



FISH Celebrates 40th Anniversary

by Allison Havill Todd

What began in 1981 as an initiative by a small group of caring islanders to lend help to their friends and neighbors who were aging in place, has evolved into what is known today as FISH of SanCap. This local nonprofit organization, which gained its 501(c)3 status in 1982, has continued to evolve and has always stepped up to offer assistance to the residents, workforce and visitors of the islands, with 92 percent of all revenues going directly to client support and programs.

FISH is kicking off a year-long celebration of its 40th anniversary from November 2021 through November 2022 with the introduction of its new logo and the upcoming Art of Turning 40 virtual auction, which opens for bidding on Monday, November 8 and closes on November 30. Many tantalizing prizes and creations from local island talent and businesses will be awarded to the winning



FISH offers healthy cooking classes

photos provided

bidder of each. For auction details and registration, visit www.32auctions.com/fishofsancap.

If you are new to the islands or may not be familiar with FISH, it is an



Programs and services benefit everyone in the family

acronym for: Food programs, Island based education, Social and senior services, and Helping hands and financial assistance. Though I have recently discovered that the services FISH provides are always

adapting to the needs of the community and cover a much broader range than one might imagine. In the last five years alone, the need for services provided by FISH have grown exponentially in the wake of hurricanes, the effects of red tide and most recently the impact of a global pandemic on our island communities.

Who benefits from the programs offered by this organization and in what ways? Maggi Feiner, president and CEO of FISH, best described this by saying, "We work with people from pre-birth (offering help, education and guidance in proper nutrition to pregnant mothers) to death (providing support for seniors who are aging in place)."

Feiner, who has been involved with FISH for 18 years, talked about the growth of the organization since its beginnings. In 2007, staff realized the need for a physical space and a face in the community, and moved into the first office, which was a mere 680 square feet. Quickly outgrowing this size, it was moved to a second location, which provided 1,100 square feet before reaching the current location at 2430-B Periwinkle

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Bid on a CROW wildlife walk tour for two and songbird membership

photo provided

Last Chance To Place Your Bid

submitted by Sue Denham

The October fundraiser hosted by the Zonta Club of Sanibel-Captiva has entered its final week: Zonta's Peek at the Unique Auction went live on October 1, with bidding open online, around the clock, until October 31 at 5

p.m. With just a few days left to get in on the fun and help empower women in Southwest Florida, visit www.32auctions.com/ZontaPEEK21.

All proceeds from Zonta fundraisers are awarded in grants to area nonprofits whose programs mirror Zonta's mission. The process for this year's awards is under way and grants from earlier fundraising will be distributed in December. With all auction items donated, all dollars raised

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Nonprofit Leader Earns Award



From left: Mary Holden, FISH volunteer; Maria Espinoza, FISH assistant executive director; Sarah Jacobson and Teresa Riska-Hall of The Community House; Sandy Stilwell Youngquist of Stilwell Enterprises; and Maggi Feiner, FISH president and CEO

photo provided

Maggi Feiner, president and CEO of FISH of SanCap, received the award at the annual ENPYs – Excellence in Nonprofit Performance Yearly awards – hosted by the Cape Coral Community Foundation (CCCF). Feiner was one of three finalists selected for this category out of the over 160 nominations received

this year. The ENPY awards highlight the efforts of Southwest Florida nonprofits and the accomplishments of nonprofit leaders. A live broadcast aired in Southwest Florida on October 19, where winners were announced.

Feiner has been the force behind Sanibel and Captiva's "neighbors helping neighbors" program.

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Community House Events

The next adult culinary class (Introductory Wine Series) with Chef John Wolff will be held on Saturday, October 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 with Anita Force Marshall will be held on Tuesday, November 2 from 9:30 to 11 a.m. The subject is the manatee. Cost is \$35 for members and \$40 for guests. Register online at www.sanibelcommunityhouse.net or call 472-2155. Watercolor rental kits are available for \$10 at the time of the class.

The Fall Fest drive-through will be held on Sunday, October 31 from 4 to 6 p.m. Volunteers are needed as well as donations of candy.

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

Social Bridge is in play on Tuesdays from 1 to 3 p.m. Suggested donation \$5.

Painting with Friends is held on

Wednesdays from 1 to 4 p.m. Cost for the class is \$10.

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 in the lobby gallery through October. Maureen Ginipro will be the featured artist for of November. Exhibits can be viewed from 9 a.m. to 1 p.m. Monday through Friday or virtually at www.sanibelcommunityhouse.net.

The Community House is looking for sponsorships for Line Dancing classes taught by Marie DiRosa in the amount of \$200 per month and for Aerobics with Mahnaz Bassiri in the amount of \$1,500 (or a portion thereof for the weekly classes offered). Contact Allison

at office@sanibelcommunityhouse.net if you are interested in sponsoring either of these programs.

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

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

The Community House is following current CDC guidelines.

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

Bridge Inspection

On Wednesday, November 10 The Florida Department of Transportation (FDOT) will perform bridge inspections on the Sanibel Causeway Bridge Structure A over San Carlos Bay from 10 a.m. to 3 p.m.

All the work will be conducted over the bridge on a snooper truck.

During this period, FDOT will do several lane shifts to accommodate the truck and the inspection equipment on the required locations. As a result, traffic will be slowed down.

For more information, contact Avelino Cancel at 533-9400.*

From page 1

Zonta Auction

will go to organizations that need help, so every dollar counts in these difficult times.

With the holiday season almost upon us amid news of shortages, retail stockpiling and delays in delivery, the women of Zonta are offering an opportunity to lock up some holiday giving while supporting a vital cause: improving the lives of women and girls.

The auction offers an array of items including excursions, adventures, art and private lessons, items that purchasers can purchase for themselves, or give as gifts. Treat friends to a painting party with Sanibel artist Laura Ball, or take a private lesson in flyfishing with expert Joe Mahler. Check out theater packages and tours of Sanibel's favorite destinations. Host friends and family at a private party for 20 at Tino's Grill. For gifts, peruse beach picnics, beach reads, wall art, beauty collections and fused glass – many items crafted by Zonta members.

It's easy: find items you like and keep bidding right up to closing, or choose the "Buy Now" option to secure your item. You can pay safely online and arrange to pick up your items or have them shipped to you.

Zonta hopes this unique collection will pique your interest and help the club to continue its important work. If you don't need to shop, consider a contribution to the cause. Go to www.zontasancap.org for information, and to donate.*

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Opening day visitors, mom and daughter Cathy and Katelyn from Dayton, Ohio
photos provided

Opening Day At Historical Village

The Sanibel Historical Village had a successful opening day on October 19 with a full slate of volunteers helping many guests. The village was closed for the off-season since August 1. Volunteers Catherine Anderson, Sharon Kaltenmark and Sally Shelton were stationed outside, sharing information with visitors passing by. Volunteers Robin Coleman and Nancy Siegel spent some time in the village store, which is temporarily located in Shore Haven while repairs are made in Rutland House. Rutland House is closed until those repairs are completed. The Sanibel Historical Museum and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Masks are required inside the buildings. Guided tours are available if reserved in advance for groups of six to 10 people, depending on docent availability. "We hope to be able to resume our regular tours, at 10:30 and 1:30, as soon as possible and within safety guidelines," said Emilie Alfino, executive director. The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG



Volunteer Sharon Kaltenmark



Volunteers Sally Shelton and Catherine Anderson

ARTS). Admission is \$10 for adults over 18; no charge for members and children. The village has handicap access to all but one building, the post office. For more information, call 472-4648 or visit www.sanibelmuseum.org.✪



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Sanibel Historical Museum And Village

Looking Back: ‘Ding’ Darling

This week’s image depicts Captiva winter residents Jay N. “Ding” Darling, Alice O’Brien and Penny Darling circa 1940. All were instrumental in the creation of the Sanibel National Wildlife Refuge in 1945. O’Brien was a mechanic during World War I, a navigator, fisherman, animal lover and leading St. Paul citizen. Darling’s interests in conservation issues were lifelong, deeply felt, and widely published. During the record-breaking 1947 red tide outbreak, Darling lobbied hard for government investigation of the phenomenon.

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 all but one of the buildings; the old Sanibel Post Office. Admission is \$10 for adults over 18, no charge for members and children.

For more information, visit www.sanibelmuseum.org or call 472-4648.✧



Jay Darling, Alice O'Brien and Penny Darling photo courtesy Sanibel Historical Museum and Village

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat services 7:30 p.m. on Zoom. Beginning in November, Shabbat services including Torah reading 7:30 p.m. led by Rabbi Stephen Fuchs and Cantor Murray Simon. Services at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Saturday morning classes begin November 6, 9:45 a.m. on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.
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 www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane, Captiva, 472-1646.
CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 7:30 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.
FIRST CHURCH OF CHRIST, SCIENTIST
Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.
SANIBEL COMMUNITY CHURCH
Sunday services at 9 a.m. and 11 a.m. in

the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684
SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. 10 a.m. Traditional Worship Service, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.
ST. ISABEL CATHOLIC CHURCH
Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.
ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Bill Van Oss, Rector. Service schedule through October, Saturday 5 p.m. and Sunday 9:30 a.m. We follow CDC guidelines regarding masks and other covid protocols. The 9:30 a.m. Sunday service is also livestreamed at www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 239-472-2173.
UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. on the third Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member’s home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.
Email changes to press@islandsunnews.com or call 395-1213.✧

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Veterans Day Celebration

Lee Coast Military Officers Association of America and the City of Sanibel will resume observance of Veterans Day in person on Thursday, November 11.

The ceremony will be held at the flagpole in front of Sanibel City Hall at 10:55 a.m. The BIG ARTS Concert Band, led by August Thoma, will start playing patriotic music at 10:45 a.m. Local Scout Troop/Pack 1740 and the Sanibel Police Honor Guard will raise the flag at 11 a.m. The Rev. Dr. John H. Danner, senior pastor of Sanibel Congregational United Church of Christ, will give the invocation. Rotarian and Retired Army Officer William Harkey will speak.

Bank of the Islands is providing checks



image provided

to the annual Veterans Day essay contest winners from The Sanibel School. Sanibel veterans who have passed last year will be remembered.*

Thanksgiving Food Drive

Frozen turkeys and nonperishable Thanksgiving dinner food items are needed for the 6th annual Turkey Drop and Roll to benefit Harry Chapin Food Bank. Drop off will take place on Wednesday, November 10 from 10 a.m. to 2 p.m. at Lighthouse Point Condominiums, located at 200 Periwinkle Way, on Sanibel's east end. Monetary donations may also be made by check payable to Harry Chapin Food Bank.

For more information or if you have any questions, call Gregg or Kim at 724-953-6913.*

Service Of Remembrance

St. Michael and All Angels Episcopal Church is holding a service of remembrance for those who have died in the past year. The service of music and prayer will include an opportunity to light a candle in remembrance of your loved one(s). Following the service, there will be a light meal in the parish hall. All are welcome.

St. Michael and All Angels Episcopal

Church is located at 2304 Periwinkle Way on Sanibel. For more information, visit www.saintmichaels-sanibel.org or call 472-2173.*

Kiwanis Club Coupon Books Still Available

Normally, by late fall, the Sanibel-Captiva Kiwanis Club's Diner's Delight coupon books are sold out, but this year, they are still available. The books can be obtained for a \$40 contribution, and each book contains coupons good at 30 island restaurants and eateries. Coupons are good for a free entrée with the purchase of another entrée of equal or greater value. Coupons can be used through December 17.

The books are available at Bailey's General Store, Bank of the Islands, Sanibel Captiva Community Bank, Big Red Q Printing, Island Pharmacy, SanCap Pak-N-Ship, Periwinkle Park Office, or from any Kiwanis Club member. For more information, visit www.sanibelkiwanis.org.

All proceeds from the coupon book program will be used by the local Kiwanis Foundation to support scholarship and grants programs for local youth.*

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Congratulations to Norm Zeigler On Your Retirement!



Sanibel FlyFishers wants to congratulate Director Emeritus Norm Zeigler on his recent retirement. Norm operated his fly shop on Periwinkle since 2009 where he has provided equipment and sage advice to fisherfolk young and old, as well a comfy couch for innumerable “old farts” to sit and swap fishing stories.

Norm literally wrote the book on fly fishing for Snook in SW Florida and has been a constant advocate for conservation far and wide. His famous Schminnow fly has been a mainstay for beach snook for thousands of fly fishers for the past 20+ years.

Norm is on the mend from a recent fall, and we want to wish him a quick recovery. We look forward to seeing him on the beach again soon. To Norm and Libby, wishing you all the best! Thanks for everything!





Volunteer and board member Sherry Halleran and finance administrator Magen Roberts cleaning the Old Bailey Store
photos provided

Volunteers Spruce Up Historical Village

Staff and volunteers at the Sanibel Historical Museum and Village are working hard to make sure the village looks its best. "There is a lot of work to be done to make our nine historical buildings shine as we open our doors and our first guests of the season begin to appear," said Executive Director Emilie Alfino. "We are so lucky to have such dedicated volunteers and staff that don't mind getting dirty for this good cause. They put in a lot of hours of hard work, and we are so grateful."

This year, volunteers who helped out included Andrew Jacob, Dave Borgetti, Sally Borgetti, Ginny Darby, Sherry Halleran and Kay McDonald. Staff members Sandy Nering and Kathy Choquette chipped in many hours of labor as well.

"We're looking forward to a busy, happy season this year," Alfino said. "And we're starting off in good shape." The Sanibel Historical Museum



Volunteers Pete Darby and Andrew Jacob helped clean and fix some chairs

and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. In accordance with City of Sanibel regulations, masks are required inside the buildings. Guided tours are available if reserved in advance for groups of between six and 10 people, 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," said Alfino.

The Rutland House is temporarily closed for repairs. "We hope to reopen Rutland House, which was the first building to be brought to the village in 1984, as soon as we possibly can," 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 18; no charge for members and children. The village has handicap access to all but one building, the post office. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.

Dog Licenses Now On Sale

The sale of City of Sanibel dog licenses has begun at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. Dog licenses purchased by January 31 are \$10. Dog licenses purchased on or after February 1 are \$15. Proof of current rabies inoculation is required at the time of purchase. Since veterinarians are

now giving rabies inoculations with 1- to 3-year validity, provide the expiration date on the application form rather than the date the inoculation was given.

The recreation center is open Monday, Wednesday and Friday from 8 a.m. to 5 p.m., Tuesday and Thursday from 8 a.m. to 7 p.m., and Saturday from 8 a.m. to 1 p.m. Only service animals are allowed inside the recreation center. To save time, it is recommended that you arrive with your application completed. Visit www.mysanibel.com to print out the form.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345.

Beach Parking Permits Available

City of Sanibel beach parking permits for Sanibel residents and property owners are available at the Sanibel Recreation Center, located 3880 Sanibel-Captiva Road. The recreation center is open Monday, Wednesday and Friday from 8 a.m. to 5 p.m., Tuesday and Thursday from 8 a.m. to 7 p.m., and Saturday from 8 a.m. to 1 p.m.

The vehicle registration or lease agreement for each vehicle for which a permit is being purchased must be presented at the time of purchase.

Acceptable proof of residency or property ownership are:

Driver's license with a Sanibel address;

Valid government issued photo identification card with a Sanibel address;

Lee County voter registration card with a Sanibel address;

Tax bill with the homestead exemption of the Sanibel property;

Tax bill with the property ownership on Sanibel;

Notarized Declaration of Domicile listing a Sanibel residence.

Beach parking permits may be purchased via cash, Master Card, American Express, Discover, Visa or check. For more information, call 472-0345 or visit www.mysanibel.com.

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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,
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Thanksgiving Baskets Available For Those In Need

The impacts from the ongoing pandemic bring increased financial and emotional strain as the holiday season approaches. FISH of SanCap hopes to ease that strain by providing Thanksgiving food baskets to island residents, workers and seniors.

“The pleasure we get by providing this service, along with the gratefulness we receive from basket recipients, is heartwarming,” said Maria Espinoza, assistant executive director. “The traditional holiday dinner brings a sense of normalcy to what has been a very abnormal 18-plus months.”

FISH will distribute bags of stuffing, rolls, fresh and canned vegetables, pies and a gift card to purchase a turkey or other holiday protein for the Thanksgiving holiday. Bailey’s General Store donated the bags for the program and FISH supporters are already dropping off donations and financial contributions. FISH is accepting Thanksgiving food donations through Wednesday, November 17 at the FISH Walk-In Center, located at 2430 Periwinkle Way on Sanibel.

“For many that receive a basket, particularly our senior population, the realization that there’s a group of people in the community that care about them is almost secondary to the food we provide.



Thanksgiving delivery from FISH of SanCap photo provided

It breaks my heart to learn that some of our older neighbors will once again be alone for the holiday with no celebratory meal. With support and donations from the community, FISH can help make Thanksgiving Day more festive for many that we serve,” said Espinoza.

Last year, FISH experienced a last-minute burst of assistance requests, and staff and volunteers worked around the clock to make sure everyone could enjoy a meal for the holiday. FISH provided meals for 634 neighbors in need for the 2020 Thanksgiving holiday. FISH volunteers delivered meals by car, bike and on foot through Thanksgiving morning.

“We are pleased that we can provide this program to those needing a hand up during the holidays. With such uncertainty in the air, it warms my heart to know that we can help,” says Espinoza. FISH will collaborate again with the Saint Michael & All Angels Episcopal Church Women, who, over the years, have donated pies

for each basket.

If you or a family you know is in need of a Thanksgiving holiday food basket, call FISH at 472-4775.*

OBITUARY

ARNOLD (ARNY) LANGBO

Arnold (Arny) Langbo, 84, of Sanibel Island, Florida and formerly of Stowe, Vermont, passed away peacefully at home on October 16, 2021.

Born and raised in Richmond, British Columbia, Arny married Martha Miiller, also of Richmond, in 1959. Through 62 years of devoted marriage, Arny and Martha raised eight children together while living in various locations across Canada, as well as Battle Creek, Michigan during Arny’s proud 44-year tenure with the company he thoroughly enjoyed going to work for every day – the Kellogg Company.

Arny’s loves were family, music, travel, his Kellogg career and the New York Yankees. He was known for his integrity, his intelligence, his tenacity, his wit, his faith and his capacity for caring about others. In particular, he cared deeply about the education of young people, fostering hope for their future and



OBITUARY

ROGER CALVIN PRITCHARD

Roger Calvin Pritchard left this world on March 28, 2021. He was a remarkable man who resided on Sanibel, in Fort Myers, Florida and Albuquerque, New Mexico. Roger leaves behind his wife Tracey, son Randy Pritchard, daughter Jennifer Pritchard Cocklin, sister Paula Pritchard, his grandchildren and great grandchildren. A memorial will be held at a later date.*





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Sea School Family Learning Programs

submitted by Shannon Stainken,
Youth Education Director

Sanibel Sea School believes in the value and benefits associated with learning together as a family. Families create memories while finding a seahorse or holding a blue crab, and there are several social and developmental benefits of learning together. Family members play a vital role in helping children develop a foundation for lifelong learning by embracing the joys of curiosity and discovery – a process that unfolds from childhood into senior years.

Sanibel Sea School offers family-private programs by boat, paddle craft or from shore in a variety of diverse barrier island habitats on Sanibel. All sessions are hands-on, customizable, and guided by the families' needs and interests.

Land-based private programs are designed for all ages to learn more about the ocean. These two-hour sessions are \$60 per person and scheduled Monday through Friday. We typically suggest exploring either a seagrass bed, gulfside beach or a mangrove hammock.

Seagrass Beds – While learning how to identify seagrasses and learning about their ecological role, families also use different types of nets to catch the



Marine science educators lead families in many discoveries

photo provided

creatures that call it home. The animals are kept in small, portable tanks for a brief but closer observation and released back into the grass. Seahorses, small fish, crabs, shrimp, snails and comb jellies are all possible sightings on this excursion.

Gulfside Beach – Sanibel offers world-class beachcombing, shelling and wildlife watching opportunities. Knowledgeable marine science educators lead families on a casual guided walk to explore the shore's wrack line to see what's washed ashore. We talk about the more mysterious objects we find on the beach, look for live mollusks, and learn a bit of shell biology. Depending on the tide,

we'll wade out to the sandbar in search of sand dollars and sea stars, too.

Mangrove Forest – There is nothing like sinking knee deep into stinky mangrove mud with your family. Seriously, this is an experience that will either bring you together in mutual discomfort or uncontrollable giggles. While getting muddy, we'll learn about Florida's mangroves, how to identify them, and why they're incredibly tough trees. We're sure to spot fiddler crabs and mangrove tree crabs along the way.

Sanibel Sea School can easily customize a session from a course catalogue with more than 30

marine-science topics.

Paddle and Boat Programs – Sanibel Sea School's paddle-based or boat-based private programs are a great way to explore places that aren't accessible by foot. Both kayak and stand-up paddleboard sessions offer an opportunity for your family to enjoy an active experience on the water while you learn about Southwest Florida's unique flora and fauna. Paddle-based and boat-based sessions are two hours long and \$75 per person.

Pontoon Programs – Come aboard *The Ripple Effect*, Sanibel Sea School's large, shaded pontoon boat, for a three-hour private boat-based program. The cost is \$400 for up to six people and \$500 for groups of seven to 12. These programs run Monday through Friday based on education staff availability. Private, boat-based trips cruise San Carlos Bay, adjacent to Sanibel Island. This estuary is a rich environment that supports a diversity of habitats to explore and discover. Trips are tailored for families' interests and abilities.

Whether exploring by land or by sea, a family private session is the perfect excursion to do together this holiday season while the kids are out of school and northern friends and relatives are in town visiting. You can also gift a private session as a holiday gift or to visitors. Email sanibelseaschool@sccf.org to learn more about these programs.

Sanibel Sea School is part of the Sanibel-Captiva Conservation Foundation (SCCF) family.✱

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Plant Smart

Endemic, A Particular Kind Of Native

by Gerri Reaves

The wildflowers pictured here are three of the state's many endemic species: rockland shrubverbena (*Lantana depressa*), Miami lead plant (*Amorpha herbacea* var. *crenulata*), and Tampa mock vervain (*Glandularia tampensis*).

Florida joins Texas and California as the states with the most endemic species, with an estimated 11 percent of flora classified as such.

Being endemic means that a plant's range is a specific area and that it has a restricted distribution. The range can be broad or narrow.

In fact, the range can be so narrow as to be found only in one small geographical area or specialized habitat.

Specialized habitat and loss of habitat are but two of the reasons endemics might end up on the state's endangered species list, as these flowers are.

The native range of that pretty yellow-flowered shrub, rockland shrubverbena, is the pine rocklands of Miami-Dade County, a restricted area that is also under threat.

Furthermore, this species' gene pool is contaminated by hybridization with other lantanas, including the invasive multicolored *L. camara*.



Rockland shrubverbena's gene pool is contaminated due to hybridization with native and nonnative lantanas

photos by Gerri Reaves

In fact, all three subspecies of *lantana depressa* are listed as endangered in the state.

Miami lead plant also faces the challenge of having a very limited range, the pine rocklands on the Miami Rock Ridge.

Such habitats exist only in South Florida, the Florida Keys and some islands of the Bahamas, and are designated as globally imperiled.

Lead plant is also listed federally as endangered.

Tampa mock verbena's natural habit is pine flatwoods and coastal dunes, specifically hammocks where live oaks and



Miami lead plant is thought to have a very limited historic range

cabbage palms predominate.

Such habitat is more plentiful, but also attractive to humans. Thus, the main reason for this flower's endangered status is loss of habitat to development and agriculture.

Gardening with endemics highlights a difference of opinion among native plant enthusiasts.

While cultivating and stabilizing populations of imperiled plants is generally recommended, some experts advocate not cultivating plants outside their native range.



Tampa mock vervain's endangered status is due mainly to habitat loss

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, www.fnps.org, and www.landscape.org.

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

From page 1

Nonprofit Leader

neighbors" social service agency, now celebrating its 40th anniversary. Her volunteerism turned into a labor of love and a legacy of neighborly generosity, and through her leadership, Feiner has grown the organization into a full-service social service agency that now operates with over 175 volunteers, eight staff members, many programs and services, and a \$1.8 million budget.

"I am so honored to be recognized by my peers," said Feiner. "This award represents our success in the work FISH does in the community, so it is one I share with our staff, volunteers and community as a whole."

FISH provides a broad range of services to residents, island workers and visitors, including the food pantry, educational workshops, scholarships, senior programs, and emergency and disaster relief. For more information, visit www.fishofsancap.org.

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Patrols Keep Watch On Nesting Sites



Volunteer Kayla Wooldridge collected 250 gallons of trash during nesting site surveys conducted on the Sanibel Causeway photo provided

As the end of sea turtle season nears, the number of nests incubating on the beaches continues to dwindle, with only five nests yet to hatch. Although the season isn't over quite yet, the Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team is confident that it will continue to be a productive season, as 46,726 hatchlings have emerged as of October 14.

Green sea turtle nests have experienced an especially high hatch rate of 74.5 percent, with 1,581 hatchlings of this less common species emerging so far

this year, and three nests still remaining. While sea turtle nests will continue to incubate into November, September 30 marked the official last day of nesting season, signifying the end of the required monitoring for both the Captiva Island Beach Renourishment Project and the Causeway Island Stabilization Project. There have been 5,395 hatchlings from relocated nests. Seven volunteers conducted 125 surveys on the causeway islands to ensure there was no sea turtle nesting activity leading up to the project start date and collected 359 gallons of trash in the process.✱

City Offers Native Vegetation Tours

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants.

Tours are scheduled for:
Wednesday, November 10
Wednesday, December 8
Wednesday, January 12 and Saturday, January 22
Wednesday, February 9 and Saturday, February 26
Wednesday, March 9 and Saturday, March 26
Wednesday, April 13 and Saturday,

April 23
Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with little maintenance, is good for the environment and attracts wildlife. Vegetation committee members will provide information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires little maintenance, no fertilizer and no supplemental irrigation. Registration is not required. Meet at the main entrance to city hall, located at 800 Dunlop Road. For more information, email san.dnr@mysanibel.com or call 472-3700.✱

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Bait And More Bait



by Capt. Matt Mitchell

From the beaches to the sound and everywhere in between, the amount of baitfish we are seeing is amazing. This makes catching bait easy but, even

more importantly, it's a major sign of our currently healthy waters. One of the things that makes Pine Island Sound such an incredible fishery is the amount of bait it produces. With so much food here to support lots of healthy game fish, it is one of the best inshore fisheries in the state.

Fishing during the lower morning tide periods this week was amazing. Fast-moving water in and around the passes along with mangrove creek systems all proved to be the right call to catch lots of fish. Snook remained the main target though we did catch some redfish and trout in the mix, too. Our mangrove snapper bite is slowly winding down as it does this time of year. Look for more and more snook to make their way to the back country over the next few weeks.

One of my favorite things to do with so much bait in the live well is to live chum. A whiffle ball bat or aka chum bat is standard equipment on most guide boats. I put a dozen or so shiners in the



Gary Biltgen with a quality redfish caught while fishing with Capt. Matt Mitchell

photo provided

bat at a time, then I give it a shake to slightly stun the bait before pitching it to a shoreline.

This quickly tells you if there are feeding fish in the area and also draws the fish out from the mangroves. When the fish fire off, it's just a matter of making a quick well-placed cast to the pop of a surface feeding fish, and the bite is often as quick as you can close the bail.

When rigging to shiner fish, the simpler the better. I tie a line to line knot using three to four feet of 25-pound or 30-pound test fluorocarbon leader. To that, I tie a loop knot to a 1/0 or 2/0 hook depending on the size of the bait. Hook the shiner through the cartilage between the nostril and the eye. The lighter the setup, the more natural the bait can move and the more strikes you will get.

With the bait migration in full swing, the beaches are offering anglers a great mixed bag of species. As our water temperature is now in the magical 70s, look for more and more Spanish mackerel, king mackerel and Bonita to be surface feeding on these bait schools. This visual bite is easy, fun fishing and can be nonstop when throwing spoons and live baits. With stone crab season now in full swing, there are plenty of crab pots out there, making tripetail a great option too.

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

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:
Barred Owl



by Bob Petcher
The barred owl (*Strix varia*) is affectionately called a hoot owl. It is a large raptor with a stocky body, round head, no ear tufts and what could be called a menacing look.

Barred owls utilize keen vision and a heightened sense of hearing to hunt down prey, which can range from rodents to birds to small amphibians to freshwater crustaceans, like crayfish. They are very territorial and can be aggressive toward any animal or person in their area.

At CROW, an adult barred owl was admitted after being found caught in a barbed wire fence in Alva. Upon examination, the patient had multiple lacerations on both hind feet, several broken feathers and another deeper laceration on its patagium – known as the fold of skin in front of the main segments of a bird’s wing.

“The patagium is an important structure of the wing, providing aerodynamics related to flight,” explained Dr. Charlotte Cournoyer, CROW veterinary intern. “Without the patagial ligament, flight is significantly compromised.”



Patient #21-5309 prior to the surgery to repair its wounds, left, and post surgery with bandage, right
photos by Haillie Mesics

Veterinarians were concerned that the patient had suffered a broken wing but found no evidence after a physical examination and radiographs. The owl’s wounds were then clean and bandaged. Two days after intake on October 16, the patient underwent surgery to repair the wounds.

“The wound on the patagium was showing continued necrosis – dying of tissues – thus we debrided the area, which is the process of removing dead tissues. We also flushed the wound which removed surface bacteria,” said



Dr. Cournoyer. “We are now in the process of daily bandage changes with debridement as needed under anesthesia.

“With each bandage change, we apply topical antimicrobial therapy to fight infection and keep the underlying tissues moist. The area is just starting to show healthy tissues, but the patient will continue to need daily bandage changes until the wound is resolved.”

Each time the bandage is off, the patient undergoes treatment for its injured wing.

“We are performing physical therapy of the wing at each bandage change and currently, the range of motion is still normal,” said Dr. Cournoyer. “Physical therapy involves putting each joint through range of motion. We will continue this until the wound is resolved. We expect a full return to normal flight.”

The barred owl also received a wrapping as a preventive measure. “We placed a body wrap on the affected wing so that the patient would not disturb the bandage,” said Dr. Cournoyer, “however, there is no evidence of a wing droop or nerve damage at this time.”

The patient has been recovering well and will continue to be closely monitored. It is too soon to tell if the owl will return to the wild in the near future.

“At this time, the patient is still in the midst of intensive care with oral antibiotic and pain therapy, daily bandage changes and physical therapy,” said Dr. Cournoyer. “We hope that this therapy will, in the future, lead to the patient being able to move outside for flight training and subsequent release.”

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



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Bailey-Matthews National Shell Museum
Shell Of The Week

The Mace Cone



by José H. Leal,
PhD, Science
Director and
Curator

Reaching 40 mm in size, *Conasprella armiger* (Crosse, 1858), is one of the most attractive cone snails in the tropical western

Atlantic. The species has been found in depths between 35 and 227 meters (115 and 745 feet). Its shell has a very narrow anterior region and canal, which makes it look like the medieval weapon that gives the species its common name. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

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

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



The Mace Cone, *Conasprella armiger*, from off Key West, Florida
photo by Patricia A. Starkey

Read us online at www.IslandSunNews.com

American
Legion Post 123

American Legion Post 123 is having a Halloween party on Friday, October 29 from 6 to 9 p.m. All are welcome, with or without costume.



Homemade chili is on the menu for Sunday, October 31.

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

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

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

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

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

Post 123 is a non-smoking facility with an outside area available for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.✧

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SCCF Marine Lab Research Assistant Sierra Greene diving down with a recorder to secure it to a RECON piling photo provided

SCCF Conducting Underwater Study

James Locascio, PhD, of Mote Marine Laboratory and the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab team deployed two passive acoustic recorders at SCCF's RECON (River, Estuary and Coastal Observing Network) stations at McIntyre Creek and Shell Point recently. These systems record ambient sounds across a broad frequency range at programmed time intervals. Sources include fishes, marine mammals, boat traffic, atmospheric conditions and sea state. Biological sounds have specific behavioral contexts associated with them, which may be reflective of ecosystem health and function, and therefore may also be sensitive to disturbances or shifts in the ecosystem over different time scales.

The dominant sound sources in Charlotte Harbor are fishes, which produce sound in association with courtship and spawning. Acoustic recordings can document the timing and location where fish reproduction occurs. Several species of *sciaenids* (such as drums and seatrout) produce chorus events, which begin near nightfall and continue for several hours each night from the spring through fall spawning season, as well as the winter period for black drum. Dolphins and manatees also produce sounds in social contexts and their presence can be documented when vocalizing within range of the recorders.

Locascio is Mote Marine Laboratory & Aquarium's program manager for fisheries habitat ecology and acoustics. "The addition of these first two acoustic recorders on RECON sites is an exciting collaboration because it allows us to collect biological data on the same time periods in which we collected physical and chemical water quality data," Locascio said. "This will enable us to explain how changes in environmental conditions affect bioacoustic data during daily and seasonal periods, as well as disturbances such as red tide events and hurricanes, and the effects of river flow and water management of the Caloosahatchee system on the habitat of lower Charlotte Harbor estuary."*

State Quota Met For Red Snapper

Florida's recreational red snapper quota in gulf state and federal waters was met during the June 4 through July 28 open season, according to the Florida Fish and Wildlife Conservation Commission (FWC).

The gulf red snapper season was 55 days this year, which is the longest summer season for Florida since FWC was delegated the ability to set the season for private recreational anglers in gulf federal waters off Florida by the federal government. This season was chosen to maximize harvest opportunities during summer, which is when red snapper fishing is most popular, and to allow as much of Florida's 2021 quota to be harvested as possible.

Because the FWC cannot allow recreational harvest of gulf red snapper once Florida's quota has been reached, gulf red snapper harvest will not reopen this fall for Florida anglers fishing from private recreational vessels in gulf state and federal waters, or for for-hire operations that are licensed to fish in state waters but are not federally permitted.

While many Florida anglers were hoping for a fall season, the FWC looks forward to a successful season in 2022.

For updates on snapper regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Snappers" under the "Regulations by Species - Reef Fish" tab.*



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CROW Calendar Of Events

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

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

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

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

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

Wildlife Walk Guided Hospital Tours

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



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

Tours are offered Monday through Friday at 11 a.m. Capacity is limited to eight participants. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

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

Daily Presentation Schedule

Friday, October 29, 11 a.m., Why

Animals Come to 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, November 1, 11 a.m.,

Species Profile: Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are

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

Tuesday, November 2, 11 a.m.,

A Day in the Life – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also benefits from the help of over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation. They will share their favorite patient stories. Volunteers, staff members and students will be on hand to give you an inside look at what happens behind the scenes. One of CROW's animal ambassadors will be present.

Wednesday, November 3, 11

a.m., Wildlife Rescue 101 – Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the

mangroves, this program will cover wildlife rescue assessment as well as handling techniques. One of CROW's animal ambassadors will be present.

Thursday, November 4, 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.✱

Hogfish Harvest Season To Close

Hogfish recreational harvest will close in state and federal waters off the east coast of Florida and Florida Keys on Monday, November 1. This closure includes all state and federal waters south of Cape Sable, which is on the gulf side of Florida, and up the Atlantic coast. The Keys/east Florida hogfish season is open from May 1 through October 31.

Recreational harvest remains open in state and federal waters north of Cape Sable in the gulf. If you plan to fish for hogfish anywhere in Florida state or federal waters from a private recreational vessel, you must sign up as a state reef fish angler (annual renewal is required).

To learn more, visit www.myfwc.com/srfs. Sign up at www.gooutdoorsflorida.com.✱

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Captiva Community Cleans Up Coast

The Captiva community came out in force for the Keep Lee County Beautiful (KLCB) International Coastal Cleanup day on September 18. Santiva Saltwater Fishing Team guides led a group of 108 family members and friends to clean up the coast and waterways in and around Captiva. Capt. Jimmy Burnsed and his wife, Sarah, began organizing the cleanup in 2020.

“Providing an event to promote awareness to this vital mission and encourage our local community to take action on the welfare of our waterways is very important to us,” said Sarah Burnsed, a marine biologist with FWC (Florida Fish & Wildlife Conservation Commission) Fish and Wildlife Research Institute (FWRI).

“We hope to make this an annual event to create awareness in our community and give people a chance to feel like they truly make a difference in keeping Captiva a beautiful place to live, boat, fish, and enjoy the water,” said Jimmy Burnsed.

The Burnses enlisted the help of local businesses and organizations, including Captiva Rod & Gun Club and RS Walsh Landscaping to provide food, and Captiva Cruises to provide the venue. FWC Officer Gabrielle Midolo and four officers from the southwest regional law enforcement division provided a dive team and two law enforcement boats for the safety of the



The Captiva Coastal Cleanup team

photo provided

divers and cleanup participants.

Also participating as divers were an additional five FWRI marine biologists from all over Southwest Florida, and as far away as Key West, who made the trip to Captiva for this cleanup. The Sanibel Police Department and Lee County Sheriff's Department were also on hand, and Scubavice Diving Center provided tanks and diving equipment.

The organizers thank Mike Thomas,

program coordinator for KLCB, for his support (especially the use of the dumpster, which was filled to the brim) and Bianca Ferrara, program coordinator for KLCB, for her help at cleanup.

Keep Lee County Beautiful is the local organizer of Ocean Conservancy's International Coastal Cleanup (ICC), which has been taking place for 35 years. ICC efforts are responsible for the removal of nearly 340 million pounds of trash

from beaches and waterways worldwide. It remains the most significant global volunteer effort to remove trash from local shorelines.

The mission of Keep Lee County Beautiful is to inspire, educate and engage the Lee County community in improving, beautifying and protecting the environment.

For more information, call 334-3488 or visit www.klcb.org.

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Country Singer Headlines First Concert Cruise

Sanibel-Captiva Conservation Foundation (SCCF), in partnership with Todd and Leanne Marcum and Captiva Cruises, will host the first in a season of Pine Island Sounds musical cruises on Sunday, November 7 with country music artist Elizabeth Cook.

Cook is a Nashville-based singer songwriter from Wildwood, Florida. An acclaimed live act and recording artist, *The New York Times* lauds Cook as “a sharp and surprising country singer.” A veteran SiriusXM Outlaw Country Radio DJ, Cook has hosted her own show, *Apron Strings*, nationwide for the last 10 years. She is also a favorite of David Letterman, a regular performer on the Grand Ole Opry, and a frequent guest star on Adult Swim’s long-running hit cartoon series *Squidbillies* on Cartoon Network. In the words of Kevin Kinney, front man for southern rock band Drivin’ N Cryin, “Elizabeth is so far ahead and under the radar, you better have a supercharger for that fastback if you’re going to catch up! Enjoy the ride...”

The cruise begins at McCarthy’s Marina on Captiva where guests will receive an individually boxed appetizer and cocktail, included in the \$100 ticket price. Guests will be able to purchase additional drinks from the bar throughout their time on board. Net proceeds benefit



Elizabeth Cook photo provided

SCCF and Sanibel Sea School’s water quality research and education efforts.

The cruise through Pine Island Sound will be followed by a stop for sunset viewing and a chance to catch the elusive green flash.

The headliner for the December 12 cruise is indie folk band The 502s. Bluegrass jazz band Twisted Pine will perform on February 13. The musical artist for January 16 is yet to be determined.

Visit <https://pineislandsounds.eventbrite.com> for tickets. Email jsiwick@sccf.org if any questions.✱

FISH Supporter Logs 174th Race

For the second consecutive year, the COVID-19 pandemic has forced a change from an in-person to a virtual race for the 10K Race 4 FISH, a benefit for FISH of SanCap. However, the virtual format has not stopped many from running on their own time.

Tom Kelly, part-time Fort Myers resident and longtime race participant, completed his virtual running in mid-October. The 2021 FISH 10K marks his 174th race.

“My 10K went well, it was a beautiful morning and so peaceful,” said Kelly. I completed the race with a time of 1:29:52. My Boston terrier, Dr. Watson, my pride and joy, brightens every day and is also my loudest cheerleader. It was great to have him and my granddaughter cheering me on.”

Kelly began training and racing in 2011 as part of a triathlon team, Geared Up, following the loss of Barbara, his partner of 50 years. He said he was lost and in desperate need to find something that would give his life purpose by helping him refocus his energy. He stopped running about three years ago to “save my knees and hips for tennis.” Now, Kelly power walks all of his races.

“I have been proudly participating in the FISH 10K since 2012 and when I race, I prefer choosing one that champions a good cause,” Kelly said. “FISH has been supporting the people



Tom Kelly with his Boston terrier, Dr. Watson photo provided

of Sanibel and Captiva for almost 40 years in various ways, but two programs stand out to me. The backpack program combats childhood hunger by supplying weekend food and snacks to children in need throughout the year. The second one is Smile Boxes, because this program that was launched last year combats isolation, particularly among seniors. The motto of FISH is ‘Neighbors Helping Neighbors,’ and those words say it all.”

Registration is open through the Fort Myers Track Club at www.ftmyerstrackclub.com and times will be accepted through October 31.✱

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Fish Caught



Grant Tucker photo provided

Grant Tucker of Columbus, Indiana caught a redfish on a freelined pinfish while fishing with Capt. Jimmy Burnsed near Captiva Pass.✪



Friends of a Feather by Carolyn Johns image provided

Art League Show At The Library

The Sanibel-Captiva Art League is hosting a four artist show through November at Sanibel Public Library. The artists featured in the exhibit are Gloria Krekel, Donna Filomio, Dave Tompkins and Carolyn Johns. Each artist will be showing seven to eight pieces and they will be available for purchase.

The library is open on Monday from 9 a.m. to 8 p.m., Tuesday through Friday from 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 1 p.m., located at 770 Dunlop Road.✪



Workshops

BIG 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:
Watercolor Painting with Sunny Krchmar – Fridays, November 5 to 19, 9 a.m. to noon. Donor: \$156; nondonor: \$195.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Monday and Tuesday, November 15 and 16, 9 a.m. to 3:30 p.m. Donor: \$160; Nondonor: \$200.

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

Poetry Corner

by Jim Weyant

NORTH STAR

In the darkest days
through the blight,
the light she cast
did shine so bright

The lamp she holds
ever burns with love.
'Tis within her shadow
I'm able to rise above.

Never am I to hesitate,
it matters not how far
or difficult the voyage.
I'll follow my North Star.

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.✪



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1 onion, diced small
Olive oil
1 cup jack cheese, grated
Sea salt and fresh ground pepper, to taste

Prepare cornbread batter as indicated on the package. Preheat oven as listed on the cornbread box instructions. Preheat a large cast iron skillet over medium heat. Cook onion until tender in a small amount of olive oil, seasoning with salt and pepper. Fold half of the cheese into the cornbread batter. Pour batter into pan over the onions. Add remaining cheese to the top of the cornbread mixture. Sprinkle the tomatoes over the batter. Bake as directed on box. Remove from oven when golden brown and cooked throughout. Let cool slightly and serve warm.*



Tomato Cornbread

photo courtesy Fresh From Florida

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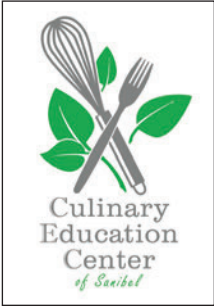
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The Community House
Florida Pumpkins



by Chef John Wolff

Pumpkin is an important vegetable in the Cucurbit family. It shares this family with members of summer and winter squash. Pumpkins are easily distinguishable from squashes by having a coarse, strongly flavored flesh, and rinds whose hardness falls between that of summer and winter squash. Pumpkins are varieties of Cucurbita species pepo, moschata, mixta and maxima. Sometimes a pumpkin may be called “pumpkin” in one area, but “squash” in another. We most commonly associate pumpkins with this time of year and the age-old tradition of carving Halloween Jack-o’-lanterns. The standard Halloween pumpkins have smooth, orange and slightly ribbed skin. Connecticut Field is the most popular variety used for carving. Its other names include Big Tom, Canner’s Supreme, Common Field, Connecticut Cornfield, Golden Marrow,

Lake Shore, Michigan Mammoth, Pure Gold and Yankee. This pumpkin can be used for pies, canning, stock feed and carving. The best Florida pumpkins include Howden and Jackpot. Big Max and Big Moon are other well-suited big pumpkins (some can reach 200 pounds under ideal growing conditions). Funny Face is a semi-bush plant, and therefore good for

growing in small gardens. Atlantic Giant can be considered the best show variety, reaching over 200 pounds in Florida. An important cushaw variety in Florida is the Seminole pumpkin. A staple of Florida Native Americans, these climbing pumpkins were grown in and around the Everglades. They are less susceptible to heat and humidity, and resistant to powdery mildew. The fruit is small, has

a sweet flavor and bright firm flesh, and stores well at room temperature. Pumpkins can also be ornamental and used for decoration. Varieties include Munchkin, Sweetie Pie, Buskin, Minijack and Jack-be-Little. These miniature fruits are 3-4 inches in diameter. Here is how you can make your own pumpkin puree for a simple pasta dish:

Fresh Pumpkin Puree
1 small baking pumpkin, 4-6 pounds (use sugar pumpkins or pie pumpkins)
Sea salt, optional
Heat oven to 400 degrees F and line a baking sheet with parchment paper. Rinse pumpkin and pat dry. Cut the pumpkin from stem to end, but don't try to cut through the stem (it's too tough). Cut one side from the stem down to the bottom of the pumpkin. Remove the knife, rotate the pumpkin to the opposite side, then do the same. When there is a slit down both halves of the pumpkin, pull the halves apart with your hands. They should separate at the stem. Scoop out the seeds and most of the stringy bits. Lightly season the inside of the pumpkin halves with salt then place cut side down onto the baking sheet. Bake until the pumpkin can easily be pierced with a knife in several places and the flesh is pulling away from the skin, about 45 to 60 minutes. Cool until you can safely handle the halves then scoop out the soft flesh into a food processor. Depending on how large the pumpkin is, you may need to do this in two batches. Process until very

smooth, about 3 to 5 minutes. Makes about 5 to 6 cups pumpkin puree. The puree can be canned and freezes well.

Pumpkin And Sausage Penne Rigate
1 tablespoon extra-virgin olive oil, plus 1 tablespoon
1 pound bulk sweet Italian sausage
4 cloves garlic, cracked and chopped
1 medium onion, finely chopped
1 bay leaf, fresh or dried
4-6 sprigs sage leaves, cut into chiffonade (thin ribbons or strips), about 2 tablespoons
1 cup dry white wine
1 cup chicken stock, canned or paper container
1 cup pumpkin puree
½ cup (3 turns around the pan) heavy cream
⅛ teaspoon ground cinnamon
½ teaspoon ground nutmeg (or freshly grated)
Coarse salt and black pepper
1 pound penne rigate (al dente)
Romano or parmigiano (for grating)
Heat a large, deep nonstick skillet over medium high heat. Add 1

tablespoon olive oil to the pan and

brown sausage. Transfer sausage to paper towel lined plate. Drain fat from skillet and return pan to stove. Add remaining tablespoon oil, and then garlic and onion. Sauté 3 to 5 minutes until onions are tender. Add bay leaf, sage and wine to the pan. Reduce wine by half, about 2 minutes. Add stock and pumpkin and stir to combine, stirring sauce until it comes to a bubble. Return sausage to pan, reduce heat and stir in cream. Season the sauce with the cinnamon and nutmeg, and salt and pepper, to taste. Simmer mixture 5 to 10 minutes to thicken sauce. Return drained pasta to the pot you cooked it in. Remove the bay leaf from sauce and pour the sausage pumpkin sauce over pasta. Combine sauce and pasta and toss over low heat for 1 minute. Garnish the pasta with lots of shaved cheese and sage leaves. John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✪

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BIG ARTS Monday Night Film Series

Ammonite

by Di Saggau

The BIG ARTS Monday Night Movie for November 1 is *Ammonite*, a film about acclaimed paleontologist Mary Anning who sells fossils to tourists to support her ailing mother. Anning is portrayed by Kate Winslet and her mother Molly by Gemma Jones. Everything changes for Mary when a fellow paleontologist comes into her shop and eventually asks Mary to care for his wife Charlotte, played by Saoirse Ronan, who he says is suffering from “melancholia.”

Charlotte adjusts to life with Mary. A scene in which Charlotte helps carry a giant rock that Mary couldn’t have done on her own is formative in that this is a movie about connections and how some aspects of life take four hands instead of two. The women become closer until their relationship turns physical. There is one brief sexual scene.

Great partners teach us new things about ourselves, and *Ammonite* really gets that element of human relationships without overplaying it. The final scene might frustrate some people, but it will also lead to a discussion about where these characters went from here. Both Ronan and Winslet give high caliber performances.

Director Francis Lee tells a story of connection, something we all seek, even after our lives seem to have made it



image provided

impossible to find. The film runs 120 minutes and will be shown at 7 p.m. in Christensen Performance Hall. Tickets are \$10 and can be purchased online or at the box office. Visitors are asked to wear masks and BIG ARTS is continuing its safety standards which are posted on the website. Moderator for the discussion is Visnja Gembicki. BIG ARTS is located at 900 Dunlop Road on Sanibel. For tickets, call 395-0900 or visit www.bigarts.org.

Local Writer Wins Award For Fiction

Marty Ambrose of St. James City won a Royal Palm Literary Award (RPLA), according to the Florida Writers Association (FWA). Ambrose’s winning entry, *A Shadowed Fate*, won a gold award for published historical fiction.

The awards were announced at FWA’s remote awards ceremony. The annual competition, which received 577 submissions, was RPLA’s 20th.

“Even in these difficult times, writers are writing – and marvelously,” said Chris Coward, RPLA chairperson. “And the RPLA team rose to the challenge.”

In all, the competition covered 27 adult genres and five youth genres, with published and unpublished entries considered separately.

“It is our sincere wish that all RPLA awards help the winners to market their manuscript or published book. We also hope that the detailed feedback from the judges, which all entrants receive, is useful as well,” Coward said.

“I was so honored to win this year,” Ambrose said. “The Florida Writers Association is an amazing group of professionals who support authors in every part of the state.”

Red Kettle Bell Ringers Needed

This year’s Salvation Army Red Kettle program runs from Friday, November 26 to Friday, December 24. Sanibel bell ringers will be on duty from 8 a.m. to 7 p.m. Monday through Saturday. Volunteers are needed, preferably for a two-hour session. Sign up online at www.registertoring.com. Log in with your email and password, and choose your date(s) and time(s).

Coordinators for this year’s campaign are John MacLennan, 401-932-4383, and Susan MacDowell.

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands



Chuck Andrews



Chuck Bergstrom

The top selling associate for September at RE/MAX of the Islands was Chuck Andrews. The top listing associate was Chuck Bergstrom.

Pfeifer Realty Group

The top listing agent for September at Pfeifer Realty Group was Wendy Kirschner. The top sales associates were Jen McSorley and Jack Burden.



Wendy Kirschner



Jen McSorley



Jack Burden



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Future home of The Sanibel Captiva Trust Company

photos provided

Trust Company Purchases Former Bank Building

The Sanibel Captiva Trust Company purchased the former Bank of America building, located at 2450 Periwinkle Way on Sanibel. The 7,767-square-foot building was built in 1988 as a full-service bank in a prime location with ample parking. “Thanks to the ongoing confidence of our dedicated clients, The Sanibel Captiva Trust Company has grown with the resident population of the islands over the last 30 years,” said Al Hanser, founder and chairman of the company. “Our current space on Palm Ridge Road is at capacity and this new location will meet our needs for many years to come.”

The building will receive a complete external update and the inside will have a total redesign to maximize space for all current employees, and room for multiple key hires in the future. Terry Igo, CEO of the trust company, said, “We plan to make our new home very comfortable for our clients and employees alike. Preparing for growth



Al Hanser



Terry Igo

with additional offices, flexible meeting space and a convenient, accessible location is all part of our strategy to meet the needs of our clients, providing them with the quality experience they have come to expect.”

Joyce Owens, FAIA, RIBA, of Architecture Joyce Owens LLC in Fort Myers has been selected as the architect for the project. Owens designed the building the trust company currently occupies as wells as two of The Tampa Bay Trust Company offices (a division of The Sanibel Captiva Trust Company) in Tampa Bay. Angi Lamers, Interior Designer at Workscapes, Inc. of Fort Myers will manage space planning for the interior and Mark Anderson, president

of Benchmark General Contractors, Inc., also of Fort Myers, will head up the build out. Benchmark managed the original build in 1988.

Hanser said the trust company team anticipates occupying the building in late 2022.✪

SCCF Doubles Tournament

Sanibel-Captiva Conservation Foundation (SCCF) is putting out a call for doubles teams to compete in the 29th annual tennis tournament, to be held on Saturday and Sunday, November 13 and 14 at Beachview Tennis Club.

“We are delighted to announce that this year’s lineup has a new twist for registered players,” said tournament chair Lisa Newmeyer-Cochrane. “Under the direction of Beachview Tennis Club Pro Toni Halski, we are including mixed

doubles into the tournament this year. That additional option should be a real hit with the players.”

Categories are 3.0, 3.5 and 4.0 men’s, women’s and mixed doubles. Winners and runners-up will receive Luc Century etched wine glasses. All players will receive tournament T-shirts, and breakfast and lunch on both days.

Entry fee is \$75 per day or \$125 for both days of play. Registration deadline is Wednesday, November 10. For more information and to register your doubles team, call Toni Halski at 472-9099.

For sponsorships, call Cheryl Giattini at 822-6121 or Lisa Newmeyer-Cochrane at 246-8875. Levels are: Major, \$5,000; Grand Slam, \$2,500; Championship, \$1,000; Match, \$500; Set, \$250; and Game, \$150.

Proceeds benefit SCCF’s efforts of protecting and caring for Southwest Florida’s coastal ecosystems.

Beachview Tennis Club is located at 1101 Par View Drive on Sanibel.✪

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Book Review

We Were Never Here



by Di Saggau
Emily and her best friend, Kristen, are on their annual reunion trip. The first page finds them drinking pisco sours in the mountains of Chile. I hadn't thought about that drink in many a moon.

The two friends, now almost age 30, have been close since college and always take a yearly trip to somewhere off the beaten path. On the last night of this trip, Emily enters their hotel suite to find that Kristen had killed a man who she brought back to their room. She claims self-defense. We learn that the scene is similar to what happened a year ago in Cambodia. Emily helps her friend cover it up and heads back home to Wisconsin. Kristen lives in Australia, but all of a sudden she appears on Emily's doorstep as if nothing ever happened. Emily learns new things about the friend she thought she knew so well, and she starts to question her motives. As more twists and turns take place and the truth slowly reveals itself, both Emily and the reader discover even more secrets. Andrea Bartz has written a psychological thriller about a chilling

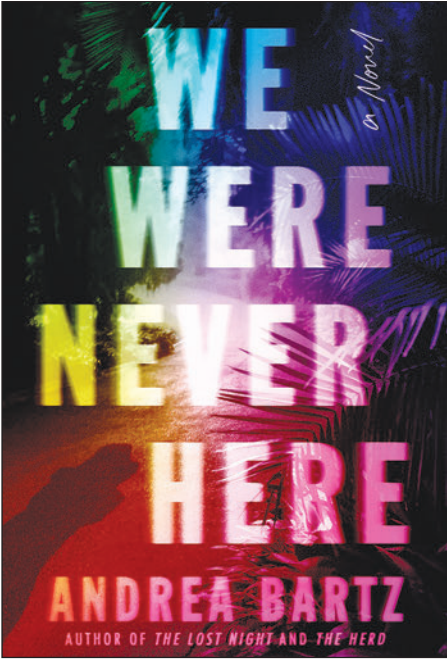


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frenemyship between two women involved in an inescapable grip of the past. Her writing keeps readers on their toes, questioning many things and searching for hidden meanings in every talk between Emily and Kristen. Emily decides to distance herself from Kristen, but the more she tries to do this, the more Kristen tries to stay connected. She starts popping up in places she doesn't belong, constantly reminding Emily of the secrets they share and how they need each other. Author Steph Cha said, "Andrea Bartz

takes a friendship with boundary issues and adds an extra-special ingredient, the permanent, secret alliance of two people who have gotten away with murder. An observant, suspenseful, and deeply scary novel." *We Were Never Here* is about a creepy relationship between two women and a twisty plot that builds to an unexpected conclusion.✧

School Smart



by Shelley M. Gregg, NCSP
Dear Shelley, What is the importance of oral reading fluency? What does it mean and why is it important? I hear so much about it but don't really understand it. Thank you.
Amy R, Cape Coral

Amy,
The National Reading Panel defines fluency as the ability to read text accurately, at an appropriate rate and with expression. Readers are considered skilled when they can fluently process both word recognition and comprehension effortlessly. Fluency development is usually emphasized and practiced during the early- to mid-elementary school years, though studies have shown its effectiveness for older readers as well. Reading fluency is important because when students read more fluently, they comprehend better. Students who are not yet fluent have to spend their "reading energy" into decoding each word in the text and don't have the energy to understand the greater meaning. Becoming automatic at word-level reading allows students to focus on meaning and background knowledge instead. You may hear the words fluency and automaticity regarding oral reading. These words may at times be used interchangeably, but there are differences. Automaticity refers to the speed at which students can process a word: recognize the letters of the word, associate sounds with the letters, blend the sounds together, say the word and ultimately retrieve the word's meaning.

Skilled readers can automatically process the word in a second or less. However, reading fluency goes beyond word automaticity and includes the intonation, phrasing and expression that students use when reading text. It's also important to note that automaticity factors in math as well. Without being automatic at basic computational skills, students cannot tackle higher-order mathematical concepts efficiently.

It's important to understand that fluency is not entirely about being a fast reader. In fact, speed readers may lack comprehension. There may be times when reading slowly, particularly with unfamiliar or technical information, is essential for comprehension. Reading fluently is, then, a combination of three elements: accuracy, reading rate and expression. Here are some reading behaviors that identify the differences between fluent from non-fluent readers: Fluent readers read quickly, read words automatically, pause at punctuation marks, sound like they are speaking and read with appropriate intonation and expression. Non-fluent readers read slowly, laboriously, they read word by word, do not pause at punctuation marks, sound choppy and read in a monotone. If you think that your child needs help with oral reading, it's important to speak with the teacher. However, as a parent, there are a couple of things you can do to help your child practice oral reading. Here are two research-based strategies to use at home for practice.

As a parent, you can model fluent oral reading when you read to your child. Read the text aloud with emphasis on expression and intentional pausing. Have your child read a selection aloud to you three times through. Repeated oral practice has been shown to demonstrate improved oral reading fluency in both younger learners and older struggling readers. Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✧

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Games And Outdoor Seating 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 Monopoly, Scrabble, Trivial Pursuit, Chutes and Ladders, Candy Land and Yahtzee. Look for it near the puzzle area. Play with friends or try the one player games.

The Tech IT Out service offers library cardholders an easy way to borrow a Dell laptop or MacBook Air. Tech IT Out was a pilot project funded in part by the Sanibel Public Library Foundation several years ago, as part of its investment in innovative technology. The Tech IT Out kiosk offers a choice of six Dell laptops and six Macbook laptops. The Macs offer apps like Keynote, Google Chrome, FaceTime and GarageBand. The Dells have PowerPoint, Excel, Word and games like Mahjong.

The library offers passes to four of the area's popular attractions – Bailey-Matthews National Shell Museum, Sanibel Historical Museum and Village, Golisano Children's Museum of Naples (C'mon) and CROW's Visitor Education Center. Call the library at 472-2483 for more details, or to place a hold on a pass.

A Sanibel-Captiva Art League exhibit



Get in the spirit with some outdoor reading on the screened-in porch

photo provided

is on display until November 22. It includes artwork by members Gloria Krekel, Mary H. Klunk, Donna Filomio, Dave Tomkins and Carolyn Johns.

Enjoy the fall weather and water views from the screened-in reading porch. The reading porch is not only a fresh-air place for reading, it also provides space for patrons to get their work done, with access to stable, high speed WiFi.

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 entrance lobby, there is a \$1 per book

sale in with bestseller fiction.

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

Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or 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, visit www.sanlib.org.✧

Golf Tournament To Benefit Hope Hospice

The Italian Open Golf Tournament benefiting Hope Hospice will be held at Lexington Country Club on Saturday, November 13.

Chaired by Jerry Cucuru, the foursome format tournament will begin with a shotgun start at 8 a.m. or 1 p.m. and includes 18 holes of golf. Afterwards, there will be a three-course Italian dinner featuring prizes, a silent auction and awards.

Registration for the tournament begins Monday, November 1 at the Lexington Pro Shop or by calling 437-3380. Non-member registration is \$150; Lexington Country Club members are \$110 plus cart fees. The event is limited to 300 participants, with all players receiving three complimentary gifts at registration.

Since the Italian Open Golf Tournament's inception nine years ago, Lexington Country Club has raised more than \$200,000 in support of Hope's mission of improving the quality of life for every person experiencing serious illness by providing exceptional, comforting care.

Lexington Country Club is located at 16257 Willowcrest Way in Fort Myers. For more information, contact Head Golf Professional Danny Loucks, PGA, at 437-3380.✧

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Grant Affords More Help For Island Neighbors

With funding from a one-year grant awarded by The Sanctuary Golf Club Foundation (SGCF), FISH of SanCap is able to aid island neighbors through its Helping Hands Program. The program provides limited financial assistance for island residents and workers when they have fallen upon difficult times.

“SGCF is a committed partner that helps us provide assistance beyond what the resources of FISH can offer alone. Our partnership is a critical connection between FISH and those we serve,” said Maggi Feiner, FISH president and CEO. “Without the strong, caring partnership between FISH and SGCF, our island neighbors may have struggled to feed their families, may have lost their homes, may not have been able to receive critical health treatments and may have suffered in other ways. We are very grateful to have received this grant, as it is used to bridge the gap for so many community members.”

Partnering with SGCF has made a

difference in the lives of island neighbors, as described in the following case study:

Steve, whose name has been changed for client privacy, is a single, middle-aged man working in the hospitality industry on Sanibel. He is not new to FISH – his health crisis began several years ago. Steve is always hesitant to request assistance as he does not want to “take from others.” However, with the uncertainty of the COVID-19 crisis and his underlying health problems, he felt compelled to turn to FISH for help. Here is Steve’s story:

Steve has been working on Sanibel for over 25 years, living a simple life of working and enjoying all that Sanibel has to offer – fishing, beachcombing, riding his bike. Steve has few friends and no family close by; except for work, he rarely spends time with others. “I see my neighbors when I get my mail, but other than that, I usually spend my off time alone,” Steve said.

Steve became a member of the FISH Food Pantry about five years ago, visiting once or twice a month to supplement his grocery needs. A few years later, he began experiencing headaches, back pain, muscle weakness and nausea. He didn’t think much of it, and let it go for weeks before visiting an island doctor,

where it was discovered he had a spinal tumor. His team of doctors arranged to surgically remove the tumor, and chemotherapy and radiation treatment were scheduled.

As he does not drive, Steve approached FISH for transportation assistance to his treatment appointments. FISH arranged for a team of volunteers to rotate driving him to appointments, and ordered supplemental products like clear liquids and superfood smoothie mixes to help him through his toughest days. Steve missed a lot of work, and FISH was able to assist with rent and utility payments. Home visits were scheduled, and Steve was placed on the daily well-check call list. FISH assisted through his treatment and recovery, including helping with the high cost of his prescription medication. Once he was well enough to return to work, Steve began visiting the pantry every so often, always smiling, always thankful. And never forgetting that his tumor could come back.

Every so often, Steve called FISH to request a ride for follow-up appointments. And, then came COVID-19. Steve spread out his follow-up appointments as much as possible and completed many of them by tele-medicine, taking a taxi to those requiring testing.

Earlier this year, Steve started feeling “off.” He was fearful he may have another tumor and that, since he had compromised immunity, he may have COVID-19. Steve tested positive for COVID-19. Deemed not critical enough

to be hospitalized, Steve was sent home with an oxygen therapy device and treatment advice. Although exhausted, he was afraid to sleep and tried everything to stay awake, even though he could hardly move. Steve thought he was going to die. “If COVID didn’t kill me, I was certain my tumor would come back and that would be the end,” Steve said.

Steve survived COVID-19, much like he had survived his tumor, through faith and determination. While he is not 100 percent, he is slowly recovering. Through medication modification, revised treatment plans and constant monitoring, Steve is on the mend, with FISH by his side, assisting again with prescription costs, medical expenses, rent and living expenses.

“Funding from the SGCF grant is crucial in cases like this,” said Nitza Lopez, social services director for FISH. “His medical costs are so high and his income low, it’s a struggle for him to maintain everyday living expenses. Steve’s road to recovery will be a long one. We’re so grateful we can help him in his greatest time of need.”

Based on circumstance and eligibility, financial assistance through the SGCF grant may be available as determined by FISH. Assistance is evaluated on a case-by-case basis and amounts vary depending upon financial status. Available funding is limited, and assistance may cover only a portion of expenses.

To learn more and to see if you qualify, call 472-4775.✧



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Thank You!





From left, Roger Timm of FISH, David Lowden, Susan Schulte and Greg Blurton of Bank of the Islands, and Nicole McHale of FISH photo provided

Bank Sponsors Virtual 10K Race

Bank of the Islands is a silver sponsor of the 13th annual 10K Race for FISH, in support of FISH of SanCap. “Bank of the Islands continues to be a strong supporter of FISH, our 10K race and the islands,” said Nicole McHale, co-chair of the race committee. “We’re so grateful to work with them again this year.”

“FISH is such an important lifeline for

so many members of our community,” said Bank of the Islands President Robbie Roepstorff. “We are honored to be a longstanding drop-off location for its food pantry and a sponsor for its annual 10K.” Bank of the Islands encourages all islanders to donate non-perishable food items at the drop-off baskets located in its Sanibel and Captiva bank lobbies. To sign up for the virtual race, visit www.ftmyerstrackclub.com. Times will be accepted through October 31. Participants will receive a dri-fit shirt as well as medals which will be mailed.✱

Donations Made To CROW



From left: Amber Strassler, CROW veterinary technician; Dr. Charlotte Cournoyer, DVM, CROW intern; Dr. Laura Kellow, DVM, CROW intern; Sharon Michie of Cottages to Castles; Jenna Antill, CROW office manager; Taylor Ashley, CROW veterinary technician extern; Carol Franca-Smith, CROW veterinary medicine extern; Rob Pailles of SBL Vacations; and Patience Rodriguez of Select Vacation Properties photo provided

The Clinic for the Rehabilitation of Wildlife (CROW) had a recent visit from members of the Sanibel Captiva Vacation Rental Managers Association (SCVRMA), who dropped off donations of linens and supplies. SCVRMA members Sharon Michie of Cottages to Castles, Rob Pailles of SBL Vacations and Patience Rodriguez of Select Vacation Properties delivered the donations. SCVRMA is a nonprofit organization

of vacation rental managers on the islands comprised of nine vacation rental agencies: VIP Vacation Rentals, Sanibel Holiday, Island Vacations, SBL Vacations, Royal Shell, Select Vacation Properties, American Captiva Realty, Cottages to Castles and Resort Harbour Properties. So far this year, 5,186 patients have been admitted to CROW. If you are interested in donating, you can find the full list of items needed on CROW’s website at www.crowclinic.org.✱

Happy Halloween



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Superior Interiors

Farmhouse Bathroom Of Your Dreams



by Trinette Nelson

Redecorating your home comes with the opportunity to express yourself creatively, show off your sense of style and refresh your living space when it's necessary. Areas like the living room,

family room and kitchen get the most traffic between live-in family members and guests, so reviving these spaces on a regular basis is a must. The same goes for the bathroom on the main floor; while it may be one of the smaller rooms in your house, it still deserves the same amount of attention as those with more space to roam around.

The bathroom is a station for relaxation and rejuvenation. Without the right style and design choices, it can give off an uncomfortable vibe that's disjointed and stagnant. Modern farmhouse is a design scheme to consider if you're not sure how to tackle this project, as it is described as a clean and homey design style.

Modern farmhouse is actually a hybrid style, combining modern color

schemes, shapes and materials with the rustic warmth of untreated wood, hand-hammered metal, or clay pots. It can be interpreted in an infinite number of ways, with different levels of integration between modern coolness and farmhouse nostalgia. A modern farmhouse theme is equally warm, welcoming and simplistic, and can be easy to execute with the right design elements and expertise.

Choose white and black (or another bold color). A clean slate will set the tone for the room, so choose a tone of white for the foundation. This will brighten up the space and allow you to get a bit more creative with the details. A bold color, most commonly black, can be used to emphasize the lines throughout the bathroom. You can also use a dark, muted color like forest green, navy or burgundy for a bit of character.

Pick accessories with a "less is more" mentality. Simplicity is the state of mind when it comes to farmhouse decor, and less is certainly more in this case. Invest in the accents and accessories that won't only look great but will be fully functional as well. Stay away from countertop trinkets and focus instead on towels, bathroom rugs and light fixtures.

Hang a large mirror. The mirror is one of the defining statement pieces of a modern farmhouse bathroom. The larger, the better, as mirrors offer a useful opportunity to bounce the natural light around the room and bring the space to life. Stick with a wrought iron or untreated wooden frame to stay on theme.

Use small lanterns and sconces.

Speaking of lighting, your fixture choices can make or break the modern farmhouse scheme. Delicate lanterns and modern sconces against the natural lighting can illuminate the room to perfection while looking sleek and subtle.

Modern farmhouse design and decor is well known for its simplicity, but that doesn't mean the project itself will

necessarily be a walk in the park. If it's been ages since you last redesigned your bathroom or you've never tackled a job like this on your own, you could benefit from assistance of someone with interior design skills, knowledge and experience.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coindcedden.com.✪

Museum Director To Speak At Luncheon

Sam Ankerson, executive director of Bailey-Matthews National Shell Museum, will speak at the Wednesday, November 10 business luncheon of the Sanibel & Captiva Islands Chamber of Commerce. The luncheon will begin at 11:30 a.m. at Casa Ybel Resort.

Ankerson took the helm at the museum in March. Prior to that, he served as deputy director at the Norton Museum of Art in West Palm Beach, Florida, managing operations including communications, visitor experience, facility, program and COVID-19 response



Sam Ankerson

and reopening. At Norton, Ankerson also coordinated the 2019 opening of a major new wing designed by award-winning architects Foster & Partners. Before moving to Florida, he lived in Vermont, where he worked for 14 years in development and communications at Shelburne Museum, and for four years in fundraising at University of Vermont. He began his career in the music business. "With all the exciting things we have been seeing happen at the shell museum in the past couple of years, we anticipate an informative and fascinating talk about Sam's plans for the museum and how it has evolved into its current important mission of education and conservation," said John Lai, chamber president and chief executive officer.

Chamber members receive invitations by email. Cost for the luncheon is \$30 for chamber members only. Advance registration is required; walk-ins are not accepted. Register by 5 p.m. on Friday, November 5 at www.sanibel-captiva.org or by calling 472-8255. Payment is due at time of registration.✪

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 • Beach Access Directly Across Street
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1501 MIDDLE GULF DR. #F407, SANIBEL
 • Turnkey 1 Bedroom, 1 Bath
 • Desirable Top Floor
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CAPTIVA ISLAND

15261 CAPTIVA DR., CAPTIVA
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 • Stofft Cooney Design, Waterfront Oasis
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1146 GOLDEN OLIVE CT., SANIBEL
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 • Direct Access to Bay & Gulf
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Shane Spring 239.229.3242

THE SANCTUARY

5633 BALTUSROL CT., SANIBEL
 • New 2020 Construction on Golf Course
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\$2,100,000 **MLS 220004571**
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1321 SEASPRAY LN., SANIBEL
 • Near Beach, Large Buildable Homesite
 • Small Beach Community
\$899,000 **MLS 221016939**
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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
\$469,000 **MLS 221068104**
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From page 1

40th Anniversary

Way in 2015. Feiner was proud to share that the organization is now very close to fully owning the space.

Today, FISH is supported by a staff of eight, a board of directors, over 175 volunteers and countless donors. Feiner shared that, “There is a whole community behind FISH, and I have never experienced anything like the volunteer dedication here. They care about the people who live and work and serve on the islands.” Unexpected things happen to good people, and FISH is dedicated to helping people through any crisis that may arise and get them back up on their feet in a sustainable manner. Maria Espinoza, assistant executive director, emphasized that, “FISH is available to anyone who lives or works on the islands. We encourage those who are facing a challenge to contact us before it becomes a crisis whenever possible. Nothing is too big or too small.”

The organization’s food programs include a food pantry that is open five days a week, which served nearly 1,000 families in 2020 alone. It also provides delivery of hot and nutritious meals, which are prepared by Bailey’s General Store and delivered by volunteers, to the homes of those who may be isolated or not able to drive. Holiday food baskets provide a meal to neighbors in need during what can be a financially strained time of the year, and the backpack program supplies children with nutritious foods and snacks to sustain



FISH anniversary logo image provided

them over weekends and school breaks. The island education programs encourage continuing education opportunities for youths and adults. Monthly workshops (now being held virtually) include speakers on topics such as mental health, financial management, the aging process, and tips on cooking and good nutrition. Volunteers are able to teach seniors how to work with current technology to help them stay connected with friends and family.

FISH also supports tutoring programs for children who are struggling in school and is able to measure improvement based on reports and feedback provided by the school and the families. Feiner shared a heartfelt story about a child who, being born with many illnesses, was absent from school often due to medical procedures. Feeling like a failure, he fell behind in the classroom and had never received anything above a grade “D” until he reached high school, when the family approached FISH for help. After a focused tutoring program, he now receives “A” and “B” grades and has gained his confidence back sharing that, “I never thought I would ever have a chance to go to college and now



Items in the Art of Turning 40 auction include wine, dining and art photo provided

I do.” FISH also provides adult and youth scholarship opportunities.

Social and senior services began as the backbone of the organization and continue to offer many ways to support aging members of the community by helping them to live safely and independently in their homes. The pandemic introduced new challenges with seniors feeling even more isolated, and FISH adapted to this changing need by offering daily reassurance calls and personal visits (where appropriate) along with shifting the monthly Friendly Faces luncheons to an online format. FISH also provides non-emergency transportation, education on hurricane preparedness, lending of medical equipment and assistance navigating the

ever-changing Medicare environment. The helping hands and financial aid aspects of the organization are designed to provide short-term emergency assistance in times of crisis and empower people to get back on their feet as soon as possible. Help in crafting a resume, learning interview techniques and assistance in locating employment opportunities are just a few of the ways FISH can help.

VITA (volunteer income tax assistance) is another avenue of support. FISH has even stepped in to prevent animals from being turned in to a shelter. When owners were no longer be able to afford caring for a pet, FISH provided pet food or assisted with necessary veterinary expenses.

Like many nonprofit organizations, FISH is faced with challenges: Supply chain issues along with rising costs and expanded need for services is causing a strain on resources. Summer months and holiday seasons are the busiest times, and the organization often experiences a shortage of volunteers, funding and products when they are most needed.

To learn more about donor and volunteer opportunities, contact FISH at 472-4775 or email info@fishofsancap.org. You’re sure to get hooked on helping neighbors in need!

Allison Havill Todd lives on Sanibel with her husband and two rescue dogs. She is a dog lover, business coach and active outdoor enthusiast. When she’s not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on [@thedoggiemom](https://www.instagram.com/thedoggiemom) and [facebook.com/thedoggiemom](https://www.facebook.com/thedoggiemom).✧



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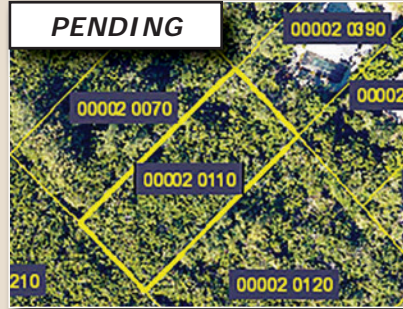
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Captiva, FL 33924



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 David Schuldenfrei | 472-5187 x 227


PENDING

BOWMAN'S BEACH LOT
 Sanibel | Vacant Land | Metes & Bound
 Build Your Dream Home | Preserve Views
 Walk to Bowman's Beach & Park w/Amenities
 \$145,000 | MLS 2210778
 Jayne Lumley | 472-5187 x 237


NEW LISTING

PRIVATE ISLAND SURROUNDED BY CALOOSAHATCHEE RIVER
 Fort Myers | Residential Lot | Beautiful Island
 Accessible by Boat | Minutes from City Life
 Adjacent Property Also for Sale
 \$5,000,000 | MLS 2210742
 Tina DiCharia | 472-5187 x 259


REDUCED!

CAPTIVA VILLAGE BAYFRONT COMPOUND
 Captiva | 3BR/3BA Main | 1BR/1BA Guest Cottage
 Private Flag Lot | Office/Exercise Studio
 Heated Saltwater Pool | Gazebo | 85 Ft. Dock
 \$5,795,000 | MLS 2210463
 Karen Bell | 472-5187 x 270



STUNNING BEACHFRONT HOME
 Sanibel | 3BR/2.5BA | Seaspray
 Over One Acre | Pool | Spa | Office/Den
 Entire Floor Dedicated to Master Suite
 \$4,695,000 | MLS 2210569
 Teresa Baker/Jim Hall | 472-5187 x 220/215


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ULTIMATE LOCATION ON SANIBEL
 Sanibel | 3BR/2.5BA | West Gulf Drive
 Private | Near Beach | Spacious Floor Plan
 Pool | Beautifully Landscaped Yard
 \$1,595,000 | MLS 2210749
 Rose Dakos | 472-5187 x 233


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 Elevated Piling Home | Near Beach
 142 Feet of Bayou/Canal Front
 \$996,000 | MLS 2210771
 Amy Wainwright | 472-5187 x 206


REDUCED!

LISTEN TO THE SOUND OF THE WAVES
 Sanibel | 2BR/2BA | Sanibel Surfside
 Gulf Views | Open Concept Floor Plan
 Garage | Exterior Storage | Well-Maintained
 \$899,000 | MLS 2210565
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 Fort Myers | 3BR/2BA | Mastique
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 Sanibel | 2BR+Den/2BA | Gulfside Place
 Stunning | Gulf Front Views to the West
 Renovated | Upscale Appointments
 \$1,820,000 | MLS 2210600
 Mary Lou Bailey | 472-5187 x 246



DIRECT GULF VIEWS!
 Sanibel | 1BR/1BA | Sundial West
 Rare Offering | Granite Counters
 Ceramic Tile Throughout | Furnished
 \$549,945 | MLS 2210713
 Dan Cohn | 472-5187 x 294



FANTASTIC WEST GULF DRIVE CONDO
 Sanibel | 2BR+Loft/2BA | Villa Sanibel
 Gulf Views | Community Pool & Tennis
 Beautifully Remodeled | Turnkey
 \$959,000 | MLS 2210460
 Lynda Traverso | 472-5187 x 226

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Will Power

Spousal Lifetime Access Trusts Explained



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

The proposed federal tax legislation reduces our gift/estate/generation skipping transfer tax exemptions from the present \$11.7 million to approximately \$6 million. Even if the legislation is not enacted, the current exemptions sunset on December 31, 2025, resulting in a similar reduction.

The Wall Street Journal, The New York Times, Forbes, Money and a variety of other publications post articles about Spousal Lifetime Access Trusts (SLATs) as a means for married couples to consume their exemptions before they're reduced. Consequently, individuals tend to believe SLATs are form

documents that are all similar. Lawyers who aren't well versed in the tax law may in fact, create such forms.

Here, I'll explain SLATs in greater detail, so you'll be a well-informed client. A SLAT is a technique where spouses each place investment assets into an irrevocable trust for the other. It's important to note that SLATs are irrevocable, which means just that. Once you have signed and funded the trust with assets, it's difficult to undo the transaction without adverse consequence.

The main idea behind this strategy is that you wish to consume your lifetime gift tax exemptions before proposed legislation is enacted. As you know, your gift and estate tax exemptions work together. What you use during lifetime you can't use at death. You also have Generation Skipping Transfer Tax (GSTT) exemptions that can be used before they're reduced.

When consuming your GSTT exemption, you're not necessarily "skipping" your children. Instead, you're placing assets in a trust for your children that can continue on for your grandchildren without being included in your children's estate for federal estate tax purposes. You're "skipping" them for tax purposes, which is a good thing.

Congress doesn't want you skipping your children. That's why SLATs that terminate at your children's level is not good planning. (Same logic for your revocable trust planning, but that's for another column.) What's important to know is that the GSTT is a "penalty tax" in that it is imposed on transfers that benefit two generations or more below yours above your applicable exemption. Once your GSTT exemption is consumed, any additional transfers are assessed a tax at the highest

marginal estate tax rate in addition to the estate tax.

Consequently, your attorney needs to review any prior federal gift tax return Form 709s that you have filed to determine how much gift/estate tax exemption you have remaining, as well as how much GSTT exemption you have. Those two numbers may not be the same, which consequently affects the SLAT implementation.

With a SLAT, generally, the income earned on the investments transferred to the trust may be paid to your spouse. In other words, Husband's SLAT for Wife could pay Wife income while vice versa. Attorneys and their clients must be mindful of the IRS' Reciprocal Trust Doctrine. If the two SLATs look similar, were created at the same time and funded with similar assets, this doctrine invalidates the transfer.

As I've stated previously, while many believe a SLAT defines one specific type of trust, there are many options when creating one. Consequently, it's common for one individual's SLAT to have very different provisions than another's. Moreover, everyone has different assets that they'll use to transfer into their SLAT. Unrealized gain, dividends, interest, growth and other variables play into the success of the strategy.

Remember that gift transfers during life do not receive a step up in tax cost basis when the transferor dies. Contrast this with post-death transfers, which do receive a step-up. As an example, if I own 100 shares of ABC Company and my tax cost basis is \$50,000 but their current fair market value is \$100,000, if I put them in a SLAT during my lifetime for my wife and then it is distributed to my children, they take the same \$50,000 basis that I have. If they were to sell the shares for \$100,000, then they would recognize a \$50,000 capital gain. If, on the other hand, I die holding those same shares, and bequeath them in trust to my wife and then children, they receive a step-up to \$100,000. Consequently, if my wife as trustee sells the shares after my death for \$100,000, then the trust doesn't recognize capital gain.

This example illustrates why it's important for you to consider the tax cost basis relative to fair market value of the assets you intend to use to fund the SLATs. Growth should also be considered, and whether assets are appropriate for long-term holding.

The amounts that you transfer into your SLATs will largely be dependent upon several factors, including your comfort level and risk tolerances.

Income tax planning for your children can also be incorporated into SLATs. Hopefully, this income tax planning is also present for your children in your revocable living trust shares for them, and any other trusts you've created. Strategies exist that enable your children to determine whether they wish to be the taxpayer for income tax purposes or whether they want their trust share to be the taxpayer.

Good planning also incorporates "sprinkle" provisions, which enable your children to distribute income to their children (and one day, grandchildren) which enables them to get money where it's needed for education, home purchases, business startups, healthcare costs and the like. The income tax liability follows the distribution, so if your grandchildren are in a lower income tax bracket, then the family save taxes. Further, when making these distributions of income, it is not a gift, preserving your children's ability to use their federal gift/estate tax exemptions on their own assets.

Finally, it's important that your estate plan contain provisions enabling for the merger of like-kind trusts shares, which in turn minimizes your children and grandchildren's tax return reporting requirements.

So, as you can see, there's more to SLATs than standard boilerplate. If you have a larger estate that might be subject to tax, it's important to consider this technique before your exemptions are reduced.

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How's The Market? Ask Ann Get the Best Price for Your Home



Selling in a "red hot" market? Let's discuss some options for you to think about. Pricing... if your condo or home has been recently updated, including the kitchen and bathrooms, and you have current hurricane windows that are up to code, you should expect to receive an additional \$250,000 to \$300,000 (compared to a property in original condition). Use recent comparable sold properties as a guide. Keep in mind that most buyers are also aware of the recent comparable sales. Ask an experienced, local Realtor for an "unvarnished" estimate on a sales price. Check on a Zillow estimate which, in my view, is not always consistent with market conditions.

When is it time to adjust your price? In today's Seller's market, if you don't get an offer within the first two weeks on the market, you should be talking to your listing agent regarding the level of activity you are experiencing and feedback from other Realtors. Currently, Sanibel listings go under contract in 19 days, as opposed to over 250 days 18 months ago. There is a point where you should revisit your listing price. You should have enough information in 30 days to make a decision.

Once again, thanks for reading my column and let me know your opinions. I welcome any disagreements you might have.

Thank you and have a great day.

7 Closed Sales Going Back One: 5 Homes, 1 Condo & 1 Vacant Lot

1272 Par View Dr. - Vacant Land - \$449,000	939 Beach Rd. - \$1,450,000
1501 Middle Gulf Dr. C308 Sundial West - \$575,000	4771 Tradewinds Dr. - \$2,990,000
1886 Farm Trail - \$880,000	544 Lighthouse Way - \$3,880,000
720 Elinor Way - \$939,000	

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

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15867 & 15879 CAPTIVA DRIVE



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 - Panoramic Bay Views, Deep Water Dock
 - Stunning Expansive Gulf Views, Pool/Spa
- \$11,700,000**

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**

3304 SAINT KILDA ROAD



SANIBEL ISLAND

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 - Private, Lake View Setting
 - Location off West Gulf Drive
 - Great Building Site
- \$599,000**

16280 CAPTIVA DRIVE



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1321 SEASPRAY LANE



SEASPRAY

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1266 & 1268 PAR VIEW DRIVE



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15261 CAPTIVA DRIVE



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Frankly Speaking



by Howard Prager

One brief note. What an exciting game between Illinois and Penn State going to 9 OTs before Illinois eked out a victory, upsetting No. 7 in the country. The longest game in college football history.

There is another sportswriter in my family. My mom. Sally Prager passed away last week at 94. Mom taught me all about sports, especially her favorites: baseball, bowling and tennis. I've paid tribute to her in my book and in an essay published several years ago called *Mom taught me the score*. She grew up in New York City and loved the (NY) Giants, despite the fact that her uncles were all Yankee fans. Over 70 years ago, she wrote a sports column for a barbershop journal for several months. Thinking that men wouldn't want to read a women's column, she wrote under the name of Lee Davis and her column, *Sports Slants*, was primarily about baseball. In a tribute to her, here is her column from October 1948 all about changing managers. Hope it brings back memories of names gone by and perhaps similarities to what happens today as underperforming teams, or teams who don't get far in the playoffs, still discard managers frequently.

"Ranking among the first in unsteady employment is managing a ballclub. Pilots are hired and fired in rapid succession – Durocher at Brooklyn, Ott, Chapman, Neun – to help the team, so it is said. But the main object is to rouse the public. To the owners, the managers are the window displays and in order to interest and intrigue the fan, a new display must be put up periodically. The first Durocher-Shotton game packed Ebbets Field, though neither man had a blessed thing to do with the contest.

"The whole business is exaggerated to a ridiculous standpoint. Sewell, Frisch, Ruel, Dressen, Hartnell, Fitzsimmons, McKechnie (four times), Southworth – scores of them were fired recently. The Indians tried to trade (Lou) Boudreau last winter and Connie Mack, the "grand old man of baseball," would have been gotten rid of long ago, if only he did not happen to be the boss.

"Leading the NL managers in regular service is Charley Grimm, in his fifth season with the Chicago Cubs. Aside from Mack, the only AL with a steady managing job is Steve O'Neil of the Detroit Tigers. Both Charley and Steve were fired before.

"Exactly how important is a manager? Ford Frick says a star manager means 10 games' difference from a poor one. But there are no bad ones. There are some who are better than others such as Joe McCarthy and Billy Southworth because of their ability to handle players. But Bill Terry, who won three pennants in five years, maintains that any bright, experienced player could be a successful foreman of a baseball ranch, provided the

owner stocked it well.

"Bill wanted to be a GM, for it is that office which bolsters the team, not the manager, and he was for the Giants from 1937 to 1942. Branch Rickey, once kicked out as manager of the St. Louis Browns, is the man who started the farm system and shifted the responsibility of the teams from the field to the front office. McGraw, Chance, Moran, Clarke, Fielder Jones and others had more to say about the make-up of the team. Now a manager has to use only what is given to him. Durocher was acclaimed a mastermind when he ordered a bunt to beat the Boston Braves, a stunt used often by high school coaches. Ott won a game a while ago by springing four bunts in a row.

"Little difference is noticeable when a change of managers takes place, but change owners or general managers and zoom! Ruppert, Barrow, MacPhail, Rickey, Yawkey, Veeck, Stoneham, Wrigley – these are the men who control the outcome when a new skipper is appointed.

"Johnny Neun is one of the best player-developers in the business, but with the popular Bucky Walters at the helm of the Cincinnati Reds, the absence of star hurlers will be forgotten this year. The Polo Grounds was one of the few remaining places where permanent managers were common but the front office fell in line with the practice of giving the fans a new face. The office likes to consider the Ott case closed, but though there was much approval, there was more disapproval than is usual in most cases of a manager change.

"Leo Durocher started the New York boys running and throwing the ball with more pep. Johnny Mize stole several bases in the first few days and the fans said a new regime had begun. Pennant talk became popular. But pitchers still get knocked out and the lads have their batting slumps. Managers are not so important that the Giants found it "necessary" to bring a guy from Ebbets Field (Brooklyn) to the Polo Grounds (Manhattan). The final standings will be proof of the pudding."

Thank you Mom, for your insights and knowledge, for the places and people you saw, and for your love of life. I'm lucky to be your son.

Our good news story of the week is from CBS. Jasen Bracy is a unique 15-year-old starting quarterback. Bracy developed retinal cancer as a toddler. By the time he turned seven, his sight was gone. He played sports, but really loved

football. His parents said no way. But Bracy became his own agent. "Once he got his own phone, he figured how to call the teams around the area and started asking the coaches," his dad said. "The way he was on the phone, I just said, 'Come on we'll figure it out'," said David Nichols, coach for the Modesto Raiders.

Bracy memorized every play and where every player is supposed to be. He did so well the coach made him quarterback. "It's all memory. It's all about having trust in the player, the receiver and the team," Bracy said. "I have to trust them 100 percent." His dad guides him from the sidelines with a walkie talkie, which Bracy can hear through his helmet.

"I don't even want a team to know that I can't see because they might ease up on me," he said.

He recently led the Raiders to a victory against one of the teams that turned him down. He said his ultimate goal is to make it all the way to the NFL. He'll find a way, I'm sure.

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 to press@islandsunnews.com.

Hole In One



John Iffert photo provided

John Iffert of Nashville, Tennessee made his first hole in one on October 15 on the 13th hole at Sanibel Island Golf Club.✱

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SPORTS QUIZ

1. The Las Vegas Posse, Shreveport Pirates, Memphis Mad Dogs and Birmingham Barracudas were teams that briefly played in what league during the 1990s?
2. Name the head coach who led the Notre Dame Fighting Irish women's basketball team to nine Final Four appearances and two NCAA championships from 1987-2020.
3. What team sport designed for visually impaired athletes was introduced as an official event at the 1976 Summer Paralympics in Toronto?
4. What TV personality and former NFL player authored the book *Everyone Can Be a Ninja: Find Your Inner Warrior and Achieve Your Dreams*?
5. In 2002, what New York Yankees outfielder took teammate Derek Jeter's bat and glove and sold them to a memorabilia dealer?
6. What Ole Miss running back was selected by the New Orleans Saints in the first round of the 2001 NFL Draft?
7. What catcher holds the record for the longest last name in Major League Baseball history with 14 letters?

ANSWERS

1. The Canadian Football League (CFL). 2. Muffet McGraw. 3. Goalball. 4. Akbar Gbajabiamila. 5. Ruben Rivera. 6. Deuce McAllister. 7. Jarrod Saltatamacchia.

BURNS family TEAM



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Health First

Immunotherapy To Treat Cancer



by Julie Rosenberg, MD

Your immune system is your body's best defense against illness and disease. The immune system is comprised of white blood cells as well as organs and tissues of the lymphatic system. The lymphatic system transports lymph, a fluid containing infection-fighting white blood cells, throughout your body. An intact immune system protects an individual against the development of cancer by detecting and destroying abnormal cells in the body. However, cancer cells have properties that help them to avoid destruction by the immune system. Cancer cells may outpace the immune system, avoid detection, or block immune system activity. Cancer cells "escape" when they become resistant to an individual's antitumor immune response.

What is Immunotherapy?

Immunotherapy is cancer treatment that manipulates one's immune system to recognize and attack cancer cells and to overcome pathways leading to escape. Immunotherapy has transformed

treatment algorithms for many cancers including melanoma, triple negative breast cancer, lung cancer, bladder cancer and gastric cancer, to name a few.

Types of Immunotherapies to Treat Cancer

Several types of immunotherapies are used to treat cancer. These include:

Immune checkpoint inhibitors – The immune system relies on T cells to fight cancer. T cells, also called T lymphocytes, are a type of white blood cells that are essential component of a healthy immune system. T cells help to modulate the normal immune system. T cell activity is controlled through "immune checkpoints," which help to modulate the normal immune response so that it is not too strong. By blocking immune checkpoints, immune checkpoint inhibitors allow a patient's immune cells to respond more strongly against cancer cells.

Therapeutic Cancer Vaccines – Therapeutic vaccines work by helping to activate the immune system of a patient. The goal of therapeutic cancer vaccines is to induce tumor regression, eradicate minimal residual disease and to establish lasting antitumor memory. Cancer vaccines can be combined with conventional therapies (such as radiation or chemotherapy) to achieve additive or synergistic effects.

Chimeric antigen receptor (CAR) T cells – In the CAR T cell approach to therapy, T cells are collected from a patient's blood and are then genetically engineered to express CARs that are

specific for an antigen present on tumor cells. These engineered T cells are then readministered to the same patient. Upon injection, CAR T cells recognize the targeted antigen on tumor cells to induce tumor cell death. The production of CAR T cells is expensive, technically complex and time intensive. These are major considerations for widespread implementation of CAR T cell therapies.

Monoclonal antibodies – Cancer cells may outpace the immune system, avoid detection or block immune system activity. Monoclonal antibodies are laboratory-produced immune system proteins designed to bind to specific targets on cells. A monoclonal antibody can attach itself to a specific molecule (antigen) on the surface of a cancer cell and transform it so that the cancer cell will be better identified and destroyed by the immune system. Certain monoclonal antibodies attack cancer cells more directly. When they attach to a cancer cell, a series of events that take place inside the cell may cause it to self-destruct.

Key Challenges of Cancer Immunotherapy – Only specific subsets of cancer patients respond to immunotherapies, making it difficult to predict patient responses. Finding ways to better predict which individuals will respond to treatment is a research priority. There is also a need to better understand molecular and cellular drivers of cancer cell escape to ultimately eliminate it.

Immunotherapy can be associated

with serious adverse effects including autoimmunity and nonspecific inflammation. Determining ways to reduce the side effects of treatment with immunotherapy is an area of active research. Studies are ongoing to develop novel delivery platforms for immunotherapies that may help to reduce toxicity. These include nanoparticles, implants, biomaterials and cell-based platforms.

In conclusion, cancer is a complex, adaptable and heterogeneous disease. Harnessing a patient's immune system through immunotherapy has led to major advances in cancer therapy. Despite ongoing challenges, significant progress has been made, offering new hope and opportunity for patients with cancer.

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

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dearRPharmacist

A Supplement For Gallstones And Liver Health



by Suzy Cohen, RPh

Dear Readers: You may not have heard of the medication Ursodiol, but it's a gallstone dissolver. It's also something you produce every day of your life.

Let me clarify. Ursodiol is a drug and also a human chemical made in the liver.

It reduces cholesterol production to some extent and, even better, it dissolves the cholesterol crystals in bile which would otherwise cause more stone formation. Ursodiol goes by the initials of UDCA, and it's related to a supplement called TUDCA.

Your gallbladder is on your right side and it's a small pear-shaped organ that holds a fluid called bile. This bile is made in your liver, and you need it to digest food, fats and vitamins. You don't think about your gallbladder until it gets inflamed, or develops painful stones. Gallstones can be very painful to a person, producing uncomfortable

symptoms. With all the Halloween treats coming soon, I am worried about everyone's gallbladder.

Ursodiol was first identified in the bile of bears. That's how it got its name. Fun fact, the genus known as "ursus" includes polar bears, black bears and others. So when they found this UDCA in bear bile, they named it ursodiol. Pharma then went on to purify a form that could help people who suffer with gallstones, bile duct and other gallbladder diseases. Dietary supplement makers have TUDCA, which is just a taurine molecule joined with the UDCA, hence TUDCA. It's sold in some health food stores, but mostly online.

There was an interesting animal study where researchers sought to investigate the effects of TUDCA on gallstone formation. The scientists fed rats a high fat diet, and then enhanced their diet with TUDCA supplementation. They evaluated several biomarkers during the study, and concluded that TUDCA could help the rodents with their gallstones by improving probiotic status and reducing cholesterol crystal formation. Serum total cholesterol went down in a statistically significant manner also.

Other studies on TUDCA have shown it could play a beneficial role in fatty liver, insulin sensitivity, weight loss and adipogenesis.

If you suffer with gallbladder disease or liver problems, there are many things you can do. For example, changing

your diet to one that is high-fiber and low fat. You can try omega 3 fatty acid supplements, and exercising more if physically able. You can drink carrot juice; studies suggest this is helpful. There is much more too. If this topic interests you, sign up for my free newsletter and I'll email you a free recipe ebook, as well as the longer version of this article. Just a note of caution, there is no medical

advice here. If you have or develop any gallbladder inflammation, pain, serious problems or a real intestinal disorder, please seek proper medical attention and care.

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.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I set a healthy boundary with my boyfriend, and he broke up with me. What did I do wrong?

A: You did absolutely nothing wrong. Boundaries are helpful in

taking care of yourself and maintaining our self-respect and confidence. You knew your limitations and just because he could not handle it, that is his issue, not yours. Reflect on the good times and continue to be yourself and set healthy boundaries in future

relationships so you continue to respect yourself.

When you set a boundary, you are in control and this is empowering. When you feel out of control, that is when anxiety develops and you are more likely to not set healthy boundaries, rather you become co-dependent and will do anything so the partner won't leave. This type of relationship leaves you feeling weak and helpless. You suffer more in the long run. When you set a boundary, you may be tested, however, you will be respected in the long run.

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

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Doctor and Dietician

Fall Foods For Fighting



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

We are not talking about getting into an actual fight – we are talking today about fall foods that help you fight infection and stimulate your immune system to stay healthy. Fall is here and the temperatures are dropping slightly to a more tolerable level to the point where we may even be able to sit outside for a meal on the lanai. Right? Unfortunately, with fall, typically comes the “germ” season and increased incidence of infections – especially with the kids back in school. We encourage you not to take this lightly and do all you can to stimulate your immune system to stay strong and healthy – and it starts with eating healthy food. Our Farmer’s Markets are up and running now, so

there is ample opportunity to find some lovely delicious fresh veggies and fruits. What are some of the best superfoods to consume this fall? Here is our list: pumpkin, butternut squash, kale, apples, Brussels sprouts, beets, figs, kumquats, maitake mushrooms, pears, radicchio, sweet potatoes, pomegranates, tomatoes, bell peppers, cinnamon, garlic and ginger. These foods contain all sorts of essential nutrients such as vitamin C, folate, antioxidants, zinc and beta-carotene. We encourage you to try to find ways to incorporate these power-packed superfoods into your regular eating plans. There are so many ways to consume these delicious foods. Here are a few of our favorites:

Pumpkin – Using fresh pumpkin allows you to scrape out those delicious pumpkin seeds and clean them, toss with a little olive oil and sea salt, and roast them – what a great snack. We also like using organic non-sweetened canned pumpkin puree for its ease of use. You can boost the nutritional value of your morning smoothie or oatmeal with some pumpkin and/or pumpkin seeds; make pumpkin bread or muffins (or even brownies); mix into coconut milk curry with veggies; create a creamy soup with pumpkin, chicken broth, celery, onions, and carrots; and our recent favorite, add some pumpkin into pasta sauce and/or to increase the nutritional value and add richness of flavor. (So good – you must try it).

Butternut Squash – This delicious fall veggie can be roasted, steamed, baked,

or broiled – even veggie haters find that they like it. Cubed and roasted with some olive oil, sea salt and smoked paprika is one of our favorite ways to make it. Making it into a delicious creamy soup, adding chunks to your chili or vegetable soup, or mixing it with sauteed spinach or kale and pasta are some of our other favorites.

Brussels Sprouts – Come on, we’ve all had soggy sprouts in our youth that tasted terrible. But now, they have become the best veggie out there. The easiest way to make them is tossing with olive oil, sea salt and pepper, and roasting in a 425-degree oven. A more delectable way to make these nutrient-packed babies is to roast them as above, then toss with some goat cheese, dried cranberries,

and chopped pecans. Talk about delish. We also like shredding them and making a B-sprout slaw using a Veganise and apple cider vinegar-based dressing, along with some shredded carrots, onions and raisins.

These fall fighters are not only good for your health but are seriously delicious. Let’s get out to the Farmer’s Market and pick up some of these fall fighters to keep ourselves strong and healthy this season.

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

Beautifulife:

Homecoming

by Kay Casperson



This past week, my daughter, Kayla, was crowned homecoming queen for her high school, and it happened to be on her 18th birthday. Of course, this was unique, amazing and ultra-

special. At the same time, my husband was at the University of Alabama celebrating homecoming week there.

As I began to think about the significance of homecoming, I realized how the American tradition is celebrated by high schools and universities across the country. It started as sort of a coming home of the alumni for the institution hosting it. Still, it evolved into being more of an event for all to enjoy.

An enormous amount of school spirit transpires during the week of homecoming, leading up to the final game and coronation. There is a daily theme of dressing up for an entire week leading up to the big home game in my kids’ world.

Homecoming requires everyone to participate, including students, alumni, faculty, parents, family and friends. The more, the merrier, and all are welcome

during this fun-filled week of events. Trust me, it takes everyone involved to make it really happen.

So, what are the cool things about homecoming that make it really exciting and fulfilling for all?

It keeps students, faculty, parents and families engaged and involved.

It helps to engage and appreciate others for what they accomplished.

It shows support and school pride for the fantastic organization.

It allows you to reconnect with old friends and teachers.

It creates memories that will last a lifetime.

It enables you to have a blast with besties, living in the moment.

My family and I have experienced homecoming week from high school to college, and the spirit of both is refreshing and exhilarating. It is hard to compare to any other time of the year. I believe it puts all those that experience it in a beautiful frame of mind.

My affirmation for you this week is: “I will hold on tight to the memories of homecoming as they remind me of true spirit, dedication and commitment.”

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

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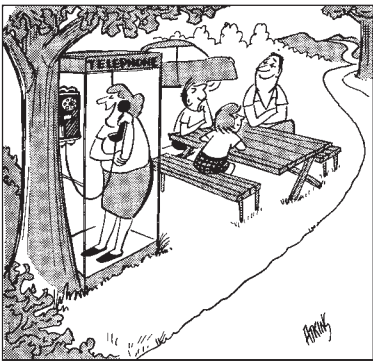


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Sanibel Police.....	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
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Florida Highway Patrol	278-7100
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City Council	472-4135
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City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
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Library, Captiva	239-533-4890
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Arcade Theater.....	332-4488
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Symphonic Chorale of Southwest Florida	560-5695
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Audubon Society.....	472-3744
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PUZZLES

Answers on page 46 and 47



"Hello, Swinburn's Grocery and Deli... ?
Do you _____ ...?"

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!

Thick
NEEDS

Lyric
VERSE

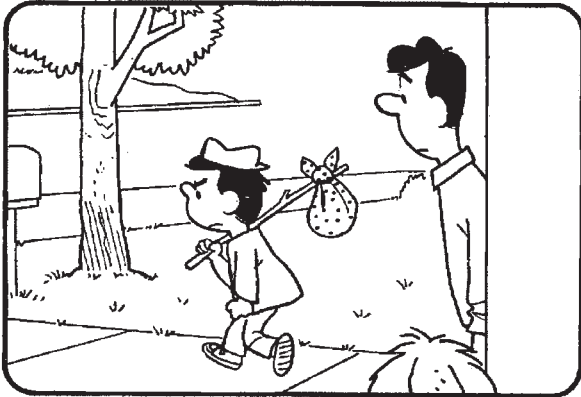
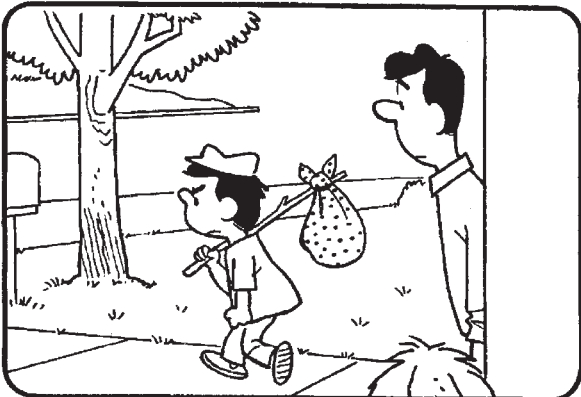
Gun
PILOTS

Teacher
ONTERM

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Fewer leaves on tree. 2. Bag is smaller. 3. Cap is reversed. 4. Sleeve is longer. 5. Shoe is different. 6. Branch is missing.

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

To Play
Sudoku:

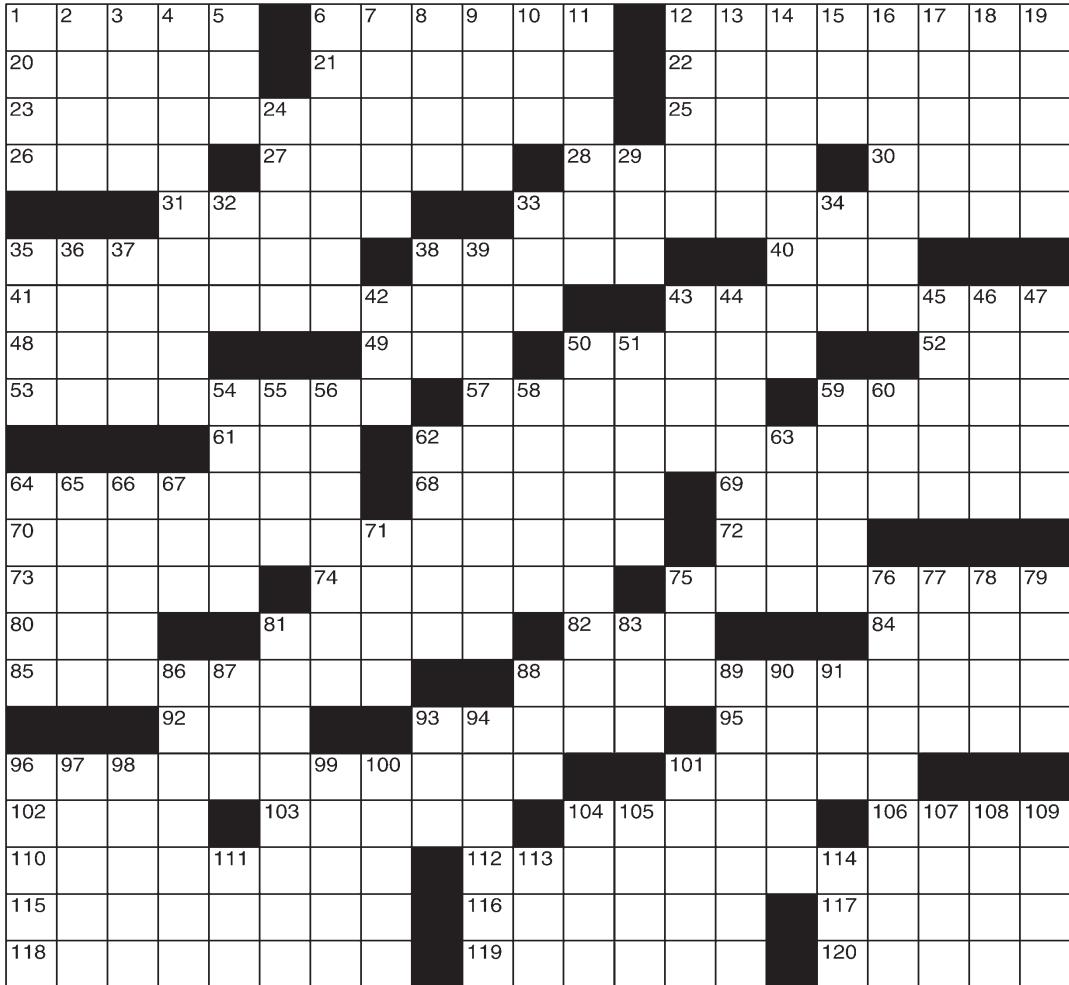
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

PUZZLES

Answers on page 47

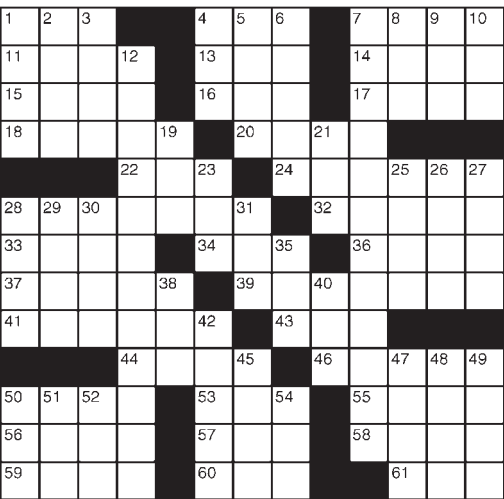
Super Crossword GONE FISHING

- ACROSS
- 1 Longtime movie theater chain
- 6 Sound signal booster, for short
- 12 Coiled like a corkscrew
- 20 As red as —
- 21 Accounting book
- 22 Oahu city
- 23 Possessions of a fish?
- 25 Catches in a trap
- 26 "Sax by the Fire" musician John
- 27 Donald's first ex
- 28 Flower girl, sometimes
- 30 Fender ding
- 31 Back street
- 33 Fish just beyond the visible light spectrum?
- 35 More flamboyant
- 38 Twisty turns
- 40 37-Down minus five
- 41 Puck-pushing fish?
- 43 With child
- 48 180 degrees from west, in Spanish
- 49 "Deathtrap" writer Levin
- 50 Made a dove's sound
- 52 Python kin
- 53 Hold to one's policy
- 57 Steak options
- 59 Bums around
- 61 No longer fashionable
- 62 Guy's retro 'do given by a fish?
- 64 Like a cook or a welder
- 68 Land amid water, in Italy
- 69 An inverse trig function
- 70 Fish going here and there?
- 72 Pasty luau food
- 73 Delivery path
- 74 Roaming sorts
- 75 Was a counselor to
- 80 Extra play periods, in brief
- 81 "Robin —" (old Irish ballad)
- 82 Simpson trial judge Lance
- 84 Ashy-faced
- 85 Hot Chinese cuisine
- 88 Swallow a fish quickly?
- 92 Tummy muscles
- 93 Yoga posture
- 95 Country singer — Porter
- 96 Fish skilled at mimicking sounds?
- 101 String ties
- 102 Woeful cry
- 103 Steer-roping contest
- 104 Milton of TV
- 106 Jai —
- 110 Reeling off
- 112 Fish alongside Harry Truman's wife?
- 115 Detest
- 116 "Spectre"
- 117 Get hitched on the run
- 118 Became dim
- 119 Singer Vic
- 120 Detect
- DOWN
- 1 Terminal
- 2 Slender reed instrument
- 3 Slender swimmers
- 4 New Jersey locale where Hamilton and Burr dueted
- 5 Big inits. in fuel additives
- 6 Short-billed shorebirds
- 7 Recompense
- 8 Adam and Eve's garden
- 9 Taj Mahal city
- 10 Convened
- 11 Hester in "The Scarlet Letter"
- 12 See-through
- 13 Northern Oklahoma's — City
- 14 Slid in
- 15 "Solo" director Howard
- 16 Abu's master
- 17 Lorelei, e.g.
- 18 Kagan of the bench
- 19 Like used chalkboard erasers
- 24 Former Heat coach Pat
- 29 Possibilities
- 32 Repose
- 33 British verb ending
- 34 Work unit
- 35 Tom Jones' "— a Lady"
- 36 Quizmaster, e.g.
- 37 Prefix meaning "eight"
- 38 Corn unit
- 39 Info provider at the bottom of a PC window
- 42 Tool set, e.g.
- 43 Keats, e.g.
- 44 Form again
- 45 Simple calculators
- 46 Like wet blankets
- 47 Take a small bite of
- 50 Secret cooperation
- 51 — a time
- 54 "Death Be Not Proud" penner
- 55 Entreated
- 56 Extras after the main text
- 58 It flows through arteries
- 59 Permissible
- 60 Surg. centers
- 62 Heat's city
- 63 Middle name of Elvis
- 64 Frizzy dos
- 65 Collapse in frustration, in slang
- 66 Awaken
- 67 See 94-Down
- 71 Equine color
- 75 Sun. follower
- 76 Like human thumbs
- 77 Parade ruiner
- 78 Sommer of "Zeppelin"
- 79 Hart or hind
- 81 From Graz or Linz
- 83 Onetime JFK carrier
- 86 Queasy from riding, in a way
- 87 "Euphoria" ailer
- 88 "Lah-di- —!"
- 89 Like many highways
- 90 Rock's Van —
- 91 Vanity
- 93 Live
- 94 With 67-Down, eyed to evaluate
- 96 Peeled
- 97 Amazon Echo's personal assistant
- 98 Relay athlete
- 99 Italian bridge
- 100 Sidled
- 101 "Heaven" singer Adams
- 104 Fill-up point
- 105 Waffle brand
- 107 Writer Uris
- 108 Vipers
- 109 "Understood"
- 111 Luigi's three
- 113 Eggs, to Livy
- 114 — Plaines



King Crossword

- ACROSS
- 1 Request
- 4 Lawyers' org.
- 7 Jab
- 11 Grub
- 13 Sinbad's bird
- 14 Way out
- 15 Spanish greeting
- 16 Somewhat (Suff.)
- 17 Memorandum
- 18 You'll get a rise out of it
- 20 Iowa crop
- 22 Owned
- 24 Beginnings
- 28 Pudding variety
- 32 Lebanon's neighbor
- 33 Press
- 34 Rage
- 36 Joyful tune
- 37 Plaintive poem
- 39 Sees the world
- 41 Country singer West
- 43 "Caught ya!"
- 44 Frank
- 46 Gold mold
- 50 Writer Didion
- 53 Flushed
- 55 Fascinated by
- 56 Byron or Tennyson
- 57 Nest-egg acronym
- 58 Car
- 59 Oil cartel
- 60 Many millenia
- 61 Drunkard
- House's "Avenue"
- 8 Kitchen gadget brand
- 9 Tool set
- 10 Tours season
- 12 U.S. capital on the Potomac
- 19 Eastern "way" one
- 21 ER workers
- 23 601, to Nero
- 25 Canal of song
- 26 Cash drawer
- 27 Pre-college exams
- 28 Even
- 29 Woody's son
- 30 Bard
- 31 Illustrations
- 35 Historic time
- 38 Shriek bark
- 40 Sushi fish
- 42 Haunting
- 45 Sleuth Wolfe
- 47 Wildebeests
- 48 "Beetle Bailey" dog
- 49 Horn sound
- 50 "The Wedding Planner" actress, to fans
- 51 "Alley —"
- 52 Exist
- 54 Dapper fellow
- DOWN
- 1 Needing liniment
- 2 Oxford, for one
- 3 Caffeine source
- 4 "Entourage" character
- 5 Pear type
- 6 Sneeze sound
- 7 The White



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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: SHELTER FOR A DOG

- Anna
Anne
Banner
Biennial
- Bonnet
Dennis
Dinner
Fennel
- Gunnel
Inns
Minnow
Tennis
- Tunnel
Tyrannical
Viennese

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	FRIDAY Sunny High: 82 Low: 73		SATURDAY Sunny High: 80 Low: 74		SUNDAY Sunny High: 79 Low: 71		MONDAY Sunny High: 81 Low: 74		TUESDAY Sunny High: 76 Low: 67		WEDNESDAY Partly Cloudy High: 77 Low: 70		THURSDAY Sunny High: 78 Low: 69						
Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	6:51 am	3:05 pm	11:05 pm	None	Fri	5:56 am	3:07 pm	10:10 pm	None	Fri	5:55 am	2:45 pm	9:03 pm	None	Fri	9:01 am	6:21 pm	None	None
Sat	8:38 am	2:50 am	11:18 pm	3:57 pm	Sat	7:43 am	2:52 am	10:23 pm	3:59 pm	Sat	7:10 am	12:17 am	10:03 pm	3:42 pm	Sat	1:15 am	6:06 am	10:48 am	7:13 pm
Sun	10:05 am	4:02 am	11:32 pm	4:41 pm	Sun	9:10 am	4:04 am	10:37 pm	4:43 pm	Sun	9:23 am	3:41 am	10:58 pm	4:34 pm	Sun	1:28 am	7:18 am	12:15 pm	7:57 pm
Mon	11:14 am	4:54 am	11:48 pm	5:19 pm	Mon	10:19 am	4:56 am	10:53 pm	5:21 pm	Mon	11:06 am	4:56 am	11:40 pm	5:25 pm	Mon	1:42 am	8:10 am	1:24 pm	8:35 pm
Tue	12:15 pm	5:40 am	None	5:52 pm	Tue	11:20 am	5:42 am	11:11 pm	5:54 pm	Tue	12:17 pm	5:57 am	None	6:12 pm	Tue	1:58 am	8:56 am	2:25 pm	9:08 pm
Wed	12:06 am	6:25 am	1:13 pm	6:21 pm	Wed	12:18 pm	6:27 am	11:31 pm	6:23 pm	Wed	12:11 am	6:48 am	1:10 pm	6:55 pm	Wed	2:16 am	9:41 am	3:23 pm	9:37 pm
Thu	12:26 am	7:10 am	2:11 pm	6:47 pm	Thu	1:16 pm	7:12 am	11:56 pm	6:49 pm	Thu	12:37 am	7:35 am	1:59 pm	7:35 pm	Thu	2:36 am	10:26 am	4:21 pm	10:03 pm

My Stars ★★★★★
FOR WEEK OF OCTOBER 25, 2021

Aries (March 21 to April 19) Mars, your ruling planet, begins a journey that will open up a growing number of possibilities. Put that surging Arian energy to good use and explore it to your heart's content.

Taurus (April 20 to May 20) This is the time to prepare for a career move coming up next month. Update your resume. Get those proposals in shape. And don't forget to buff up that Bovine

self-confidence.

Gemini (May 21 to June 20) Your Gemini instincts will guide you to the right people who might be able to help you get over that career impasse that has been holding you back. Expect to make changes.

Cancer (June 21 to July 22) You're getting closer, but you still have a ways to go before reaching your goals. Continue to stay focused, no matter how difficult it can be for the easily distracted Moon Child.

Leo (July 23 to August 22) Your Leonine pride might be keeping you

from getting to the source of a disturbing situation. Don't be shy about asking questions. Remember: Information is power.

Virgo (August 23 to September 22) It's a good time to shake up your tidy little world by doing something spontaneous, like taking an unplanned trip or going on a mad shopping spree.

Libra (September 23 to October 22) This is a good week to get advice on your plans. But don't act on them until you feel sure that you've been told everything you need to know to support your move.

Scorpio (October 23 to November

21) Be careful. You might be probing just a little too deeply into a situation that you find singularly suspicious. The facts you seek will begin to emerge at a later time.

Sagittarius (November 22 to December 21) This is a good week to make new friends and to look for new career challenges. But first, get all those unfinished tasks wrapped up and out of the way.

Capricorn (December 22 to January 19) Relationships need a fresh infusion of tender, loving care. Avoid potential problems down the line. Stay close to

continued on page 46

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From page 44

My Stars

loved ones as the month draws to a close.

Aquarius (January 20 to February 18) Aspects favor relationships, whether platonic, professional or personal. On another note: Be a mite more thrifty. You might need some extra money very soon.

Pisces (February 19 to March 20) This is the absolute right time to let those often-hidden talents shine their brightest. You'll impress some very important people with what you can do.

Born This Week: You are impelled by a need to find truth, no matter how elusive. You would make a wonderful research scientist or an intrepid detective.

NOW HERE'S A TIP

• "If you heat a pita in the microwave first, it will be easier to open and will rip less. About 10 seconds should do it."

– ME in Georgia

• Baby have diaper rash? One of the best remedies is "air time" – that is, letting baby go without a diaper for a bit. Another simple soother is a baking soda bath. Try adding two to four tablespoons of baking soda to Junior's bathwater.

• Use this tip to vacuum seal your meat for the freezer without any special equipment! Add meat pieces to a plastic, zipper-top bag. Fill a large pot several inches deep with water. Seal all but an inch or so of the bag. As you lower the bag into the water (zipper top up) the air will escape

through the unsealed portion. When no air remains, seal the bag and then remove from the water.

• "Have you tried this single-serving blender hack using a mason jar? Many standard-size blender blades can be screwed on to a pint Mason jar. If you're one of the lucky ones, you can make single servings of smoothies to blend and go."

– TU in South Carolina

• "Apply petroleum jelly to the panes of your windows before painting the trim. This works better than masking tape in many ways. It is easily removed, and even large paint flecks come right off."

– PS in Illinois

• After you've cooked your chicken whole, remove the meat and throw the bones and remaining carcass in the slow cooker with three to four cups of water. Let it cook on low for several hours for a spectacularly flavorful broth.

STRANGE BUT TRUE

• Those having received at least one shot of the COVID-19 vaccine were eligible for a free marijuana joint in New York City and Washington, DC, thanks to "Joints for Jabs." The organization behind the 4/20 event hoped to help counter vaccine hesitancy.

• The first lawnmower was an adapted carpet-cutting machine.

• Theodore Seuss Geisel dropped out of Oxford before getting his PhD and called himself Dr. Seuss as a nod to his father.

• The four-penny coffin was one of

the first homeless shelters created for the people of central London by the Salvation Army during the late 19th and early 20th centuries. For that amount, they received food and shelter, and could sleep in a coffin-shaped wooden box with a tarp.

• When you snap a whip, that sound you hear is the whip breaking the sound barrier.

• In 2015, a fan of the Australian band Peking Duk got backstage at their concert by adding himself as a family member on their Wiki page and showing it to security. The duo wasn't upset, however, noting that they "ended up having a bunch of beers with him and he was an absolute legend."

• Swedish wasn't the official language of Sweden until 2009.

• The phrase "take something with a grain of salt" refers to an ancient Roman recipe for an antidote that protects against poisons.

• Phobophobia is the fear of phobias, or the fear of fear.

• Lee Hadwin "sleepdraws" gorgeous works of art, of which he has no recollection afterward. He has been drawing in his sleep since he was four years old.

• The ancient Aztecs believed that Techichis, forerunners of today's Chihuahua, would absorb their owners' sins while escorting them to the afterlife.

THOUGHT FOR THE DAY

"Quality is not an act. It is a habit."
– Aristotle

TRIVIA TEST

1. **Geography:** What is the only country that ends with the letter Q?

2. **Literature:** Which Truman Capote nonfiction book begins with the line, "The village of Holcomb stands on the high wheat plains of western Kansas, a lonesome area that other Kansans call 'out there'"?

3. **Movies:** What were the words on the hot-air balloon in which the wizard leaves Emerald City in *The Wizard of Oz*?

4. **History:** Which amendment to the U.S. Constitution guaranteed the right to vote regardless of race?

5. **Medical:** What condition is the result of a decrease in red blood cells?

6. **Measurements:** How many tablespoons are in a ¼ cup?

7. **General Knowledge:** What do deltiologists study and collect?

8. **Television:** What is Netflix's highest rated original series in 2021?

9. **Science:** What is a person who specializes in plant studies called?

10. **Food & Drink:** Is eggplant considered a fruit or a vegetable?

TRIVIA ANSWERS

1. Iraq 2. *In Cold Blood* 3. State Fair
4. Fiftenth 5. Anemia 6. Four
7. Postcards 8. *Bridgerton* 9. A botanist
10. Fruit

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1/26 ★ TFN

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4/20 ★ TFN

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12/11 ★ TFN

SCRAMBLERS ANSWER

1. Dense 2. Serve;
3. Pistol; 4. Mentor

Today's Word

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10/22 ★ 10/29

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10/22 ★ 10/29

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Forward your email to Mark (chillingtong@gmail.com) for more details.

10/15 ★ 11/19

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10/22 ★ TFN

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10/29 ★ 11/5

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10/29 ★ 10/29

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10/15 ★ 10/29

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10/22 ★ 11/19



PETS OF THE WEEK



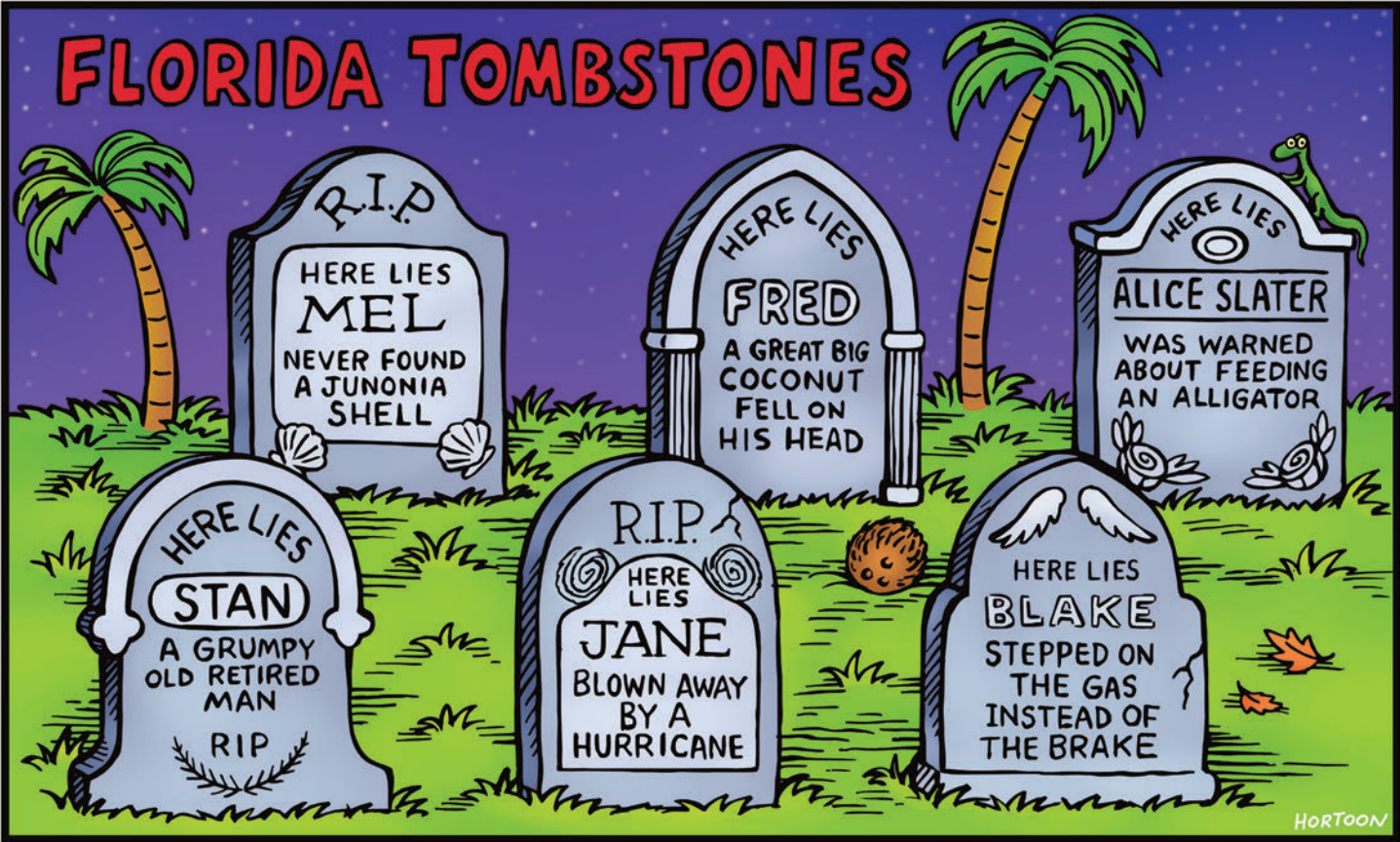
Sabrina ID# A883990
photos provided
Jackie ID# A887595

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Sabrina
And Jackie

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HORTOONS



PUZZLE ANSWERS

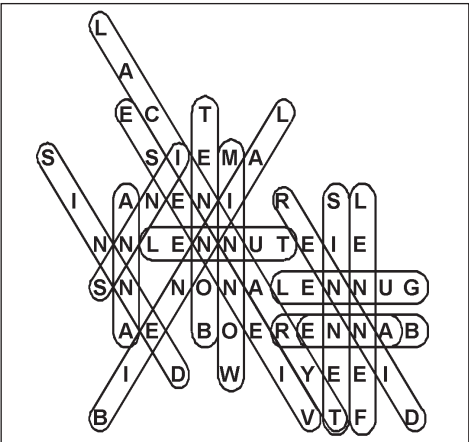
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2001	3,699	\$4,999,000	\$5,460,000	6
Water Shadows Unrecorded Subdivison	Sanibel	1980	3,021	\$1,899,000	\$1,849,000	441
Bayview Acres	St. James City	1982	2,558	\$1,990,000	\$1,750,000	79
San Carlos Estates	Bonita Springs	2013	2,996	\$1,450,000	\$1,430,000	40
Edgewater	Fort Myers	2002	4,902	\$1,599,000	\$1,420,000	36
Castaway Estates	Sanibel	1979	1,992	\$1,350,000	\$1,310,000	36
Laguna Shores	Fort Myers Beach	1965	1,631	\$1,399,000	\$1,300,000	47
Burnt Store Marina	Punta Gorda	2001	3,467	\$1,350,000	\$1,225,000	48
Esplanade Lake Club	Fort Myers	2020	2,929	\$1,074,418	\$1,074,418	2
Corkscrew Shores	Estero	2019	2,488	\$1,095,000	\$1,025,000	3

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