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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 11, 2019

OCTOBER SUNRISE/SUNSET: 11 7:25 • 7:05 12 7:26 • 7:04 13 7:26 • 7:03 14 7:27 • 7:02 15 7:27 • 7:01 16 7:28 • 7:00 17 7:28 • 6:59

Live Animals Part Of 'Ding' Darling Day Attractions

As the 75th anniversary celebration at the JN "Ding" Darling National Wildlife Refuge on Sanibel kicks in, staff has planned a "Ding" Darling Day for Sunday, October 20 that will concentrate all the best traditions of the eco-festival into one day of family-oriented and conservation art activities, tours and programs.

Guided tours and a 9 a.m. Girl Scout Troop 874 flag-raising start the day. The refuge will be handing out free reusable shopping bags made from recycled water bottles to the first 300 guests as it celebrates the birthday of its namesake – Jay Norwood "Ding" Darling – with birthday cookies.

Wildlife presentations outside under the "big top" will showcase snakes and animal ambassadors from the Clinic for the Rehabilitation of Wildlife (CROW). Celebrity Burmese python hunter Dusty "Wildman" Crum and biologist Mike Kirkland will talk about the havoc the



Snakes Alive! is one of the day's wildlife presentations photos provided

species is wreaking on the Everglades. (There will be no live snakes at this presentation in the Visitor & Education Center Auditorium.)



Archery demonstrations will be offered

Other highlights include all-free narrated Tarpon Bay Explorers (TBE) tram tours of Wildlife Drive (based on availability), archery skills clinics (for ages

10 and older), a butterfly house, chalk drawing, wildlife origami, nature sketching, hot dogs and live music by the Americana Community Music Association.

"We estimate the value of this free event to be up to \$75 for a family of four," said "Ding" Day committee chair, Supervisory Refuge Ranger Toni Westland. "But the value of family- and nature-bonding? You just can't put a price tag on that."

Continuous free shuttle service will run from the refuge's Tram Parking Lot on Sanibel-Captiva Road (look for signs) and Tarpon Bay Explorers.

The entire day's schedule follows. For more information, visit www.dingdarlingdays.com.

The U.S. Fish & Wildlife Service, DDWS, and TBE co-present "Ding" Darling Day with support from the local community and businesses.

"Ding" Darling Day Schedule
(EC = "Ding" Darling Visitor & Education Center)

(TBE = Tarpon Bay Explorers)
8 a.m. – Birding Tour with Senior Refuge Biologist Jeremy Conrad, meet at EC flagpole

9 a.m. – Flag-raising at EC flagpole, continued on page 26



The 22nd Hobie 16 World Championship will be staged on the waters off the coast of Captiva from November 1 to 16 photo courtesy www.hobieclass.com

South Seas To Host Sailing World Championship

by Jeff Lysiak

For the first time since 1984, the International Hobie Class Association (IHCA) World Championship races will be held in the United States. And, for

the first time ever, the prestigious sailboat competition will be staged on the waters of Southwest Florida.

From November 1 to 16, South Seas Island Resort on Captiva will host the 22nd Hobie 16 World Championship. Sailors from around the world will be competing in three world championship disciplines (Women's, Youth and Open) and three additional disciplines (Masters Cup, Grand Masters Cup and Great

continued on page 30

Historical Village Reopens Tuesday, Volunteers Sought

The Sanibel Historical Village reopens October 15, Tuesday through Saturday, from 10 a.m. to 4 p.m.

Among this season's highlights are several Twilight Talks and the annual gala fundraiser, which will be held on February 18 at The Community House.

"We are again offering a reciprocal museum membership," said Emilie Alfino, executive director. "We have joined the North American Reciprocal Museum family, and a membership at the \$150 level or above offers members free admission to more than 1,000 participating arts, cultural and historical institutions along with botanical gardens, children's museums, science and technology centers, and more. Many institutions include a discount at their gift shops." Visit www.narmassociation.org for a complete list.

In addition, for the first time, members at the \$150 level or above are invited to attend the museum's Volunteer Updates. These are casual, relaxed talks by a variety of island icons and held for the benefit of



From left, Emilie Alfino, executive director; Sandy Nering, front desk assistant; Rachel King, business manager; and Jan Symroski, volunteer coordinator photo provided

volunteer docents. Last season, the group heard Ralph Woodring tell stories as only he can, and later Mariel Goss described continued on page 14



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A DAHLMANN PROPERTY



Staff and preschoolers from the Children's Education Center of the Islands (CECI) taking a break from outdoor play last week photo by Jeff Lysiak

Preschool Planning 45th Anniversary Gala

by Jeff Lysiak

In celebration of providing quality education to local preschoolers for the past 45 years, the Children's Education Center of the Islands (CECI) will host a gala fundraiser on Saturday, November 16 from 6 to 9 p.m. at MudBugs Cajun Kitchen, located at 1473 Periwinkle Way.

The festive gathering – open to the island community – will include a buffet dinner, unlimited beer and wine, a live auction and 50/50 raffle, plus a performance by The Blue Gators, the Cape Coral-based blues trio. Tickets are priced at \$100 per person and can be purchased at the preschool, located at 350 Casa Ybel Road, by calling 472-4538 or at Adventures in Paradise, located in the Tahitian Gardens Shopping Center at 2019 Periwinkle Way.

"We've been planning this celebration for the past couple of months," said CECI Executive Director Cindy DeCosta. "This event replaces our traditional fundraiser, Pigs In Paradise, and it's a little more adult centered."

According to DeCosta, the evening will begin with mingling, sampling some of MudBugs most popular appetizers – including Brussels Sprout Kebabs and Boudin Balls – before the buffet dinner begins. The menu will offer Cajun-flavored favorites such as stuffed shrimp, jambalaya, Creole pasta, Cajun chicken, dirty rice, crawfish fritters, seasonal vegetables and Caesar salad. A dessert of freshly-made beignets will complete the meal for a genuine New Orleans experience.

Proceeds will help support the scholarship program, ensuring that

all children have the chance to attend preschool, regardless of financial situation.

"We're hoping to get a great response from our alumni on the islands. There are a lot of parents and grandparents of children who have attended the preschool... and who are attending right now," added DeCosta. "And all of the money we raise that evening will go to our scholarship program. Twenty-five percent of all our students are here on scholarship."

Sponsorships for the celebration are available in gift amounts from \$250 up to \$5,000. To become a sponsor, call Cindy DeCosta at 472-4538.

Opened in June 1974 by a group of Sanibel parents, the Children's Education Center of the Islands is a nonprofit preschool open to youngsters ages 12 months through 5 years. It is dedicated to providing a nurturing learning environment that creates happy, curious, confident children in a nature-based preschool.

For more information, visit www.childrenseducationcenter.com.

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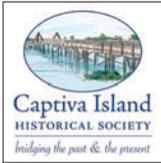
Captiva Island Historical Society

Looking Back: Fishing

This week's image portrays Carl and Alice Miner out for a day of fishing.

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

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



Carl and Alice Miner
photo courtesy CIHS archives

Tuesday Morning Bible Study

Sanibel Congregational United Church of Christ is offering Tuesday morning Bible study at 10 a.m. in Fellowship Hall beginning October 15.

Pastor John Danner will teach *The Gospel of Luke*, written somewhere

around 85 CE. It takes a look at the life and ministry of Jesus of Nazareth.

This seminar-type course is a season-long study, but students are free to enter the course at any time. There will be time allotted for conversation as well as interaction between teacher and students.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way.✪

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.

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Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

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 Mass 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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Memories From A CECI Alumna

submitted by Cindy DeCosta,
Director, CECI

The Children's Education Center of the Islands (CECI) is celebrating its 45th year of dedication to education. Some former students of CECI who currently have their children attending the preschool were asked to share their memories.

One current parent and former CECI alumna, Sue Santamaria, has her two sons enrolled in CECI. When she was asked about a memory of hers, Santamaria shared several of her favorites.

"I vividly remember the building the preschool was in (the old Bailey store on Bay Drive)," said Santamaria. "I remember walking up those steps to the white wooden building with the dark, old hardwood floors inside. I remember the play area was in the front in a large open room and the kitchen area, much smaller, was in the back. The building seemed so large to me at the time. As I've visited the building (now at the Sanibel Historical Village) as an adult, I realize it was not so large - I was just so small. I remember even back then thinking how special it was that the building was an old store at the ferry stop. It was fun to imagine people coming and going through the store.

"I also remember the day my mom's



Alumna Sue Santamaria with her mom, Susie Santamaria, back in Sue's preschool days
photos provided

car was parked at the school, on the beach, and somehow rolled into the bay."

She was happy to learn that the students had made sea grape jelly as they studied the ripening sea grapes. "I also remember climbing the sea grape tree right by the bay," said Santamaria. "And making sea grape jelly at school, just as my children do at the preschool today.

"Being a student at CECI was magical back then, and it is still a magical place today," she added.

Sue's mom, Susie Santamaria, said, "Your sister Julie was in the first preschool class. Three local women were



Sue Santamaria with her sons, Kyle and Vance, who currently attend the preschool

instrumental in getting the movement going, Judy Workman, Starr Thomas and Bari Fischer, and young moms as well as people of all ages were excited about island children having the preschool experience. So there was terrific support for the idea followed by fundraising and brainstorming about finding ways to make it work. A teacher named Betsy Frothingham O'Malley was visiting the island with her two children and she had experience in starting a preschool. She worked with the ladies and gave them guidance in how to proceed and involve the community. The Bailey family's offer

of the use of their old store on the bay for the school gave the idea a major lift and made it all seem possible."

Sue's brother, Robb, also went to CECI, but the school had then moved from the original Bailey's store on the bay to the present location on Casa Ybel Road thanks to the donation of five acres of land from the Sanibel-Captiva Lions Club. Many people helped with the moving and refurbishing of the two cottages given to the preschool from an old style bungalow resort that had been sold. It became a community effort with

continued on page 6

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OBITUARY



THOMAS A. RATHBONE

We've lost a bright, inquisitive, thoughtful and unique man. Thomas Arthur Rathbone of Captiva Island, Florida died on Saturday, September 21, 2019, after a four-month valiant battle with cancer. Tom's passions ran deep. The things he loved he threw himself into energetically and without reservation.

He loved jazz and with his wife, Jane, frequented The Barrel Room in Fort Myers. His lifelong love of jazz inspired him to take piano lessons later in life. It was the same with boating. When he decided he wanted a boat, he was completely on board. Tom was an irrepresible techie, always latching on to the latest device and upgrade. He was on a first name basis with Siri. For those of us who were baffled by new technology, it was like having a teenager on call.

He treasured the time spent with Jane and friends. Days-long group boat trips were inspired and commemorated by Tom. Within hours of returning home, there would be an email from him with a video and photos attached.

Tom grew up in Cleveland, Ohio with his much-loved brother and sister, the late Robert Beagle Rathbone and the late Carol Rathbone Covington.

Tom's love of animals went far beyond doting on his dog, Mr. Wilson. While visiting Egypt with Jane this summer, he learned about Brooke USA, an international animal welfare charity dedicated to improving the lives of working horses, donkeys and mules. He also supported and served as board chair and trustee of Fieldstone Farm, a therapeutic riding center in Ohio.

Tom retired in 2004 as president of the Cleveland Clinic Children's Hospital for Rehabilitation, a position he held for 20 years.

He was an active volunteer. His dedication and talents have benefited many communities and organizations.

Chief among them, in Cleveland, he served as board chair and trustee of the Saint Luke's Foundation. Tom was a trustee for Services To At Risk Teens, a director of the National Council on Alcoholism and Drug Dependence, served on the Council on Child Health of the National Association of Children's Hospitals and Related Institutions, and as board president and trustee of the Shaker Heights Youth Center.

On Sanibel and Captiva, he served as treasurer of Sanibel-Captiva Conservation Foundation Board of Trustees, and as a member of the Captiva Community Panel.

Tom will be greatly missed by his wife and love of recent years, Jane Moore Rathbone. Tom was married for 48 years to the late Susan Narten Rathbone and together they raised two daughters, Amy Rathbone (Nobuto Suga) of San Francisco, California and Sara Rathbone of Burnsville, North Carolina. He was a loving grandfather to Isaiah and Asher Presley.

Tom's vitality, enthusiasm and spirit made you want to be in his orbit. He gave us so much, and we were hoping for more. His friends and family wish him calm seas, favorable winds and to remember, "stay in the channel."

Donations to honor Tom's memory can be made to: Sanibel-Captiva Conservation Foundation at www.sccf.org; Brooke USA at www.brookeusa.org; or Fieldstone Farm at www.fieldstonefarmtrc.com.

A celebration of life will be announced at a later date.✧

from page 5

CECI Alumna



An old newspaper clipping of Andy Muench and Sue Santamaria with their mothers, June Muench and Susie Santamaria

image provided

multitude of people volunteering their talents, time and money.

Tommy Doyle, current Lee County supervisor of elections, was part owner of the Flint and Doyle house moving business in Fort Myers, and they moved the cottages for free, or a token price. Ray Fenton helped with architectural and site planning, Jerry and Dick Muench helped in a multitude of ways, Mark Anderson was a major help in joining the cottages to make them functional for a preschool. Santamaria's dad helped in many ways on the site and with the buildings as well. The whole community rallied to make it work.

If you have memories you would like to share, email cindy@childrenseducationcenter.com. For more information, call 472-4538 or visit www.childrenseducationcenter.com.✧

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On October 2, Mayor Kevin Ruane read a proclamation during the Sanibel City Council meeting honoring the 40th anniversary of Community Housing & Resources (CHR) photos by Jeff Lysiak



Lynn Hoops, second from left, accepting a proclamation from the City of Sanibel last week recognizing October as National Breast Cancer Awareness Month. Also pictured, from left, are Mayor Kevin Ruane, Leslie Rowan, Alice Verme and Dr. Steve Brown. This year's Let's Pink Out Sanibel & Captiva Community Picnic will be held at Sanibel Fire Station #1 on October 24.

City To Rework eBike Ordinance

by Jeff Lysiak

Following the continuation of the second reading of an ordinance that would have established the prohibition of all vehicles not exclusively powered by humans on the city's shared use path system, which drew much opinion and debate during previous deliberations, Mayor Kevin Ruane called for the draft legislation to be immediately withdrawn.

Introduced in early September, Ordinance 19-006 stipulated that "no operator shall drive a motor vehicle, micromobility device, motorized scooter, moped or other vehicle other than by human power upon a bicycle path, sidewalk or shared use path, except for crossing incident to appropriate access to adjacent property." The prohibition would not apply to a public officer or employee in the performance of duty, or to a person operating a motorized wheelchair or similar other power-driven mobility device operated by a person disabled for mobility purposes.

Addressing his comments to city attorney John Agnew, Ruane explained that due to the substantial and material changes that were made to the original ordinance, the council is required to begin the process over again.

"We really can't continue with this ordinance, correct?" asked Ruane. "There are a number of different suggestions of potential changes, so to the extent that those changes would be considered material or substantial, then we would need to start the legislative process over with a first reading that wouldn't be able to occur until, at the earliest, the next council meeting," said Agnew.

Council then voted unanimously to withdraw Ordinance 19-006.

According to Ruane, during a recent visit to the state capitol in Tallahassee, the subject of creating legislation to regulate the use of eBikes stirred a lot of conversation. Moreover, he suggested that Sanibel reach out to representatives with the Florida League of Cities (FLC) to investigate what laws other municipalities across the state have put into place in order to prepare a new ordinance. Other benefits in contacting the FLC include public education, safety concerns and enforcement of those laws.

"There's an awful lot of things we can learn from like-kind communities," added Ruane.

Vice Mayor Mick Denham, who during last month's discussion of the subject suggested a "contingency proposal" in the event the original ordinance wasn't adopted, told his fellow council members that he would prefer to see some legislation become

effective in advance of the next tourist season. Denham's revised ban would exclude Class 1 electric assisted bicycles, which are an electric-assisted bicycle equipped with a motor that provides assistance only when the rider is pedaling and that ceases to provide assistance when the bicycle reaches a speed of 20 miles per hour.

"I've reached out to a large number of people on the island," Denham said of his work on the ordinance. "We're talking about a discussion of a proposal that I've put together with our attorney on what we might think is reasonable, have a first reading in November, and then a second reading in December if indeed we approve it."

Denham also voiced his objection to reaching out to the FLC when creating legislation dealing with Sanibel's shared use pathways. He used the example of creating regulations regarding the use of fertilizers, which were done exclusively within the city staff and local stakeholders.

"I don't want to continue to drag this out," said Councilman Richard Johnson, "but I want to make sure we make the right decision when we do this."

"There's a lot of work that's gone into this and I'm not looking to delay this, but we can have this done for season," added Ruane, who later authorized Denham to continue fine-tuning the ordinance and reach out for

input from the FLC. "I just think that this has some elements that need some tightening."

Johnson also brought up the subject of personal responsibility when it comes to user behavior on the city's shared use path.

Councilman Jason Maughan, however, reiterated his support of Denham's previously recommended draft alternative of the ordinance, which would allow Class 1 eBikes to operate freely across Sanibel. "It allows as much as I would allow - just the Class 1 - and it restricts as much as I would restrict... everything else," he said. "I have a fear that this is going to get away from us... I'm afraid that if we don't do something, there's going to be a state preemption on this issue and that will be the end of our opportunity to do anything."

Councilwoman Holly Smith told her fellow council members, "Sanibel is the bullseye right now that people are watching."

Following some additional discussion, council voted 5 to 0 to move forward with Denham continuing work on the draft ordinance while reaching out to the FLC and the local chamber of commerce for their input.

In other business, an entertainment license was granted to the owners of The Jac Island Grille & Rum Bar for indoor live performances. The license will remain valid for one year.*

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Restrictions Approved For Leaf Blowers

by Jeff Lysiak

During last week's Sanibel City Council session, the idea of creating local legislation to prohibit the use of gasoline-powered leaf blowers on the island was put on hold. However, councilors voted unanimously to restrict the hours those devices can be used for commercial purposes.

On October 2, Councilman Jason Maughan – who initially brought up the notion of banning gas-powered leaf blowers back in March after several community members complained about the noise and air pollution caused by the devices – suggested that additional work on the proposed ordinance needs to be completed before the first reading takes place. He noted that the technology for operating less noisy and pollution-producing leaf blowers has not advanced to the point that commercial businesses can operate them efficiently.

“My original intent was to launch an investigation to see whether we could shift from gas-powered leaf blowers to something more technologically advanced and quieter, quite frankly,” said Maughan. “The research thus far has shown, at least in my opinion, that the technology is not there yet to compel such a transfer.”

After city staff investigated leaf

blower regulations installed in 15 Florida municipalities, a 173-page staff report as well as draft ordinance were prepared and were to be considered for adoption last week.

“After thorough consideration of various regulation options, city council finds it is in the best interests of the residents, property owners and visitors of the City of Sanibel to regulate the operation of gas powered leaf blowers,” the five-page ordinance reads, in part. “These regulations are deemed necessary by the city council to preserve the city's neighborhoods and quiet enjoyment of the environment within the City of Sanibel while also protecting the general welfare of residents, property owners and visitors alike.”

But after Maughan requested that work on the ordinance continue until a “phased-in” approach of prohibiting gas-powered leaf blowers can be implemented over the course of several years, the councilman reiterated his request to restrict the commercial use of those devices. He initially suggested a time restriction of Monday through Saturday between the hours of 8:30 a.m. and 5:30 p.m., which he called the “socially accepted hours for commercial entities.”

Vice Mayor Mick Denham offered, “I would've suggested that we restrict the hours a bit more than 8:30 to 5:30... I think it's good what you're recommending, but I would tie it up a bit more.” Maughan then asked Denham what hours he would recommend.

“I was thinking 9 a.m. to maybe 4:30 p.m.,” responded Denham.

“I have no objection to that amendment,” added Maughan.

Councilman Richard Johnson stated that he was concerned after hearing the opinions voiced by many citizens calling for an immediate prohibition of the devices. “We've heard loud and clear from our constituents looking for an outright ban on these gas-powered leaf blowers,” he said, noting his own personal experience using an electric powered leaf blower “with mixed results.”

During public comment on the matter, resident Barbara Cooley – speaking on behalf of Committee of the Islands (COTI) – expressed her concerns over both the noise and air pollution generated by gasoline-powered leaf blowers. She pointed to a study that measured the amount of pollutants released into the atmosphere by a commercial leaf blower engine running for one hour was equal to emissions released by driving an automobile for 11,000 miles.

“Air pollution is a serious problem here,” added Cooley.

Following some additional comments, council voted unanimously to restrict the commercial operating hours of gas-powered leaf blowers to Monday through Saturday between the hours of 9 a.m. to 4:30 p.m., plus holidays.

Council also agreed to go back to the drawing board on developing an ordinance that would phase-in the prohibition of gas-powered leaf blowers over a period of time. City attorney John

Agnew was tasked with working with city staff on creating a new draft ordinance, which may be added to the council's November 5 agenda for the first reading.

“I think we've got some more work to do on this,” said Johnson.✪

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken this Sunday, October 13, from noon to 8 p.m.



The 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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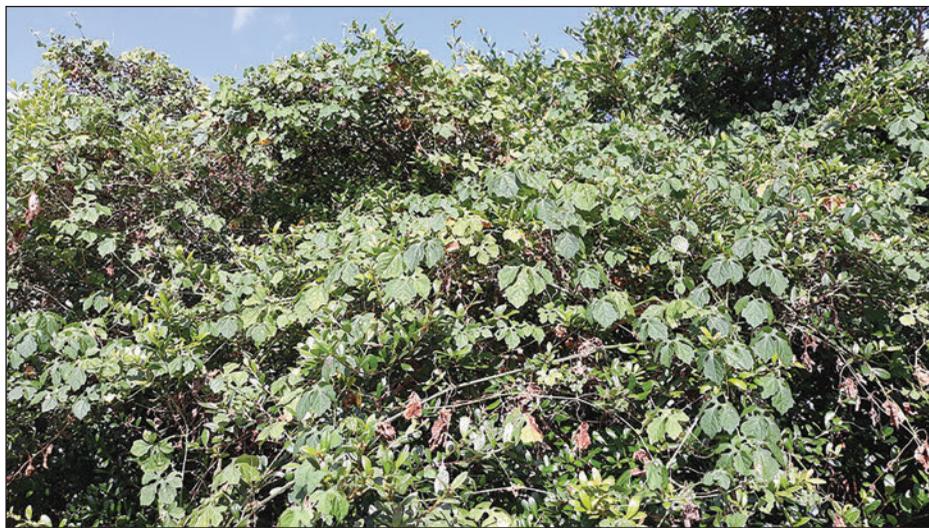
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Balsampear has spread so thickly that it's difficult to see the Simpson's stopper underneath photos by Gerri Reaves

Plant Smart Delicate Takeover

by Gerri Reaves

Balsampear's (*Momordica charantia*) pretty filigree leaves, delicate flowers and tender stems belie the vine's destructive sweep throughout much of the state.

Documented as having escaped cultivation in 1993, this demur-looking species earned a category-II listing by the Florida Exotic Pest Plant Council about five years ago.

Plants in that category "have shown

a potential to disrupt native plant communities," and balsampear has invaded virtually every type of native habitat.

Oddly enough, it has a long history in the U.S. Records show that Thomas Jefferson planted it in flower borders at Monticello in 1810.

It volunteers in the yard and takes off at warp speed. Tearing down the climbing twining stems or even simply clipping them off at ground level will help keep it at bay. But removing the entire plant is best.

A member of the cucumber, or gourd, family, it is also called bitter melon, gourd, cucumber, or squash, as well as balsam-apple. It is a relative of



Invasive balsampear's bumpy fruit is green. Note the coiled tendrils

watermelon, squash and cucumber.

If you do tear it out, you'll notice an earthy, musky, or unpleasant odor, thus another common name, stink vine.

Alternate palmate leaves are toothed with five to seven lobes and an ornate shape. Sometimes, they are hairy.

Momordica, which comes from a Latin word meaning "to bite," refers to the leaves' jagged edges.

The thin stems have thread-like coiled tendrils that enable the plant to climb. Once on another plant, it will quickly veil and shade-out the one beneath.

It also threatens native air plants in tree canopies and, as a groundcover, forms dense thickets.

The five-petaled delicate yellow flowers are funnel-shaped and measure about an inch across. *Charantia* derives from ancient Greek and means beautiful flower.

They bloom year-round and usually appear singly on a long stalk.

Both male and female flowers appear on the same plant.

The fruit is eye-catching, even other-worldly. It resembles tiny pear- or egg-shaped melons, typically pointed and pendant-like. One to five inches long, the bumpy green fruit ripens to a deep yellow-orange.



When ripe, the fruit splits to reveal seeds covered in bright red sticky pulp

Then it splits open and three sections curl back to reveal flat seeds covered in brilliant red sticky pulp. The consumption of those seeds by birds and other wildlife adds to the plant's invasive potential.

The pulp is said to be non-toxic, but a warning... the seeds and unripe fruit's skin are poisonous to people and animals.

Another reason to remove this species from the yard is that it can kill pets if they ingest the fruit. Just play it safe and avoid consuming this plant whether it's ripe or not.

In some Caribbean and Southeast Asian countries, it is cultivated and specially prepared and consumed as a vegetable. Tea made from the leaves is used to treat influenza. Medical research continues on the vine's potential in treating major diseases such as cancer.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Wild Plants for Survival in South Florida* by Julia F. Morton, www.eatheweeds.com, www.plants.ifas.ufl.edu, www.monticello.org.

Plant Smart explores the diverse flora of South Florida.*

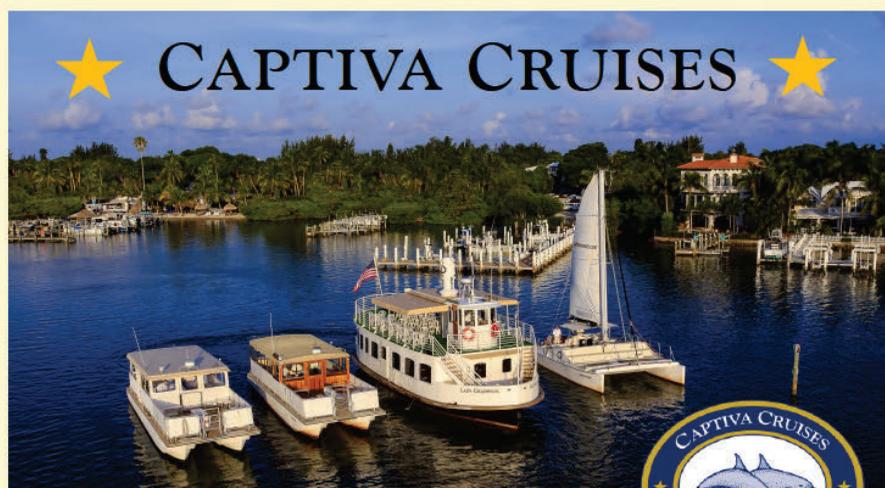
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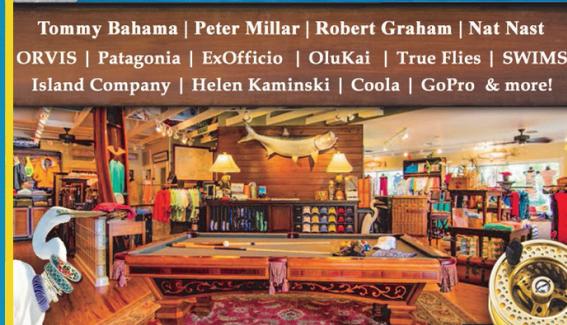
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Red October



by Capt. Matt Mitchell

October is traditionally our best redfish fishing month, and this is proving true with anglers experiencing the most wide-open redfish action of the year. Schooling reds of all sizes can be found anywhere from the passes to the backcountry. Once you locate these fish, it is awesome to watch multiple fish follow out the fish you have hooked up.

Both areas in and around the passes along with mangrove islands and oyster bars held lots of hungry redfish. Choosing where and when to fish these places

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

Once you get this bite dialed in, it's possible to return to the same place day after day to catch that same stage of the tide and get right back in on this action. We set up around the passes and waited for the tide to get just right several days in a row this week. These redfish showed up like clockwork, and the bite was on. During the incoming tide, the water in and around the passes has gone from dirty to clean within about a hour. Once it cleans up, you can see these fish laid up.

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

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

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



Lots of redfish kept clients smiling this week

photo provided

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Discounts On Artwork At Tower Gallery Attic Sale

The 13th annual Tower Gallery Attic Sale will return to Sanibel on Friday and Saturday, October 18 and 19 from 10 a.m. to 4 p.m. each day.

This will be an opportunity for art enthusiasts and gallery supporters to browse through and purchase work from some of the co-op's award-winning artists at significantly discounted prices.

The annual Attic Sale is Tower

Gallery's way of giving back to the locals who support them year after year. It is also a gift to new friends who may just now be discovering the gallery. There will be artwork for sale on the gallery porch and in tents on the grounds, including sculpture, paintings, prints, raku, photography, hand-painted bowls and jewelry. This is also a chance to meet the artists, many of whom will be demonstrating on the deck or helping customers to select works of art. Artists Katie Gardenia and Kelly Morrison are back at the Tower Gallery this year and will attend the event.

"The artwork at Tower is always superior and ever changing," said



Inside look at previous Attic Sale

Morrison, noting that much of the work that ends up in the Attic Sale comes from constantly rotating what's on display at the gallery throughout the year.

"There could be that one piece that's been in the gallery that someone has had their eye on and it might just happen to end up in the Attic Sale," said artist JoAnne Bedient. "People enjoy prowling through bins and the framed pieces that aren't hanging on the wall. It's like going through your grandma's attic. And, as artists, we love looking at other artists' work and finding something we like, so people need to get there early."

Providing quality art at lower prices doesn't just benefit the community, it

benefits the artists who can use the money to purchase materials for creating new works of art. The Attic Sale is a way for all of the artists in the gallery to get involved with the gallery and the community.

"We're a cooperative and we love this gallery," said Morrison.

The sale will run from 10 a.m. to 4 p.m. outside and will continue indoors until the gallery closes at 6 p.m. on Saturday. Gallery hours are from 10 a.m. to 6 p.m. daily.

For more information, call 472-4557 or visit www.towergallery.net.

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

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CROW Calendar Of Events

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

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 11, 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 11, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important



role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Monday, October 14, 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 14, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Wading Birds (daily presentation).

Wading birds fill the shallows of waters all across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries. Learn the differences between herons and egrets, some of their unique hunting styles, and the many species native to Southwest Florida. One of CROW's animal ambassadors will be present.

Tuesday, October 15, 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 15, 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.

Wednesday, October 16, 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 16, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

Thursday, October 17, 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 17, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.✪

From page 1

Historical Village

the early days of the bike path. These talks are held at noon on first Mondays, December through March, at Shore Haven.

New volunteers are always needed at the village. Training begins Monday, November 4 and 11 a.m. Those interested can call Emilie Alfino at 472-4648 or email info@sanibelmuseum.org.

The Sanibel Historical Museum and Village will remain open during the BIG ARTS construction project. The traditional entrance to the village has been closed off for the construction and a new, temporary entrance has been made available down the road to the west at what was formerly the exit drive. That drive will now function as both an entrance and exit. Signage has been added at both places.

Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. Admission is \$10 for adults over age 18, no charge for members and children. For more information, call 472-4648 or visit www.sanibelmuseum.org.✪



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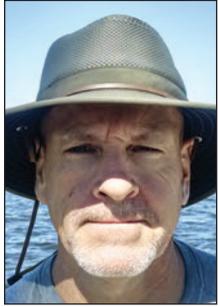
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CROW Case Of The Week:

Limpkin

by Bob Petcher



The limpkin (*Aramus guarauna*) is a long-legged bird of the marshes. It also has a long neck and long yellow-tinted bill, which is well-shaped and heavy enough to pry open and break apart its

favorite delicacy, apple snails.

The gangly, brown-and-white bird that resembles a night heron reportedly got its name many years ago from its walk, when early European settlers referred to its gait as limping. Interestingly, when needed, the limpkin is said to have a quick gallop at surprisingly high speeds.

At CROW, a juvenile limpkin was admitted from Cape Coral after being found in a field that was recently brush-hogged – cleared away by a rotary mower usually attached to a tractor. The bird's body condition was slightly thin, but otherwise appeared to have no injuries. As the bird was likely displaced from its nest by the brush hog, a best case scenario would have been reuniting it with a parent; however, a nest or parent was unable to be located.

Over the first few days in the clinic, veterinary staff noticed the limpkin was spending a lot of time lying down instead of standing. X-rays were taken and

revealed fractures in both legs of the bird that were already healing.

"The fractures had minimal displacement, meaning the legs were in fairly normal alignment, and were already healing, which is why they were not easily noticed at first," said Dr. Robin Bast, CROW staff veterinarian. "The patient was standing and walking on presentation to the hospital."

As its legs continued to heal, the patient became more active.

"Evidence of healing, a callus formation, was visible on radiographs," explained Dr. Bast.

One of the major challenges with limpkins is reportedly their unique diet. Over the first few days, the bird continued to lose weight, but thanks to a staff member being able to provide apple snails for the limpkin to eat, it has since gained weight back. Limpkins dine on apple snails almost exclusively.

"Yes, this is a particular favorite food for limpkins," said Dr. Bast. "In fact, their beak is specially designed to help them eat snails."

Another challenge for CROW officials is the limpkin's high stress level. To combat this, staff members have placed mirrors in the patient's enclosure so that it feels more comfortable.

"Mirrors are often used so the patient sees another bird just like them, which can help reduce stress," said Dr. Bast. "Signs of stress can include pacing behavior, not wanting to eat and spending a lot of time hiding. Adding mirrors and having multiple hide spots in the enclosure helped to reduce stress in



Patient #19-3949 appears to be looking at its twin, but the young limpkin is actually peering into a mirror
photo by Brian Bohlman

this bird."

The patient is healing nicely and is expected to be back in the wild in the near future if all continues to go well.

"Since this bird is young and the fractures were already in the process of healing, it should be ready for release in a few short weeks," added Dr. Bast. "The patient is stable and continues to heal in the outdoor enclosure. No release date is planned yet, but we will repeat radiographs this week to reassess the

state of the healing fractures. When it is recovered, it will be released near where it was found in an appropriate habitat."

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

Stearns Dove Snail



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

At only 5 mm (about 0.2 in inch) in maximum size, *Aesopus stearnsii* (Tryon, 1883), is

one of the smallest members of the dove snail family Columbellidae found on the beaches of Southwest Florida. Its shell is relatively slender for the family, with the aperture (opening) spanning about one-third to one-quarter of shell length. The shell sculpture shows very narrow, etched spiral lines. The color is cream color, usually with a faint orange-brown band just below the suture (the line separating two whorls). The photo shows a 4 mm shell collected by Rebecca Mensch off West Gulf Drive on Sanibel, October 9, 2015. 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 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.

The Bailey-Matthews National Shell



The Stearns Dove Snail, *Aesopus stearnsii*

photo by José H. Leal

Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.

Audubon Hawk Watch On The Causeway

Audubon of Southwest Florida is holding its 16th annual Sanibel Island Hawk Watch on Saturday, October 19 at 8 a.m. at the Sanibel Lighthouse. This one of the signature birding outings for the organization, where you can view several species of birds of prey at work at the height of migration season. There will also be opportunities to see shorebirds as well as warblers – or even a painted bunting – in the offshore hammocks. The host will be birder Vince McGrath.

Whether you are new to birding or an experienced birder, Audubon field trips offer some of the best birding and nature locations in Southwest Florida. Meet others in the community who love birding and nature, and who are engaged in environmental issues in Lee County and beyond. Wear appropriate clothing for the weather, and bug spray and sun screen, especially for trips in early fall and late spring. You may also wish to bring water, a camera, field glasses, or a folding chair, depending on the outing.

Members and non-members, beginners and advanced birders are welcome. All chapter-sponsored field trips are free; but donations are always appreciated.*

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Restaurant Lineup For Taste Of The Islands

The Clinic for the Rehabilitation of Wildlife (CROW) announced the 14 restaurants participating in the 38th Taste of the Islands, to be held at Sanibel Community Park on Sunday, November 10 from noon to 5 p.m.

"I'm thrilled to say we have an amazing lineup of restaurants this year," said Alison Charney Hussey, executive director for CROW. "This is a great opportunity for the community to come together to sample some fantastic food prepared by wonderful chefs, enjoy live music and have a great time with their friends and family. Supporting CROW is an added benefit to a fun-filled Sunday afternoon."

The participating restaurants include: The Bubble Room, The Clam Shack, Doc Ford's Rum Bar & Grille, The Jac Island Bar & Grille, Matzaluna The Italian Restaurant, MudBugs Cajun Kitchen, Rosie's Café & Grill, Sandollar Restaurant, Sanibel Deli & Coffee Factory, Sanibel Fish House, Shima Japanese Steakhouse, T2, Thistle Lodge, and The Timbers Restaurant & Fish Market.

Restaurants will offer menu items for six CROW Bucks or less while competing for honors in a variety of categories including Best Appetizer, Best Seafood, Best Meat, Best Vegetarian, Best Dessert and Taste of



Sanibel Fish House captured Best Appetizer, Best Dessert and Taste of the Taste last year photos provided

the Taste. Attendees will cast ballots to decide the winner of the coveted People's Choice award. Admission is \$7 for adults and no charge for children under age 12. Reserve online or pay at the door.

There will be live entertainment by Private Stock Band. In The Community House, guests can meet CROW's animal ambassadors and can bid on silent auction items.

Bank of the Islands/Edison National



The Clam Shack has been the winner of the People's Choice award for the past two years

Bank has returned as the Presenting Sponsor. This is the eighth year in row that the bank has led the sponsorship for CROW's signature fundraiser. Other sponsors include The Silverman Organization as Executive Chef

Sponsor; Jensen's Marina & Cottages and Heidrick & Company as Sous Chef Sponsors; and FOX 4 as Lead Media Sponsor. Supporting Media Sponsors include Times of the Islands Media; Happenings Magazine; Florida Weekly Newspaper; Island Sun and The River Weekly News; The Islander/Island Reporter; and Santiva Chronicle.

For more information, visit www.crowclinic.org/articles/38th-taste-of-the-islands.

Top 10 Books On The Island

1. *Ribbons of Scarlet* by Kate Quinn
 2. *This Tender Land* by William Kent Krueger
 3. *Southernmost* by Silas House
 4. *Next Year in Havana* by Chanel Cleeton
 5. *Great Alone* by Kristin Hannah
 6. *Overstory* by Richard Powers
 7. *Three Women* by Lisa Taddeo
 8. *Red at the Bone* by Jaqueline Woodson
 9. *Caribbean Rim* by Randy Wayne White
 10. *Most Fun We Ever Had* by Claire Lombardo
- Courtesy MacIntosh Books and Paper.✱

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To join simply text CANOE to 77222 and you're in the club! Membership is free! Then, two weeks prior to our Supper Club date, we'll text your personal invitation, complete with menu and pricing. First to reservations, first to enjoy. Join today.

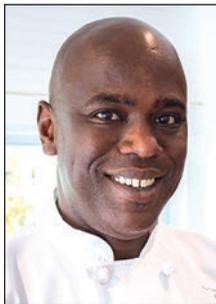
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The Community House

The Mango



mangos. They have far less sugar than ripe mangoes, which makes them good to use in healthy cooking recipes. Unripe mango prevents the loss of iron and sodium in the body. This means that they are good for prickly heat and excessive sweating. Unripe mango contains properties that can help the body fight off heat stroke as well.

Be careful, if you have a latex allergy; an allergic reaction is possible with mangoes, particularly unripe mangoes. Mango peel and sap contain urushiol, the chemical in poison sumac and poison ivy.

Fresh mangos are abundant this time of year and can also be found frozen or canned. Here is a simple recipe to try:

Mango Gelato

4 cups mango (peeled, seed removed)
Juice of 1 lime

2 cups granulated sugar
4 cups milk

Method

Place the fruit, lime juice and sugar in a food processor and process until liquified.

Add 1 cup of the milk and run the food processor until the mixture is smooth.

Mix the remainder of milk and fruit mixture in a separate bowl until completely combined.

Pour the mixture into an ice cream maker and freeze following the manufacturer's instructions.

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.✳

by Resident Chef Jarred Harris

Mangoes are the most popular fruit in the world. In fact, more fresh mangoes are eaten around the world every day than any other fruit. Mangoes were first grown in India over 5,000 years ago and are a member of the cashew family. Spanish explorers brought mangoes to South America and Mexico in the 1600s and introduced them to the United States in 1833 through Florida.

There are hundreds of varieties of mangoes grown around the world and they all have different characteristics. All mangoes have natural medicinal properties and can be eaten ripe or unripe. Even the leaves of the mango tree can be eaten. Mango leaves contain vitamins, minerals and antioxidants, which have been used in treating diabetes, high blood pressure, kidney stones and gastrointestinal infections.

Unripe mangoes have many health benefits and are healthier than ripe

Orchid Society To Meet

Known as "Angraecum man," Tom Kuligowski will be the speaker at the Monday, October 21 meeting of the Sanibel Captiva Orchid Society. The meeting will begin at 1:30 p.m. at St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel.

Angraecums are orchids known for their beautiful showy flowers, many of them fragrant at night. Kuligowski has created the Angraecums blog as well as a Facebook page to pass on growing tips and trends. He travels throughout the country doing orchid presentations.

Orchid enthusiasts are encouraged to come to the meeting's Fundamentals Session at 1 p.m. to hear members talk about their techniques for growing orchids. The topic will be: Fall in the Orchid Garden: what do we do now? Anyone with questions or an "ill orchid" that needs diagnosis can bring their plants to the meeting during show and tell.

Orchid society members are invited to participate in a monthly show. Ribbons are awarded for best hybrid and best species orchids. Most meetings will have orchids for sale as well as an orchid raffle. Annual society membership is \$25 for individuals and \$45 for couples. Guests are \$5.

For more information, visit www.sancaporchid.org.



Orchids at Edison & Ford Winter Estates photo provided

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Chef Karl Hamme and Calli Johnson
photo provided

Wines In The Wild Sponsors Return

The Sanibel-Captiva Conservation Foundation (SCCF) announced the return of two partners for Wines in the Wild, to be held on Friday, November 15 from 6:30 to 9 p.m. at Bailey Homestead Preserve. Bailey's General Store will be returning as the wine sponsor for the event, and Sanibel Catering Company will be one of six kitchen partners.

"This year's Wines would not be possible without the in-kind donations from Bailey's, Sanibel Catering and the other partners," said Wines in the Wild founder Linda Uhler. "Tom and I are longstanding customers of all these purveyors and are so grateful they will be helping us create such a special evening for SCCF's guests."

Joining them as kitchen partners are Catering by Leslie Adams, Cielo, Malia, Norman Love Confections and Sweet Melissa's Cafe. Their small plate offerings will be paired with specially selected wines from Bailey's Wine Manager Calli Johnson.

The finale for the evening will be a live auction of unique experiences. There will be valet parking sponsored by Doc Ford's Rum Bar & Grille.

Reservations can be made by calling

Linda Uhler at 472-3817. Tickets are \$125 per person. Because this event is likely to sell out in advance, tickets will not be available at the door. Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel. ✨

SCCF River Cruises To Resume

Explore the scenic and historic Caloosahatchee on an Oxbow and Riverlore Cruise hosted by Sanibel-Captiva Conservation Foundation (SCCF). The guided trips provide a relaxing opportunity to gain a personal perspective on the river, its history,

folklore, issues and solutions, as you explore the ancient upriver meanders. Follow the river back to a time when a waterfall served as the headwaters of the Caloosahatchee and settlers braved living amongst the wilderness.

Friday cruises depart at 1 p.m. and return at 3:30 p.m. The Friday cruise schedule includes November 29, February 7, March 6 and April 3.

Saturday cruises depart at 9 a.m. and return by 11:30 a.m. Saturday cruises include January 25, February 15, March 21 and May 9.

The 2.5-hour adventure begins by locking through the WP Franklin Lock in Olga. Heading east toward Alva, enter the historic bends of the river and revisit the activities of the pioneers who traveled

the same river to find paradise. Stories of the settlements and their adventures are blended with an understanding of the river's oxbows, the wild creatures that call it home and the challenges the river faces.

Tours are guided by Rae Ann Wessel, a river researcher, long-time river advocate, historian and SCCF natural resource policy director. The boat is a stable and spacious 41-passenger pontoon. All seats provide an opportunity for photographs and wildlife viewing.

Cruises depart from the south side of the river at the WP Franklin Lock and Dam, located off SR 80 in Olga.

For more information, call 472-2329 or visit www.sccf.org. ✨

Clinic for the Rehabilitation of Wildlife



VOLUNTEER REGISTRATION for Special Events

Taste of the Islands is Sunday, Nov. 10, 2019 Noon to 5:00 PM at Sanibel Community Park

CROW greatly appreciates the time and talent of our wonderful volunteers during the past 50 years! Join us to make CROW's signature event- **Taste of the Islands** - the best ever!

Please return this form by **OCTOBER 18** to Volunteers@CROWClinic.org Coordinator is Pam Stoike 239-472-3644 #229. Or you can send the form by **FAX** to 239-472-2334 or by **MAIL** to CROW, P.O. Box 150, Sanibel, FL 33957.

Positions include: Entrances, Admission, Food & Beverage Ticket Sales, Periwinkle Crossing, Beverages, Recycling, Rovers (ice delivery, garbage), and Parking. **Those who join us get a Volunteer t-shirt, free admission, and our appreciation!**

Please complete ALL fields

Name (print) LAST _____ First _____

Address _____ City _____ ST _____ Zip _____

Email _____ Phone () _____ home? Cell?

T-shirt size _____ (S - 3X) Over 21? Y N Position Choice 1) _____ 2) _____

Preferred 3-hour shift at Event: #1 - 11:30am-2:30 #2 - 2:15pm-5:15pm The overlap is for smooth shift change.

AND

SET-UP: Saturday afternoon from 2pm - 5pm - or - Sunday morning from 8am - 12:00pm

I understand that volunteer services will be provided to the Clinic for the Rehabilitation of Wildlife (CROW) with no monetary or material compensation. Volunteers are not considered employees of CROW, and as such are not covered by Workers' Compensation. Volunteers are held to the same high standard of conduct as employees and other rules and regulations as stated in the Volunteer Handbook.

ACKNOWLEDGEMENT AND RELEASE OF LIABILITY

- THE UNDERSIGNED, in consideration of benefits received from working at CROW, Inc. as a volunteer and for other good and valuable consideration, receipt and sufficiency of which is acknowledged, does hereby for themselves, their heirs and personal representatives, release and discharge of CROW, Inc. board of directors, officers and members and each of them from all liability for loss, injury or damage arising from injury to the person, property or resulting in death of the undersigned, whether caused by negligence or otherwise while engaged in any activity whatsoever in relation to CROW, its officers, directors and members.
- THE UNDERSIGNED further assumes all responsibility for and risk of bodily injury, death, property damage or otherwise while working for and on behalf of CROW.
- THE UNDERSIGNED does, for themselves, their executors, administrators, heirs and assigns, release and forever discharge CROW, Inc., its officers, directors and members, together with their heirs, administrators; executors and assigns, from any and every claim, demand, action or right of action, of whatsoever nature, either in law or in equity, arising from or by reason of any bodily injury death and/or property damage resulting from any acts or incidents which may occur as a result of the undersigned's participation in any activities of any nature whatsoever associated with CROW, Inc.

Signature _____ Printed Name _____ Date _____

PLEASE BIKE to the event or Park your car in the designated Volunteer Lot at Center4Life and Shuttle
***** We cannot guarantee the volunteer position you list *****

We will contact you prior to 11-10 with your assignment.

T-shirt and packet pick-up at CROW will be Mon Oct 28 and Thurs Oct 31 from 2pm-5:30pm each day.

For more information about CROW, or the 38th Taste of the Islands, visit www.CROWClinic.org

Show your colors!





Peanut and Chocolate Cupcakes

photo courtesy Fresh From Florida

Peanut and Chocolate Cupcakes

1½ cups peanuts, toasted, salted & coarsely chopped
6 ounces dark chocolate, broken into pieces

1 chocolate cake mix, store bought or homemade

Chocolate frosting, store bought or homemade

Coarsely chop the peanuts and set aside. Prepare cupcake batter using box mix instructions, and fold in half of the chopped peanuts. Once the batter is prepared, place cupcake liners in the cupcake pan and fill ¾ full. Bake according to cupcake batter instructions and set aside to cool completely. Place chocolate pieces in an oven-safe glass bowl. Set the bowl atop a small sauce pot with a ½ cup of simmering water, to create a double boiler. Stir continuously until the

chocolate is melted and smooth. Carefully remove the bowl from the heat, (caution: it will be hot). Frost the cooled cupcakes and sprinkle the remaining chopped peanuts on top. Drizzle with the melted chocolate and serve.✪

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 is having a Caribbean Party on Saturday with live music by Tribal Love. Sol Rydah provides the entertainment on Wednesday. On Thursday, it's James Prather.

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@islandsunnews.com or 395-2299.✪

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Celebrity Drag Queens To Light Up The Red Carpet For CHR

The community is invited to witness some of the islands' most upstanding community leaders stage drag queen performances for a great cause on Wednesday, October 30 from 5 to 8 p.m. at Lily & Co. Jewelers on Sanibel.

"Six upstanding men with stellar reputations on the island will risk it all by revealing their inner drag queens, sashaying down the red carpet with spectacular boas, showers of glitter and fireworks of feathers while serenaded by the Marty Stokes Band - all for the benefit of the nonprofit Community Housing and Resources," said Dan Schuyler, co-owner of Lily & Co. Jewelers with Karen Bell. The event is co-sponsored by Sanibel Catering Company by Bailey's.

The celebrity drag queens will take to the stage and liberate themselves from gender norms with eye-popping costumes and outrageous performances. The queen who raises the most money will be crowned the favorite performer.

Tickets are \$35 per person and available online at www.sanibelchr.org/event/halloween-2019/, at Lily & Co. Jewelers, 520 Tarpon Bay Road, or Bailey's General Store, 2477 Periwinkle Way.

The celebrity drag queens are: Jerry Edelman,



Dan Schuyler, co-owner of Lily & Co. Jewelers photo provided

Sanibel artist; J. Bruce Neill, PhD, co-founder and executive director of Sanibel Sea School; George Schnapp, owner of George and Wendy's Seafood Grille; Dan Schuyler, co-owner of Lily & Co. Jewelers; Josh Stewart, co-owner of Adventures in Paradise; and Daniel Thompson, owner of Suncatchers' Dream. Master of ceremonies will be Nicole McHale.

All proceeds will go to Community Housing and Resources (CHR), which provides affordable housing for 150 people with 74 rental homes and 14 limited equity homes on Sanibel. "CHR provides a critical need for our island community since most housing is financially out of reach for many people," said Schuyler. "While the event promises hilarity and cheer, the purpose addresses a very serious need."

"In addition to affordable housing, CHR provides economic and social diversity that the Sanibel Plan always envisioned," said Richard Johnson, CHR board president and owner of Sanibel Catering Company by Bailey's.

Cocktails and appetizers will be provided by Sanibel Catering Company while guests have an opportunity to bid on silent auction items from Lily & Co.

"We are grateful to these six generous community members and to our sponsors, Lily & Co. Jewelers and Sanibel Catering Company by Bailey's, for what promises to be an extravaganza of laughter, great music and amazing food," said Melissa Rice, CHR executive director.

For more information, call Lily & Co. Jewelers at 472-2888 or CHR at 472-1189.✪

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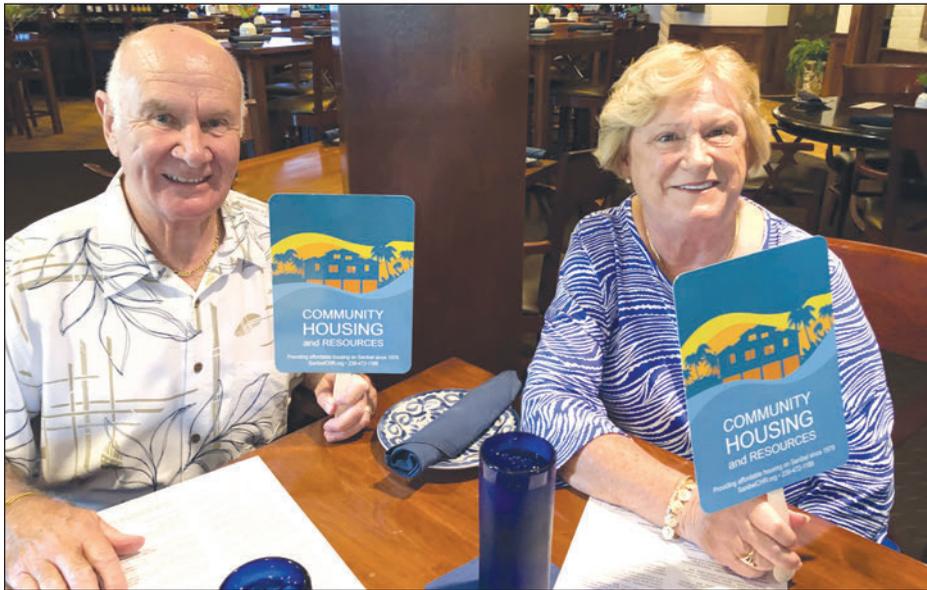


From left, Shelly, Francesca and Bill Greggs

photos provided



From left, John Trebilcock, Kathy Samson and Melanie Holliday



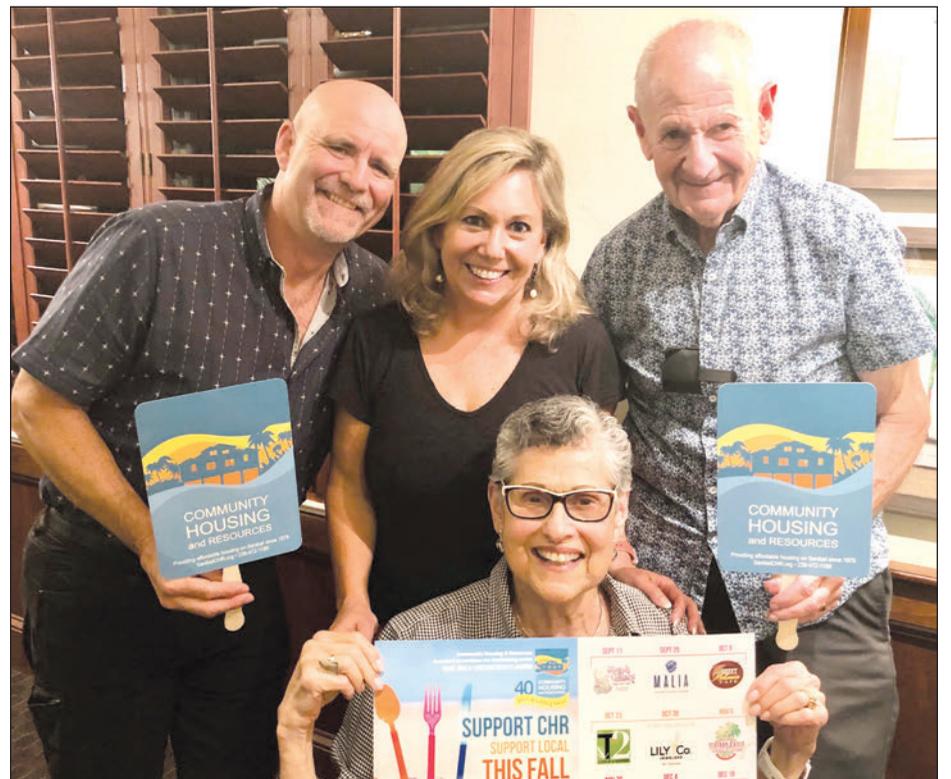
Jim and Barbara Mulka



From left, Linda Jones, Wei Tatakis, Marie Potts, Mary Sib, Teri Roberts, Julie Burger, Annette Hallarn and Tina Gray



From left, Jonathan Grathwohl, Heather Walk, Emma Millican and Frankie Triguero



From left, Ron and Janice Chadwick with Edina and Alan Lessack

BIG ARTS Ethics In Film Series

Sicario



by Ron Green

On Wednesday, October 16 at 12:30 p.m., Island Cinema will show *Sicario*, the first film in this year's BIG ARTS Ethics in Film Series. The film runs 121 minutes.

After the movie, I will lead a discussion at the cinema. Other films in the four-part series will be announced prior to the weekly showing.

Sicario is about an idealistic agent, Kate Macer (Emily Blunt) who, when drug violence worsens on the U.S. Mexico border, receives a top assignment. Recruited by mysterious government official Matt Graver (Josh Brolin), Kate joins a task force to eradicate a drug cartel; a cartel responsible for a bomb that killed members of her team.

Led by the intense and shadowy Alejandro (Benicio Del Toro), the team travels back-and-forth across the U.S. Mexican border. Macer soon finds herself at the center of a world of moral perplexity. The CIA and FBI agents and their private collaborators act in an environment of profound moral compromise. The film contains scenes



image provided

of extreme violence.

While most films reflect the ethical values of the world they present, only a select few films present sharp and not easily resolved conflicts between competing ethical values. Each of the films in this series asks its leading characters and viewers, "In view of the values in conflict at the center of this story, what is the right thing to do? The main ethical question for *Sicario* is: Does combatting extreme evil ever justify stepping outside the bounds of law and ethics?"

Tickets are \$7 and available at BIG ARTS box office, located at 2244 Periwinkle Way, Suite 8, 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.

Ronald M. Green is a Sanibel resident and professor emeritus for the study of ethics and human values at Dartmouth College.*

Entries Sought For Themed Art Exhibit

Sanibel-Captiva Conservation Foundation (SCCF) and Sanibel Captiva Art League have joined forces once again to create a new art exhibit opening in November.

The exhibit will feature fresh works of art and is open to all members of SCCF and the art league. Artwork should be representative of SCCF's mission and express the theme of Native, whether interpretative or literal. Submissions may be 2-D or 3-D (no photography).



Submissions must express the theme, Native

image provided

Works can be dropped off at the SCCF Native Landscapes & Garden Center at Bailey Homestead Preserve, 1300 Periwinkle Way, on Thursday, October 31 between 9 and 11 a.m. There will be an artist orientation following dropoff at 11:30 a.m.

For more information, email jevans@sccf.org or call 472-1932.*

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Book Review

Backlash

by Di Saggau



Brad Thor is fast becoming another of my favorite authors. His latest book *Backlash* puts us in the middle of a political and espionage world involving Scot Harvath, a popular

character in Thor's novels. The book opens with Harvath chained to a seat by mercenaries in a plane somewhere in Russia. The plane crashes and Harvath survives, but maybe not for long. It's the middle of winter in the Russian wilderness, and wolves are also on the hunt. Harvath has to use all of his past training to stay safe.

Both Moscow and Washington want to locate and either capture or rescue Harvath. The race is on. While in the SEALs, Harvath went through extensive SERE training, an acronym for Survival, Evasion, Resistance and Escape. If caught behind enemy lines, this training could keep one alive and return them to safety.

The book is packed with many familiar characters, unique individuals who have appeared in some of the 19 books in the Harvath series. They work together and create a strong narrative and exciting storyline for this political thriller. The less you know about this book, the

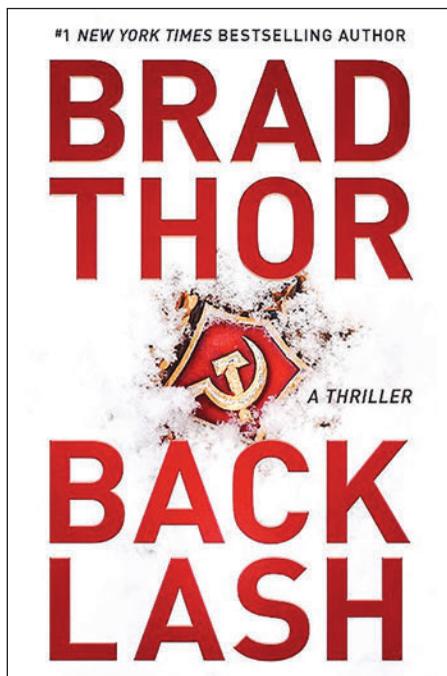


image provided

better. Too many things happen that the reader needs to experience first hand; no spoilers allowed. Thor is able to capture the story and add his own political thoughts, which makes the reader wonder if what happens in the book could actually happen in today's world.

Backlash is full of raw emotion and nonstop action with a hero who gets a chance to unleash his vengeance on his enemies like never before. Thor has delivered another novel that keeps us on the edge of our seats.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 5th grade daughter is having trouble remembering everything she needs to do for school. Is there something I can do to help her?

It's upsetting to see her struggling.

Alex P, Fort Myers

Alex,

As children move through school, the demands on their working memory increase significantly. Working memory refers to the ability to keep in mind the information you need to complete a task, and such an issue may affect kids both in and out of school. But there are things parents can do and strategies kids can learn that can help them succeed, even if it doesn't come automatically to them.

First of all, get to know your child's limits. If you've given your child what feels like a reasonable set of instructions, but she keeps getting off track, it's a good sign that she's reached the limits of her working memory. Observing your child carefully to when and how often she starts to lose the thread will help you get a clearer picture of her capacity to hold information. Once you know where her limits lie, you'll be able to use that as a guide for giving effective directions. For example, if you notice your child has a hard time following multi-step directions, try breaking tasks down into smaller, more manageable steps, not a string of instructions.

Schoolwork that seems simple on the surface may actually require a lot of working memory. With kids trying to tackle too much at once, it often translates to sloppy or unfinished work and creates anxiety. Breaking homework assignments or study sessions down into manageable chunks will help your child avoid cognitive overload, work more effectively and develop good study habits. Figuring out the mini-tasks of an assignment will help you and your child break the assignment down into manageable parts.

Helping kids get into routines is essential for helping with working memory. "Routines are the goal," said Linda Hecker, MEd, the lead education specialist at the Landmark College Institute for Research and Training. "When we're able to automate a task, it no longer requires working memory to function. Remembering what to do next takes up cognitive workspace and that's not necessary."

Here are some of Ms. Hecker's tips for creating routines:

Be consistent – Routines should be just that... routine. Find a pattern that works and stick with it.

Be patient – It takes time to build effective habits, and distractions happen. Don't expect kids to get it right away. Offering reminders and praising your child's efforts to stay on course will help them stick with the routine until it sinks in.

Use verbal and visual cues – Help kids internalize routines by adding verbal and visual backups.

For example, visual clues could be: Drawing a picture to illustrate how an essay is structured; writing out the order of steps for a math problem; using post-it notes as reminders around the house.

Verbal cues could range from saying each task out loud before he does it, like, "Step 3, put my homework in my backpack for tomorrow..." to making up a song or poem to help him commit important information – like commonly used math formulas or the names of all 50 states – to long-term memory.

Not everything needs to be remembered. Tools like to-do lists, organizers and reminders free up vital "workspace" and make it easier for kids to remember important information. "Externalizing organizational tasks takes some of the pressure off working memory," explains Hecker. "I encourage my students to write everything down – assignments, ideas, anything they want to remember later." But remember, organizational tools only work if they're used. Help your child find the tools that work for them and make the tools part of their routine.

For now, the best way to help kids with working memory issues is to focus on creating and practicing healthy, effective coping strategies. Creating routines, using tools and offering support will help your child develop strategies she'll be able to fall back on for the rest of her life.

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.*

LCEC Provides Environmental Funding Award

Lee County Electric Cooperative (LCEC) is providing the JN "Ding" Darling Wildlife Society (DDWS) with a \$2,754 environmental funding award to support its 2nd annual Merit Badge University for local Boy Scouts and Eagle Scouts. At the day-long event, scouts will be given the opportunity to complete two different merit badges pertaining to the mission of the JN "Ding" Darling National Wildlife Refuge.

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.

This funding award is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.*

THIRD THURSDAY OF THE MONTH



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Sanibel Captiva Art League President Anita Force Marshall photos provided

Sanibel Captiva Art League Meetings Resume

Sanibel Captiva Art League will host its first meeting of the season on Thursday, October 17 from 1 to 3 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel. The public is welcome.

The October meeting traditionally features no speaker. Members and guests will have an opportunity to become acquainted or reacquainted with other



Sanibel Lighthouse by Anita Force Marshall

artists in the organization. League activities, exhibit opportunities and other information will be highlighted. Membership information is available for new artists of any skill level who work in any medium.

Activities include weekly plein aire events, shows, newsletters and community support. All meetings are free and open to the public. The current president is Anita Force Marshall.

For more information about shows, activities and membership, visit www.sancapart.com.

Coastal Watch Hosting Annual Fundraiser

Coastal Watch will hold its third annual fundraiser, The Launch, on Saturday, November 16 from 6 to 10 p.m. at The Community House. The evening will feature dinner, drinks, live and silent auctions and a 50/50 raffle, all in support of local conservation initiatives.

Coastal Watch is dedicated to helping locals become more effective stewards of the ocean resources that support the community. The organization executes small, local initiatives in hope of having large impacts. All of the money raised by Coastal Watch will be used for projects in Southwest Florida.

Over the past year, Coastal Watch has added a new project – mangrove restoration. Mangroves are an integral part of the environment. These trees provide many benefits, such as erosion control, water quality management and ecosystem services that have trickle down effects. They also create complex natural habitats for terrestrial and marine species. Red mangrove propagules have been collected, sprouted and transplanted to pots on the Sanibel Sea School property. They will continue to grow until they can be successfully transplanted into natural environments.

Coastal Watch is collaborating with



image provided

the City of Sanibel and MANG to determine a suitable site in the area where they will be planted as a part of a shoreline restoration project. Stay tuned for future updates on the project.

Coastal Watch is still dedicated to its successful, reusable bag initiative, Bring Your Own Bag, and this year, a new community initiative will be launched to further help locals reduce the amount of plastic they use.

Tickets to the The Launch are \$100 per person and include an annual membership. Contact Coastal Watch at 472-8585 or visit www.sancapcoastalwatch.org/the-launch.

Coastal Watch operates as an autonomous branch of Sanibel Sea School to create and implement local conservation initiatives that improve the future of marine resources to maintain the coastal heritage. Visit us at sancapcoastalwatch.org.

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



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Saturday - Football/Sports Trivia -- 6 pm



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Communications Director Named At SCCF

With an extensive background as a journalist, television producer and digital director, Barbara Linstrom joined the Sanibel-Captiva Conservation Foundation (SCCF) on October 1 in the newly created position of communications director.

"Barbara brings a solid depth of experience in covering environmental issues and has the skills we need to expand and strategically develop our presence on various digital platforms," said Ryan Orgera, CEO. "I'm thrilled to have her on our management team to guide SCCF into a new era."

Following more than a decade as a writer and producer based on Sanibel, Linstrom served as executive producer and digital media director at WGCU, the regional PBS/NPR station for 11 years. At WGCU, she managed the launch of social media platforms and the station's website. She also served as executive producer on more than 100 television productions, including *Water Woes*, a 2006 series tracking the historical influences on water quality issues in the region, as well as numerous award-winning historical documentaries, cultural and environmental productions.

"Through its research, history and policy work, SCCF has so many stories to share that will help citizens and policymakers navigate the future of our coastal ecosystems," said Linstrom. "The amount of content is phenomenal. SCCF has so much to contribute to vital discussions on water quality and sea turtle research among many other popular topics."

At WGCU, Linstrom earned national recognition for her work on strategic



Barbara Linstrom photo provided

digital planning and was selected by PBS to serve on the inaugural Digital Immersion Project in 2017.

With a master's degree from the EW Scripps School of Journalism at Ohio University, Linstrom moved to Sanibel in 1993 after working overseas as a journalist in Italy, Venezuela and the British Virgin Islands. She served as editor of the *Island Reporter* for its 20th anniversary, was editor of the *Captiva Current*, edited the SCCF book, *A Natural Course*, chronicling its history, and has interviewed key founders of the organization. Before going full-time at WGCU in 2006, she edited the SCCF newsletter, produced Southwest Florida history documentaries for WGCU and taught writing at FGCU.

Linstrom has covered water quality and written environmental features as well as stories on Southwest Florida history and its people for many regional publications, including *Times of the Islands/TOTI Media*, *Gulfshore Life* magazine, *Florida Weekly*, *Santiva Chronicle*, *Islander*,

Island Sun, *Captiva Chronicle* and *Island Scene*.

Her family first vacationed on Sanibel in 1975 and has found the island to be her favorite outdoor refuge. Linstrom has a 16-year-old daughter, Caitlyn, who enjoys hiking and swimming. For the last two years, Linstrom worked with

the innovative STARability Foundation in Naples to shine light on ability, not disability. They live in Iona.

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. To learn more, visit www.sccf.org.✪

New Intern At 'Ding' Darling

Intern April Arthur recently arrived to help JN "Ding" Darling National Wildlife Refuge with staff shortages in the coming season, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Arthur graduated from Clemson University in South Carolina in 2018 with a bachelor's degree in wildlife and fisheries biology. The North August, South Carolina native later moved to Columbia, South Carolina to work for the Richland Library building experience in programming, design and customer relations. She now serves as a shared-use intern for DDWS and the refuge.

"I absolutely adore Sanibel thus far," said Arthur. "I am an avid birder, so I'm thrilled to live in a place with so many diverse species that I can see right out my window. It also doesn't hurt that I now live so close to the beach and that the sun seems to always shine."

DDWS provides living stipends and other benefits for more than a dozen interns each year. The refuge supports interns with free housing.

"Our interns bring youthful energy, enthusiasm and creativity to the refuge team," said DDWS Executive Director Birgie Miller. "At the same time, the program gives college students and



April Arthur photo provided

recent graduates an opportunity to learn hands-on about the environment, and refuge and nonprofit operations."

"I love the society's mission and very much look forward to designing marketing materials to help build others' interest in the mission as well," said Arthur.

For more information about the internship programs, contact Supervisory Refuge Ranger Toni Westland at 472-1100 ext. 237. To make a donation in support of the program, contact Miller at 472-1100 ext. 4.✪

From page 1

'Ding' Darling Day

followed by "Ding" Birthday Celebration in the event tent

9 a.m. to noon – Free Stand Up Paddleboard Clinic, TBE

9:30 a.m. – Guided Bike the Refuge Tour (four miles), meet at EC flagpole

10 a.m. – Guided Nature Hike on Indigo Trail in Spanish, meet at EC flagpole

10 a.m. – "Ding" Darling Day Amateur Photo Contest Awards, EC auditorium

10 a.m. – Live Animals Presentation by CROW, event tent

10 a.m. – Nature Sketching on Indigo Trail (limit 40), meet at EC flagpole

10 a.m. – Wildlife Yoga by Ambu Yoga, EC classroom

10 a.m. – 25 percent off Guided Commodore Creek Paddle, TBE (reserve at 472-8900)

11 a.m. – Python Talk, EC auditorium

11 a.m. – Puppet Show by Littleton Elementary, EC classroom

11 a.m. – Guided Nature Hike on Indigo Trail in English, meet at EC flagpole

11 a.m. – 25 percent off Nature & Sealife Cruise, TBE (reserve at 472-8900)

Noon – Kids Canvas Painting (limit 20), EC classroom



Refuge educators will lead two interpretive Indigo Trail hikes, one in Spanish and one in English photo provided

Noon – Grades 5-8 Cartoon Contest Awards, EC auditorium

1 p.m. – Federal & Junior Duck Stamp Presentation, EC auditorium

1 p.m. – Wildlife Origami, EC classroom

1 p.m. – 25 percent off Guided Commodore Creek Paddle, TBE (reserve at 472-8900)

1:30 p.m. – 25 percent off Nature & Sealife Cruise, TBE (reserve at 472-8900)

2 p.m. – Snakes Alive! Presentation, event tent

2 p.m. – Puppet Show by Littleton Elementary, EC classroom

3 p.m. – Live Animals Presentation by CROW, event tent

5 p.m. – 25 percent off Evening Cruise,

TBE (reserve at 472-8900)

5 p.m. – 25 percent off Sunset Rookery Paddle, TBE (reserve at 472-8900)

Free and continuous throughout the day:

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Hourly Wildlife Drive Tram Tours, check in at Tram Booth

Naturalist-narrated, 60-minute tram tours (check in at tram booth upon arrival)

Plein-air artists on Wildlife Drive

Face painting

Chalk drawing

Butterfly House

Live music

Hot dogs

U.S. Fish & Wildlife Service emergency response vehicles and demonstrations

Archery demonstrations, adjacent to overflow parking lot

Fly-fishing demonstrations

Fishing workshop

Hands-on nature crafts

Informational booths with giveaways

To support DDWS and the refuge

with a tax-deductible gift, visit www.dingdarlingsociety.org or contact

Birgie Miller at 472-1100 ext. 4 or

dingdarlingsociety@gmail.com.✪



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New Member Appointed To League Of Cities

Sanibel Councilman Richard Johnson was appointed by Florida League of Cities President Isaac Salver to the Florida League of Cities (FLC) Transportation and Intergovernmental Relations Legislative



Richard Johnson

Committee. In the letter of appointment, Salver noted, "that Councilman Johnson would work with other committee members to discuss the many issues facing cities that will

come before the Legislature during the 2020 session and decide upon a policy direction for the FLC legislative efforts."

The Transportation and Intergovernmental Relations Legislative Committee addresses municipal concerns relating to transportation and highway safety, as well as aviation, affordable housing (and homelessness), billboards, building codes, charter schools, rights-of-way and veterans affairs.

Johnson was first elected to Sanibel City Council in March 2019. He currently serves as city council's liaison to the Historical Preservation Committee, Historical Museum and Village, Inc., Recreation Financial Assistance Committee, and the Employee Dependent Scholarship Committee. He also serves as liaison to Community Housing & Resources Inc. (CHR), CHR Coast & Island Community Grant Trust and on Lee County Causeway matters.*

Rare Orchid Blooms On Sanibel



Joe Salatino with a rare orchid

photos by Kerry L. Salatino

Sanibel resident Joe Salatino reported the bloom of an exotic orchid recently, which may never have bloomed before on Sanibel Island.

They are found in the rainforests of South America and as far away as Trinidad. The species was discovered by



Stanhopia jenischiana

and named after a British horticulturist who first discovered the orchid in the late 1700s with the last name of Stanhope. The species is called *Stanhopia jenischiana*.

Salatino noted that the orchid thrives in moderate sunlight and humid conditions. It puts off a wonderful scent to attract insects for pollination, but only remains open for several days. It is unique in that it puts out a bloom spike that grows down from the plant and the flowers look like birds in flight.

Salatino said, "I have raised orchids for over 50 years, this is the first time I have been able to bloom this species."**

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Fall Programming At Sanibel Library

Weekly children's programs with Youth Service Librarian Deanna Evans continue this fall at Sanibel Public Library. The full event schedule is on the calendar at www.sanlib.org.

Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. Family Storytime helps develop pre-reading skills through songs and stories. No registration required.

The After-School Crew (for kindergarten through fifth grade) will meet at 3 p.m. on most Thursdays; October 17, 24 and 31. There will be new books, puzzles, games, crafts and snacks. No registration required.

Families are invited to play in the library's Think Tank from 10 a.m. to 4 p.m. every Friday in October. The MagiBox projects interactive images from ceiling to 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. Teens can hang out, socialize, play with Spheros mini robots and have a bite to eat. Call Deanna Evans at 472-2483 to RSVP by October 14.

Paint your own 3D masterpiece in a virtual world with Google Tilt Brush on Friday, October 18. The program runs from 3 to 4 p.m., 10 minutes per user, ages 8 and older, first come, first served, no registration required.

Witness a virtual sinking of RMS Titanic on Thursday, October 24. Users will leave with a greater understanding of the tragedy that unfolded in 1912. Registration is required due to this virtual reality experience length (10 to 20



The After School Crew making fall crafts

photo provided

minutes). Call the Library at 472-2483 to set up a time between 10 a.m. and noon.

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

The popular Fill-A-Bag for A Dollar book sale starts at 9:01 a.m. on Friday, October 25. The sale will continue until inventory is depleted.

Interested to find out who begat whom in your family? Know of a family myth, and want to find out more? The library offers access to Ancestry.com – a popular digitized genealogical search tool – for anyone who goes to the library, no library card required.

The public is invited to these programs. There is no registration required for storytime, and no additional cost to participate.

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

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4566 Buck Key Rd in Sanibel Bayous. Wooded, tropical ~105' x 139'. Walk, bike, or drive to Bowman's Beach just over Clam Bayou. Great value at \$149,000



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Pine Cove #201
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1558 Sand Castle Rd
Fixer-upper elevated 3-bedroom with view over pool to lake to golf course to conservation land to sunsets. High ceilings, family room. \$599,000



1365 Tahiti Dr
Cozy 2 bedroom near beach in Tradewinds. Family owned since the 80's. Must honor four month-long winter rentals. \$449,000 furnished



5737 Baltusrol Ct
Parcel for villa-style home in Augusta Greens in The Sanctuary. Overlooks golf course & lake. Preserved land across street. \$299,000



898 Rabbit Rd
Single-family home lot ~80' x 200' near San-Cap Rd end of Rabbit, beach at other end. Bike path nearby, behind shopping center. \$170,000

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(FROM TOP LEFT) STEVE BROWN, FOUNDER AND CHAIRMAN - AL HANSER, CHERYL GIATTINI, CEO - TERRY IGO.
 (BOTTOM LEFT) GEORGE HEISLER, GINNY FLEMING, HANK HUMPHREY, JIM PIGOTT, VIRGINIA STRINGER, CHUCK KETTEMAN.

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Bank Returns As Race Sponsor

Bank of the Islands is once again a silver sponsor of the 11th annual 10K Race 4 FISH. “FISH is there day in and day out to address unmet challenges facing our neediest neighbors. That life-affirming work is often performed in a confidential and respectful way, so it can be invisible to others,” said Bank of the Islands Vice President Willy Ocasio. “The 10K race is a great way to shine a spotlight on the problems being tackled by FISH, and the ways in which we all can help.”



From left, race committee member Nicole McHale, Willy Ocasio and Darrin Grotrian of Bank of the Islands, and race committee member Pete Bender photo provided

Collection baskets for non-perishable food donations to the FISH Food Party are set up at the bank’s Sanibel and Captiva offices.

“We genuinely thank Bank of the Islands for its wonderful contribution to the FISH 10K race,” said Ed Ridlehoover, co-chair of the race committee. “Bank of the Islands’ philanthropic support touches many worthy organizations, such as FISH. It’s investing in the well-being of our community.”

The race will be held on Saturday, October 26 at The Community House, with a free kids run for ages 10 and under at Sanibel Community Park. Registration for both races can be done online at www.ftmyerstrackclub.com or print an entry form at www.fishofsancap.org. Cost is \$40 before October 20, \$45 from October 21 to 25, and \$50 on race day.*

From page 1

Sailing

Grand Masters Cup).

According to race organizers, the Hobie 16 World Championships is the only sailboat class in the world to supply brand new, identical boats for all competitors to race. Hobie Cat Company will provide the boats that will be used exclusively on the race course located just off Sunset Beach, at the north end of Captiva. This ensures that the world champions are the best sailors, not just the sailors with the most expensive equipment.

“We are sure when the Hobie sailors from around the world visit Fort Myers, their beaches and Captiva Island, they will be impressed and keep coming back for their holidays for many years,” said Rich McVeigh, IHCA president.

Doug Skidmore, CEO of Hobie Cat Company, whose team supplies and maintains all the boats to ensure the fairest competition for the sailors, is looking forward to bringing the championship back to the United States.

“Fort Myers and the South Seas Island Resort are a perfect location for the Hobie 16 World Championships,” Skidmore said. “The water, white sandy beaches, weather, people and location offer some of the best sailing conditions I have seen. As a company, we are proud to be a major part of these world championships.”

For additional information about the 22nd Hobie 16 World Championships, visit www.hobieworlds.com.

Sponsorship of the event is being provided by the Beaches of Fort Myers & Sanibel, South Seas Island Resort, Sanibel and Captiva Islands Chamber of Commerce, Captiva Cruises, Offshore Sailing School, Liros Unlimited Rope Solutions, Allied Portables, Sunny Island Adventures and Wicked Dolphin Distillery. For details about becoming a sponsor, email sponsors@hobieclass.com.

Spectator Information

Sailboat racing fans may enter the South Seas Island Resort entry gate and proceed to the hotel registration. There, a \$5 per vehicle charge will be collected; a parking pass will be issued and wristbands will be given to each spectator. Follow the signs along the main road to the parking lot area for Captiva Cruises.

It is less than a five-minute walk to Sunset Beach, which will be renamed Hobie Sailing Beach during the length of the event. Food and beverages will be available at Sunset Beach (cash only) and there are also restrooms in this area.

Captiva Cruises is offering special cruises out to the race course, priced at \$30 per adult and \$20 per child (12 and under); call 472-5300 to make reservations.

Tickets are also available for select events throughout the championship period. They include:

Opening Ceremony and Welcome Party for Masters (November 1) – \$50

Masters Awards Banquet (November 5) – \$100

Combination of above – \$125 (includes event bag, program and water bottles)

Women/Youth/Grand Masters/Great Grand Masters Welcome Party (November 6) – \$30

Women/Youth/Grand Masters/Great Grand Masters Awards Banquet (November 8) – \$100

Combination of above – \$105 (includes event bag, program and water bottles)

Qualifier/Open Welcome and Cut for Qualifier (November 10) – \$50

Cut Party – Gold Fleet (November 14) – \$30

Finals Banquet (November 16) – \$100
 Combination of above – \$150 (includes event bag, program and water bottles)

Send an email to lori.mohney@hobieclass.com and indicate how many tickets you will be purchasing, and for what events. If you have dietary restrictions and/or food allergies, include those details.*

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For over 27 years, I have been a top producer in real estate on the Islands of Sanibel and Captiva with Royal Shell. Along with my team, we achieved remarkable success. I intend to leverage that same commitment to personal service and the collective efforts of me and my member agents who share a common vision of where the greatest opportunities are. You will see our listings in locations we've never been before. And that's what makes this so exciting for us. Allow me to introduce McMurray & Members. We look forward to working with you.

- Mike McMurray

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 FRIDAY Sunny High: 87 Low: 75	 SATURDAY Sunny High: 84 Low: 72	 SUNDAY Sunny High: 82 Low: 70	 MONDAY Sunny High: 84 Low: 72	 TUESDAY Partly Cloudy High: 82 Low: 70	 WEDNESDAY Cloudy High: 85 Low: 72	 THURSDAY Few Showers High: 82 Low: 70
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	12:51 am	6:13 am	12:43 pm	6:39 pm
Sat	1:03 am	6:46 am	1:23 pm	7:02 pm
Sun	1:14 am	7:18 am	2:00 pm	7:23 pm
Mon	1:27 am	7:51 am	2:37 pm	7:41 pm
Tue	1:44 am	8:25 am	3:16 pm	8:00 pm
Wed	2:06 am	9:02 am	3:59 pm	8:21 pm
Thu	2:33 am	9:46 am	4:51 pm	8:43 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	11:48 am	6:15 am	None	6:41 pm
Sat	12:08 am	6:48 am	12:28 pm	7:04 pm
Sun	12:19 am	7:20 am	1:05 pm	7:25 pm
Mon	12:32 am	7:53 am	1:42 pm	7:43 pm
Tue	12:49 am	8:27 am	2:21 pm	8:02 pm
Wed	1:11 am	9:04 am	3:04 pm	8:23 pm
Thu	1:38 am	9:48 am	3:56 pm	8:45 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:48 am	6:41 am	12:40 pm	7:05 pm
Sat	1:11 am	7:23 am	1:20 pm	7:41 pm
Sun	1:35 am	8:01 am	1:57 pm	8:13 pm
Mon	1:57 am	8:37 am	2:36 pm	8:43 pm
Tue	2:15 am	9:12 am	3:19 pm	9:09 pm
Wed	2:26 am	9:46 am	4:03 pm	9:34 pm
Thu	2:38 am	10:20 am	4:47 pm	9:56 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:01 am	9:29 am	2:53 pm	9:55 pm
Sat	3:13 am	10:02 am	3:33 pm	10:18 pm
Sun	3:24 am	10:34 am	4:10 pm	10:39 pm
Mon	3:37 am	11:07 am	4:47 pm	10:57 pm
Tue	3:54 am	11:41 am	5:26 pm	11:16 pm
Wed	4:16 am	12:18 pm	6:09 pm	11:37 pm
Thu	4:43 am	1:02 pm	7:01 pm	11:59 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 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 ocean@comcast.net or contact the center.

The featured book for Wednesday, November 13 is *Where the Crawdads Sing* by Delia Owens. Book discussion begins at 2:30 p.m.

“The novel’s main narrative opens in the marshland near the well, leaving only Kya and Pa. Pa spends increasingly more time away from the shack over the years, and when Kya is about ten years old, Pa leaves forever. Kya has become thoroughly self-sufficient by this time, living on the land and occasionally trading in town for necessary supplies.”

– *BookRags.com*

Line Dancing Classes – Tuesdays, October 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.

Veterans Tribute Sunset Social on the Causeway – Thursday, November 7 at 4:30 p.m. (weather permitting). Complimentary for members and \$5 for non-members.

Spend an evening relaxing and watching the sunset with friends. Food will be served at 5 p.m. Bring your beach chair. This event is sponsored by Comfort Keepers. Call 472-5743 if you are interested in participating and for

directions to the viewing area.

AARP Driver Safety Course – Thursdays, November 12 and 19, 1 to 4 p.m.

Island Seniors, Inc. is sponsoring the AARP Smart Driver Course. This is a fast-paced, interactive six-hour class for drivers ages 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers and other tips to help you maintain confidence in your driving. Attendees will be eligible for a discount on their auto insurance.

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 12:30. Game begins at 1 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.✪

Bromeliad Society Show And Sale

A spectacular show of prize-winning bromeliads and artistic plant arrangements will be on display at the annual Caloosahatchee Bromeliad Society’s 2019 Show and Sale at the Araba Shrine Center on Saturday, December 14 from 9 a.m. to 4 p.m. and Sunday, December 15 from 10 a.m. to 3 p.m.

Thousands of bromeliads, along with driftwood and plant supplies, will be for sale by local growers. There will be free admission and plenty of parking. Growers will be on hand to answer questions and offer growing tips and landscape ideas.

The Araba Shrine Center is located at 2010 Hanson Street in Fort Myers. For more information, call 694-4738.✪

East Rocks With Deeded Beach Access! 678 Durion Court Offered at \$699,900

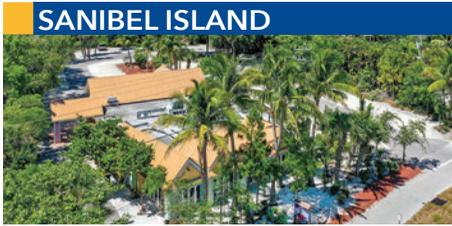
Beautifully remodeled 3BD/2BA lake home. Located in East Rocks, this home is just a short walk from the beach access. The living and kitchen areas boast beautiful lake views. New stainless appliances, freshly painted, new baths, tile flooring cabinetry and more! This home is ready for a new owner and priced to sell.



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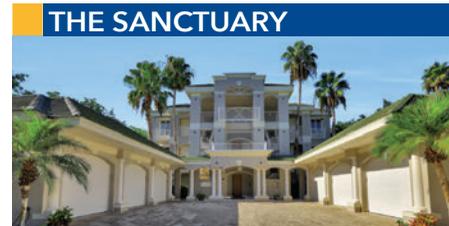
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4995 JOEWOOD DR., SANIBEL
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 • Western Exposure, Wonderful Sunsets
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CAPTIVA VILLAGE

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 • Steps to Beach from This Great Location
 • Only Lot Available in Captiva Village
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Will Power

How To Show Support



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

I'm back at work after undergoing a surprise triple bypass open heart surgery back at the beginning of September, which I wrote about a couple of weeks ago in this column. When you suffer from a serious illness or undergo a life-changing, intimidating surgery as I have, you learn how scary such a procedure can be.

You also learn a lot about your friends and relatives. Who you can count on and who you can't. For me, some of the answers were surprising.

Unless you've had, or someone close to you has had, a similar experience, it's difficult to understand the emotional journey the patient must travel. You otherwise have no frame of reference.

Top that off with busy lives, and a general uncomfortableness with what to do or say while in the presence of (or far away from) someone going through a difficult time, and you have a recipe for crushed expectations and hurt feelings.

So what should you do when a friend or family member falls ill? In my tradition, visiting the sick (bikur cholim) is known as a mitzvah, a good deed. What should you say? How should you act? Here are a few guidelines to go by:

- There is no limit to the amount of times that one can fulfill this good deed, or to the level of its fulfillment, provided that one does not become too bothersome for the sick person. Most of the time, a short visit is preferable.

- If there are two sick patients, one who has many visitors and the other a few or none, one should preferably visit the latter person.

- Not all patients are in a position to receive visitors. Under such circumstances, one should inquire of the relatives whether it is okay to visit; and even then, try to keep the visit short. It is also necessary to have a sixth sense and realize when one is overstaying. In a situation where a patient is not ready for visitors, visiting can still be accomplished by staying in the foyer or hallway, and helping out family members.

- Although most aspects of visiting the sick can be fulfilled only with a personal visit, if one is not able to do a personal visit, he can fulfill the good deed with a phone call.

- Enter the room of the sick person in a positive mood. Do not display any moods of sadness or melancholy, as this could affect the welfare of the patient.

- Rather than ask if there's generally anything you can do, say, "let me know if there's something I can do for you," or offer to do something specific. "May I bring you a lunch tomorrow? How about I pick up your children from school next week?"

Thankfully, I was overwhelmed with the love and support from my many friends who visited me in the hospital both before and after the surgery. I had such a constant stream of visitors that my wife and my nurses politely asked some to give me time to rest.

Those from my workplace showered me with concern and attention as well. I've always been proud of the family atmosphere within my firm, and that was clearly evident from the time I entered the hospital. When my doctors instructed that I was not to work for a period of 30 days following the surgery to avoid stress, my team cut off my access to the firm's emails and server, keeping files moving and answering clients' questions in my absence.

I was both surprised and touched by the many clients who sent emails and cards. Most didn't know of the surgery, but those that discovered my situation couldn't have been more loving and supportive. The same could be said of my professional colleagues, from fellow attorneys to CPAs, trust officers, financial planners and others.

My sister and my brother-in-law drove across Alligator Alley twice to provide comfort and just be there for me. Which, frankly, is what I needed most.

Of course, my wife (Patti) was a bedrock through the entire ordeal. The chief caregiver usually goes through more than the patient himself. Patti slept in my hospital room with me, except for the night I was in ICU, when she tried to sleep in the brightly lit waiting room. I begged her to go home, but she wouldn't.

Our three daughters were all there for me too. They were terrified but did their best to hide their fears, giving me lots of hugs and kisses. They also cooked dinners at home and brought them to the hospital for me and Patti.

I received so many flower bouquets, fruit packages and edible arrangements that I didn't know where to put everything. The gifts and baskets were extremely thoughtful, and much appreciated. They also lead me to an important point.

What a hospital patient needs the most is your time and your attention. For me at least, it was uplifting to be with others who cared.

Depression is also a common byproduct of my particular surgery, and I was no exception. My condition and the need for surgery came as a total shock to me. Those who know me well knew that just before, I had completed my normal weekly exercise regimen that includes 100 miles on my bicycle, twice weekly triathlon swim sessions of 3,000 yards, and thrice weekly circuit training sessions my trainer puts my wife and I through.

I thought I was the poster boy for middle-age physical health! Upon discovering my advanced heart disease while groggily awakening from my heart catheterization, I had a rather difficult time wrapping my mind around the fact that I would soon undergo a triple bypass surgery at age 55.

It meant a great deal to be able to talk through my concerns and feelings with anyone who would listen.

You don't have to offer advice, although I received many great suggestions. One of my law school classmates called, and patiently listened to my concerns about anxiety and depression. The next day a package arrived at my door, including a meditation book for beginners! It's something I thought about taking up, and now I have his go-to resource.

The great news is that modern medicine is wonderful, I'm on the road to complete recovery. My surgeon, Dr. Randall Buss, and cardiologist, Dr. Ken Towe, tell me not only should I return to the activities I enjoyed prior to the discovery of my illness, with increased blood-flow, my performance should improve!

It's inevitable that all of us will have a loved one experience a significant medical issue. My best advice is to be there, in the present, (whether in person or on the telephone) for your friend or family member. It is the greatest gift you can give.

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

Publisher Makes Donation To Audubon Society

Jim Fowler, publisher of the Sanibel-Captiva Nature Calendar, made a donation of \$600 to the Sanibel-Captiva Audubon Society recently. This is his 31st annual donation made to a Florida based conservation organization. Since first publishing the calendar in 1988, it has become a tradition for Fowler to donate a portion of the proceeds to one of the organizations listed in his calendar.

The Sanibel-Captiva Audubon Society was selected because of its role in promoting birding, bird habitat conservation and education about local and migrating birds on the islands. The society presents an evening lecture series during season and conducts educational bird walks both on and off island.

Fowler said, "Their evening lectures are an eclectic series of presenters from



Jim Fowler with his 2020 Sanibel-Captiva Nature Calendar photo provided

the birding world, and their birding walks are some of the most exciting and educational local outings available. Both the lecture series and bird walks are 'must attend' events during the winter season."

Fowler has donated \$24,889 to conservation organizations in Florida.✪

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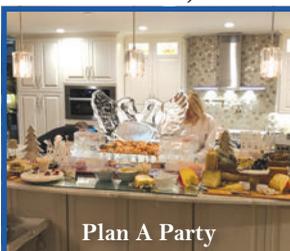
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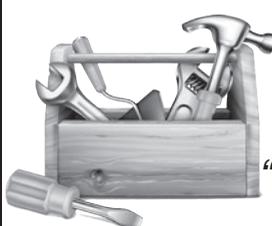
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Chamber Hosts Ribbon-Cutting



Jim Walseman prepares to cut the ribbon for the grand re-opening of Beach Floor & Decor while staff and chamber members look on photo provided

The Sanibel & Captiva Islands Chamber of Commerce celebrated the grand re-opening of Beach Floor & Decor with a ribbon cutting at its showroom in Palm Ridge Plaza. In March, the island business that has been creating interior designs for the past 40 years, changed ownership.

“Our team’s broad business experience is a big advantage,” said EVP of Client Service and Development Jim Walseman, who spent 25 years as vice president for a regional credit union in Boston before a successful career as a realtor on the islands. “This business background that both me and

the new owner have, gives us a unique perspective on how we manage each project.”

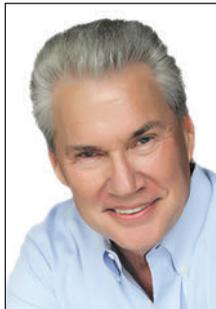
A collection of food donations was held for FISH of SanCap during the ribbon cutting. Future events in support of local nonprofits are planned. “Giving back is very important to us,” said Walseman.

“We welcome Jim and his team to the business community,” said John Lai, chamber president. “Beach Floor & Decor has been on the island for many years and we are happy to see it carried on by such a wonderful group of people.”✱

ISLAND SUN BUSINESS NEWSMAKERS



LeAne Taylor Suarez



Larry Hahn



Debbie Hahn



Linda Naton

John Naumann & Associates

The top producers at John Naumann & Associates for September were: LeAne Taylor Suarez, top listing agent; Larry and Debbie Hahn, top listing and top sales team; and Linda Naton, top sales agent.✱

Have A Plan For Drug Abuse

Narconon reminds friends and family to have a solid plan when a loved one leaves treatment for drug abuse. This is important as it gives the recovering person the best possible chance at remaining clean.

There must be a plan in place that the recovering person can follow without getting discouraged. A person without a plan that has too much time on their

hands is a recipe for disaster, and will eventually relapse. Filling that time with a structured environment and following the plan will greatly increase a person’s chances of being successful.

To learn more about having a plan after treatment, visit www.narconon-suncoast.org/blog/leaving-treatment-without-a-plan-is-like-going-on-a-road-trip-without-a-map.html.

Narconon can help you take steps to overcome addiction in your family. Call 1-877-841-5509 for a no-cost screening or referral.✱

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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

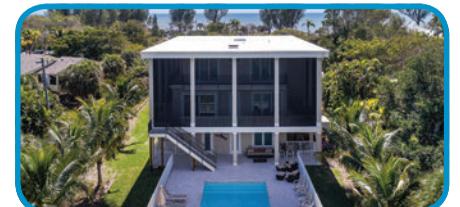
Sandalfoot #3C1



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

www.SanibelCaptivaRealEstateGuide.com

Locations In Sanibel and Captiva
2400 Palm Ridge Rd. Sanibel • 11508 Andy Rosse Ln. Captiva

A Little Of This And That



by Howard Prager

A tip of the hat to Jill Ellis, who retired this week as the all-time winningest coach for U.S. Women's Soccer and the only coach with two World Cups. Thank you Jill for showing the

world how great women's soccer could be.

And a hats off to *Sports Illustrated* past. This past week, SI was purchased and a number of talented writers lost their jobs. As a part-time writer, I look to good sports journals such as SI to get ideas from people who do in-depth stories on some of the areas I cover. It's a shame to see that publication go the way of so much print media by letting go a number of staff writers. *ESPN the Magazine* recently ended its print journal as well. What a shame to see these publications fade away from what they once were. It means that writers such as me will need to do an even better job at sharing some of the insights that are going on in sports and find stories that are of interest to you, the reader.

Here's one to think about. There are (as of now) seven baseball managerial openings: Cubs, Mets, Giants, Royals, Angels, Pirates and Padres. What type of manager are these teams looking

for – old school managers who bring years of baseball acumen and experience with them, or younger inexperienced new managers who look at stats for nearly everything with the GM to make decisions? Baseball has changed so much: starters not pitching complete games; more of a planned bullpen use rather than just when a pitcher is in trouble; less of small ball (hit and run, stolen bases, bunts to scratch out a run); and more of home runs and power. To me, what makes a player like Javier Baez so exciting is he does the big and small things with excitement and flair, from tagging a runner to running the bases with gusto along with making outstanding defensive plays in the field. Is that new school, old school, or just passion? It will be interesting to see how many new (inexperienced) managers get the call versus the veterans. I think the veterans have the instinct for the game as it has been. Do they have enough for today's game? Speaking of which...

Playoffs. Some great baseball is being played this October with lots of late comebacks, starting with the Milwaukee-Washington wild card game and a spectacular comeback by the Nationals. And Tampa Bay surprised Oakland at Oakland Alameda Stadium leading the whole game. Not quite so easy against Houston where the Rays got at least one pretty decisive victory against an Astros team picked to win it all. By now, you'll know if the Rays forced a game 5. The Yankees were an express the Twins couldn't stop, the only 3-0 series in the first round. As for the National League, both series went to a game 5 decisive

game on Thursday, so you'll know by now who is in the conference championships.

Feel good story time. I know it's been awhile since the Stanley Cup playoffs. But a story has arose that is too good to pass up. Eleven-year-old Laila Anderson is fighting for her life from a rare genetic disorder. She is a super fan of the St. Louis Blues. When she was age 10 and could go out, she went to a game and was embraced by the players. Then earlier this year, they found a match and she had a successful transplant and was invited to the divisional game which she saw in St. Louis that the Blues won to get into the Finals. She even interviewed players in the locker room. For Game 7 of the Stanley Cup in Boston, the team said they wanted her with them. Doctors cleared her to travel and she did, going on the ice and standing with them when they received the Stanley Cup, along with a chance to hoist it above

her. Priceless memories. But that's not all. Recently, she had several of the Blues come to her house with a hand-delivered Stanley Cup Championship Ring. Not a copy, a real ring. Inscribed on the inside was Laila's name. Any of those moments would have been enough. But Laila kept fighting, and so did her Blues. Both are winners.

Finally, a last chance to nominate former Yankees and White Sox players you would like to see come out of the corn in the Field of Dreams game next year. Send it in to Island Sun. I'll be talking about it during the playoffs.

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.✪

SPORTS QUIZ

1. Washington's Bryce Harper set a major-league mark in 2017 for most runs scored in the month of April (32). Who had held the record?
2. In the 1960s, three major-league pitchers compiled seasons in which they won at least 20 more games than they lost. Name two of them.
3. Who succeeded Woody Hayes as head coach of the Ohio State Buckeyes football team?
4. Who holds the Oklahoma City Thunder record for most 3-pointers in a playoff game?
5. When was the last time before 2019 that the New York Islanders were swept in an NHL playoff series?
6. Track star Usain Bolt of Jamaica holds the world record for a 200-meter race (19.19 seconds in 2009). Who holds the U.S. mark?
7. Who was the last golfer before Brooks Koepka in 2019 to go wire to wire in winning the PGA Championship?

ANSWERS

1. Colorado's Larry Walker, with 29 in 1997. 2. Whitey Ford in 1961 (25-4), Sandy Koufax in 1962 (25-5) and Denny McLain in 1968 (31-6). 3. Earle Bruce, who coached the Buckeyes from 1979 to 1987. 4. Paul George, with eight 3-pointers made versus Utah in 2018. 5. It was 1994, versus the New York Rangers. 6. Michael Johnson, who ran the 200 meters in 19.32 seconds in 1996. 7. Hal Sutton, in 1983.

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From left, Diane Cortese, Bob Welsh, Ed Riddlehoover and Nicole McHale photo provided

Printing Company Sponsors Race

Arthur Printing, longtime silver sponsor of the 10K Race 4 FISH, has stepped up again to handle the printing of all the race materials.

"We believe in what FISH of SanCap does as an organization that cares about the needs of people. It's truly a wonderful thing," said Bob Welsh, owner and operator of Arthur Printing for more than

20 years.

"We are grateful to Bob for his support of FISH and the race that brings hundreds of runners from near and far," said Diane Cortese, race committee co-chair.

The race will be held on Saturday, October 26 at The Community House. There will be food and drinks available. Runners will receive awards for placing in the top three of their age group. There will be a kid's run for ages 10 and under at no charge.

Register online at www.ftmyerstrackclub.com or print an entry form at www.fishofsancap.org.

Lions Club Donates To CHR



From left: Richard Johnson, past CHR president; Lena Brown, CHR board member; Bill Sartoris, Sanibel Captiva Lions Club president; Melissa Rice, CHR executive director; and Steve Brown, CHR president photo provided

The Sanibel Captiva Lions Club donated \$3,000 to Community Housing Resources (CHR) recently. Bill Sartoris, club president, said, "The Sanibel Captiva Lions are pleased to contribute to the CHR below market rate housing program. This program helps maintain the diversity that is so important to our community."

Melissa Rice, executive director of CHR said, "We are grateful for the Lions continued financial support of

our mission. The support of Sanibel's nonprofits is important to maintaining the nature of the Sanibel community."

The Sanibel Captiva Lions Club's mission is to eliminate preventable blindness and to be of service to the Sanibel and Captiva communities. The club holds dinner meetings on the first and third Wednesday of the month. All are welcome. For more information, call Steven Schulz at 233-6261 or visit www.sanibelcaptivalions.org.



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Doctor and Dietician

Let's Talk About Yogurt



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

Over 300 yogurt options exist in a typical American supermarket, according to the *Wall Street Journal*. Regular yogurt sales have declined over the last few years due to the trend for plant-based, higher fat/protein, lower sugar product choices. Yogurt, by definition, is cream or milk combined with two bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Yogurt is a good source of protein, calcium and, some may enhance, good gut bacteria.

Yogurt is made from cream, whole, low-fat, or skim milk and determines its fat content. Yogurt is acidic and is characteristically tangy and tart because the bacteria turns dairy's natural sugars into tangy lactic acid. The longer the

fermentation process, the tangier the yogurt and less sweet the taste.

Traditional American yogurt is thinner and looser than European options and is definitely sweeter. Unfortunately, many American yogurts are loaded with sugar, artificial sweeteners, colors and additives. We choose organic made with real ingredients. Greek yogurt is thicker and contains less sugar, more protein, and offers low fat and whole options. Nondairy yogurt is a growing segment of the market, including yogurt made from soy, coconut, flax, almond, cashew and oat milks, and are made in a similar fashion by adding bacteria to the milks. Our favorite is plain coconut yogurt.

Whatever type of yogurt you like, we recommend choosing plain yogurt, adding your own fruits or savory (veggies, herbs etc.) to the yogurt. This reduces consumption of excess sugars, artificial sweeteners, chemicals, and the like. We like to add fresh fruit with a little vanilla, monk fruit or maple syrup or just the fruit itself. We make dips and sauces by adding cucumbers, dill and garlic for tzatziki or chili powder, onions, cilantro and tomatoes for a fiesta dip. The possibilities are endless. Go fresh. Go plain!

*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.**

Superior Interiors

Tips For Styling White Walls



by Linda Coin

While painting your walls is a simple solution to bringing a room back to life, white walls can be your ticket to creative expression. There's an opportunity to spruce up the space with any

type of artwork, decorations and furniture the heart desires. But don't let the many possibilities intimidate you; take a step back and think about how you can take advantage of such a large canvas, and put your personality and style on display.

If the idea of dressing up your white walls is still daunting and you're not sure where to get started, consider these tips:

Choose the right white – Start off with a clean canvas, a fresh coat of paint. This is the perfect opportunity to get on the right foot with a blank slate, free of marks and discoloration. Not all whites are the same, however. Pay close attention to the different shades before you get started. There are hundreds of shades of white with different undertones, from cool to warm. Remember that not all whites work well together and can reflect differently depending on the lighting in your room.

Follow a monochromatic theme – Even a room with white walls needs a lasting

theme to thrive. If you want to emphasize the white walls and encourage the soft, light feel throughout the living space, consider following a monochromatic vibe. A simple touch of color can make a smaller space feel larger and more open.

Take time to pick complementary artwork – Once you have the foundation laid out, it's time to let your creativity run wild. Here, you can continue following the monochromatic theme by choosing black and white prints or bold colorful pieces. Choose black and white prints that maintain pallet throughout space. Use artwork with a pop of color as the piece inspired by your personality. Use bold colors in artwork, accessories and accents.

Just because the walls are white doesn't necessarily mean you can have a free-for-all when it comes to choosing your furniture. Let color shine through with artwork, decor and accessories, and focus on neutrals and textures when it comes to furniture. This is a simple way to add more character to the room that goes beyond the decorations. Pick neutral furniture and focus on textures. The right textures on furnishings can add depth to a living space.

Redecorating a room with a blank canvas can seem stressful if you don't have a lot of experience in the design department. That's where a professional can assist. You'll discuss your goals, wants and needs, and how you can incorporate your personality and style into the design scheme. By the end of the discussion, you'll feel confident about the future of your white walls and be encouraged to tackle another spot in your home.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.**

United Way To Host Campaign Kick-Off Breakfast

United Way of Lee, Hendry, Glades, and Okeechobee will be hosting its annual 2019-20 Campaign Kick-Off at Barbara B. Mann Performing Arts Hall on Tuesday, October 29. Networking and light breakfast items will be available at 8 a.m. The program will start at 8:30 a.m.

Tickets are on sale for \$15 and available online at www.bbmannpah.com/events/detail/united-way-kickoff-campaign.

This is the start of United Way's annual fundraising effort. United Way team members, partner agencies and volunteers will unite to raise awareness in the community through testimonials of donors, advocates and recipients. Pacesetter results will be announced at this time. United Way Pacesetters are companies that run their campaigns early in order to set the pace for the rest of the community. There will also be networking opportunities with hundreds of United Way supporters.

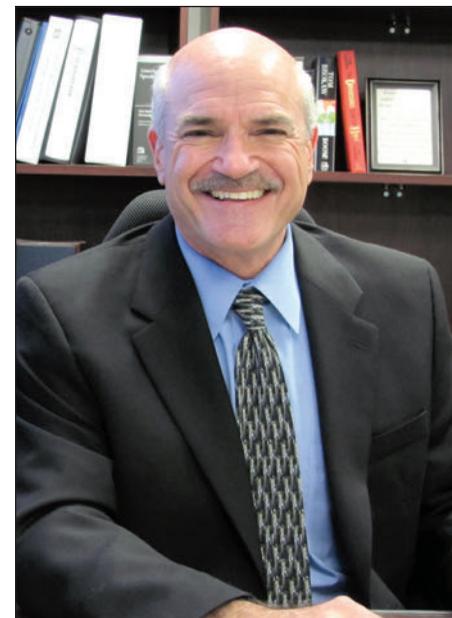
United Way Campaign Chair Roger Desjarlais will lead the kick-off to the goal of \$10,783,563. This is a 3.3 percent increase over last year's goal. Desjarlais, who is Lee County manager, has dedicated himself to public service for more than four decades. He moved to Lee County as a teenager and, with the exception of 10 years on Florida's east coast, has lived most of his life here. He has served as Lee County manager since 2013, and previously was chief deputy in the Lee County Property Appraiser office, Broward County manager and assistant Lee County manager.

The theme of this year's campaign is One Way, United Way. Desjarlais said, "United Way of Lee, Hendry, Glades, and Okeechobee is our United Way. With one gift, you can help 82 agencies with 245 programs that make a difference to people from early childhood through senior life. One person, one donor, one volunteer can make a difference in the lives of many of our friends and neighbors. We want United Way to be your way to make a difference.

"Being the chair of the United Way campaign is an honor and a challenge," said Desjarlais. "It is a huge responsibility to raise nearly \$10.8 million for our United Way, but I will pursue the goal with passion and enthusiasm. When people ask me why I support our United Way, I answer that it is one of the most efficient, effective and compassionate ways to give back to the community I love."

A 2019 Lexus UX Hybrid from Scanlon Auto Group, with a two-year lease, will be given away to an annual contributor of \$240 or more to the 2019-20 campaign. Five donors to the campaign are drawn at random, and one will discover the keys in a gift box at the event.

All money raised in the United Way campaign stays in the community to help support the local human service network. United Way partner agencies and initiatives include The Alvin A. Dubin Alzheimer's Resource Center, Partners for Breast Cancer Care, Harry Chapin Food Bank, the Boys and Girls Clubs, and United Way 211. These agencies serve a diverse range of needs in the community such as nurturing children and youth,



Roger Desjarlais

photo provided

strengthening families and meeting critical needs like helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to raising funds for human service organizations in the community, the United Way promotes partnerships and collaborations among agencies and initiatives, helping them to work together, focusing on issues and solutions that continue to improve lives.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For more information, call 433-2000 or visit www.unitedwaylee.org.

United Way Family Service Learning Fair

The United Way of Lee, Hendry, Glades, and Okeechobee Volunteer Center will host its inaugural Family Service Learning Fair at the main campus on Saturday, November 23 from 9 a.m. to noon. This event will highlight 14 diverse nonprofit agencies who will offer a variety of hands-on projects for families. The goal is to introduce families to volunteer opportunities available to them, and inspire youth to become community-minded leaders and citizens.

The 14 United Way partner agencies include: Cancer Alliance of Naples, Children's Home Society, Children's Network, FISH of SanCap, Girl Scouts, Goodwill of SWFL, Gulf Coast Humane Society, Harry Chapin Food Bank, Healthy Start, Human Trafficking Awareness Program, Quality Life Center, RCMA, Special Equestrians, The Salvation Army and Valerie's House.

Register at <http://forms.gle/6Ffg9TJdcE5wNt7M7> or email marym@unitedwaylee.org with family name and number of people in your group. Registration is not required; however, it will allow for enough materials for all participants.

The United Way main campus is located at 7273 Concourse Drive in Fort Myers. For more information, call 433-7567 or visit www.unitedwaylee.org.

dearRPharmacist

Health Incident Diagnosed As Heart Attack



by Suzy Cohen, RPh

Dear Readers: Would you know right away if you were having a heart attack? Symptoms include a heartburn-like sensation, tightness in your chest/arms. Nausea, throat or jaw pain

may occur, as well as fatigue and mild dizziness. Sometimes there's a cold sweat, but not always. Does this sound like how you feel after pouring too much hot sauce on a large burrito? Like, it's easy to miss until it gets serious.

Last week, the Democratic presidential candidate experienced some chest pain and was hospitalized while working in Las Vegas, Nevada. His campaign events were obviously canceled and, later, we would find out that it was a mild heart attack.

It strikes someone every 43 seconds. Unbalanced cholesterol might certainly contribute, but there are other deficiencies involved in the making of a heart attack:

Vitamin C – Keeping your arteries elastic and bendable is important and that's where vitamin C can help. It is required for making collagen, which keeps your arteries supple and free of cracking.

Collagen – There is collagen in your heart; it's everywhere. Too much glycation of the collagen and too many advanced glycation end products (AGEs)

causes your arteries to stiffen up. The problem isn't the collagen, you want that! The problem is the glycation, which is where a glucose molecule binds to something else that's important in your body (like a protein), and destroys it. Like with arteries, they get stiffer and non-compliant. That's dangerous.

Glycine – This is an amino acid that's associated with sleep or with body-building because it helps make creatine, which is an energy-producing compound and the most abundant protein in collagen.

There was an interesting 2016 study in the *Journal of the American Heart Association*, which found an inverse relationship with glycine and the heart. The patients with angina were evaluated over seven years, and those with healthy, normal amounts of glycine had a lower risk of heart attack.

CoQ10 and Ubiquinol – Coenzyme Q10 is an essential life-sustaining compound in our body, and our heart would stop beating quickly if we ran out of this. That's because it's concentrated in the heart.

We make this antioxidant, but it's depleted by about 100 or more different medications, more than likely one you take. If that's the case, consider supplementation. Evidence is crystal clear, the lower your CoQ10 levels, the higher the risk for all kinds of problems including heart failure, arrhythmias and heart attack.

Garlic – Plaque accumulation will cause a blockage of blood flow, therefore reduced blood supply to the heart. That's the mechanism which can cause a heart attack. It's amazing that garlic has been shown to reduce plaque build-up in arteries. Even statins don't do that, they just reduce your production of cholesterol in the liver, leaving the arteries and blood vessels just as clogged as they were before. But

garlic is like a Dyson with suction power to sweep out plaques in the body. You can cook with it, sprinkle it, or take aged garlic supplements.

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: How can I help my boyfriend show his vulnerability? He tries to act so tough, and I know he is vulnerable.

A: Vulnerability is something that all of us have. However,

depending on how we were raised, many struggle to show their vulnerable self. The male generation was taught to be strong and tough, not vulnerable. There are many, especially men, who believe that they can only show their strong confident side. They feel if they don't, it is looked upon as a weakness. However, this is not the case.

To me, there is nothing sexier for a man to show his vulnerable self. Evolved men know this. Insecure men struggle with this.

You may want to share with your boyfriend that it's totally okay to be vulnerable and that we all have vulnerabilities. We all need support, love

and caring. There is a part of all of us who feel needy at times; we become frightened, have self-doubts and anger. Anger is a mask for hurt and pain. What we all need is acceptance. Reassure him of this and let him know you accept his vulnerable side.

By allowing yourself to be vulnerable and show your vulnerability will help him to feel he can show and express his vulnerability. This will bring about a closeness in your relationship that will take it to another level.

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

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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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.



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City of Sanibel	472-4135
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Building Department	472-4555
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Center 4 Life - Senior Center	472-5743

ARTS

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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
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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

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PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Charlotte And Brutus



Charlotte ID# A793280

Hello, my name is Charlotte. I am a 1-year-old female pot belly pig who is some terrific, radiant, humble pig. I will let you play dress up with me, and my absolute favorite thing is belly rubs. I am a very sociable gal that really misses being in a home of my own.

My adoption fee is \$10.

Hi, I'm Brutus. I am a 5-year-old male mastiff mix who is quite the handsome fellow and, of course, quite photogenic. I will pose for a photo at the drop of a hat. The volunteers think I was a model in my former life. I know how to strike a pose like there's nothing to it. Don't let my size fool you, I am quite laid back and am more of a Netflix and chill-on-a-Saturday-night kind of guy.

My adoption fee is \$40.

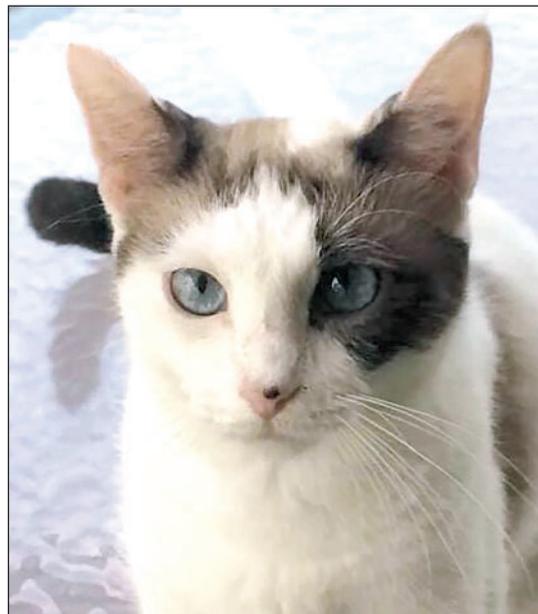


Brutus ID# A791257

October is 'Adopt a Shelter Dog Month' which makes it the perfect opportunity to celebrate and adopt a shelter dog. LCDAS along with the American Society for the Prevention of Cruelty to Animals (ASPCA) will celebrate along with adopters using the hashtag #Dogtober on social media. This is another great way to show the adoptable pets available at area shelters.

Adoption fees will be reduced on all dogs 6 months of age and older to just \$40 for the entire month of October.

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.✪



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AbbyCaDabby And Winter

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Winter

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.

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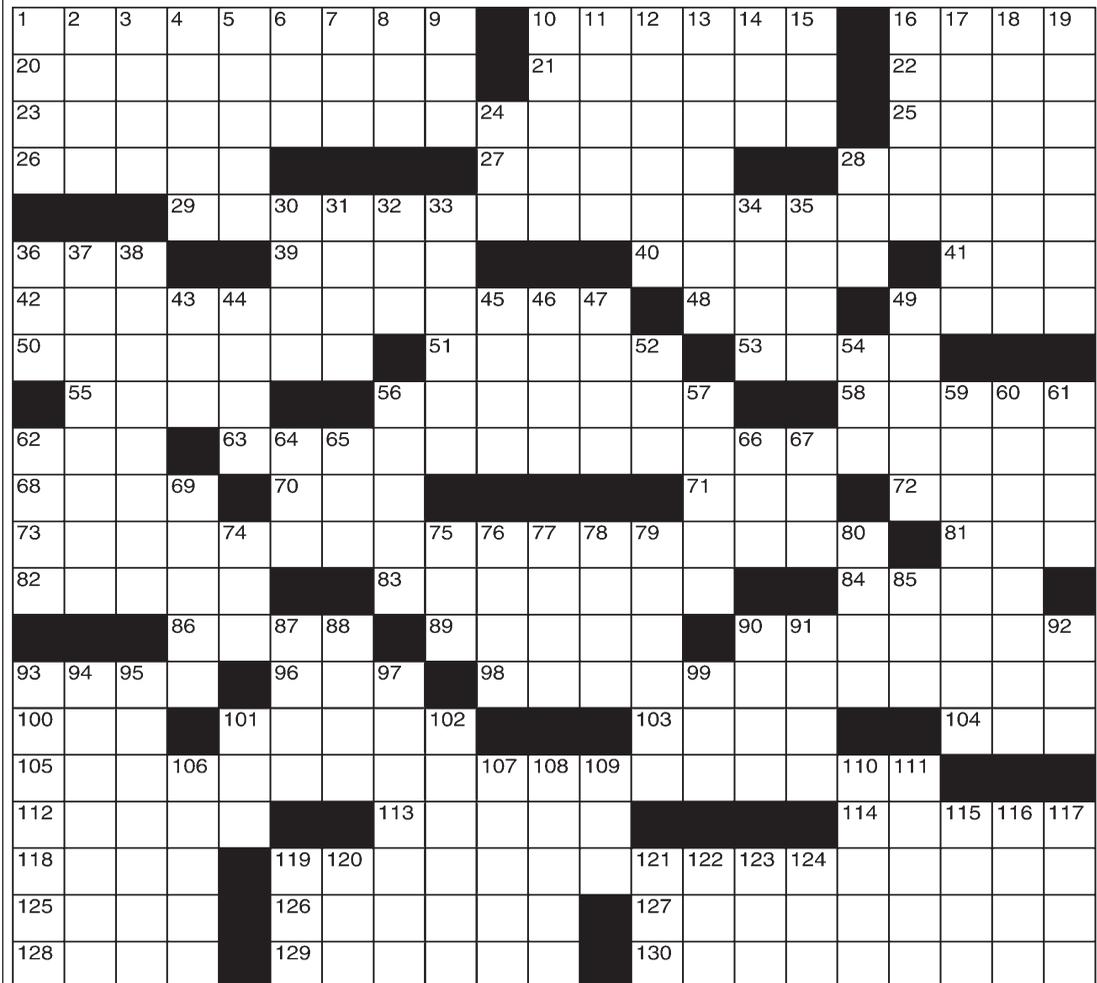
PUZZLES

Answers on page 47

Super Crossword

FINAL PERIODS

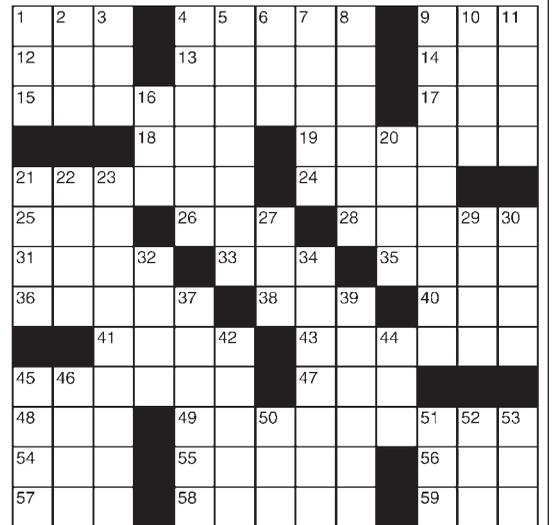
- ACROSS**
- 1 Very affectionate couple
 - 10 Bee juice
 - 16 Birthplace of Galileo
 - 20 Poet Pope
 - 21 One-celled organism
 - 22 Singer/actor Ed
 - 23 What a hot spot provides
 - 25 Good buds
 - 26 Entangle
 - 27 Saving sites
 - 28 Bird on bills
 - 29 Hurricane's weaker relative
 - 36 Booster for a band
 - 39 Pioneer Boone, to friends
 - 40 Destines to oblivion
 - 41 Pecan, e.g.
 - 42 Big name in audio compression
 - 48 Actor Hulce
 - 49 Tabby-treating docs
 - 50 Having no peepers
 - 51 Like stock without face value
 - 53 Do data entry, e.g.
 - 55 Group with a secy.-gen.
 - 56 Female sibs, informally
 - 58 "Thus ..."
 - 62 Abet, e.g.
 - 63 Leader of the mutiny on the Bounty
 - 68 Kitchen VIP
 - 70 See 30-Down
 - 71 Years and years on end
 - 72 Has no entity
 - 73 Langston Hughes' movement
 - 81 Off-road ride, briefly
 - 82 Occur as a result
 - 83 Set of documents about a case
 - 84 Reid of "Sharknado"
 - 86 — May (Jed Clampett's daughter)
 - 89 Country estate
 - 90 "Taxi" co-star Andy
 - 93 "Mama" of pop
 - 96 "Days of — Lives"
 - 98 Gotten totally quiet
 - 100 Cockpit abbr.
 - 101 Herb bit
 - 103 Truckloads
 - 104 "Zip-a-Dee-Doo- —"
 - 105 Across-the-board ban
 - 112 One over par
 - 113 Cowboy flick
 - 114 Sensed feelings, informally
 - 118 Thrifty rival
 - 119 Cry apropos to seven long answers in this puzzle?
 - 125 Guy
 - 126 Fixed a bow on, e.g.
 - 127 With great enthusiasm
 - 128 Units of work
 - 129 Eyeliner mishaps
 - 130 Sees firsthand
 - 8 — Plaines, Illinois
 - 9 — Lanka
 - 10 Pertaining to birth
 - 11 Revise, as a manuscript
 - 12 Sealed, as a wine bottle
 - 13 Bill equal to two fins
 - 14 Mr. Lincoln, familiarly
 - 15 Squeal (on)
 - 16 Daddies
 - 17 Visualize
 - 18 Smash hit
 - 19 "Yes" votes
 - 24 Celtics' org.
 - 28 Ending for lion
 - 30 With 70-Across, "It's more than likely ..."
 - 31 El — (Spanish newspaper)
 - 32 Gerund
 - 33 Place with outpatients
 - 34 Plant anchor
 - 35 TV prize
 - 36 Suffix with lemon
 - 37 Longtime New York senator Daniel Patrick —
 - 38 People who say "Not guilty," say
 - 43 Three-filling deli classic
 - 44 "Oh — little faith!"
 - 45 Stand-up comic Daniel
 - 46 Church nook
 - 47 Forest den
 - 49 20-ouncer at Starbucks
 - 52 Fun, for short
 - 54 Faux —
 - 56 Riding horse
 - 57 Clip wool from
 - 59 Divested of weapons
 - 60 Seat of Orange County
 - 61 Where many ads are seen
 - 62 Aspirin target
 - 64 Fast getaway
 - 65 Muff it up
 - 66 Harry's chum at Hogwarts
 - 67 Abbr. ending a co. name
 - 69 Sooty vents
 - 74 Fish that can be a shocker
 - 75 Autumn mo.
 - 76 "Likely story!"
 - 77 Land in el agua
 - 78 Window part
 - 79 Aquanaut's habitat
 - 80 Decorative needle case
 - 85 — -CIO
 - 87 Easy run
 - 88 Nomad's tent
 - 90 Shoelace snarl
 - 91 — Spumante
 - 92 The — degree
 - 93 Coleslaw, essentially
 - 94 Totally done
 - 95 Putting on, as a show
 - 97 Sharp retort
 - 99 Tony winner Wallach
 - 101 Pilot's setting
 - 102 "Ars — artis"
 - 106 Birds' pads
 - 107 None-of-the-above option
 - 108 Minds
 - 109 Angry feeling
 - 110 Not quite round
 - 111 Low cards in pinochle
 - 115 Dozing spots
 - 116 — Stanley Gardner
 - 117 Expresses
 - 119 Auditing org.
 - 120 Pro —
 - 121 Unopened
 - 122 Ovid's 511
 - 123 Mo. no. 10
 - 124 Five-spot



King Crossword

ACROSS

- 1 Donkey
- 4 Portion of an act
- 9 Mischievous tyke
- 12 Hawaiian garland
- 13 Overuse the mirror
- 14 Ultra-modern prefix
- 15 Clarified
- 17 Auto fuel
- 18 Upper limb
- 19 Lack
- 21 Uses tweezers
- 24 Long story
- 25 A billion years
- 26 Male offspring
- 28 Jockey's handful
- 31 "No — luck!"
- 33 Phone bk. data
- 35 Winter forecast
- 36 Different
- 38 Charlotte's creation
- 40 Greek H
- 41 War god
- 43 Muffle
- 45 Landi of 1930s movies
- 47 Plant bristle
- 48 Lair
- 49 Didn't vote,
- 8 Ingratiate
- 9 Deep-seated
- 10 Vegan's no-no
- 11 Luxurious
- 16 Fond du —, Wis.
- 20 A long time
- 21 Mexican money
- 22 LummoX
- 23 "Django —" (film title)
- 27 Promptly
- 29 Brief letter
- 30 Pavlova portrayal
- 32 Towel embroidery word
- 34 Tranquilizes
- 37 Auction, so to speak
- 39 Caveat word
- 42 Cavalry sword
- 44 Blackbird
- 45 Cheese choice
- 46 Jeans-maker Strauss
- 50 Hot tub
- 51 Zero
- 52 First lady
- 53 Coloring agent



- DOWN**
- 1 Heady brew
 - 2 Gender
 - 3 Taste a drink
 - 4 Activates
 - 5 Shade of red
 - 6 Still, in verse
 - 7 Requirements

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

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

- Ashcake
- Fried cake
- Millcake
- Seed cake
- Beefcake
- Fruitcake
- Nutcake
- Shortcake
- Fishcake
- Hoecake
- Oatcake
- Teacake
- Flapcake
- Hotcake
- Pancake

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"_____ something?
The trunk closed on the first try."
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!

Dirge

Small

Opposed

Unique

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Catcher's shirt has a stripe. 2. Batter has a hat. 3. Mom's collar is different. 4. Sofa has no ruffle. 5. Picture is tilted differently. 6. There's more glass on floor.

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

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

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FOR WEEK OF OCTOBER 14, 2019

Aries (March 21 to April 19) A changing situation calls for a change in plans. Although you might prefer the schedule you had already worked up, you could do better by agreeing to make the needed adjustments.

Taurus (April 20 to May 20) That once seemingly rock-solid proposition you favored might be hiding some serious flaws. Take time to check it more carefully and question anything that seems out of kilter.

Gemini (May 21 to June 20) Finish up those lingering tasks so that you can then arrange to spend some time in quiet reflection. This will go a long way in restoring both your physical and spiritual energies.

Cancer (June 21 to July 22) A family situation could heat up and boil over unless you deal with it as soon as possible. Try to persuade other family members to work with you to help cool things down.

Leo (July 23 to August 22) Cheer up, Kitty Cat! That low feeling will begin to ebb by midweek, and you should be back

in the social swirl in time for the weekend. A long-postponed deal could be starting up again.

Virgo (August 23 to September 22) Going too fast and too far on too little knowledge could be risky. Best to slow down and check for any gaps in your information. It's what you don't know that could hurt you.

Libra (September 23 to October 22) Trying to make peace among quarreling family members, friends or colleagues can be tough. Expect some resistance, maybe even some expressions of resentment. But stay with it.

Scorpio (October 23 to November 21) Changing your mind doesn't have to be a problem once you realize that you might have good and sufficient cause to do so. Make your explanations clear and complete. Good luck.

Sagittarius (November 22 to December 21) An unkept promise can be irksome and easily raise the Archer's ire. But instead of getting into a confrontation, take time to check why someone you relied on came up short.

Capricorn (December 22 to January 19) A new workplace distraction creates an unnecessary delay. The sooner you

deal with it, the better for all concerned. A personal matter also should be attended to as soon as possible.

Aquarius (January 20 to February 18) Once again, the Aquarian's gift for applying both practical and creative methods to resolve a situation makes all the difference. Personal relationships thrive during the weekend.

Pisces (February 19 to March 20) A relationship appears to be losing its once-strong appeal for reasons that might be different from what you think. An open and honest talk could lead to some surprising revelations.

Born This Week: Your life is bound by your belief that character counts more than anything else.

MOMENTS IN TIME

- On Oct. 14, 1947, U.S. Air Force Capt. Chuck Yeager becomes the first person to fly faster than the speed of sound. His X-1 rocket plane was dropped from a B-29 aircraft, rocketed to 40,000 feet and exceeded 662 mph.

- On Oct. 16, 1958, Chevrolet begins to sell a car-truck hybrid that it calls the El Camino. The vehicle, a combination sedan-pickup truck built on a station-wagon

platform, was discontinued two years later, but was brought back in 1964.

- On Oct. 20, 1968, American Dick Fosbury wins gold and sets an Olympic high-jump record when he clears 7 feet 4-1/4 inches at the Mexico City Games. It was the international debut of his unique jumping style, known as the "Fosbury Flop."

- On Oct. 19, 1987, Black Monday, the Dow Jones Industrial Average experiences its largest-ever one-day percentage decline, plunging 22.6%. Unrelated world events compounded by computer-governed trading conspired to tank global markets.

STRANGE BUT TRUE

- It was 19th-century American social reformer and statesman Frederick Douglass who made the following sage observation: "Those who profess to favor freedom and yet deprecate agitation, are men who want crops without plowing the ground."

- The blue whale is the largest animal known to have ever existed. The marine mammal is so large, in fact, that a grown man could swim through its largest blood vessels.

continued on page 47

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FORT MYERS GULF HARBOUR YACHT & COUNTY CLUB TOWNHOUSE

3 Bed, 3 1/2 Bath + Den/Office, Unfurn. 2 Car on 16th Green. Golf, Tennis/Spa extra
\$2,450 a month.
239-634-0258
239-233-2930
10/11 * TFN

HOUSE FOR RENT

Annual lease on Sanibel. Beautiful, remodeled, 3 bedroom, 2 bath home on a direct access canal. Room for a 45 ft. boat and an additional boat lift. Private but water views. \$3,900 per month.
Call 603-466-3080 for details.
10/4 * 10/11

PRESTIGIOUS WEST GULF DRIVE

Elevated Duplex, 2,000 Sq. Feet, Private Beach Access, 3BR, 2 Bath, LR, DR, open floor plan, 2 car garage, vaulted ceilings, 2 lanais, loft, no pets, no pool, \$2,650.
Call 239-910-6430.
10/11 * TFN

SCRAMBLERS

1. Elogy;
2. Dwarf;
3. Against;
4. Novel

Today's Word
FORGET

SERVICES OFFERED



Complete Landscaping Services & Weekly Lawn Service
New Client Special 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project.
239-896-6789
4/13 * TFN

ALTERATIONS BY HAZELLA

Reliable and Experienced Reasonable Prices
Pick Up & Delivery Available
239-472-8655
8/30 * TFN

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
1/25 * TFN

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.
Call or text Roger 239-707-7203
State License #13002788
4/20 * TFN

HELP WANTED

CAPTIVA CRUISES RESERVATIONIST CAPTIVA, FLORIDA

We are seeking a reservationist for general office day to day operations of our cruises and retail store. Must have computer skills and ability to operate general office equipment. Must be friendly, have excellent customer service skills and available weekends, evenings and holidays.
Drug free workplace.
Send resume to:
info@captivacruises.com
10/11 * 10/18

POSITIONS OPEN

Adventures in Paradise / Sanibel Island Trolley Drivers
CDL with passenger endorsement
Fun personality, safe driver, safety oriented, part time.
Trolley Detailer
Weekly, Saturday or Sunday
Call 239-472-8443
Send resume to
Evelyn@AdventuresinParadise.com
Visit our website at
www.AdventuresinParadise.com
10/11 * 11/1

HELP WANTED

HOUSEKEEPING INSPECTORS ROYAL SHELL CAPTIVA, FLORIDA

We are looking for two full-time Housekeeping Inspectors for Captiva.
If you are friendly, reliable, hardworking, detail-oriented people, and have had prior housekeeping experience, you may be just what we are looking for to join our team.
In this position, you will conduct inspections of guests and owners' units, to ensure compliance with all standards of operations, quality, and productivity. We will provide you with a transponder, use of a company vehicle during working hours, and uniforms.
Job Type: Full-time
Salary: Pay Commensurate with Experience
Experience: Housekeeping or inspecting: 1 year (Required)
License: Florida Drivers (Required)
No phone calls please.
Apply via email to
Resumes@RoyalShell.com
10/4 * TFN

GUEST SERVICES ROYAL SHELL SANIBEL, FLORIDA

If you have a positive attitude, excellent customer service skills, and like to help guests we are looking for you. We need guest service agents that have a minimum of one year front desk experience in vacation rentals or the hospitality industry. We are looking to fill positions in Captiva.
You will be responsible for responding to guest calls, assist with reservations, confirmations, unit needs requests, and questions. You will be trained and become well versed in promotions, events, pricing, and sales strategy to meet the guest's requests. You need to be computer savvy and have clear communication skills both oral and written.
We will provide you with a transponder for tolls. We have a competitive benefits package, vacation time and personal time, and provide you with free uniforms.
Job Type: Full-time
Salary: Pay Commensurate with Experience
Experience: Front desk hospitality: 1 year (Required)
Vacation rental: 1 year (Required)
Apply via email to
Resumes@RoyalShell.com
10/4 * TFN

LEGAL NOTICES

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Sanibel's-Best Homemade Ice Cream, located in Lee County, Florida, with an address of 362 Periwinkle Way, Suite 4, Sanibel, Florida, 33957 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida.
Dated the 11th Day of October 2019.
Laurie Verme
10/11 * 10/11

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Sanibel Chocolate Shop & Patisserie, located in Lee County, Florida, with an address of 362 Periwinkle Way, Suite 4, Sanibel, Florida, 33957 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida.
Dated the 11th Day of October 2019.
Laurie Verme
10/11 * 10/11

LOOKING TO BUY

MID CENTURY FURNITURE

Danish, Modern, Teak and/or made in the USA during 1950s, 60s and 70s. Send photos to Joyldupree@AOL.com or text 941-313-5427. I make housecalls and pay up front/not consignment.
Call Joy 941-313-5427 with questions.
Retro Home Furnishings,
12717 McGregor Boulevard, Fort Myers.
Open Tues.-Sat., 10 a.m. to 4 p.m.
10/11 * 4/3

GARAGE SALE

GARAGE SALE

Saturday, October 12,
9 am to 5 pm,
1695 Serenity Lane,
Sanibel (Gumbo Limbo)
5 pc outdoor dining set, screen room, free standing; electric lawnmower; 2 ea solid cherry arm chairs; sectional sofa, 5 pc (LL Bean); twin beds (Ikea); ladders, aluminum, step and extension; Eames lounge chair w/ ottoman (replica); TREK 520 Touring Bike; 12' POKE boat, Kevlar, better than kayak or canoe; youth desk and chair; and much more!
10/11 * 10/11



To advertise in the *Island Sun* and
The River Weekly News
Call 395-1213

From page 45
Strange But True

• Next time you're in Tinseltown, remember that it is unlawful to herd more than 3,000 sheep at a time down Hollywood Boulevard.

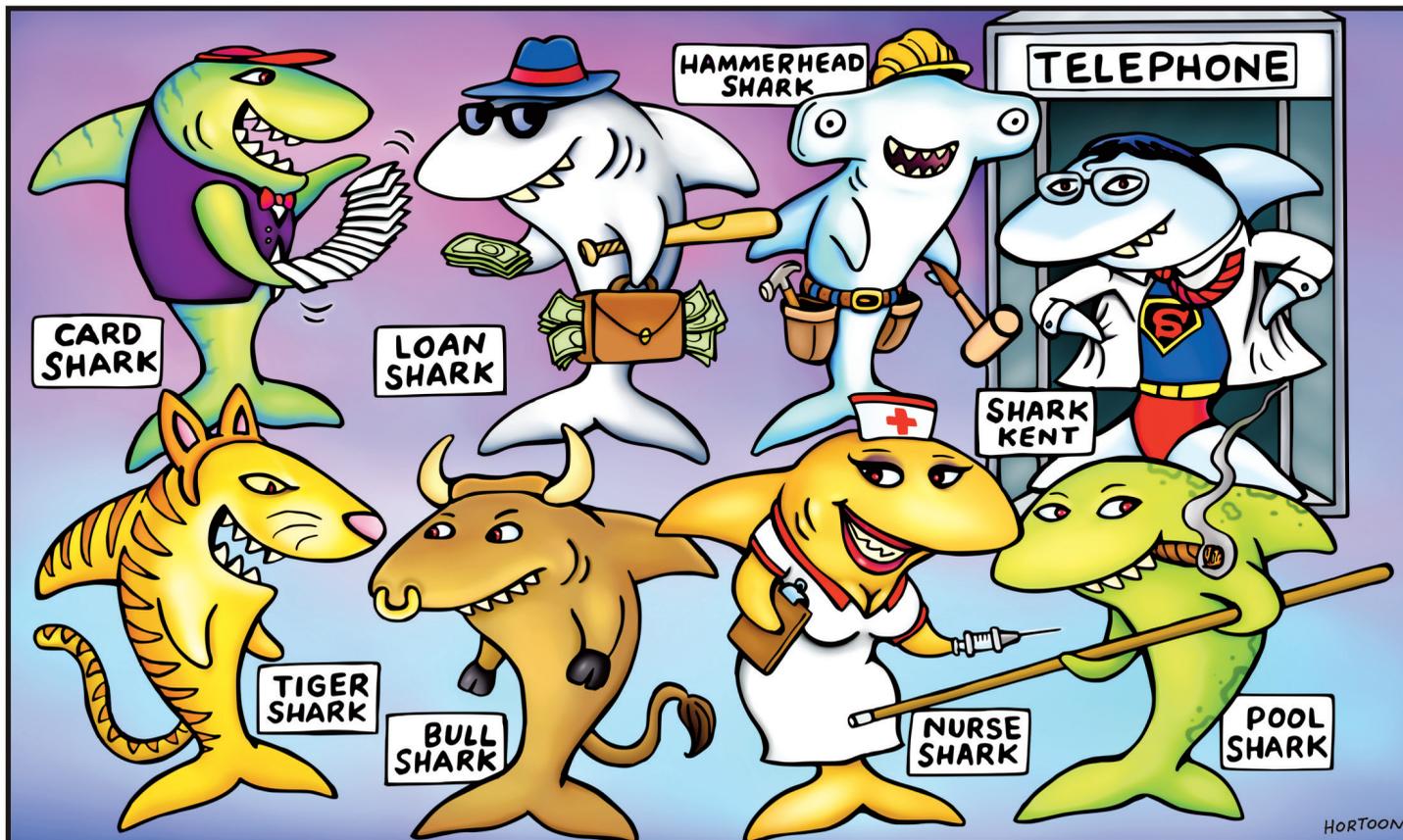
• In the naming of American states, there some that never quite made it. It's interesting to speculate about the possibilities, though. For instance, if you currently reside in the state of Kentucky or parts of Tennessee, but for the whimsy of fate, you could be a Transylvanian. Some people once wanted to take parts of Texas and Oklahoma to create the great state of Texlahoma (perhaps displaying a slight lack of imagination). When the Mormon church settled out west, Brigham Young petitioned to have the state of Deseret created, and the land he suggested make up the state included present-day Utah, almost all of Nevada and Arizona, a sizable chunk of California and bits of five other states. Long Island, in New York, even had designs on statehood at one time.

• You might be surprised to learn that in the 19th century, ice accounted for more shipping than any other commodity except cotton.

THOUGHT FOR THE DAY

"The telling of jokes is an art of its own, and it always rises from some emotional threat. The best jokes are dangerous, and dangerous because they are in some way truthful." – Kurt Vonnegut

HORTOONS



PUZZLE ANSWERS

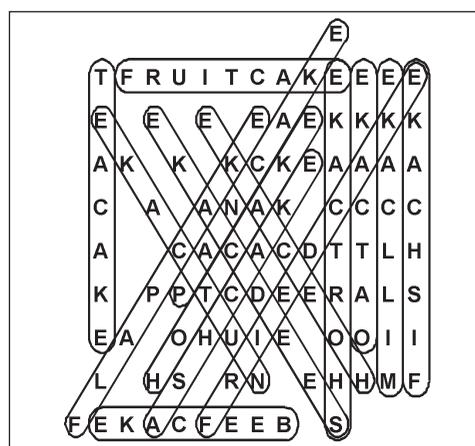
SUPER CROSSWORD

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KING CROSSWORD

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L	E	I		P	R	E	E	N		N	E	O							
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	1978	1,513	\$2,850,000	\$2,675,000	0
Cape Coral	Cape Coral	2001	4,627	\$2,500,000	\$2,000,000	221
Brynwood	Fort Myers	2013	5,739	\$1,849,000	\$1,625,000	78
Bayview Acres	St. James City	2018	2,840	\$1,500,000	\$1,350,000	30
Devonwood	Fort Myers	2016	3,704	\$1,150,000	\$1,025,000	24
Cape Coral	Cape Coral	2008	3,564	\$1,150,000	\$1,050,000	244
Sanctuary	Bonita Springs	1997	3,343	\$1,095,000	\$1,045,000	126
Palms Of McGregor	Fort Myers	2007	3,153	\$1,049,000	\$1,019,000	517
Edgewater	Fort Myers	2000	3,329	\$929,000	\$889,000	3
Monteverdi	Fort Myers	2008	3,133	\$872,900	\$850,000	168

DOC FORD'S

RUM BAR & GRILLE

Randy Wayne White ©

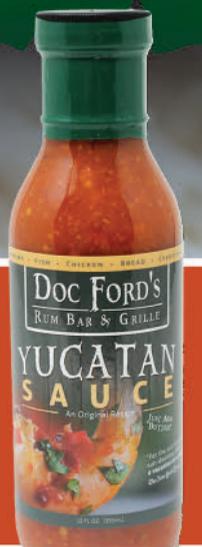
“FOR THE SUN-KISSED & SUN-DESIROUS ALIKE, A VACATION ON A PLATE.”

The New York Times Magazine

Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete (Coming Soon)



WWW.DOCFORDS.COM



Buy our **YUCATAN SAUCE** by the bottle!

THE ORIGINAL **YUCATAN SHRIMP!**

Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale