The Institute of Healthcare Improvement. A patient-safety guru, he shook the medical and political establishment by urging that healthcare providers take quality, access, and equity of care a step beyond the existing repair-shop mentality. He argues passionately that embracing sweeping, global movements that base care delivery on moral convictions will confront the root causes of the vast social and moral issues that ultimately affect the health of humanity. His viewpoints demand a hearing by the American public.

*Dr. Berwick will be appearing remotely on large screen in Christensen Performance Hall.*



**DR. MICHAEL TANNER**

Wednesday, February 23, 2022

### The Inclusion Economy: How to Bring Wealth to America’s Poor

Dr. Michael Tanner, a senior fellow at the Cato Institute, boldly challenges the conventional wisdom of both liberals and conservatives as he examines the reasons for poverty in America. He details an agenda for increasing wealth, incomes, and opportunity. He argues that conservative critiques of a “culture of poverty” fail to account for the structural circumstances in which the poor live, especially racism, gender discrimination, and economic dislocation. However, he also criticizes liberal calls for fighting poverty through redistribution or new government programs. According to Tanner, contemporary anti-poverty policy focuses too much on making poverty less miserable and not enough on helping people get out of poverty and become self-sufficient.



**REED GALEN**

Sunday, February 27, 2022

### Looking Under the Hood at the 2022 Elections

Reed Galen, an independent political strategist and co-founder of The Lincoln Project, has a perspective on political elections that is truly unique. A veteran public affairs and political professional with more than 20 years of experience, he has spent over a decade advising Fortune 50, 100, and 1000 companies in need of high-level counsel in the fields of strategic communications, procurement, and legislation. In addition, he has managed several high-profile ballot-measure campaigns in California, Texas, and Colorado. Before moving to the private sector, he served as Deputy Campaign Manager for John McCain’s 2007 presidential campaign and Deputy Campaign Manager for Arnold Schwarzenegger’s successful 2006 gubernatorial re-election campaign. Galen also worked on both the 2000 and 2004 campaigns of President George W. Bush.



**MICHAEL O’HANLON**

Sunday, March 13, 2022

### Making War in an Age of Peace: US Grand Strategy and Resolute Restraint

Michael O’Hanlon is not a historian, but he knows how to piece together the events that have shaped today’s world. He draws on historical precedents in weighing issues related to Russia’s resurgence, China’s great rise, North Korea’s nuclear machinations, and Middle East turmoil. O’Hanlon is a senior fellow, and director of research, in Foreign Policy at the Brookings Institution, where he specializes in U.S. defense strategy, the use of military force, and American national security policy. O’Hanlon presents a well-researched, ethically sound, and politically viable vision for American national security policy. His expertise is an ability to piece together what will happen in potential international conflicts with extraordinary accuracy and insight.



**MYRON BRILLIANT**

Sunday, March 20, 2022

### America’s Evolving Role in Worldwide Business & Trade

Myron Brilliant, Executive Vice President and Head of International Affairs for the U.S Chamber of Commerce, is intimately familiar with the footprint of American business and industry around the world. During his tenure, the Chamber expanded its global footprint to Beijing, Brasília, Tel Aviv, Istanbul, and Mexico City. He oversees 14 bi-lateral business councils in countries as diverse as Brazil, Egypt, Japan, Korea, Colombia, Cuba, and the U.K. He has pioneered new Chamber strategic dialogues with business and government leaders in Mexico, China, and Saudi Arabia. He led a number of important campaigns for congressional passage of trade agreements with Australia, Singapore, Colombia, Panama, and South Korea, as well as legislation to establish a level playing field for U.S. companies in Russia and China.



**DR. EDDIE S. GLAUDE, JR**

Sunday, March 27, 2022

### Democracy in Black

Dr. Eddie S. Glaude, Jr. is an author, political commentator, public intellectual, and passionate educator who examines the complex dynamics of the American experience. His books include *Democracy in Black: How Race Still Enslaves the American Soul*; *In a Shade of Blue: Pragmatism and the Politics of Black America*; and his most recent, the New York Times bestseller and Stowe Prize-winning *Begin Again: James Baldwin’s America and Its Urgent Lessons for our Own*. These books and other writings take a wide look at Black communities, the difficulties of race in the United States, and the challenges our democracy faces. He is an American critic in the tradition of James Baldwin and Ralph Waldo Emerson, confronting history and bringing our nation’s complexities, vulnerabilities, and hope full view. Hope that is, in one of his favorite quotes from W.E.B. Du Bois, “not hopeless, but a bit unhopeful.”





Book Review

Black Ice



by Di Saggau  
An American favorite hero named Scott Harvath is back in an explosive new novel from Brad Thor. *Black Ice* opens with Harvath enjoying the summer, soaking up the sun in Norway

with his girlfriend Solvi Kolstad. She is a former member of an all-female Special Forces team and now deputy director at the Norwegian Intelligence Service. They are thinking of having a family. However, first Scott would have to resign and leave the life of chasing bad guys behind him.

Then something happens that leaves him no choice. After leaving his favorite small Oslo café one day, he sees a ghost from his past. A man he killed years ago halfway around the world climbs out of a taxi, leaving Scott to wonder how he is still alive and what he is doing in Norway?

Both American and Norwegian forces scramble to figure out what is going on. Scott's background with SEAL Team 2, known as the "Polar SEALS," puts him right in the middle of things, this time high above the Arctic Circle. He races to prevent an event that could leave America and her allies at the mercy of their greatest enemy. Scott embodies the very best of what it means to be a soldier, sacrificing whatever it takes to protect his fellow

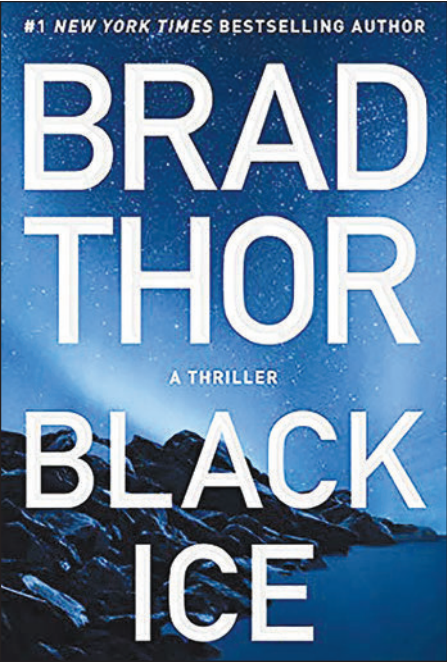


image provided

countrymen.  
Thor tells us that in addition to oil and natural gas reserves, there could be over one trillion dollars' worth of extremely scarce, valuable rare earth minerals in the Arctic and, at present, China controls 80 percent of the global output of these elements.  
He includes several chapters dealing with how a good friend got the nickname "Peaches." That is a fun read in the midst of all the chaos going on. His research is also spot on, so much so that you feel much of the book is ripped from the

headlines. *Black Ice* is masterfully plotted and filled with the kind of action Thor's readers have come to expect.✪

School Smart



by Shelley M. Gregg, NCSP  
**D**ear Shelley, People talk about how important social skills are often. I sometimes worry about my kids' social skills development. I think they are doing

OK, but I'd like to know what to expect at various ages. What things should I look for in their behavior?

Danni C, Cape Coral

**Danni,**  
A child's social and emotional development is critical to overall success in school and life.  
Children start developing these skills as babies, and new skills emerge as they get older.  
Not all kids develop at the same pace, but there are some milestones you can expect kids to meet around roughly the same age.  
Here is a list of social and emotional milestones at different ages:  
**Preschool (Ages 3 to 5)**  
Develops simplistic idea of good and bad  
Demonstrates inconsistent behavior

Shares toys, takes turns with assistance  
Interprets emotions from facial expressions and intonation  
Plays cooperatively  
Has no sense of privacy  
Understands concepts of right and wrong  
Often indulges in make-believe  
Exhibits increased frustration tolerance  
Self-esteem reflects opinions of significant others  
Bosses and criticizes  
Displays concern and sympathy  
May show increased aggressive behavior  
**Early Elementary (Ages 6 to 8)**  
Friendships change rapidly  
Leads as well as follows  
Chooses own friends  
Engages other children in play or role assignments  
Wants to be the first and best at everything  
Focuses less on oneself and shows more concern for others  
Develops positive, realistic self-concept  
Begins to learn from mistakes  
May become infatuated with teacher or playmate of the opposite sex  
Cares for self, room and belongings  
Has a sense of humor and tells jokes  
Is self-critical; may express lack of confidence  
Dislikes being singled out, even for praise  
**Late Elementary (Ages 9 to 11)**  
Is influenced by peer pressure  
Seeks immediate gratification  
Actively seeks praise

continued on page 28

Enjoy Indoor & Outdoor Dining  
in a Casual and Friendly Atmosphere.

Featured Dish:  
Tripletail

**OCTOBER HOURS:**  
OPEN DAILY  
**HAPPY HOUR: 3-6 PM**  
**DINNER: 3-9 PM**  
(Lunches starting Mon., October 11)

239-472-0223  
2055 Periwinkle Way  
Sanibel, FL 33957  
CipsPlace.com

# AUTHOR EVENTS

Mary Kay Andrews, Kristy Woodson Harvey,  
& Patti Callahan at the Community House

**Mon. Oct. 25 5PM**  
**Tickets \$25**  
Available at [MacIntoshBooks.com](http://MacIntoshBooks.com)  
or by calling 239-472-1447

Appearing at MacIntosh:

**Thurs. Oct. 14 5PM**  
Lisa Black

**Weds. Oct. 20 11:30AM**  
Jennifer Schiff

**MacIntosh BOOKS + PAPER**  
A SANIBEL TRADITION SINCE 1960

239.472.1447 • [MacIntoshBooks.com](http://MacIntoshBooks.com)  
2340 Periwinkle Way H-1 • Sanibel  
Summer Hours: Mon.-Sat. 10-5 • Closed Sundays



# Virtual Cooking Class Features Italian Menu

The next Cooking with Leslie virtual cooking class offered by FISH of SanCap will be held on Thursday, October 21 from 2 to 3:30 p.m. Sign up by calling FISH at 472-4775. Registration is required no later than Monday, October 18.



Leslie Adams

This month, participants will join by Zoom and learn how to cook a three-course Italian meal in a group cooking class style. Leslie Adams, chef and owner of Sanibel Captiva Catering/Catering by Leslie Adams, will lead the lesson

to prepare authentic Italian Bolognese sauce with pasta, classic caesar salad and espresso chocolate mousse. Recipes are geared toward smaller portion sizes and include dessert. For those living on Sanibel or Captiva, FISH can purchase and deliver the items on the day of the event. FISH will provide a shopping list prior to the event for those guests wanting to purchase their own ingredients.

Adams is the former owner of award-winning Rosie's Deli on Sanibel. After six years of ownership, Leslie sold the deli to devote her energy and talents as a catering and private chef service. She was trained at The California Culinary Academy in San Francisco and expanded her expertise, techniques and repertoire by attending classes at Le Cordon Bleu in Paris. She has been a caterer and private chef on Sanibel and Captiva Islands for 14 years.

Once registered, FISH will provide a link and meeting ID number for access to the Zoom webinar.

For more information about FISH programs and services, call 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org).✱

# Local Gallery Hosting Attic Sale Next Week

The 15th annual Tower Gallery Attic Sale will kick off on Friday, October 22 and run through Sunday, October 24. Hours are 10 a.m. to 5 p.m. Tents will be set up outside and filled with art, with more art inside the gallery on the porch. To prevent long lines and maintain social distancing, there will be multiple places outside and inside to pay for your purchases.

This is an opportunity to browse through and purchase work from some of the co-ops award-winning artists at significantly discounted prices.

Tower Gallery represents over 25 local artists working in a multitude of mediums including sculpture, oil painting, watercolor, acrylics, raku, pottery, photography and jewelry. Many of the artists will be on site to discuss their work.

"The artwork at Tower is always superior and ever changing," said artist Kelly Morrison said, noting that much of the work that ends up in the attic sale comes from constantly rotating what's on display at the gallery throughout the year. "There could be that one piece that's been in the gallery that someone has had their eye on, and it might just happen to end up in the attic sale," said artist JoAnne Bedient. "People enjoy prowling through bins and the framed pieces that aren't hanging on the wall. It's like going through

your grandma's attic."

Providing quality art at lower prices doesn't just benefit the community, it benefits the artists, who can use the money to purchase materials for creating new works of art. The attic sale is a way for all of the artists in the gallery to get involved with the gallery and the community. "We're a cooperative and we love this gallery," Morrison said.

Tower Gallery is located at 751 Tarpon Bay Road on Sanibel.

For more information, call 472-4557 or visit [www.towergallery.net](http://www.towergallery.net).✱

# Chronic Pain Workshops

Lee Health Solutions, a department of Lee Health, will hold a free six-week workshop, entitled Chronic Pain Self-Management. The virtual sessions will be held on Wednesdays beginning October 27 from 9:30 to 11:30 a.m.; and Fridays beginning October 29 from 9:30 to 11:30 a.m.

The research-based program originally developed by Stanford University can help participants become empowered to improve their quality of life. Learn how to more easily manage medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

For more information call 424-3121.✱



## YOU DON'T HAVE TO GO FAR FOR EXCEPTIONAL WEALTH MANAGEMENT



### Are you new to Sanibel-Captiva or considering moving here?

It's important to bring your investment accounts with you to Florida, as you establish your new domicile. Our knowledgeable local team has been caring for our clients' futures since 2001. We're here to help you.

### Discover the Difference.

S. Albert D. Hanser, Founder and Chairman  
Steven Greenstein, Executive Vice President, Wealth Services Advisor  
Robin L. Cook, CWS®, Executive Vice President, Wealth Services Advisor  
Jeff Muddell, Senior Vice President, Wealth Services Advisor  
Carolyn C. Rogers, CFRE, Wealth Services Advisor  
Craig Holston, Senior Vice President, Senior Portfolio Manager  
Gary Dyer, CFA, Senior Vice President, Senior Portfolio Manager  
Joel Johnson, CFA, CFP®, Vice President, Portfolio Manager  
Edwin Ciskowski, CPA, Senior Vice President, Senior Portfolio Manager  
Beth Weigel, Chief Operations Officer

THE  
**SANIBEL CAPTIVA**  
**TRUST COMPANY**  
PRIVATE WEALTH MANAGEMENT

Trust & Estate Services  
Investment Management  
Family Office Services

2460 Palm Ridge Road, Sanibel, FL 33957  
239.472.8300 | 866.262.7137 | [sancaptrustco.com](http://sancaptrustco.com)  
NOT FDIC INSURED | NOT GUARANTEED | MAY LOSE VALUE

## VASANTA SENERAT CPA, P.A.

CERTIFIED PUBLIC ACCOUNTANT  
CHARTERED FINANCIAL CONSULTANT

Accounting, Tax Preparation and Consultation for  
Businesses • Individuals • Condo Associations • Non Residents



SANIBEL • 472-6000  
1633 Periwinkle Way • Anchor Point

FORT MYERS • 418-0008  
3949 Evans Ave. • Suite 205•33901



# Progressive Club Virtual Meeting



Bob Schaeffer

The Progressive Club of the Islands will hold its next meeting via Zoom on Thursday, October 28 at 4 p.m. The speaker will be Bob Schaeffer. His subject will be Election 2022, What's At Stake, What Can You Do?

Schaeffer is an island resident and head of Public Policy Communications. He works with nonprofit organizations, political campaigns, foundations and socially responsible businesses seeking to deliver their messages to mass audiences more effectively and efficiently.

For more than three decades,

Schaeffer has provided consulting services for national and regional groups, primarily in the fields of environmental protection, national security, civic engagement, electioneering, education reform and civil rights. His clients have included the Alliance for Nuclear Accountability, Government Accountability Project, Institute for Energy and Environmental Research, National Center for Fair and Open Testing, Physicians for Social Responsibility, Ploughshares Fund, Public Employees for Environmental Responsibility, Save Our Schools and Tides Foundation. He has been a senior strategist and manager in many election campaigns. Currently, he is president of FairDistricts Florida, the statewide redistricting coalition, and treasurer of the Progress Florida Research Institute.

Schaeffer has led more than 300 workshops on strategic planning, media relations, public speaking, political campaign design and advocacy skills for groups in 45 states, Canada and Russia. He was adjunct faculty at the Antioch/New England Graduate School teaching strategic communications skills to nonprofit leaders for many years, and has been a guest lecturer at more than 30 colleges. His publications include *Winning Local and State Elections* (Free Press/MacMillan, 1986, paperback edition 1998). An undergraduate and postgraduate of MIT, his biography appears in *Who's Who In America* and similar guides.

To attend the meeting, email

pcisancap@gmail.com to receive the Zoom link, or watch live at [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap). Annual dues for the Progressive Club are \$35 for an individual or \$70 per couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel FL 33957. For more information, visit <https://pcislands>, call 994-3175 or email [pcisancap@gmail.com](mailto:pcisancap@gmail.com).✱


From page 26

## School Smart

- Is highly social
- Is both industrious and impatient
- Wants to put some distance between self and adults
- Can express a wide range of emotions
- Understands social roles and appropriate behavior; considers them inflexible
- Can be aloof
- Controls anger
- Shows interest in teen culture – music, videos, makeup
- Tries to avoid looking childish
- Understands how behavior affects others
- Is truthful
- Increasingly self-conscious
- Middle (Ages 12 to 15)**
- Maybe a repeat of the “terrible twos”
- Tries to establish independence and autonomy
- Tends to gossip and talk
- Can adapt behavior to fit situation
- Exhibits “off-color” humor and silliness
- Has little impulse control

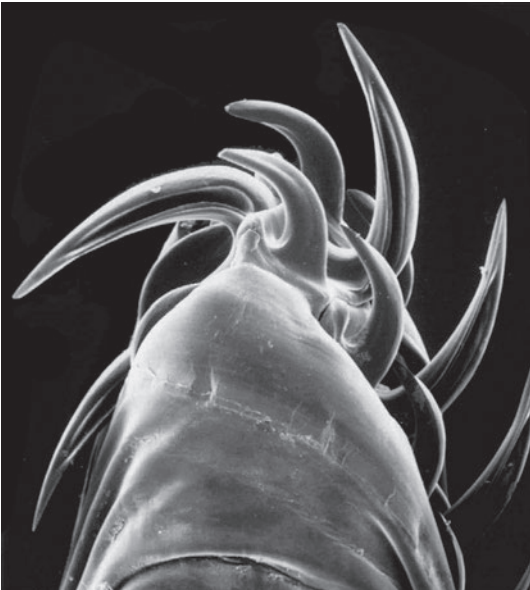
Enjoys recreational activities  
Is energetic and enthusiastic  
Takes on more responsibilities at home  
Takes responsibility for homework with little prodding  
Is socially expansive and aware  
Is competitive and wants to excel  
Can show extremes of emotions  
Enjoys close interactions with peers, especially same gender  
Wants immediate gratification  
**High School (Ages 15 to 18)**  
Has more interest in the opposite sex  
Goes through less conflict with parents  
Shows more independence from parents  
Has a deeper capacity for caring and sharing and for developing more intimate relationships  
Spends less time with parents and more time with friends  
Feels a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex and other problems  
Again, children reach these milestones at different times. However, if you're concerned that your child is not meeting them, talk to school personnel or your family doctor for additional information.



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 for publication may be addressed to [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or at [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✱



BAILEY-MATTHEWS  
**NATIONAL SHELL MUSEUM**  
**CELEBRATING 25 YEARS LECTURE SERIES**  
Register online at: [ShellMuseum.org/lecture-series](https://ShellMuseum.org/lecture-series)  
Free, virtual program, presented via Zoom.


**OCTOBER 20 • 5 PM**  
**SPOOKY MOLLUSKS AND OTHER EVILS OF THE DEEP: A HALLOWEEN SPECIAL**  
By José H. Leal, Ph.D.  
Science Director and Curator,  
Bailey-Matthews National Shell Museum






3075 Sanibel-Captiva Rd., Sanibel, FL  
(239) 395-2233 • [ShellMuseum.org](https://ShellMuseum.org)

Open Daily  
10 a.m.-5 p.m.



## Seeking A Pair Of Caring Hands

Unique opportunity to work as a Caregiver for an active Senior who enjoys life enrichment activities and stimulating convos. I am looking for a caring & compassionate person to Care for my Mother. The right person will be outgoing, energetic, flexible, driver and adaptable. Work Schedule is 5 days a week and 5 hours per day. Salary is \$25/hr. Forward your email to Mark ([chillington@gmail.com](mailto:chillington@gmail.com)) for more details.





No one's better qualified to handle your real estate needs than your neighbors!

# We ARE your REALTORS®



## 12750 TERABELLA WAY NEW PRICE



### RENAISSANCE

- Spectacular 6 BR, 7.2 BA Mediterranean Estate
  - Home Theatre, Game Room, Sundeck
  - Outdoor Kitchen, Tiki Bar, Pool w/ Grotto & Spa
  - Community Clubhouse, Golf Course, Tennis
- \$3,389,000**

## 1401 MIDDLE GULF DR. #R402



### SUNDIAL EAST

- 2 BR, 2 BA + Den, Beautiful Gulf View
  - Spacious & Open, Laundry In Unit
  - Resort Amenities, Steps to Beach
  - Great Rental History
- \$1,249,000**

## 5633 BALTUSROL COURT



### THE SANCTUARY

- New Construction, Incredible Golf Course Setting
  - 4 BR, 4.5 BA, Open Great Room Floor Plan
  - Spectacular Outdoor Space w/ Fireplace & Kitchen
  - Pool & Spa w/Sun Splash Area
- \$2,100,000**

## 1229 MORNINGSID DRIVE NEW LISTING



### MCGREGOR CORRIDOR

- Remodeled 3 BR, 2 BA, "Smart" Home
  - Gorgeous, Open Kitchen w/ SS Appl & Granite
  - Newer Roof, AC, Water Htr., Plbg & Windows
  - Fenced Backyard, Brick Patio
- \$495,000**

## 11559 LAIKA LANE UNDER CONTRACT



### BEACHFRONT ESTATE

- Iconic, Modern, Gulf Front Estate, 4,730 S.F.
  - Rooftop Terrace, Floor to Ceiling Windows
  - Open Concept Kitchen, Double Islands, Chef's Dream
  - 2 Master Suites, Perfect Home & Vacation Rental
- \$6,900,000**

## 1265 CANTERBURY DRIVE NEW LISTING



### HISTORIC MCGREGOR AREA

- 4BR, 4.5 BA, 5,400 +/- S.F. 2 Lots
  - 1st Floor Master Retreat, Amazing Chef's Kitchen
  - Wine Cellar, Media Room, Fitness, Generator
  - Flowing Indoor/Outdoor Entertaining, Pool/Spa
- \$1,895,000**

## SAWGRASS PLACE



### SAWGRASS

- Incredible Building Site on West Gulf Drive
  - Beach Access Directly Across Street
  - Corner Lot off West Gulf Drive
  - 10' Elevation
- \$949,000**

## 1237 ISABEL DRIVE UNDER CONTRACT



### SANIBEL ISLAND

- Deep Water w/Direct Access, 70' Dock
  - 6 BR, 6.5 BA, Open Floor Plan
  - iPad Controlled Home, Workout Room
  - Bay/Canal Views, Resort Style Pool
- \$2,995,000**



**McMURRAY & Members** of **ROYAL SHELL®**  
*Real Estate*

FOR PROPERTIES OF PRESTIGE & PREFERENCE

McMurrayandMembers.com | Info@McMurrayandMembers.com | Mike McMurray: 239.850.7888

Follow us on Social Media at: @mcmurrayandmembers





Superior Interiors

Fall-inspired Outdoor Decor Tips



by Linda Coin

Fall is fast approaching, and you're likely planning as many seasonal activities as possible. Apple treats, pumpkin carving, trick-or-treating, and Thanksgiving are just a few of

the many ways to celebrate fall. You don't always have to leave your home to make the most of the season change, sitting outside in your backyard, lanterns aglow, while taking in the cooler fall breeze is one of the easiest ways to celebrate autumn in all its glory. Before you head out on your outdoor area and indulge, it's time to redecorate! Your outdoor living space doesn't have to look like a beach getaway year-round; our year-round residents especially enjoy changing up the decor and design scheme to provide a transition to fall. It's also fun to turn your backyard into your own personal retreat this time of year.

The season change is always a splendid opportunity to admire Mother Nature and everything she has to offer. Fall comes with subtle landscaping changes in our

locale, but there are still exciting textures, tones and other natural elements that shouldn't be ignored. Keeping your patio space clean year-round is essential for entertaining guests, but do your best to embrace the natural elements in your background and consider them inspiration for your patio design. The present foliage can act as a gorgeous backdrop against your outdoor dining arrangement, so keep this in mind when picking accessories.

Whether your patio or deck is the place you wine and dine friends or gather with your close family members, there's an opportunity to create an entertainment space that becomes something special for everyone involved. An outdoor sectional sofa is a great piece of statement furniture that brings your guests together. You can place this in the center of the patio as your dining set-up, or near a safe fire feature for something cozier.

Choose fall decor based on your personality. From pumpkins and haystacks to jack-o-lanterns and spooky skeletons, there are dozens of different color, design and decor combinations to consider during fall. Let your style preference guide your accessory and decoration choices when investing in everything from outdoor seating cushions, pillows and accent rugs to light fixtures and tabletop decor.

Play it safe with neutrals – Pumpkins, gourds, haystacks and cornstalks matched with shades of orange, brown, yellow and red.

Go big and bold – Find classic fall decor in non-traditional colors and patterns which can transition through Thanksgiving.

Halloween or nothing – Skip traditional fall options and head straight for Halloween-inspired decor.

Many of those with a back patio can agree it's like a little blessing that having your own backyard oasis to relax after a long day or hang out with friends on the weekends and evenings is unmatched. If you've never incorporated decorations into the space or have a hard time transitioning from one season to the next, you might find it difficult to get started. Plan your vision, ideas and style ahead to get the project in motion. After establishing this outline, you will be able to establish a decorating plan to ensure your needs are met while emphasizing the beauty of fall.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindecaden.com](mailto:linda@coindecaden.com).✧✧

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company

The top listing and top sales producer for September at John Gee & Company was Michelle Bornhorst.✧✧



Michelle Bornhorst

Poetry Corner

by Jim Weyant

ENCORE \*Lakeside

The sun dappled water reflects a fast fading sun, to paint a beautiful scene. All part of God's creation.

In the distance, palms gently swaying fronds, the sky painted dark blue streaked with bronze.

I behold the idyllic scene from the pebbled shore, curious how nature could possibly provide an encore.

\*From the book *Poems From Paradise and Beyond*.

Jim Weyant first came to Sanibel in 1978 and for him it was love at first sight. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, *Poems From Paradise and Beyond*, is available at Amazon and local bookstores.✧✧

**CHUCK BERGSTROM**  
Island Resident  
Award Winning Realtor®

**Chuck@**  
**ChuckBergstrom.com**  
**Direct: 239-209-6500**

**Locations In**  
**Sanibel and Captiva**  
2400 Palm Ridge Rd.  
Sanibel, FL 33957  
11508 Andy Rosse Ln.  
Captiva, FL 33924

**Let's List ... Let's Market ... Let's Sell Your Property**

**www.SanibelCaptivaRealEstateGuide.com**

**4014 West Gulf Drive**

**UNDER CONTRACT**

Custom Home Across From Beach! 4BR/3BA on a large acre+ lot completed in 2019. Impact glass, 10' ceilings, glassed elevator, gourmet kitchen with gas cook top and stainless appliances. Entertain in the spacious great room with gas fireplace. All rooms access the screen enclosed decks overlooking the oversized salt water pool. Gulf views.

**\$3,849,000**

**Sandalfoot Unit 5B1**

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

**\$769,500**



**CAPTIVA GULF TO BAY ESTATE**

**15867 & 15879 CAPTIVA DR., CAPTIVA**  
 • Main House - 3 BR, 3.5 BA, 4,000 S.F.  
 • Spacious 3 BR, 3 BA Cottage  
**\$11,700,000**      **MLS 221027605**  
**McMurray & Members 239.850.7888**

**CAPTIVA GULF FRONT**

**16280 CAPTIVA DR., CAPTIVA**  
 • 6 BR, 6 BA, 4,402 S.F. Tropical Paradise  
 • Main & Guest Houses w/Many Entertaining Areas  
**\$8,900,000**      **MLS 221034324**  
**McMurray & Members 239.850.7888**

**CAPTIVA BEACHFRONT  
UNDER CONTRACT**

**11559 LAIKA LN., CAPTIVA**  
 • Iconic, Modern, Gulf Front Estate, 4,730 S.F.  
 • Rooftop Terrace, Floor to Ceiling Windows  
**\$6,900,000**      **MLS 220029520**  
**McMurray & Members 239.850.7888**

**THE SANCTUARY**

**5633 BALTUSROL CT., SANIBEL**  
 • New 2020 Construction on Golf Course  
 • 4 BR, 4.5 BA, Open Great Room Floor Plan  
**\$2,100,000**      **MLS 220004571**  
**McMurray & Members 239.850.7888**

**OCEAN'S REACH  
UNDER CONTRACT**

**2230 CAMINO DEL MAR DR. #4C1, SANIBEL**  
 • Updated 2 BR, 2 BA, Beachfront Walk-Out  
 • Lanai w/Stunning Sunset Views  
**\$899,000**      **MLS 221070177**  
**Sally Davies 239.691.3319**

**SUNDIAL OF SANIBEL**

**1501 MIDDLE GULF DR. #F407, SANIBEL**  
 • Turnkey 1 Bedroom, 1 Bath  
 • Desirable Top Floor  
**\$569,000**      **MLS 221062131**  
**Brian Murty 239.565.1272**



**ROYAL SHELL®**

*We make it easy. You make it home.*

RoyalShellRealEstate.com



239.314.3640

Offices in Florida and North Carolina

Leading

REAL ESTATE  
COMPANIES  
IN THE WORLD®

LUXURY

PRESTIGE

**CAPTIVA BEACHFRONT**

**15138 WILES DR., CAPTIVA**  
 • 102' of Premier Gulf Frontage  
 • Comfort Meets Luxury - 6 BR, 5.5 BA  
**\$6,495,000**      **MLS 220031374**  
**McMurray & Members 239.850.7888**

**ALVA RIVERFRONT**

**17891 OWL CREEK DR., ALVA**  
 • Direct Access to Gulf & Ocean  
 • Breathtaking Water Views  
**\$5,250,000**      **MLS 218016146**  
**McMurray & Members 239.850.7888**

**BEACHVIEW ESTATES**

**1266 & 1268 PAR VIEW DR., SANIBEL**  
 • Fabulous 4 Bedroom, 4 Bath Pool Home  
 • Remarkable Eastern View, Near Beach  
**\$2,295,000**      **MLS 221047055**  
**John Nicholson, McMurray & Members 239.849.3250**

**HISTORIC MCGREGOR AREA  
NEW LISTING**

**1265 CANTERBURY DR., FORT MYERS**  
 • 4 BR, 4.5 BA, 5,400+/- S.F., 2 Lots  
 • 1st Floor Master Retreat, Chef's Kitchen  
**\$1,895,000**      **MLS 221068046**  
**John Nicholson, McMurray & Members 239.849.3250**

**SUNDIAL EAST**

**1401 MIDDLE GULF DR. #R402, SANIBEL**  
 • 2 BR, 2 BA + Den, Beautiful Gulf View  
 • Spacious & Open, Laundry in Unit  
**\$1,249,000**      **MLS 221065627**  
**Kelly Sackman, McMurray & Members 239.810.7388**

**HUSCHKA**

**SAWGRASS PL., SANIBEL**  
 • Incredible Building Site on West Gulf Drive  
 • Beach Access Directly Across Street  
**\$949,000**      **MLS 218002687**  
**John Nicholson, McMurray & Members 239.849.3250**

**SHERRILL POINT**

**13520 SHERRILL POINT CT., FORT MYERS**  
 • Cleared River & Canal Front Lot  
 • Long Water Views w/Direct Access  
**\$889,000**      **MLS 220008911**  
**McMurray & Members 239.850.7888**

**SUNDIAL OF SANIBEL**

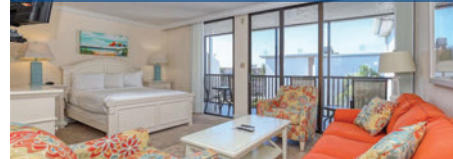
**1501 MIDDLE GULF DR. #G204, SANIBEL**  
 • Gulf Views from Your Screened Lanai  
 • 2 Bedrooms, 2 Full Bathrooms  
**\$749,000**      **MLS 220067748**  
**Brian Murty 239.565.1272**

**SANIBEL ISLAND**

**3304 SAINT KILDA RD., SANIBEL**  
 • Possible Gulf Views from Piling Home  
 • Private Lake View Setting  
**\$599,000**      **MLS 221009944**  
**John Nicholson, McMurray & Members 239.849.3250**

**THE LANDINGS - ARIEL**

**5260 S. LANDINGS DR. #1609, FT. MYERS**  
 • 3 BR, 2.5 BA, Panoramic Water/City Views  
 • Spacious Floor Plan, Breathtaking Lanai Space  
**\$489,000**      **MLS 221068104**  
**McMurray & Members 239.850.7888**

**SUNDIAL OF SANIBEL  
UNDER CONTRACT**

**1501 MIDDLE GULF DR. #H410, SANIBEL**  
 • 1 Bedroom, 1 Bath Studio  
 • Well Maintained  
**\$429,900**      **Call for Details!**  
**Brian Murty 239.565.1272**

**SANIBEL HARBOUR YACHT CLUB**

**15051 PUNTA RASSA RD. #515, FT. MYERS**  
 • 12' x 12' x 45' Dry Storage, Top Level  
 • Easy Access, Minutes to Gulf  
**\$125,500**      **MLS 221067919**  
**John Nicholson, McMurray & Members 239.849.3250**



# Rotary Happenings

submitted by Cindy Carter

Rotarian John Danner, pastor at the Sanibel Congregational United Church of Christ, created the Wheels 4 Wheels fundraiser in honor of his father, Rev. Howard S. Danner, Jr, a pastor and college professor, who was struck by a drunk driver while biking and left paralyzed from the waist down, leaving him in a wheelchair for his remaining 17 years.

On John's 60th birthday, he rode his bike from just north of Fort Lauderdale to Key West, a total of 190 miles as a fundraiser for wheelchairs. He was calling it Wheels for Wheels/60 for 60. His goal



Rev. John Danner and his father, Rev. Howard S. Danner, Jr. photos provided

was to raise enough money to purchase 60 wheelchairs. He ended up raising an incredible \$22,000 by himself, and helped distribute over 200 wheelchairs in Trinidad later that year. Three years ago, in 2020 pre-COVID, John had



Sanibel-Captiva Rotarians in action

the idea to ride his bike once again as a fundraiser for wheelchairs, a cause Rotary contributes and Rotarians participate in annually. It would be called the "Howard S. Danner, Jr. Wheels for Wheels Cycling Challenge." A generous \$26,000 was raised in the first year of this cycling fundraiser. This allowed for the purchase and delivery of over 250 wheelchairs to Barbados and Trinidad. In it's second year, \$23,000 was raised by the riders and their sponsors, which will enable the Wheelchair Foundation to purchase 230 wheelchairs for distribution to those who cannot afford one.

"I am so pleased that this yearly effort honors the memory of my dad, who spent 17 years as a paraplegic in a wheelchair. Over the two years of the club event in his name, and the first solo ride when I turned 60, we have funded close to 700 life-changing wheelchairs, Amazing," said Rev. Danner. John also was recognized as the rider who "Rode the Most Miles" for this challenge.

This year, an added feature of the event is that riders can ride anywhere, allowing for Snowtarians to participate at any time up to the event.

The Wheelchair Foundation is a nonprofit organization leading an international effort to create awareness

of the needs and abilities of people with physical disabilities, to promote the joy of giving, create global friendship and to deliver a wheelchair to every child, teen and adult in the world who needs one, but cannot afford one. For those people, the Sanibel Captiva Rotary Club and Wheelchair Foundation delivers hope, mobility and independence to many.

"The Sanibel-Captiva Rotary Club has long been a significant supporter of the Wheelchair Foundation and its mission to provide mobility and dignity to people in need throughout the world. They have once again gone above and beyond expectations with this incredibly generous gift which will have an immediate and long-lasting impact on the lives of so many. We give our heartfelt thanks to their members," said Steve Agius, Rotary Club of Bonita Naples and chairman of District 6960 Wheelchair Committee.

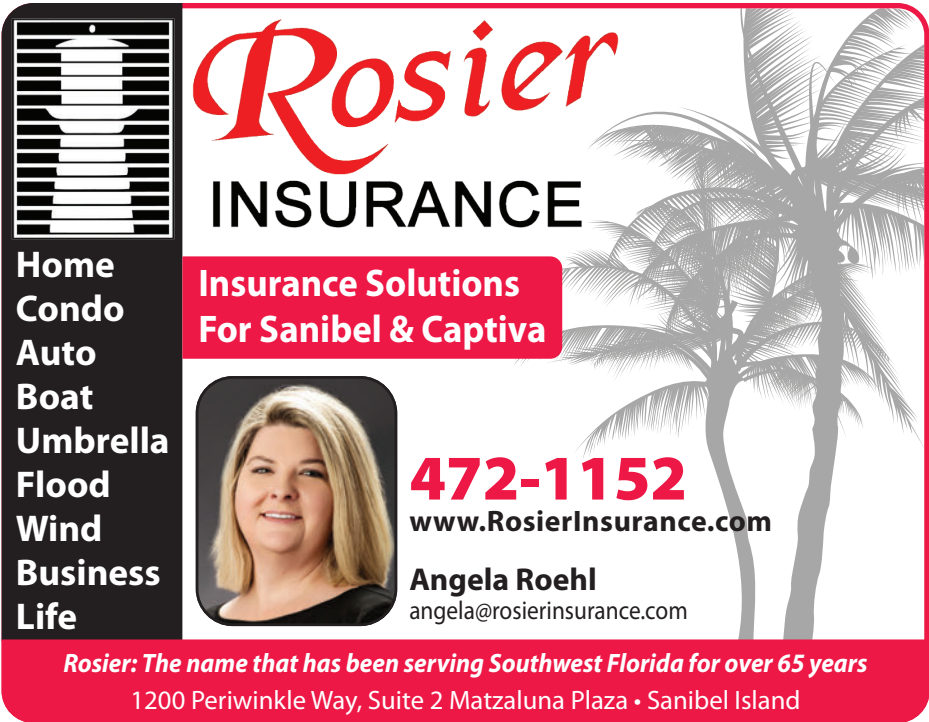
The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email [william.harkey@gmail.com](mailto:william.harkey@gmail.com) by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).

**Working With Color Is Our Passion!**  
**Helping You Design Your Dream Home Is Our Forte!**  
**Our Interior Design Team Makes Creating Your Own Look Easy (and yes, Fun!)**  
**Coming In To See, Sit, Feel and Touch Makes The Design Process Even Better!**



**SANIBEL HOME FURNISHINGS**  
**SHF • CUSTOM INTERIOR DESIGN**


1618 Periwinkle Way • Heart of the Island • Sanibel  
Mon Thru Fri 10 - 4 Saturday By Appt. 472.5552  
[www.sanibelhomefurnishings.com](http://www.sanibelhomefurnishings.com)



**Rosier**  
**INSURANCE**

Home  
Condo  
Auto  
Boat  
Umbrella  
Flood  
Wind  
Business  
Life

**Insurance Solutions For Sanibel & Captiva**



**472-1152**  
[www.RosierInsurance.com](http://www.RosierInsurance.com)  
**Angela Roehl**  
[angela@rosierinsurance.com](mailto:angela@rosierinsurance.com)

*Rosier: The name that has been serving Southwest Florida for over 65 years*  
1200 Periwinkle Way, Suite 2 Matzaluna Plaza • Sanibel Island





From left, Julia Cacioppo, Valerie Tutor, Fred and Mary Bondurant and Kate Stone photo provided

## Real Estate Firm Makes Donation

In honor of breast cancer awareness month, Kingfisher Vacations & Real Estate donated \$300 to the Let's Pink Out fundraiser, founded by Mary Bondurant, Sanibel resident, realtor and breast cancer survivor.

This year's Let's Pink Out fundraiser included a high tea, pickleball tournament and gala at Sundial Beach Resort & Spa. Still to come is the Pink Out Picnic, scheduled for Thursday, October 28 beginning at 11:30 a.m. at Sanibel Fire Rescue District on Palm Ridge Road. To reserve your lunch, visit [www.pinkoutpicnic.com](http://www.pinkoutpicnic.com). There is no charge for cancer survivors.✧

## Publisher Makes Donation To SCCF

Jim Fowler, publisher of the Sanibel-Captiva Nature Calendar announced a donation of \$1,000 to the Sanibel-Captiva Conservation Foundation (SCCF) recently. This is the 33rd annual donation from this publication to a conservation organization. Since first publishing the calendar in 1988, it has become a tradition each fall to donate a portion of the proceeds to one of the organizations listed inside the back cover.

SCCF was selected because of the organization's extensive ongoing programs to protect and preserve the land, the waters and the wildlife on and around Sanibel, Captiva and neighboring areas.

Fowler said, "In the 1960s, after the first causeway was completed, developers proposed to make Sanibel and Captiva the 'Miami Beach' of the west coast. Thanks to the founding members of SCCF, the course of development on Sanibel was forever changed and guided by principles that placed land and wildlife protection before profit-driven, uncontrolled growth. Early SCCF staff and volunteers provided the money and studies needed by the newly founded City of Sanibel to develop their land use plan. Today, SCCF staff, members and volunteers continue to provide the programs, studies and public education to protect the land, the wildlife and the aquatic environments in the area."

Last fall, \$800 was donated to Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel. To date, over \$26,000 in proceeds from this publication has been donated to conservation organizations in Florida.✧



Jim Fowler photo provided



### 860 Lindgren Blvd Shell Harbor

Handy to causeway. Minutes by boat to bay, gulf, & intra-coastal waters. Community beach access just up street.

1/3+acre with expansive water views over wide long canal basin. Mostly cleared, ready for pool home. Sea-walled with concrete patio dock. \$1,200,000



### Mariner Pointe #1061 760 Sextant Dr

Easy-access 1st floor remodeled 2-bedroom condo facing bay & with water views from front door thru to newly-glassed lanai.

Community amenities include 2 pools, tennis/pickleball, boat dockage, kayak launch, BBQs, private fishing pier, & deeded beach access. \$724,000 furnished



2242 Periwinkle Way  
Suite #3 in  
Sanibel Square

472-HOME (4663)  
888-603-0603

**Sanibel**  
REALTY ASSOCIATES  
*Susan*  
SanibelSusan.com



Susan Andrews,  
Realtor,  
Broker/Owner



Elise Carnes  
Listing Coordinator,  
Notary



David Anderson  
Realtor,  
Closing Coordinator



Lisa Murty  
Realtor



Will Power

# Why Does The Proposed Tax Legislation Want To Eliminate Grantor Trust Strategies?



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

My clients have asked me why the proposed federal tax legislation wants to eliminate grantor trust strategies, so I thought I'd address that in today's column. Let's start with the definition of a grantor trust. Generally speaking, a grantor trust is one in which the individual who creates the trust is the owner of the assets for both income and estate tax purposes. Revocable trusts are grantor trusts. Revocable trusts are not the trusts that the proposed legislation addresses.

The proposed legislation instead addresses "Intentionally Defective Grantor Trusts (IDGT)" where the grantor isolates certain assets to segregate income tax from estate tax treatment. It is effectively a grantor trust with a purposeful flaw that ensures the individual (grantor) continues to pay the income taxes while removing them (and all future appreciation on them) from the individual's estate for gift and estate tax purposes.

Knowledgeable estate planning attorneys have used IDGT strategies for years as there are several benefits. By continuing to be treated as the owner for income tax purposes, the grantor can "sell" assets to the trust, but because he or she is the taxpayer for both, there is no capital gains tax on the transaction.

As one over-simplified example, if Henry creates an IDGT for his children, and funds that IDGT with a minimum amount of assets or money, he can then sell an appreciated commercial property to the IDGT, taking back a promissory note. The capital gains are not recognized since for income tax purposes, the transaction is a sale to himself. Same with the interest payments on the note. The commercial property's future appreciation is out of his estate, and the tenant's lease payments are paid to his children, as they are the beneficiaries of the IDGT, but Henry continues to pay the income tax on the lease payments, an additional "tax free" gift to the children.

If Henry transfers his commercial property into an LLC, family partnership or corporate entity, the membership/partnership/shareholder interests subsequently transferred to his children can be discounted because they are not marketable on the open market, have a minority share interest and lack control over the entities' dealings.

Henry can control the income as the managing member/partner, and even take a reasonable manager's salary if he wishes. These discounts allow Henry to move more assets out of his estate for estate tax purposes, as his exemption is leveraged. The proposed legislation seeks to remove discounts on transfers of passive investments as well as limit IDGT strategies.

Let's put some numbers to this. Assume that Henry has three children: Andy, Betty and Claire. He owns a \$3 million commercial property that generates \$210,000 of net revenue. Henry transfers the property into an LLC. He then gifts 99 percent of the LLC interests into three IDGTs, 33.333 percent for each of his children. The appraiser discounts the interests by 40 percent for lack of marketability, control and minority share interests. Assume the LLC operating agreement and the IDGTs have been properly drafted to accomplish Henry's goals.

What just happened? The value of the gift is only \$600,000 for each of the IDGTs so Henry has only consumed \$1.8 million of his exemption to transfer out the \$3 million property from his estate. His children's trusts distribute \$70,000 of net revenue annually to each of them, but Henry pays the taxes on that income (assuming a 35 percent marginal tax bracket, he pays a total of \$73,500 of taxes annually, which are not considered a gift from Henry to his children.) This continues for Henry's lifetime.

This is exactly the type of transaction that the proposed legislation attempts to thwart. The proposed legislation's language eliminates these strategies upon the enactment of the legislation into law, so individuals who are looking to take advantage of the law should do so now, before the proposed legislation is passed into law. No one knows for certain whether the legislation will become law, but by the time that becomes evident, it will be far too late to put together this type of planning, which takes careful consideration on the part of the client, as well as the coordination of various professionals.

My IDGT strategy example is but only one of several different ways that IDGTs can be used for gift, estate and income tax planning. IDGTs can be used with insurance and stocks and bonds for example. If one can implement and fund the strategy prior to any legislation's enactment date, it's likely that the trust will be grandfathered in for the favorable treatment under current law. There are a variety of nuances, however, that could result in losing the grandfathered effect, which are too detailed to describe in this post.

Another factor spurring active planning is the proposed reduction of the federal estate tax exemption from its current \$11.7 million down to \$6 million, the exemption amount that will occur anyway on January 1, 2026 when the current law sunsets, assuming no further legislation is enacted between now and then.

Happy planning!

©2021 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✴

## How's The Market? Ask Ann Selling? Call me first!



We continue to observe new Sanibel listings priced to current market conditions selling quickly. If you are a motivated buyer, sadly, you are forced to act promptly. Feeling rushed? You do have a safeguard using the standard "As Is" contract that is commonly used on most transactions today. It allows for you to cancel the contract for "any reason" during an agreed upon time frame (normally 7-14 days). I am commenting on this subject because when working with a prospect, I have a reluctance to bring this up for fear of being seen as a "pushy" sales person. It's a Dilemma.

Last week, our Realtor organization hosted a seminar on recently passed new rules on Federally insured flood policies... New rules and not based on current criteria. Major take away is to make sure you maintain your current flood policy. Should you sell, it brings more benefit to the Buyer. Talk to your insurance agent on the new rules.

Thank you for reading my column and talk to me about a very attractive commission rate I can offer you. If you are buying, I will pay for your Home Inspection and provide you with a one-year Home Warranty through Home Tech.

|   |   |  |  |
|---|---|--|--|
| <b>17 Closed Sales Going Back One: 8 Homes, 8 Condos &amp; 1 Vacant Lot</b> |   |  |  |
| 5398 Osprey Ct. Vacant Land - <b>\$280,000</b>                              | 527 East Gulf Dr. 207 Gulf Beach - <b>\$1,085,000</b> |  |  |
| 641 Periwinkle Way Captains Walk B5 - <b>\$390,000</b>                      | 9464 Calla Ct. - <b>\$1,450,000</b>                   |  |  |
| 1039 Beach Rd. 101 Beach Road Villas - <b>\$515,000</b>                     | 3010 West Gulf Dr. - <b>\$1,250,000</b>               |  |  |
| 754 Donax St. - <b>\$599,900</b>  | 4760 Rue Helene - <b>\$1,350,000</b>                  |  |  |
| 805 East Gulf Dr. F3 Sanibel Arms - <b>\$605,000</b>                        | 509 Lagoon Dr. - <b>\$1,650,000</b>                   |  |  |
| 937 East Gulf Dr. Sanibel Inn 3532 - <b>\$750,000</b>                       | 528 Kinzie Island Ct. - <b>\$1,880,000</b>            |  |  |
| 2445 West Gulf Dr. Pointe Santo B33 - <b>\$841,000</b>                      | 518 North Yachtsman Dr. - <b>\$2,795,000</b>          |  |  |
| 5802 Sanibel Captiva Rd. - <b>\$981,000</b>                                 | 4601 Rue Belle Mer - <b>\$3,500,000</b>               |  |  |
| 3049 West Gulf Dr. 102 Tantara - <b>\$1,039,000</b>                         |   |  |  |

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

**Certified Negotiation Expert • Certified International Property Specialist**  
239-850-0979 • [RealtorAnn@hotmail.com](mailto:RealtorAnn@hotmail.com) • [www.JohnGeeRealty.com](http://www.JohnGeeRealty.com)

**John Gee**  
REALTOR & Company

## ISLAND CONDO MAINTENANCE

40 Years in Business • Located on Island • Veteran Owned & Operated



Commercial & Residential Pool Service and Repairs  
Free Estimates

24hr. Emergency Service Available

**Everyone Deserves a Clean Pool!**

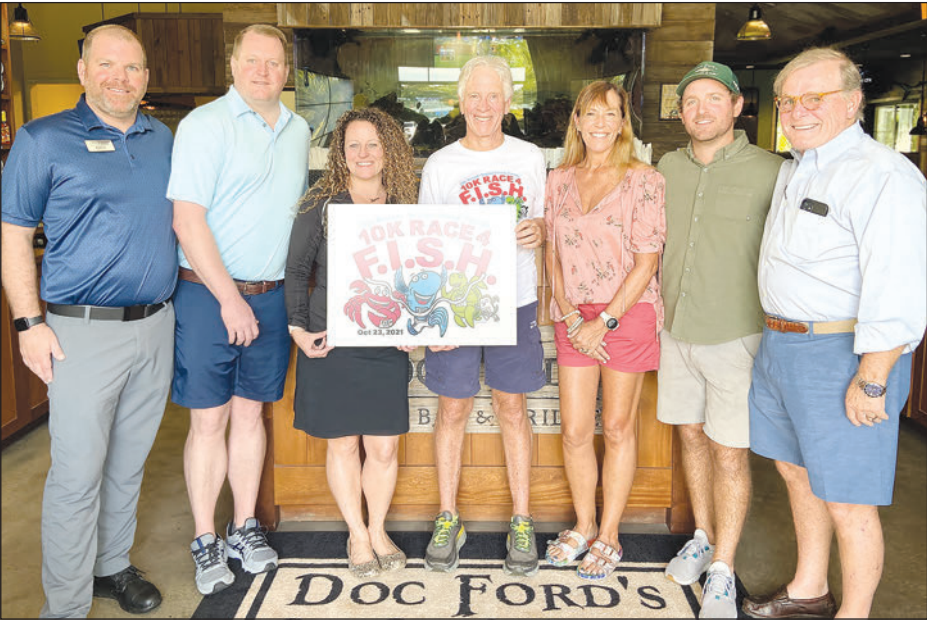
Call Us Today **472-4505**

Mon. - Fri. 7am-4pm  
1039 Periwinkle Way (Behind The Bait Box)  
[www.icmpools.com](http://www.icmpools.com)  
[admin@icmpools.com](mailto:admin@icmpools.com)

#CPC1458912  
#SI-12240

**ON ISLAND FOR ISLAND**





From left, Colin Heard, Jim Green, Katy Forret, Roger Timm, Nicole McHale, Joe and Marty Harrity photo provided

## Doc Ford's Sponsors Race To Benefit FISH

Doc Ford's Rum Bar & Grille returns as a silver sponsor of the 13th annual 10K Race 4 FISH that raises funds for FISH of SanCap. "We are proud to be a supporter of an organization that helps not only our local families, but those visiting the

islands," said Joe Harrity of Doc Ford's. "We wouldn't be who we are without the people of this community helping us continue doing what we love. Being a part of the 10K Race 4 FISH is the least we could do." This year's 10K is a virtual opportunity for runners to participate while supporting the island's social service organization. Registration is open through the Fort Myers Track Club at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com) and runners will log their results online through a race

link. Times will be accepted at any point from registration through October 31. Participating runners will receive a dri-fit shirt, with the Horton 10K logo on the front, as well as 10K medals that will be mailed directly to them based on sign-up date. The popular eatery is named for the hero of noted Sanibel author Randy Wayne White's novels, adventurous scientist Doc Ford. The restaurant has four locations on Sanibel Island, Captiva

## Crime Prevention Workshop

FISH of SanCap and the Sanibel Police Department will offer a Crime Prevention Workshop on Monday, October 25 as both an in-person event and virtual event. The in-person event will take place at The Community House, 2173 Periwinkle Way on Sanibel, and the virtual event will be offered via Zoom. Both opportunities will begin at 11 a.m. Due to the COVID pandemic, all in-person attendees must wear a mask throughout the entire presentation and adhere to social distance guidelines. The presentation will focus on personal



Lt. Grace Towler

and home safety; mail, phone and computer fraud and scams; the 'dark house program'; and important techniques for protecting yourself. Lt. Grace Towler will discuss different issues that are threats to the community, increase awareness of certain crimes, and teach participants what to do to intervene and prevent victimization. "You can never be too safe," said Lt. Towler. "By taking a few simple precautions, you can reduce risk to yourself and your property." Lt. Towler has been with the Sanibel Police Department since 2007, serving in road and beach patrol, crime scene investigation and currently assigned to the emergency management division. She obtained her bachelor's degree in criminal justice from Hodges University in 2007 and her master's degree in criminal justice from Florida Gulf Coast University in 2012. To RSVP by October 20, call 472-4775. FISH will supply the Zoom link to those wishing to participate virtually.✧

## Dignified Support Uncommon Assisted Living

At **amavida**, our Assisted Living and Memory Care residents enjoy the life of Resort-style living with no large entrance fee's along with privacy of their own spacious apartment, a variety of resort-quality amenities and services that free you from worry and responsibility. Safe and secure throughout the pandemic, we have lead the industry with minimal positive cases and no positive cases without vaccinations in place. As a Limited Nursing Services (LNS) licensed community, we can provide a higher level of care and support than a typical Assisted Living community. That's peace of mind you deserve. And it's all here in Fort Myers. Waiting for you.



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE LIVING

## We Have the Care



# amavida

Resort Retirement Community  
*a love of life*

7669 Calistoble Loop, Fort Myers, Florida 33907

[amavidaliving.com](http://amavidaliving.com)

ALF #13261



# Frankly Speaking

by Howard Prager



**C**ongrats to the Red Sox, the first team into the league championship series. Interesting stories from the baseball playoffs: the former Milwaukee team (the Braves) are playing the current Milwaukee team

(the Brewers). As told in the *Milwaukee Sentinel*, "Fewer than 13,000 people attended the final Braves game at (Milwaukee) County Stadium, a 7-6 loss in 11 innings to the Los Angeles Dodgers on a day when the Braves successfully knocked future Hall of Famer Sandy Koufax out early. Traveling back, the first game at County Stadium was in 1953, when Bill Bruton's 10th-inning home run sent the delirious crowd of 34,000 fans home happy. Warren Spahn pitched all 10 innings that day. After the final game, the stadium bugler played *Taps*. "This may be the end of the 13 best years of my life," said Eddie Mathews, the most popular Braves player during the franchise's 13-year run in Milwaukee and the only player to span its entirety. "I haven't felt this way since we came back from winning the 1957 World Series and that crowd greeted us at the airport." The Milwaukee Braves tenure was marked by no-hitters, unforgettable players, a

championship and not a single losing season. Their departure left a wound that was partially healed in 1970 when Bud Selig brought the bankrupt Seattle Pilots to town and the Milwaukee Brewers were born. For the first time, the two franchises are meeting in the 2021 National League Division Series. Milwaukee's past meets Milwaukee's present."

The second story is about the two oldest managers in the playoffs, Tony La Russa of the White Sox and Dusty Baker of the Astros. La Russa is 77 now, and Baker is 72. La Russa and Baker played just one game together, at the very end of the 1971 season. La Russa was nearly done as a player, and Baker would last 15 more seasons. By the end, when Baker was with the Athletics in 1986, La Russa was his manager. As reported in the *New York Times*, "We were once teammates," La Russa said. "The only problem we've ever had is when we're in the same division. Other than that, we've never had problems." They were in the same division for a long time: eight years in the National League Central between 2003 and 2011, when La Russa managed the St. Louis Cardinals and Baker guided the Chicago Cubs and the Cincinnati Reds. Their rivalry simmered then, with friction from hit batters, bench-clearing brawls, All-Star Game snubs and managerial mind games. That intensity is reflected in their record against each other: Baker now leads the rivalry, 106-105, after the first three ALDS playoff games.

Texas A&M stunned the college football world Saturday night beating No. 1 Alabama. Now three of the four teams that

regularly are in the top 4 all have losses. The unranked Aggies, coming off back-to-back losses to Arkansas and Mississippi State that dropped them out of the AP Top 25, led most of the game against top-ranked Alabama but then fell behind late before ultimately tying the game and then winning on a walk-off field goal, 41-38. This upset by Texas A&M ends multiple impressive Alabama streaks, according to ESPN and The Sporting News.

100: Alabama's loss ends an incredible streak of 100 straight victories against unranked opponents. The last to beat Bama was UL Monroe in 2007.

24: Nick Saban never lost in 24 previous contests to someone who had been on his coaching staff. Jimbo Fisher becomes the first coach to beat his former superior – and his first win against an AP No. 1 ranked team. Fisher was 0-6 before this victory. He coached with Saban at LSU from 2000 to 2004.

106: The loss also ended a 106-game run of AP No. 1 teams beating unranked opponents. The last time an unranked team beat No. 1 was in 2008 when Oregon State defeated USC, 27-21.

November 30, 2019: The date the Crimson Tide last lost a game – 680 days ago. Auburn won a fantastic 48-45 game.

The good news story of the week comes from ESPN and the lost and found department at Lambeau Field. Packers running back Aaron Jones lost a necklace containing a portion of his father's ashes in the end zone when he scored four touchdowns in a 35-17 rout of the Detroit Lions on Monday Night Football. Jones

revealed the lost necklace to reporters after the game. His dad, who was always in the stands when his son played, had died earlier this year at age 56 from complications with COVID-19.

"He'd be happy. He'd be like, 'If you lose it anywhere, lose it in the end zone,'" Jones quipped while in high spirits during a postgame interview. The pendant was black, which likely didn't help in spotting it easily. At 1:45 a.m. on Tuesday morning, a reporter still at work in the very empty Lambeau Field noticed that Packers trainer Bryan "Flea" Engel was still on the field searching for the necklace. Engel ended up finding the football equivalent of a needle in a haystack, bringing the brief ordeal to a heartwarming end.

In an ESPN report, Jones expressed his gratitude the next day: "Thank you to him. He was out there until 1:45. It shows how much they care about us. He's been helping me a lot since my dad passed, so he's, like, been there for me. Our support staff is great here. They really care about the people." Indeed, they care about their players, as evidenced later in the week when long-time Packers equipment manager Gordon "Red" Batty sewed a small pocket in Jones' jersey – right above where Aaron Jones' heart will be – to hold the football charm containing the ashes. Classy.

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

**THE ONLY ISLAND-BASED AIR CONDITIONING COMPANY**

**BEEN AWAY FOR THE SUMMER?**

**Sanibel Air and Electric**

**WE WOULD LIKE TO WELCOME YOU HOME.**

Sanibel Air & Electric is available to service all your COOLING, HEATING and ELECTRICAL needs to make sure your home is running smoothly and is energy efficient while you settle back in to your routine of SAND, SURF & SUN!

**(239) 395-COOL (2665)**

**24-Hour Service Line: 239-472-3033**

Sanibel Air and Electric, Inc. | Family Owned & Operated  
1213 Periwinkle Way | Sanibel, Florida 33957  
[www.SanibelAir.com](http://www.SanibelAir.com) • [cooling@sanibelair.com](mailto:cooling@sanibelair.com)

**RUUD**

LIC # EC-0001761 LIC # CAC-057364

## Stone Crab Season Opens

**T**he recreational and commercial stone crab harvest seasons open Friday, October 15 and remain open through May 1, closing May 2.

The minimum claw size limit is 2 7/8 inches. All plastic and wood stone crab traps will need to be outfitted with a 2 3/16-inch escape ring before the 2023-24 season.

Recreational harvesters who are age 16 and older and fish with traps are required to complete an online, no-cost recreational stone crab trap registration each year. To register, visit [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com).

Upon completion, each person will receive unique trap registration numbers

that must be included on each trap along with the owner's full name and address. This information must be legible and must be permanently attached to each trap.

Care should be taken when removing the claws so as to not permanently injure the crab. Claws may not be taken from egg-bearing stone crabs. Stone crabs may not be harvested with any device that can puncture, crush or injure a crab's body. Examples of devices that can cause this kind of damage include spears and hooks.

Recreational harvesters may take a daily bag limit of one gallon of claws per person or two gallons per vessel, whichever is less, and may use up to five stone crab traps per person.

Recreational and commercial traps that are not being fished should be removed

continued on page 40

## SPORTS QUIZ

1. "The Malice at the Palace" was a 2004 brawl involving players (and a few fans) of what two NBA teams?
2. What syndicated TV highlight show did New York Yankees broadcaster Mel Allen host from its start in 1977 until his death in 1996?
3. What Pro Football Hall of Fame running back had his No. 20 jersey retired by the University of Texas Longhorns in 1979?
4. What event, traditionally held on the first Saturday in August, is the first race of the Triple Crown of Harness Racing for Trotters?
5. What pontiff, an avid sportsman, was nicknamed "Lolek the Goalie" during his days playing youth soccer?
6. Name the U.S. duo who won the gold medal in ice dancing at the 2014 Sochi Winter Olympics.
7. What Texas Rangers pitcher threw a perfect game against the California Angels on July 28, 1994? (Hint: He shares a name with a country music legend.)

## ANSWERS

1. The Detroit Pistons and the Indiana Pacers.
2. This Week in Baseball.
3. Earl Campbell.
4. The Hambletonian.
5. Pope John Paul II.
6. Meryl Davis and Charlie White.
7. Kenny Rogers.





At the Women Build event, from left, Zontians Ruth Mayer, Helen Ramsey, Taryn Manning, 2020-21 co-President Susan Tucker, Nancy Dreher, Pam Eccles, Kathleen Skubikowski, 2021-22 co-President Elaine Swank and Marianne Ravenna photo provided

# Zonta Honored By Habitat's Women Build

submitted by Sue Denham

The Zonta Foundation of Southwest Florida, the grant-awarding arm of the Zonta Club of Sanibel-Captiva, was honored recently by Habitat for Humanity's Women Build project. At a reception in the Sidney and Berne Davis Art Center in Fort Myers, the Zonta group was recognized as a Bronze Hammer sponsor for its 2021 support, and applauded for its commitment to Women Build over the years, both in funding and in volunteer construction work.

Founded in 1991, Women Build brings together women architects, contractors and construction volunteers every year to build affordable homes in safe communities for women-led families. The mission of Zonta San-Cap, like that of Women Build, is to empower women to become productive community members and to provide them with safe and affordable housing.

Zonta invites you to help them continue supporting Women Build and around 15 other non-profit agencies whose work champions women. Participate in their second fundraising effort of the year. Zonta's Peek at the Unique Auction is now open online, runs through Sunday, October 31 and features more than 70 experiences, art works, treasures and more. Visit [www.32auctions.com/](http://www.32auctions.com/)

zontapeek21 and join the fun. Choose from fabulous places to stay, from Sanibel to Asheville; land and sea excursions; guided tours of Sanibel favorites (CROW, the Shell Museum, Historical Village); and bid on show tickets, dinners, private

lessons, gifts and more. Zonta has created a safe and unique event, in support of their mission to positively impact women and girls. To become a part of Zonta's ongoing work, visit [www.zontasancap.org](http://www.zontasancap.org).

# Bank Purchases Building For Relocation

Sanibel Captiva Community Bank has acquired the building located at 1019 Periwinkle Way on Sanibel. Located two buildings down from its current branch at 1037 Periwinkle Way, the bank will be relocated after renovations are completed at the end of 2022.

Benchmark Construction has been hired to renovate the bank's new branch, which will feature a community room, electric car charging station and safe deposit boxes. Current occupant John R. Wood Properties will continue leasing approximately half of the 5,200-square-foot building. The current branch at 1037 Periwinkle Way will remain open for service during renovations.

"We're pleased to move our current



New Periwinkle office photo provided

Periwinkle branch to a larger space and still offer our customers the convenience of a location close to the causeway," said Craig Albert, Sanibel Captiva Community Bank president and CEO. "Our 1037 Periwinkle branch handles a large number of transactions for such a small location. With this new larger space, we'll make it even easier for customers to get their banking done quickly and efficiently."

To learn more, visit [www.sancapbank.com](http://www.sancapbank.com).



Window Treatments . Furniture . Flooring . Lighting . Accessories . Closets

# DECORATING DEN INTERIORS®

Luxury Design | Concierge Service

"We take care of all of the details, so you don't have to"



695 Tarpon Bay Rd. Sanibel, FL 33957 239.472.6551  
[coin.decoratingden.com](http://coin.decoratingden.com)

## New Listing!

### 700 Birdie View Point, Sanibel

\$985,000

**Executive Island Retreat!**  
**Walk to beach! Highly desired community.**  
**Elevated executive home offering 3 BR/2BA,**  
**split floorplan with screen enclosed**  
**pool & pavers, tile throughout.**  
**Overlooks lake to golf course.**  
**Paradise Found!**

239-472-6747

Gulf Beach Properties, Inc.  
Paul Zimmerman, Broker  
Cell: 239-246-3394



Health First

Life Inspiration  
From Two  
Nonagenarians



by Julie  
Rosenberg, MD

In July 2019, I relocated with my family to Sanibel. While I had been visiting Sanibel with regularity since I was a small child, I did not have an established network of colleagues or friends on the island when I relocated.

Over the past year, I've come to know some of my neighbors in The Dunes, several of whom I now consider good friends. Among them are two nonagenarians, Patsy (she's almost 90) and Hubert (he's 94). Not only are they friends, but though listening and engaging with them, I've learned some valuable life lessons. This column is dedicated to Patsy and Hubert. Six of my key learnings from them are below.

You are never too old to learn – Both Patsy and Hubert are great conversationalists and are cognitively engaged. Patsy loves crossword puzzles and works on them daily. Hubert likes to read. Both are worldly, engaged and knowledgeable on current events. Cognitive decline is not inevitable as

we age. Many older adults retain excellent cognitive function well into their 80s and 90s. Daily activities such as word games, puzzles and reading serve to strengthen the learning and memory functions of the brain. As we age, our brains can adapt to new behaviors, new experiences and the learning of new information by altering existing connections between neurons and making new ones. This process is termed neuroplasticity.

Keep moving – Patsy and Hubert walk daily in the neighborhood, typically holding hands. Patsy plays a mean game of golf while Hubert rides his bicycle several miles each day.

Physical activity is good for your physical and mental health and can help you to stay independent as you age. Importantly, physical activity does not need to be strenuous, it can be anything that gets your body moving – things like gardening, walking, light stretching and doing housework are all forms of physical activity.

It's important to set realistic goals for yourself, especially as you age. Choose activities that you enjoy. Do them regularly. Certain activities, such as yoga, Pilates, and tai chi help to improve your posture, balance, coordination and flexibility. Engaging in these activities, along with weight-bearing activities such as walking, can help to strengthen your bones and reduce your risk of having falls.

Enjoy the moment – Patsy keeps a diary. She enjoys the moment and preserves the joys of each day in her diary. Patsy and Hubert do not dwell on the past nor do they worry about the future. They

appreciate the moments of 'today.' Learning to live in the present moment is essential for a happy and fulfilled life. Let go of negative thoughts – One of Patsy's favorite phrases is, "Let go of the negative." She observes that so many people today dwell on the negative aspects of life. She asks, "What's the point?" It's true that chronic negative thoughts and feelings prevent you from healing from a situation and moving on. Letting go of painful feelings and experiences allows you to heal and move on.

Prioritize emotional connection – Patsy and Hubert have a deep love and emotional connection that is palpable. It shows whenever they are together. They do not have a computer and are not particularly interested in technology. In other words, they engage with each other rather than with their screens.

Scientific data supports that people with good relationships and positive emotions live longer. Their longevity is thought to be related to a greater state of well-being, including lower levels of stress hormones and better cardiovascular health than age-matched peers.

Plan for future needs – No matter your age, it's important to look ahead. Patsy and Hubert live independently. Yet, they have ensured that their needs are handled for the long-term, should their situation change. Planning for the future offers peace of mind today.

In conclusion, on the topic of aging, the words of Ralph Waldo Emerson resonate for me: "Life is a journey, not a destination." People like Patsy and Hubert inspire me. They model successful aging.

My hope is that we can all learn to live in a manner that leads to joy and happiness each day. 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](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).

Mobile Mammo

The City of Sanibel Recreation Center will host Radiology Regional Center's Mobile Mammo Coach on Tuesday, October 26 from 9 a.m. to 1 p.m. For an appointment or if you have any questions relative to the test, call Radiology Regional Center at 936-4068.

The Mobile Mammo Coach is a state-of-the-art breast imaging clinic, providing full-field digital mammography services. Most insurances are accepted and discounted self-pay pricing is available.

According to estimates from the American Cancer Society, one in eight women will be diagnosed with breast cancer. More importantly, with early detection, the survival rate for an early diagnosed breast cancer at five years is better than 97 percent. Mammography is one aspect of breast health, in addition to monthly self-exam and annual physician exam.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, visit [www.mysanibel.com](http://www.mysanibel.com).

# CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES

Brian Hutcherson, D.C.  
Chiropractic Physician

Ross A. Hauser, M.D.  
Physiatrist

Danielle Matias, MMS, PA-C

9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | [CaringMedical.com](http://CaringMedical.com)

ISLAND  
INSURANCE  
SERVICE

Mark O'Brien  
Owner/Agent

Susan Barnes  
Personal Lines

Trish Barbone  
Agent

Justin Wheeler  
Agent

Call our office today  
for a new Auto  
quote.

We are **HERE**  
for all your insurance needs

Have an insurance question?

703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

# PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers

12345

12345

12345

12345

12345

12345

12345

12345

12345

12345

Order at [www.naturebrackets.com](http://www.naturebrackets.com) (Free Shipping) • 239.454.1001



dearRPharmacist

# Here's How Cheese Causes Headaches



by Suzy  
Cohen, RPh

**Dear Readers:**

I love cheese and eat all kinds of it, but that's because I am among the lucky ones who has no genetic problems processing it. Today

I'm going to talk a lot about cheese, just as one example to make the case against tyramine which causes headaches.

Cheese has tyramine in it, and that's bad for people who are prone to headaches and migraines. Tyramine itself is called a "monoamine" compound which means it has just one "amine" group in its structure.

Do you know what breaks down monoamines when we produce them or eat them through cheese? A special oxidase enzyme that makes these otherwise powerful chemicals linger around too long and cause discomfort. In the tyramine case, as you can surmise, we need a "monamine oxidase" or MAO enzyme to break down all the Parmesan cheese in your fettuccine Alfredo. If you don't have enough MAO, or you have a genetic propensity not to make enough of this specific enzyme, you will not be able to handle Parmesan and many other aged cheeses without soon getting a headache, high blood pressure or anxiety.

Researchers figured this out long ago in the 1950's when they developed antidepressant medications called MAO inhibitors which obviously block MAO enzyme from doing its job and breaking down cheese. People who took the medicine experienced spikes in blood pressure, nausea, heart palpitations and/or headaches whenever they ate foods containing tyramine (like cheese).

No one is 100 percent sure why the tyramine triggers a migraine, but we have some ideas. We know that lowering tyramine in your diet is a good thing if you are headache prone. Another way to say

this is that cheese is a migraine for some of you! That's a term I use throughout my book entitled *Headache Free*, available on Amazon.

The umbrella categories of foods that can trigger tyramine-related problems include those that are cured, fermented, aged, curdled or soured. These are also the same foods that are highest in histamine by the way. The following is a list of popular but problematic tyramine rich foods that you should avoid if you have MAO problems: Cheese (all of them, especially aged ones like brie, bleu, Parmesan, gorgonzola, Swiss); sauerkraut; sourdough bread; red wine; miso soup; bean curd; tofu and tempeh; soy and teriyaki sauce; salami; pickled herring; and tap beer.

So those who are prone to tyramine headaches are those who have slow (or down regulated) MAO enzymatic pathways like pregnant women, those with elevated estradiol and those with genetic hindrances in their MAO pathway. If you'd like to learn about helpful hacks for this condition, or simply read the longer version of my article, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com). Also, there is a lot of information and a low-tyramine diet available at [www.headaches.org](http://www.headaches.org).

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).✱✱*

## Program On Managing HIV

**L**ee Health Solutions, a department of Lee Health, is offering a Positive Self-Management Education program for individuals with HIV. The virtual workshops will be offered on Wednesdays, beginning October 27 from 1 to 3 p.m.

The research-based program, originally developed at Stanford University Patient Education Research Center, is designed for people age 18 or older with HIV to help them learn ways to better manage their chronic condition and the related symptoms.

The free virtual workshop is two hours once a week for six weeks. To register, call 343-9264.✱✱

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** Can you give me some tips on becoming more resilient?

**A:** All of us experience difficulties in life, it's simply unavoidable. Everyone's

experience of challenging or even traumatic events will be different. How people are affected, cope and recover varies greatly.

We all know people who have faced great challenges and have recovered and coped well, while others fall apart. What makes the difference? It's the key to resisting stress, rebounding from it and being your best self. Our bodies have a natural tendency to return to homeostasis.

Resilience is looking at difficulty as a challenge, not doom and gloom. Challenges present themselves as opportunities for growth, and people do just that when rising to resilience. They are also able to view these challenges as solvable, not a reflection on their own self-esteem. They make commitments and stick to them in all areas of their lives: personal relationships, family,

work, friendships, outside interests and various causes they are involved in.

Resilience is taking control of a situation rather than feeling out of control. This helps them to feel empowered rather than powerless and paralyzed.

Some tips on becoming more resilient include:

1. Keep a positive outlook and envision brighter days ahead.
2. Develop some solid goals and intentions, and have a desire to achieve these goals.

3. Have empathy and compassion, but don't spend time worrying about what others think of you.

4. Have internal strength and coping mechanisms that will help you triumph over adversity.

5. Maintain a rational thought process, good self-esteem, confidence, humor, adaptability, faith/spirituality in life, balance, good health habits and self-love.

Notice that resilience is a flexible, relative concept. It does not occur on an all-or-nothing fashion, but exists on a continuum.

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](mailto:Constance@drconstanceclancy.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).✱✱

## BECOMING A FLORIDA RESIDENT IS EASY!

ESCAPING YOUR FORMER STATE'S TAXING AUTHORITY IS THE HARD PART!

GET YOUR FREE GUIDE TODAY!

LEARN HOW STATES TRAP YOU EVEN IF YOU'VE DECLARED FLORIDA RESIDENCY!!



[floridaestateplanning.com/escape](http://floridaestateplanning.com/escape)



**CRAIG R. HERSCH**  
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA



**MICHAEL B. HILL**  
Florida Bar Board Certified Wills, Trusts & Estates Attorney



**HAYLEY E. DONALDSON**  
Wills, Trusts & Estates Attorney, CPA



**SHEPPARD LAW FIRM**  
ATTORNEYS AT LAW  
[SHEPPARDLAWFIRM.COM](http://SHEPPARDLAWFIRM.COM)

Main Office: Fort Myers | 9100 College Pointe Ct. Fort Myers, FL 33919  
Sanibel & Naples by Appointment | 239.322.3831

## PHYSICAL THERAPY - MASSAGE - PILATES

**Island Therapy Center**

Sanibel Square, 2242 Periwinkle Way MM#27832



**Medicare Providers for Pain Relief, Strengthening, Fall Prevention, Dizziness, Arthritis, Osteoporosis and Post-Surgical.**

**Expert Treatment  
One-on-One  
Doctorate PTs**

**239-395-5858 [www.islandtherapycenter.com](http://www.islandtherapycenter.com)**



Doctor and Dietician

# Inflammation, Obesity And Osteoarthritis



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

Researchers have found links between eating a pro-inflammatory (bad inflammation) diet and increased fractures in women, as well as an increase in osteoarthritis in both men and women. As we age, pain and fractures are very real concerns, and smarter lifestyle decisions can help us stay strong and pain-free. Certain foods are considered “anti-inflammatory” and good for you. Salmon, for example, is a well-known source of omega-3 fatty acids and has been shown to decrease systemic inflammation. The fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), can improve functional ability and reduce pain in a myriad of conditions, including osteoarthritis. Onions and garlic both possess anti-inflammatory agents (quercetin) that help with chronic pain. Blueberries and strawberries contain the antioxidant anthocyanin which can help in inflammatory conditions. Resveratrol is found in high concentrations in strawberry seeds, as well as red wine, which has cardiovascular-protective properties as well as anti-cancer properties. Pro-inflammatory foods that should be avoided: Sugar is one of the top

inflammatory foods. Others include trans and saturated fats, fried foods, processed meat, refined carbohydrates and artificial sweeteners/additives. Choosing fresh, whole foods instead of pro-inflammatory foods as often as possible has far-reaching effects on our health, including our joints. What about obesity and osteoarthritis (OA)? In the September 2021 issue of *Postgraduate Medicine*, “Obesity is a major risk factor for development and worsening of osteoarthritis. Managing obesity with effective weight loss strategies can improve patients’ osteoarthritis symptoms, functionality and quality of life. However, little is known about the clinical journey of patients with both osteoarthritis and obesity. This study aimed to map the medical journey of patients with osteoarthritis and obesity by characterizing the roles of health care providers, influential factors and how treatment decisions are made.” What did the researchers find? Ninety percent of patients are trying to lose weight. However, the study showed that less than 20 percent of physicians think their patients are motivated to lose weight. What can be done? Here are some simple tips to consider:

1. Set realistic goals to lose weight slowly, around one to two pounds per week. Make lifestyle changes versus going on a “diet.”
2. Consistency. This applies not only to eating, but also to exercise. The older we get, the more we realize we must be consistent with our eating patterns and our exercise. Your weight and general health will reflect what you do and eat most frequently.
3. Exercise burns fat quickly and gives you energy.
4. Work on muscle building. Just doing small amounts of weight training and/or CORE training can make a big difference (especially for women). Muscle burns more than fat.
5. Metabolic rate. Raising your metabolic rate will use energy which either burns fat or stops fat from being stored. Exercise will raise your metabolic rate. We have also found that spicy/hot foods can also contribute.

Obesity not only stresses joints, but

the fat you accumulate also creates inflammation. The decline in muscle mass and strength, known as sarcopenia, is strongly associated with frailty, cardiometabolic dysfunction, physical disability and even death. Successful approaches for fat loss while preserving lean and bone mass are critical to reduce aging- and obesity-related physical and metabolic complications and, at the same time, avoid frailty and development of OA.

Here you have it again – more reasons to eat fresh and keep moving. See you out there on the multi-use paths.

*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](mailto:info@caringmedical.com).*✴

Beautifulife:

## Deeper Dive



by Kay Casperson

We are living in a world with way too much information coming from all different directions. Regardless of whether you are looking for more knowledge about health, wellness, current events, or politics, you will get opinions from television to social media and everything in-between. This is not ideal as many individuals tend to take information at face value without diving deeper into finding truth versus opinion.

Taking a deeper dive means doing the essential research needed to explore the best options for you and your loved ones. I often ask myself, “why do people make some of the decisions they make?” Is it because they are told to do so, or do they really believe this is right? Or did they research enough to know that the decisions they make are based on what they genuinely believe to be essential and suitable for themselves and their loved ones?

I have always known that if I was told that I should believe in something to be accurate, I would know in my heart that it was authentic and valid. I also knew that before throwing all my hats in the ring, I would research the validity of what I was getting involved with. I would fully understand all that entailed and all that surrounded that belief.

How do you weed through the clutter, validate and understand what is suitable for you and your loved ones?

Most importantly, take a look at all the recommendations of others and research the outcomes. Weigh the benefits and the disadvantages. This will help you determine whether any belief or decision is right for you or your family.

I also believe that if you dive deeper into the subject’s research to find out how people have experienced the outcomes, you will learn so much more. Not only will you understand the positive results, but also the negative. This gives a strong sense of balance and knowledge to grasp what is real and what is essential.

Yes, taking a deeper dive into everything that affects your life and your family’s life is essential to have your best and most beautifulife.

My affirmation for you this week is: “I will dive deeper into what are the absolute best and most important decisions for myself and my loved ones.”

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](http://www.kaycasperson.com) or follow on social media @kaycasperson.✴

From page 36


## Stone Crab

from the water to avoid ghost fishing, a process in which marine species get caught in the trap for extended periods of time and are not harvested.

Stone crab regulations are the same in state and federal waters.

For more information on harvesting stone crabs for recreation, trap specifications, commercial stone crab regulations and licensing information, go online to [www.myfwc.com/marine](http://www.myfwc.com/marine).

Learn more at [www.fishrulesapp.com](http://www.fishrulesapp.com).✴




# Zurbriggen Financial

Investment Management • Asset Protection  
Wealth Transfer • Perpetual Income Strategies

Are you taking too much or not enough income from your portfolio for it to last your lifetime?

Call us for a Perpetual Income Analysis to find out today at 239-395-3520 or send us an email at [Rick@ZurbriggenFinancial.net](mailto:Rick@ZurbriggenFinancial.net)

[www.ZurbriggenFinancial.net](http://www.ZurbriggenFinancial.net)



**RICK ZURBRIGGEN**  
Private Wealth Manager

Securities offered through Securities America, Inc., Member FINRA/SIPC. Rick Zurbriggen, Registered Representative. Advisory services offered through Securities America Advisors, Inc., Rick Zurbriggen, Investment Advisor Representative. Zurbriggen Financial and the Securities America companies are not affiliated.

695 Tarpon Bay Rd., Suite 4 • Sanibel, FL • 239-395-3520



ISLAND LAW OFFICE OF  
**JANET M. STRICKLAND**  
P.A.

**Wills, Trusts & Estate Planning  
Probates & Estates**

Member of The Real Property,  
Probate & Trust Law Section of The Florida Bar  
Lee County Bar Association.

AV Rated by Martindale-Hubbell  
BBB Accredited Business Rated A+

**32 Years Experience**  
**(239).472.3322**  
Behind The Village Shops  
2340 Periwinkle Way, Suite J-1, Sanibel FL 33957  
[www.jmslawyer.com](http://www.jmslawyer.com)



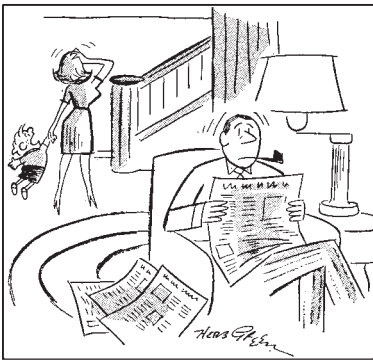


|   |   |
|---|---|
| Emergency .....   | 911   |
| Sanibel Police.....                                       | 472-3111  |
| Lee County Sheriff's Office .....                         | 477-1200  |
| On Call Captiva Deputy.....                               | 477-1000  |
| Fire Department, Sanibel .....                            | 472-5525  |
| Fire Department, Captiva .....                            | 472-9494  |
| Florida Marine Patrol.....                                | 332-6966  |
| Florida Highway Patrol .....                              | 278-7100  |
| Poison Control.....                                       | 1-800-282-3171  |
| Chamber of Commerce.....                                  | 472-1080  |
| City Council .....  | 472-4135  |
| City Building Department.....                             | 472-4555  |
| City Manager .....  | 472-3700  |
| City Planning & Code Enforcement Department .....         | 472-4136  |
| City Public Works .....                                   | 472-6397  |
| Library, Sanibel .....                                    | 472-2483  |
| Library, Captiva .....                                    | 239-533-4890  |
| Lee County Mosquito Control .....                         | 239-694-2174  |
| Post Office, Sanibel .....                                | 472-1573  |
| Post Office, Sanibel (toll free) .....                    | 800-275-8777  |
| Post Office, Captiva.....                                 | 472-1674  |
| Sanibel Community House.....                              | 472-2155  |
| Center 4 Life, Senior Center.....                         | 472-5743  |
| ARTS  |   |
| Arcade Theater.....                                       | 332-4488  |
| Art League Of Fort Myers.....                             | 275-3970  |
| BIG ARTS.....   | 395-0900  |
| Broadway Palm Dinner Theatre .....                        | 278-4422  |
| Fort Myers Symphonic Mastersingers .....                  | 288-2535  |
| Gulf Coast Symphony.....                                  | 277-1700  |
| Herb Strauss Schoolhouse Theater.....                     | 472-6862  |
| Lee County Alliance for the Arts .....                    | 939-2787  |
| Naples Philharmonic.....                                  | 597-1111  |
| Sanibel Music Festival .....                              | 336-7999  |
| Sanibel-Captiva Art League .....                          | sancapart.org   |
| Southwest Florida Symphony .....                          | 418-0996  |
| Symphonic Choral of Southwest Florida .....               | 560-5695  |
| CLUBS & ORGANIZATIONS                                     |   |
| ABWA.....   | <a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a> |
| American Legion Post 123 .....                            | 472-9979  |
| Angel Flight SE .....                                     | 1-877-4AN-ANGEL   |
| Audubon of SWFL.....                                      | <a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>   |
| Audubon Society .....                                     | 472-3744  |
| Bailey-Matthews National Shell Museum .....               | 395-2233  |
| CHR Community Housing & Resources .....                   | 472-1189  |
| Community Foundation of Sanibel-Captiva .....             | 274-5900  |
| COTI Committee of the Islands .....                       | <a href="mailto:coti@coti.org">coti@coti.org</a>                          |
| CROW, Clinic For The Rehabilitation of Wildlife.....      | 472-3644  |
| Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211 .....   | 984-5920  |
| FISH OF SANCAP Neighbors Helping Neighbors .....          | 472-4775  |
| FISH OF SANCAP 24-hr service.....                         | 472-0404  |
| Horticultural Society of the Islands.....                 | 472-6940  |
| Horticulture and Tea Society of Sanibel and Captiva ..... | 472-8334  |
| JN "Ding" Darling National Wildlife Refuge .....          | 472-1100  |
| Kiwanis Club .....  | 677-7299  |
| League of Women Voters .....                              | <a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>            |
| Lions Club, Jeff MacDonald .....                          | 302-521-1158  |
| Master Gardeners of the Islands .....                     | 472-6940  |
| Military Officers Assc. of America, Alex MacKenzie ..     | 395-9232  |
| Newcomers .....   | 472-9332  |
| Notre Dame Club of Southwest Florida .....                | 768-0417  |
| Optimist Club.....  | 472-0836  |
| PAWS, Protection of Animal Welfare Society .....          | 239-313-6918  |
| Progressive Club of the Islands .....                     | <a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>              |
| Rotary Club .....   | 472-7257 or 472-0141  |
| Sanibel Bike Club .....                                   | <a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>        |
| Sanibel Beautification Inc.....                           | 470-2866  |
| Sanibel-Captiva Orchid Society.....                       | 472-6940  |
| Sanibel-Captiva Power Squadron .....                      | <a href="http://www.sancapboating.club">www.sancapboating.club</a>        |
| Sanibel-Captiva Republican Caucus.....                    | 395-0819  |
| Sanibel-Captiva Shell Club.....                           | 267-7291  |
| Sanibel Historical Museum & Village .....                 | 472-4648  |
| Sanibel Island Fishing Club .....                         | 472-8994  |
| Sanibel Youth Soccer.....                                 | 395-2040  |
| SCCF Sanibel-Captiva Conservation Foundation.....         | 472-2329  |
| SCCF Sea Turtle Hotline.....                              | 978-728-3663  |
| Shell Islands Garden Club .....                           | 246-8875  |
| United Way of Lee County - 24 hour helpline 211 .....     | 433-2000  |
| Zonta Club .....  | 728-1971  |

To be listed in calling card email your information to:  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

PUZZLES

Answers on page 46 and 47



"I want to stay up until you tell Daddy  
about the \_\_\_\_\_!"

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!

Flare

FANGLE

Start

BINGE

Capture

PARENT

Dilate

WINED

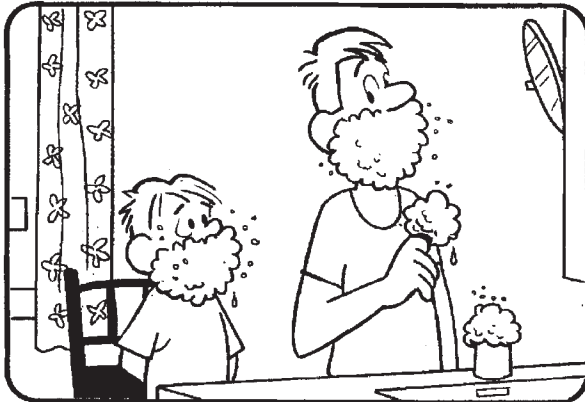
TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mirror is different. 2. Cup handle is missing. 3. Sleeves are added. 4. Chair is different. 5. Arm is added. 6. Hair is different.

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

To Play  
Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.



PUZZLES

Answers on page 47

Super Crossword

SEVEN  
THREE WAYS

- ACROSS
- 1 Verbal quirk from the 43rd U.S. president

8 Actor Gabe

14 "Go ahead" hand gesture

20 Diplomatic agreement

21 "Stop already!"

22 Workweek ender

23 Disturb calm piccolo players?

26 Alley —

27 Card game with melding

28 Chef Emeril

29 Rival of Bing

33 Singer Wilson with the 1977 hit "Telephone Man"

34 Diner patron

35 Most agile men of the cloth persevere?

42 Moreno of film

43 Goddess of dawn

44 — Na Na

45 Noisy baby toys make an aspiring actress jump?
- 56 Hilo "hello"

57 Related to fat, in biochemistry

58 Neighbor of a Syrian

59 Tiny drink

60 Directive to Danno on "Hawaii Five-O"

62 French actor Delon

63 More sickly-looking buccaneers wander around?

71 Tiny bits

72 At minimum

73 Above, to poets

74 It links England and France

77 Retina part

79 Actor Romero

81 Shows where a few food-industry calves are hiding?

85 Rage

86 Suffix of sugars

87 Yale attendees

88 Threw away the most rigid filaments?
- 100 Salk vaccine target

101 "— pronounce you ..."

102 Make certain

103 Add to a database

106 Munich's state

109 Actor Romero

110 Doorkeeper's purplish-red uniform ID?

115 River through the Carolinas

116 Devoted fan

117 "Let's do this now"

118 Letter-shaped tracks in metalworking

119 Softhearted

120 Operating room knives
- DOWN
- 1 Enshrouds in haze

2 Remove a lasso from, e.g.

3 Mental torpor

4 "— So Fine" (1963 hit)

5 Bank acct. earnings

6 Fr. nun, maybe

7 Former div. of Ford
- 8 More acute

9 Actor Aziz —

10 Anson Williams' role on "Happy Days"

11 Liza Minnelli's half sister

12 Water, in Peru

13 Sabres' gp.

14 In the recent past

15 Diane who played Helen in "Troy"

16 Hindu lutes

17 May 15, e.g.

18 Needlefishes

19 Wall Street market inits.

24 Exit incline

25 Lickable envelope part

30 Waist size

31 Actress Arcieri or Kenzle

32 Punta del —, Uruguay

34 To be, to Nero

36 Prof's aides

37 Alien-seeking proj.

38 Recounted

39 Dot on an ocean map

40 Silverstein of kiddie lit
- 41 Comic actor Jacques

45 Filing tool

46 Inter — (among others)

47 Summits

48 Splashes liquid on

49 — torch (luau light)

50 Mimicker

51 Lovey stuff

52 Riverbed deposits

53 Old Russian autocrats

54 Opera tune

55 Hindu queen

60 Chewed leaf stimulant

61 Spoken exams

62 Give — of approval

64 Fork point

65 39-Down off Scotland

66 Series of gigs

67 Jazz legend Fitzgerald

68 Ask, as a question

69 Char

70 Blows it

74 Lit — (univ. course)

75 Mr., in Berlin

76 Middle layer of the eye

77 Arizona city
- 78 Say to be so

79 — terrier (Toto, e.g.)

80 "It's nobody — business"

82 Arty area of NYC

83 Doc for pets

84 K-12

89 Swimsuit brand

90 Certain wasp

91 Best-of-the-best groups

92 Merrill of old movies

93 Shift, as attention

94 Glossy paint

95 1957 Jimmy Dorsey hit

96 Mattress size

97 Mom's sis

98 Saw things while asleep

99 Marsh plants

103 Pre- — (replace)

104 Scottish turndowns

105 Neutrogena shampoo brand

106 Expressed, as a farewell

107 Lots

108 Blue dye

111 Comedy bit

112 — loss

113 Rival of AOL

114 Misc. abbr.

|     |     |     |     |    |    |    |     |     |     |    |     |    |    |    |     |     |     |    |     |    |
|-----|-----|-----|-----|----|----|----|-----|-----|-----|----|-----|----|----|----|-----|-----|-----|----|-----|----|
| 1   | 2   | 3   | 4   | 5  | 6  | 7  |     | 8   | 9   | 10 | 11  | 12 | 13 |    | 14  | 15  | 16  | 17 | 18  | 19 |
| 20  |     |     |     |    |    |    |     | 21  |     |    |     |    |    |    | 22  |     |     |    |     |    |
| 23  |     |     |     |    |    |    |     | 24  |     |    |     |    |    |    | 25  |     |     |    |     |    |
| 26  |     |     |     |    |    | 27 |     |     |     |    |     |    |    |    | 28  |     |     |    |     |    |
| 29  |     |     | 30  | 31 | 32 |    | 33  |     |     |    |     |    | 34 |    |     |     |     |    |     |    |
| 35  |     |     |     |    |    |    | 36  |     |     |    |     | 37 | 38 |    |     |     |     | 39 | 40  | 41 |
|     |     |     | 42  |    |    |    |     |     |     |    | 43  |    |    |    |     |     |     | 44 |     |    |
| 45  | 46  | 47  |     |    |    |    | 48  | 49  | 50  | 51 |     |    |    | 52 | 53  | 54  | 55  |    |     |    |
| 56  |     |     |     |    |    |    | 57  |     |     |    |     |    |    | 58 |     |     |     |    |     |    |
| 59  |     |     |     |    | 60 | 61 |     |     |     |    |     |    | 62 |    |     |     |     |    |     |    |
| 63  |     |     | 64  | 65 |    |    |     |     |     |    | 66  | 67 |    |    |     |     | 68  | 69 | 70  |    |
|     |     |     | 71  |    |    |    |     |     |     |    | 72  |    |    |    |     |     |     | 73 |     |    |
| 74  | 75  | 76  |     |    |    |    |     | 77  | 78  |    |     |    |    |    |     | 79  | 80  |    |     |    |
| 81  |     |     |     |    |    |    | 82  |     |     |    |     |    |    | 83 | 84  |     |     |    |     |    |
| 85  |     |     |     |    |    |    | 86  |     |     |    |     |    |    | 87 |     |     |     |    |     |    |
| 88  |     |     | 89  | 90 | 91 | 92 |     |     |     |    | 93  | 94 | 95 | 96 |     |     |     | 97 | 98  | 99 |
|     |     |     | 100 |    |    |    |     |     |     |    | 101 |    |    |    |     | 102 |     |    |     |    |
| 103 | 104 | 105 |     |    |    |    |     | 106 | 107 |    |     |    |    |    | 108 |     |     |    | 109 |    |
| 110 |     |     |     |    |    |    | 111 |     |     |    |     |    |    |    | 112 | 113 | 114 |    |     |    |
| 115 |     |     |     |    |    |    | 116 |     |     |    |     |    |    |    | 117 |     |     |    |     |    |
| 118 |     |     |     |    |    |    | 119 |     |     |    |     |    |    |    | 120 |     |     |    |     |    |

King Crossword

- ACROSS
- 1 Sparkle

6 Word of denial

9 Early hrs.

12 — Carta

13 Japanese sash

14 Like sashimi

15 Surrounded by

16 Italian city where Marconi was born

18 Mexican entree

20 Optimistic

21 Honey holder

23 Jurist Fortas

24 De Mille of dance

25 Nepal's contingent

27 Bakery lure

29 Italian port city

31 Italian city of canals

35 Soft leather

37 Pack cargo

38 Grinding tooth

41 Genetic letters

43 Storm center

44 Oil cartel

45 Pippa, to Kate Middleton

47 Italian city on the Adriatic
- 49 October birth-stones

52 Crone

53 — de deux

54 "— Be" (The Beatles)

55 "Quiet!"

56 Illustrations

57 Yorkshire city
- DOWN
- 1 "Today" rival, briefly

2 Felon's flight

3 Self-indulgent "journey"

4 "— Karenina"

5 Igneous rock

6 More altruistic

7 Bassoon's kin

8 Up to

9 Inert gas

10 Parson's home

11 Convinces

17 Church key-boards

19 Humiliate

21 Painter Vermeer

22 Simile part

24 Soul, to Sartre

26 — -Lorraine

28 Pizza cooks

30 Where Lux. is

32 State repeatedly

33 Coquettish

34 Ram's mate

36 Most desert-like

38 Fluttery insects

39 Media mogul Winfrey

40 Janet of "Psycho"

42 Coral reef

45 Flag feature

46 Duel tool

48 Hot tub

50 Cover

51 Rds.

MAGIC MAZE ● BRUSH —

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: THE MARKS OF A PAINTBRUSH

- Against  
And comb  
Aside  
Bristles
- Cut  
Down  
Fire  
Hog
- Kangaroo  
Off  
The dog  
Wolves
- Wood  
Work  
Your teeth



# PROFESSIONAL DIRECTORY

## NEW HOMES, REMODELING & ADDITIONS

### KIRCHNER CONTRACTING INC.

- New Homes
- Consulting

- Remodeling
- Contracting

**MATT KIRCHNER**  
CG-C059097  
Mobile: 239-410-6932

P.O. Box 143  
Sanibel Island, FL

Phone: 239-472-2601  
Fax: 239-472-6506

## REAL ESTATE



**PFEIFER  
REALTY  
GROUP**

**Your Island Home Team**

**239-472-0004**

## CUSTOM HOME BUILDER

Ph (239) 472-8446  
DeCorteFour.com

Ron DeCorte  
#CBC058483



**DeCorte Four**  
Custom Home Builders, Inc.

We do it all from repairing a door to adding a 2nd Floor  
New Construction Too

P. O. Box 922 • Sanibel, FL 33957 • Fax (239) 472-8449

## PAINTING

### Residential & Commercial Painting



- Power Washing
- Wallpaper Hanging
- Faux Finishing
- Free Estimates
- Interior & Exterior
- Dependable
- Reliable
- Licensed & Insured

**COLOR SCHEMES**  
on request from  
Sanibel Home Furnishings

Lic #S3-11944

**395-3928 Cell: 841-4302**  
**barefootcharley@aol.com**

With your contract  
a donation to your  
favorite charity will be made.

## GENERAL CONTRACTOR

### D.BROWN GENERAL CONTRACTORS LLC

CGC1517615



**New Construction  
& REMODELS**

**239-593-1998** | [www.dbrowngc.com](http://www.dbrowngc.com)

## POOL CLEANING, SERVICE & REPAIR

### 40 YEARS IN BUSINESS

**Specialists In**  
Residential & Commercial Pools  
Fast, Reliable Service & Repair

- Next Day Installation of Equipment
- Retail Location off Periwinkle
- Free Estimates
- After Hours Emergency Service

ICMSanibel@yahoo.com  
[www.ICMpools.com](http://www.ICMpools.com)



**ISLAND CONDO  
MAINTENANCE**

Call Us Today

**472-4505**

Veteran Owned & Operated  
CPC 1458912

## PLUMBER

### WALKER PLUMBING

Plumbing repairs  
Sewer and drain cleaning  
Water heaters • Back flow  
Sewer camera, jetting and repair

**239-395-2689**

Sanibel owned and operated Lic S1-18245

## POOL SERVICE & REPAIR

### Deep-End Pool Service

25 years experience  
License # CPC1457386



**239-699-6279**

- Pool Heater Specialist
- Sales Service & Installation of All Brands
- FREE Estimates

24/7 emergency repair service.  
Free estimates for weekly service and repairs!

## CONSTRUCTION



**MILLS BROTHERS BUILDING CONTRACTORS**  
QUALITY, RELIABILITY, SATISFACTION

- Custom Home Building | Remodels
- Design Service Available • Sanibel Owned & Operated

Office Phone & Fax  
239-472-6711

Joseph Mills Lic. #CBC058789  
William Mills Lic. #CBC058788

## COSMETICS

MARY KAY  
THE BEAUTY  
OF YOU!

Mary Kay® products offer you so many ways to enhance your beauty and well-being. Innovative skin care! On-trend color! Pampering bath and body products and so much more!



Let's Find your favorites.  
Contact me to defy aging.  
**Maggie Butcher**

Ind. Sr. Sales Director  
[marykay.com/mbutcher](http://marykay.com/mbutcher)  
904 Lindgren Blvd., Sanibel, FL 33957  
239-395-0978 / 317-509-6014

## GLASS

Insured



Licensed  
# S2-11975

### Stevens & Sons Glass

Replacement Impact Windows & Sliding Doors,  
Mirrors, Tub & Shower Enclosures, Store Fronts,  
Porch Enclosures, French Doors, Plate Glass

**Specialists in impact condo complex replacement**

2416 Palm Ridge Road  
Sanibel Island, FL 33957

Phone: (239) 472-0032  
[Stevensglass@comcast.net](mailto:Stevensglass@comcast.net)


## CONSTRUCTION




- New Construction
- Remodeling & Additions
- Kitchens & Bathrooms
- Windows & Doors
- Exterior Stairs & Decks
- Crown Moldings & Trim

**Celebrating 11 Years on Sanibel**  
**Sanibel Family Owned & Operated**  
**Patrick & JoAnne Ulrich**  
**239-896-7116**  
**[ulrichbuilding@gmail.com](mailto:ulrichbuilding@gmail.com)**  
**#CRC1331575**







FRIDAY  
Sunny  
High: 87 Low: 76




SATURDAY  
Partly Cloudy  
High: 85 Low: 75




SUNDAY  
Partly Cloudy  
High: 84 Low: 72




MONDAY  
Mostly Cloudy  
High: 87 Low: 77



TUESDAY  
Partly Cloudy  
High: 86 Low: 74



WEDNESDAY  
Mostly Sunny  
High: 87 Low: 76



THURSDAY  
Mostly Cloudy  
High: 85 Low: 73

| Redfish Pass Tides |          |         |          |         | Point Ybel Tides |          |         |          |         | Punta Rassa Tides |          |         |          |         | Cape Coral Bridge Tides |         |          |          |          |
|--------------------|----------|---------|----------|---------|------------------|----------|---------|----------|---------|-------------------|----------|---------|----------|---------|-------------------------|---------|----------|----------|----------|
| Day                | High     | Low     | High     | Low     | Day              | High     | Low     | High     | Low     | Day               | High     | Low     | High     | Low     | Day                     | High    | Low      | High     | Low      |
| Fri                | 12:13 am | 3:14 am | 9:34 am  | 4:53 pm | Fri              | 8:39 am  | 3:16 am | 11:24 pm | 4:55 pm | Fri               | 8:55 am  | 3:15 am | 11:44 pm | 4:20 pm | Fri                     | 2:23 am | 6:30 am  | 11:44 am | 8:09 pm  |
| Sat                | 12:19 am | 4:37 am | 10:57 am | 5:34 pm | Sat              | 10:02 am | 4:39 am | 11:35 pm | 5:36 pm | Sat               | 10:34 am | 4:33 am | None     | 5:21 pm | Sat                     | 2:29 am | 7:53 am  | 1:07 pm  | 8:50 pm  |
| Sun                | 12:30 am | 5:32 am | 11:59 am | 6:07 pm | Sun              | 11:04 am | 5:34 am | 11:48 pm | 6:09 pm | Sun               | 12:19 am | 5:43 am | 12:01 pm | 6:14 pm | Sun                     | 2:40 am | 8:48 am  | 2:09 pm  | 9:23 pm  |
| Mon                | 12:43 am | 6:17 am | 12:51 pm | 6:33 pm | Mon              | 11:56 am | 6:19 am | 11:59 pm | 6:35 pm | Mon               | 12:43 am | 6:38 am | 12:53 pm | 6:58 pm | Mon                     | 2:53 am | 9:33 am  | 3:01 pm  | 9:49 pm  |
| Tue                | 12:54 am | 6:55 am | 1:37 pm  | 6:54 pm | Tue              | 12:42 pm | 6:57 am | None     | 6:56 pm | Tue               | 1:05 am  | 7:23 am | 1:33 pm  | 7:36 pm | Tue                     | 3:04 am | 10:11 am | 3:47 pm  | 10:10 pm |
| Wed                | 1:05 am  | 7:31 am | 2:20 pm  | 7:12 pm | Wed              | 12:10 am | 7:33 am | 1:25 pm  | 7:14 pm | Wed               | 1:27 am  | 8:02 am | 2:10 pm  | 8:11 pm | Wed                     | 3:15 am | 10:47 am | 4:30 pm  | 10:28 pm |
| Thu                | 1:18 am  | 8:04 am | 3:01 pm  | 7:29 pm | Thu              | 12:23 am | 8:06 am | 2:06 pm  | 7:31 pm | Thu               | 1:47 am  | 8:39 am | 2:48 pm  | 8:42 pm | Thu                     | 3:28 am | 11:20 am | 5:11 pm  | 10:45 pm |

My Stars ★★★★★  
FOR WEEK OF OCTOBER 11, 2021

**Aries** (March 21 to April 19)  
Someone from your past could arrive with welcome news concerning your future. Meanwhile, avoid taking sides in a workplace confrontation until you have more facts to go on.

**Taurus** (April 20 to May 20)  
A decision about a relationship could have longer-lasting consequences than you might imagine, so be sure of your facts before you act. A trusted friend can help.

**Gemini** (May 21 to June 20)  
A strained relationship could be restored with more personal contact between the two of you. Letting others act as your go-between only adds to the ongoing estrangement.

**Cancer** (June 21 to July 22)  
Fresh facts could mean taking a new path toward a goal you've been hoping to reach. However, be sure all your questions are answered before you undertake to shift directions.

**Leo** (July 23 to August 22)  
This is a good week for all you fine Felines to turn your attention to some important

considerations, such as your health, your job situation and the status of important relationships.

**Virgo** (August 23 to September 22)  
Avoid making a quick decision about a matter that needs more study. Keep your mind open for possibilities, even if they don't seem plausible – at least not yet.

**Libra** (September 23 to October 22)  
You might welcome the emphasis on openness in relationships that mark this period. But it's a good idea to avoid sharing personal secrets with people you hardly know.

**Scorpio** (October 23 to November

21) There are still some questions that need to be asked and answered before you can feel confident enough to make a potentially life-changing decision.

**Sagittarius** (November 22 to December 21)  
Some lingering effects from a now largely resolved workplace confrontation could make things difficult for you. Act on this before it becomes serious.

**Capricorn** (December 22 to January 19)  
You feel you're finally in control of your own life after months of making compromises and concessions you never

continued on page 46

PROFESSIONAL DIRECTORY

POOL & SPA SERVICE



**Left Coast Pool & Spa Service**  
Weekly Service  
Licensed & Insured  
Residential & Commercial  
239.839.5850

LANDSCAPE



**Bonny's Blooming Gardens**  
239 822-1939  
For all your landscaping needs  
Landscape Design and Installation  
Beautiful Palms and Tropicals  
Landscape and Lawn Maintenance  
Tree Trimming Services  
Mulch Application  
Property Clean up & more!

LOCKSMITH



**ISLAND LOCKSMITH**  
UNLOCKING PARADISE  
Island Locksmith  
Serving Sanibel & Captiva  
Islands Since 1976  
"Veteran Owned & Operated"  
www.sanibellocksmith.com  
2340 Periwinkle Way, J-3  
Behind Village Shops  
239-472-2394  
IslandLocksmith@yahoo.com

GENERAL CONTRACTOR



**Your Favorite Home Service Company!**  
Price Match Guarantee\*  
Roofing  
Plumbing  
Remodels  
Electrical  
Solar Panels  
Air Conditioning  
General Contractor  
239-472-1101  
www.sancaphomeservices.com  
2244 Periwinkle Way, Suite 13, Sanibel  
2271 Bruner Lane, Unit 6, Fort Myers  
Sanibel Plumbing Company – CFC1429575  
SanCap Home Services – EC13009454  
Milestone Builders, LLC –  
CGC1519724 - CCC1331922 - CAC1820364

**"Quality" is more than just a word, it is the foundation of our reputation!**

At SanCap Home Services, we are continuing 72 years of service excellence!! We are a comprehensive home services company that will take care of all your PLUMBING, ELECTRICAL, HVAC, ROOFING, and REMODEL needs. Whatever issue arises, you don't have to deal with it alone, we are always here to help! From maintenance and repairs to new installation, we are dedicated to serving your needs and are sure to exceed your expectations!

**Financing Available**

|  |  |  |                                      |   |   |
|--|--|--|--------------------------------------|---|---|
| <b>\$500 OFF</b><br>ANY BATHROOM<br>KITCHEN OR WHOLE<br>HOME REMODEL | <b>\$500 OFF</b><br>WHOLE HOME<br>REPAIR | <b>\$200 OFF</b><br>WHOLE HOME<br>ELECTRICAL PANEL | <b>\$100 OFF</b><br>DUCT<br>CLEANING | <b>\$30 OFF</b><br>ANY<br>SERVICE<br>CALL | <b>10% OFF</b><br>ROOFING<br>INSTALLATION |
|--|--|--|--------------------------------------|---|---|

\* Not Valid With Any Other Coupon Or Offer  
\* Price Match Guarantee Applicable With Proof Of 2 Other Estimates From A Licensed Contractor

INTERIOR DESIGN



**Bridget Vandenburg**  
INTERIORS, INC.  
Allied A.S.I.D.  
O 239.312.8800 | C 239.222.0148  
Please visit us in our Blue Bungalow  
Showroom and Design Studio!  
M-F 10AM-5PM or by Appointment  
DESIGN@BRIDGETINTERIORS.COM  
WWW.BRIDGETINTERIORS.COM  
1633 PERIWINKLE WAY SUITE C & D  
SANIBEL FL 33957  
Located at the Anchor Point Plaza

PRESSURE WASHING



**PRESSURE PROS**  
HANDYMAN HOME SERVICES  
Quality Service Guaranteed  
Ask About Our \$99 Specials!  
FREE ESTIMATES  
MATTHEW RYAN  
Owner  
(239) 645-9834  
Licensed & Insured

WINDOW CLEANING



**JC Window Cleaning**  
239-203-5913  
407-902-7845  
Juan Penaloza  
Residential-Commercial-New Construction  
Pressure Washing, Window Cleaning and  
Gutter Cleaning  
LICENSED and INSURED  
jccpcleaning@aol.com / jccpwindowcleaning.com

CAR DETAILING



**CONCIERGE AUTO DETAILING**  
PROFESSIONAL CAR WASH, WAX & DETAIL BY HAND  
Reasonable Rates  
Satisfaction Guaranteed  
Sanibel & Captiva Islands & South Fort Myers  
Exterior & Interior Cleaning. Vehicle Sanitation.  
I come to your Home, Condo, or Hotel.  
CALL BRYAN 239-284-3639



PROFESSIONAL DIRECTORY

TELEVISION

**WOOSTER TV**  
SALES • SERVICE • RENTALS  
HDTV • VIDEO • DVD • COMPUTERS

*Serving the Islands for Over 40 Years!*

P.O. Box 1695 239.472.1133  
Sanibel, FL 33957 Mike (cell) 239-565-2875  
woostertv@comcast.net

PAINTING

**PAINTING SERVICES**  
by  
**Martinis Painting Inc.**

- Exteriors • Interiors
- Deck Staining & Sealing
- Driveway & Pool Decks, etc.

40 Years Local & Family Owned  
www.martinipaints.us

**239-313-0980** **\$400 OFF**  
w/Ad Ends Soon

BUILDING AND DESIGN

  
**SCOTT BUILDING & DESIGN LLC**  
CBC-1261452

New Construction Remodeling    Decking Trim    Windows/Doors Kitchens/Baths

Raye Scott (239) 410-3547  
scottbuilt@hotmail.com

CONTRACTOR

**CONCRETE WORK**

- New or Widen Driveways
- New Slabs or Sidewalks
- Repair cracks & Stucco Work
- Steps, Footers, Knee Walls, etc.
- Decorative Coatings, Stamped Concrete
- Concrete Painting, Pool Decks
- Landscape Curbing

Family Owned & 40 Years Local  
Lic cbc1261010 & Insured  
www.martinipaints.us  
**239-313-0980**

**Martinis Concrete Inc.** **\$400 OFF**  
w/Ad Ends Soon

DESIGN, REMODELING AND CUSTOM HOMES

  
**Artistic INTERIORS**

"We don't just remodel,  
we create artwork"

CHRIS.ARTISTICINTERIORS@GMAIL.COM 239-989-6122  
WWW.ARTISTIC-INTERIORS.COM Lic#RG291 103860, SI 16371

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"

**TREE WEST**

- Tree Trimming • Tree Removal
- Stump Grinding

**239-910-3256**  
info@treewestflorida.com  
www.treewestflorida.com  
P.O. Box 564, Sanibel, FL 33957  
Licensed, insured, workers compensation

HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE  
HOME WATCH • CLEANING SERVICE

 **JUERGEN SCHREYER**  
OWNER

**ISLAND HOME SERVICE**  
P.O. Box 1050 • SANIBEL • FLORIDA 33957  
WWW.ISLANDHOMESERVICE.COM  
INFO@ISLANDHOMESERVICE.COM  
PHONE: (239) 472-5247 • CELL: (239) 229-6366

CLEANING

  
THE BEST AND PROFESSIONAL  
**CLEANING SERVICES**

ASK ABOUT MORE SERVICES

- ✓ Domestic cleaning
- ✓ Office cleaning

Ana Martínez (239) 443 6959

  
THE BEST AND PROFESSIONAL  
**OUTDOOR CLEANING**

ASK ABOUT MORE SERVICES

- ✓ Driveways ✓ Windows
- ✓ Roofs ✓ Building
- ✓ Pool area ✓ Decks
- ✓ Fences

Victor Lara (239) 634 0729

CONSTRUCTION/REMODELING

  
**COOPER**  
CONSTRUCTION

Custom Homes & Remodeling Specialists  
We can design, build and manage any endeavor  
you can dream up.

**239.454.5699**  
cooperconstruction@embarqmail.com  
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

ROCK, MULCH, PLANTS

  
**Gulf Coast**  
Landscape Nursery & Supply  
**ROCK, MULCH, PLANTS**  
South Fort Myers

**239-337-7256**  
gulfcoastlandscapenursery.com

AIR CONDITIONING

CAC1819960

  
**ALLIED AIR SERVICES**  
HEATING • VENTILATING • AIR CONDITIONING  
*Home of The Comfort Club!*

**WWW.ALLIEDAIR.BIZ**

**NOW SERVING**  
Sanibel & Captiva Islands!

**CALL ANYTIME**  
**(239) 217-4111**

**HVAC SERVICE | REPLACEMENTS**  
**APPLIANCE REPAIR & DIAGNOSTICS**  
COMMERICAL/RESIDENTAL

\*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.

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



From page 44

My Stars

felt comfortable with. Congratulations.

**Aquarius** (January 20 to February 18) No sooner do you decide to pass on one job offer than another suddenly turns up. This one might not have everything you're looking for, but it's worth checking out.

**Pisces** (February 19 to March 20) Congratulations. With Jupiter's strong influence dominating this week, don't be surprised to get some good news about a troubling financial matter.

**Born This Week:** You are usually kind and loving. But you can be highly critical of those who don't measure up to your high standards.

MOMENTS IN TIME

- On October 19, 1796, a writer, mysteriously named "Phocion," slyly attacks presidential candidate Thomas Jefferson an essay published in the Gazette of the United States. Phocion turned out to be former Treasury Secretary Alexander Hamilton, who would write 25 essays lambasting Jefferson.
- On October 18, 1867, the U.S. formally takes possession of Alaska after purchasing the territory from Russia for \$7.2 million, or less than 2 cents an acre. Russia sold its Alaska territory to the U.S. rather than risk losing it in battle with a rival such as Great Britain.
- On October 24, 1931, New York Gov. Franklin Roosevelt dedicates the George Washington Bridge over the Hudson River. The 4,760-foot-long suspension bridge, the longest in the world at the time, connected New Jersey with Manhattan in New York City.
- On October 23, 1942, Michael Crichton is born in Chicago. During his final year of medical school, Crichton published *The Andromeda Strain* (1969)

and decided to write full time instead of practicing medicine.

NOW HERE'S A TIP

- Here's a tip for you waist-watchers out there: Wait until Halloween Day to buy the candy. That way the in-house sweets won't be haunting you throughout October. – JoAnn
- Now's the time to install weatherstripping or caulk for fall and winter. To find drafts, try this trick: Light a taper candle and run it very slowly along the cracks of your windows. When you see the flame flicker, that's where you have a draft leak.
- A great use for those old knee-high stockings (no runs!): Stuff with a mix of crystalized kitty litter and scent-boosting beads you can find in the laundry aisle. Stuff these in stinky shoes to freshen and deodorize. The litter wicks away moisture from sweaty feet and deodorizes, and the scent boosters last for a good long while.
- "Here is a sewing tip for your column: I prewash fabrics that tend to shrink before I use them to make clothing items. That way, the fit is more accurate." – GV in Indiana
- "Exfoliation can be easy if you already have a bag or jar of Epsom salts. Soak in a warm bath and rub the salts over your skin to gently scrub dead skin away. A little essential oil might help, too!" – DD in Florida
- "To keep sauces from splattering and dirtying the inside of your microwave, cover the food with a damp paper towel or a coffee filter." – EC in Utah
- Now you can have your tea and clean something, too. Teabags can be used to clean woodwork. Rub the wood softly with a damp bag.

STRANGE BUT TRUE

- Koi fish have been known to live up to 226 years.

- Singapore has a mandatory organ donation scheme for people over 21. Anyone choosing to opt-out of it is given lower priority to receive a transplant if they ever find themselves in need of one.
- In Chinese, the KFC slogan "finger lickin' good" translates to "eat your fingers off" in its literal interpretation.
- Dueling is still legal in Paraguay, as long as both parties are blood donors.
- The Boston University Bridge is the only spot in America where a boat can sail under a train moving under a car driving under an airplane.
- In 2018, a 30-year-old woman in Canada was shot in her left breast. Her silicone breast implant deflected the bullet away from her vital organs and left her with only some broken ribs... and a damaged implant.
- Eighty-five percent of American shoppers go to their right when entering a store.
- In 2020, George Hood, a 62-year-old ex-Marine, set the world record for the longest abdominal plank, holding the position for 8 hours, 15 minutes and 15 seconds.
- Early astronomer John Herschel reported seeing winged people inhabiting the moon through his telescope.
- Prior to 1900, prizefights lasted 100 rounds.
- Three British friends set the world record for completing the longest-ever journey by taxi – a grand total of 43,319.5 miles in their 20-year-old black cab named "Hannah." The trip took them across four continents and 50 countries and generated a fare equivalent to \$108,269.73.
- According to Western University, 88 percent of divorced people use Facebook to keep tabs on exes, and a third post pictures to make the ex jealous.

THOUGHT FOR THE DAY

"If you can find a path with no

obstacles, it probably doesn't lead anywhere."

– Frank A. Clark

TRIVIA TEST

1. **Television:** Which actor portrayed Kevin Arnold in the 1980s-90s sitcom *The Wonder Years*?
2. **Medical:** What is a more common name for rhinorrhea?
3. **Music:** How many members are in the pop group ABBA?
4. **Movies:** Who directed *The Godfather* trilogy?
5. **Animal Kingdom:** What is the native country of the kiwi bird?
6. **Entertainers:** Which American singer/songwriter was born with the name Peter Gene Hernandez?
7. **Science:** What does a petrologist study?
8. **Geography:** The Cape of Good Hope lies at the tip of which continent?
9. **Psychology:** What fear is represented in the condition known as cynophobia?
10. **Literature:** The novels *Tom Sawyer* and *Huckleberry Finn* are both set in which U.S. state?

TRIVIA ANSWERS

1. Fred Savage 2. Runny nose 3. Four 4. Francis Ford Coppola 5. New Zealand 6. Bruno Mars 7. Rocks 8. Africa 9. Fear of dogs 10. Missouri


SCRAMBLERS ANSWER

1. Flange 2. Begin;  
3. Entrap; 4. Widen

Today's Word

FENDER

CLASSIFIED

| COMMERCIAL RENTAL  | VACATION RENTAL   | SERVICES OFFERED   | FOR SALE   | HELP WANTED  |
|--|---|--|--|--|
| <div>FOR LEASE<br/>PRIME CAPTIVA<br/>COMMERCIAL RENTAL</div> <div>Suitable for Restaurant with indoor and outdoor dining Directly on Captiva Drive. Rare Opportunity \$8,250/ per month Call 941-681-0233</div> <div>10/1 ★ 10/22</div>  | <div>Island Vacations</div> <div>Of Sanibel &amp; Captiva<br/><i>Million \$ Views Await You!</i></div> <div>• Cottages • Condos • Homes • Miles of Beaches &amp; Bike Paths</div> <div>239-472-7277<br/>1-888-451-7277</div> <div>1/4 ★ TFN</div> | <div>ROGER NODRUFF ELECTRIC</div> <div>Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788</div> <div>4/20 ★ TFN</div> | <div>BIKE RACK</div> <div>Sunlite SportLift HB-226 Receiver Bike Rack, never used. Asking \$125. John, 401-932-4383.</div> <div>10/15 ★ 10/29</div>  | <div>CAREGIVER</div> <div>Unique opportunity to work as a Caregiver for an active Senior who enjoys life enrichment activities and stimulating convos. I am looking for a caring and compassionate person to Care for my Mother. The right person will be outgoing, energetic, flexible, Driver and adaptable. Work Schedule is 5 days a week and 5 hours per day. Salary is \$25/hr. Forward your email to Mark (chillingtong@gmail.com) for more details.</div> <div>10/15 ★ 11/19</div> |
| VACATION RENTAL  | ANNUAL RENTAL   | HELPER   | TOMMY BAHAMA FURNITURE   |  |
| <div><br/>Cottages To Castles<br/>Unique Vacation Rentals<br/>2427 Periwinkle Way<br/>Sanibel, FL 33957<br/>Local: (239) 472-6385<br/>Toll Free: (800) 472-5385<br/>Fax: (239) 472-5858<br/>www.cottages-to-castles.com</div> <div>1/26 ★ TFN</div> | <div>RENTING FOR OVER \$1,500?</div> <div>Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment. chip@chipwolfe.com chipwolfe.com 239-848-0906 REMAX OF THE ISLANDS</div> <div>6/5 ★ TFN</div>  | <div>Are you elderly, disabled or just don't have free time?<br/>I can help!<br/>Just give me a call... 973-919-2116</div> <div>12/11 ★ TFN</div>  | <div>Desk &amp; Chair, Media Cabinet, Lounge Chair &amp; Ottoman, End Table, (2) Table Lamps, 52" Bronze Leaf Ceiling Fan. Excellent Condition. Photos Available. \$950. 239-771-8160</div> <div>10/15 ★ 10/22</div> |  |
|  |   | FOR SALE   |  |  |
|  |   | <div>BIKE FOR SALE</div> <div>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</div> <div>10/8 ★ 10/15</div>         | <div>To advertise in the Island Sun and The River Weekly News Call 395-1213</div>  | <div>CYCLING SAFETY NOTES</div> <div>• Ride to the Right<br/>• Warn to Pass<br/>• Wear a Helmet<br/>• Use Lights at Night<br/>• Always be Courteous</div>  |



PETS OF THE WEEK



Charlotte  
ID# A874496  
photos provided



Nova ID# A880651

Lee County Domestic Animal Services

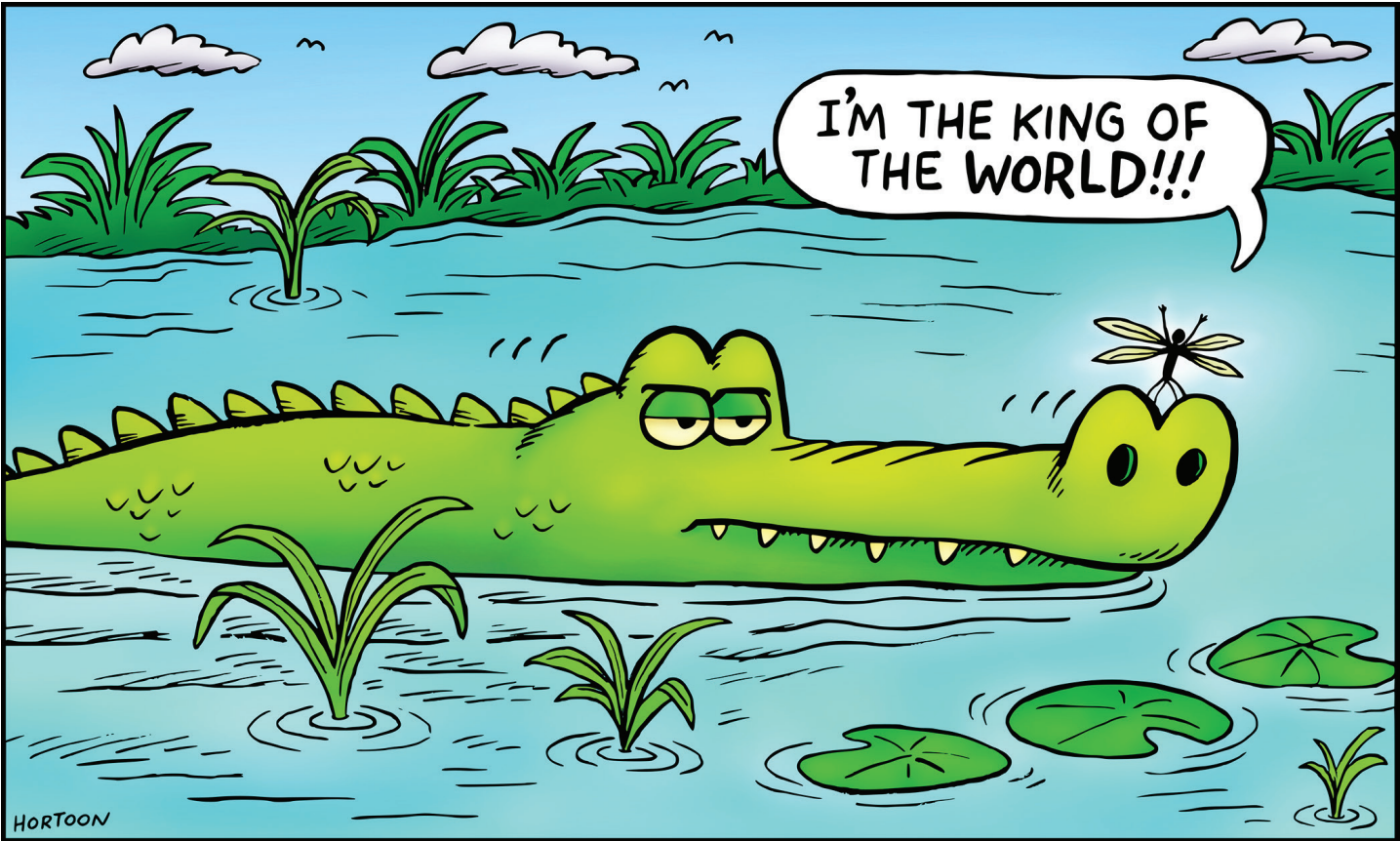
Charlotte  
And Nova

Charlotte is a 7-year-old pit bull. She may be considered a ‘Super Senior’ in years, but she’s still a pup at heart. Her adoption fee is \$25.

Nova is a 1-year-old domestic shorthair. She’s playful, spunky and loves to cuddle. Her 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](http://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

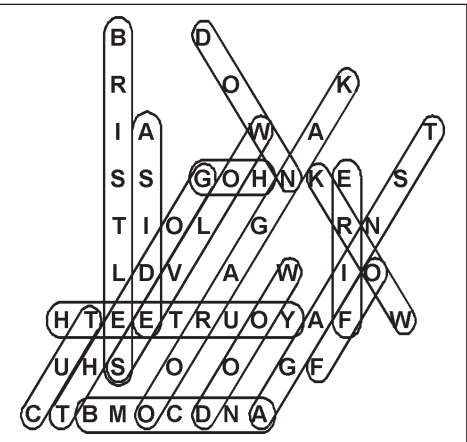
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

| Subdivision            | City             | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Bonita Beach           | Bonita Springs   | 1995       | 2,562          | \$4,000,000   | \$5,140,000   | 5              |
| Chateaux Sur Mer Unrec | Sanibel          | 1975       | 1,530          | \$3,650,000   | \$3,500,000   | 28             |
| Sunset Cove            | Fort Myers       | 2001       | 5,458          | \$2,700,000   | \$2,600,000   | 6              |
| Esplanade Lake Club    | Fort Myers       | 2022       | 3,554          | \$2,588,000   | \$2,588,000   | 173            |
| Hérons Landings II     | Sanibel          | 2003       | 3,441          | \$2,149,000   | \$2,100,000   | 53             |
| Kinzie Island          | Sanibel          | 1992       | 3,539          | \$1,995,000   | \$1,880,000   | 134            |
| Mcphie Park            | Fort Myers Beach | 2008       | 2,749          | \$1,999,900   | \$1,825,000   | 29             |
| Vista Wildblue         | Fort Myers       | 2020       | 2,800          | \$1,499,999   | \$1,499,999   | 3              |
| Palms Of McGregor      | Fort Myers       | 2007       | 3,153          | \$1,339,990   | \$1,340,000   | 107            |
| Imperial Shores        | Bonita Springs   | 1977       | 1,932          | \$1,395,000   | \$1,316,000   | 67             |





**"FOR THE SUN-KISSED &  
SUN-DESIROUS ALIKE,  
A VACATION ON A PLATE."**

*The New York Times*  
Magazine

     
[WWW.DOCFORDS.COM](http://WWW.DOCFORDS.COM)

**THE ORIGINAL  
YUCATAN SHRIMP!**

**Visit Our Sister Locations on Ft. Myers Beach  
The Dixie Fish Co. & The Whale**