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VOL. 27, NO. 14

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 4, 2019

OCTOBER SUNRISE/SUNSET: 4 7:22 • 7:13 5 7:22 • 7:12 6 7:23 • 7:11 7 7:23 • 7:10 8 7:24 • 7:09 9 7:24 • 7:07 10 7:25 • 7:06

Christmas In October Holiday Showcase

Floral Artistry is kicking off the holiday party season early with the 2nd annual Christmas in October: Holiday Party Showcase and Gift Market on Saturday, October 12 at The Community House. From 5 to 8 p.m., guests will be inspired by festive décor, sample treats from area caterers and be transported by the sounds of local musicians.

Bring your datebook and start planning your holiday soirees while you shop for unique gifts from area retailers.

"It's an interactive experience," said Jana Telecka, Floral Artistry owner and senior designer. "We want guests to imagine these elements at their own holiday parties and to be able to speak to these talented businesses face-to-face."

Thistle Lodge at Casa Ybel Resort, Paper Fig Kitchen and Favi Cakes are a few of the myriad party professionals that will be showcasing their talents. The gift market will include island shops and shell crafters with one-of-a-kind gifts and



Dutch Master Florist Mark Frank, center, and last year's participants with their centerpieces

holiday wares for purchase. Nanny's Toy Store, Congress Jewelers, J. McLaughlin and several other local retailers will be on site for holiday shoppers. Girl Scouts and Boy Scouts will be wrapping gift

purchases.

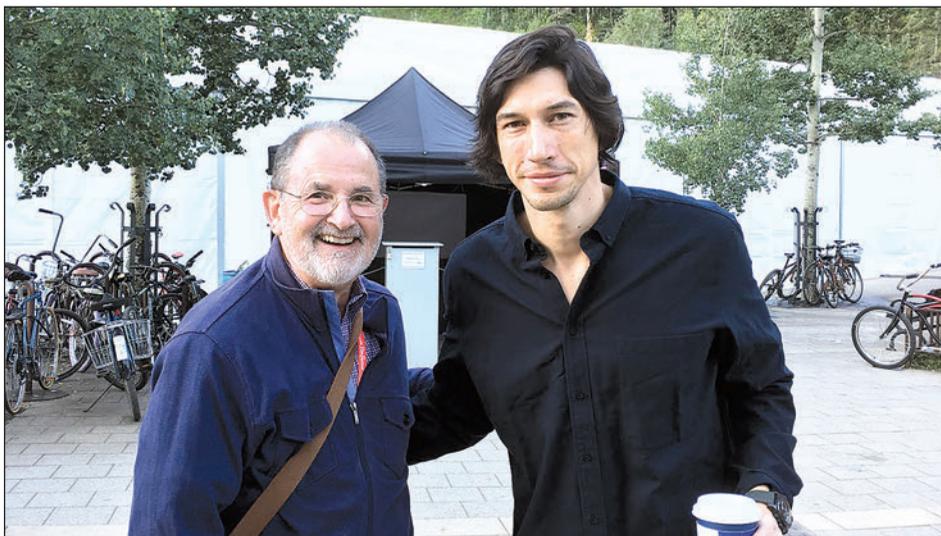
Tickets are \$15 in advance, \$20 at the door and can be purchased online at www.sanibelholidayshow.eventbrite.com.

The festivities begin with floral design

photo by Neubek Photographers

workshops instructed by Dutch Master Florist Mark Frank. Due to the popularity of last year's workshop, Frank has agreed to teach two separate workshops this year

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Dr. Ronald M. Green and Adam Driver

photo provided

BIG ARTS Ethics In Film Series Lineup

by Di Saggau

The BIG ARTS Film Society is gearing up for another spectacular season. It kicks off with the Ethics in Film Series beginning Wednesday, October 16 at Island Cinema. Screenings begin at 12:30

p.m. followed by a discussion. Sanibel resident Dr. Ronald M. Green, professor emeritus of religion at Dartmouth College and an expert on ethics, will introduce and moderate the films. Green has loved films all his life. This year, he and his wife, Mary Jean, attended their 24th annual Telluride Film Festival. When he texted this picture from the festival – taken with *Star Wars* actor Adam Driver – to his family, his

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Friday Is World Animal Day At 'Ding' Darling

The JN "Ding" Darling National Wildlife Refuge on Sanibel celebrates World Animal Day on Friday, October 4 with free, educational live animal presentations and a movie in the admission-free Visitor & Education Center Auditorium.

Starting at 9:30 a.m., Adam's Animal Encounters presents live native amphibians and reptiles until 11:30 a.m. A free showing of the 53-minute PBS film *The World's Most Wanted Animal* follows at noon. From 2:15 to 3:30 p.m., Florida Gulf Coast University brings a live native snake presentation to the refuge.

The World's Most Wanted Animal explores the plight of the pangolin, often described as "the most endangered animal you've never heard of." The world's only scaly mammal, the pangolin lives in parts of Asia and Africa. The animals are currently trafficked at a higher rate than rhinos, elephants and tigers combined, for medicinal use in China, Thailand and Vietnam.

In Namibia, conservationist Maria Diekmann found herself on the frontline



Live native snakes will be part of the educational efforts

photo provided

of the battle to save these wanted animals after unexpectedly becoming a surrogate mother to an orphaned baby pangolin. On an emotional journey, Diekmann travels to Asia to better understand the global issues facing pangolins, before joining forces with a Chinese megastar to help build a

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Coastal Cleanup Efforts Yeild 475 Pounds Of Trash

The Sanibel-Captiva Conservation Foundation (SCCF) thanks the many volunteers who helped complete a successful Coastal Cleanup on September 21. Volunteers cleaned beaches and waterfronts across Captiva, Sanibel, Upper Captiva and along the Summerlin Road shoreline leading to the Sanibel Causeway.

Working in partnership with Keep Lee County Beautiful, SCCF coordinated the efforts of 217 volunteers from Sanibel, Captiva, Upper Captiva, Fort Myers, Cape Coral and Lehigh Acres. The cleanup effort, which lasted about two hours, cleared 475 pounds of trash and debris off local beaches and shorelines. Cigarette butts, construction materials, balloons, fishing line, plastic packaging – even a tire and a chair – were collected and removed.

“We are so grateful to everyone – from students to seniors – who came out to help,” said SCCF Events Manager Jeff Siwicke. “We were happy so many stayed for the celebration lunch that followed at our Nature Center. Thanks go to Doc Ford’s Rum Bar & Grille, The Great White Grill and Sanibel Deli & Coffee Factory for donating pizzas and sandwiches.”

In September 2018, the local



Coastal Cleanup volunteers photos provided

Coastal Cleanup had to be canceled due to the red tide crisis.

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



Ryan Orgera and Jeff Siwicke of SCCF with a truckload of debris

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Open prairie of early Sanibel photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

Landmark: The Open Prairie

This week's image shows how the open prairie of interior Sanibel allowed farming to begin without extensive clearing of vegetation in homestead days.

Learn more about the history



of Sanibel at the Sanibel Historical Museum and Village, 950 Dunlop Road, next to BIG ARTS. The village is closed for the off-season and will reopen on Tuesday, October 15. Hours will be Tuesday through Saturday from 10 a.m. to 4 p.m. with guided tours at 10:30 a.m. and 1:30 p.m.

There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✱

Read us online at IslandSunNews.com

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

Rev. Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, Fort Myers, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday 11 a.m. November 10, 2019 thru April 26, 2020. 11580 Chapin Lane, Captiva, 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST

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SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson, 284-6709.

SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and

Children's Church in Main Sanctuary; 11 a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 7:45 a.m. Full service at 10 a.m. with Sunday school and nursery care provided, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Administrator. Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.✱



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St. Michael's Rector Retires

The Reverend Dr. Ellen Sloan has retired as rector of St. Michael & All Angels Episcopal Church, effective September 30. She has served as the church's rector for the past 10 years.

During her tenure, Dr. Sloan focused on congregational development, strengthening pastoral care and creating a holistic approach to the parish's extensive outreach efforts.

She was instrumental in beginning a vibrant youth ministry that included outreach efforts, pool parties at her home, overnight "lock-ins," discussions of scripture, and annual trips to the Diocesan Acolyte Festival at the Cathedral in St. Petersburg. In 2017, she also initiated Vacation Bible School, a weeklong experience for children age 5 through fifth grade.

She involved youth and Sunday School children in the regular Sunday processions, as readers, crucifers and as torchbearers. Children as young as 7 now serve at the altar in various capacities.

She also encouraged families with children to participate regularly as ushers and greeters during Sunday services.

During 2015-16, Rev. Sloan began a strategic planning process for the parish, which resulted in vision and mission statements, and core belief principles. The vestry completed all action items in the subsequent three to four years. She was also instrumental in securing significant financial donations.

During Sloan's tenure, the following



Dr. Ellen Sloan photos provided

funds were created: Renovation and Renewal of the Campus, Catastrophic and Renewal, Spiritual Development, Beautification of the Campus, and Outside Music Musicians and Concerts.

A donation to the Renovation and Renewal Fund resulted in major renovations of the Sacristy, the Sunday School room, the Madden Room, the Flower Guild Room, restrooms and a Gathering Place, all completed and dedicated in 2017. Another fund will be used to complete a new office building.

Along with the History and Archives Ministry, Dr. Sloan encouraged the establishment of an annual Dr. Martin Luther King, Jr., event, now in its fifth season. The event also celebrates the fact that St. Michael's was the first church of



A window designed by Luc Century and given to the church by anonymous donors

any denomination in Southwest Florida to integrate black and white congregations.

She expanded the healing ministry at St. Michael's and brought back the practice of morning prayer. She created a Taizé service once each month, a sacred dancers ministry, a Women at the Well spirituality group, beachside eucharists, and an annual series of lectures and concerts called Nourishment of Body, Mind and Spirit.

Reflecting on Dr. Sloan's invaluable leadership at the church, longtime parishioner and church chancellor Judy Workman said, "Ellen is the kind of leader whom you hope will never leave, but, of course, that is a little unrealistic. For the past ten years, St. Michael's has been

blessed with a pastor who exudes love, compassion and warmth to all. She has been a model for the congregation.

"I truly believe we have learned from her to become a warm and welcoming church," Workman added. "We will miss her, but our greatest gift to her will be to continue her legacy as we move forward."

Another longtime parishioner, Ralph Clark, who was co-chair of the search committee that recruited Sloan, recalled that "Dr. Sloan, known to all of our parishioners as Ellen, led St Michael's in many important ways over her ten years with us. She brought young people to the altar and to the life of the church, drew many new families to the congregation with her preaching and warmth, drove the music program to great new heights, made major improvements to the facilities, and led us to new levels of outreach to the community and beyond.

"But if I were to try to characterize her greatest ministry with us," Clark added, "I would say she led our church community by living out Jesus' commandment to 'love one another as I have loved you.'"

The Rev. Alan Kelmereit, St. Michael's assisting rector, described Sloan as "an outstanding pastor and leader for St. Michael's. During her tenure, the church has experienced significant growth and has extended its charitable outreach throughout Southwest Florida," he said. "She was the catalyst for substantial spiritual development among parishioners. She will be sorely missed."

Kelmereit will serve as priest-in-charge for St. Michael's while the parish conducts a search. A new, permanent rector is expected to be in place by fall 2020.✱

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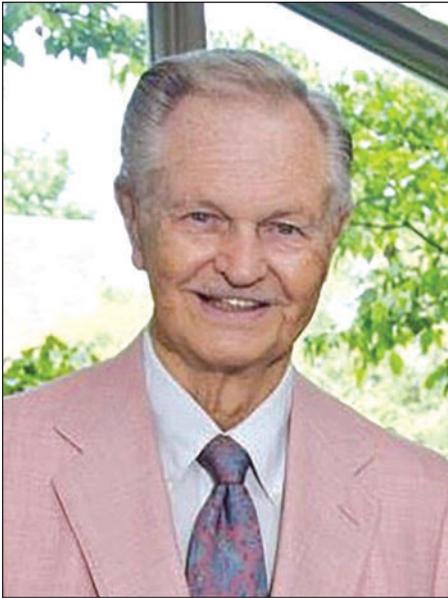
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OBITUARY



JOHN "JACK" LUKE

In the wee hours of the morning on Wednesday September 18, 2019, John "Jack" Luke was united in heaven with his parents, Leon and Jeanette Kosinski Luke, and siblings, Florence McElheron, Elsie Luke and Leon V. Luke.

Jack was born on October 17, 1927 in Mount Clemens, Michigan. His father's family emigrated from Russia and started a Polish newspaper in Detroit, where he met Jeanette. He attended Mount Clemens High

School. Many who knew Jack did not know that he finished high school in a sanitarium recovering from tuberculosis. Jack attended his revered Michigan State University, earning a bachelor of science degree in genetics. Jack then went on to U of D (University of Detroit) Dental School where he completed a doctorate in dentistry and met Celestine "Cel" Blondell Krumholz, who was studying dental hygiene and would become his wife of 64 years.

His 37-year dental career commenced and ended in East Lansing, Michigan (for many years in partnership with his brother, Leon), where he made a lasting impression on his patients. Patients enjoyed Dr. Jack's witty humor and smiling face. He would talk about the fact that no one wants to go to the dentist, so he would try to make the experience as pleasant and humorous as possible. There are individuals who grew up in East Lansing that believed that "Squate' Vous" was actually part of the French language, and those that were children at the time thought that a "Picklepuss" was the name a dentist always called you. Jack was active at St. Thomas Aquinas Catholic parish, as an usher and even chaired the school carnival.

After retiring from dentistry in 1986, Jack and Cel moved to their home on Sanibel Island, Florida. Jack pursued a second career in real estate sales, which gave him the opportunity to employ his gift for gab and earn some extra spending cash. He often drove around the island in his convertible Corvette, as

long as the weather was perfect and it didn't mess up his hair too much. Jack enjoyed boating and fishing around Sanibel as well as socializing with many friends, especially potluck suppers at St. Isabel Catholic Church. A cold vodka tonic in the swimming pool was a late afternoon favorite after spreading the never-ending pile of wood chips around their beautiful property. In his later years, he made sure to watch all the Michigan State sporting events, and he was the taxi service for Cel's orchid, bonsai and master gardener activities.

Jack was a sensitive and caring husband, father and grandfather. He is survived by his wife Celestine, his four children, Diana (Steve) Day, John (Beatrice) Luke, James Luke, Richard Luke and two special daughters, Anne Luke and Cristina Luke, who he loved deeply. He is also survived by 10 grandchildren (also known as Picklepuss 1 through 10) Jennifer, Julia, Cassandra, Jaclyn, Nicole, Brody, Jimmy, Casey, Samantha, and last but not least, Jessica. Jack was also blessed to have two great grandsons, Justin and Jason. He is also survived by many

dear nieces, nephews and in-laws in the McElheron, Luke, English and Bejin families.

Jack's famous quip's, "Keep your Nose Clean," "So I Took The \$900,000," his repetitive singing of *Dear Old Girl* and his elite concert whistling talents will be remembered by many. He leaves behind his valuable knick-knack collection, several dark chocolate candy bars hidden in the refrigerator door and his favorite iPad. He was a brilliant man who was forever young at heart, and eager to continually learn. Everyone he met immediately became a treasured friend, and he will be greatly missed by all who knew him. Please celebrate the life of this great man, humble through great success and a legacy of integrity.

A memorial service will be held on Saturday, October 12, 2019 at 11 a.m. at St. Isabel Catholic Church on Sanibel Island. In lieu of flowers, please consider a contribution to either St. Isabel Church, 3559 Sanibel-Captiva Rd., Sanibel, FL 33957; or to the National MS Association at www.nationalmssociety.org.✱

Community Church To Host 2020 Prom Night

Sanibel Community Church has been selected as a returning host for Night To Shine 2020, sponsored by the Tim Tebow Foundation. The event will take place at local churches, representing 35 denominations in 50 states and across the globe, simultaneously on Friday, February 7, 2020.

Night To Shine is a complimentary prom night experience, centered on God's love, for people with special needs ages 14 and older. Sanibel Community Church is honored to be a part of this worldwide movement to change how culture embraces people with special needs and to rally the church worldwide to stand up for those who are differently-abled.

Every guest of Night To Shine enters on a red carpet with a welcome from the crowd and paparazzi. Once inside,



guests receive royal treatment, including hair and makeup stations, shoe shining areas, limousine rides, corsages and boutonnieres, a catered dinner, karaoke, prom favors, a dance floor... all leading up to the moment when each guest is crowned king or queen of the prom. Tim Tebow will deliver a video message during the evening.

In 2019, 200,000 guests attended Night To Shine gatherings in 24 countries. More than 100,000 volunteers made the evening possible. The evening was an historic first on Sanibel Island.

Updates and announcements will be posted at the Sanibel Church Night To Shine 2020 Facebook page. Online guest and volunteer registration will open the week of October 7 at www.SanibelChurch.com.✱

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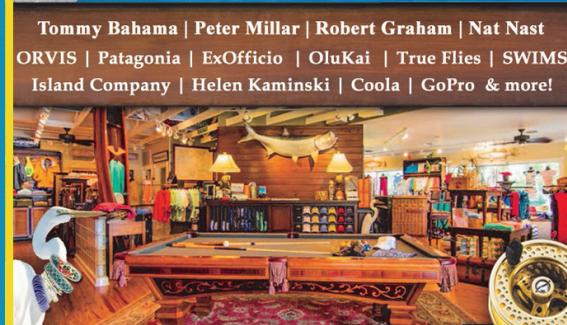
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Community House Fall Season Full Of Activities

by Jeff Lysiak

The staff and volunteers who help make The Community House one of Sanibel's busiest locations for socially engaging activities and programs are planning a busy – and quite tasty – month of October.

"We are ready," said Teresa Riska-Hall, executive director of the Sanibel Community Association (SCA). "It takes us a little bit of time to catch up, but we've planned a robust schedule of activities throughout the upcoming season."

On Monday, October 7, classes resume in the popular Kids Cooking First Monday program. Held on the first Monday of every month between October and May, youngsters ages 8 to 16 will learn kitchen skills with hands-on activities and through cooking main courses, side dishes, snacks, appetizers and desserts. Classes are held from 2:30 to 5:30 p.m. Cost is \$50 per participant.

"We're always excited to have kids attending our cooking classes," added Riska-Hall. "They have such wonderful energy and enthusiasm to learn in the kitchen."

The first culinary social of the season will take place on Thursday, October 10. From 10 a.m. to noon, Resident Chef Jarred Harris will offer a fun and informative demonstration on making soups and stews. Cost is \$25 for members and \$30 for guests; limited space is available. A second culinary social, entitled Breads 101, will take place on Saturday, October 26 from 10 a.m. to noon. Cost is \$25 for members and \$30 for guests.

On Friday, October 18 from 9 a.m. to noon, Harris will lead a hands-on cooking workshop featuring desserts. Cost is \$45 for members and \$55 for guests.

One of last season's most popular gatherings, the monthly Community Social, returns on Wednesday, October 23 from 6 to 8 p.m. The theme will be Octoberfest Feast and Harris will feature a menu including starters like German beer cheese soup (V = vegetarian), brezen (soft pretzels) and assorted mustards (V), German potato salad (GF = gluten free) and Kartoffel Kloesse (potato dumplings)



Resident Chef Jarred Harris, left, leads hands-on cooking classes

photo by Jeff Lysiak

served with brown butter sauce (V), main courses including sauerbraten (German-style beef pot roast) with spaetzle, Würstl (pork sausages) and sauerkraut, chicken schnitzel and lemon thyme sauce, potato pancakes (V and GF), pickled purple cabbage (V and GF) and steamed vegetables plus dessert. The \$5 dessert donation includes German apple strudel (V) as well as an ice cream sundae bar with caramel and chocolate sauce.

Cost to attend the Community Social is \$15 in advance or \$18 at the door, if seats are available.

The October calendar also includes Floral Artistry's 2nd annual Christmas in October Gala, a holiday shopping and gift wrapping experience, held on Saturday, October 12 beginning at 5 p.m. Cost is \$15 in advance or \$20 at the door. Tickets are available online at <http://sanibelholidayshow.eventbrite.com>.

The next Homeschool Cooking class will be held on Friday, October 25 from 9:30 to 11:30 a.m. This month's featured menu includes soups and stews. For additional information or to sign up, visit www.sanibelcommunityhouse.net.

Soups And Stews Offered

Orders are now being taken for a variety of soups and stews, freshly prepared by Harris, for pickup at The

Community House.

"One of our SCA members brought up the idea of offering some homemade soups and stews during the holiday season because their church did it as a fundraiser," said Riska-Hall. "People face a big challenge of making appetizers and starters for all the parties and gatherings they attend during the holidays."

Beginning October 12, people can order their soups and stews at The Community House with pick up between 10 a.m. and 2 p.m. Monday through Friday. Order forms can be picked up in person or completed online; completed forms may also be emailed to office@sanibelcommunityhouse.net.

Soups are priced at \$5 for 16 ounces or \$10 for 32 ounces; stews cost \$15 for 24 ounces. Varieties include asparagus soup (V and GF), coconut and butternut squash soup (V and GF), vegetable gumbo (V and GF), tomato basil soup (V and GF), Mediterranean vegetable soup (V and GF), chicken and mushroom stew (GF), beef stew with horseradish dumplings and Italian veal stew (GF).

You can also preorder soups and stews for Thanksgiving, for pickup on November 21 or 25, and for the holidays, for pickup on December 19 or 23.

Locally harvested honey is for sale, as

well as chutneys, pickles and jellies made by Harris.

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

Sanibel Adopts FY2020 Budget

by Jeff Lysiak

During the city's second and final budget hearing on September 23, the Sanibel City Council took less than eight minutes to officially adopt the Fiscal Year 2020 budget.

Finance Director Steve Chaipel briefly reviewed the city's 2020 budget, approved at the first budget hearing on September 9. City Manager Judie Zimomra introduced Revolution 19-062, approving the budget of \$73,266,546, along with a rolled back operating millage rate of 1.8922 mills. This year's millage is the lowest tax rate Sanibel has adopted in the past six years.

Sanibel's 2020 budget includes \$25,510,805 from the General Fund, \$11,379,307 in Special Revenue Funds, \$3,234,189 in Capital Project Funds, \$1,095,855 in Debt Service Funds and \$32,146,390 in Enterprise Funds.

Of note from the 2020 budget document, Sanibel has received approximately \$3.3 million of the \$3.9 million expected from FEMA and the State of Florida for reimbursement of Hurricane Irma expenditures. In the event of additional disaster needs through the end of hurricane season, the city has secured a \$5.0 million line of credit with a local financial institution to use for immediately cash expenditures.

All three budget documents were approved unanimously.

"I know we're still waiting for FEMA on some reimbursements, but I need the good news," Mayor Kevin Ruane said to Chaipel. "The public needs to understand although we still have a receivable, we were able to replenish all of the reserves back to where they are, which (leaves) an open balance from them."

"We're about 97 percent collected from FEMA and the state at this point," responded Chaipel.✱

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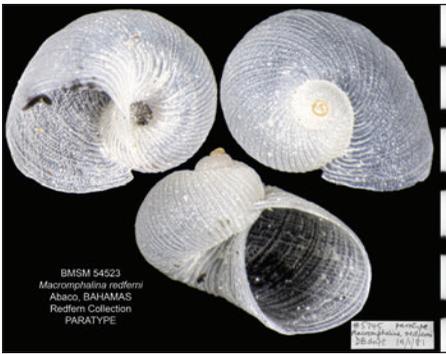
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Redfern Collection from The Bahamas photo provided

Museum Curator To Speak At Shell Club Meeting

The first meeting for the 2019-20 season of the Sanibel-Captiva Shell Club will take place on Sunday, October 13 at The Community House. Doors open at 1:45 p.m. and the meeting begins at 2 p.m.

Dr. José Leal, science director and curator of the Bailey-Matthews National Shell Museum, will kick off the season with a presentation entitled Highlights from the Digital Imaging Project.

To improve the ease of access to data from its large collection of shells and preserved mollusks, the national shell museum is undertaking a large-scale photography project. The Digital Imaging Project captures photographs of relevant specimens from the museum's large collection of shells and preserved mollusks for online posting. Dr. Leal will discuss the project and present highlights and images of noteworthy specimens, including material from Sanibel, Captiva and other areas of Florida, as well as the Redfern Collection of specimens from The Bahamas.

Refreshments will be served and door prizes awarded. The meeting is free and open to the public.

The Community House is located at 2173 Periwinkle Way on Sanibel.✪

Read us online at IslandSunNews.com

Captiva Community Panel

The next meeting of the Captiva Community Panel is set for Tuesday, October 8 beginning at 9 a.m. in the Cone Rooms on Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items will be updates on the iguana control program, the Andy Rosse beach access improvements, the Wastewater Committee research and the Captiva Drive walkway design; plus committee reports, panel nominations and updates from other island organizations.

Public participation is invited and encouraged. Information and background documents are available online at www.captivacommunitypanel.com.✪

Sanibel Fire District Website

The Sanibel Fire and Rescue District launched its new and improved website earlier this month. The website now complies with all State of Florida mandates as described in Chapter 189. This includes meeting dates, agendas, minutes and any other documents. The site also is designed to comply with the Americans with Disability Act Title II. Pages are now formatted to allow those

with disabilities to access information easily with special software programs designed to assist with most disabilities. Some of these improvements include text included with all photos, to describe the photo; all documents are now in a PDF format for ease of reading.

The staff at Sanibel Fire and Rescue District worked with Streamline, part of Digital Deployment from California to develop and maintain the website. Streamline specializes in government websites and focuses on statute compliance as well as ADA compliance. They also provided a platform to allow district staff an easy yet robust site that can be easily maintained by members of Sanibel Fire and Rescue District.

Visit www.sanibelfire.com.✪



F.I.S.H. OF SANCAP

A Wrap-Around Service Provider Offering Various Resources

Since 1982, F.I.S.H. OF SANCAP has been the social service organization on Sanibel and Captiva. Started in island residents' kitchens and out of their cars, F.I.S.H. has continued to grow to meet the demands of our community as a full service agency.

While most requests for assistance begin with our Food Pantry Program, we recognize that often, if a client is in need of food, it is symptomatic of larger issues in the household. As a wrap-around service provider, when individuals or families come to F.I.S.H. for the first time, they speak with a staff member to determine their specific needs and to learn about resources and programs we offer that can put them on a pathway to self-sustainability.

Resources Include:
ACCESS ASSISTANCE: Help with eligibility and application
CASE MANAGEMENT: Discuss challenges, map a plan toward success
COMMUNITY REFERRALS: Referrals for various programs and assistance within our region
EMPLOYMENT ASSISTANCE: Job board and assistance in securing employment
HEALTHCARE REFERRALS: Referrals to agencies, dentists, doctors
HOME HEALTH NETWORKING: Assistance for caregivers, providers, and family members
HURRICANE PREAREDNESS: Information for planning, preparation, evacuation and more
NOTARY SERVICES: Free service to the community available Mon-Fri.
WORKSHOPS & SEMINARS: Information presented on budgeting, crime prevention, nutrition, Medicare enrollment, health and wellness and more!

For Additional Information on F.I.S.H., Please Call The Walk-In Center, 239-472-4775



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Wild pennyroyal is a native perennial herb of the mint family photo by Gerri Reaves
Plant Smart

Wild Pennyroyal

by Gerri Reaves

Native wild pennyroyal's (*Piloblephis rigida*) natural habitat is mainly sandy areas like pine flatwoods, scrubs, and sandhills. This member of the mint family is also called pineland pennyroyal and Florida pennyroyal.

Use it as a groundcover or in a wildflower or butterfly garden.

It takes a sprawling form and has woody ascending stems. It reaches one to two feet tall and has a moderate growth rate.

Give it full sun and sandy well-drained

soil. Once established, it is very drought tolerant and will grow even in nutrient-poor soils. It is not salt tolerant.

The term *rigida*, which means stiff, refers to the needle-like leaves. They are aromatic and measure less than a half inch long.

It blooms throughout the year in lower South Florida, producing compact cone-like flowerheads at the stem ends and attracting butterflies and other insects.

The flowers are white to lavender and have two lips, the upper one two-lobed and the lower one three-lobed.

Purple spots dot the lower lip, and four stamens extend well above the petals.

The plant is covered with small grayish hairs, a characteristic referred to in the

term *Piloblephis*. *Pilo* means hairy in Greek.

Propagate it with cuttings or with the seeds. It produces four nutlets.

A tea made from this aromatic plant has been used by Native Americans to treat a variety of ailments.

The leaves are also used for soup seasoning and the oil is an insect repellent.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wildflowers in Their Natural Communities* by

Walter Kingsley Taylor, *Gardening for Florida's Butterflies* by Pamela F. Traas, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Sheryl Bowman et al., www.eattheweeds.com, www.fnps.org, www.regionalconservation.org, and www.wildsouthflorida.com.

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

Children's Center 45th Anniversary Celebration

The Children's Education Center of the Islands (CECI) is celebrating its 45th year of providing quality education to local preschoolers. There will be a celebration on Saturday, November 16 from 6 to 9 p.m. at Mudbugs Cajun Kitchen, located at 1473 Periwinkle Way. The evening will include dinner, drinks, live auction, 50/50 raffle and a live band. Tickets are \$100 per person and can be bought at the preschool, located at 350 Casa Ybel Road, from 7:30 a.m. to 5:30 p.m., by calling 472-4538, or at Adventures in Paradise, located at 2019 Periwinkle Way in Tahitian Gardens shopping center. Proceeds will help support the scholarship program to ensure that all children have the chance to attend preschool, regardless of their financial situation.

"Currently, 25 percent of our students are on scholarship. All of our scholarship recipients' parent/guardians work full time on our island. Sixty percent of our scholarship recipients are not residing with their biological parents. These statistics are a sad reality of today," said Cindy DeCosta, executive director of the Children's Education Center of the Islands. "Every child deserves the chance to attend their community preschool no matter what their family or financial situation is. All children need stability



Creedan Guthrie loves the weekly trail walks on the five-acre preschool campus photo provided

and predictability to be able to grow and thrive. Without scholarship funding, these children will not be able to attend preschool."

Since 1974, the Children's Education Center of the Islands has educated the children of the community as a 501(c)3 nonprofit preschool that is dedicated to creating a nurturing learning environment that creates happy, curious, confident children in their nature-based preschool. The school relies on the support of the community. For more information, visit www.childrenseducationcenter.com.*



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A 1963 Ford Galaxie

photo provided

Motor Club Cruise-Ins Kick Off This Saturday

The San Cap Motor Club is hosting its first Cars and Coffee Cruise-in of the season this Saturday, October 5 from 9 to 11 a.m. at Periwinkle Place Shopping Center. All are welcome to stop by and see the lineup of classics, muscle cars, antiques, hot rods and other vehicles on display in the parking lot along Periwinkle Way.

A continental breakfast with donuts, coffee and other refreshments will be provided by the Blue Giraffe Restaurant. No pre-registration is necessary. Club membership dues for the season are \$50 for an individual, or \$75 for a couple or family. Membership includes one new club T-shirt.

The club meets the first Saturday of the month for Cars and Coffee, and the second Tuesday of the month for dinner. For more information on upcoming events or to join the club, call Scot Congress at 472-4177 or email scot@scongress.com.

From The Pen Of 'Ding' Darling

Ducks were one of Jay Norwood "Ding" Darling's favorite subjects. Although an avid sportsman himself, Darling expressed in this cartoon his concern for the overhunting of ducks, which led to his creation of the Federal Duck Stamp program in 1934.

Titled *The way the world must look to a duck*, the cartoon, published April 15, 1909, recognized the need to create legislation and refuge habitat to protect migrating birds. Considered prophetic in his time about issues that would affect the nation and the world, Darling later laid the foundation, as chief of the precursor to the U.S. Fish & Wildlife Service, for the national wildlife refuge system, which today oversees more than 560 refuges.

On Sunday, October 20, the JN "Ding" Darling National Wildlife Refuge will celebrate duck stamps and Darling's birthday at "Ding" Darling Day.

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by honoring its roots in the noble profession of newspaper editorial cartooning.

Through December 1, 2020, the refuge's official anniversary, this newspaper will be running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling, who twice won the Pulitzer Prize for his thousands of cartoons that appeared in the *Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

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



image provided



ETHICS IN FILM SERIES

Starts at 12:30 PM. The Ethics in Film Series will be held on select Wednesdays at the Island Cinema. Post discussion moderated by Ronald Michael Green, Professor Emeritus of Religion and Professor Emeritus for the Study of Ethics and Human Values at Dartmouth College.

TICKETS \$7



OCTOBER 16 *Sicario*, 2015

In the lawless border area stretching between the U.S. and Mexico, an idealistic FBI agent (Emily Blunt) is enlisted by an elite government task force official (Josh Brolin) to aid in the escalating war against drugs. Led by an enigmatic consultant with a questionable past [Benicio Del Toro], the team sets out on a clandestine journey forcing Kate to question everything that she believes in order to survive.



OCTOBER 23 *The Children Act*, 2018

As her marriage to Jack flounders, eminent High Court judge Fiona Maye has a life-changing decision to make at work - should she force a teenage boy, Adam, to have the blood transfusion that will save his life? Her unorthodox visit to his hospital bedside has a profound impact on them both.



OCTOBER 30 *I've Loved You So Long*, 2008

After serving 15 years in prison for killing her young son, Juliette (Kristin Scott Thomas) moves in with her younger sister, Lea (Elsa Zylberstein). Though Lea has built a comfortable family life in the years since Juliette went away, she is still affected by her sister's terrible crime. Meanwhile, world-weary Juliette attempts to get past the years of estrangement and reconnect with Lea.



NOVEMBER 6 *In the Fade*, 2017

Out of nowhere, Katja's life falls apart when her husband Nuri and little son Rocco are killed in a bomb attack. Her friends and family try to give her the support she needs, and Katja somehow manages to make it through the funeral. But the mind numbing search for the perpetrators and reasons behind the senseless killing complicate Katja's painful mourning.

Fall Fishing At Its Best



by Capt. Matt Mitchell

Cooler less humid mornings along with calmer conditions than we have experienced in weeks made being out on the water the perfect place to be. Throughout

the month of September, there has been very little boat pressure on the sound along with lots of fish due to a slightly early start to the fall bait migration. Many mornings this week I caught bait alone and fished an entire morning charter only seeing a handful of other boats out. October is generally still a slow time for island businesses, yet still some of our best fishing of the year.

Redfish continued to be our most sought-after species with the best bite coming on the higher stages of the tide. Some days, I would find these redfish right away, while other days they required a few stops. Most days, though, the result was the same with multiple hook-ups. Tail-hooked, medium-sized pinfish were the bait of choice though we did catch a few on cut mullet and ladyfish. Spotting mullet on the shoreline or oyster bar usually meant the redfish were there. Redfish this week ranged from 20 to 30 inches. Tides have been the most important factor if you plan on doing a redfish trip.

Most mornings, our trips have started out by catching trout, snapper and ladyfish under the diving birds in the middle sound. Larger Spanish mackerel have also been more plentiful in this same mix. Our baitfish schools are only getting larger in the sound as our water gradually cools. Anywhere from Demere Key to Bird Key has been a great place to get started on this fast-paced action. This week, we made it a little further north on a few full day trips and found lots of action just inside the Jug Creek Shoal at the tip of Bokeelia too. Hungry surface feeding fish could also be found between the C-span and Tarpon Bay.

The best big snook bite for us this week came during the last few hours of the falling tide. While working docks around St. James City as the tide bottomed out, we had a few trips where there was not a pinfish in the live well that was too big to get hit. Many of the larger snook are slowly making there way back across the sound from the passes and beaches where they spent the summer. Oyster bars in the middle sound have been another good place to catch snook, though this bite has been more on free-lined shiners during the higher water periods.

More and more tarpon are being caught out along the beaches as cooling water temperatures and massive amounts of bait kick this bite into high gear. Anywhere along the entire length of the beach can hold these fish. It just depends on where the large schools of bait congregate. Favorite places to look are just south of Blind Pass down to the West Wind Inn and from roughly the middle of Fort Myers Beach south to Bonita Beach. East winds or no wind is key to finding



Micheal Cullen with an upper slot redfish caught while fishing with Capt. Matt Mitchell this week photo provided

these rolling fish. October can bring some of the best tarpon fishing of the year if the weather cooperates.

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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SCCF Wines In The Wild Returns In November

Bank of the Islands is supporting Sanibel-Captiva Conservation Foundation (SCCF) as presenting sponsor for Wines in the Wild, scheduled for Friday, November 15.

"We truly appreciate Bank of the Islands' support of this event for more than a decade," said founders Tom and Linda Uhler. "This very special evening would not be nearly as lovely without their support."

Dress will be "island festive" from 6 to 9 p.m. at the Bailey Homestead Preserve. It will be an opportunity to see friends and explore the grounds of the homestead while sampling fine wines and food from some of Sanibel's premier purveyors.

"We'll have five stations set up on the homestead grounds. Each will feature a savory dish from one of Sanibel's finest kitchens - Catering by Leslie Adams, Cielo, Malia, Sanibel Catering Company, and Sweet Melissa's Café," said Linda Uhler. "The dishes will be paired at each station with specially selected complementary wines from our wine sponsor, Bailey's General Store. We'll end the evening with a sumptuous dessert buffet from Norman Love Confections in the homestead pavilion, and a live auction of very special experiences. There will also be valet parking sponsored by Doc Ford's Rum Bar & Grille."

Diamond sponsors are Lucy and Paul Roth, and Linda and Wayne Boyd.



From left, event founders Tom and Linda Uhler raise a glass with Robbie and Geoff Roepstorff of Bank of the Islands photo provided

Platinum sponsors are Kay and John Morse.

Gold sponsors are Brenda and David Bass, Susan and Cliff Beittel, Tory and Bill Burch, Billye and Ralph Curtis, Barb and Tom Dunham, Sherry and Doug Gentry, Anne Haslem and Ed Wheeler, Gwenda Hiatt-Clements, Janie Howland and Jack Thomas, Deborah La Gorce, McCallion & McCallion, Roberta and Philip Puschel, Joyce and Don Rice, Nancy and Chip Roach, Kris and Doug Ryckman, Donna

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Reservations can be made by calling Linda Uhler at 472-3817. Tickets are

\$125 per person. A sellout is expected, so tickets will not be available at the door.

The Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel.✪

American Legion Post 123

American Legion Post 123 is having a fish fry this Sunday, October 6, from noon to 8 p.m. The following Sunday, October 13, barbecued ribs and chicken are on the menu from noon to 8 p.m.



Every third Thursday of the month is Open Mic Night from 6 to 9 p.m.

The 9 Ball Pool Tournament begins at 5 p.m. on Monday nights.

On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.✪



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CROW Surpasses 4,000 Patients This Year

The Clinic for the Rehabilitation of Wildlife (CROW) admitted its 4,000th patient of the year after it was rescued from the beach by a CROW staff member participating in the International Coastal Cleanup.

Rachel Rainbolt, the education and development coordinator for CROW, along with other staff members, were participating in the International Coastal Cleanup at Bowman's Beach, coordinated by Keep Lee County Beautiful and Sanibel-Captiva Conservation Foundation (SCCF) on September 21, when she noticed the bird.

"There was a flock of terns and gulls that took off from the beach and this one was left behind," said Rainbolt about noticing the distressed bird. "As I approached, it struggled and stumbled on the beach, so I could immediately tell that something was not right with it."

The laughing gull, a common gull species found throughout coastal areas, was rushed to CROW's wildlife hospital where veterinarians took over. They noted the bird to be having trouble breathing and that it was emaciated and very weak, unable to stand. Bloodwork led them to suspect the bird had aspergillosis, a fungal infection that can



Dr. Megan Cabot, CROW veterinary intern, examines the laughing gull

photos by Breanna Frankel of CROW

commonly affect seabirds with weakened immune systems. Radiographs and an endoscope procedure were scheduled to confirm the suspected diagnosis, but sadly, the bird passed away in the supplemental oxygen chamber before they could be performed.

Although the gull did not survive, as the 4,000th patient, it marks a milestone



Laughing gull receiving supplemental oxygen shortly after being rescued from the beach

for patient admissions in 2019. So far this year, CROW has seen approximately a seven percent increase in patient totals compared with the same time frame in 2018, a year which saw unprecedented numbers of sea turtles and birds affected by red tide. Since 2014, patient admissions to the wildlife hospital have

increased by more than 40 percent.

"Our caseload continues to grow year after year," said Dr. Robin Bast, staff veterinarian at CROW. "At the current rate, we expect we'll exceed 5,000 patients well before the end of the year, a number we have never reached before."**

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.

For reservations, contact the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, October 4, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Friday, October 4, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

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.

Monday, October 7, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Monday, October 7, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without

relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Tuesday, October 8, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Tuesday, October 8, 11 a.m., (Adults: \$12, Ages 4-12: \$7, Age 3 and under: Free)

Species Profile: Sea Turtles (Daily Presentation)

There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility in between Sarasota, FL and Marathon, FL. From boat strikes to washback hatchlings, come listen as one of CROW's team members describes why they are admitted and how the medical staff treats this species.

One of CROW's Animal Ambassadors will be present.

Wednesday, October 9, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5

hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Wednesday, October 9, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Thursday, October 10, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

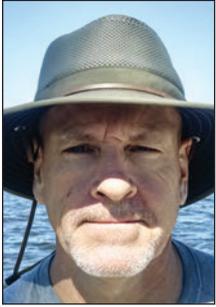
Thursday, October 10, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

CROW Case Of The Week:

Gopher Tortoise

by Bob Petcher



The gopher tortoise (*Gopherus polyphemus*) is a durable reptile with a long lifespan, though its species is listed as threatened in Florida. As its name suggests, it can dig like a

gopher and does so to create deep burrows with its powerful forelimbs so that more than 300 species of animals have a place of shelter.

Luckily, the gopher tortoise and its home are both protected under state law. Before any land can be cleared or developed around its burrow site, property owners or builders must obtain permits from the Florida Fish and Wildlife Conservation Commission (FWC) before capturing and relocating tortoises.

At CROW, an adult gopher tortoise was admitted from Cape Coral after being hit by a car. The tortoise suffered a large fracture to the front left side of its carapace – the upper part of its shell – and radiographs showed that it also suffered a fractured humerus of its left forelimb. The tortoise was given pain medication and the wounds were bandaged, including bandaging the fractured forelimb against its body to restrict movement.



Patient #19-3963 before zip ties were used to reduce the fracture on its carapace

photo by Brian Bohman

The bandaging was said to be the best practice at the time.

“It is important to ensure the patient is stable enough to undergo prolonged anesthesia required for a shell fracture repair. We stabilize them by assessing their bloodwork, giving fluid support and antibiotics, and doing wound management/bandaging to remove any dirt or contamination from the fracture site,” said Dr. Robin Bast, CROW staff veterinarian. “Tortoises usually tolerate bandaging well and, in this case, it is helping keep its broken arm stabilized, which helps decrease its pain in addition to the use of pain medications.”

Once the tortoise stabilized, veterinarians placed brackets on either side of the shell fracture so that zip ties could be used to reduce the fracture and hold it in place as it heals.

“Brackets are able to be placed immediately upon intake, or shortly thereafter. These can be placed with the patient awake and during initial stabilization,” said Dr. Bast. “The fracture reduction – the process of re-aligning the fracture pieces – happens under heavy sedation or anesthesia, when we tighten the zip ties.”

CROW officials said the patient’s injured leg will remain bandaged for

two weeks and then be reassessed for how it is healing. If it is not healing appropriately, surgical intervention may be warranted.

“A patient should undergo surgery as soon as it is systemically stable, which typically occurs within a few days of admission to the hospital,” said Dr. Bast. “The procedure for this tortoise also included freshening the edges of the fracture before re-aligning them so it has the best chance of healing.”

Friday, October 4 marks the two-week period of rehabilitation for the gopher tortoise. Its extended stay will rely on its adaptability and mobility as well as its progress through physical therapy in the upcoming weeks.

“This patient is adjusting to the challenge of mobility with its left arm bandaged into the shell. We have added a temporary support in the form of half a golf ball glued on the underside of the shell to provide extra support as it walks. It grazes well outside, and will have routine physical therapy on the arm as it heals,” added Dr. Bast. “The shell fracture will take at least four to six weeks to heal, so this patient still has a bit of time until a determination about release can be made.”

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

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Shell Of The Week

Northern Lion Paw



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

N*odipecten fragosus* (Conrad, 1849), is one of the iconic species included in the “most desirable” list of local collectors. In the same way as the famous Junonia, Lion Paws are not uncommon in deeper water offshore, but perfect shells are almost impossible to find in local beaches. The species common name alludes to certain resemblance to a lion’s “hand,” and the qualifier “Northern” distinguishes the North American species from its tropical western Atlantic counterpart, the Southern Lion Paw, *Nodipecten nodosus* (Linnaeus, 1758). The complete shell in the image was trawled by a fishing boat off Sanibel Island. Read more about local mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are



BMSM 92563
Nodipecten fragosus
Off Sanibel, Florida, USA



The Northern Lion Paw, *Nodipecten fragosus*

the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org or call 395-2233.

photo by James F. Kelly

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.

Shell Found



Denise Baysinger

photo by A. Ziehl

Denise Baysinger from Brazil, Indiana, found a junonia on the beach about five buildings west of Ocean’s Reach, where she was staying.

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From left, Roger Timms, Janet Strickland, Ed Riddlehoover and Pete Bender photo provided

Sanibel Attorney Returns As Silver Sponsor Of Race

The Law Office of Janet Strickland, PA has again signed on as a silver sponsor of the 10K Race 4 FISH. Strickland has been active in the Sanibel community since moving to the island. "Sanibel has some of the best

organizations, making it a terrific place to live and work," said Strickland, who serves on the board of BIG ARTS and is a member of "Ding" Darling Wildlife Society, Clinic for the Rehabilitation of Wildlife (CROW and Sanibel-Captiva Conservation Foundation (SCCF).

"We are delighted to have Janet return as a race sponsor," said Ed Riddlehoover, race committee co-chair. "She continues to be a vital part of our community and her dedication should not be overlooked."

The 10K Race, in its 11th year, is set for 7:30 a.m. Saturday, October 26 at The Community House, located at 2173 Periwinkle Way. This year's race will feature a kids run for those 10 years and younger at Sanibel Community Park. It is free of charge, but registration is required.

Race registration is open at www.ftmyerstrackclub.com or you can print an entry form at www.fishofsancap.org. Cost is \$40 for those who register before October 20, \$45 from October 21 to 25, and \$50 on race day.*

A Paddling Documentary Double Feature



by Kealy McNeal

On Thursday, October 10 at 6 p.m., the Ocean Tribe Paddling Club will host a documentary screening double feature. Join us for popcorn and a follow-up discussion at Sanibel Sea

School. The films to be shown are: *2600 above 60* (25 minutes)

Join four men on a 2600-mile canoe journey through blizzards, frozen lakes and mountains as they travel for 130 days from the Alaskan coast to the Hudson Bay. From the challenge of paddling up the Rocky Mountains to the stark beauty of the tundra, this film is an adventure through North America's last great wilderness.

Feel of Vision (26 minutes)
Lonnie Bedwell, a former Navy

petty officer turned extreme adventure athlete, became the first blind person to whitewater kayak the entire length of the Colorado River through the Grand Canyon in a solo kayak. Bedwell previously described his blindness as a wall that prevented him from moving forward and living a full life. "Kayaking acted as a door that opened to the whole world."

Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org, or follow on Facebook or Instagram to learn more.*

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

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Friday - Music Trivia -- 6:30 pm

Saturday - Football/Sports Trivia -- 6 pm

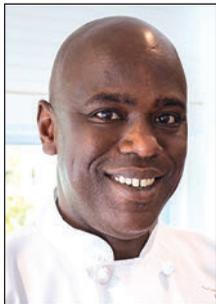


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The Community House

Surinam Cherry



by Resident Chef Jarred Harris

The Surinam cherry, also known as cayenne cherry, Brazilian cherry, pianga and the Florida cherry, is the fruit of an evergreen shrub native to Goa, India. This fruit is small and turns red when it is ripe. It resembles its cousin, the bing cherry, and is widely eaten by children. The cherry is sweet with an astringent aftertaste.

The cherry is grown in Brazil, Surinam and is found throughout the Caribbean, Florida, South America and Texas. The tree was introduced to the State of Florida in the late 1800s and was cultivated for medicinal purposes. Today the Surinam cherry tree is one of the most used hedge plants in the state.

The Surinam cherry contains high levels of vitamins C, B and A. The cherry also contains potassium, carotenoids, bioflavonoids, which help neutralize the effects of free radicals. Surinam

cherries contain high levels of powerful antioxidants and the cherry has been used for years in managing diabetes by slowing the release of sugar into the bloodstream.

I enjoy eating this fruit because it tastes good, however, "too much of a good thing can be bad for you." Eating Surinam cherries in excess can cause nausea, headache and an upset stomach.

This fruit starts to ferment very quickly after picking, therefore it must be eaten or processed within four hours of being harvested. The fruit does not freeze well, but works well in jams, jellies and chutneys.

Here is a simple recipe to try; Surinam Cherry and Almond Cake

Makes one 8-inch round cake

- Ingredients
- 1/2 cup butter (softened)
 - 1/2 cup sugar
 - 2 large eggs
 - 1 tsp. vanilla extract
 - 1/2 cup all-purpose flour
 - 1 tsp. baking powder
 - 1/2 cup almond flour

About 25 fresh pitted Surinam cherries (bing cherries are a good substitute)

Powder sugar for garnish

Method

Preheat oven to 325F

In a medium bowl, sift together the flour and baking powder. Add the almond flour and mix together.

In a mixing bowl, add the butter, sugar, eggs and vanilla, and mix until fluffy. Add the dry ingredients to the mix

and blend until a smooth batter is formed.

Spread the batter in a greased and floured cake pan and arrange the cherries on top of the batter.

Bake for 30-35 minutes. Let the cake cool completely and garnish with powdered sugar.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel.

For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

FISH Food Pantry Is Going Green

As of October 1, FISH of SanCap is longer be providing plastic grocery bags for its Food Pantry program. Thanks to the generosity of Bailey's General Store, FISH will be distributing 150 reusable grocery bags to clients to bring with them for their shopping needs.

"As an organization on a sanctuary island, we feel it's important to find ways, even when seemingly small, to do our part in combatting waste and cutting down on single-use plastics," said Alicia Tighe, executive director for FISH. "We're hoping by making a small step, it will also raise awareness and encourage clients to be mindful of the waste they're producing in their homes and live a little 'greener.'"

During 2018, Food Pantry visits

totaled 7,845 from 874 households, and resulted in 206,278 pounds of food distributed. FISH works through donations and with the assistance of a volunteer team to combat food insecurity on Sanibel and Captiva, as well as Lee County. For Food Pantry clients – anyone residing in Lee County – realizing they cannot provide one of the most basic survival needs can be a humbling experience. However, FISH recognizes that often if a client is in need of food, it is often symptomatic of larger issues in the household. As a wrap-around service provider, when individuals or families come to FISH for the first time to use the food pantry, they speak with a staff member to determine their specific needs and to learn about other FISH programs that can put them on a pathway to self-sustainability.

Depending a client's circumstance, they may visit the food pantry weekly (with a residential or work connection to Sanibel or Captiva) or once monthly (with no connection to the islands). The FISH Food Pantry is a choice pantry, open Monday through Friday from 10 a.m. to 3:45 p.m., and is one of its most vital services. The hours of operation allow participants greater access to the pantry by accommodating non-traditional schedules. If earlier morning or later afternoon times be required, clients may work with the staff to arrange for a specific shopping time.

To learn more about the FISH of SanCap Food Pantry program, contact Maria Espinoza at 472-4775.*



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 Grilled Swordfish
 2-3 (6-ounce) swordfish steaks
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 1 tablespoon fresh herbs (such as parsley or thyme)
 Sea salt and fresh ground pepper, to taste
 Mango Chutney
 2 mangoes, diced small
 1/2 cup bell peppers, diced fine
 2 tablespoons Key lime juice
 1 tablespoon Orange Blossom honey
 1 tablespoon olive oil
 1 tablespoon unsalted butter
 1/3 cup onion, diced fine
 1 tablespoon white vinegar
 1/4cup sweet chili sauce

1/4 teaspoon red pepper flakes (or more, to taste)
 1/2 teaspoon fresh ginger, grated
 1/2 teaspoon curry powder
 Sea salt and fresh ground pepper, to taste
 Prepare grill (gas or charcoal). Drizzle 1 tablespoon olive oil on swordfish and season with salt, pepper, fresh herbs, and all-purpose seasoning. Place fish on grill (or in grill pan) over direct heat and cook for 3-4 minutes (depending on thickness). Turn over and cook for additional 3 minutes or until cooked through. Remove from heat and set aside.
 On hot grill or stove top, preheat small pan over medium heat. Add 1 1/2 tablespoons olive oil and remaining chutney ingredients. Bring to boil, reduce heat to simmer and cook for 6-8 minutes. Remove from heat and set aside for 5 minutes. Spoon over swordfish and serve immediately.*



Grilled Swordfish with Mango Chutney
 photo courtesy Fresh From Florida

LIVE ON THE ISLANDS

Island Cow has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. Dan Confrey performs on Sunday.

The Jac Sanibel Island Bar & Grille has live entertainment on Friday with the Flying Hasselhoffs. Saturday is Biker Night with Gator Nate.

There will be a Caribbean Party with Tribal Love on Saturday, October 12.

Traders Coastal Cuisine has live entertainment Tuesday and Thursday with Danny Morgan and Friends. Chris Workman plays on Wednesday.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandssunnews.com or 395-2299.*

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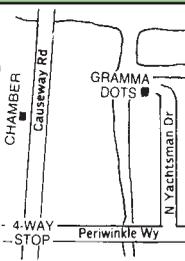
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From page 1
Film Series

daughter-in-law replied, "Your grandson is jealous. Grandad met Kylo Ren!"

I asked Green how he goes about selecting films for the ethics series, and is it a difficult job? He said, "Selecting films for the series is challenging. This is because my aim is to choose films that provoke ethical debate and discussion, films in which what is right and wrong is not clear. This reflects my background as a teacher of ethics, since I always tried to get students to state and defend their own point of view on the question at issue. I note that almost all films exhibit ethics. Think of the *Star Wars* series with their clear battles between good and evil. But only a relative few films force us to ask, 'Did the leading characters do the right thing?' Those are the films I try to find for this series."

Green enjoys the discussion with movie fans. "Films must not only raise questions but be interesting in their own right. Once the film is screened, it's important to have an open discussion that respects everyone's viewpoints, even when those viewpoints are quite different. I love returning to my professorial role in moderating those discussions."



image provided

The first film, on October 16, is *Sicario*. Green said, "I'm a bit anxious about this film for several reasons. For one thing, unlike all the others this year, this film has some violent scenes. For another, though set in 2011, it can

mistakenly be taken as an account of the border today, and I don't want to get into that controversy. I chose it, though, because it raises one of the sharpest of ethical questions: Does fighting evil permit one to do evil things? Specifically, does violent criminality or terrorism ever justify a descent into lawless anti-terror behavior?"

I asked what he wants his audience to learn from the series and he said, "I used to tell my undergraduate students that ethical discussion is one of the most basic features of humanity. I would say, 'Even when we dwelled in caves, there was vigorous discussion of how to fairly divide up the day's catch.' I hope the audience will enjoy participating in ethical debate about really important issues, as these are brought to us by outstanding films."

The remaining films in the series and some of the questions for discussion are: *The Children Act* on October 23. Did a judge's ruling contribute to the film's sad conclusion?

I've Loved You So Long on October 30. Was a woman justly incarcerated for 15 years and were others right in condemning her?

In The Fade on November 6. Did a German wife do the right thing at the film's end?

Tickets are \$7 and available at the BIG ARTS box office, located at 2244 Periwinkle Way, Suite 8. You can also purchase online at www.bigarts.org, or on the day of the film at Island Cinema, located at 535 Tarpon Bay Road in Bailey's Center. Following this series is the Critically Acclaimed Documentary Series beginning November 13, also at Island Cinema. The popular Monday Night Film Series begins November 4. Watch for more information on all the upcoming film series in future issues of the *Island Sun*.✳

Top 10 Books On The Island

1. *Great Alone* by Kristin Hannah
 2. *My Husband's Wife* by Jane Corry
 3. *Secrets We Kept* by Lara Prescott
 4. *Ask Again, Yes* by Mary Beth Keane
 5. *City Girls* by Elizabeth Gilbert
 6. *Guest Book* by Sarah Blake
 7. *Summer Wives* by Beatriz Williams
 8. *Dutch House* by Ann Patchett
 9. *Russian* by Ben Coes
 10. *Next Year in Havana* by Chanel Cleton
- Courtesy MacIntosh Books and Paper.✳

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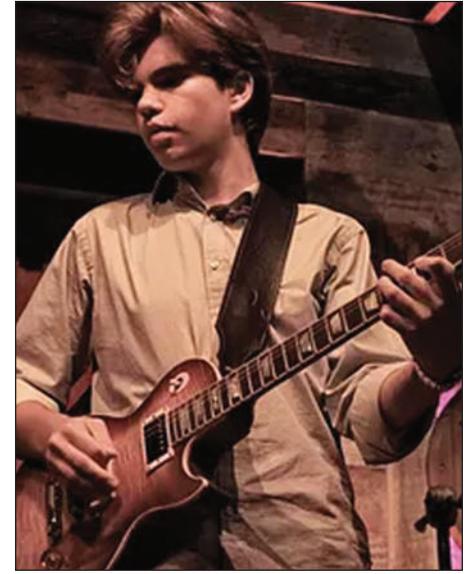
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Matt Schofield photos provided

Sean Chambers

Marty Stokes Band

Johnny Jensen

Tickets Available For Sanibel Blues And Jazz Festival

The Sanibel Blues and Jazz Festival, hosted by the Sanibel-Captiva Optimist Club, returns to Bailey's backyard on Sunday, November 3 from noon to 7 p.m. The 4th annual fundraiser, featuring award-winning musicians, benefits the Optimist Club's charitable endeavors including six college scholarships and Sanibel Recreation Center summer programs for youth.

This year's lineup includes:

Johnny Jensen – 1 p.m.

This local Captiva talent began drumming at the age of 4. He discovered the guitar several years ago and counts Stevie Ray Vaughn and Eric Clapton

among his musical influences. He practices his craft locally at his family's Captiva resort and at Fort Myers Music Walk, held monthly in the city's historic River Ristrict. In 2017, Jensen was the opening act for this festival and later played with headliners Elvin Bishop and Matt Schofield, both Hall of Famers.

Marty Stokes Band – 2 p.m.

Returning to the festival, and performing in clubs and festivals around Florida, this band won the IBC (International Blues Competition) trip to Memphis held in 2017, and is also a four-time winner of the People's Choice Award, sponsored by the Southwest Florida Blues Society, with standing room only audiences. Stokes has produced four CDs of original blues, and the latest, *Down On My Knees*, has received strong international blues reviews.

Sean Chambers – 3:30 p.m.

Chambers is an American blues rock singer, guitarist and songwriter. He has released seven albums since 1998, with the most recent, *Trouble & Whiskey* (2017) and *Welcome to My Blues* (2018), appearing in the U.S. Billboard Blues Albums Chart. His main guitar playing influences are Jimi Hendrix and Stevie Ray Vaughan. UK's *Guitarist* magazine cited Chambers as "one of the top 50 blues guitarists of the last century."

Headliner: Matt Schofield – 5 p.m.

This widely acclaimed British guitar virtuoso and British Blues Hall of Famer is regarded as one of the most innovative guitarists to have emerged in generations. Newspapers have described him as the best blues guitarist from any country in decades and rated him in the top 10 British blues guitarists of all time, ranked with Eric Clapton and Peter Green.

There will be a closing band jam

following Shofield's performance. Ticket donations are reduced this year to \$20 for general admission and \$100 for VIP admission. Tickets are available at www.eventbrite.com Sanibel Blues & Jazz Festival or at Bailey's General Store, Sanibel Captiva Community Bank, George and Wendy's Seafood Grille, and at the festival entrance.

VIP tickets include reserved reserved parking and seating, a festival T-shirt, opportunity to meet the bands, raw bar, Champagne bar, food and beverages.

General admission attendees should bring their own seats. Food and a range of beverages, including beer and wine, will be available for purchase. No food or beverages may be brought in.

More information is available on Facebook at www.facebook.com/SanibelBluesandJazzFestival and online at www.sancapoptimist.org.*

Sanibel Library District Approves Millage, Budget

The board of commissioners of the Sanibel Public Library District approved the annual budget for fiscal year 2019-20 at a special meeting held on September 19. Board members approved the budget of \$2,411,189 and a millage rate of 0.435.

"The budget is composed mainly of tax revenues (holding the millage rate the same as last year) and grants. These funds will be used for staffing, our collections, programs (adults and children), technology and sprucing up the exterior of our 'reimagined' building, among other things," said Dan Moeder, library board of commissioners treasurer. "As part of our fiduciary responsibility, a portion of the budgets will go toward replenishing our reserves, so that in 20 years or so, there will be funds for the next refurbishment."

Part of the funds, \$172,000, will be designated for print and digital collections; a seven percent increase over the 2018-19 budget.

"Downloading eBooks and streaming music and films are very popular among library users nationally and locally, but print remains at the top; in fact, use of print books is growing among all ages and



Outside the main entrance of the Sanibel Public Library

photo provided

particularly 'tweens and young adults," said Margaret Mohundro, library director.

"The library's collection focuses on new and bestselling fiction and nonfiction as well as subjects of particular interest to islanders including history; travel; lifestyle including cooking, decorating, and gardening; health; biographies; and current events," said Candy Heise, library adult services coordinator.

Due to the recently-completed Your Library Reimagined \$5.9 million

infrastructure upgrade and renovation, the library expects to see some decreases in utilities costs, particularly telecommunications as the building recently converted to VoIP (Voice over Internet Protocol), enabling use of the Internet as the transmission medium for telephone; and electrical savings due to installation of efficient LED lighting.

The Sanibel Public Library District is an independent special district serving Sanibel. The library ranks at or near the top among

all Florida public libraries for checkouts, visits, program attendance, Internet use and other services.

For more information, call 472-2483 or visit www.sanlib.org.*

CROW Receives Environmental Funding Award

Lee County Electric Cooperative (LCEC) is providing the Clinic for the Rehabilitation of Wildlife (CROW) with a \$2,600 environmental funding award to support the 2020 Conservation Speaker Series. Speakers will educate participants with information on how to protect and benefit the world around them to create positive change. Sessions will be held weekly, January through April, at CROW.

To apply for an environmental funding award from LCEC, organizations can email pr@lcec.net to receive an application. The deadlines for 2020 award applications are March 15 and September 1, 2020. Interested organizations must meet certain criteria to be considered for the award including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds.*

Community Chorus Welcomes New Members

BIG ARTS Community Chorus is a non-auditioned choral class open to singers of all ages and abilities. The only requirement is a love of singing and a commitment to attending weekly rehearsals. Chorus meets weekly on Tuesday evenings from 6 to 8 p.m. Pre-concert rehearsals may be on a different day.

The goals of the chorus are to: provide opportunities for performance, musical growth and creative self-expression; to develop an appreciation of many musical styles; and to provide the study of choral techniques, thereby improving self-confidence in vocal production.

Director Ellen Whitten graduated with a bachelor of fine arts degree from Ohio University and a master of music degree from Georgia State University. She taught for over 30 years as a middle school choral director. She is currently the associate music director for Jasper United Methodist Church in Jasper, Georgia, and plays piano for Cypress Lake United Methodist Church in Fort Myers. Whitten accompanied BIG ARTS Community Chorus for seven years. This is her third year as director.

The fall schedule runs from October 15 to December 9. Cost to join is \$85 for BIG ARTS members and \$104 for non-members.

There will be a dress rehearsal on



BIG ARTS Community Chorus

Monday, December 9 from 5 to 8 p.m. for the holiday concert, to be held on Tuesday, December 10 at 7 p.m. at Sanibel Community Church.

The spring schedule runs from January 7 to March 31. Cost to join is \$125 for BIG ARTS members and \$154 for non-members.

Performances include:

Sunday, November 24 – Community Thanksgiving Celebration at The Community House.

Friday, December 6 – Center for Life

Luncheon and Sanibel Recreation Center at 11:30 a.m. and Luminary caroling at Bailey's Shopping Center at 6 p.m.

Monday, January 27 – Annual Choral Workshop at Sanibel Community Church: from 10 a.m. to 3 p.m.

Wednesday, February 19 – FISH Luncheon at The Community House.

Thursday, March 19 – Center 4 Life Dinner at Sanibel Recreation Center.

Wednesday and Thursday, April 1 and 2 – Spring Concerts in BIG ARTS Performance Hall at 7 p.m. Dress

rehearsal is Tuesday, March 31 from 5 to 8 p.m.

Tuesday, April 7 – Student recital in BIG ARTS Performance Hall from 10 a.m. to noon.

Cost to attend performances is \$12 for adults, no charge for students and children.

The chorus will meet at the Strauss Theater through January 21. Beginning January 28, the chorus will meet in the BIG ARTS Performance Hall, located at 900 Dunlop Road.*

photo provided

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Jean Le Boud, News-Press

Book Review

Lady In The Lake

by Di Saggau



Lady In The Lake is inspired by the unsolved death of Shirley Parker, a barmaid and secretary whose body was found in Baltimore's Druid Hill Park in June of 1969.

The story centers on two narrators: Cleo Sherwood, a fictionalized version of Parker, and Madeline "Maddie" Schwartz, a fictional Jewish housewife in her late 30s who decides to leave her boring suburban life and find her own path to live a passionate, meaningful life.

Maddie helps Baltimore police find a murdered girl and ends up getting a job at a newspaper *The Star*. She starts out answering readers' questions in a public help column. When she follows up on a letter to get the lights at the Druid Hill Park Fountain turned back on, Cleo's body, much like Parker's in 1969, is discovered inside the fountain. No one else is interested in the suspicious death of a young black woman, but Cleo becomes Maddie's personal beacon. She works after-hours to talk to those who knew Cleo. She sets out to find the truth about Cleo's life and death. Along the way, she steps on some toes,

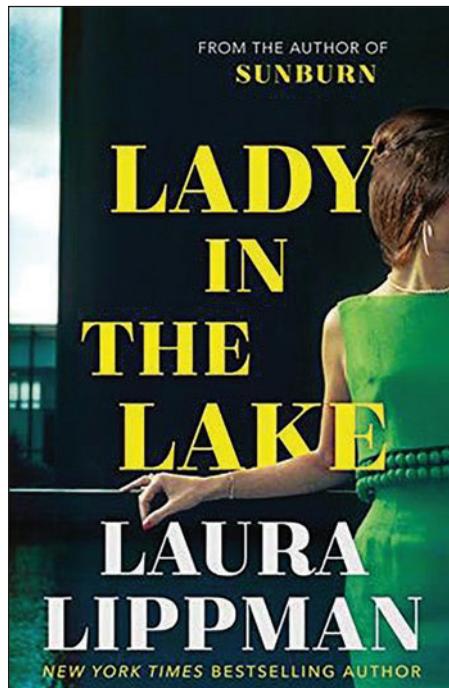


image provided

endangering not only her own life but also that of others.

Maddie's investigation brings her into contact with people who used to be on the outer edges of her life, a jewelry store clerk, a waitress, a rising star on the Baltimore Orioles, a patrol cop, a hardened female reporter and a lonely man in a movie theater. Maddie fails to see the people right in front of her and her inability to look beyond her own needs could lead to tragedy for many.

Maddie is given more space than

Cleo, but Cleo's desires are clear and relatable, even if she is narrating from behind the grave. At one point, Cleo wants to ask Maddie, "Are you really missing if nobody misses you." It also bothers her that Maddie didn't care about her life, only her death. She says, "They're not the same things, you know."

Parker's 1959 death remains unsolved, but Lippman builds a

slow-burning, precise case for Cleo's murderer. Many of the characters are based on real people which adds greatly to the novel. *Lady In The Lake* combines modern psychological insights with elements of classic noir, about a housewife-turned-aspiring-reporter who pursues the murder of a forgotten young woman.*

School Smart

by Shelley M. Greggs, NCSP



Dear Readers,

How many times have you asked your middle or high school child, "How was school today?" and been frustrated by the monosyllabic

response of 'fine.' As kids get older and when communication is somewhat less than that in elementary school, it's even more important to keep lines of communication open, especially since so many changes take place turning the tween and teenage years.

Here are a list of questions that you might want to use to draw out important information. Make sure that you start slowly and not ask all of these questions on the same day, just start with one or two. After a while, you'll figure out which ones elicit the most meaningful responses. Make sure to ask during a time when you have the ability to focus so that your child feels they have your full attention.

With slight wording modifications, these questions can work with children of all ages:

1. Tell me about a moment today when you felt excited about what you were learning.
2. Tell me about a moment in class when you felt confused.
3. Think about what you learned and did in school today. What's something you'd like to know more about? What's a question you have that came from your learning today?
4. Were there any moments today when you felt worried? When you felt scared?
5. Were there any times today when you felt disrespected by anyone? Tell me about those moments.
6. Were there times today when you felt that one of your classmates demonstrated care for you?
7. Were there any moments today when you felt proud of yourself?
8. Tell me about a conversation you had with a classmate or friend that you enjoyed.
9. What was challenging about your day?
10. What do you appreciate about your day?
11. What did you learn about yourself today?
12. Is there anything that you'd like to talk about that I might be able to

help you figure out?

13. Is there anything you're worried about?

14. What are you looking forward to tomorrow?

15. Is there a question you wish I'd ask you about your day?

The following can help your conversations be positive and powerful:

Don't interrupt. This is a good rule for any conversation, but especially if you want to get a lot of information out of a kid.

Ask for more. Simply say, "I'd love to hear more about that..."

Ask about feelings. After a child describes an experience, ask, "How did you feel in that moment? What did you notice about your feelings?"

Validate feelings. Whatever your kid feels is normal and okay. Let them know that. Feelings are okay. Tell them this.

Tell them it's not okay for teachers or kids to be unkind or mean. If they tell you a story about a teacher who yelled or disrespected them (regardless of what they said or did) let them know that it's not okay for an adult to treat them that way. Same goes for how they are treated by other children.

Thank them for sharing with you. Always appreciate their honesty and willingness to share the highlights and bright spots, as well as the difficult moments. This will fuel their confidence in telling you more.

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

From page 1

World Animal Day

campaign to bring awareness to the plight of these surprisingly charming creatures.

World Animal Day strives to improve the status of animals and welfare standards around the planet.

"This will be our inaugural World Animal Day, and we invite everyone who cares about wildlife to attend to learn more about our beautiful creatures," said the "Ding" Darling Conservation Educator Sara Hallas.

For more information about this and other programs at the refuge, visit www.dingdarlingsociety.org/articles/events or call 472-1100 ext. 236.*

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Shakespeare Lives by Deborah Butler
images provided



Untitled by Bea Pappas
taught humanities and art history at Edison Community College (now known as Florida SouthWestern State College) for 34 years and served on the Rauschenberg Gallery board.

As an artist, Butler works in mixed media, collage, additive sculpture and, currently, in oil mixed with cold wax. She said, "Art brings the greatest joy to my life, whether I am teaching it, making it, or even just looking at it. I am influenced by my travel, mostly in Europe (my other joy), my experiences, and nature." Her work has been exhibited in Michigan and numerous Florida locations. She now serves as chair of the BIG ARTS Visual Arts Committee.

Pappas studied art at the Museum of Fine Arts in Boston as well as with



You can't have too many polkadots by Bea Pappas

numerous teachers in workshops. She works in mixed media and has won many awards for her paintings. Painting since 1964, teaching since 1980, Pappas said, "I am thrilled to hang my art at the Sanibel Community House." Pappas previously served as chair of the Visual Arts Committee at BIG ARTS and she is a huge Red Sox fan.

Both artists are members of the Sanibel-Captiva Art League. For more information, visit www.sanibelcommunityhouse.net or www.sancapart.com.

The Community House is located at 2173 Periwinkle Way on Sanibel. ✨



Cliffhanger by Deborah Butler



Seismic Notion by Deborah Butler

Abstracts By Local Artists On Exhibit This Month

Sanibel artists Deborah Butler and Bea Pappas are exhibiting artwork for the month of October at The Community House. The work of each artist is dynamic and can be characterized generally as abstract. The public is invited to view their display Monday through Friday from 9 a.m. to 3 p.m.

Butler was born in Tampa and received a bachelor of arts degree from Florida State University. She earned a master of arts degree from FSU in art history and humanities. Butler

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Pendant Evokes Island Tradition



Sunrise pendant photo provided

and residents who greet the day are the most likely to discover the rare junonia and tulip shells most prized by collectors. In fact, Sanibel is considered the best shelling destination in North America.

“The Sanibel Sunrise pendant is a tribute to the shell lovers who flock to our islands from all over the world and rise at dawn to discover the tiny treasures that nature washed up on our shores each morning,” said Dan Schuyler, co-owner of Lily & Co. Jewelers with Karen Bell. “The pendant is unique just like each precious shell.”

The Sanibel Sunrise pendant is an original creation studded with 67 sapphires set in 14-karat rose gold. The shell design and brilliance evokes Sanibel’s gifts to beach lovers at dawn and the rays of the early morning sun.

“When I envisioned the Sanibel Sunrise pendant, I wanted it to remind visitors of the spectacular sunrises and the delight they experienced discovering the world’s most magical shells,” added Schuyler. “Wearing this pendant will bring fond memories of toes in the sand, warm sunshine and miles of shell-covered beaches at the break of day.”

Lily & Co. Jewelers is located at 520 Tarpon Bay Road. For more information, visit www.LilyJewelers.com or call 472-2888.*

Lily & Co. Jewelers unveiled the Sanibel Sunrise pendant to evoke the timeless ritual of island shelling at dawn.

Searching for shells at sunrise is a tradition on Sanibel as visitors



Storytime at the Sanibel Public Library

photo provided

Youth Programs And Book Sale At Sanibel Library

Weekly children’s programs with Youth Service Librarian Deanna Evans continue this fall at the Sanibel Public Library. The full schedule is available online at www.sanlib.org.

Family Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. (no storytime on October 9 or 10). Family Storytime helps develop pre-reading skills through songs and stories.

The After-School Crew, for kindergarten through fifth graders, will meet at 3 p.m. on most Thursdays, October 17, 24 and 31. There will be puzzles, games, crafts and snacks.

Families are invited to play in the library’s Think Tank from 10 a.m. to

4 p.m. every Friday in October. The MagixBox projects interactive images from the ceiling to the floor. Stay as long as you choose at this self-directed program.

Teen Scene: Spheros & Snacks, for ages 12 to 18, will be held from 6 to 7 p.m. on Monday, October 21. Socialize, play with the library’s Spheros mini robots, and have a snack. Call Deanna Evans at 472-2483 to RSVP by October 14.

Saturday Crafterday will be held at 11 a.m. on Saturday, October 26. Seasonal craft-making for third to eighth graders. There is no registration required.

The popular Fill-A-Bag for A Dollar book sale starts on Friday, October 25. The sale will continue until the inventory is depleted.

The public is invited to attend these library programs. There is no registration required for Family Storytime, and no additional cost to participate. For more information, call 472-2483.*

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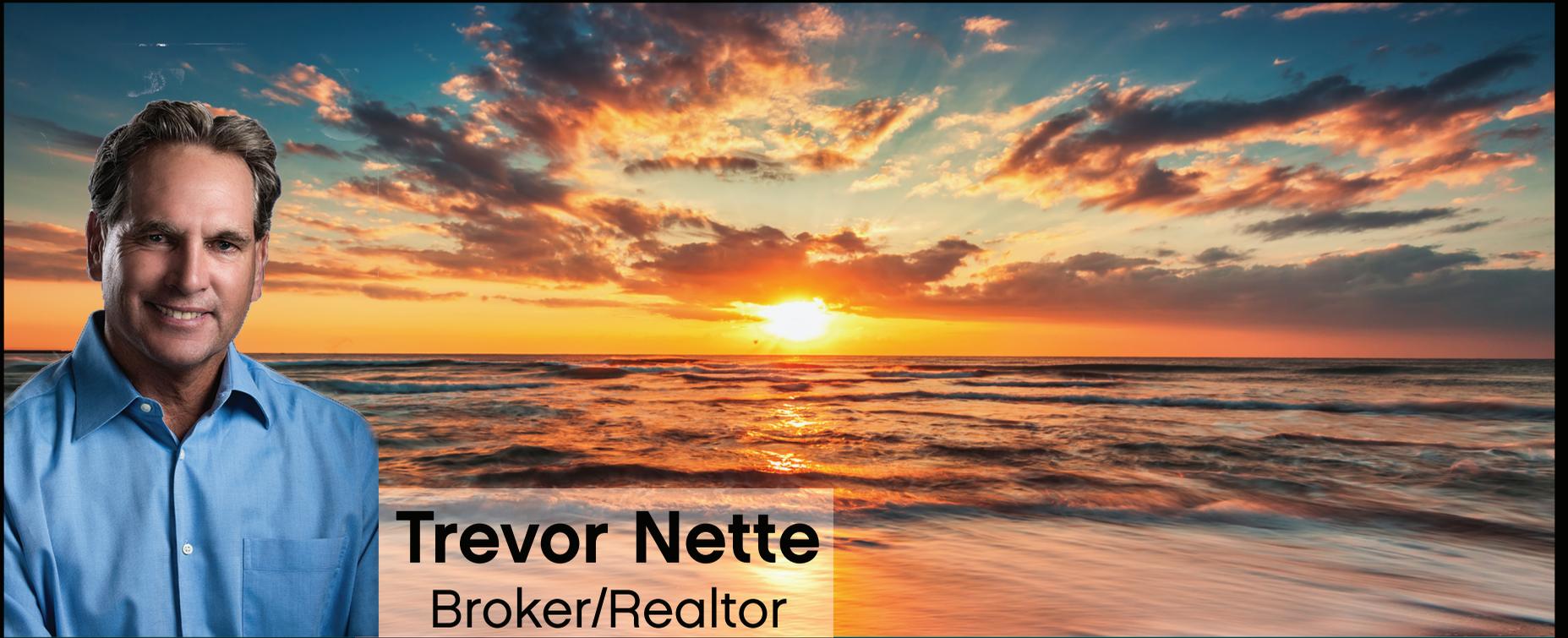
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From left, Firefighter/Paramedic Mike Martin, Chief Matt Scott and FM Global Field Representative Chuck Verbosky photo provided

District To Bolster Fire Prevention Efforts With Grant

The Sanibel Fire and Rescue District has received a \$3,090 fire prevention grant from FM Global, one of the world's largest commercial property insurers.

FM Global representatives presented the award to Fire Chief Matt Scott and Firefighter/Paramedic Mike Martin at the Sanibel Fire and Rescue District headquarters on Palm Ridge Road. The award will be used to assist with prefire planning to efficiently collect and track data related to local community buildings. The information will help the fire service respond in an emergency situation.

Because fire continues to be the leading cause of property damage worldwide, during the past 40 years, FM Global has contributed millions of dollars in fire prevention grants to fire service organizations around the globe. Locally, the company has awarded grants to a number of Florida-based organizations.

"At FM Global, we strongly believe the majority of property damage is preventable, not inevitable," said Michael Spaziani, assistant vice president and manager of the fire prevention grant program. "Far too often, inadequate budgets prevent those organizations working to prevent fire from being as proactive as they would

like to be. With additional financial support, grant recipients are actively helping to improve property risk in the communities they serve."

Through its Fire Prevention Grant Program, FM Global awards grants to fire departments – as well as national, state, regional, local and community organizations worldwide – that best demonstrate a need for funding, where dollars can have the most demonstrable impact on preventing fire, or mitigating the damage it can quickly cause.

To learn more about FM Global's Fire Prevention Grant Program and other resources for the fire service, visit www.fmglobal.com/fireservice.

Local Broker Chosen To Speak As Industry Expert

Eric Pfeifer, broker/owner of Pfeifer Realty Group



Eric Pfeifer

recently attended the 2020 Agent Experience as a real estate industry expert panelist. The conference included an agenda designed to help realtors and agents prepare their mindset and their business goals for the next year and new decade. Expert panelists and speakers were gathered from across the country to motivate and educate fellow real estate professionals on a variety of topics.

"It was humbling to be asked to field questions as a 'local expert' alongside other very accomplished experts," said Pfeifer. "We sometimes forget how much we can learn from one another and take our own knowledge base and experiences for granted. It is extremely rewarding to be asked to give back to

fellow realtors."

Topics included the power of mindset, business planning for 2020, building strong relationships, and getting involved and giving back. Joining Pfeifer on the panel were David Cribbs with Florida Luxury Realty, Jane Bond with Compass Realty, George Oberdoster with MVP Realty, and Veronica Figueroa with eXp Realty.

From page 1

Holiday Showcase

– one using traditional design methods and another with a modern approach to florals. Participants will create their own centerpieces from fresh flowers that they can take home. Workshops will be held on Friday, October 11 at 5 p.m. (Traditional) and Saturday, October 12 at 1 p.m. (Modern). Tickets include materials and admission to Christmas in October: Holiday Party Showcase and Gift Market on Saturday night.

Workshop tickets are \$115 per class and can be purchased online at www.markfrankdesign.eventbrite.com. Space is limited and workshops sell out quickly. For more information, call Floral Artistry at 472-3040.

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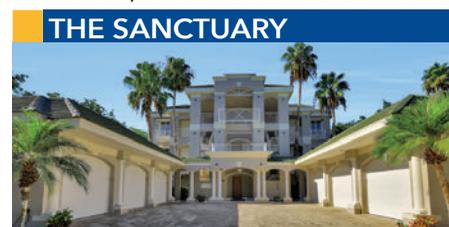
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Award-Winning Authors Coming To Sanibel Library

The Sanibel Public Library unveiled its 2019-20 Author Series lineup. For more than a decade, partnering with the Sanibel Public Library Foundation, the library has connected local readers to award-winning authors by bringing in high caliber writers for an intimate evening, followed by a Champagne reception. Past guests include Joyce Carol Oates, Sue Monk Kidd, Jodi Picoult, Lee Child, Dennis Lehane, Amor Towles, Erik Larson and Margaret Atwood.

Jane Green kicks off this season's Author Series on Tuesday, January 14. Green is the author of 20 novels, including 17 *New York Times* bestsellers. She has more than 10 million books in print, is published in over 25 languages, and has several books in development for film. Three of her books were made into Lifetime TV movies airing in 2019: *Tempting Fate*, *To Have and to Hold*, and *Family Pictures*. Green has had her own show on BBC Radio London, and is a current storyteller for The Moth Radio Hour. She is a regular contributor on TV shows, including *Good Morning America*, *The Martha Stewart Show* and *The Today Show*. Green has been featured in *People*, *Newsweek*, *USA Today*, *Glamour*, *The Sunday Times*, and *Cosmopolitan*.

Ticket requests will be accepted online at www.sanlib.org for 24 hours, starting at 9 a.m. on Saturday, December 14.

The next speaker in the series is Tasha Alexander on Tuesday, February 18. Alexander is the author of the *New York Times* bestselling Lady Emily mystery series (*Tears of Pearl*, *Dangerous to Know* and *A Crimson Warning*). In her 2019 *Uneasy Lies the Crown*, Lady Emily and her husband Colin must stop a serial killer whose sights may be set on King Edward VII. Alexander's *In the Shadow of Vesuvius* is due out in January 2020. In this 14th installment in the Victorian series, Lady Emily uncovers a mystery in



Jane Green photos provided the ancient city of Pompeii.

Ticket requests will be accepted online at www.sanlib.org for 24 hours, starting at 9 a.m. on Saturday, January 18.

David Baldacci will be the guest on Tuesday, March 10. Baldacci published his first novel, *Absolute Power*, in 1996. The feature film adaptation followed, with Clint Eastwood as its director and star. In total, Baldacci has published 38 novels for adults; all have been national and international bestsellers, and several have been adapted for film and television. His novels are published in over 45 languages and in more than 80 countries, with over 130 million worldwide sales. Baldacci has also published seven novels for younger readers. His next thriller, *Minute to Midnight*, is due to hit bookshelves at the end of November.

Ticket requests will begin at 9 a.m. online at www.sanlib.org for 24 hours, starting at 9 a.m. on Monday, February 10.

Major funding for the Author Series is provided by the Sanibel Public Library Foundation, Inc. and its donors. For more information about the foundation or to make a donation, call 472-2483 or visit online at www.sanlib.org.

The Sanibel Public Library will continue



Tasha Alexander

to utilize a "lottery system" ticketing procedure to meet high demand and to ensure as many as possible have the opportunity to attend an Author Series event. Requests for tickets may be made at the library's website beginning on the dates listed (one month prior to each Author Evening). Names of those requesting tickets will be selected at random, and then be notified by email. Requests made before or after that time will not be honored. Tickets are distributed at no charge to Sanibel Public Library cardholders; one



David Baldacci photo by Guy Bell

card per person; two tickets per card. Tickets must be requested online at www.sanlib.org. If you are unable to access the online form or if you would like assistance using the online form, the library will have personnel and a computer set aside for your use.

Patrons need to have a current library card before requesting tickets. Library cards are available to Sanibel and Lee County residents at no charge. Visitor cards may be obtained for a \$10 annual fee.✪

Superior Interiors

Window Treatment Trends



by Jeanie Tinch

Window treatments are a versatile home accessory that provide privacy, let the sun in on nice days and block the cold on chillier ones. They're also perfect for dressing

up a wall and completing a living space that seems to be missing something in the decorative department. When it comes to what's trending, there are plenty of options to choose from.

Window treatments have really taken on a whole different role in the marketplace. From maximalism and sustainability to florals, velvets and more layering, there are so many different trends to consider.

Let's take a closer look at some of the upcoming styles to keep in mind if you're looking to update or add new window treatments to your home in the near future.

Consider layering treatments. If your current set-up consists of a set of blinds, step things up a notch by layering treatments. This adds depth to the living space and can completely transform a room. We are also seeing more traversing draperies coming back with all the fabulous window treatment hardware and layering of window treatments. Our clients are really enjoying the added custom details of trims and banding.

We also see value in layering treatments. Layering is a method that offers privacy and style simultaneously. Consider wood or faux wood blinds for the first layer for sun control and privacy, and drapery panels to soften and frame the window.

The clean, simple lines of Roman shades are always trending, and they work virtually for any style room. They're a classic option for a traditional style living room, and they have the clean lines that can work well in a modern set up. In lieu of blinds, roman shades can provide the privacy, style and shield from light needed without layering.

The industry is also seeing a spike in the interest of motorization. Motorized options are perfect if you're looking for a less traditional option that will take your living space to the next level, especially for hard-to-reach windows. Many of our clients do not live in their home year-round. A smart motorized window treatment allows them to control things remotely regardless of where they may be at the time.

If drapery and fabric treatments are out of the question, invest in a set of wider-slat blinds instead. We often recommended choosing a set with slats of at least 2.5 inches, as it looks sleeker, maximizes the view and eases the cleaning process. This is the perfect option in modern design but can work well in virtually any style home.

Does your current arrangement of window treatments around the house seem dull, or are your windows completely bare and in need of attention? A design professional can offer advice and will talk you through some of these trends and other unique ideas that can complete your home and make it more comfortable.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coincdecn.com.✪

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Rotary Happenings

submitted by Shirley Jewell

I took a little time off at the end of September and, unfortunately, had to miss a visit by our Rotary District #6960 Gov. Richard Kirschner and his spouse, Nancy. Both Rich and Nancy are members of the Rotary Club of Naples. It is not that unusual for couples to join Rotary together or, even in some circumstances, to make a connection with someone in the club. Sanibel-Captiva Rotary has our own Rotary couple, John and Joleen Raho. They are both active members in the club and enjoy working on projects together.



Gov. Richard Kirschner and Sanibel-Captiva Rotary President Eldon Bohrofen

photo provided

participation in district activities from service projects to social activities. Gov. Kirschner presented our club with the Sanibel-Captiva Gold Citation Award, recognizing our club as one of seven clubs in our district for achievements last year under the leadership of immediate past president, John Danner.

In my absence, Rotarian Joleen Raho graciously took notes on the governor's visit, so that I could pass along the information to you.

The first topic on Kirschner's agenda started with recognition of two \$5,000 contributions from our club for relief from Hurricane Dorian for Rotary District Districts #6960 (which includes Abaco) and #7029 (which includes Grand Bahamas).

Kirschner shared that Rotary members do not normally function as first responders but, in many ways, they have been first on scene in the Bahamas because they have Rotary clubs in these island communities. Immediate past president of Rotary International, Barry Rassin's home Rotary club is Bahama East. Rotarians from all over the world were writing checks for \$10K, \$20K, \$100K, even as high as \$200K because that's how Rotarians react when there is a need. Rotary Connects the World.

Kirschner estimated the total from District #6960, so far, is somewhere around \$100K but money is still coming in. As the money comes in, it is immediately sent out to areas of need in the Bahamas. Bahamian Rotarians are making decisions on areas of need.

Kirschner said that Shelter Box and Disaster Aid of USA, both affiliated with Rotary, were on the ground in the Bahamas to make assessments. He spoke about school-age children that were sent off island. Some made it here to Charlotte and Collier counties and are going to school here. They may be here as long as two years. Kirschner proposed that we may do something to support them in the future.

Rotarians have reached in their pockets in a big way to support the restoration of the Bahamas. But the restoration effort will take many more dollars and many years. Clubs might take on specific projects such as clean water treatment centers and the building of schools.

This week, after our regular Rotary meeting on Friday Morning, Sanibel-Captiva Rotarians will be participating

in Dictionary Day, delivering Rotary dictionary/almanacs to third graders at both The Sanibel School and Fort Myers Beach Elementary. Believe it or not, the kids really love these books and third grade usually includes writing assignments where they still get to use their dictionaries.

If you have any interest in finding out more about the Sanibel-Captiva Rotary Club, stop by for breakfast some Friday morning. We have a great time while maintaining the meaningful work we do as a service club here in our community, nationally and internationally.

*The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.**

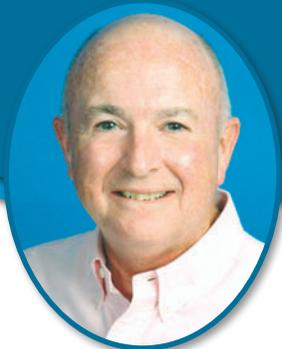
Realtor Joins Firm

Liz Podolsky has joined the team at McCallion & McCallion Realty.



Liz Podolsky

As part of her involvement in the community, Podolsky will be vying for tips as a celebrity server for the Bailey-Matthews National Shell Museum annual Celebrity Dinner, scheduled for Monday, October 7 at 5:30 p.m. at Traders Coastal Cuisine. All proceeds will benefit the national shell museum.*



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836 Donax Street



This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

\$575,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

\$1,329,000

Seashells of Sanibel #36



2-BD/2-BA second floor unit! Great rental income with 3-day minimum rentals! Conveniently located and just a short walk from the beach, this complex is an ideal West Gulf Drive location.

\$380,000

678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

\$699,900

Sandalfont #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

\$674,000

4014 West Gulf Drive



Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!

\$3,699,000

Will Power

Sharing Your Wisdom



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

Have you ever noticed how the older you get, the less intelligent those around you seem to be? You look at some of their actions or statements and just shake your head. But when you open your mouth to offer advice, what happens? Usually you're ignored at best or at worst, you're shut down.

There's actually something to this phenomenon.

As we age, we accumulate valuable lessons. Life experience. Some call it "The School of Hard Knocks," which is more difficult and valuable than anything taught at the university. Looking back, I'd venture to say that the most valuable lessons occurred, at least for me, when I failed.

I tried something and it didn't work.

At the time, I may have been upset with myself or sometimes I became angry with others, or at the circumstances. Reflecting on those occasions, my anger was directed elsewhere, and I realize that I was often the true culprit. Despite the blame game, I still picked up golden nuggets that would become useful at some point in the future.

I'm sure this resonates with you too, doesn't it?

My children are now at the ages where they're invincible. My three daughters are 25, 23 and 19. The oldest is out of college having earned her master's degree and is in the workforce. The middle is in the physical therapy doctorate program at the University of Florida, while the youngest is a college sophomore.

They know it all.

Except they don't.

They haven't been through some of the trials and tribulations that my wife and I have experienced. We hope that they avoid some of our most challenging obstacles. The problem is, when we shield our children from those same challenges, we deny them the very life lessons, the wisdom earned, that enabled our success.

How does one therefore share one's wisdom in such a manner that our loved ones will openly listen, yet not try to overly manage their lives? The most effective strategy I've come up with is to share my life experiences as they happen. Including the failures. Patti and I have shared our ups and downs around the dinner table since the kids were young.

We were careful not to share stories or events that weren't age appropriate. I believe over the years, our open communication helped. I've noticed how our daughters, when describing their current challenges to us, often analogize those same dinner time conversations to their situations.

But what to do when they leave the nest? Does this end our opportunity to share wisdom?

It certainly gets more difficult. Yet, have you noticed that as your loved ones age, and they get knocked around a little bit by life, don't they seem more open to your suggestions?

How does all of this fit into your estate plan? You knew since I write this estate planning column, I had to bring it back here at some point, right? Let's discuss managing the inheritance that you leave your loved ones.

First, realize that your estate plan is dynamic, not only because tax laws change, and the estate and trust laws change.

No, an estate plan is dynamic mostly because your loved ones change!

If your children are close in age to mine, you probably want to impose a third party trustee like a bank or trust company to help manage the money and investments if your

loved ones inherit while still young. They might be the most honest, smart and careful young adults, but they still don't have the life experience that you have.

Don't get caught in the "curse of knowledge" trap. In other words, just because you learned something as a life lesson doesn't mean that your adult children have.

For example, is it possible that your children make bad investments with a friend who states that he has the next big software app that will earn millions? All he needs is \$100,000 of the inheritance your daughter just received, and they'll both become the next Bill Gates.

It's better to impose a wise, learned hand for a few years. Your will or trust can be drafted so that at some point, say, for example, when each beneficiary reaches age 40, your adult children can take full control over their own investments. It can also be drafted so that they can change who the trust company is, so they're not trapped with an underperforming, overly expensive institution.

There are many options available to you and your loved ones. This goes to the skill that your attorney has, not only with his own practice experience, but in translating your life experience to your plan.

This is far from boilerplate.

Having a third party trustee isn't a bad idea for some of your older beneficiaries as well. Those who don't ever seem to make wise life choices, are spendthrifts, or who have dependency problems all are candidates to have a helping hand once you aren't around anymore.

This should all come out in your initial client interview.

The key, just as what my wife and I did around the dinnertime table, is to share your wisdom with your loved ones, and to share your concerns with your estate planning attorney.

In my firm's Elite Client Care Program, for example, we offer our clients the opportunity to meet with us and their children (over video conferencing if the children aren't all local) to discuss these important issues together. I've found that having the attorney translate how the plan works once constructed, provides a level of clarity and comfort that otherwise might be unattainable, and the plan is consequently more readily accepted.

Share your wisdom. Help guide, but don't overdo it. And make sure your estate plan keeps up with the changes that constantly occur within your own family.

Now that's wise.

©2019 Craig R. Hersch. Learn more at www.sbshlaw.com.✪

Insurance Tip

Saving Money On Insurance



by Angela Larson Roehl

A common consensus by consumers is how can they reduce their insurance costs without sacrificing coverage?

Here is a short list to give some possible ideas to

reduce cost. I highly recommend you discuss your situation with your insurance agent beforehand to see what makes sense for your particular risk tolerance.

Increase deductibles

Reduce Personal Property coverage

Reduce Loss of Use/Loss of Rents coverage; if you have another residence

to stay at in case of a loss or you're not dependent on the rental income.

If you want to look at investing money in your home to reduce insurance costs, you may consider the following:

Have all openings in your home be impact resistant to receive the Class A Opening Protection credit.

Replace your older roof; roofs installed after March 1, 2002 receive the Florida Building Code credit. Newer roofs will also have better roof deck attachment that qualifies them for a better mitigation credit.

Install an alarm that is centrally monitored fire and/or burglary; be sure to provide your insurance agent with an alarm certificate.

Fence or screen enclose a pool enclosure; an unfenced pool is a safety concern, therefore, a lot of insurance carriers will not offer coverage to a home with an unsecured pool.

Angela Larson Roehl is a local Sanibel-Captiva insurance agent with over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.✪

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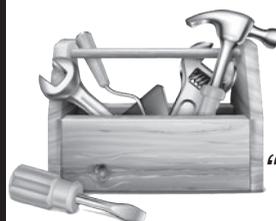
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Just Listed at Pine Cove

Gulf-front 2nd-floor end-unit 3 bedroom. ~2,550 sq. ft. with private wrap-around balcony. Covered parking & storeroom below. Rental income nearing \$100K. \$1,395,000 furnished



Beach-Front Sanibel Arms West

1st level updated 2 bedroom. Impact sliders, new baths, open kitchen, & excellent income in on-site program with short rental minimum & low fees too. \$849,000 furnished



Residential Gulfside Place

Interior reconfigured & updated with upscale finishes & in neutral tones. 2nd floor private stand-alone tier facing beach. Covered parking & storeroom below. \$1,429,000



Gulf Harbour Yacht & Country Club

Lakeside villa within Coronado at 11245 Bienvenida Ct. 2 bedrooms & studio (or 3 bedrooms). Easy 1st level living with garage. Shared pool & spa, other club amenities available too. \$499,000



Just Listed on Tahiti Dr

Near-beach cottage. Covered parking, multiple storerooms below. Great room, screened porch, 2 bedrooms, & utility room. With 4 months of winter rentals. \$449,000 furnished



Gumbo Limbo Lake View

End of cul-de-sac privacy & easy 1-level living on Begonia Ct. High ceilings, new roof & HVAC, & views from nearly every room. Huge screened deck too. \$649,000



Price Reduction in The Dunes

A diamond in the rough with this view at 1558 Sand Castle Rd. Newer roof & good bones, including spacious 3 bedroom floor-plan with high ceilings. Family room too. \$599,000



Sanibel Bayous Lot

Looking to build near beach? Handy to the bike path, Bowman's & Clam Bayou, this tropical ~105' x 139' parcel is well priced. 4566 Buck Key Rd. \$149,000



Just Reduced \$100K at 842 Limpet Dr in Shell Harbor

Remodeled top-to-bottom (even underground), inside & out. With 140' on deep-water sea-walled canal convenient to marina, causeway, & gulf. 3-suites in split-plan design around spacious central great room with high ceilings & loft above. Decorator-furnished in white/light beachy chic décor. Expansive paver deck around pool, plus patio dock & boat lift. Now \$2,095,000



Bay, Boat Slip With Dock, Pool, & Beach in Sanibel Harbours

Renovated & stunning at 1238 Isabel Dr. On deep lot with bayside pool. Multilevel home with elevator. 3-car air-conditioned garage. Main level has new master suite, huge living room, spacious eat-in kitchen with butler's pantry, & guest suite. 2nd level has media room with 1/2 bath & party kitchen. Another master, more guest rooms, & offices on top floor. \$3,495,000



898 Rabbit Rd Lot

At the San-Cap Rd end of the street with beach on the other, this parcel (~200' deep) is ready for single-family home. Near bike path, school, rec center, refuge. \$170,000



Build in The Sanctuary

One of last vacant parcels in Augusta Greens. In Sanibel's private golf club community at 5737 Baltusrol Ct. Parcel suitable for villa-style home with pool. \$299,000

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FRIDAY
Partly Cloudy
High: 85 Low: 81

SATURDAY
Mostly Cloudy
High: 88 Low: 84

SUNDAY
Partly Cloudy
High: 87 Low: 83

MONDAY
Cloudy
High: 86 Low: 79

TUESDAY
Cloudy
High: 84 Low: 80

WEDNESDAY
Mostly Cloudy
High: 81 Low: 77

THURSDAY
Partly Cloudy
High: 79 Low: 75

Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:26 am	12:31 pm	None	None
Sat	5:16 am	1:49 pm	None	None
Sun	6:31 am	3:05 pm	11:41 pm	None
Mon	8:19 am	2:08 am	11:59 pm	4:08 pm
Tue	9:56 am	3:50 am	None	4:58 pm
Wed	12:19 am	4:51 am	11:05 am	5:38 pm
Thu	12:36 am	5:35 am	11:58 am	6:11 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:31 am	12:33 pm	None	None
Sat	4:21 am	1:51 pm	None	None
Sun	5:36 am	3:07 pm	10:46 pm	None
Mon	7:24 am	2:10 am	11:04 pm	4:10 pm
Tue	9:01 am	3:52 am	11:24 pm	5:00 pm
Wed	10:10 am	4:53 am	11:41 pm	5:40 pm
Thu	11:03 am	5:37 am	11:56 pm	6:13 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	5:04 am	12:14 pm	6:48 pm	11:48 pm
Sat	5:40 am	1:13 pm	7:39 pm	None
Sun	6:21 am	12:28 am	8:36 pm	2:22 pm
Mon	7:30 am	2:15 am	9:42 pm	3:27 pm
Tue	8:58 am	3:32 am	11:30 pm	4:29 pm
Wed	10:27 am	4:42 am	None	5:30 pm
Thu	12:25 am	5:48 am	11:49 am	6:23 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:36 am	1:05 am	None	3:47 pm
Sat	7:26 am	5:05 pm	None	None
Sun	8:41 am	6:21 pm	None	None
Mon	1:51 am	5:24 am	10:29 am	7:24 pm
Tue	2:09 am	7:06 am	12:06 pm	8:14 pm
Wed	2:29 am	8:07 am	1:15 pm	8:54 pm
Thu	2:46 am	8:51 am	2:08 pm	9:27 pm

Island Seniors At Center 4 Life

Meet your friends and make some new ones at the Center 4 Life. Browse through the following activities, then stop by to sign up.



The Center 4 Life will be closed on Monday, October 14 in observance of Columbus Day.

Donations Needed For Trash & Treasures Sale – Island Seniors, Inc. is looking for donations of clean, gently used items for the fall Trash & Treasures Sale, to be held on Saturday, November 9 from 9 a.m. to 2 p.m.

Priced items at the center are available for purchase. All proceeds help support programs at the center. Donations are tax deductible and you can drop them off at the center Monday through Friday between 8 a.m. and 3 p.m. Books, clothing, shoes, computers or old TVs are not accepted. If you have any questions, call 472-5743.

Kayaking on Tuesdays – October 8 and 22 at 8:30 a.m., weather permitting. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration required.

Gelli Printing with Bea Pappas – Fridays, October 11, 18 and 25, 12:30 to 3:30 p.m. Cost is \$20 for members and \$25 for non-members.

Choose mono type or make papers for collage use. Beginners welcome. Supplies needed: paper towels, acrylic paints, water container, one-inch brush. The instructor will provide all other supplies.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center.

The featured book for Wednesday, October 9 is *The Secret Keeper* by Kate Morton. Book discussion will begin at 2:30 p.m.

Line Dancing Classes – Tuesdays, October 8, 15, 22 and 29 at 1:30 p.m. Cost is \$2.50 for members and \$5 for non-members.

The instructor will review dance steps then turn up the music. Bring a friend for a fun-filled afternoon. Advance registration is not required.

Alliance for the Arts: Engagement Rules – Sunday, October 6. Cost is \$22 for members and \$27 for non-members. Carpool arrangements for transportation.

Have brunch at Cristof's on McGregor (on your own). Then venture across the street to the Alliance for the Arts to see *Engagement Rules*.

Broadway Palm Dinner Theatre Performance of Dames at Sea – Wednesday, October 9. Cost is \$53 for members and \$63 for non-members. Includes lunch and performance. Advance registration is required. Transportation is on your own.

Games – Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Bridge – Monday and Wednesday. Registration begins at noon. Game begins at 12:30 p.m.

Mahjongg – Monday and Thursday at

12:30 p.m.

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Fitness Classes – Island Seniors, Inc. members pay \$4.10 per class, visitors pay \$10.25 per class. Island Seniors, Inc. annual membership is \$20. Classes are included with Sanibel Recreation Center membership. You must show your Sanibel Recreation Center membership card to attend.

Fitness class schedule is as follows:

Cardio Combo – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit, and your heart, lungs and muscles strong. Hand weights, stretch cords, stability balls and your body weight will be used. The format is 30 minutes of cardio dance and 30 minutes of balance exercises, core strength, flexibility exercises and mat work.

50/50 Cardio Sculpt – Monday, Wednesday and Friday at 9:30 a.m.

This class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

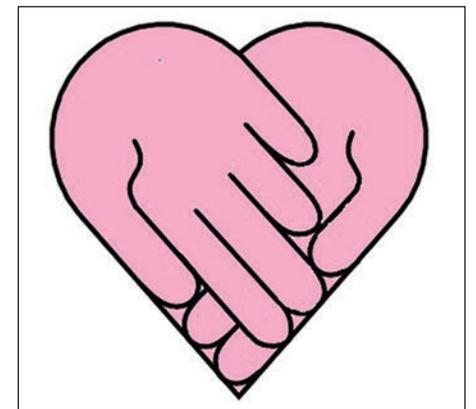
Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

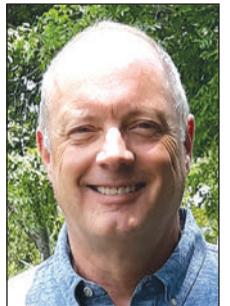
For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel. ✨

Artwork Donated For Breast Cancer Awareness



Two Hands To Heart by Brad MacKenzie image provided

Sanibel resident and artist Brad MacKenzie donated his original design of *Two Hands To Heart* to Let's Pink Out! Sanibel in memory of the people and families touched by breast cancer. Prints and other reproductions suitable for framing, coffee cups, bags, and other items may be purchased at <https://fineartamerica.com/profiles/bradmackenzie>. Different formats and other designs may be commissioned by contacting MacKenzie at bradmackart@gmail.com or at 774-327-4513. ✨



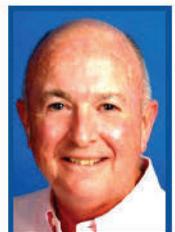
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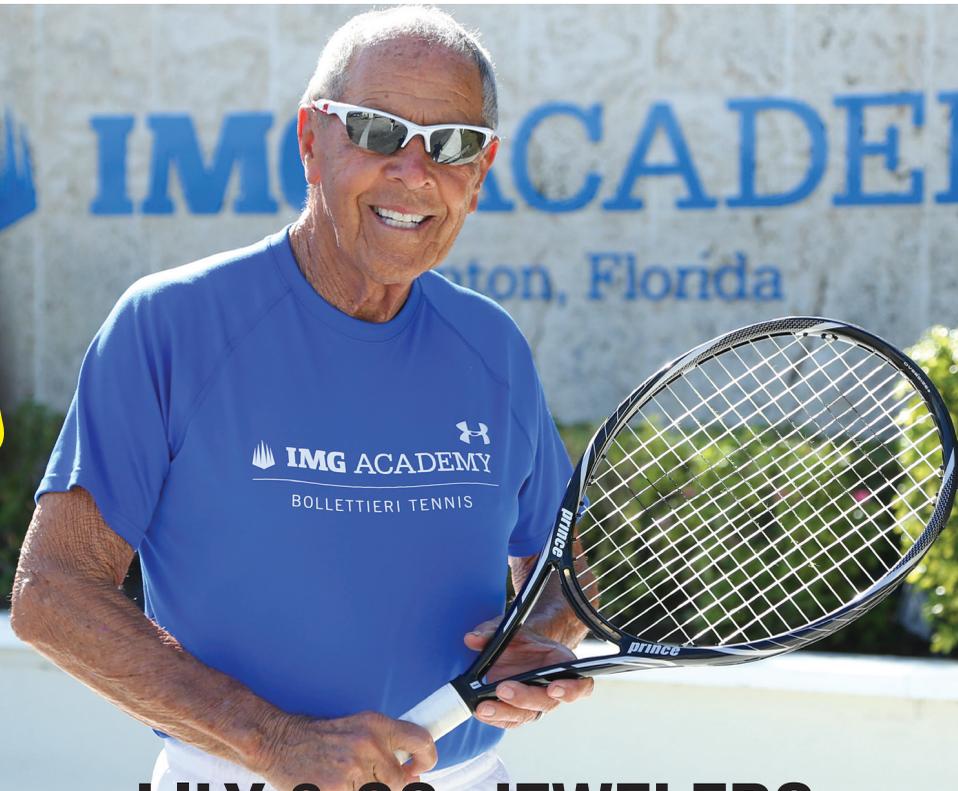
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 Simone Jardim/Peak Performance & Kyle Yates/Paddletek
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Beachview Tennis Club | Sanibel

EVENTS

- Tennis Clinic by Nick Bollettieri, Pickleball Clinic by Simone Jardim
- Doubles Round Robin Tournament (No partner needed)
- Continental Breakfast and Champagne Lunch Court-Side
- Lunchtime Tennis & Pickleball Expos
- "Battle of the Academies" Tennis Pros Take On Pickleball Masters
- Ice Cream Sundae Social Court-Side 11-Noon Provided By Joey's Custard
- Scott "Golden Boy" Golden Will Live-Stream Tournament on Facebook
- Demo Paddletek Pickleball Paddles with Pro Kyle Yates
- Courtside Games, Great Raffle Prizes By Live Auction At Stake



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Frankly Speaking

by Howard Prager



Ahhh, the ascent is in the air with a change of seasons. It's time for the postseason. While football is a game of inches, baseball is a game of stats. Lots to share with the end of

the regular season, with more records perhaps to be set in the postseason. Florida is represented by the Tampa Bay Rays with 96 victories in the Wild Card. They will either be playing the Houston Astros Friday – tough ticket – or be out of it by the time you read this.

So, on to the stats. Four teams had over 100 regular season victories: The Astros (107), Dodgers (106), Yankees (103) and Twins (101). And, they say the ball is juiced – maybe so are the victories. However, four teams also ended the season with 100 losses or more: the Tigers (114), the Orioles (108), the Marlins (105) and the Royals (103), who won the World Series in 2015. Let's hope the Cubs aren't next to the bottom, as they finished out of the playoffs completely after being in them four years in a row, including their drought-busting World Series victory in 2016. Ed Frank was in his glory then, sitting in our living room enthralled by every minute. But now the Cubs believe that they no longer have the right manager and bid adieu to Joe Madden, the first manager gone after the regular season. No doubt he will have his pick of jobs, and here's hoping he does a repeat... wish it was with the Cubs.

So, as I mentioned up front, baseball aficionados love stats and records. Many were set this year, and I thank Anthony Castrovince for some of his quick and fascinating analysis of the past year.

No walks please: AL Batting champ White Sox shortstop Tim Anderson

(.335) had only 15 walks. How long ago was the previous record set? The fewest walks by a batting champ were 19 by Nap Lajoie (.378 average) in 1902.

They own them: The Indians' record versus the Tigers, and the Astros' record versus the Mariners were both 18-1. In 50 seasons of divisional play, there had never been a season series in which one team beat another 18 times. And now it happened twice in 2019.

Strike three: Here come the Astros, favored to win the World Series. Here are some reasons why. Gerrit Cole had 14 starts in which he struck out 10 or more and walked one or zero. That is the most ever, passing Curt Schilling's 13 starts with 10 or more in 2002.

More stellar pitching: Three Astros starters finished the season with a sub-1.00 WHIP (Walks and Hits per Innings Pitched). Justin Verlander had a 0.80 mark, Zack Greinke was at 0.98 and Cole finished at 0.89. No team in the modern era has had that many qualified starters with a sub-1.00 WHIP (though obviously Greinke compiled 70 percent of his starts for the D-backs). Thanks to Hall of Famer Jayson Stark of *The Athletic* for this one.

One last toast to Houston: The Astros are the first team ever to have a pitching staff with the highest strikeout rate in the majors and an offense with the lowest strikeout rate in the majors.

More strikeouts: In 15 games this season, different teams got 20 strikeouts over the opposing team. This is an all-time record. The previous high was just last year with seven.

They own the league: The Dodgers' winning percentage against fellow National League teams was .676. That's the highest by an NL team in its own league since the 1953 Dodgers posted a .682 mark.

Nothing got by him: Indians catcher Roberto Pérez had no passed balls. He is just the fourth catcher with at least 900 innings caught and zero passed balls, joining Johnny Bench ('75 Reds), Milt May ('77 Tigers) and John Flaherty ('95 Tigers).

More homers: It's hard to know what to make of the many homer records being broken in 2019. But just consider this: 13 times this season a team has lost despite hitting five or more homers. The previous high was 9, in 2000.

The craziest stat of all: Cody Bellinger of the Dodgers finally homered off a pitcher for a second time. He got the Rockies' Jake McGee twice in a span of three weeks. Prior to that second homer off McGee on September 22, he had hit 45 homers off 45 different pitchers, which would have been a record.

Lastly, this goes out to Tampa Bay Bucs fans. Coach Bruce Arians wrote "FINISH" in big letters after giving up an 18-point halftime lead and losing to the Giants earlier this season. Against the Rams last week, they Bucs found themselves in a similar circumstance but instead of giving up, they set a franchise record with 55 points with four forced turnovers to upset the Rams.

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

LCEC Provides Funding Award For Shell Museum

Lee County Electric Cooperative (LCEC) is providing the Bailey-Matthews National Shell Museum with a \$4,170 environmental funding award to help install the museum's new "Impact Wall." The wall will be located in the newly renovated aquarium featuring quotes, images and factual information about the ocean's environment, and highlight the importance of protecting the ocean and its animals.

To apply for an environmental funding award from LCEC, organizations can email pr@lcec.net to receive an application. The deadlines for 2020 award applications are March 15 and September 1, 2020. Interested organizations must meet certain criteria to be considered for the award including being located within LCEC service territory, funding utilized for projects/ programs related to the environment and the utility industry, and having a demonstrated need for funds.*

SPORTS QUIZ

1. Pitcher Freddy Peralta set a Milwaukee Brewers rookie record in 2018 for most strikeouts in a game (13). Name two of the four pitchers who had held the franchise mark of 12.
2. In 2004, Arizona's Randy Johnson became the oldest major-league pitcher to throw a perfect game. How old was he?
3. The all-time leader for touchdown receptions in the NFL playoffs is Jerry Rice, with 22. Name either of the two players tied for No. 2.
4. Who was the last men's college basketball player before Murray State's Ja Morant in 2019 to notch a triple-double in an NCAA Tournament game?
5. The Carolina Hurricanes have reached the NHL Stanley Cup playoffs six times since 1998. How many of those times did they advance to at least the conference finals?
6. Alex Morgan tied a Women's World Cup soccer single-game record in 2019 with five goals in a game. Who else holds the mark?
7. Name either of the two fighters George Foreman defeated between winning the heavyweight boxing titles from Joe Frazier in January 1973 and losing them to Muhammad Ali in October 1974.

ANSWERS

1. Teddy Higuera (1985), Juan Nieves (1986), Cal Eldred (1992) and Steve Woodard (1997). 2. He was 40 years old. 3. Rob Gronkowski and John Stallworth, with 12 each. 4. Raymond Green of Michigan State, in 2012 (24 points, 12 rebounds, 10 assists). 5. Four times. 6. Michelle Akers, who did it in 1991. 7. Jose Roman and Ken Norton.

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Lily & Co. Jewelers co-owner Dan Schuyler, center, referees dueling pickleball and tennis professionals Toni Halski and Christie Bradley photo provided

Tennis And Pickleball Duel To Benefit CHR

Celebrity tennis players will face off against national pickleball champions in hotly contested head-to-head matches on Saturday, November 16 to benefit affordable housing on Sanibel.

Dubbed Chaos on the Courts, the duels will go down at Beachview Tennis Club on Sanibel, highlighting a full day of tennis clinics, round-robin tournaments and court-side games with prizes from 9 a.m. to 3 p.m. to benefit Community Housing and Resources (CHR). The nonprofit organization provides affordable housing for 150 people with 74 rental homes and 14 limited equity homes on Sanibel.

"The longstanding and dominant game of tennis has been challenged by the upstart pickleball paddle sport and it's time to settle this – on the court, for fun and for a worthy cause," said tournament sponsor and organizer Dan Schuyler, co-owner of Lily & Co. Jewelers.

Tennis and pickleball stars vying for court supremacy will include Nick Bollettieri, legendary tennis coach and founder of IMG Academy; Simone Jardim, U.S. Open champion and co-director of the Peak Performance Pickleball Academy; pickleball champions

Kyle Yates, Christie Bradley, Martina Kochli and Jonny Pickleball; and Scott "Golden Boy" Golden, a top-rated pickleball player and instructor who will stream the event on Facebook Live.

The dueling stars will face off from 11 a.m. to noon during the Champagne lunch provided by the title sponsor, Sanibel Catering Company by Bailey's. In the morning and afternoon, 32 tennis players and 32 pickleball players will take part in round-robin tournaments, clinics with the pros, paddle demonstrations from sponsor Paddletek, and court-side games with prizes and raffles.

Cost to participate is \$100 per player and \$50 for guests, including lunch and an ice cream sundae bar provided by Joey's Custard. Proceeds will go to CHR. To register or make a donation, contact Toni Halski at 472-9099.

Platinum sponsors include Bank of the Islands and Duane Chaney of Arch Capital. Gold sponsors include Rich Venchey of Wrigley's Tennis; Betsy and Marcel Ventura of YOLO Watersports; Ed Bolter of Lamar Advertising; and RS Walsh Landscaping.

"Bringing together stars of racket sports couldn't happen without our amazing sponsors and we're thrilled that our organization is the beneficiary of this signature event to be livestreamed on Facebook," said Melissa Rice, executive director of CHR. "Chaos on the Courts will bring hope to many families who otherwise couldn't afford to live on Sanibel."✱

Triathlon Swim Program

If you are you training for an upcoming triathlon and would like to improve your swim time, SWAT swim coach and former triathlete Curt McIntyre is leading a swim program tailored just for the triathlete. The program is designed to improve your endurance, speed and stroke technique to help reach your goal

of a faster swim time.

Training sessions are offered on Mondays and Wednesdays from 5:30 to 7 p.m. at the Sanibel Recreation Center. The program runs through November 27. Cost is \$33 for Sanibel Recreation Center members and \$44 for non-members.

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

Kiwanis Club Golf Tournament



From left, Eric Pfeifer, Dunes General Manager Brian Kautz, Jason Smith and Aaron Pruss gearing up for this year's tournament photo provided

The Kiwanis Club of Sanibel-Captiva will host its 2nd annual golf tournament to raise funds for the Kiwanis Foundation Scholarship Fund on Saturday, October 19. The Crush It For The Kids tournament will be held at The Dunes Golf and Tennis Club, located at 949 Sand Castle Road on Sanibel, starting at 9 a.m.

Local golfers are invited to attend for a day of golf, camaraderie and the opportunity to help raise funds for a great cause. Two-person teams will compete in a 9 Hole Scramble and a 9 Hole Best Ball Competition.

The entry fee is \$100 per person,

which includes lunch following the tournament. To register, call Pfeifer Realty Group at 472-0004.

Last year's inaugural event hosted 76 golfers and raised \$10,000, which the Kiwanis Club's foundation used for its scholarships grants to deserving island students.

Support for Crush It For The Kids comes from major sponsors of the golf tournament including Coastal Title, Sanibel Captiva Community Bank, Sundial Beach Resort & Spa, Cielo, Midland Trust, Sanibel & Captiva Islands Chamber of Commerce and RLR Investments.✱

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Doctor and Dietician

Lemon Lovers

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

Since moving to Sanibel, we have become lemon lovers. Not only do we like eating all things lemon, but we love wearing lemons! Dr. Hauser loves yellow – so lemons make sense for our household, right? We both wear lemon-themed clothes, and Marion's last birthday party theme was lemons. Odd, you say? But lemons are healthy!

A recent article in *Healthline* reveals that lemons are not only delicious but possess many health benefits. The article provided six evidence-based health benefits of lemons. 1. Supports heart health due to their high vitamin C content. Hesperidin and diosmin found in lemons have been shown to lower cholesterol. 2. Lemons

and weight loss. We feel that adding lemon juice/zest to your water encourages you to drink more water without calories, thus making you feel fuller. 3. Lemon juice of a half cup daily may provide enough citric acid to help prevent kidney stones in those who have already had them. 4. Lemons help you fight anemia because their vitamin C and citric acid content help absorption of non-heme iron from plant-based foods. 5. Some chemicals in lemons have been shown to prevent cancer in animal studies, but more human studies are needed. 6. The pulp of lemons helps improve digestion, improves gut health and slows digestion of sugars, thus may help with blood sugar reduction.

Hot weather makes your blood more alkaline, thus the acidity of lemons helps neutralize your blood pH and cool you off. Explore lemon recipes and add lemon juice or zest wherever you can. Make a simple salad dressing, add lemon to your fish, season your veggies with lemon and herbs, create a lemony pasta (maybe, just maybe, I'll share my recipe), make a refreshing dessert and give your drinks a little zest, including your water. Love lemons!

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

Beautifulife:

Trust 'It'



by Kay Casperson

What is "It?" It is your gut, your heart, your soul, your instinct. "It" is everything you already know, but sometimes second guess. Why do we question ourselves so often instead of

just running with what we know is right? Maybe because someone else is doing it, or you were told something different, or you were raised to believe something else.

This is something we continuously deal with, because there are so many decisions needed every single day. Choices from what your kids or family need, to what it takes to thrive in business, and everything in between, there is always something that we question.

Here are a few examples:

You are looking to hire the right person to help with your life or business. Be true to what are essential qualities and hire because of honesty and integrity.

Someone is not being treated properly, and you feel bad for them. Stand up for what you believe, and help the person who needs you.

You're changing directions in your business or launching something new. Trust that you are doing what is right and keep moving in a forward direction.

A person that you are spending time with has bad energy or is constantly negative. Take a break from them and surround yourself with positive,

encouraging people.

Regardless of what the "It" is in your life at the moment, I know one thing for sure and that is that you have to trust it! Realize that what your heart is telling you is real, true and above all, the things that you learned or were taught to believe. Heart, soul and instinct are the real deal and need to be listened to for you to live your most balanced and beautiful life.

My affirmation for you this week is:

"I am aware of my convictions and will listen to and trust what my heart says."

*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.**

Know The Signs Of Drug Abuse

Narconon reminds families that the country is currently facing the largest manmade health crisis in history. Drugs are a major problem nationwide and it's more important than ever to know the signs and symptoms of drug abuse.

To learn more about how to spot signs of drug abuse and how to help your loved one, visit www.narconon-suncoast.org/drug-abuse/signs-symptoms-of-drug-abuse.html. You can also visit www.narconon-suncoast.org/drug-abuse/ for more information.

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for a no cost screening or referral.*

Life Insurance

Pension Max

J. Brendan Ryan,
CLU, ChFC, MSFS

A massive number of Americans are retiring every year. And most are faced with several questions regarding retirement-income planning: Should I roll the funds into

an individual retirement account (IRA)? Should I use the money to buy a single-premium-immediate annuity (SPIA)? If I get an annuity, should I set it up for just my lifetime or for the lifetime of me and my spouse?

Why would anyone want to tie up money in an annuity rather than just leaving it available for periodic withdrawals? Because it gives a person an income that cannot be outlived. Periodic withdrawals could be too large too soon, causing a person to run out of money early. Or they could be too small for fear of running out of money such that the person is not able to enjoy the funds set aside for retirement.

An annuity that one can purchase is a contract, issued by a life insurance company, that guarantees that in exchange for a sum of money, the insurer will pay a periodic (monthly, quarterly, etc.) payment to the designated person for the period chosen by the owner, usually for lifetime. This is a single-life annuity.

A variation of this guarantee is a joint and survivor annuity, which makes a periodic payment as long as either of two people is alive. One can choose to have the full benefit payable as long as either person lives or has the benefit reduced after the first death to either two-thirds or one-half the full amount but still payable for life.

Actually, most of us are already enrolled in a joint-and-full-survivor annuity program. It is Social Security, which guarantees a lifetime income starting at a given age. But this program was never intended to provide a sufficient retirement income, just a bedrock of a larger total income. One

still needs to supplement that with his or her own planning.

Many people looking for financial security will naturally gravitate to a joint annuity. After all, no one wants to leave the spouse without an income. But understand that this has shortcomings.

A single-life annuity pays a given amount based on one lifetime. Since the joint annuity has to pay for two lifetimes, the size of the payment will be smaller, depending on the amount guaranteed to the survivor. Simplistically, say a single-life annuity would pay \$700 per month to one person. The joint-and-one-half annuity might pay \$600 per month and the joint-and-two-thirds \$500 per month.

That permanent level reduction in the payment is really just a life insurance premium that one pays to be sure that at the death of the annuity owner, the survivor will still have an income. But, if that spouse does not survive the owner, then that life insurance premium will have been wasted. Unfortunately, that lower annuity payment continues as is after the spouse's death, meaning that the insurance premium continues to be paid even though no death (survivor) benefit will ever be payable since the person it would provide for is already deceased.

What is worse, the reduction in the annuity payment stays the same even as the spouse, whom any survivor benefit will gain, gets older and thus potentially needs less and less survivor benefit. The potential benefit that it may provide gets less as the spouse ages even though the "premium" stays the same.

If the retiree had instead used a real life insurance policy to provide for the spouse, he or she could just drop the policy if the spouse dies first. Or the beneficiary could be changed to direct the death benefit to another family member or a charity. Or perhaps, the death benefit could be reduced and the premiums suspended permanently.

All in all, a survivorship annuity is a potential rip-off, depending on how things turn out for the couple. Better to opt for a single-life annuity and buy a separate life insurance policy to look out for the survivor.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.**

Understanding The Facts About Mental Illness

FISH of SanCap, along with Regina Britton, program director for the National Alliance on Mental Illness (NAMI) for Lee, Hendry and Charlotte counties, is offering a presentation on mental illness. Titled Understanding the Misunderstood – The Facts About Mental Illness, the program will be held on Wednesday, October 16 from 10 a.m. to noon at The Community House, located at 2173 Periwinkle Way on Sanibel.

This seminar will provide critical information about specific mental illnesses, conditions, treatment and services related to mental illness. Britton said, "Mental illnesses can affect persons of any age, race, religion or status. They are not the result of personal weakness, lack of

character or poor upbringing. Mental illnesses are treatable."

FISH, in consultation with local mental health experts, has developed a workshop series that will focus on various aspects of mental health and well-being. Their hope is that by providing a forum to receive more information and begin a community conversation to raise awareness, will reduce stigma associated with mental and behavioral wellness.

Kathy Y. Monroe, program director of FISH, said, "This will be the first of our five-part series on mental health. It is our hope that this journey will educate participants while discussing treatment, finding resources, sharing difficult stories and becoming responsible for our own mental health."

For more information on the program, contact Kathy Y. Monroe or Anthony Morales at 472-4775. For more information on NAMI, visit www.nami.org.*

dearRPharmacist

Berberine Helps Brain-Related Disorders



by Suzy Cohen, RPh

Dear Readers: Everyone understands that insulin levels play a role in blood sugar metabolism and that insufficient levels lead to hyperglycemia and then diabetes. Insulin is a taxi for blood

sugar, as it shuttles the sugar into the cell, and therefore it lowers levels in the bloodstream.

It is also accepted that normal levels of insulin can play a role in diabetes IF the insulin is not allowed into the cell. We call this insulin resistance, and it is also part of diabetes.

What if the insulin is really high? You might think that blood sugar would be low, but that's not so. You can have hyperinsulinemia and still have high blood sugar. Weird but true, because hyperinsulinemia means there is more insulin circulating in the blood stream compared to glucose.

No one really talks about brain changes associated with hyperinsulinemia and diabetes. High insulin causes you to retain more dangerous beta amyloid plaques, instead of clearing those out like normal.

One can develop very serious dementia

and problems with memory and even Alzheimer's if insulin levels remain high. Depression too! Levels vary so refer to the reference range on your own lab test. Just FYI, you can test your blood levels at any laboratory, or through any physician.

One point I'd like to make is that you cannot leave yourself to "wait and see" if you have hyperinsulinemia because it can damage your brain and hasten cognitive decline and mood disorders.

Berberine, a natural herbal extract appears to be helpful with cognitive decline related to diabetes. It helps control some of the free radicals associated with these problems, and we also know it is a rising star in terms of creating more insulin sensitivity.

Chronically elevated blood sugar or insulin will cause you to form more AGEs, short for Advanced Glycation End products, which are like little misses in your blood stream. What's so odd is that there is more than likely lower levels of insulin in the spinal cord (cerebrospinal fluid). But it could be high in your blood vessels. Don't worry about those details, just know that berberine is useful, and it's an herb you can buy without prescription nowadays.

Berberine was evaluated recently and I read the article which was published in *Frontiers in Pharmacology*, September 2019.

The title means that berberine makes learning and memory recall better by acting as a strong anti-inflammatory. More specifically, berberine was found to increase acetylcholine levels in rodents with diabetes. Acetylcholine, as you know, is one of your memory molecules. It raises the levels of acetylcholine by slowing down

the breakdown of this compound, so it stays alive in the synapse longer.

It is so amazing that a plant-based chemical has the same mechanism of action that our Alzheimer's drugs do. Remember high insulin (and high blood sugar) accelerate cognitive decline, and there are natural herbal supplements to help with this. Talk to your physician if you

plan to combine herbs with medications in order to avoid interactions and sudden hypoglycemia.

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: Can you give some suggestions on how I can achieve more balance in my life?

A: Everyone needs balance. When I think of balance, I think of the whole being

greater than the sum of the parts – that is the parts being mind, body, emotions and spirit. We need balance in all of these areas. We need balance between work and play, thoughts and feelings, giving and receiving, and so on. With achieving balance, you are looking to integrate the harmony of your cognition (the thinking mind), emotions (feelings), body (physical body) and spirit (inspire, meaning and purpose).

You may want to draw a circle and divide it into four sections or quadrants

and write your name in the center. Begin to write in each section what you want to achieve in all of these areas to achieve a sense of the whole. A balanced life feels in harmony in all of these areas. You may find you feel balanced in some of these areas and not others. If that is the case, then focus on what areas need more work to achieve balance. For example, in the physical quadrant, you may want to look at ways to keep your body fit through exercise and the nutritional aspect. What works and what do you need to work on?

A balanced life will give us more fulfillment and joy. If we are out of balance, we will know it and our inner guidance system will let us know. Pay attention and you will find that all of these areas are connected.

They will intersect, and you will see how it all works together. Continue to work toward achieving balance in these four areas, and you will feel a great achievement.

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](mailto:Constance@drconstanceclancy@gmail.com) at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com. ✨



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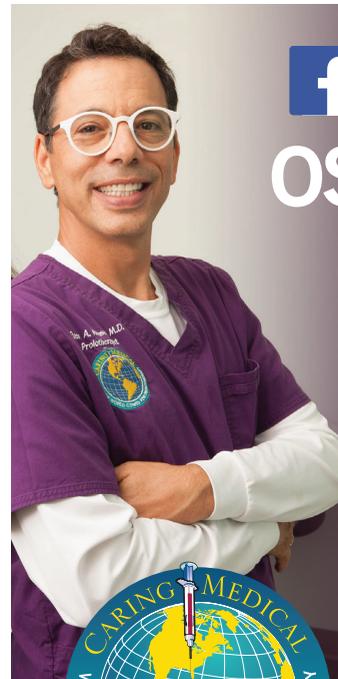


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TUESDAY, NOV 5 | 2-4PM

VAGUS NERVE FUNCTION

TUESDAY, DEC 3 | 2-4PM



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Dr. Hauser will cover both basic and in-depth information about these conditions and how Prolotherapy is used for resolving them, with research and information from his upcoming book *Joint Instability: The Missing Diagnosis*. Send your questions in live via Facebook, or email them ahead of time to DrHauser@CaringMedical.com.



Island Sun
NEWSPAPER
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On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743

ARTS

Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695

CLUBS & ORGANIZATIONS

ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971

ISLAND ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Big Ben And Bella



Big Ben ID# A791298

Hello, my name is Big Ben. I am a 1-year-old male pit bull who has lost his family, my teammate (he is clearly showing you how he feels about him) and now my namesake is on the injured list. Not my year so far. I am willing to be traded for the right family. My agent is available to talk shop. I am a spirited dog with lots of energy, so if you are active, I am the dog for you.

My adoption fee is \$10 to \$40 depending on which football you draw.

Hi, I'm Bella. I am a 7-year-old female domestic shorthair who is a staff and volunteer favorite here at Lee County Domestic Animal Services. They would like you to know my silky black coat is as soft as can be, and I absolutely love to climb up on



Bella ID# A774090

the couch next to you and snuggle. I like to follow everyone around and see what they are up to or maybe just to hang out with them.

My adoption fee is \$10 to \$25. Since I am a senior pet, my maximum adoption fee is \$25.

It's 'Game On' at Lee County Domestic Animal Services for Football Season in September. As football fans prepare for football season, Lee County Domestic Animal Services suggests adopting a special four-legged friend to help cheer on the home team. Adopters will draw mini footballs for reduced adoption fees. Adoption fees will range from \$10 to \$40 depending on if someone scores a first down or a touchdown.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.lee.gov/animalservices or call 533-7387.*

Haven on Earth Animal League

AbbyCaDabby And Winter



AbbyCaDabby



Winter

Hi, I'm AbbyCaDabby. After six years, my family decided they didn't want me anymore. I have a beautiful snowshoe coat and piercing blue eyes. I'm up to date on all vaccines and very healthy. I just need someone to give me a chance. My adoption fee is \$100.

Hello, I'm Winter. I'm a 4-year-old female with a sad story. My owner died, and the family surrendered me. I am very sweet and really need to find someone to love me forever. I'm up to date on all vaccines and healthy. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more information,

call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.*

PAWS Of Sanibel

Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.*



Sweetie Pie

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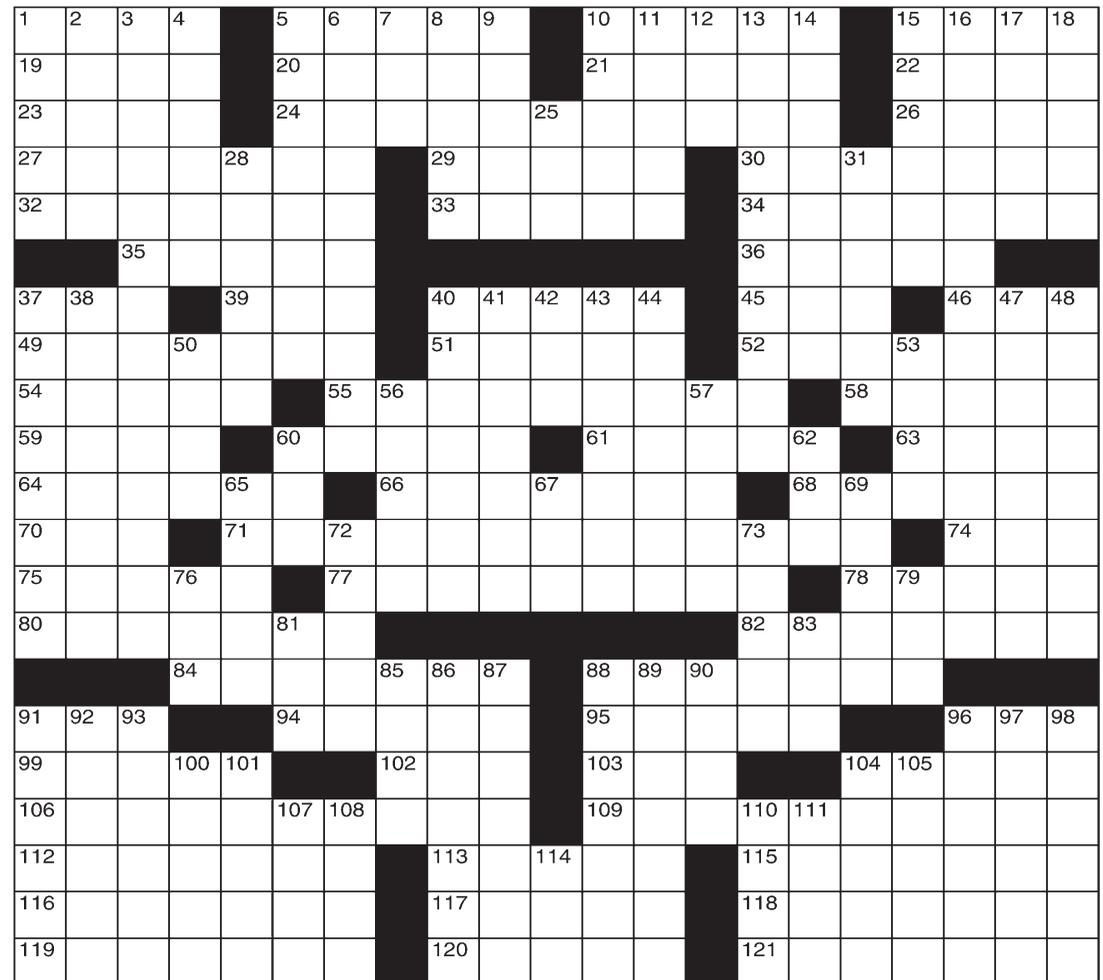
PUZZLES

Answers on page 47

Super Crossword

HOT
TICKET

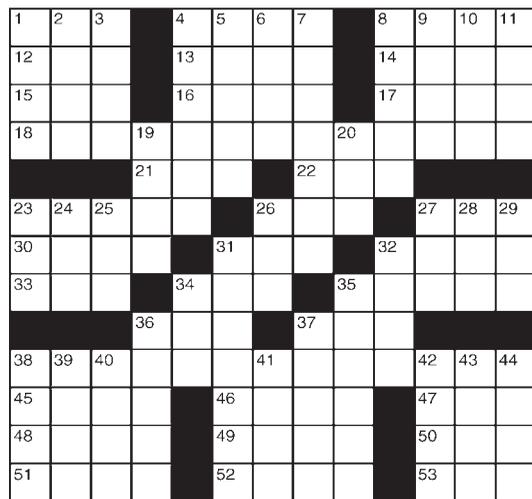
- ACROSS**
- 1 Persistent dull pain
 - 5 Bohr studied them
 - 10 Really toil
 - 15 Mule or flat
 - 19 Stubble spot
 - 20 Thieving sort
 - 21 Evita of "Evita"
 - 22 Bigwig's benefit
 - 23 Units of absorbed dose
 - 24 Ending theme for Roy Rogers' show
 - 26 Mata — (famous spy)
 - 27 Ultimately occupy
 - 29 Fencing implements
 - 30 Added to the database
 - 32 Unsaturated solid alcohols
 - 33 "Cybill" actress Pfeiffer
 - 34 Dozing audibly
 - 35 Sam of "Sirens"
 - 36 Rouse
 - 37 Kind of PC terminal
 - 39 Stephen of "Roadkill"
 - 40 Conscious
 - 45 Summertime drink
 - 46 Whale herd
 - 49 Most uncanny
 - 51 Expand
 - 52 Ancient region in Asia Minor
 - 54 Perfume
 - 55 Forest clearing, e.g.
 - 58 Under oath
 - 59 Smell — (be leery)
 - 60 Rub away
 - 61 Kitchen appliance producer
 - 63 Piled up debt
 - 64 Fix as a cobbler might
 - 66 Old-time actor/singer Paul
 - 68 Tea brand
 - 70 French water
 - 71 Tim Tebow's 2007 award
 - 74 Turn sour
 - 75 Sunlit courts
 - 77 Noble-women
 - 78 Provide (with)
 - 80 Really must
 - 82 Picks up and hauls in
 - 84 Herring's kin
 - 88 Solitary sort
 - 91 Navy inits.
 - 94 Actor Ed
 - 95 "... lion, out like —"
 - 96 Parked it
 - 99 Famous
 - 102 Parts of dols.
 - 103 NBC show since '75
 - 104 Company maxim
 - 106 Churchill Downs, e.g.
 - 109 Impish kid
 - 112 Forming a single entity
 - 113 OPEC vessel
 - 115 Troublesome critter
 - 116 Part of IRS
 - 117 Pig's sound
 - 118 Person flying the coop
 - 119 Plaits of hair
 - 120 Present perfect, e.g.
 - 121 Fishers using nets
 - DOWN**
 - 1 Plot units
 - 2 Monastery song
 - 3 "X marks the spot" stash
 - 4 Guarantee
 - 5 "Iliad" hero
 - 6 Bilingual person, at times
 - 7 Alley- — (hoops play)
 - 8 Bike with a small engine
 - 9 Big name in voice chat
 - 10 Lively outing
 - 11 Sublet, say
 - 12 Shapiro of NPR
 - 13 Beetle producer
 - 14 Port in Lower California
 - 15 Marble, e.g.
 - 16 Going in the direction of
 - 17 Hatch on the Senate floor
 - 18 Struggling to earn, with "out"
 - 25 "Life" director Demme
 - 28 French fashion designer Paul
 - 31 Rustic types
 - 37 The "C" of C-section
 - 38 Enact again
 - 40 "Super!"
 - 41 Place to order a Chianti, say
 - 42 They may be classified
 - 43 Buffets, e.g.
 - 44 Inflames with love
 - 47 Supplied with ventilation
 - 48 Official charges
 - 50 Turned on by
 - 53 Missing, militarily
 - 56 Analyze in school
 - 57 Birchbark craft
 - 60 Extra-wide, as footwear goes
 - 62 Gray color
 - 65 City in Tibet
 - 67 Ethyl or propyl ending
 - 69 — Rock (central Australian landmark)
 - 72 Nano and others
 - 73 Sacred hymn
 - 76 Driver's lic. and such
 - 79 Maiden-named
 - 81 Nonsense song syllable
 - 83 Back stroke?
 - 85 Cuzco native
 - 86 Buyer's bottom line
 - 87 Author Caldwell
 - 88 Thin slices of bacon
 - 89 The U.S., to Mexicans
 - 90 Phone up
 - 91 Not injured
 - 92 Oklahoman, informally
 - 93 Try very hard
 - 96 Gnu or okapi marking
 - 97 Expiating person
 - 98 Calorific cakes
 - 100 Eleanor of kid-lit
 - 101 College officials
 - 104 French kin of "danke"
 - 105 TV financial adviser Suze
 - 107 Not made up
 - 108 Deli loaves
 - 110 Fashion's Saint Laurent
 - 111 Stun, as with a police gun
 - 114 Silent film star Chaney



King Crossword

ACROSS

- 1 Bread choice
- 4 Ignore
- 8 Platter
- 12 "— the fields we go"
- 13 Watergate evidence
- 14 "Do — others ..."
- 15 Succumb to gravity
- 16 Bloodhound's clue
- 17 Poker variety
- 18 Half an aphorism
- 21 Atmosphere
- 22 Spring time
- 23 Counterfeit
- 26 Festive
- 27 Kreskin's claim
- 30 "— Lang Syne"
- 31 Tenor Peerce
- 32 Tolerate
- 33 Spelldown
- 34 Follow relentlessly
- 35 Linger
- 36 Old French coin
- 37 Scale member
- 38 18-Across' other half
- 45 PC operator
- 46 Requisite
- 47 Martini ingredient
- 48 Stead
- 49 Figure-skating jump
- 50 Genetic stuff
- 51 Mary's follower
- 52 Muse's musicmaker
- 53 Early bird?
- 7 "The Seventh Seal" director
- 8 Failing the white glove test
- 9 Grooving on
- 10 Phaser setting
- 11 "The Da Vinci —"
- 19 Praise highly
- 20 Put into words
- 23 "Terrif"
- 24 Wish otherwise
- 25 Hearty quaff
- 26 Joke
- 27 Wet wriggler
- 28 "Erie Canal" mule
- 29 Use a crowbar
- 31 Blog
- 32 Ointment
- 34 Fawn's mom
- 35 Random drawing?
- 36 Bush
- 37 Villain's look
- 38 Sea flier
- 39 Largest of the seven
- 40 Abound
- 41 Alluring
- 42 Shrek, e.g.
- 43 Croon
- 44 Hosiery mishap



- DOWN**
- 1 Parks or Bonheur
 - 2 Calendar quota
 - 3 Therefore
 - 4 Impassive
 - 5 Bottom
 - 6 "Once — a

MAGIC MAZE

GRAMMY LIFETIME ACHIEVEMENT AWARD

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

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

- Autry
- Berlin
- Crosby
- Presley
- Bacharach
- Berry
- Ellington
- Pride
- Beach Boys
- Cline
- Kristofferson
- Sinatra
- Beatles
- Clooney
- Page

My Stars ★★★★★

FOR WEEK OF OCTOBER 7, 2019

Aries (March 21 to April 19) An upcoming trip could create some problems with your schedule unless you tie up as many loose ends as possible before you head out the door. Ask a friend or colleague to help you.

Taurus (April 20 to May 20) Being eager to start a new project is fine. However, moving ahead without knowing what actually will be expected of you could cause a problem down the line. Ask some questions.

Gemini (May 21 to June 20) Getting through some recent challenges in good shape might give you a false sense of security. Don't relax your guard. You need to be prepared for what else could happen.

Cancer (June 21 to July 22) Caution is still advised, even though you think you're as prepared as you need to be. Keep in mind that change is in your aspect, and you should expect the unexpected.

Leo (July 23 to August 22) The Lion's gift of persuasion helps you get your

points across, even to some of your most negative naysayers. An old friend might seek you out for some advice.

Virgo (August 23 to September 22) Being sure of your convictions is fine. But leave some room for dissenting opinions. You might learn something that could help you avoid a possible problem later on.

Libra (September 23 to October 22) Getting good legal advice on what your rights actually are is the first step toward resolving that pesky problem so that it doesn't re-emerge at a later date. Good luck.

Scorpio (October 23 to November 21) Longtime relationships work well this week, whether they're personal or professional. It's a good time to invite new friends and colleagues into your life.

Sagittarius (November 22 to December 21) This is a good week to do the research that will help you uncover those irrefutable facts that can back you up on your new venture when you most need it.

Capricorn (December 22 to January 19) Change is an important factor in your aspect this week and could affect something you might have thought was

immune to any sort of adjustment or "alteration."

Aquarius (January 20 to February 18) Being asked to share someone's deeply personal confidence might be flattering, but accepting could be unwise. Decline gracefully but firmly.

Pisces (February 19 to March 20) As wise as you are, you could still be misled by someone who seems to be sincere but might not be. Take more time to assess the situation before making any commitments.

Born This Week: You like to face challenges that others might try to avoid, and by so doing, you set an example of courage for all.

MOMENTS IN TIME

• On Oct. 9, 1635, religious dissident Roger Williams is banished from the Massachusetts Bay Colony by the General Court of Massachusetts. Williams had spoken out against the right of civil authorities to punish religious dissension.

• On Oct. 13, 1775, the Continental Congress authorizes construction and administration of the first American naval force, the precursor to the United States

Navy, which was established April 1798.

• On Oct. 12, 1786, widower Thomas Jefferson composes a romantic and introspective love letter to a married woman named Maria Cosway, who he'd met in Paris earlier that year. Eventually Jefferson's ardor cooled, and in 1789 he wrote more about his scientific studies than of his love and desire for her. The now-famous letter is known to historians as "A Dialogue between the Head and Heart."

• On Oct. 7, 1943, Rear Adm. Shigematsu Sakaibara, commander of the Japanese garrison on Wake Island, orders the execution of 96 Americans POWs, claiming they were trying to make radio contact with U.S. forces. The cold-blooded executions remain one of the more brutal episodes of the war in the Pacific.

• On Oct. 10, 1957, President Dwight Eisenhower offers his apologies to Ghana's finance minister, Komla Agbeli Gbedemah, who was refused service at a restaurant in Dover, Delaware. It was one of the first of many such incidents in which African diplomats were confronted with racial segregation in the U.S.

continued on page 45

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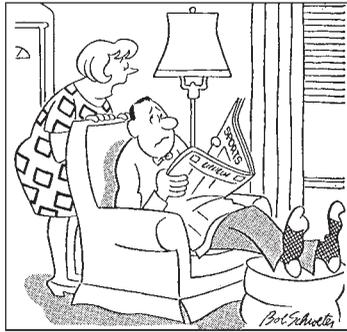
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"I can't imagine being a lady jockey — having your _____ listed in the paper every week." Answer on page 46

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!

Clout

DIRECT

Dismay

ARCHING

Collide

RIKETS

Divert

WEVERS

TODAY'S WORD

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

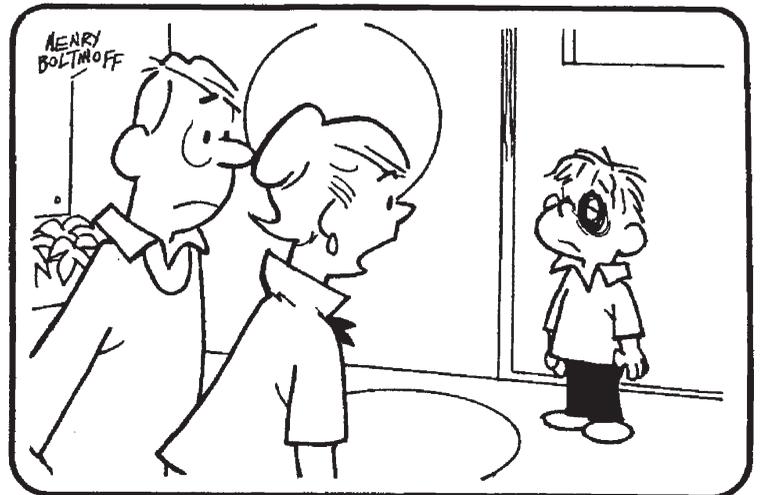
SUDOKU

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.

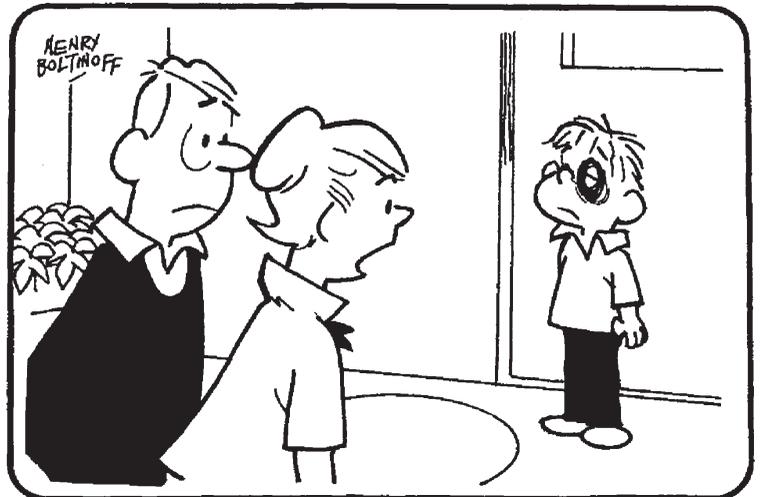
Answer on page 47

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Man's sweater is black. 2. Plant is fuller. 3. Picture is missing. 4. Boy is taller. 5. Earring is missing. 6. Boy's right arm is hidden.

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From page 43

Moments In Time

• On Oct. 11, 1962, Pope John XXIII convenes an ecumenical council of the Roman Catholic Church, the first in 92 years. The pope hoped to bring spiritual rebirth to Catholicism and cultivate greater unity with the other branches of Christianity.

• On Oct. 8, 1970, Aleksandr Solzhenitsyn, Russia's best-known writer, wins the Nobel Prize for literature. The Soviet government demonstrated its displeasure over Solzhenitsyn's writings by preventing him from personally accepting the prize.

STRANGE BUT TRUE

• It was noted 20th-century author of speculative fiction Harlan Ellison – whose writing credits include episodes of the original *Star Trek* series – who made the following sage observation: “The two most common elements in the universe are hydrogen and stupidity.”

• After his death in 2005, the ashes of Hunter S. Thompson – pioneer of

“gonzo” journalism and author of the infamous novel *Fear and Loathing in Las Vegas* – were fired spaceward from a giant cannon to the accompaniment of fireworks and the Bob Dylan song *Mr. Tambourine Man*.

• Wasps, evidently, don't have any time to waste. Those who study such things say that they take less than a minute to complete their courtship and mating rituals.

• All species of dog have a pink tongue – except one. Chows' tongues are black.

• The automatic dishwasher was invented way back in 1886. A woman named Josephine Cochrane came up with the idea because she was unhappy with the way her fine china was being chipped by the servants who were washing it.

• According to a recent Zinus study on sleep anxiety in America, women are more likely than men to dream about being chased and having teeth fall out. Men, though, dream more often about being naked in public and flying.

• If you're thinking of redecorating your child's room, you might want to keep this in mind: Studies show that the color pink has a soothing effect on

children, blue lowers their blood pressure and increases attentiveness, and yellow excites and cheers kids. Avoid red if at all possible; it has been shown to raise children's blood pressure, respiration and heart rate as well as brain and muscle activity.

THOUGHT FOR THE DAY

“Unfortunately, computers are also stupid. Unlike human beings, computers possess the truly profound stupidity of the inanimate.” – Bruce Sterling

Volunteers Needed For Taste Of The Islands

The Clinic for the Rehabilitation of Wildlife (CROW) is in search of volunteers for the 38th Taste of the Islands at the Sanibel Community Park on Sunday, November 10 from noon until 5 p.m.

Help support the Sanibel community

by joining CROW and local restaurants to put on a great event for islanders and visitors alike. Volunteers are needed to work in three-hour shifts before, during and after the event in areas including set-up/tear down, sales, guest services, rovers and parking.

All Taste of the Islands volunteers will receive admission to the 38th Taste of the Islands, a volunteer T-shirt and the appreciation of CROW and its wildlife patients.

To become a Taste volunteer, complete the volunteer form and submit it to CROW by Friday, October 18. After submitting the form, you will be contacted by CROW officials to discuss assignments, responsibilities and answer any questions. To print a volunteer form, visit www.bit.ly/38TOTIVolunteer.

Sanibel Community Park is located at 2231 Periwinkle Way on Sanibel. For more information or questions about volunteering, contact volunteer coordinator Pam Stoike at volunteers@crowclinic.org or 472-3644 ext. 229. Visit www.crowclinic.org/articles/38th-taste-of-the-islands for more information about Taste of the Islands.*

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Academies To Headline City Of Palms Classic

Start with two of the premier high school basketball programs in the country, add in mega talent destined for college and NBA greatness and the 47th annual Culligan City of Palms Classic exceeds even its expectations as the nation's top high school basketball tournament.

IMG Academy from Bradenton, Florida and Montverde Academy from Montverde, Florida, the No. 1 and No. 2

teams heading into the 2019-20 season according to *USA Today*, headline a lineup of 16 teams in the main draw for the tournament set for December 18 to 23 at Suncoast Credit Union Arena on the campus of Florida SouthWestern State College.

IMG makes a return trip to the holiday event after reaching the quarterfinals a year ago, while Montverde is back in the elite field after a two-year absence. Both are loaded with talent, with IMG featuring Duke commit Jalen Johnson, ranked No. 4 in ESPN's top 100 class, and Montverde's Cade Cunningham, the No. 2 ranked player who has yet to commit to a college but is

also in the discussion as the top pick in next year's NBA draft.

Besides IMG and Montverde, the main draw is loaded with top-shelf talent, including hometown Fort Myers, Whitney Young (Chicago, Illinois), Briarcrest Christian (Memphis, Tennessee), Scotlandville (Baton Rouge, Louisiana), Sanford (Hockessin, Delaware), Vashon (St. Louis, Missouri), Gonzaga Prep (Washington, DC), O'Dea (Seattle, Washington), Roman Catholic (Philadelphia, Pennsylvania), Riverview (Sarasota, Florida), Archbishop Stepinac (White Plains, New York), Marshall County (Benton, Kentucky) and Ely (Pompano Beach, Florida).

This tournament is always the crystal ball to greatness when it comes to what fans will be seeing at college and NBA levels, but all eyes will assuredly be on Johnson and Cunningham. The 6-foot-9 Johnson is a small forward with eye-popping skills, who averaged 19.7 points, 11.7 rebounds and 5.9 assists in becoming Wisconsin's player of the year last season while playing for Nicolet (Glendale, Wisconsin). He transferred to IMG at the start of this school year.

But the main draw is just the start for the basketball crazy fan as the Signature Series bracket and Sunshine Series bracket are also loaded with plenty of star power. Taking to the court

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10/4 * TFN

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10/4 * 10/4

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Salary:

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Experience:

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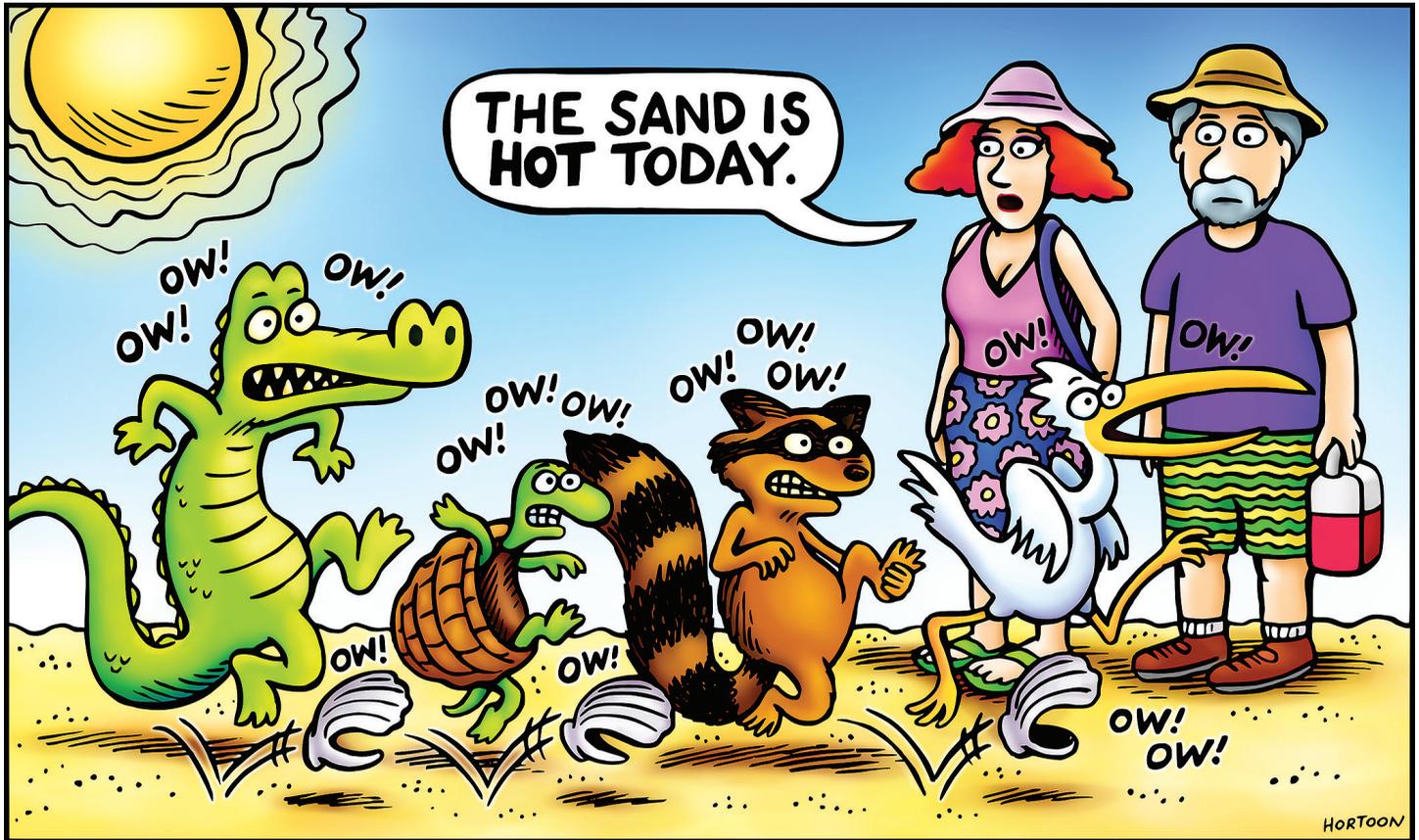
for Signature Series games will be St. Frances Academy (Baltimore, Maryland), West Oaks (Orlando, Florida), Hamilton Heights Christian (Chattanooga, Tennessee) and Sunrise Christian Academy (Bel Aire, Kansas). The always popular Sunshine Series is made up of Charlotte (Punta Gorda), Lakewood (St. Petersburg), Evangelical Christian School (Fort Myers), Seminole (Sanford), Stranahan (Fort Lauderdale) and Mater Academy (Hialeah Gardens).

In honor of a legendary college and high school coach, the first Hugh Thimlar Tribute Game, featuring hometown Lehigh Senior High School and Venice High School, will be played. As coach of then-Edison Junior College, Thimlar created a junior college national powerhouse over 26 seasons. Overall, he won 604 games over 40 seasons as a head coach in Indiana and Florida. He also founded the City of Palms tournament, called *The News-Press* Christmas Basketball Tournament, in 1973, with six teams competing at Edison in a regional tournament.

Visit www.cityofpalmsclassic.com to buy your tickets and for tournament information.*

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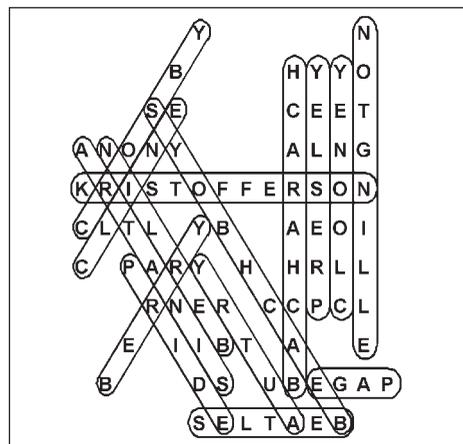
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2006	4,340	\$2,175,000	\$1,995,000	251
Fort Myers	Fort Myers	1969	3,713	\$1,979,000	\$1,800,000	41
Costa Amalfi	Miromar Lakes	2013	2,586	\$1,749,000	\$1,625,000	117
Sanctuary At Wulfert	Sanibel	2011	4,607	\$1,747,000	\$1,633,500	553
Rails End	Fort Myers	2018	3,697	\$1,700,275	\$1,892,510	174
Terabella	Fort Myers	2009	5,065	\$1,625,000	\$1,490,000	82
Cape Harbour	Cape Coral	2007	4,336	\$1,499,000	\$1,389,000	100
Siesta Isles	Fort Myers Beach	1987	3,087	\$1,225,000	\$1,180,000	60
Cape Coral	Cape Coral	1989	3,620	\$1,199,000	\$1,012,000	80
Lakewood	Fort Myers	2006	4,243	\$1,189,500	\$950,000	217

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