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SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 8, 2019

NOVEMBER SUNRISE/SUNSET: 8 6:42 • 5:42 9 6:43 • 5:42 10 6:43 • 5:41 11 6:44 • 5:41 12 6:45 • 5:40 13 6:45 • 5:40 14 6:46 • 5:39

Taste Of The Islands This Sunday

by Jeff Lysiak

While the primary reason many people attend Taste of the Islands each year is to support the mission and good work being done at the Clinic for the Rehabilitation of Wildlife (CROW), the secondary reason is undoubtedly the opportunity to sample some of the tastiest menu items from the islands' most popular restaurants.

The 38th family-friendly event also features live entertainment by Private Stock Band, and inside The Community House (next door to Sanibel Community Park), guests can meet CROW's animal ambassadors and bid on a large variety of silent auction items.

Last week, the 14 dining establishments participating in this year's Taste of the Islands – which returns to Sanibel Community Park this Sunday, November 10 from noon to 5 p.m. – revealed their menus of appetizers, entrees and desserts. They include:



The 38th Taste of the Islands returns this Sunday, November 10 to Sanibel Community Park

photo by Jeff Lysiak

The Bubble Room – Orange Crunch Cake, Moist Chocolate Cake, Red Velvet Cake

The Clam Shack – Lobster Roll, Clam Strips, Chowder

Doc Ford's Rum Bar & Grille – Lobster Roll Slider, Carrot Cake

The Jac – Pork Belly, Tri-tip Sliders, Rum Cake
Matzaluna – Prosciutto-wrapped Shrimp with Orange Sauce, Fusilli Primavera
MudBugs Cajun Kitchen – Grilled Oysters

Rosie's Café & Grill – Pulled Pork

Sliders, Ice Cream Cupcake Sundae
Sandollar Restaurant – Bacon-wrapped Scallops with Tropical Fruit Salad, Pina Colada Coconut Shrimp
Sanibel Deli & Coffee Factory – Philly Steak Sandwich, Pizza, Meatballs on a

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The Sanibel School Elementary Choir performing at this year's Baileyfest photo provided

Sanibel School To Present Fall Music Showcase

by Jeff Lysiak

Members of The Sanibel School's Seahorse Chorale, Steel Drum Band, Elementary Choir and Orff Club will join forces to perform in the Fall Music Showcase, taking place on Thursday, November 14 at 6:30 p.m.

at the school, located at 3840 Sanibel-Captiva Road. Tickets, priced at \$5 for adults and no charge for students, may be purchased at the door.

"All of the ensembles have been rehearsing since the beginning of the school year for this performance," said Joey Giangreco, music educator at The Sanibel School. "We are looking forward to what is sure to be a great performance."

According to Giangreco, the Seahorse Chorale and Steel Drum Band are

continued on page 3

Photo Exhibition To Open At Refuge



The exhibition will include the American Everglades Collection photo by Clyde Butcher

The public is invited to the free kick-off celebration of the Refuge 75th Anniversary Clyde Butcher Photographic Exhibition on Wednesday, November 13, starting at 9 a.m. in the "Ding" Darling Visitor & Education Center on Sanibel.

Guests will be the first to view

Butcher's American Everglades Collection at "Ding" Darling. The opening will include refreshments and, at 10 a.m., an opportunity to meet the world-famous photographer, who will be available for a limited number of book signings outside the Refuge Nature Store. The store will be

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LOGOS students at the Smile God Loves You event photos provided

LOGOS Students Share Smiles, Make Memories

On October 9, the children from the Sanibel Community Church LOGOS program were smiling from ear to ear during their Smile God Loves You event. The children participated in their regularly scheduled program of music, Bible lesson and craft time. During craft time, they decorated frames that later would hold their photo souvenirs.

They had breakfast for dinner including stacks of pancakes smothered in butter, syrup and whipped cream along with plenty of bacon. During dinner, table discussions included how each child is fearfully and wonderfully made and God loves them exactly how they are.

To end the night, the children participated in a photo shoot with silly props and backdrops.**



Christopher Erickson admiring his photo souvenir

From page 1 Music Showcase

comprised of students in grades six through eight, the Elementary Choir is made up of students in grades three to five, and the Orff Club is made up of students in grades four and five. The theme of this year's Fall Music Showcase is Music Around The World.

"Throughout the concert, there will be at least one song performed from every continent," said Giangreco. "It has been a great experience to explore music from various cultures around the world with all ensembles and we are looking forward to sharing this music with our audience."

Performances will include the Steel Drum Band playing songs such as *Jump In The Line*, *Hammock Holiday*, *Carol of the Bells*, *Another One Bites the Dust* and *The Lion Sleeps Tonight*. The Elementary Choir will follow with a lineup of tunes including *Hitori* (accompanied by the Orff Club using percussion

instruments), *Give Love, All You Need Is Love* and *Believer*.

Members of the Orff Club will perform *Sansa Kroma* (performed using xylophones, metallophones, drums and singing), *Three Can Play* (performed using drums), *Oo A Lay Lay/Kookaburra* (performed using ukuleles and singing) and *Semper Fidelis* (performed on KidStix Stations). The Seahorse Chorale will then sing *Ching A Ring Chaw*, *Shallow*, *Oh Hanukah*, *Tres Cantos Nativos* and *Si Si Ni Moja*. To close out the evening, the finale will feature all performers on *What A Wonderful World*.

All money raised from the Fall Music Showcase will go to support The Sanibel School Music Department.

"We invite everyone to come to the Fall Music Showcase and support our talented students here at The Sanibel School," added Giangreco. "Our students have been working very hard to prepare for the Fall Music Showcase and are sure to impress with a great show."**



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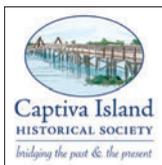


The dining room of the Old Captiva House at Tween Waters Inn
photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society
**Landmark:
'Tween Waters Inn**

This week's image is the dining room of the Old Captiva House at Tween Waters Inn, date unknown.

The History Gallery, developed by the Captiva Island Historical Society, features many



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

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

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

FIRST CHURCH OF CHRIST, SCIENTIST

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 9 and 11 a.m. with Sunday school and nursery care provided, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist 5 p.m., Sunday Eucharist 8 and 10:30 a.m., Sunday School 10:30 a.m., Tuesday Morning Prayer 9 a.m., Wednesday Healing Eucharist 9 a.m., Prayer and Potluck 1st Wednesdays 6 p.m., Taizé Service 3rd 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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OBITUARY



JOHN N. KRAMER JR.

and a social member of The Sanctuary Golf Club. He enjoyed golfing and college football, a fervent Badger fan. John and Linda loved traveling, especially to Paris and all over Western Europe. They enjoyed their summer home in Chautauqua, New York.

Born March 11, 1943 in Fennimore, Wisconsin to John N. Kramer and Katherine Hinn Kramer, he earned his bachelor's degree from Stanford University in 1965 and his JD from University of Wisconsin-Madison in 1968. John joined the New York law firm Shearman & Sterling as an associate in 1968 and was promoted to partner in 1977. His practice included cross-border finance, capital markets and energy matters. He was an associate in the London office from 1973-76, the resident managing partner of the Abu Dhabi office from 1978-81, the London office from 1981-85, and the Hong Kong office from 1987-90. He retired from the firm in 2000.

John is survived by his wife of 50 years, Linda; sister JoEllen DeOreo of Shaker Heights, Ohio; and brother Mark Kramer and his wife Louise Walton of Gig Harbor, Washington. One of John's greatest joys was spending vacations and holidays with his nephews David DeOreo and his wife Courtney; Daniel DeOreo and his wife Sara; Matt DeOreo and his wife Susannah; niece Kathleen Kramer; great nieces Emilie and Phoebe DeOreo, and great nephews Wes, Michael and Matthew DeOreo.

Memorials may be sent to FISH of SanCap, 2430-B Periwinkle Way, Sanibel FL 33957. ✨

From small town Wisconsin to a citizen of the world, John N. Kramer Jr. lived life to the fullest. On Sunday, August 18, 2019, John passed away with his wife Linda (nee Caldwell) by his side in Fort Myers, Florida.

A resident of Sanibel Island, Florida from 2001, John served on the boards of BIG ARTS and COTI. He was an active participant in Current Events discussion groups and on the advisory board of the BIG ARTS theater program. He was a member of Captiva Island Yacht Club

Mastersingers To Perform On Sanibel

The Fort Myers Symphonic Mastersingers will perform at Sanibel Congregational United Church of Christ on Sunday, November 17 at 3 p.m. The concert will feature the organization's Chamber Chorus under the direction of Artistic Director Shannon Arnold. The program, entitled Music in Transition, features selections written by composers facing challenges and changes in their lives. There is no admission charge but a goodwill offering will be taken to support the Mastersingers.

The theme behind this program mirrors the Mastersingers' season as they work with a new conductor this year while seeking to build on the growth and successes of the recent past. Reflecting Arnold's desire to add more female composers to the Mastersingers' repertoire, the program includes works by Abbie Betinis, Maddelena Casulana and Mendelssohn's sister, Fanny Hensel. When asked about the season, Arnold said, "The Chamber Chorus is proud to present Music in Transition as our first concert for the 2019-20 season. We are going back in time, starting in the Renaissance period, acknowledging composers who used choral music to overcome challenging times in their lives. I am very excited to start the season with such a great mix of selections in such a

wonderful space to make music."

The ensemble will sing music as diverse as a William Byrd piece from the 16th century as well as works of Bach, Mozart and Beethoven to contemporary selections composed by Susan La Barr and Dr. Jason Bahr, Mastersingers' vice-president and FGCU faculty member.

"I am very pleased to have one of my pieces included in the Music in Transition program. All persons will face trials in their lives, but how does one respond? For a composer, often the answer is to create music," said Dr. Bahr. "My work, *Song of Praise*, was written at a particular moment of crisis for me. Doctors had recently discovered a major congenital heart defect which required extensive surgeries to repair. Between two open heart surgeries, I wrote this piece. On the chamber singers' program, I will be making music with my friends, including this piece I wrote about my faith - what can be better than that?"

Following up on this performance, the full Mastersingers chorus will sing in its annual Christmas concert, entitled Christmas on Sanibel, at Sanibel Community Church on Sunday, December 15 at 6 p.m. That concert will feature songs of the season accompanied by brass quintet, organ and longtime Mastersingers accompanist Janet Carter.

For more information and the full Mastersingers' season schedule, visit www.mastersingersfm.com.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. Sanibel Community Church is located at 1740 Periwinkle Way. ✨

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City To Install Red Tide Signs

by Jeff Lysiak

In an effort to combat misinformation circulated on various social media outlets and inaccurate portrayals on local TV news segments, the City of Sanibel is preparing to install signage on island beaches with information about red tide, including a description of where the red tide bloom – also known as *Karenia brevis* – is currently located, what health symptoms to be aware of, along with phone numbers and websites to check for additional information.

James Evans, director of the city's natural resources department, told council members on Tuesday that staff decided to move forward with plans to post red tide signs at several beach access locations across Sanibel. The signs will contain details on where to find the most current red tide bloom information (via the Florida Department of Health website), with an explanation of the differences between a red tide caution and a red tide alert.

"It's all about being transparent, but it's also about providing correct information," said Evans, who explained that many visitors to the island are being given inaccurate accounts of the current red tide status on Sanibel from passersby on the beaches and via social media.

In the most recent Southwest Coast Red Tide Status Report, issued on November 1 by the Florida Fish & Wildlife Conservation Commission (FWC), samples collected offshore of Sanibel varied from not present (Bowman's Beach) to medium (Lighthouse Beach, Tarpon Road Beach and Sanibel Bayou) and high (Captiva Pass, Redfish Pass and Buck Key) concentrations of red tide. Evans described the current red tide status as a "patchy bloom."

According to FWC, potential effects of red tide range from mild to severe respiratory irritation, fish kills, shellfish harvesting closures and water discoloration. For the most recent Red Tide Status Report, call 866-300-9399.

In addition to posting the red tide signage at public beach accesses, the city will make them available to island resorts



Members of the Sanibel City Council presented a proclamation honoring the 45th anniversary of the Children's Education Center of the Islands (CECI) during Tuesday's meeting

photo by Jeff Lysiak

and homeowners associations.

In other business, the council unanimously approved the first reading of an ordinance that would prohibit certain bicycles and mopeds from using the city's shared use path system.

Specifically, the ordinance provides that "no operator shall drive a motor vehicle, micromobility device, motorized scooter or other vehicle other than exclusively by human power upon a bicycle path, sidewalk, shared use path or other portion of a roadway set aside for the exclusive use of bicycles, or bicycles and pedestrians." The prohibition would not apply to crossing to an adjacent property, persons operating motorized wheelchairs or similar power-driven mobility devices, public officers or employees in the performance of their duties, or persons age 18 or older with a city-issued permit to operate a Class 1 electric assisted bicycle.

For the latter, the ordinance stipulates a permit may be obtained from the city for a fee of \$20. Permit holders must provide proof of ownership, and the permit is not transferable.

The ordinance, which will be open for discussion during its second reading on December 3, would also prohibit on-island rentals of micromobility devices, motorized scooters and Class 1 electric assisted bicycles.

Also, the first reading of an ordinance

restricting the use of gas powered leaf blowers for commercial purposes to between the hours of 9 a.m. and 4:30 p.m. Monday through Saturday, along with seven federally recognized holidays, was unanimously approved. The second reading and public hearing will be held on December 3.

During public comment, several residents and a local businessowner asked the council to investigate tightening the city's laws pertaining to formula (chain) businesses opening on Sanibel. Claudia Burns stated that the city's planning commission's recent decision to allow Charles and Lisa Whitman – owners of a national chain called Whit's Frozen Custard – to open a similar fast food establishment on the island to be called Sanibel Custard Shack "opens the doors for large chains" to come to the island.

"It's too late to do anything about that now, but I hope we can prevent it from happening in the future," added Burns.

Debi Almeida, co-owner of a local frozen custard business, implored the council to re-examine the current ordinance and definition of formula restaurants. She also disputed the commission's decision to approve 20 parking spaces at the site where the Sanibel Land Development Code requires 27 spaces, along with concerns for safely accessing the future business' parking lot.

According to Sanibel Police

Department records, a total of 88 incidents – a large majority being automobile crashes involving bicyclists using the shared use path – took place between October 2014 and September 2019 within the Periwinkle Way area adjacent to the site where Sanibel Custard Shack will be located.

"You have been handed a real safety problem for this corporate enterprise," said Almeida. This isn't about a competing business for us, it's about integrity and safety."

Minimum Age For Appointees

Councilwoman Holly Smith brought up for discussion the idea of establishing a minimum age for residents to serve on city-appointed boards and commissions.

In recent years, a number of minors have submitted applications to serve on local delegations, including the city's planning commission, vegetation committee and historical preservation committee. According to Smith, while there is nothing wrong with "someone who is 14 or 15" wanting to serve their community, oftentimes these positions require "a certain level of experience and maturity."

Smith initially suggested establishing a minimum age of 18, since that is the legal age for voting. However, since an appointee may be required to approve a liquor license or similar permit, council

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Community House

Culinary Socials

On Saturday, November 16, there will be a hands-on class focusing on knife skills. Cost is \$45 for members and \$50 for guests.

Painting With Friends

Painting with Friends will be held on Wednesday, November 13 from 12:30 to 3:30 p.m. Future classes will be held from 1 to 4 p.m. Cost is \$10.

November Art Exhibit

Marguerite Petcher is the featured artist for November. She has a 10-piece series of works on exhibit, titled Construction. The public is welcome to view the exhibit during operating hours.

Petcher is working on her master of fine arts degree in painting at Savannah College of Art and Design and holds a bachelor of science degree in art education from the University of South Florida. She has been an art educator for over 20 years in Fort Myers.

Volunteer Breakfast

There will be a welcome back volunteer breakfast and training at 9:30 a.m. on Friday, November 15. All volunteers are welcome. Those with food and beverage experience are needed to work in the kitchen once or twice a month. Others are needed to work and water in the garden.

Community Social

The next Community Social will be British Pub Night on Friday, November 22



Thanksgiving Celebration organizers and volunteers will welcome the community on Sunday, November 24

photo by Jeff Lysiak

from 6 to 8 p.m. Cost is \$15 per person and a \$5 donation for the dessert bar. Register online.

Thanksgiving Celebration

The annual Thanksgiving Celebration will be held on Sunday, November 24 beginning at 6:30 p.m. All are welcome to stop by for an evening of song and fellowship. There will be a performance by BIG ARTS Community Chorus, a presentation by FISH of SanCap, a Thanksgiving message by island clergy and

a prayer for the city. Cookies and cider will be served.

A sponsor is still needed to help cover costs. If you would like to help, call Mary Bondurant at 839-3633.

BIG ARTS Current Events

The BIG ARTS Current Events group meets from 10 a.m. to noon on Mondays and Wednesdays.

Sanibel Yoga

Sanibel Yoga classes are offered on Tuesdays with Vinyasa at 10 a.m. and Gentle Yoga at 11:15 a.m. On Thursdays, yoga for all levels is held at 10 a.m. and Gentle Yoga at 11:15 a.m. Cost is \$18 for members and \$20 for guests.

Soups And Stews

Soups and Stews are now on sale for pick up in November and December for the holidays. Proceeds benefit children's scholarships for the Culinary Education Center of Sanibel.

Shell Crafting

Shell craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Cost is \$3 to \$5 per project, supplies provided. Shell Crafters are on site until 1 p.m. on Mondays for those who would like to view or purchase their work.

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

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Trash & Treasure Sale

Hosted by Island Seniors, Inc.

at the Center 4 Life.

Find us at the corner of Palm Ridge & Library Way



Island Seniors are currently looking for donations of your clean "gently used" items. The sale is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support their programs such as; kayaking, fitness, technology, games, pot lucks, arts and so much more.

Drop off is available Monday through Friday between 9:00 a.m.- 3:00 p.m.



- Household items
- Furniture
- Hardware/Tools
- Kitchen Gadgets
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Trash & Treasure Sale
Saturday, November 9, 2019
9:00 a.m. - 2:00 p.m.

New Reverend Joins Captiva Chapel

by Jeff Lysiak

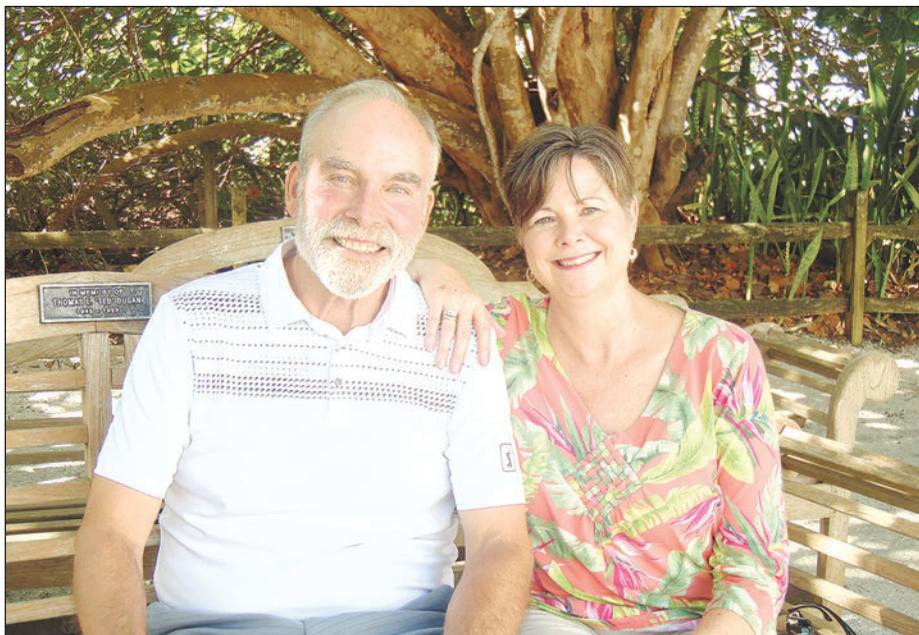
When Captiva's historic Chapel By The Sea opens its doors for the first worship service of the season this Sunday, island faithful will welcome its new minister, Reverend Larry Marshall, who begins his three-year tenure at the chapel.

Last week, Rev. Marshall and his wife, Rosemary, arrived on Captiva following a 1,253-mile journey from their home in Warren, Ohio. The couple had previously visited the island a handful of times, most recently last November when they met with members of the chapel's pulpit search committee.

"A friend of ours from Westfield Center (Ohio) who winters in Fort Myers and worships at Chapel By The Sea told us they were looking for a new minister," said Rosemary Marshall, who goes by the name Rosie.

"After I heard about the opening, I called one of the church's search committee members to learn more about the position," added Rev. Marshall. "Right after that, we started the application process."

In April 2018, the Marshalls learned that they were among the final four candidates for the chapel's minister position. In an effort to keep Captiva Chapel By The Sea truly inter-denominational, church founders



Rev. Larry Marshall and his wife, Rosemary, arrived on the island October 30

photo by Jeff Lysiak

resolved that no minister of the same denomination should follow the previous minister. The chapel's bylaws also require a new minister be appointed every three years.

Last fall, the Marshalls flew down to the island for four days of interviews.

"We absolutely fell in love with the people here," said Rev. Marshall. "We also discovered that we had a lot of similar ideas when it comes to ministry. Our hearts were in the same place."

Educated at Bowling Green State University – where he majored in physical

education/health and minored in history – Rev. Marshall initially taught at the school, coaching baseball and football for six years. He later studied at the Methodist Theological School in Ohio. The couple married in 1977.

Rev. Marshall has been associated with the United Methodist Church for 42 years. He retired from Hudson United Methodist Church in 2012 and has continued to stay involved with the East Ohio Conference of the United Methodist Church, serving as the Young Clergy Recruiter and occasionally preaching in

that district.

The Marshalls have been lifelong residents of Northeastern Ohio, having both attended the same high school... but at different times. A retired dental hygienist, Rosie served as church secretary at LeRoy United Methodist Church for the past two years. The couple has three children and four grandchildren (three girls and one boy), who are looking forward to visiting during season.

Since arriving on the island, the Marshalls have been impressed with what they've seen.

"This place is such a unique setting," said Rev. Marshall. "The chapel itself is so unique, a paradise in itself. We're still exploring, but Captiva seems to be the kind of place we expected it to be."

"It's such a beautiful setting, but we're not just here for that," added Rosie.

"We both have a purpose here and are extremely blessed. We have a lot of love to give."

Rev. Marshall's first Sunday worship service will begin at 11 a.m. on November 10. Services continue through season until the end of April.

"I believe all of us have our own journey of faith, and I'm looking forward to meeting some new people, starting a dialogue with them and encouraging them to talk with me," said Rev. Marshall, who can be reached via email at coachmarshall15@gmail.com or by calling the chapel's phone at 472-1646.

"Everybody has a story to tell. Don't judge people... listen to where they're at and try to help them. And perhaps maybe they can help you, too."✧

A Parishioner for 36 Years

This past week I returned to Sanibel Island for the thirty-sixth year. I have been attending St. Isabel Catholic Church for all 36 of those years. On Saturday evening, I had the pleasure of shaking hands with our new priest, Fr. Edward Martin. I was very happy to meet him. I wish Fr. Joseph Gates nothing but the best with his new assignment in Central Florida and I am hopeful that he will be happy there.

In Fr. Martin's homily he said that prayer should be a regular constant activity and you cannot give up or assume what God's answer will be. He also said to pray humbly every day on your knees and that God will answer in His way and in His time. This week, October 28, 2019 marks the third year anniversary of Fr. Christopher Senk's dismissal from St. Isabel. When I think of Fr. Chris, one of the first things that comes to mind is Hurricane Charley. Our beautiful church was in complete ruin and it was only a short time after Fr. Chris arrived on Sanibel. I attended a fundraiser for the re-building of our church at The Sanctuary Golf Club. It would be an understatement to say that it was overwhelming to witness \$600,000 raised in less than twenty minutes. The expression on Fr. Chris' face was pure amazement. I recall him saying: "Did what I think just happen, really happen?" The speaker told him it did. Many of the contributors that evening are now members of the Parishioners for Justice. I will take the advice of Fr. Martin and never give up praying for fairness and justice for Fr. Christopher for which he is so very worthy.



Fr. Christopher Senk

Written and paid for by Vicki Bundschu

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Plant Smart

Sea Blite

by Gerri Reaves

Sea blite (*Suaeda linearis*) is a native shrub found in salt marshes and flats and on the beaches of Florida's coastal counties.

A member of the goosefoot family, it is also called southern sea-blite, annual seepweed and narrowleaf seepweed.

It's native along the U.S. coasts from Texas to Maine, as well as parts of the Caribbean, Mexico and Central America. In the southern states it is perennial, while in colder climates it is an annual.

The alternative fleshy leaves are dark green, linear and stalkless, i.e., attached directly to the stem. They occur one per node along the stems.

The plant takes an erect or ascending form, and the branches can be woody at the base.

The small white bisexual flowers are arranged in a spiraling pattern along the stem of the inflorescence.

Their five rounded petals, or sepals, are fused into a cup or tube, with five prominent protruding stamens.

Sea blite produces a dry brown flat fruit.

Sources: www.efloras.org, www.gobotany.nativeplanttrust.org and www.regionalconservation.org.

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



Sea blite is native to Florida's beaches and coastal wetlands photos by Gerri Reaves



The plant has small cup-like flowers and fleshy stalkless leaves

From page 8

Red Tide Signs

should also consider raising the minimum age to 21.

Councilman Richard Johnson told his fellow council members that age 18 seemed appropriate, since that not only is the age for voters but to serve in the country's military. However, Councilman Jason Maughan applauded the enterprise of youngsters expressing a desire to voluntarily serve their community. "I'm not convinced that there's much of a problem that we need to legislate this," said Maughan.

Another concern raised during deliberations on the subject were that if a minor were the only person to submit an application to serve on a board or commission, council might be required to approve that person. In the past, when only a single application has been submitted for consideration, the city has extended the application deadline to allow for more applications to be received.

"I struggle to put another piece of legislation on the books," said Mayor Kevin Ruane, who later asked for City Attorney John Agnew to look into the matter to determine what other cities across Florida have decided. Agnew confirmed that he will offer the council legal guidance, returning to the December meeting with additional information for future discussion.

Also, councilors approved the reappointment of three planning commissioners – Chuck Kettman, Karen Storjohann and Matt Kirchner – whose appointments were due to expire in January 2020.*



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TUESDAY, NOVEMBER 12th, 2019
10:30 – 11:45 am

Dr. Mike Parsons, Professor of Marine Science at FGCU and Dr. Cindy Heil, Director of the Red Tide Institute at Mote Marine Laboratory, have conducted decades of research on Red Tide. You will learn how nutrient pollution and climate change affect Red Tide. Their discussion will include the 2015-2017 red tide bloom and ongoing studies to determine why the bloom was so lengthy and intense.

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Fish Caught



Scott Jamieson

photo provided

Scott Jamieson caught a large sea trout, also known as a “gator trout,” on October 29. He was fishing with Capt. Bill Hammond of Endless Summer Charters. Jamieson has been fishing with Hammond for 15 years and has been visiting Sanibel for 30 years. He was staying at Sundial Beach Resort & Spa with his wife, Diane.✪

Program On Marine Creatures



Chromodoris annae or Anna’s Chromodoris taken off Lembeh Island, Indonesia

photo by Karin Fletcher

A peek at the Underwater World of Indonesia, featuring photography of marine creatures from Lembeh Island and Bali, will be the program at the Sunday, November 17 meeting of the Sanibel-Captiva Shell Club. Schroeder, a member of the Pacific Northwest Shell Club, will present the program.

Schroeder is an active member of her club and also volunteers as a lead naturalist doing intertidal monitoring surveys for several aquatic reserves in northwest Washington. She also

volunteers at the Burke Museum of Natural History and Culture in Seattle, where she assists with the curation of the shell collection. The photography in the presentation is by fellow Pacific Northwest Shell Club members Karin Fletcher and Doug Miller.

The meeting is open to the public and will be held at The Community House, located at 2173 Periwinkle Way on Sanibel. Doors open at 1:45 p.m. for a silent auction and refreshments, with the meeting beginning at 2 p.m. There is no charge to attend.✪

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Switching To Shrimp



by Capt. Matt Mitchell

Despite low levels of red tide being scattered throughout the sound this week, fishing was so much better than it had been. After finding a

few places that were just loaded with redfish, I returned to these areas day after day and just wore these fish out. For sheer numbers of fish, the past few days have been hard to beat.

The low levels of red tide we are currently experiencing are creating issues for keeping our baitfish alive. Most mornings this week, I had an easy time catching shiners in the southern sound. There are tons of bait, and usually it only takes a few casts of the net to get all you need. Once these baits are put in the live well, within a half hour they start to die off due to the stress and the low levels of red tide. After dealing with this for a few days, I started bringing live shrimp as insurance. You can be guaranteed shrimp will live when everything else dies in the live well.

Bouncing these live shrimp rigged on a jig head has turned out to be the formula for catching lots of redfish and

a variety of other species. Usually I don't start fishing with shrimp until our first cold front has cooled things off. Deeper channels with fast-moving tide during the lower water periods have been producing lots of redfish of all sizes, ranging from 16 inches all the way up to 28 inches. Along with the redfish, we also caught snook, jacks, whiting and even the first keeper-size sheepshead of fall ... all on shrimp.

While fishing with long-time clients from Indiana for a couple of days this week, we had some of the best fishing they have had in the 12-plus years they have been coming down for their annual fishing trip. Both days we started out shiner fishing and managed to catch a few quality fish, then switched it up to shrimp fishing. Once the tide got low, we finished up strong catching lots of redfish often having double, and even a few triple, hook-ups.

Though having small amounts of red tide around again is discouraging, it's something we deal with annually and it varies how bad it is from year to year.

Luckily, so far this year, we are yet to see any big fish kills associated with it. The minor change of switching the bait up to shrimp earlier than usual has been the winning ticket for catching lots of fish.

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. ✨



Matt from Indiana with a redfish caught while shrimp fishing with Capt. Matt Mitchell this week photo provided

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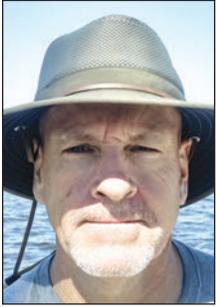
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CROW Case Of The Week:

Migratory Birds

by Bob Petcher



It's that time of the year again as snowbirds make their way south to escape the cooler weather up north. While this statement may apply to our seasonal tourists, it also relates to migratory birds.

Florida has become a popular pit stop for these birds as this physically demanding trip requires rest.

According to the National Audubon Society, regular migrants make up roughly 40 percent of the total number of birds in the world. When they do migrate, birds can reach great heights, like the Ruppel's griffon vulture documented for the highest recorded altitude at 37,000 feet. They also can log great distances, like the Arctic tern that holds the longest migration in the world at more than 49,700 miles in a year. Then there are the speed demons, like the great snipe that soars for many miles at speeds that reach 60 miles per hour. Or, how about the endurance fliers, like the bar-tailed godwit that regularly beats its wings for nearly 7,000 miles without stopping.

Migration for these small animals can be precarious due to natural occurrences like harsh weather. To combat exhaustion, migratory birds may fly lower and become



Patient #19-4457, a white-eyed vireo
photo by Hunter Brown

much more susceptible to varying traumas such as flying into windows and being hit by cars. According to ABC News, nearly one billion birds die each year from window collisions in the United States alone, while approximately seven million die from striking television and radio towers in North America annually.

Then, if these birds do make it to their rest stops, they may face predator attacks.

Since wild animals admitted to a clinic are unable to explain what happened to them, veterinarians rely on history provided by the finder and physical signs of traumas to help determine what happened to the patient.



Patient #19-4568, a rose-breasted grosbeak
photo by Shelli Albright

At CROW, approximately 115 migratory songbirds were admitted in 2018.

"The most common reason CROW admits migratory birds is for window strikes," said Dr. Megan Cabot, CROW veterinary intern. "Other reasons we see these type of patients include predator attacks such as cats and dogs, unknown traumas and being hit by cars."

Examples of recent migratory songbirds admitted to CROW include a white-eyed vireo (*Vireo griseus*) that suffered from hind limb paresis and a rose-breasted grosbeak (*Pheucticus ludovicianus*) that was the victim of a cat attack.

"The vireo had no history, but (the) physical exam revealed weakness in the back legs suggestive of spinal trauma," said Dr. Cabot. "The grosbeak has pain in its left wing, but no open wounds or apparent fractures on radiographs. We suspect a strain, but there may still be underlying trauma that we have not been able to identify yet."

Both patients were reportedly placed on pain medications and cage rest.

"The vireo passed a flight test a few days (after admittance) and has been released," said Dr. Cabot. "The grosbeak has been with us for a few days so far and will likely need a longer period of supportive care before it is strong enough to be flight tested."

Having nesting and resting areas for these migratory birds is vital to their survival.

"Having locations for migratory birds to safely rest and refuel on their routes is extremely important," said Dr. Cabot. "Birds migrate to reach ideal breeding and feeding grounds, as well as escape harsh weather conditions. Without safe resting locations with appropriate food, these birds won't have the necessary energy to continue their migrations, likely succumbing to starvation or exhaustion from the journey."

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

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

Friday, November 8, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five



species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Sunday, November 10, noon to 5 p.m., adults: \$7, age 12 and under no charge – CROW's 38th Taste of the Islands at Sanibel Community Park (fundraising event).

Taste of the Islands features live music and showcases Sanibel and Captiva islands' vibrant and diverse restaurant community. Guests purchase CROW Bucks to get their "tastes" from participating restaurants. Item prices range from one to six CROW Bucks. Admissions and CROW Bucks are available at the event and in advance through CROW's website, www.crowclinic.org, and can be picked up at the Will Call booth at Taste of the Islands. Returning this year, attendees can meet some of CROW's animal ambassadors inside The Community House.

Proceeds from Taste of the Islands ensure CROW's continued success of providing the highest quality care and treatment of injured, ill and orphaned

wildlife through state-of-the-art veterinary practices.

Monday, November 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.

Monday, November 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.

Tuesday, November 12, 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, November 12, 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, November 13,

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, November 13, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Wildlife Rescue 101: (daily presentation).

Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on our sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques!

Thursday, November 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.

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

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

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Sea School Offering Program On Red Tide

Sanibel Sea School's educational programs for adults are back, and the organization is launching the season with an opportunity to learn about red tide, a locally relevant topic, during a lecture given by marine biologist Dr. Bruce Neill on Friday, November 15 from 9 a.m. to noon.

"Red tide is a complex natural phenomenon in our area of the Gulf of Mexico, and this region is an epicenter for red tide events. Red tide is confusing, fascinating, horrifying and of utmost importance to local residents," said Neill, Sanibel Sea School's executive director. Those who attend this event will gain a deeper understanding of this complex organism and its various impacts. They will also learn how scientists are using technology to better inform the public of the local effects of red tide. There may be a short shore walk included, depending on beach conditions.

To register, call 472-8585 or visit www.sanibelseaschool.org/sanibel-adult-programs. Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time.✱

Shell Found



Jude Olson photo by A. Zehl

Jude Olson, visiting from Rochester, New York, found a junonia at 7:22 a.m. on October 29 in the top rack line near Mitchell's Sand Castles, where she was staying. "It's the second junonia found... so far," said Olson.✱

Shell Found



Chris Savage photo provided

Chris Savage found a junonia while shelling on Kice Island on October 29. "We had been on the first beach for only about 10 minutes and were about to begin our hike around to the gulf side of the island when I looked

down and found the junonia shell sitting alone on dry sand just a few feet from the water line," said Savage.

The Savage family was staying on Sanibel at Blind Pass Condominiums.✱

Volunteer Breakfast At Community House

On Friday, November 15 beginning at 9:30 a.m., The Community House invites returning and new volunteers for coffee and a training session. Chef Jarred Harris will provide a breakfast treat.

Volunteers will learn about upcoming events at The Community House for the 2019-20 season. There are several different volunteering opportunities. From learning how to help make and manage a food station such as salad or soup for culinary events once or twice a month, to volunteering at the front desk or in the garden, to helping coordinate the volunteers.

All are welcome to attend and hear how they can help, whether it be one hour a month or 10 hours a week.

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

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Shell Of The Week

Dwarf Tiger Lucine



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

Ctena orbiculata (Montagu, 1808) is so called because its circular-oval shape, whitish

color and sculpture of coarser radiating lines crossed by concentric threads somehow resemble those on the Tiger Lucine, *Codakia orbicularis*. In contrast to the latter species, the valves of Dwarf Tiger Lucines are never pink internally. Although not very common, the species certainly occurs in Southwest Florida. The complete shell in the photo was collected in 1964, by William C. Brumbach, on the bay side of Sanibel. 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



The Dwarf Tiger Lucine, *Ctena orbiculata*

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

photo by Patricia Starkey

or call 395-2233.

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

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken this Sunday, November 10 from noon to 8 p.m.



On Veterans Day, Monday, November 11, a free prime rib dinner will be served to all veterans from noon until supply runs out.

There will be a Mexican Fiesta on Sunday, November 17 beginning at noon.

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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Perspectives on a Changing World

All sessions are at 4:00 PM in BIG ARTS Strauss Theater. Complimentary wine and hors d'oeuvres with the guest speaker following each presentation.



James Rudin

February 4
James Rudin, Historian, Author and Rabbi

“THE POLARIZATION OF THE AMERICAN ELECTORATE 1968-2020”

1968 was a momentous and defining year in American history: The year of the MLK and RFK assassinations, the Chicago Democratic Convention riots, the Soviet invasion of Czechoslovakia, the Viet Nam Tet Offensive, LBJ's choosing not to run for President again, the Black Power salute at the Mexico City Olympic Games, the Apollo 8 moon mission and so much more. Historian James Rudin will share some fascinating facts about the past and discuss how that year was the beginning of a pivotal change in American politics.



Rosemary O'Hara

February 11
Rosemary O'Hara, South Florida Sun Sentinel, Editorial Page Editor

“PARKLAND, POLLUTION & THE PRESIDENTIAL PRIMARY IN FLORIDA”

Veteran Florida newswoman Rosemary O'Hara offers her insights on where we find ourselves two years after the nation's worst high school shooting, a year after the state's worst outbreak of red tide and blue-green algae, and a month before Florida's presidential primary.

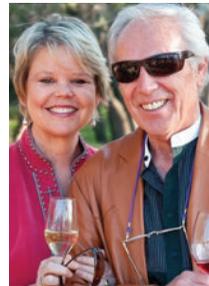


Rev. Dr. John H. Danner

February 18
Rev. Dr. John H. Danner, Senior Pastor, Sanibel Congregational United Church of Christ

“STAYING CIVIL IN AN ELECTION YEAR”

In this increasingly polarized climate, civility is in short supply. Dr. Danner will teach us how to speak to and listen to one another in a respectful and constructive manner. We will then break into smaller groups and practice our new skills while discussing the state of immigration in America today.



Keven Ann Willey & Georges Badoux

February 25
Keven Ann Willey (Journalist) & Georges Badoux (Restaurateur & Tour Guide)

“POSTCARDS FROM THE PERIMETER: WHAT WE LEARNED FROM OUR YEAR ON THE EDGES OF AMERICA”

Less than four weeks after retiring from a 38-year career, this journalist and her restaurateur husband embarked on a yearlong journey in their 17-foot fiberglass trailer around the perimeter of the United States. They'll share what they learned about America and themselves from their 27,000-mile adventure, a distance greater than the circumference of the Earth at the equator. (Read a preview at postcardsfromthepерimeter.com)



Ian Sherr

March 3
Ian Sherr, CNET

“HOW WILL ARTIFICIAL INTELLIGENCE (AI) SHAPE YOUR FUTURE”

Artificial Intelligence is one of the most important technologies of our time. Ian Sherr, West Coast Editor of CNET Magazine, returns to Talking Points to discuss what AI is, examples of its use, the rewards and risks of this new technology and how it will impact your way of life.



Dr. Mary Beth Saunders

March 10
**Dr. Mary Beth Saunders, Infectious Disease
Dr. Stephanie Stovall, Pediatric Infectious Disease, Lee Health**

“IMMUNIZATION & GLOBAL HEALTH”

With the measles outbreak of 2019, people are concerned about immunization and vaccinations for their children, but is it just children who are affected? Dr. Stephanie Stovall will join us to discuss childhood immunization and what it means to our public health in Lee County, Florida, and America today.

She will be joined by Dr. Mary Beth Saunders, who will talk about adults and seniors and what they should be doing, too!



Dr. Stephanie Stovall

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Doron Hakimian photo provided

Two-Day Trunk Show Features Celebrity Jeweler

Lily & Co. Jewelers will host a two-day trunk show on Friday and Saturday, November 15 and 16 featuring celebrity jewelry designer Doron Hakimian.

The president and chief designer of Doves by Doron Paloma, Hakimian has created exclusive designs for celebrities ranging from First Lady Michelle Obama to Jennifer Lopez and Catherine Zeta-Jones. He is considered among the world's

biggest names in the luxury jewelry industry.

"We're thrilled to host Doron for the third year in a row on Sanibel, where he will reveal the treasures he creates using 18-karat gold, diamonds and precious gemstones," said Dan Schuyler, co-owner of Lily & Co. Jewelers with Karen Bell. "The trunk show will feature jewelry inspired by the beauty of nature that surrounds us on Sanibel."

The trunk show will take place from 10 a.m. to 5 p.m. on both days and coincides with the Swing for Hope tennis and pickleball tournament Lily & Co. Jewelers is sponsoring at Beachview Tennis Club on Saturday to benefit Community Housing and Resources (CHR), the affordable-housing nonprofit on Sanibel.

Hakimian is an avid tennis player who was introduced to Schuyler through mutual friend and tennis coaching legend Nick Bollettieri, founder of IMG Academy. Together, they will participate in the day-long tennis and pickleball fundraiser that will include tennis clinics and round-robin tournaments with Bollettieri and other professionals. In addition, courtside games with prizes and raffles will include a jewelry treasure by Hakimian.

"Modern elegance and refined artistry are the hallmarks of Doves by Doron Paloma jewelry and we're grateful for Doron's gift to the tournament and his contribution to affordable housing on the island," added Schuyler.

Trained as an architect, Hakimian begins each jewelry creation with a paper and sketch. He grew up in a family of precious gemstone manufacturers and

later discovered a passion for jewelry when he spent a summer sketching designs for his family's business. His gift for drawing, combined with an architect's eye for detail, proved to be a winning formula for creating masterpieces that are in demand all over the world.

"Dan, Karen and Nick have the same

passion for giving back to their community as I do," said Hakimian. "This event is just a small part of what they do for their neighbors and I'm thrilled to participate in this benefit."

Lily & Co. Jewelers is located at 520 Tarpon Bay Road on Sanibel. For more information, call 472-2888.*

Paddle At Bowman's Beach



by Kealy McNeal

On Thursday, November 21, the Ocean Tribe Paddling Club will host a morning paddling excursion through the beautiful mangrove canals around Bowman's Beach.

These tranquil waters are home to an abundance of wildlife including manatees, wading birds, ospreys and mullet. All are welcome to join us on our adventure. This is an excellent paddling opportunity for beginners.

Those interested in joining the paddle should meet at Bowman's Beach at 8:45 a.m. The paddle will begin at 9 a.m. The paddle will last approximately one and a half hours. Participants are invited to bring their own vessel, or loaner vessels can be reserved in advance by contacting

oceantribepaddlers@sanibelseaschool.org. Weather related updates or schedule changes will be posted on the Ocean Tribe Outfitters Facebook page at least one hour prior to the event.

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

Top 10 Books On The Island

1. *Guardians* by John Grisham
 2. *Shell Shocked* by Jennifer Schiffr
 3. *Alice Network* by Kate Quinn
 4. *Every Breath* by Nicholas Sparks
 5. *Redemption* by David Baldacci
 6. *Nine Perfect Strangers* by Liane Moriarty
 7. *Where the Crawdads Sing* by Delia Owens
 8. *Dumpty* by John Lithgow
 9. *Educated* by Tara Westover
 10. *Deserted* by Nelson DeMille
- Courtesy MacIntosh Books and Paper.*

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Students and teachers from the 1991-92 school year: back row from left, Sean Radigan, Bryan Reed, Steven Radakovic, Miss Lu, Miss Sue and Miss Nancy; middle row from left, Nicholas Strickland, Lindsie Brillhart, Jennifer Foulks and Cassie Humphrey; front row from left, Emma Halverson, Julia Dean, Marianna Cail, Stephanie Albert, Joey Harrity, David James, Michael Molinari and Alex Doud. photos provided

Former CECI Families Support 45th Celebration

The Children's Education Center of the Islands (CECI) has added Doc Ford's Rum Bar & Grille as a Fruiting Tree Sponsor for its 45th anniversary celebration. Many of the

Doc Ford's owners and employees had children who attended the preschool. Restaurant manager Joey Harrity was part of the class of 1991-92.

CECI's Celebrating 45 Years event will be held on Saturday, November 16 from 6 to 9 p.m. at MudBugs Cajun Kitchen, located at 1473 Periwinkle Way on Sanibel. The evening will include dinner, drinks, live auction, 50/50 raffle and a live band. Tickets are \$100 per person and can be bought



From left, Ms. Kerra, CECI assistant director and teacher; Brenda Harrity, co-owner of Doc Ford's; Joey Harrity, manager of Doc Ford's; Cindy Carter DeCosta, CECI executive director; with Hunter Bailey (whose father attended CECI years ago) and Levi Arlington

at the preschool, by calling 472-4538 or at Adventures in Paradise, located at 2019 Periwinkle Way in Tahitian Gardens shopping center.

of our preschool. We are grateful for their continued support," said CECI Executive Director Cindy Carter DeCosta.✱

"Doc Ford's has been a great friend

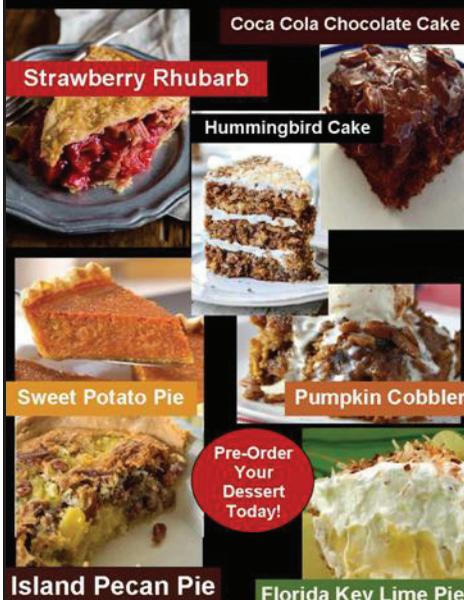


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Wednesday - Rock & Roll Bingo -- 6 pm

Thursday - Bingo -- 6:30 pm

Friday - Music Trivia -- 6:30 pm

Saturday - Football/Sports Trivia -- 6 pm



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The Community House

The Radish



by Resident Chef Jarred Harris

The radish is an edible root vegetable and a member of the Brassicaceae family. It's related to kale, broccoli, cauliflower and horseradish. There are numerous varieties of radishes and they vary in shape, size and color.

Radishes were first cultivated in China around 3 BC. They spread through the Northern Hemisphere and into Europe during the early 1500s. The radish was one of the first vegetables introduced to the New World, however, radishes were already under cultivation in Mexico and Haiti during the mid-1500s. The word "radish" means "root," and comes from the Latin "radix."

In North America, radishes and their leaves are mostly eaten raw and used in salads, but in many European dishes, radishes are cooked and eaten warm or hot. In Chinese and Japanese cooking,

radishes are pickled and brined like cucumbers. Some large radishes are grown for the oil in their seeds. In fact, Ancient Egyptians used radish oil in their diet before olive oil was discovered. Radishes were so highly prized in Ancient Egyptian civilization, they were paid as "wages" to the Egyptian laborers who built the pyramids.

Radishes have long been used for medicinal purposes throughout history. They have been used to relieve stomachache, gout and to regulate blood pressure. They have also been used to treat kidney stones, intestinal parasites and bad skin.

Radishes are a very good source of vitamins C, B6, fiber, riboflavin and potassium, as well as copper, magnesium, manganese and calcium.

Here is a simple recipe to try:

Radish Avocado and Jicama Salad

Ingredients

- 20 radishes (thinly sliced)
 - 4 ripe avocados (pitted and diced)
 - 1 cup jicama (thinly sliced)
 - 1/2 fennel bulb (thinly sliced)
 - 1/2 red pepper (thinly sliced)
 - 2 cups mixed salad greens
- For the dressing
- 1/4 cup basil (shredded)
 - 1/4 cup mint (roughly chopped)
 - 1 jalapeno (seeded and diced)

optional

- 1/2 cup olive oil
 - Juice and zest of 2 lemons
 - 4 tbsp. honey
- Method
- Add the dressing ingredients to

a mixing bowl and whisk until well combined. Add the radish, avocado, jicama, fennel and red pepper. Gently mix until everything is well coated with the dressing.

Arrange the salad on a platter, then top with the salad greens.

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.✳

Last Call For Coupon Books

Limited quantities of the Sanibel-Captiva Kiwanis Club's 2019 Diner's Delight coupon books are still available if you act fast. The two-for-one coupons can be used until late December at 31 island restaurants and cafes. For those who enjoy dining out, the coupon books are great way to save money as they provide two entrees for the price of one.

Those interested in securing a Diner's Delight coupon book can get one while supplies last for a donation of \$40 at the following locations: Bank of the Islands, Sanibel Captiva Community Bank and Big Red Q Printing.

All proceeds from the sale of the coupon books go to support the Kiwanis Foundation's Scholarship Program for island youth. This year, the program has awarded \$57,500 in grants to 26 local students for their advanced education.

The Kiwanis Club extends its thanks to all participating restaurants and to island residents for their support of the program.✳



photo provided

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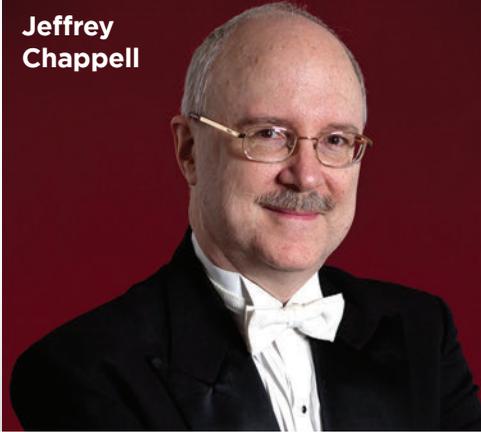
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ensemble 4.1



Jeffrey Chappell



Junction Trio



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February 6

7:30 p.m.

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February 16

3:30 p.m.

World renowned violinist, Rachel Baron Pine is a master of technique – that combined with her extraordinary emotional honesty and passion make this a must see classical event.

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February 23

3:30 p.m.

Come see the brightest of classical music's rising stars drawn from many of the nation's major schools.

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February 27

7:30 p.m.

Virtuoso oboist, Thomas Gallant, joins the remarkable Tesla Quartet. The Quartet has been praised nationwide for finding the inner heart of everything they play.

Rachel Barton Pine



Frisson Sextet



Tesla Quartet



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Green Bean Casserole

6 servings

1 pound green beans, blanched and trimmed

10 mushrooms, cleaned and sliced thin

1/2 sweet onion, sliced thin

1 tablespoon garlic, minced

2-3 tablespoons unsalted butter

1 (8-ounce) package Italian blend cheese

1 tablespoon all-purpose seasoning

1 teaspoon fresh thyme, chopped

2 cups milk

2 tablespoons flour

1 tablespoon Worcestershire sauce

Toppings (such as fried onions, crushed butter crackers, or cracklings)

Sea salt and fresh ground pepper, to taste

Preheat oven to 375 degrees.

Preheat large skillet over medium-high heat. Add butter and let melt completely



Green Bean Casserole

before adding onions. Add onions and sauté for 2 minutes. Add mushrooms and thyme and sauté for another minute. Add garlic and 1 tablespoon all-purpose seasoning and stir to combine. Next sprinkle flour over vegetables and stir (will look like a paste). Slowly pour in milk while stirring to break up any lumps. Next add three-quarters of the cheese and

green beans. Taste and adjust seasoning as needed. Thoroughly mix and cook over medium heat for 3 minutes. Pour into casserole dish. Top with cracklings, cheese and bake in oven for 30 minutes uncovered.

Fresh Tip: This can be prepared one to two days in advance of event and baked in the oven the day of.✪

photo courtesy Fresh From Florida

LIVE ON THE ISLANDS

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

The Jac Sanibel Island Bar & Grille has live entertainment on Friday with The Wildlings. Flying Hasselhoffs perform on Saturday and Tuesday. Sol Rydah plays 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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November Programs At Sanibel Library

Weekly children's programs with Youth Service Librarian Deanna Evans continue in November at Sanibel Public Library. STEM programs for all ages have been added to the schedule. The events are on the calendar at the library's website 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. There will be no storytime on Thursday, November 28 (Thanksgiving).

The After-School Crew (for kindergarten through fifth grade) will meet at 3 p.m. on Thursdays. There will be books, puzzles, games, crafts and snacks. No registration required. There will be no program on Thursday, November 28 (Thanksgiving).

Kids of all ages are invited to play in the Think Tank from 10 a.m. to 4 p.m. on Fridays in November and December. The MagiBox projects interactive images from the ceiling to the floor. Stay as long as you choose at this self-directed program.

Paint a 3D masterpiece in a virtual world with Google Tilt Brush on Friday, November 15. The program runs from



Thanksgiving treats will be part of craft time for teens photos provided

3 to 4 p.m., 10 minutes per user. Age 13 and older. First come, first served, no registration required.

Stop by the library on the morning of Friday, November 15 to see Round 4 of the World Chess Tournament streamed from FIDE World Chess Grand Prix Series 2019 in Hamburg, Germany. Viewing starts at 9 a.m., the matches typically run for a few hours. Chess players are welcome to meet to play chess in the library. Game boards are located near the west service desk.

Teens: Tasty Thanksgiving Decor, for ages 12 to 18, will be held from 6 to 7 p.m. on Monday, November 18. Teens can hang out, socialize, make crafts and have a bite to eat. Call 472-2483 to RSVP by November 15.



Book discussion group

On Thursday, November 21 from 3 to 4 p.m., hold the solar system, explore DNA, play math games, or dissect a frog with Merge – Augmented Reality STEM Cubes. For ages 10 and older. No registration required.

The book discussion group is reading *The Nickel Boys* by Colson Whitehead, which won this year's Kirkus Prize for fiction, and was longlisted for the National Book Award. Discussion of *The Nickel Boys* begins at 10 a.m. on Wednesday, November 20 at the library. No registration required to participate. The book for December will be *Queen Bee* by Dorothea Benton

Frank.

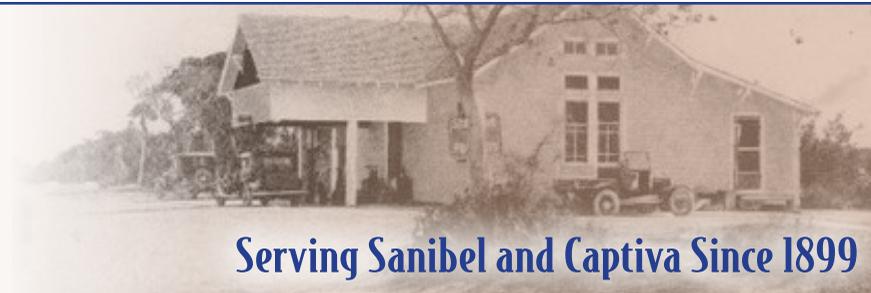
The library will be closed Thursday, November 28 for the Thanksgiving holiday, and will reopen Friday, November 29.

The public is invited to participate in the programs and there is no additional cost. Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor cards are available for a \$10 fee, and are good for one year.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit www.sanlib.org.

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Crowd at a previous show and sale photos provided

Art On The Veranda Returns This Saturday

The Sanibel Captiva Art League's popular Art on the Veranda show and sale at Bailey's is back. The first sale of the season will be held on Saturday, November 9 from 10 a.m. to 3 p.m. There is no admission charge.



Choose from variety of artists' original works

Award-winning artists from the Sanibel Captiva Art League will bring their original works of art for viewing and sale at Bailey's General Store, located at 2477 Periwinkle Way on Sanibel. There will be a diverse range of media including watercolors, acrylics, oils, pastels and collage. Styles and subjects vary and there is always a lot of local interest art.

For more information about Sanibel Captiva Art League activities or membership, visit www.sancapart.com.

From page 1

Menu Revealed

Stick, Queenie's Ice Cream

Sanibel Fish House – Blackened Salmon Taco, Stuffed Key Lime Cheesecake

Shima Japanese Steakhouse & Sushi Bar – Hurricane Roll, Seafood Salad

Thistle Lodge – Pork Shoulder and Pan Seared Scallops with BBQ Butter, Bone-in Braised Short Ribs with Cucumber Kimchi, Myers Rum Apple Crisp with Peppermint Caramel Sauce

The Timbers – Spicy Tuna Nachos, Crunchy Shrimp, Oysters on the Half Shell

Traders 2 – Pulled Pork Street Taco, Chocolate-Strawberry Bread Pudding
Tapas-sized portions are priced at \$6 or less in CROW Bucks.

Another tradition of Taste of the Islands is the spirited but friendly competition between the participating restaurants, each vying for "Best of" awards. Categories include Best Appetizer, Best Dessert, Best Meat, Best Seafood, Best Vegetarian and Taste of the Taste. Attendees also cast ballots to decide the winner of the coveted People's Choice award. Winners will be announced at 4:30 p.m.

Admission to Taste of the Islands, which can be purchased online or at the event, is \$7 for adults and no charge for children under age 12. Visitors traveling across the Sanibel Causeway can redeem their toll receipt at any CROW Bucks station to receive \$2 in CROW Bucks.

Proceeds from Taste of the Islands ensure CROW's continued success providing the highest quality care and

treatment of injured, ill and orphaned wildlife through state-of-the-art veterinary care. Funds also support public educational exhibits at the Visitor Education Center. Learn more at www.crowclinic.org.

Event sponsors also include The Silverman Organization as Executive Chef Sponsor, Jensen's Marina & Cottages and Heidrick & Company as Sous Chef Sponsors, FOX 4 as Lead Media Sponsor, and *Island Sun* and *The River Weekly* newspapers, Times of the Islands Media, *Happenings Magazine*, *Florida Weekly*, *Islander/Island Reporter* and *Santiva Chronicle* as Supporting Media Sponsors.

For additional details or sponsorship information, contact Development Director Mary C. Schoeffel at 472-3644 ext. 232 or mschoeffel@crowclinic.org

Guest Judges Announced

Last week, CROW announced the four guest judges for the 38th Taste of the Islands. The judging panel will consist of Artis Henderson, author and *Gulfshore Life* culinary contributor, Gina Birch, award-winning local editor for *USA Today's* 10Best, Karen Feldman, *Florida Weekly* food and wine editor, and Resident Chef Jarred Harris of The Community House's Culinary Education Center of Sanibel.

The four judges will vote for their favorite dishes that are entered into five categories: Best Appetizer, Best Seafood, Best Meat, Best Vegetarian and Best Dessert. The panel will also award the Taste of the Taste for the best dish from the five category winners.

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

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Program On Climate Change And Your Health

submitted by Ariel Hoover, MA, Chair, Lee County Chapter Climate Reality

Do the words, “changing climate and health effects” scare you? They should. The warming of our earth is having profound effects on us, and they won’t get better until we tackle the causes. This extreme heat that many cities and countries have been experiencing kills more people than hurricanes, tornadoes, rain bombs or any other extreme weather event. Couple that with 9,000,000 people who die from air pollution and the spreading of infectious diseases by insects that love hotter weather, and you have a veritable cascade of health concerns. Since 18 of the hottest years on record have occurred since 2000, the trend does not look good.

We now know that the four major food groups for the world, maize, wheat, rice and soy are predicted to produce 23 percent less in 2050, leading to more hunger worldwide. To add insult to energy, the excessive heat causes a loss of essential nutrients in these foods, as well. Increasing heat is also causing the spread of ticks, which cause Lyme disease, and health issues for 80 percent of the cattle industry as well as up to \$19 billion in losses in just that one industry.

If these issues concern you, there will be a presentation on the Health Effects of Climate Change and Solutions at The Community House on Monday, November 18 at 7 p.m. All are invited.

The program is presented by Ariel Hoover, chair of the Climate Reality Chapter of Lee County, trained in 2017 in Pittsburgh by the Climate Reality Leadership Corps and again in Atlanta in March 2019.✱

From page 1

Photo Exhibition

carrying books, notecards, T-shirts, hats and other Clyde Butcher gifts.

The 35-piece photo exhibition will run daily free-of-charge through February 5, from 9 a.m. to 4 p.m.

Often tagged “the Ansel Adams of Florida,” Butcher has made for himself a big reputation based on big black-and-white nature images taken with big cameras. The award-winning artist captures the Florida Everglades, coastal islands and other unspoiled areas with stunning majesty.

“Wilderness, to me, is a spiritual necessity,” said Butcher.

“The underlying message to this important exhibition is the value of preserving the fragile Everglades habitat and the quality of our waterways in the pristine state Clyde Butcher has captured them,” said DDWS Executive Director Birgie Miller. “We thank Mark and Gretchen Banks for sponsoring the exhibition, and Wayne and Linda Boyd for sponsoring the opening reception.”

For more information on the exhibition and 75th anniversary calendar of events, visit www.Ding75.org.✱

Monday - Wednesday **November 25 - 27**

10:30AM - 4PM

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Book Review

Educated

by Di Saggau



By now, many of you have already read *Educated* by Tara Westover, as it's been on the best seller list for many months. My book club just reviewed it, and we had a wonderful time

discussing it. This is an amazing story of how a young girl managed to teach herself enough mathematics, grammar and science to take the ACT and be admitted to Brigham Young University. Born to survivalists in the mountains of Idaho, Tara prepared for the end of the world by stockpiling home-canned peaches. Her father didn't trust the medical establishment. She and her six siblings were all treated at home with herbalism prepared by her mother.

Four of the seven children did not have birth certificates or medical records or school records. When she was age 9, Tara was issued a delayed certificate of birth. Her dad thinks public school is a ploy by the government to lead children away from God. He pulled her brothers out of school before she was born and, because they were so isolated from mainstream society, there was no one to make sure the children received an education.

After one of her brothers got himself into college and came back with tales of a world beyond the mountain, Tara decided

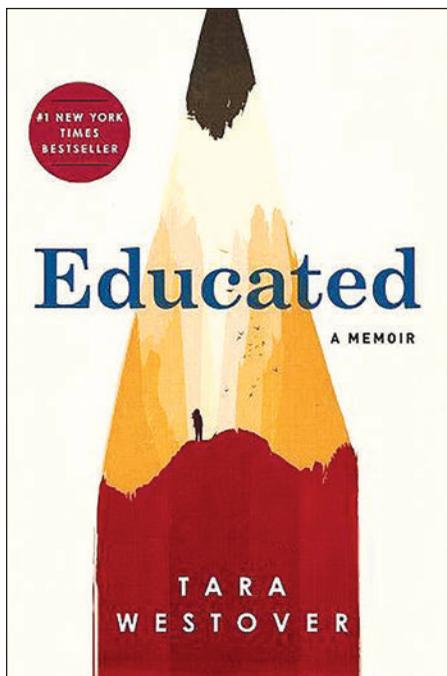


image provided

to change her life. At BYU, she studied psychology, politics, philosophy and history, learning for the first time about such events as the Holocaust and the Civil Rights Movement. Her desire to learn took her over oceans and across continents, to Harvard and to Cambridge University.

Educated is a heart-wrenching memoir that is tough to put down. It's about a young girl's struggle for self-invention, a universal coming-of-age story that gets right to the heart of what an education is and what it offers. If you haven't read it, I encourage you to put it on your list.✳

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My middle schooler is so disorganized. He's not lazy or defiant, just disorganized. Are all preteens this way?

*Silvia V, Fort Myers***Silvia,**

Lots of kids have messy rooms and cluttered backpacks but most will eventually clean their rooms and organize their stuff because they can't take the mess, they're tired of looking for things or because they're told to do it. However, some kids never put things away, so what's going on?

Many kids really do struggle with organization and all the skills that go into it. Here's some information about why some kids have trouble with organization, and what can help. Kids develop organization skills at different rates. Some may be ahead of other kids their age, while others are behind. Having difficulty with organization typically isn't about laziness.

Being organized is not just about being neat and keeping track of your things. It's also about organizing your thoughts, managing your time, planning and knowing how to get things done.

Kids who struggle with this skill may have trouble:

- Setting goals;
 - Estimating how long things take and keeping track of time;
 - Knowing how to start and complete tasks and doing them in the right order;
 - Setting priorities and knowing what's most important;
 - Creating schedules; and
 - Making decisions.
- At home, this might look like:
- Taking a long time to get dressed in the morning and get ready for bed;
 - Forgetting to take important items back and forth from school, like homework;
 - Forgetting to gather the right materials for an assignment or project;
 - Not keeping things in a regular place so they're easy to find;
 - Struggling to think about, or do, more than one thing at a time; and
 - Having trouble telling a story in a logical way.

Organization is part of a group of skills known as executive functions that include skills like focus, working memory and self-control. There are a few other factors that can impact focus and organization, too. These include stress, anxiety, trauma and not getting enough sleep. Getting your grade-schooler or tween on a healthy sleep schedule can help.

There are a lot of other ways you can help. First, let your child know there's nothing to feel bad about. Kids develop organization skills at different rates. Some may be ahead of other kids

their age, while others are behind. Talk about this problem with your child. Tell him or her that you know they want to be more organized. And, second, that you're going to find ways to help.

An important first step is to look for patterns. In what ways is your child disorganized? When do you notice these difficulties the most? Take notes on what you are seeing at home. You can share those observations with the teacher and find out if the teacher is noticing the same things at school. Your child's teacher is a great source of ideas, information and suggestions. So are other parents and caregivers who can share their organization tips.

And, most importantly, talk to your child about their strengths. It's important to remind kids what they're good at, and to give them examples of when they were very organized and really got things done. Tell your child that you understand the struggles are real and that you'll work together to use strengths to improve trouble spots.

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.✳

The Sanibel School Holding Open House

Sanibel's award-winning kindergarten through eight grade public school is opening its doors to the public on Monday, November 18 at 8:30 a.m., promoting its new program focused on STEM (science, technology, engineering and mathematics).

Thanks to support from the community through The Sanibel School Fund, the school is now providing this new cutting edge program, and the students and teachers want to show it off.

The National Blue Ribbon School and a Florida School of Excellence will welcome the community to an informative session about the program. Meet the new STEM teacher, Kelly Johnson, and her students, and witness some of the exciting and unique educational projects that community donations have made possible. Hear the latest updates on the school from Principal Chuck Vilardi, and be the first to sign up for the annual Blue Ribbon Classic Golf Tournament, a favorite springtime event on the islands.

All members of the community are welcome, especially those who have contributed to The Sanibel School Fund through the years. Light refreshments will be available, but space is limited. RSVP by email at TheSanibelSchoolFund@gmail.com.✳

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BIG ARTS Monday Night Film Series

Ash Is Purest White

by Di Saggau



The BIG ARTS Monday Night Movie for November 11 is *Ash Is Purest White*, a Chinese drama/romance about the loyalty of love that one woman hangs onto for 16 years. The film opens in the year 2001 and the woman, Qiao, is the dutiful girlfriend of Bin, a small-time gangster. She is from a poor mining family and with Bin, she has no financial worries.

Everything changes when Bin is attacked by a local gang and Qiao shoots a gun in the air to scare them off. She lands in jail for five years and when released, Bin cannot be found. She begins a journey down the Yangtze River to search for him. When her wallet and belongings are stolen, she becomes a grifter and cons a local man into giving her thousands of dollars. When she finally finds Bin, he is penniless and has a new girlfriend.

For the next decade, Qiao goes off on her own, alienated from the world. The film ends just after the year 2018, and the transformation of China is compelling. This thought-provoking film runs two hours and 21 minutes. The moderator for the evening is Malcolm Martini.



image provided

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. Through January 20, all the films will be shown in the Strauss Theater, located at 2200 Periwinkle Way. Tickets are available online at www.bigarts.org, at the BIG ARTS box office, 2244 Periwinkle Way, Suite 8, and at the door the evening of the movie. For more information, call 395-0900.✳

BIG ARTS Documentary Series

Free Solo

by Di Saggau

On Wednesday, November 13 at 12:30 p.m., Island Cinema will show *Free Solo*, the first film in this year's BIG ARTS Documentary Series. The film runs 96 minutes. After the movie, I will lead a discussion at the cinema. Other critically acclaimed films in the four-part series will be announced prior to the weekly showing, and will also appear in the *Island Sun*.

Free Solo is a staggering documentary about extreme climbing. Alex Honnold is a thrill seeker of the highest order, a rock climber with a particular fascination for "free soloing," which involves scaling sheer cliffs alone without ropes, harnesses or any protective equipment.

The mission at hand is climbing El Capitan, the 3,000-foot granite cliff in Yosemite Valley that was once thought unclimbable by any method, let alone free soloing. This is a documentary that is fascinated with its subject, one that's beautifully photographed without ignoring the horrifying consequences lurking if Honnold fails. A huge success at film festivals, *Free Solo* is a gripping and rewarding documentary to watch.

Island Cinema is located at 535 Tarpon Bay Road in Bailey's Center on Sanibel. Di Saggau is a member of the BIG ARTS Film Series Committee, past president of the Film Society of Southwest Florida, and feature writer for the *Island Sun* and *The River Weekly* newspapers.✳

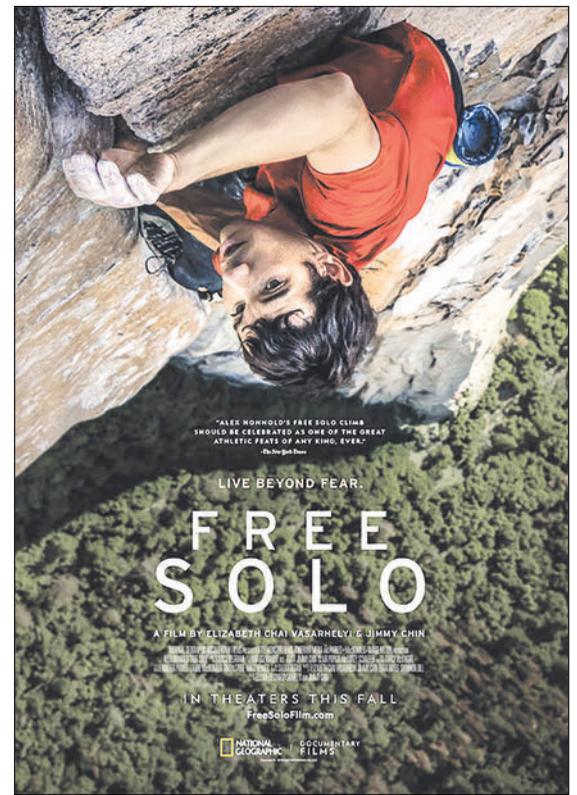


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2nd Saturday

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Saturday, November 9
10 am to 3 pm

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Explorers To Offer Specials For 75th Anniversary

As the JN "Ding" Darling National Wildlife Refuge approaches its 75th anniversary in December 2020, Tarpon Bay Explorers (TBE), the refuge's official recreation concession, begins offering free and discounted activities on Sanibel.

Starting on November 9, it discounts all boat and kayak tours – which include a Nature & Sealife Tours, Evening Boat Tours, and guided kayak tours throughout the day – by 25 percent on select Saturdays through 2020. All boat tours include a touch tank presentation and a narrated cruise into Tarpon Bay. Kayak tours include instruction and exploring the bay and Commodore Creek Trail. Call 472-8900 in advance for reservations.

On Saturday, November 23 and May 16, visitors can take advantage of free stand up paddleboard (SUP) clinics on the bay from 9 a.m. to noon. No reservations are required for this activity, but participants must be age 13 or older.

Join a refuge ranger for a free guided bike tour of the Bailey Tract trails on Saturday, January 18. Tarpon Bay Explorers will be providing the free use of bicycles and helmets to a limited number of 20 participants ages 10 and older. Reserve in advance at 472-8900, and meet at TBE by 9 a.m.



Bike the trails of Bailey Tract on a ranger-guided tour January 18

photo provided

"We are so happy to include Tarpon Bay Explorers on our schedule of exciting events from November 2019 through December 2020," said Supervisory Refuge Ranger Toni Westland. "They are awesome partners, and we look forward to celebrating 75 years with them and our entire community of residents and visitors."

Other highlights of the anniversary season will include a Clyde Butcher photography exhibition November 13 through February 5; an art exhibition by Ed Anderson, the refuge's official 75th anniversary resident artist, from February 25 through March 31; an

ongoing exhibit of Jay Norwood "Ding" Darling cartoons and historic artifacts; Project Refuge: A Couture Fashion Show Using Trash on March 10; lectures; and a public celebration on December 1, 2020.

For more information about "Ding" Darling's 75th celebration, visit www.ding75.org. Visit www.tarponbayexplorers.com for more tour information.

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 director@dingdarlingsociety.org.

FISH Of SanCap Volunteer Social

FISH of SanCap is looking for new volunteers. FISH works to provide dozens of social services to Sanibel and Captiva, but none of that is possible without a team of volunteers.

All are welcome to meet FISH board members and staff at the FISH New Volunteer Social hosted by Joey's Custard in Bailey's Center on Tuesday, November 19 from 2 to 4 p.m. There will be an introduction to the many volunteer opportunities FISH has available and everyone who signs up that afternoon will receive a complimentary custard.

Volunteers are important to FISH in helping accomplish its mission – to lend a helping hand to those who live or work on the islands, as well as those who are here visiting. The objective is to make a social investment in the community that assists neighbors to live independently with dignity in their homes.

Volunteer opportunities are customized to suit the skills and interests of the volunteer. FISH volunteers are working professionals, retirees, snowbirds, parents, and students of all ages and grade levels. These dedicated people work in the walk-in center and food pantry, deliver meals, drive clients to medical appointments, field calls from the 24-hour answering service and assist with special events.

For more information, contact Maria Espinoza at 472-4775.*

Clinic for the Rehabilitation of Wildlife

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Sunday, November 10

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IWA management, staff, board of directors and union representatives

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IWA Celebrates First Contract With Union

Management, staff and the board of directors of the Island Water Association (IWA), Inc. celebrated the signing of the initial contract between IWA and the International Union of Painters and

Allied Trades (IUPAT) AFL/CIO – District Council #78 – Local Union 2301 with a barbeque luncheon held at the utility on October 31.

The execution of the contract marks the completion of negotiations which began in March of 2019 and extended through the summer and fall months. “The process of contract negotiation was collaborative, positive and based on solid market data,” said Diana Wilson, IWA general manager. “The strength

of our utility comes from our dedicated workforce. This contract will permit Island Water to attract and retain the best talent in the water utility business and continue delivering high quality water and outstanding service to our island residents.”

The initial contract duration extends until January 2022 and will continue automatic annual renewals unless either party requests the renegotiation of terms.✪

Fundraiser For CROW At Sundial

Sundial Beach Resort & Spa will host a fundraiser to benefit Clinic for the Rehabilitation of Wildlife (CROW) on Monday, November 18 from 5 to 7 p.m. Featuring the nature photography of artist Kim Patmore, the evening will include light refreshments from the resort's new menus and the opportunity to view and purchase Patmore's work. All of the evening's photography proceeds will be donated to CROW. A \$10 per person admission donation for CROW will be collected at the door and may be applied to purchases.

Following the event, the resort will continue to showcase Patmore's photography at the new Sundial Gallery, located on the third floor of the resort center where island residents, visitors and resort guests may view and purchase artwork. The artist will donate all proceeds to CROW.

Assisting approximately 3,500 wildlife patients each year, CROW's veterinary hospital is one of the nation's leading rehabilitation facilities for native and migratory wildlife.

Patmore, a part-time Sanibel resident, shares her talent to benefit CROW. A former financial executive, Patmore started pursuing wildlife photography in 2008, focusing first on Florida's incredible variety of bird species.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel. For more information, call 472-4151.✪

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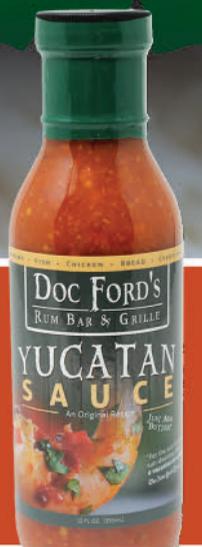
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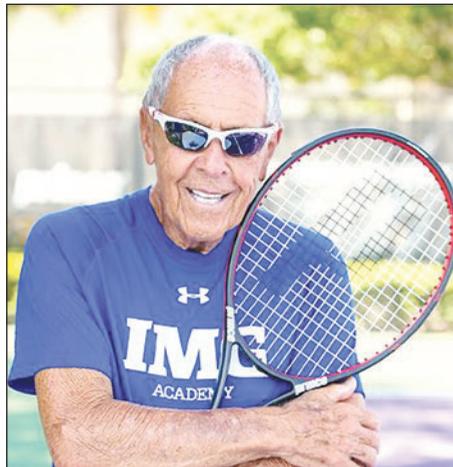
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Swing For Hope Tournament Benefits CHR

Tennis Hall of Fame inductee Nick Bollettieri of IMG Academy returns for the annual Sanibel Swing for Hope fundraiser at Beachview Tennis Club on Saturday, November 16 from 9 a.m. to 3 p.m. Sponsored by Lily & Co. Jewelers, the tournament supports Community Housing and Resources (CHR).

“CHR applauds Dan Schuyler of Lily & Co. Jewelry for his ongoing commitment to the community,” said Melissa Rice, CHR executive director. “Dan is a master at managing great partnerships, bringing philanthropy and island businesses and sports stars together for a wonderful event like Swing for Hope.”

“For tennis fans, Nick Bollettieri’s tennis clinic with IMG Academy pros will be a highlight,” said Schuyler. “As a coach, Nick has helped shape the careers of Andre Agassi, Serena Williams, Maria Sharapova, Jim Courier, Boris Becker, Monica Seles, Anna Kournikova, Tommy



Nick Bollettieri photos provided

Haas and other tennis champions.”

Pickleball fans can look forward to sessions with national award-winning pros Kyle Yates of Paddletek and Simone Jardim of Peak Performance. Yates will demo Paddletek pickleball paddles at the event. Yates has multiple USAPA National Championships and U.S. Open Championships to his credit.

Jardim also built her career in tennis, as a two-time All-American tennis player



Kyle Yates

in doubles and ranked number one nationally by the Intercollegiate Tennis Association. Switching to Pickleball just four years ago, Jardim has multiple National Open Championships, TOC Open Championships and U.S. Open Championships, winning the U.S. Open Triple Crown twice. Jardim’s Peak Performance pickleball academy pros will lead the pickleball clinic.

“Participants will enjoy a courtside



Simone Jardim

continental breakfast, Champagne lunch and ice cream social, plus tennis and pickleball expos, games, raffle prizes and more,” said Schuyler. “I’m particularly looking forward to the Battle of the Academies, where tennis pros will take on the pickleball masters.”

Contact Schuyler at 887-0303 or Tony Halski at Beachview Tennis Club, 472-9099, to register or donate. Entry fees are \$100 for players and \$50 for guests.*



Volunteers, from left, Dorothy Sawyer, Carol Fallon, Anita Force Marshall, Bea Pappas, Jane Hudson and Mary Ann Gilhooley with some of the treasures photo provided

Trash And Treasures Sale

Island Seniors, Inc. will hold its annual Trash & Treasures Sale at the City of Sanibel Center 4 Life on Saturday, November 9 from 9 a.m. to 2 p.m. A variety of gently used items including household furniture, glassware, accessories, home décor, sporting goods,

collectibles and small electronics will be available for purchase. This is a great opportunity to support Island Seniors, Inc. and have fun treasure hunting with your neighbors. There will also be a reasonably-priced hot dog lunch for hungry guests.

The Center 4 Life is located at 2401 Library Way. Island Seniors, Inc. annual memberships are available for \$20 per individual. Stop by for a complimentary tour during operating hours. For more information, call 472-5743.*

Tickets On Sale For The Launch

by Jeff Lysiak

Coastal Watch, the marine conservation organization previously known as Coastal Keepers, will hold its annual fundraiser on Saturday, November 16 at The Community House, located at 2173 Periwinkle Way on Sanibel. Running from 6 to 10 p.m., the gathering – known as The Launch – will feature a buffet dinner, beer, wine and soft drinks, a live auction and painting demonstration, a 50/50 raffle, music and plenty of other surprises.

“This is the third Launch fundraiser I’ve planned, and the process is getting a little bit easier,” said Sam Lucas, conservation initiative coordinator and marine science instructor at Sanibel Sea School. Coastal Watch operates as a branch of Sanibel Sea School to create and implement local conservation initiatives that promote and improve the future of marine resources and our coastal heritage.

During cocktail hour, attendees will mingle while noshing on appetizers including fresh vegetable crudite and an artisan cheese board. For the buffet dinner, provided by Sanibel Catering



Sam Lucas of Sanibel Sea School

photo by Jeff Lysiak

Company by Bailey’s, salad and sourdough rolls with whipped butter will be followed by entrees including Prime Rib of Beef Au Jus, Island Spiced Shrimp Skewers as well as vegetarian options and a fire-roasted Vegetable Polenta Stack. Side dishes include roasted asparagus

continued on page 3B



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Funds Raised For Nonprofits

Sanibel & Captiva Islands Chamber of Commerce celebrated the grand re-opening of Beach Floor & Decor with a ribbon-cutting recently at its showroom in Palm Ridge Place. In March, the island business changed.

"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."

During the ribbon-cutting, the company raised \$440 for both CROW and FISH of SanCap, thanks to the 44 attendees at the grand re-opening. Walseman said he plans to host future events in support of local nonprofits. "Giving back is very important to me," he said.✱



Jim Walseman presents a check to CROW Executive Director Alison Hussey photo provided

From page 1B

The Launch

spears, potato du jour and oven roasted baby potatoes. Dessert will feature upscale petite fours.

"During The Launch, we'll be officially revealing the new name of our organization," explained Lucas. "We do a lot of work along the coasts, so we decided to stick with that theme. We are coastal watchers, and we're looking to get more people involved with protecting what we have."

According to the group, Coastal Watch's goal is to increase awareness of the impacts that humans have on beaches, water quality and marine habitats in our region, and to help citizens become more effective stewards of the ocean.

Returning to help support Coastal Watch is artist Monika Urbanska, who will start and complete an original acrylic painting at The Launch. Attendees are invited stop by her table to watch the magic happen. Born in Poland, Urbanska currently resides in Southwest Florida. She is passionate about the environment, art and giving back to her community. Working as a registered art therapist provisional and mental health counseling intern in Fort Myers, Urbanska is the owner of a local performance fishing apparel company called The Reel Chase.

Also during The Launch, local businessman and Sanibel City Councilman Richard Johnson will serve as guest auctioneer. Among the items available during the live auction are:

Fly Fish Sanibel – Spend two days fly fishing the beaches of Sanibel with local anglers Pete Squibb and Bob Brooks.

Bird Southwest Florida – A birding and wildlife tour of beautiful Southwest Florida. This includes two to three days of guided birding at several different locations with a qualified naturalist. All expenses, lunch and transportation provided. Other details TBD.

Movies For Two – A movie pass for two to Island Cinema on Sanibel. Other

details TBD.

Caloosahatchee Cruise – Join Dr. Bruce Neill of Sanibel Sea School aboard *The Ripple Effect*, a new 25-foot custom-built pontoon that can seat up to 12 passengers on a trip down the Caloosahatchee. The cruise will embark down the mouth of the estuary, and end up in San Carlos Bay. Snacks will be served along the way.

SanCap Excursion – Take a trip with Billy Kirkland aboard his 33-foot World Cat. Customize your day with Kirkland by choosing an offshore trip for up to five guests or a sightseeing tour of Sanibel and Captiva for up to 10 guests. All trips are weather permitting.

Pine Island Sound Adventure – Stay at the South Seas Island Resort. Then, explore Pine Island Sound with Capt. Kevin Vertesch aboard a 26-foot Gause Tower Boat. Your package will be tailored to your desires. Available options include sightseeing, island hopping, inshore fishing, shelling or just relaxing on Useppa Island for the day.

Charlie McCullough Photograph – Throughout his life, McCullough's goals were to capture on film how people respond to their environment and how the natural world develops and takes form. The artist is known for his beautiful images of Sanibel and Captiva. His black-and-white photography transports viewers back in time and into the lives of those who resided here before us.

Tickets to The Launch are \$100 per person, which includes a goody bag, T-shirt, a Coastal Watch sticker and an annual membership. To reserve your spot, contact Coastal Watch at 472-8585 or visit www.sancapcoastalwatch.org/the-launch.

Proceeds will support local conservation initiatives such as the ongoing Bring Your Own Bag (BYOB) campaign. With help from local businesses and organizations, Coastal Watch distributes free reusable canvas bags at events and stores throughout the islands. To date, more than 20,000 bags have been distributed.✱

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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

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The Sanibel Captiva Trust Company

The Latest Portfolio Strategy



by Ian N. Breusch,
CFA Chief
Investment Officer

The third quarter of 2019 is shaping up to be another profitable quarter for global equity investors. This may come as a surprise, given the ongoing forecasts of impending recession by economists and investors alike throughout the summer. As we make our way towards the end of the year, we remain focused on the fundamentals (hard data instead of conjecture). Earnings forecasts for large corporations are improving modestly through 2020. Our expectation for low single-digit earnings growth through next year seems very reasonable given our outlook for modest economic growth, low unemployment, wage growth and solid consumer spending.

Global bond markets were about as volatile as stock markets this past quarter. U.S. interest rates bottomed towards the end of August before rebounding to modestly higher levels. The European Central Bank (ECB) seems intent on supporting negative interest rates, which is worrisome given the unintended consequences that negative interest rates may pose. While both Europe and the U.S. continue to support very accommodative monetary policies, we firmly believe the U.S. remains on much stronger economic footing going forward. While good values can be found by owning developed international stocks, our stock market exposure will remain much more U.S. focused. Within the U.S. market, we also believe a limited allocation to small and midsize U.S. companies makes good sense given the strong outperformance of large blue-chip stocks over the past several years.

Given lower interest rates globally, the forward return expectation for

stocks versus bonds became more pronounced in the last quarter. We are finding quality stocks that pay a dividend yield higher than what an investor would receive owning the same company's bonds. The added value of being an owner (stockholder) – as opposed to being a lender (bondholder) – comes essentially free now in many cases. Although we firmly believe that stocks are a better value than bonds – holding all else equal, we certainly acknowledge that many of our clients benefit from having a modest allocation to high-quality bonds, particularly those clients looking to reduce risk in their portfolios. If an allocation to bonds is appropriate given your individual goals, we remain adamant that short-term bonds are the only reasonable place to allocate capital as a long-term investor. Given the uncertainty around the future of rates globally, there is no reason to own longer-term bonds, which only expose investors to additional interest-rate risk – with no incremental yield.

A persistent theme over the past few years within the U.S. stock market has been the underperformance of “value” stocks relative to “growth” stocks. While faster growing younger companies drove broader markets higher, more mature companies – many of which pay hefty dividends – were less sought-after by investors. If global interest rates remain lower for the foreseeable future, it's quite likely that investors will once again covet higher dividend yields despite modest underlying revenue and earnings growth. In most cases, we believe it makes sense for our clients to have a mix of both growth and value stocks that are reasonably well diversified across various sectors of the economy. We remain confident we can find great companies for our clients' portfolios regardless of what the market favors at a particular point in time.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**

ISLAND SUN BUSINESS NEWSMAKERS

John Naumann & Associates



LeAne Taylor Suarez



Harrell Tolp and Albright



Meredith Murray

The top producers at John Naumann & Associates for October were: LeAne Taylor Suarez, top listing agent; Harrell, Tolp and Albright, top listing team; and Meredith Murray, top sales agent.*



F.I.S.H. OF SANCAP

Holiday Toy Drive!



DATE: November 1 through December 13
INFO: Maria Espinoza @F.I.S.H. OF SANCAP
 239-472-4775

Let's Get In The Holiday Spirit!

As the holidays approach, F.I.S.H. OF SANCAP is hosting a toy drive to fill Santa's bag with gifts for our neighbors who are struggling financially due to medical and healthcare expenses, work-hour reduction or job loss and other crises. Please help us make their holiday a memorable one!

Each year we hear from parents that their holidays wouldn't be the same without our help. Your donations will bring smiles to all as our neighbors feel the joy of the season made possible by your generosity. **This year we will provide gifts to over 50 households!**

How You Can Help

You can help bring the magic of the holiday season to our neighbors by participating in the F.I.S.H. OF SANCAP Toy Drive. Unwrapped donations will be accepted at **F.I.S.H., 2430-B Periwinkle Way**, or in the toy bin at **CVS, 2331 Palm Ridge Road, Sanibel**.

Thank You For Being A 'Neighbors Helping Neighbors' Donor!



2430-B Periwinkle Way, Sanibel FL 33957
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Superior Interiors

Creating A Cozy Master Retreat

by Jeanie Tinch

Most people consider their bedroom the coziest place in the house, but creating the ultimate lounge station doesn't mean you have to sacrifice style. From lighting and colors, to bedding, accessories and other decor, there are dozens of small and simple ways to make your master bedroom your own little oasis. The last thing you want to do is enter this room and feel overwhelmed; the right design tricks can help you cuddle up into bed every evening without a worry in the world.

Coziness comes in different forms for many people, and this holds especially true when you're choosing a color scheme. For some, this means dark, bold shades that bring a romantic vibe to the room. Red walls in merlot or cherry can evoke that intimate feel. Likewise, dark shades of gray can tone down the space and make it easy to fall into a deep slumber.

On the other hand, a light color scheme can make the bedroom feel larger, lighter and airier. Close your



eyes and picture a beachside oasis, for example. A room doused in shades of white cascaded with natural lighting creates the ideal spot for a quick afternoon wind-down with a book in hand.

Area rugs are ideal for adding color, pattern and texture to any living space, but they can also bring more comfort and dimension to the bedroom. This is specifically true if you have hardwood floors, but it can still make a major statement when the master bedroom is carpeted – it just makes it even cozier.

Traditionally, most homeowners position the bed in the middle of the room for a sense of symmetry. This isn't your only option, however. In fact, you may consider placing your bed on the side of the room that's closest to the window. That way, you have greater access to a view that can be equally aesthetically pleasing and relaxing. Just imagine how satisfying it would be to wake up on a Sunday morning to the sound of birds chirping while the sun glistens over your bed.

Whether you're searching for the next best area rug, throw pillows, or decorative canvases (perhaps a mix of all these accents), a variety of textures can add another layer of comfort to the bedroom. Some super snug textures to consider throughout the living space include velvet and faux fur.

Your master bedroom says a lot about your personality and your desire to relax. If you need help properly executing this feel in your room, consider consulting with a design

professional. He or she can discuss the potential changes you can make to create a cozy and inviting space.

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

Program On Financial Health

FISH of SanCap, along with Fifth Third Bank, is offering a community presentation, Taking Charge of Your Financial Health, on Wednesday, November 13 from 5:30 to 7 p.m. at Saint Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel. The workshop will help individuals and families learn basic budgeting, how to slash debt and boost credit scores.

"Taking Charge of Your Financial Health details how to develop a plan for budgeting and saving which can lead to boosting credit scores and eliminating debt," said Kathy Y. Monroe, program director for FISH. "Financial health is just as important as physical health, because lacking the first can have an impact on the latter. The presenter, Ruben Perales, financial relationship manager from Fifth Third Bank, will introduce this information in a very interesting and interactive manner."

This seminar is open to the community and snacks will be provided. To RSVP, contact Kathy Y. Monroe or Anthony Morales at 472-4775. ✨

Lifeguard Certification Course Offered

An American Red Cross Lifeguard Certification Course will be held at the Sanibel Recreation Center on Friday, November 15 from 3 to 8 p.m., Saturday, November 16 from 8 a.m. to 5 p.m. and Sunday, November 17 from 8 a.m. to 5 p.m. Upon completion of this three-day course, participants will be certified in lifeguarding, first aid, as well as adult and pediatric CPR/AED for the professional rescuer.

The American Red Cross now offers course manuals online. Course material will not be provided. Participants must print a copy of the manual or download it prior to the class beginning. For instructions for downloading and printing the course manuals, contact the Sanibel Recreation Center at 472-0345.

Course cost is \$214 for rec center members and \$280 for non-members. You must be at least 15 years old to register and able to attend all class sessions. Call for swimming ability prerequisites. Class size is limited.

For more information, contact Sarah Basil, acting aquatics manager, at sarah.basil@mysanibel.com or call the Sanibel Recreation Center.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, visit www.mysanibel.com. ✨



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- 3/3. Fantastic #18 Fairway + lake vistas

\$925,000

15295 CAPTIVA DR., CAPTIVA



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- Captiva Village. Walk to restaurants + shops
- Potential design includes beach & bay views

\$899,000

4115 SANIBEL-CAPTIVA RD, SANIBEL



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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	10:41 am	4:20 am	10:48 pm	4:15 pm
Sat	11:33 am	4:58 am	11:03 pm	4:44 pm
Sun	12:19 pm	5:33 am	11:18 pm	5:08 pm
Mon	1:02 pm	6:06 am	11:36 pm	5:29 pm
Tue	1:44 pm	6:40 am	11:59 pm	5:48 pm
Wed	2:27 pm	7:15 am	None	6:08 pm
Thu	12:26 am	7:55 am	3:16 pm	6:29 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	9:46 am	4:22 am	9:53 pm	4:17 pm
Sat	10:38 am	5:00 am	10:08 pm	4:46 pm
Sun	11:24 am	5:35 am	10:23 pm	5:10 pm
Mon	12:07 pm	6:08 am	10:41 pm	5:31 pm
Tue	12:49 pm	6:42 am	11:04 pm	5:50 pm
Wed	1:32 pm	7:17 am	11:31 pm	6:10 pm
Thu	2:21 pm	7:57 am	None	6:31 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	10:16 am	4:21 am	10:48 pm	4:28 pm
Sat	11:14 am	5:10 am	11:19 pm	5:10 pm
Sun	11:56 am	5:52 am	11:45 pm	5:46 pm
Mon	12:34 pm	6:30 am	None	6:19 pm
Tue	12:05 am	7:07 am	1:12 pm	6:48 pm
Wed	12:19 am	7:44 am	1:55 pm	7:17 pm
Thu	12:30 am	8:22 am	2:43 pm	7:47 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	12:42 am	7:36 am	12:51 pm	7:31 pm
Sat	12:58 am	8:14 am	1:43 pm	8:00 pm
Sun	1:13 am	8:49 am	2:29 pm	8:24 pm
Mon	1:28 am	9:22 am	3:12 pm	8:45 pm
Tue	1:46 am	9:56 am	3:54 pm	9:04 pm
Wed	2:09 am	10:31 am	4:37 pm	9:24 pm
Thu	2:36 am	11:11 am	5:26 pm	9:45 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, November 11 in observance of Veterans Day.

Trash & Treasures Sale – Saturday, November 9 from 9 a.m. to 2 p.m. This sale is a fundraiser for the Island Seniors and Center 4 Life and all the proceeds help support programs and activities such as kayaking, fitness, technology, games, potlucks and the arts.

Kayaking on Tuesdays – November 12, 19 and 26 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.

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

The featured book for Wednesday, 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 – Tuesday, November 26 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 at the Center 4 Life. 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.

Course fee is \$20 and AARP members receive a \$5 discount. Register by contacting Ed Vander Hey at 292-4012 and leave a message. You need not be a member of the Island Seniors to

attend but you must attend both classes in order to receive course certificate.

Stars on Sanibel with Richard Finkel – Friday, December 13. Cost is \$7 for members and \$12 for non-members.

Explore the features of the night sky and the mysteries of the universe. Learn to identify some of the stars and constellations in the night sky. The program will be led by Richard Finkel, who has been on Sanibel since 1991. He worked full-time as an educator with Sanibel-Captiva Conservation Foundation (SCCF) for 10 years and is now an educator with Captiva Cruises in addition to part-time environmental education work with SCCF.

Bring a lawn chair, bug spray and water. Carpool arrangements for transportation. First come, first served. Contact the center for details, 472-5743.

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 p.m. 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. Classes offered at 11 a.m. beginning November 18. 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.*

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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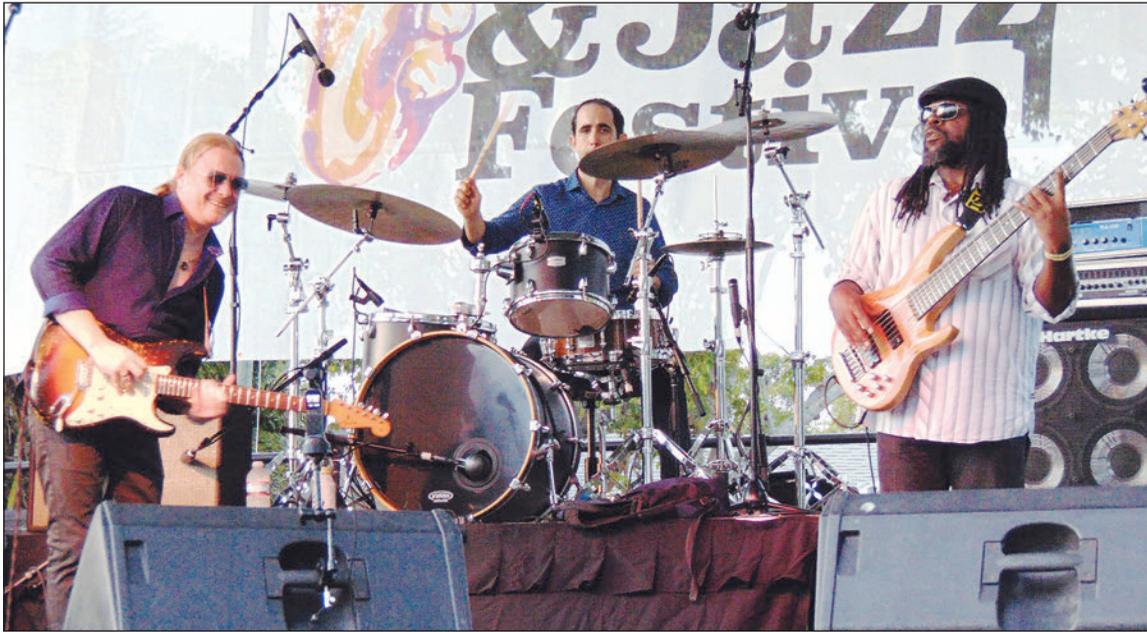
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Highlights From 4th Annual Sanibel Blues And Jazz Festival



Headliner Matt Schofield and his band performing at the Sanibel-Captiva Optimist Club's 4th annual Sanibel Blues and Jazz Festival, held in Bailey's Backyard on November 3

photos by Jeff Lysiak



Guitarist Sean Chambers



Captiva's Johnny Jensen belting out a blues tune



Members of the Sanibel-Captiva Optimist Club, who hosted the fundraiser on Sunday



Crowds watching the Marty Stokes band perform



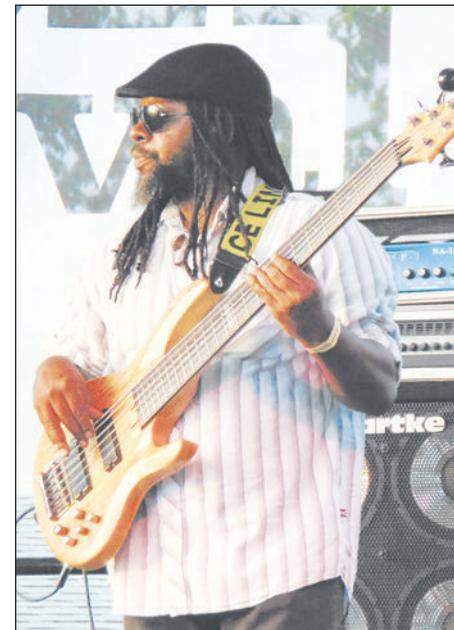
Concert attendees dancing to the music



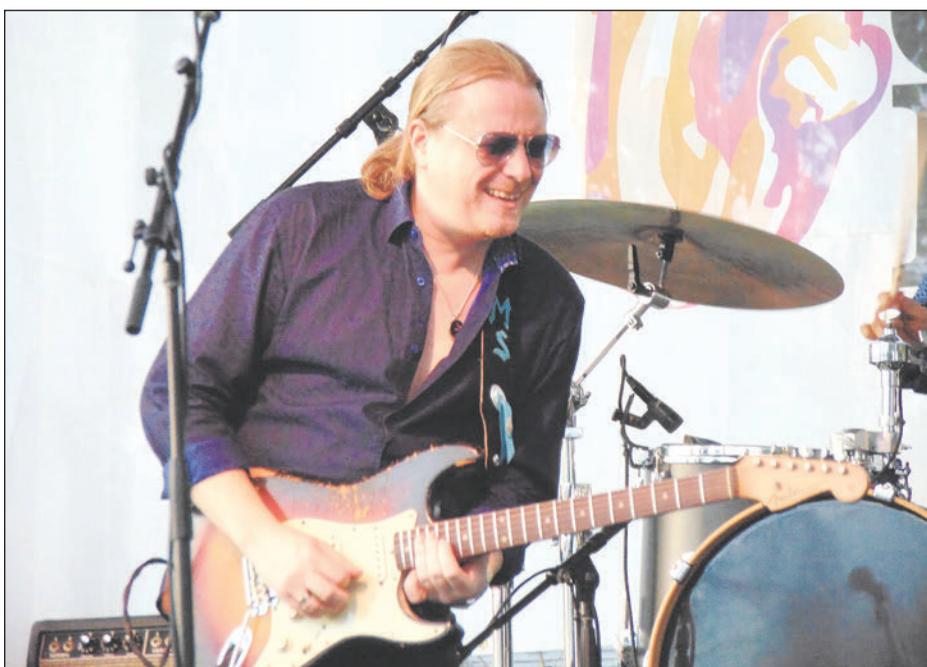
Saxophonist Jennifer Mazziotti



Johnny Jensen making his guitar sing



Bassist Tim TLee Waites



Matt Schofield



Guitarist Marty Stokes and bassist Daryl Best performing



Bassist Carlos Barreto and keyboardist Victor Azcuy



Drummer Miguel Azcuy

Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotary was delighted to have longtime Sanibelian and almost native son Chauncey Goss as our guest speaker on November 1. His father, Porter Goss, was the first mayor of the City of Sanibel and continued on with his service to his community, county and nation in various government positions.



Chauncey Goss photo provided

Foundation (SCCF), which is dedicated to preserving coastal habitats and aquatic resources.

Soon after the 2019 election, Florida Gov. Ron DeSantis disbanded the eight-member board of the South Florida Water Management District (SFWMD) Board and, on January 29, the governor appointed Goss to the re-organized SFWMD board and he was elected director of the group. Goss has now exchanged his work on the city council for handling the complex operations of the district.

Goss compared the over-arching tasks of the SFWMD like finding the solution to a complex Rubik's Cube.

SFWMD's mission is to "Safeguard and protect South Florida water resources and ecosystem, protect our communities from flooding, meeting the region's water needs and connecting to the public and stakeholders."

SFWMD is charged with managing and protecting the water resources of 16 counties, stretching from Orlando to the Florida Keys. Goss said, "Florida is flat, rainfall in the summer is approximately 50 inches, the area is greatly impacted by hurricanes and sometimes floods; we are an area of extremes, sometimes experiencing severe droughts and sometimes great rains." Where, when, and how does the water flow to the right places?

The South Florida Water Management District operates the region's primary water control system and manages water supplies year-round, meeting this challenge even during South Florida's weather extremes. The water district has approximately 2,200 miles of canals and 2,100 miles of levees/berms, 778 water control structures and 632 project culverts, 84 pump stations, 3,500 hydrological monitoring stations at more than 625 flow sites, including 200 rain gauges and 27 weather stations. Population is 41 percent of the state's population, or 8.7 million people. The work of SFWMD is complex and a balancing act. The tasks include flood control, water supply planning, water quality improvement and ecosystem restoration.

Flood control is mostly on the east coast of Florida.

The Comprehensive Everglades Restoration Plan (CERP), authorized by Congress in 2000, focuses on "getting the water right" in the South Florida ecosystem, getting the right amount of water of the right quality to the right places at the right time. Inadvertently, damage caused by the convoluted water management system has caused the Everglades and the rest of the water system major problems, and now there is a design being brought forth to get water flow back to a more natural flow in the Everglades.

There are 29 Everglades Restoration Projects planned including the Caloosahatchee (C-43) West Basin Storage Reservoir Project to be completed by 2023. It will store 170,000 acre-feet of freshwater. It will help reduce damaging discharges from Lake O to the Caloosahatchee Estuary during wet season. It will provide needed freshwater during dry season. The project will reduce the extreme salinity changes in the Caloosahatchee Estuary by providing a

more consistent flow of water discharging into the estuary. The project will also provide water supply benefits and some flood relief.

The Florida State Legislature in January voted for more than \$625 million for Everglades Restoration and Protection of Water Resources funding after following Gov. DeSantis' recommended budget figure for water projects.

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

Captiva Historical Society Board Appoints Assistant

The Captiva Island Historical Society has named Jenny Clark-King as the new assistant to the board of directors, replacing Melissa Laskos, who retired after a two-year term of service.



Jenny Clark-King

Clark-King moved to Southwest Florida after honeymooning on Captiva at South Seas Island Resort in 1980. Over the years, she has contributed countless hours as a community volunteer in the area. She was the special events chairperson for the American Cancer Society in Bradenton, chaired the fundraising telethon at the Cardinal Mooney High School in Sarasota and served as a docent at the Burroughs Home and Gardens in Fort Myers. She also served for 13 years on the Lee County Women's Tennis League Executive Board, including 10 years as the executive secretary; she currently serves as its rules coordinator.

During her years in Southwest Florida, Clark-King she has met some of the historical superstars from the area, including Jim and Ellie Newton (Uncommon Friends), Anne Morrow Lindberg and Robert Rauschenberg.

Clark-King now brings her experience, enthusiasm and island connections to work for the Captiva Island Historical Society. The board welcomes her, as it thanks Melissa Lasko for her dedication, professionalism and support over the past two years.*



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Robbie and Geoff Roepstorff, center, with Lee County Board of County Commissioners and Horizon Council leaders photo provided

Bank Receives Industry Award

Edison National Bank/Bank of the Islands was recognized with a 2019 Industry Appreciation Award during an awards luncheon held on October 25 at the Hyatt Regency Coconut Point in Estero recently. The Horizon Council, Horizon Foundation and the Lee County Economic

Development Office celebrate local business contributions through this annual event. The bank was recognized as the Small Business of the Year. The selection criteria for the award seeks to honor a company with up to 50 employees that has been in business a minimum of six years in Lee County and has been successful in offering high-quality products and services along with superior customer service.

The winners were chosen for “their innovation, integrity, product quality, community commitments and overall excellence in business and value to Lee County.”

The award was accepted by the bank’s president, Robbie Roepstorff, and its CEO, Geoff Roepstorff. They attended the event with staff members from the bank’s four Lee County offices.

“We are humbled to receive this

recognition, said Geoff Roepstorff. “Looking back on more than two decades of service, we feel we have a great perspective on where we have been and where we are going as a community bank. As Lee County continues to grow, the businesses and families choosing to be here will need banking services like ours. We’re constantly innovating, always working to find a better way to serve our customers and our community. We’ll be here for all of them, for many years to come.”✪

Captiva Panel To Discuss Golf Cart Zone Expansion

A request has been made by ‘Tween Waters Island Resort & Spa to expand the current village golf cart zone to include ‘Tween Waters. The Captiva Community Panel has placed this matter on the agenda for its Tuesday, November 12 meeting.

If any member of the community – residential or business – would like to comment on the pros or cons of this request, or has input in this decision-making process, attend the November 12 panel meeting, which will be held in the Cone Rooms at South Seas Island Resort. The agenda for the meeting is online at www.captivacommunitypanel.com, and those who cannot attend the meeting can submit comments to captivacommunitypanel@gmail.com.✪



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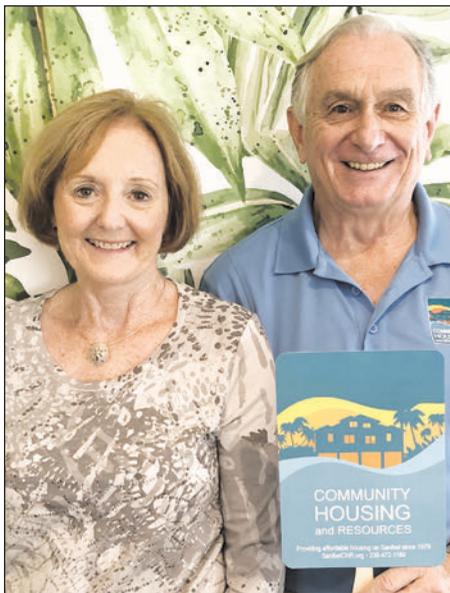
Highlights From CHR Give Back Wednesday At Traders 2



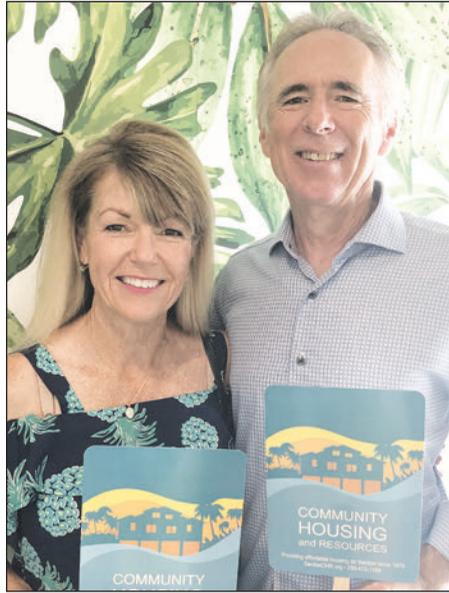
From left, Dottie Federico, Eileen Robert, Melissa Rice and Carole Hawk photos provided



From left, Norm Zeigler and Libby Grimm with Susan and Chris Coile



Annette and Ed Hendrick



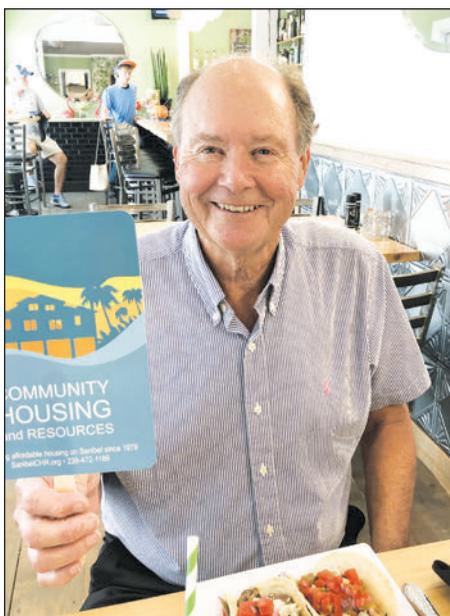
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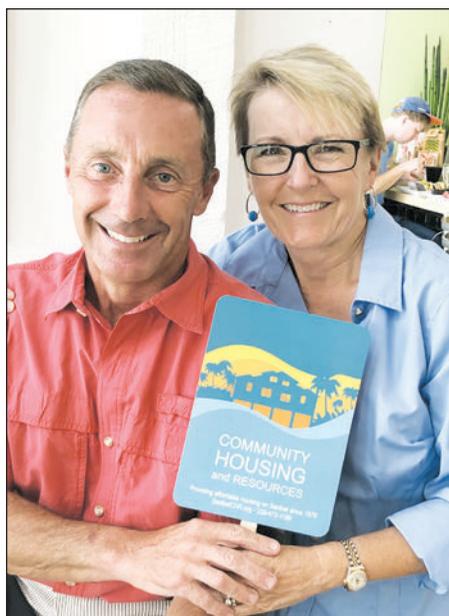
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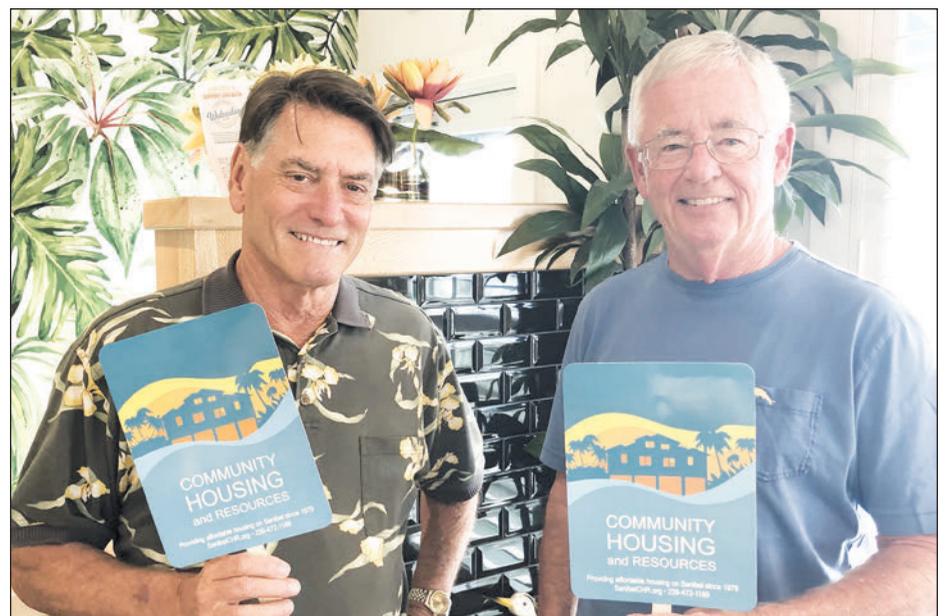
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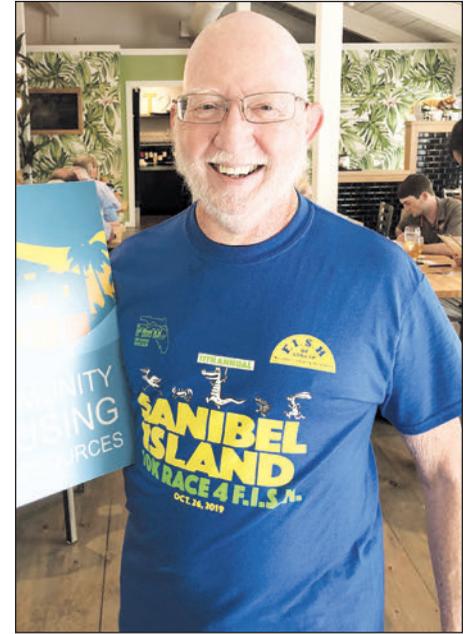
Kit Traverso and Steve Morris



Janet Strickland and Dorrie Hipschman



Ed and Mary Holden with Denise Moore



Michael Galloway



From left, Dorothy Sawyer, Jane Hudson, Mary Ann Gilhoolley, Lynn Quigley and Joan Sperry



From left, Calli and Bailie Johson, Eric Dampier and Richard Johson



The Browns, from left, Steve, Lena, Nolan, Matt, Alecia and Trevor



From left, Jerry and Sharon Socherman with Jim and Susan McCallion

Will Power

Inequality Or Unequality?



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

A great deal of current political discussion talks about inequality. It usually revolves around perceived injustices associated with “income inequality” and “wealth inequality.”

Democratic presidential candidate Sen. Elizabeth Warren proposes an annual federal wealth tax, a balance sheet tax similar to the federal estate tax, which itself is a one-time balance sheet tax imposed at death. Taxpayers whose net worth exceeds \$50 million would, under her platform proposal, pay an annual wealth tax.

Aside from a question whether a Warren Wealth Tax is unconstitutional (see Article One, Section 9), and the very tricky issues surrounding hard-to-value assets such as income producing real estate, closely held business interests, and intellectual property, it’s remarkable to consider the emotion and thought process behind the proposal’s attractiveness.

The language we use is powerful. Take a moment to compare “unequal” to “inequal,” which I acknowledge isn’t really a word but bear with me for a moment. If you Google “unequal” you’ll find references to “inequality.” Dan Sullivan of the Strategic Coach program, however, posits that the two words lead to two very different outcomes.

Except in the case of commodities, no two things are equal. In New York City, for example, the Empire State Building is unequal to the Freedom Tower. Yes, they have similarities in that they’re both very tall buildings located in Manhattan, yet they’re uniquely different and unequal.

Audi and Mercedes are not equal. Which is better? The answer is subjective, isn’t it? Einstein and Gershwin both used their exceptional intellect in completely different ways. They were unequal save the fact that they were both raised in the Jewish faith.

The thing about “unequality” is that it’s an observation that has a neutral emotional outcome. Sullivan points out that we don’t expect things to be equal. If we constantly compare two things, we don’t appreciate their uniqueness. Uniqueness can lead to innovation. Uniqueness leads to a world of abundance.

“Inequality,” on the other hand, is rooted in envy and jealousy, which are synonyms that come from different angles. “Envy” typically can be defined as not wanting someone to have something that they currently possess, while the definition of “jealousy” is to want something someone else has.

When I was working my way through college and law school, I was jealous of my friends whose parents could take care of tuition payments and furnish them with reliable transportation. I didn’t begrudge my friends their families’ money, I simply wished that I had enough to get by without working two jobs while taking a full-time academic course load.

I wasn’t, however, envious. I didn’t want someone to take away their wealth and transfer it to me. When Bernie Sanders speaks of free college education, that’s what he proposes.

A free university education would be laudable if everyone wanted and needed a four-year degree. Some, however, aren’t academically inclined and would rather pursue a vocation. While college educations could be broadly defined to include vocational training, not all vocations require classrooms and instructors.

Is it fair to provide a secondary education to those that want it while not providing economic assistance of some kind to the young waiter, delivery driver or grounds maintenance worker? Would a “free” education entice those who simply want to goof around for a few years to take up classroom space?

Those, like Warren, who cry foul over America’s inequality speak of taking wealth away from the “haves” to give it to the “have nots.” The proposed solution to inequality could, if enacted in the wrong way, stifle the very uniqueness and innovation that economically sets our country apart.

The counter argument is worth considering as well. A recent *New York Times* opinion piece illustrated how the wealthiest few Americans have more than the bottom 50 percent combined.

This problem manifests itself most strikingly with health care. Most would agree that health care should be a basic right and not a privilege.

We feel so strongly about this at my firm that we continue to pay for each of our employee’s health coverage even though those costs have outpaced inflation at an alarming rate year after year, taking significant amounts away from our bottom line.

The well-being of those who put in a hard day’s work each and every day for us and for our clients outweighs the cost. But every small business will buckle at some point.

Returning to “inequality” and “unequality,” let’s be mindful of the power of those words, and the solutions to which each leads. Inequality presumes a world of scarcity, meaning that our economic resources are a fixed pie for everyone to fight over. “Unequality,” on the other hand, presumes that we’re all uniquely capable to expand that pie. America is abundant, with a bright future.

The key question I therefore pose is whether there’s a different way to solve our big problems. Which services are truly necessary for our society to continue to thrive, and given those needs, how should our society view its unique talents and resources to provide those services?

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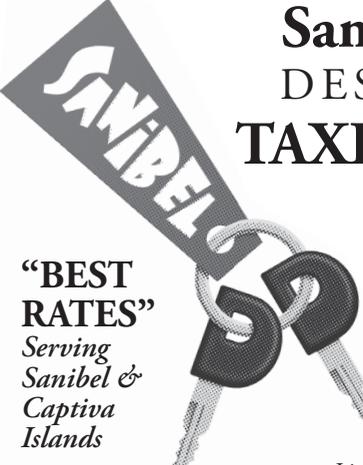
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Frankly Speaking

by Howard Prager



Baseball season is finally over. What can I say about the Washington Nationals that hasn't already been said so many times since they've won?

Let's start with the number of

firsts: first team to win four road games to win the World Series and, in fact, first series in any sport that went at least six games and the home team did not win a single game at home. Interesting enough, statistics show that home field advantage in baseball gives only a 4 percent advantage no matter how hard you wave those homer hankies, as opposed to basketball where it is a 12 percent advantage and whose fans are much closer to the action. Some other firsts include: first time that two Cy Young winners faced off in Game 7; oldest team in baseball to win a World Series; and first team to win five possible elimination games where a loss would end the season. The Nationals accomplished that in World Series Games 6 and 7, NL Division Series Games 4 and 5, and the wild card game. Washington trailed in all of them, coming back each time to win. In fact, in the World Series, Washington scored a total of 12 runs in the first six innings and 21 runs after the seventh.

They are the first team to win a world series in Washington since 1924. It is the first World Series championship for the Nationals. Strasburg was the third pitcher in MLB history to win five games in the playoffs. He was selected the World Series MVP. This was a team built around starting pitching without much strength in the relief corps.

So much more to say about this wild card team beating the best team all year in baseball. The Astros had 107 regular season victories, the best rotation and nearly the best hitting team in baseball. Ironically, since the horrendous 19-31 start, the Astros and Nationals had identical records the rest of the way.

So what's not to like?

The umpiring. Controversial calls. The Game 5 strike call for a ball out of the strike zone had fans calling for robot umpires. This actually was being tested this fall in the Arizona Fall League. It wasn't perfect. Umps will say the strike zone box we see on TV is not totally accurate – it doesn't adjust for stances and size, and doesn't show the three dimensional way a ball actually crosses the plate. Think of how a sinker can drop suddenly after it crosses, looking to both the batter and the public as out of the strike zone. So might a 3-D robot or replays help? They could, or they could just add to delays in the game with managers challenging more ball and strike calls.

The other controversy was in Game 6 involving Trea Turner running interference and being called out after apparently getting to second on a

wild throw to Houston first baseman Yuli Gurriel. Dave Martinez, the Nats Manager, was ejected because he was so upset with the call. (Back to firsts, Martinez was the first manager ejected in a World Series game since Bobby Cox in 1996). It turned into a 10-minute delay in the game. Had Rendon not homered later that inning and the Nats had not gone onto win, it could have been a highly contested game. But things do even out. The Nats won the game, but this is a rule that should surely be examined and perhaps replaced. And if MLB has their executive in charge of such things at the game, as Joe Torre

was, he should have the right to make a call on the spot. Ah, but baseball doesn't work that way. The umpire and specifically the home plate umpire is judge and jury. And the rules of the game, no matter how seemingly wrong, are always the guide. MLB must find a better way to deal with these obscure rules and calls that seem to come from left field (figuratively, not literally!)

What's next? The hot stove league, free agency, trades, new managers and an offseason that is only a little more than three months long at this point.

So let me end this column with the

continued on page 23B

SPORTS QUIZ

1. Alex Rodriguez and Ken Griffey Jr., both drafted by the Seattle Mariners, combined to hit 1,326 major-league home runs. How many of them came as a member of the Mariners?
2. Entering 2019, the New York Yankees held the record for most World Series games won (139). Which team was second?
3. When was the last time before 2018 that the Kentucky Wildcats football team was ranked in The Associated Press Top 25 Poll?
4. The Orlando Magic have had the No. 1 overall pick in the NBA Draft three times. Name the players they drafted.
5. In 2019, Jeff Blashill became the winningest U.S. coach in the history of the top division of the Ice Hockey World Championship (19 wins). Who had held the mark?
6. Driver Lewis Hamilton set a record in 2019 by winning his sixth British Grand Prix. Name either driver who is second with five wins.
7. How many times have tennis stars Serena Williams and Maria Sharapova met in a Grand Slam final?

ANSWERS

1. Rodriguez (189 home runs) and Griffey Jr. (417) combined to hit 606 homers for the Mariners. 2. The St. Louis Cardinals, with 58. 3. It was 2007. 4. Shaquille O'Neal (1992), Chris Webber (1993) and Dwight Howard (2004). 5. Tim Taylor (1989-1993) had 17 victories in the top division. 6. Alain Prost and Jim Clark. 7. Four times, with Serena Williams winning three of them.

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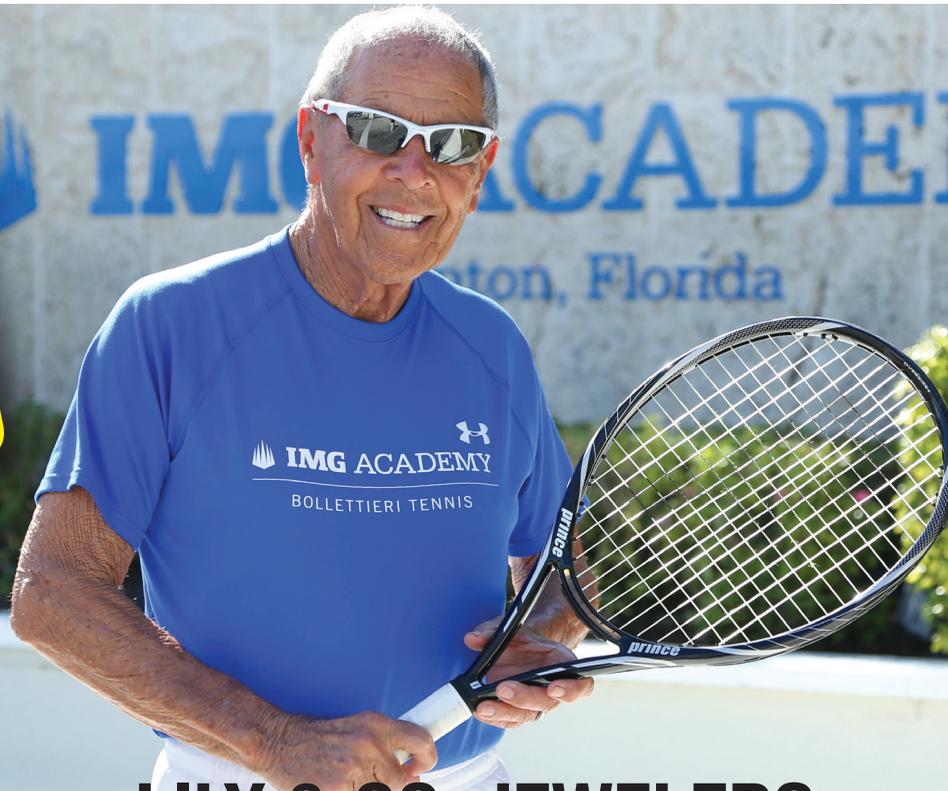
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Doctor and Dietician

Do You Wake Up Happy?



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

It is not normal to wake up tired and exhausted. Imagine all that we can accomplish when we wake up happy and refreshed? We need to be intentional because it does not get easier as we age. Let's take charge of our happiness!

Wake up with purpose – Why do you get up in the morning? Remember being excited to take a vacation? We want this feeling all the time. Dream big. Create a reason to JUMP out of bed. So many great opportunities exist in Southwest Florida for work, exercise, volunteering, cooking, sharing and caring for others. Get plugged in.

Get enough sleep – We know it is correlated with mood and energy.

Studies show we need at least seven to eight hours, but with age, we may need more. Those who live the longest get good sleep each night. Keep your energy high to accomplish more by getting enough sleep.

Smile first thing in the morning – Studies show that smiling makes you happier. We notice our patients who frown are often unhappy people. Put a grin on your face and say, “today is going to be a great day!”

Drink enough water, especially when first rising – Hydrating first thing in the morning makes us feel better.

Make your bed – Have you read that book? This creates a sense of accomplishment first thing in the morning. Feel good about it.

Move – Exercising first is the key to many successful people's lives. Being extremely busy but making the time to exercise makes us more productive and produces happy hormones (endorphins.)

Break the fast – As mom said, “Breakfast is the most important meal of the day.” Skipping breakfast equals tiredness because the body remains in hibernation from sleep. We need energy to tackle the day ahead. Oh, happy day!

*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.**



Scott Hartford



Jeremy Gentile



Dr. Brigitte Belanger



Daniel Simmons

Workshop On Mental Health

FISH of SanCap, along with Florida Gulf Coast University, Hazelden Betty Ford Foundation of Naples, Fort Myers Veterans Center, and United Way of Lee, Glades and Hendry Counties, is offering a presentation titled Figuring Out The Pieces of the Puzzle. The program will be held on Wednesday, November 13 from 10 a.m. to noon at The Community House, located at 2173 Periwinkle Way on Sanibel.

FISH, with local mental health experts, has developed a workshop series that focuses on various aspects of mental health and well-being; this is the second workshop of that series. The goal is to provide a forum to introduce reliable information and begin a community conversation to raise awareness and reduce stigma associated with mental and behavioral wellness.

This presentation will focus on mental health and addictive behaviors, substance abuse, the opioid epidemic, and neurocognitive disorders such as traumatic brain injury, mood disorders, dementia and bipolar disorder. PTSD and anxiety will also be discussed. Regional mental health experts among the panel that will lead the discussion include: Scott G. Hartford, Fort Myers Veterans Center, specialist, veteran outreach program Keeping the Promise; Jeremy Gentile, Mission United program manager and Marine Corps combat veteran, United Way of Lee, Glades and Hendry Counties; Dr. Brigitte Belanger, DSc,OTR/L, MAJ, TSA (Ret.) assistant professor, Occupational Therapy Program, Department of Rehabilitation Services, Florida Gulf Coast University; and Daniel Simmons, LCSW, counselor, Hazelden Betty Ford Foundation/Naples.

“Too often clients and loved ones wait until a disease has devastated their quality of life to seek support,” said Dr. Belanger. “Reacting when a crisis arises often leads to pressured, reactive decisions. Early intervention can offer simple, practical alternatives and solutions that can prevent or mitigate undue hardship. The key to quality of life is better understanding, coupled with intervention aimed at addressing issues early rather than avoiding or ignoring concerns that can have devastating costly consequences.”

Dr. Belanger earned her doctor of science degree from Baylor University in 2011. Her military training in mental health and brain trauma was enhanced by her hands-on experiences during deployments to Iraq and Afghanistan as a concussion care specialist and combat operational stress officer. At FGCU, her research has focused on veteran support services and the creation of educational strategies and modalities for caregivers and clients struggling with neurocognitive deficits. She has developed educational material and interventions based on evidence-based practice designed to enhance the quality of life of those affected by neurocognitive diseases.

“This presentation is another opportunity for participants to become more educationally aware of the various and complex components of mental health,” said Kathy Y. Monroe, program director at FISH. “You cannot look at someone and tell whether they are mentally healthy. However, the more educated a person becomes about symptoms, signs and behaviors leading up to mental illness, the better prepared one is to handle situations with their loved ones, friends or selves.”

For more information, contact Kathy Y. Monroe or Anthony Morales at the FISH Walk-In Center at 472-4775.*

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When You Need More Choline



by Suzy Cohen, RPh

Dear Readers: Fatigue is a challenging issue for people, and it's hard to test for a root cause beyond standard adrenal and thyroid function tests. Sometimes a third etiology is considered, and that would be

B-vitamin status. All these issues can definitely lead to, or contribute to chronic fatigue. But no one typically checks for choline or phosphatidylcholine levels.

Choline forms phosphatidylcholine (PC). This is a naturally occurring B-vitamin compound that is required to make acetylcholine, your memory neurotransmitter.

Persistent fatigue and brain fog could be due to low levels of PC.

Many plastic surgeons use phosphatidylcholine-based fat dissolvers to get rid of chin fat. By "dissolve fat," I mean it could work a bit like your dish soap does. You know how you put that pan in the sink that has globules of fat from the ground beef you just browned? It's kind of like that.

The term "phosphatidylcholine" is sometimes confused with "lecithin," but they're slightly different. Choline is a component of phosphatidylcholine, which is a component of lecithin.

Cholesterol Ratios – Phosphatidylcholine may reduce triglycerides. I think this type of supplement could be taken along with your statin medication with no foreseeable problems but, of course, ask your practitioner what's right for you.

Forgetfulness – PC used in the body to create more acetylcholine, which is known as a memory molecule. Low levels of acetylcholine are associated with Alzheimer's disease. Your brain is made of fat, and fatty tissue craves choline-based supplements. You can eat PC if you like egg yolks, soybeans and sunflower seeds.

Anxiety or Bipolar – We have limited evidence for PCs use in tardive dyskinesia and bipolar. More specifically, it could help with mood swings and depressive symptoms. Before attempting self treatment, ask your psychiatrist/practitioner.

Fatigue – There was a randomized, double blind, placebo-controlled study published in the *Nutritional Journal*. The researchers set out to evaluate where supplements of lecithin would help middle-aged women with their fatigue.

The study included 96 women who ranged in age from 40 to 60 years old, who had complained of fatigue. They should have asked me. I would have gladly obliged because I've been tired for like 25 years now, lol! The results were really no surprise. Both of the groups receiving the lecithin did better after supplement treatment than at the onset of the study. The group receiving the high dose (1200mg/day) faired out best.

Pregnant Moms – If you're pregnant, or want to become pregnant soon, your diet should be very rich in choline because it is critical for your developing baby. The risk for neural tube defects (usually associated with low folate but maybe that's old news) is shockingly four times higher if you're choline deficient during pregnancy!

Supplements like this are available at health food stores nationwide, and online.

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: My fiancée and I are planning to be married in six weeks, and he keeps procrastinating in his part of the planning. It is small with just family, but there are still things to be done. What should

I do?

A: You may want to talk with him and let him know that "we" have some things we need to prioritize for us to meet the deadlines. Let him know what you are doing and decide together what still needs to be done. Ask him to commit as he has

some responsibilities while you feel you are doing your part. You are in this together. Ask yourself what is something that you can do now to practice self-care so you are focused on taking extreme self-care of you?

How can you own your power to practice self-care regardless of what your fiancée is doing? No matter what, take care of yourself and get your needs met in a healthy way.

Preparing for your wedding ceremony is supposed to be a very exciting time for both of you. Let him know this, and you want this to be not only exciting but fun.

With communication and preparation, this exciting event should be one for you both to treasure.

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.

From page 20B

Frankly Speaking

question I've raised in several columns. The Chicago White Sox and New York Yankees are playing a game next year on the Field of Dreams in Iowa. I asked readers who would you like to see come through the corn from the past, if you could from each time, just like in the movie. Babe Ruth, Lou Gehrig, Roger Maris, Joe DiMaggio, Mickey Mantle and Yogi Berra were all mentioned, Yankee greats of the

past. For the White Sox it was Minnie Minoso, "Shoeless" Joe Jackson, Nellie Fox, Sherm Lollar and Ted Lyons. It should only happen. Here's to dreams of continued exciting play in baseball, and in all sports, which I'll get back to next week.

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



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PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Maple, Bali And Lexi

Hello, my name is Maple. I am a 5-year-old female pit bull mix who is a classic 'pocket-pit' that will climb in your lap. At a petite 43 pounds, I will make myself fit. I can also rock a flower headband like no other. I get along well with other dogs and have yet to meet a person I do not like. Stop by soon to meet this little love bug.



Maple ID# A798591

My adoption fee is \$30. Hi, we are Bali and Lexi. We are a 1-year-old female domestic shorthair and a 2-year-old female domestic shorthair who are a bonded pair that came to Animal Services together. We ideally would love to stay together. Lexi is the outgoing gal that brings me out of my shell. And with the adopt one get a friend at no charge, who could resist? Both of us are a great age, litter box trained and past the kitten stage.

Our adoption fee is \$10 with the adopt-one-get-one-at-no-additional-charge special.



Bali and Lexi ID# A797277 and A796408

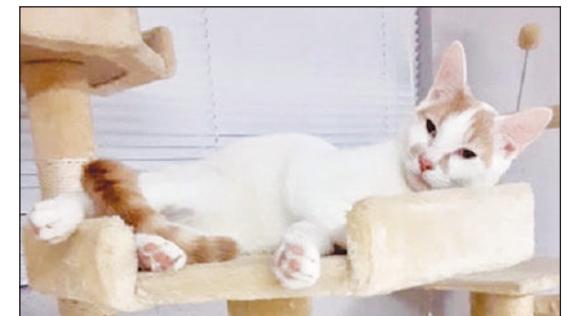
Pick your own "purr-fect" companion from the pet "pup-kin" patch in November. There are plenty of pets to "fall" in love with at Lee County Domestic Animal Services when visiting with the many cats, kittens, dogs and rabbits currently available. Adoption fees will be reduced for the entire month of November. Adult dogs more than six months of age are just \$30 to adopt; cats and kittens are \$10. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

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.leegov.com/animalservices or call 533-7387.✧

PAWS Of Sanibel

Alex

This is Alex, who is looking for his forever home. Alex is approximately 6 months old. He has been combo tested, had his immunizations, been wormed, treated for fleas, and neutered. He is an exceptionally sweet little guy. A purrrre joy to be around. He would be great with school-aged, kind children, and everyone else above that age. Kitties this wonderful don't come around too often. Call Pam at PAWS at 472-4823 if you want to meet Alex.✧



Alex

Haven on Earth Animal League

Baby Grey And Peloton



Baby Grey

Hi There! We are Baby Grey (grey and white) and Peloton (black and white tuxedo). While we aren't biological siblings, we've spent our entire lives together so we would really like to get adopted together. Baby Grey is a 6-month-old male, and Peloton is a 5-month-old female. We've been neutered and spayed and have all of our vaccinations. We are very playful and sweet.

Baby Grey likes to give kisses, and will cuddle and sleep with you – just like a human child. Baby Grey needs a lot of attention and really needs to have another kitty around to help keep him company and play with him. Peloton is very easy going. They both get along great with other cats and would do well in a multi-cat household. Baby Grey has extremely soft fur and feels like a marshmallow, while little Peloton is sleek and shiny. Peloton has a white tip at the end of her tail.



Peloton

Come see us at the PetSmart on Six Mile Cypress Parkway in Fort Myers.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.✧

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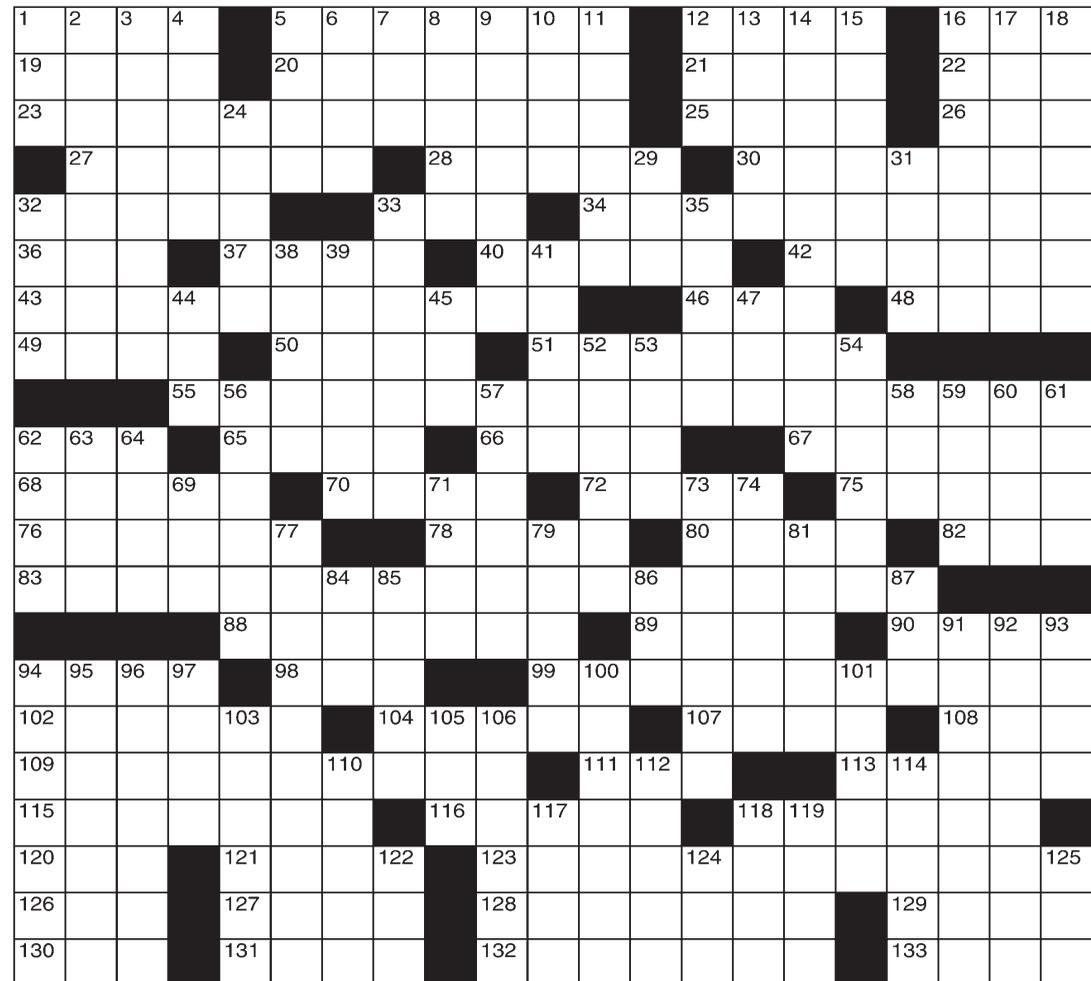
PUZZLES

Answers on page 31B

Super Crossword

DO YOU WANT TO?

- | | | | | | |
|--|--|---|---|---|---|
| ACROSS | 43 Sentry in front of a Japanese shrine? | 94 Decade, e.g. | DOWN | 35 False: Prefix | 87 Have |
| 1 Latin "to be" | 46 Cartoon cry | 98 Maya of architecture | 1 Poetic dusk | 38 Add up | 91 Bric-a-brac stands |
| 5 Specifics | 48 Swarm | 99 Middle of a right-hand book page? | 2 Furtive | 39 Striped gems | 92 Configure anew |
| 12 Comic Johnson | 49 Fictional Jane | 102 Up-front | 3 Reason to use a room freshener | 41 Old saying | 93 Activist Brockovich |
| 16 Dol. fractions | 50 Kid gloves | 104 Intended (to) | 4 Not dine out | 44 Born, to Luc | 94 Doo-wop group at Woodstock |
| 19 "Tell Mama" singer James | 51 Serum vials | 107 Fossil fuel | 5 Lucy's man | 45 From — Z | 95 Strong verbal attack |
| 20 The Christian gospel, old-style | 55 Muse who lifts poets' spirits? | 108 Org. archiving movies | 6 Longoria and Mendes | 47 Pixieish type | 96 "Training Day" director Fuqua |
| 21 Author Rold | 62 Actress Zadora | 109 "Serpico" star using his high singing voice? | 7 Spigot | 52 Transforms gradually | 97 A noble gas |
| 22 Noted coach Parseghian | 65 Bristol brews | 111 Pt. of NCAA | 8 Asian cartoon style | 53 Betting group | 100 Player of Lou Grant |
| 23 Having the tidy quality that spotted horses are known for? | 66 Sleekly designed | 113 Really into | 9 One giving the cold shoulder | 54 Trig ratio | 101 Funny bone's location |
| 25 Per — (daily) | 67 Canada's Nova — | 115 Tiny baby | 10 Riga dweller | 56 Descend a rock face, in a way | 103 Cramps, e.g. |
| 26 Pt. of MCAT | 68 Tree remnant | 116 Human trunk | 11 Yachts' kin | 57 Appear gradually, as on film | 105 Accrued qty. |
| 27 Outs, in court | 70 Bird feed bit | 118 Prison warden, to Brits | 12 Tack on | 58 Firewood bit | 106 Bovine, to a tot |
| 28 Car engine | 72 Cork, e.g. | 120 French pal | 13 Bonnie of blues rock | 59 Newsy bit | 110 Viola relative |
| 30 Sprint rival | 75 Intermediary | 121 Window ledge | 14 "I'm a Believer" pop group | 60 Spanish boy | 112 Comic Fields |
| 32 Coeur d'—, Idaho | 76 Knee injury | 123 Epic poem division | 15 "Cuba Libre" novelist — Leonard | 61 Portal | 114 "Amo," in English |
| 33 Berlin's land: Abbr. | 80 Certain part of speech | 126 Writer Anaïs | 16 Wife of Prince Charles | 62 "Hey, you!" | 117 Rajah's mate (1973 hit) |
| 34 Meeting to generate enthusiasm for a tummy-soothing product? | 82 Pal of Curly | 127 Yard pest | 17 Vine-growing frame | 63 Have a yen | 118 "I — Name" |
| 36 School org. | 83 Comment after someone describes how state-run gambling games work? | 128 Even a tiny bit | 18 Part of a forlorn face | 64 Halo effect | 119 Picasso's "Lady With —" |
| 37 And so on: Abbr. | 88 Pasta dish | 129 Schnitzel meat | 19 As red as — | 69 Gym surface | 122 Actor Ayres |
| 40 Allays | 89 Three wise men | 130 Flying expert | 20 Soul singer Des'— | 71 'Zine online | 124 — -pah band |
| 42 Diva Melba | 90 Had being | 131 Skiing stuff | 21 Ointment | 73 Open, as a 61-Down | 125 — -Blo (fuse brand) |
| | | 132 Electrician | 22 Basilica area | 74 Infant's noise | |
| | | 133 This, to José | 23 Simple sugar | 77 High praise | |
| | | | | 79 Web, to a fly | |
| | | | | 81 Upstate New York city | |
| | | | | 84 Chi follower | |
| | | | | 85 Island patio | |
| | | | | 86 "Mad Men" network | |



King Crossword

- | | | | |
|---------------------------------------|-------------------------------------|--|---------------------|
| ACROSS | 1 Birth-related | 8 Stein or Stiller | 34 X rating? |
| 6 Sphere | 9 — mignon | 36 "Monopoly" buys | |
| 9 "Great!" | 10 Skilled | 38 Jute fibers | |
| 12 React to rev-eille | 11 Domineering | 39 Dickens' Mr. Heep | |
| 13 Spelling contest | 17 Marked a report card | 40 Like some mouthwashes and tooth-pastes | |
| 14 "— not choose to run" | 19 Classroom array | 42 Written slander | |
| 15 Bottled spirit? | 21 Glutton horse | 44 Art — | |
| 16 Madison Avenue music | 22 Big bother | 46 California wine valley | |
| 18 Eden, for one | 24 Life story, for short | 48 Cover | |
| 20 Agts. | 26 Vietnam river | 50 Prepared | |
| 21 Crony | 28 Legendary firefighter Red | 51 Balaam's carrier | |
| 23 Moment | 30 Listener | | |
| 24 Nuts | 32 \$1 bills | | |
| 25 The same, in bibliographies | 33 2nd Amdt. proponents | | |
| 27 Primly self-restrained | | | |
| 29 Hide and — | 54 Tools for duels | | |
| 31 Fails to | 55 Bashful | | |
| 35 Buckwheat porridge | 56 Forerunner of Windows | | |
| 37 Catastrophic | 57 Endures | | |
| 38 Wit | | | |
| 41 Lubricant | DOWN | | |
| 43 Tandoor-baked bread | 1 Rundown | | |
| 44 Hibernia | 2 Exist | | |
| 45 In the course of | 3 Prickly sensations | | |
| 47 Rubs elbows | 4 One side of the Urals | | |
| 49 Lightweight wood | 5 Villainous looks | | |
| 52 Light touch | 6 Thing | | |
| 53 Lemieux milieu | 7 Check | | |

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

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

- | | | | |
|-----------|--------|-----------|--------|
| Avalanche | Desert | Mountains | Spruce |
| Beetle | Eagles | Plateau | State |
| Buffaloes | Fir | River | War |
| City | Flag | Springs | |

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"This is the first survey I've ever taken about _____!"
Answer on page 31B

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!

Figure
CONKER

Smirk
PRIMES

Brief
ESTER

Strong
OLDIS

TODAY'S WORD

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

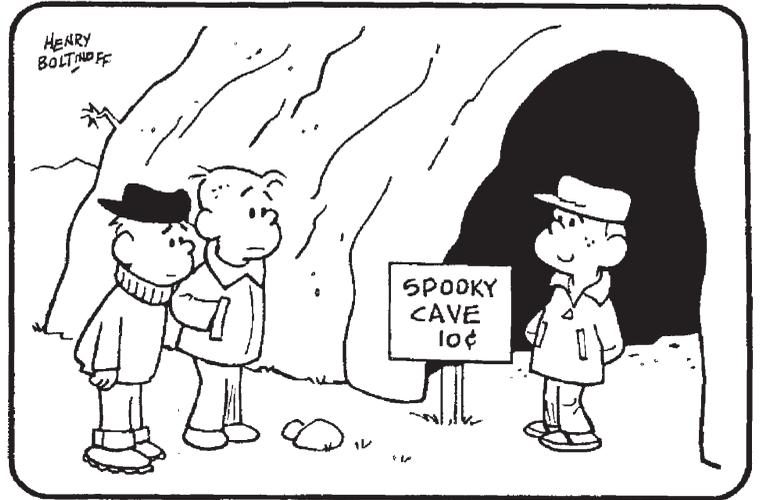
SUDOKU

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 31B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sign is different. 2. Boy's slacks are black. 3. Ghost is added. 4. Boy is pointing. 5. Stocking hat has been added. 6. Rocks are added in cave.

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FOR WEEK OF NOVEMBER 11, 2019

Aries (March 21 to April 19) Lots of choices could make it difficult to select what is best for your needs. Avoid snap judgments. Take the time to check them all out to find the one that really meets your goals.

Taurus (April 20 to May 20) You could once again experience pressure from others who would like to see you move in another direction. But heed your Bovine instincts to stay on your own path.

Gemini (May 21 to June 20) Taking charge of a project that seems to be about to stall or collapse altogether could be a challenge. But once everyone knows what you expect of him or her, things should go smoothly.

Cancer (June 21 to July 22) Avoid the pressures of the upcoming holiday period by setting a time right now to discuss how to divide up the responsibility of helping a loved one come through a difficult period.

Leo (July 23 to August 22) It's not too early for all you Leonas and Leos to start making long-distance travel plans. The sooner you stop procrastinating and start deciding where, when and how you're going, the better.

Virgo (August 23 to September 22) Someone you've known for years might disappoint you, or even make you feel you've been betrayed. But check the facts carefully before you make charges that could backfire on you.

Libra (September 23 to October 22) A holiday plan might need to be revised to accommodate an unexpected complication. Come up with an alternative arrangement as soon as possible to avoid more problems down the line.

Scorpio (October 23 to November 21) Don't accept halfway explanations for a situation that requires full disclosure. The more you know now, the better able you will be to handle any complications that might arise.

Sagittarius (November 22 to December 21) The cooperation you relied upon might not be easy to get. Maybe there's an information gap. See if everyone understands the situation. If not, be sure to offer a full explanation.

Capricorn (December 22 to January 19) Problems caused by that recent workplace distraction should soon be easing, allowing you to resume working at a less frantic pace. That personal matter also begins to ease up.

Aquarius (January 20 to February 18)

Changing your mind about a job decision isn't easy for the usually committed Aquarian. But once you check it out, you'll find facts you didn't know before. And facts don't lie.

Pisces (February 19 to March 20) Your unique way of sizing up a situation gives you an edge in resolving that upsetting workplace problem. Stay on your current course regardless of any attempts to distract you.

Born This Week: You are emotionally attuned to what's going on around you, and you easily pick up on people's needs.

• On Nov. 15, 1867, the first stock ticker is unveiled in New York City. The ticker revolutionized the stock market by making up-to-the-minute prices available to investors. Previously, the information traveled by mail or messenger.

• On Nov. 11, 1942, Congress approves lowering the draft age to 18 and raising the upper limit to age 37. In 1940, Congress had imposed the first peacetime draft in U.S. history for men between the ages of 21 and 36. But with the United States fighting in World War II, the draft ages had to be expanded.

• On Nov. 12, 1954, Ellis Island, the gateway to America, shuts its doors after processing more than 12 million

immigrants since opening in 1892. Following World War I, Congress passed quota laws, which sharply reduced the number of newcomers.

• On Nov. 13, 1979, during a game at the Municipal Auditorium in Kansas City, Philadelphia 76ers center Darryl Dawkins slam-dunks the basketball, shattering the fiberglass backboard. After a second incident, the NBA commissioner told Dawkins he'd be fined \$5,000 and suspended every time he broke a backboard.

• On Nov. 14, 1985, a volcano erupts in Colombia, killing over 20,000 people as nearby towns are buried in mud, ice and lava. Few people evacuated after radio reports instructed residents to stay in their homes.

MOMENTS IN TIME

• It was influential American theoretical physicist Richard Feynman who made the following sage observation: "It doesn't matter how beautiful your theory is, it doesn't matter how smart you are. If it doesn't agree with experiment, it's wrong."

• Those who study such things say that an eagle's feathers weigh twice as much as its bones.

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STRANGE BUT TRUE

• You've probably read about the unprecedented casualties suffered on all sides in World War I. You probably didn't know, though, that 60,000 of those casualties were due to avalanches caused by gunfire in the Alps.

• In 1962, a group of oceanographers sailed off to watch an undersea volcano off the coast of Japan whose eruption seemed imminent. It seems that they got the timing right, but not the location; or, rather, they got the location *too* right. The eruption occurred directly beneath their vessel, destroying it.

• If you ever visit the Alpine village of Saint Veran, take a good look at the construction of the early buildings – none of the walls meet at a 90-degree angle. Why aren't they square? According to the beliefs of early townsfolk, the devil lurks in square corners.

• Studies show a correlation between tight shoes and larger appetites.

• Do you find it attractive when you see a person with a point of skin attached to the underlying muscle? You might not realize it, but many people have this condition; that's what a dimple is.

THOUGHT FOR THE DAY

"A premarital lovers' quarrel should never last more than three minutes. In the first year of marriage, a four-minute quarrel should be acceptable. After six years, and eight-minute quarrel is allowed. A 10-minute quarrel is permissible after a decade. Those married longer have more to quarrel about." – EV Durling

Manatees Are On The Move

November is Manatee Awareness Month, and the Florida Fish and Wildlife Conservation Commission

(FWC) is reminding the public to slow down and look out for these large aquatic mammals. As cooler weather comes to the Sunshine State, manatees begin to migrate to warmer waters. During this time of year, many of Florida's 7,000-plus manatees will be on the move.

Warm-water habitats, like Florida's springs, are critical to the survival of manatees during the winter because they can't tolerate water temperatures lower than 68 degrees for extended periods of time. Remember, disturbing manatees at warm-water sites may cause them to leave those areas at a time when it is critical for them to remain there.

"Manatees are more vulnerable in the winter months and it's important not to disturb them, especially at warm-water sites," said Ron Mezich, who leads the FWC's Imperiled Species Management Section. "Getting too close to manatees can cause them to leave these critical areas at a time when it is important for them to

stay in warm water habitats."

Boaters can make a big difference for manatees by following guidelines and obeying manatee protection zones marked by waterway signs. Maps of manatee protection zones in your area and information about cold weather seasonal zone changes are available online at www.myfwc.com/manatee by clicking on "Rules/Data and Maps."

How to help manatees:
Wear polarized sunglasses to spot them moving, grazing and resting in the water. Keep a lookout for the circular "footprints" or ripples they leave on the surface of the water;

Follow posted manatee zones;
Observe manatees from a distance to limit disturbance. Disturbing manatees at their warm-water sites may cause them to leave these areas during the winter;

Report injured, entangled, orphaned or dead manatees to the FWC's Wildlife Alert Hotline: 888-404-FWCC (3922), #FWC

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10/11 * TFN

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3 Bed, 3 1/2 Bath + Den/Office, Unfurn. 2 Car on 16th Green. Golf, Tennis/Spa avail.
\$2,375 a month.
239-634-0258
239-233-2930
11/01 * TFN

SERVICES OFFERED

ATTORNEY SABOL

FREE CONSULTATION Wills, Living Wills, Power of Attorney, S. Probate from \$995 + costs. Uncontested Agreed Divorce. Prenuptials. 1342 Colonial Blvd., Bldg K. Fort Myers, 239-277-0058 or 239-472-2000
11/1 * TFN

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

HELP WANTED

Licensed cosmetologist wanted for Organic Salon and Spa on Sanibel. Generous percentage plus tips & toll assistance available.
Call Amy at 239-472-8464
11/8 * 11/8

HELP WANTED

REHAB AIDE

Opportunity for a high energy, compassionate individual to work as a rehab aide in a private practice physical therapy office located on Sanibel Island. Full time in season that may be reduced to part time in summer. Ability to learn new tasks and anticipate the needs of the therapists in a fast-paced environment. E-mail resumes to sanibel@fyzical.com.
11/8 * 11/15

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

FOR SALE

MEN'S BIKE

Cannondale F500 on Sanibel. Perfect condition \$300.
Call 239-246-3394
10/25 * TFN

GARAGE SALE

GARAGE SALE MULTI-FAMILY

Nov. 15 & 16
8 a.m. to 1 p.m.
1095 and 1243 Sandcastle Road, Sanibel
Home goods and furnishing's, electronics, tools, art, memorabilia, exercise equipment and much more.
11/8 * 11/15

OFFICE/COMMERCIAL SPACE FOR RENT



Palm Court Center

2418 Palm Ridge Road, Sanibel, FL 33957
Highly visible ground floor space
960 square feet. Move in condition.
Immediate Occupancy
\$1,450/month.
Landlord pays all common.
Area maintenance.
Call 239 472 6543
11/8 * TFN

COMMERCIAL UNIT FOR RENT

East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail.
Call Dee at 472-0121, leave a message.
7/13 * TFN

PELICAN PLACE SHOPPING CENTER

Palm Ride Road on Sanibel
3 units available or combined 2,400 sq. ft. (2 at 700 sq. ft., 1 at 1,000 sq. ft.)
Call 703-593-7024
6/21 * TFN

or *FWC on your cellphone or text tip@myfwc.com;

Check out our guidelines for boaters and paddlers for more information about how to view manatees safely and respectfully;

Purchase the manatee decal and license plate and tell everyone how the decal and license plate support the FWC's manatee conservation efforts; and

Contribute to the Fish & Wildlife Foundation of Florida's Marine Mammal Fund by visiting www.wildlifeflorida.org and clicking on "Support Us," "Funding Priorities" and "Marine Mammal Fund."

You can show your support for manatees and spread awareness about the importance of warm-water habitat with a 2019 "Warm Water Saves Manatees" decal. These high-quality decals feature beautiful original art and look great on any boat, car or cooler. Get yours today by making a \$5 donation at your local Tax Collector's office.

For more information about manatees in Florida, visit www.myfwc.com/manatee.*

HORTOONS



SCRAMBLERS

1. Reckon; 2. Simper;
3. Terse; 4. Solid

Today's Word
LIPSTICK

PUZZLE ANSWERS

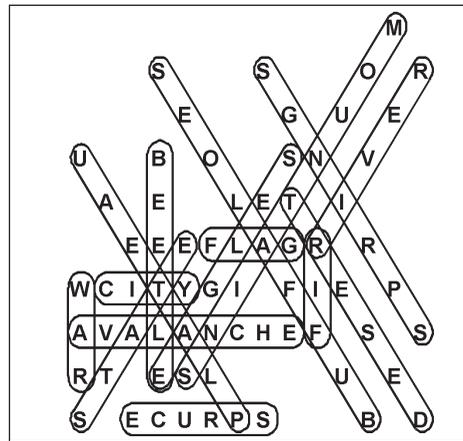
SUPER CROSSWORD

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	LASAGNA	MAGI	WERE
SPAN	LIN	RECTOCENTER	
HONEST	AIMED	COAL	AFI
ALTOPACINO	ATH	BIGON	
NEONATE	TORSO	GAOLER	
AMI	SILL	CANTO	OFWORMS
NIN	MOLE	ONEIOTA	VEAL
ACE	SNOW	WIREMAN	ESTO

KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Glen Lakes	Estero	2005	3,396	\$1,434,900	\$1,275,000	127
Cape Coral	Cape Coral	2010	3,507	\$1,375,000	\$1,200,000	0
Beachview Country Club Estates	Sanibel	2003	2,642	\$1,189,000	\$1,100,000	43
Beachview Country Club Estates	Sanibel	2001	2,594	\$998,500	\$925,000	364
Sanctuary	Bonita Springs	1992	3,168	\$875,000	\$810,000	15
Fairview Isles	Fort Myers Beach	1978	2,000	\$799,900	\$779,900	0
Renaissance	Fort Myers	2018	3,250	\$799,000	\$775,000	283
Gulf Shores	Sanibel	1971	1,597	\$749,000	\$735,000	20
Cypress Bend	Fort Myers	2006	2,790	\$729,000	\$685,000	94
Not Applicable	Cape Coral	2002	2,447	\$729,000	\$705,500	94

**LET US
HELP YOU
BUY & SELL
THESE FINE
PROPERTIES.**



2268 WULFERT ROAD



SANCTUARY CC SIGNATURE RESIDENCE
 • 4BR, 5.1BA 5368 SQFT w/ views of the Golf Course hole #12
 • Championship golf Tennis, Restaurant
 • Amazing great rm w/ soaring ceiling, 2 large master suite, large open kitchen, walk-in wine cellar
\$1,995,000

15879 CAPTIVA DRIVE



CAPTIVA BEACH COTTAGE
 • 2 BR Main 1 BR Guest Cottage, Dock w/Boat Lift
 • Strong Rentals, Stunning Beach Location w/Sunsets
 • Option to Build New Gulf to Bay Estate on Parcel
\$2,489,000

15138 WILES DRIVE



CAPTIVA BEACH FRONT
 • 102 Feet of premier Gulf Frontage
 • Comfort meets luxury w/ 6Br 5.5BA 4611 SQFT
 • Private oasis, pool, putting green
\$6,495,000

4630 RUE BAYOU



CHATEAUX SUR MER
 • Steps to Beach, Private Setting on 1 1/2 Lots
 • 4 BR 4,5 BA, Pool & Spa
 • Elevator, Fireplace, 2 Master Suites, Newer Roof
\$1,495,000

11523 ANDY ROSSE LANE



PRIME CAPTIVA VILLAGE
 • Awesome Rental -Steps to the Beach
 • 5 BR, 5.5 BA, Pool & Spa
 • Main & Guest House, Great for Entertaining
\$2,295,000

6053 SANIBEL CAPTIV A RD.



1.56 ACRES OF STUNNING VIEWS
 • Western Exposure, Wonderful Sunsets
 • Easy Walk to Restaurants & Marina
 • Build Your Dream Home & Island Getaway
\$1,195,000

3869 WEST GULF DRIVE



BEACH FRONT LOTS
 • 1 of 3 Lots Available, 104'+ Beachfront w/ Panoramic Views
 • Incredible Opportunity, Ideal Location
 • 1.5+ Acres of Land on Private Setting
\$3,895,000

932 WHELK DR., SANIBEL



GULF & BAY ACCESS
 • Remodeled 3 BR, 3 BA, Canal Front
 • Tropical Vegetation Offers Privacy
 • Pool/Spa, Deeded Beach Access, dock & lift
\$1,165,000



McMURRAY & Members of ROYAL SHELL®
Real Estate

FOR PROPERTIES OF PRESTIGE & PREFERENCE

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