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VOL. 28, NO. 16

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 16, 2020

OCTOBER SUNRISE/SUNSET: 16 7:28 • 7:00 17 7:29 • 6:59 18 7:29 • 6:58 19 7:30 • 6:57 20 7:30 • 6:56 21 7:31 • 6:55 22 7:32 • 6:54



First place, *Veneration* by Eleanor Dominek
images provided



Second place, *Still Life with Peas* by Del Holt

BIG ARTS Opens Juried Exhibit

BIG ARTS has announced the winners of its juried exhibit entitled Create-Inspire-Connect. The winners were chosen from the 62 works selected

by the BIG ARTS Visual Arts Committee that juried the show. In total, 110 artists submitted 205 pieces of artwork in

continued on page 3



From left, Sanibel Fire Rescue District Capt. Kevin Barbot, Mary Bondurant, FF/EMT Craig Shelby, Sandra Feather and FF/Paramedic John Reitenbach at last year's Pink Out

photo by Jeff Lysiak

Pink Out Picnic Drive-Through

Let's Pink Out is off to a great start in 2020 with the help of the Sanibel-Captiva community. Mary Bondurant, founder and organizer of the event, thanks everyone who shopped at Bailey's General Store this past weekend to begin fundraising during October, which

is Breast Cancer Awareness Month.

Bondurant said, "Let's Pink Out is committed to helping members of the community. One hundred percent of your support will ensure early detection through mammograms and will help meet cancer related needs for individuals of our community."

You can find the Let's Pink Out team every Saturday in October at Bailey's

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Historical Village Reopens Tuesday

The Sanibel Historical Village will reopen on Tuesday, October 20. Operating hours will be Tuesday through Saturday from 10 a.m. to 4 p.m.

"We are excited to open for guests to visit and enjoy all the historical village has to offer," said Emilie Alfino, executive director. "Thanks to months of work by our board and staff, we are ready to provide a safe and enjoyable experience for visitors."

Safety protocols and policies will include the following:

All visitors, volunteers and staff will be required to wear a face mask and observe social distancing throughout their time on the village property. Guests are encouraged to bring their own masks; however, the museum will provide face masks to guests who do not have one. Guests not wearing face masks will not be allowed on the museum property.

Regular guided tours will be suspended



Emilie Alfino and Jan Symroski are ready to welcome back visitors photo provided

at least until January 2021. However, visitors can make appointments for guided tours with 48 hours of advance notice,

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Mollusk Monster Mash Is Coming



Shell Museum 2019 celebrity servers, from left, Chris Davison, Toni Gynac, Carly Hulse, Roger Grogman, Holli Martin, Liz Podolsky, Leigh Gay, Jane Henshaw and Rebecca Mensch

photo provided

Plans are under way for the Mollusk Monster Mash to benefit the Bailey-Matthews National Shell Museum. The season fundraiser will be held at Traders on Tuesday, October 27 starting at 5 p.m. Given COVID-19, this year's event will have a few new twists. There will be several opportunities to participate and contribute. Tickets are \$100 each and include a gourmet meal served with wine. For those not yet comfortable dining at a restaurant, there will be a take-out option,

which will include your selected menu choice delivered to you in your car by a local "shellebrity" server.

Traders will be open exclusively for patrons of this event with both inside and outside socially distanced seating. You can reserve your table for up to eight people inside or up to four people outside for an additional table reservation fee of \$100. Limited seating is available.

Attendees are encouraged to wear their

continued on page 11

Orders Being Taken For Virtual Wines In The Wild

The Sanibel-Captiva Conservation Foundation (SCCF) Wines in the Wild fundraiser, homelNstead, will be held on Friday, November 13.

"Wine and food have always brought people together to share good times," said Wines in the Wild co-creator Tom Uhler. "When we realized that we could not gather in person for our 13th year, we wanted to find a way to still allow people to enjoy the food, wine and fun that have become the hallmarks of our event. So we've created a party box filled with everything needed to celebrate Wines in the Wild at your own home instead of the Bailey Homestead."

The boxes are available now by pre-order. Included will be a bottle of white and a bottle of red wine chosen by Bailey's General Store, food from the kitchens of Cielo, Catering by Leslie Adams, Spoondrift and Sweet Melissa's Cafe, among other celebratory elements.

Diamond sponsors Paul and Lucy Roth expressed appreciation for the participation of Bailey's. "Under Calli Johnson's leadership, Bailey's has truly become a 'go-to' wine destination. It is incredibly generous of them to once again contribute to this year's event as the wine sponsor."

A new feature of this year's fundraiser is a 50/50 + 10 Drawing. In



Diamond sponsors Paul and Lucy Roth
photos provided

addition to the traditional 50/50 cash drawing, there is the chance to win one of 10 lots of five bottles of wine, each lot valued at no less than \$160. As an added bonus, each \$100 purchase will get one chance for a drawing for a magnum of 2008 Dom Perignon worth \$550. Tickets are \$25 or five for \$100.

To order your party box and/or purchase 50/50 tickets, log on to www.winesinthewildscf.com. A box for one person is \$130; for two people, it's \$210 per box. Reserve by Friday, November 6. Boxes will be ready on November 13 for touchless, drive-by



Bailey's wine manager, Calli Johnson, and Wines in the Wild co-creator, Tom Uhler, selecting wines for this year's event

pickup at the Bailey Homestead, Native Landscapes & Garden Center, located at 1300 Periwinkle Way on Sanibel.

Funds raised support SCCF's mission, which is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed through its focus on

water quality research, policy and advocacy, sea turtles and shorebirds, environmental education, and land and wildlife. Community support through membership dues and tax-deductible contributions, in addition to grants and staff-generated revenue, makes this work possible. SCCF is a 501(c)3 nonprofit organization.**



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Wild Coffee Duo: Abbey Allison on piano and Susie Kelly on cello

photo provided

Virtual Concert Among Festivities For FISH 10K Race

Sanibel Congregational United Church of Christ is offering a virtual concert on Sunday, October 25 at 4 p.m. as part of its sponsorship of the 10K Race 4 FISH fundraiser. The musical performance by Wild Coffee Duo will be broadcast on YouTube and online at www.sanibelucc.org. Donations can be made online through the church's website

at www.sanibelucc.org. The program is titled Wild Coffee Duo Concert: A Running Playlist for FISH. Runners will be able to warm up, run their best, then cool down with such selections as the theme from *Chariots of Fire* and the Olympic theme from 1984 as written by John Williams.

Formed in 2015 by pianist Abbey Allison and cellist Susie Kelly, the Wild Coffee Duo is a classically trained chamber music group presenting an engaging repertoire drawing on a variety of musical styles. More information about the musicians and their music can be found at www.wildcoffeeduo.org.**

From page 1

Juried Exhibit

response to the BIG ARTS call to artists for its first juried exhibit in the new Dunham Family Gallery. Submissions came in from around the world, including Bogota, Columbia and Nyon, Switzerland, and from many local and Southwest Florida artists who shared some of the finest, most diverse work seen at BIG ARTS.

The Create, Inspire, Connect exhibit title mirrors the BIG ARTS 2021 season theme which celebrates the vital role the arts play in reflecting shared humanity and the healing power of community and creativity. The show can be viewed on site by a limited number of people at a time Tuesday through Friday from 10 a.m. to 4 p.m. The exhibit will also be open on Sunday from 10 a.m. to 1 p.m. beginning October 18. You can also visit the show online in BIG ARTS 3D virtual gallery at www.bigarts.org.

First place was awarded to Eleanor Dominek for her piece *Veneration*. Second place went to Del Holt for his work *Still Life with Peas*. Third place was awarded to Joel Shapses for his sculpture *Spiral of Life*. Honorable mentions were awarded to Bobbi Baugh for her piece *Adrift*, Cheryl Fausel for her piece *A View of the Lake*, and Richard Sabin for his piece *Red Carnation*.

To maintain a safe environment for its guests, volunteers and staff, BIG ARTS

Third place, *Spiral of Life 2-2* by Joel Shapses
image provided

is limiting the number of people allowed in the gallery to a maximum of 30 at any given time. Masks are required to enter the building, and visitors are asked to be mindful of social distancing.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call 395-0900.**


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OBITUARY

LAURA MANCHESTER SMITH
March 6, 1934 – September 30, 2020

Laura Winifred Manchester Smith, born in Newport, Rhode Island on March 6, 1934, passed away peacefully at Gulf Coast Hospital in Fort Myers, Florida on September 30, 2020. She leaves behind her loving husband, William H. Smith, Jr., her two daughters, Sandra O. White and Victoria D. Foley, her grandsons, Tyler W. Ottlige and Carl S. Grumbine, and two great grandsons, Liam and Landon Ottlige.

Laura's love for the ocean was evident when she was a lifeguard at

Peabody Beach in Middletown. She and her husband, Bill, kept their boat at her parents' shipyard, Williams and Manchester's Shipyard in Newport. She was also an avid horsewoman with many ribbons and held New England Three Gaited Champion for three years at Madison Square Garden, New York.

Laura and her beloved husband, Bill, have resided on beautiful Sanibel Island for over 30 years. She was an active member of both Newport Yacht Club and Sanibel-Captiva Yacht Club, where she was cruise coordinator for various cruises around Southwest Florida. Laura had many yachting friends and her hospitality and poise will be missed by many.

In her later years, she enjoyed her orchid club and many other clubs. She was "One Crafty Lady" and enjoyed a full, fun and rich life.**

City Seeks Student Aides For Rec Center

The City of Sanibel is looking for student aides to assist at the Sanibel Recreation Center. Applicants must be current high school seniors or high school graduates age 17 or older. Experience working with youth is desirable but not required. Pay is \$13 per hour. Sanibel Causeway and Cape Coral tolls are paid, if applicable.

For a full job description and to apply online, visit www.governmentjobs.com/careers/sanibel.**

OBITUARY

COCONUT (COCO)
January 1, 2006 – September 30, 2020

Coco lived a fulfilling life on Sanibel and Virginia with her parents, Wil and Patty. She was a frequent guest at local restaurants and places of business on the island. Coco loved everyone. She leaves a bottomless void in our hearts and lives. RIP, sweet girl.**

City Accepting Resumes For Council Seats

Sanibel City Council is currently accepting resumes and biographies to fill the upcoming two vacant city council seats. Both appointments are for a partial term expiring March 16, 2021.

The first seat to be filled becomes vacant at 11:59 p.m. on Monday, November 2, 2020. The deadline to submit resumes and biographies to be considered for the first seat is noon on Tuesday, October 20. The Sanibel City Council will vote to fill the position at its meeting of Tuesday, November 3.

The second seat to be filled becomes vacant at 11:59 p.m. on Monday, November 16, 2020. The Sanibel City Council will vote to fill the position at its meeting on Tuesday, December 1. The submission deadline for resumes and biographies to be submitted for consideration for the second seat is noon on Thursday, November 5.

Any submittals received for the first seat and not appointed will be given full consideration for appointment to the second seat.

The Composition, Powers and Duties of the City Council are found in Article III of the City of Sanibel Charter. To submit your resume and biography, visit www.citycouncilsubmittal@mlysabel.com.**

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DWELLING RENTAL LICENSE AND REGISTRATION APPLICATION SUBMISSION DEADLINE REINSTATED

At the September 14, 2020 City of Sanibel City Council meeting the deadline for submission of the Dwelling Rental License and Registration application packet was reinstated.

The new deadline for submission is Friday, October 30, 2020.

If you have any questions relating to the Dwelling Rental License and Registration application packet please email code.enf@mlysabel.com or contact the Planning Branch at 239-472-4136.

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Seawall Study To Determine Code Changes

by Wendy McMullen

Are vinyl seawalls harmful to the environment? That was one of the questions facing the Sanibel Planning Commission at a special meeting to review Sanibel's Land Development Code.

The debate was lengthy and ongoing. Much of it focused on possible adverse effects of vinyl in saltwater and there were plenty of engineers and other experts to comment. Several pointed to the extensive use of plastics in water pipes, food containers, house siding, decks, even as a component in the city's own road protection project in the Santiva area.

"If someone had stopped the project on San-Cap Road, the people on Captiva wouldn't be able to get on to Sanibel," one person observed, commenting on the beach restoration project just before Blind Pass Bridge. This project combined plastic materials with rip rap revetment and vegetation to protect the curve on the junction of Pine Avenue and Sanibel-Captiva Road.

Commissioner Karen Storjohann was concerned that vinyl seawalls could get hit by a boat and develop a crack, which would release plastic particles into the water. She was supported in this by Sanibel-Captiva Conservation Foundation CEO Ryan Orgera, who said that there were so many issues with micro plastics and the long-term effects when they come into sustained contact with saltwater that were still not known, particularly whether vinyl sheds micro particles into the water.

"The evidence suggests that the process of removing and replacing a cement wall was not as injurious as suggested by some of the marine engineers advocating seawalls," Orgera said. "I'm not here to tell you do not do vinyl because we don't yet have enough information."

He pointed out that the project in the Blind Pass area was an emergency project and that the economic burden

mention by many of the advocates for vinyl seawalls was not really so great because there are a range of other alternatives.

One of the alternatives discussed at length was rip rap revetments along with natural vegetation such as mangroves which seemed to Storjohann to be the most natural alternative and most in keeping with the Sanibel Plan, even though the cost was greater than vinyl seawalls.

"I sympathize with people who say natural alternatives are more expensive," said Storjohann. "But we have dedicated ourselves to live with the environment and not to be in competition with it." She added that many people suffered significant loss in order to create the city when it was incorporated more than 45 years ago, giving up the right to build on wetlands.

"We would need standards for revetments," said Commissioner Eric Pfeifer. "I'm concerned that if the revetment extends into the water, a neighbor could back up his boat into the rip rap."

City Planner Kim Ruiz pointed out that unlike vinyl walls, which are typically placed seaward of the existing concrete wall, revetments slope back into the property so there is no extension into the water. A vinyl wall extends up to 18 inches into the water.

Another alternative discussed was Gabion wall, a water basket, shaped like a cage, filled with revetment, like stones, and planted with mangroves to buffer the structure.

Commissioners decided that they required more information on vinyl seawalls and what happens to vinyl in saltwater before making any recommendations. They also wanted to be informed of the sources of the information they were being given.

"I question sources because I remember the tobacco industry for decades assuring us that smoking was okay," said Storjohann.

In some cases, it seems that the only alternative may be some sort of structure in front of an existing seawall. One resident of Spanish Cay on Middle Gulf Drive pointed out that their buildings were just 9.4 feet from the seawall fronting the canal that separates

the properties on Middle Gulf Drive from Beachview subdivision.

"If we had to remove that seawall then whoosh," she said. "Our buildings could collapse into the water."

Spanish Cay was built in 1975 prior to the Sanibel Comprehensive Land Use Plan (CLUP) being passed in 1976. CLUP was the precursor to the Land Development Code. There is now a minimum setback of 20 feet from an open body of water.

No matter what commissioners recommend, they agreed that all structures have to be engineered.

A further meeting of the Land Development Code Review subcommittee will be held when commissioners have more information. City council directed the planning commission to have staff review the current Land Development Code regulations pertaining to seawalls and evaluate whether any revisions to the seawall regulations is needed in light of current technologies and alternatives.

Seawalls are not mandatory anywhere within the City of Sanibel and there are restrictions on where seawalls are allowed. Currently, they can be permitted in the mid-island ridge and altered land zones on a manmade canal in Shell Harbor, Sanibel Harbors, Sanibel Isles, Water Shadows and Sanibel Estates, and between Periwinkle Way and San Carlos Bay adjoining Mariner Point, Yacht Haven, Tennis Place and Harbor Cottages.★

and that other criteria must be used to determine the legality of signs.

That led to a general discussion on what was described as the "sign blight" on Sanibel currently due to the proliferation of political signs and temporary business signs which are being overlooked because of the pandemic.

Director of Public Works Keith Williams explained that a content based sign is any street graphic, design, light, string of lights, decoration, banner, pennant, trademark or any other object displayed with the purpose of attracting attention and conveying information. A windsock could be a content based sign if it conveys information but a hot air balloon that does not convey information would not.

Sanibel already has a strict sign ordinance and no change is proposed at present to permanent signs. What the Supreme Court has ruled is that cities can no longer differentiate by the purpose of the sign. Currently, temporary signs such as real estate and garage sale signs cannot exceed two square feet and directional signs must not be more than 108 square inches. Special event signs can be up to 12 square feet and there is no maximum for political signs.

At the moment, a permit is not required to erect a temporary sign and planning commission members generally felt that this need not be changed. However, several commissioners suggested that registration could be useful if it could be achieved as an online process without taking up the time of city staff.

Open house and garage sale signs are currently permitted on the property itself and two-directional signs are allowed. Only two open houses are allowed for a four-hour period in any month, although planners conceded they did not really have the staff to enforce these codes.

The necessity of real estate directional signs for open houses was disputed. Commissioner Eric Pfeifer, himself a realtor, felt that open houses could be advertised digitally without the need for signs. Bill Robinson, CEO of the Sanibel and Captiva Islands Association of Realtors, and realtors Amy Wainwright and Brendan Albright all spoke in favor of retaining the directional signs, pointing out that many people buying homes on Sanibel were on vacation, happened to pass by and decided to buy the property.

The discussion on signage will continue

Supreme Court Ruling Forces Changes To Signs

by Wendy McMullen

A decision by the United States Supreme Court that cities could not discriminate on signs on the basis of content led to a review of the City of Sanibel sign ordinance at a meeting of the Land Development Code Review Subcommittee on Tuesday.

The ruling was that the city of Gilbert, Arizona could not ban signs on the basis of content because it is at odds with the first amendment of the constitution

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at a future meeting of the Land Development Code Review Subcommittee. Up for discussion will be whether to prohibit temporary signs completely, or to limit them according to whether they are in the resort district, commercial district or residential neighborhoods, or in the public right of way. They could also be limited by the type of sign.

Williams emphasized that amending the sign ordinance was not something the city decided to do because of the effectiveness of the city's ordinance but because of the Supreme Court's decision.**

Top 10 Books On The Island

1. *A Time for Mercy* by John Grisham
2. *Anxious People* by Fredrick Backman
3. *The Return* by Nicholas Sparks
4. *Leave the World Behind* by Rumaan Alam
5. *Christmas at Little Beach Street Bakery* by Jenny Colgan
6. *What Happens in Paradise* by Elin Hilderbrand
7. *Squeeze Me* by Carl Hiaasen
8. *The Devil and the Sanibel Sunset Detective* by Ron Base
9. *Florida Man* by Tom Cooper

From page 1

Historical Village

for a minimum of six and no more than 10 guests. These advance-notice tours are meant to accommodate families or small business groups. There is no additional cost; tours are included in the \$10 entrance fee. To schedule a tour, call Jan Symroski, volunteer coordinator, at 472-1856.

Alternatively, guests can always self-tour using the audio buttons available in each building; in addition, a brochure guiding guests through the property with detailed information about the buildings will also be available.

Restrooms and surfaces will be cleaned and disinfected regularly, in addition to enhanced cleaning procedures throughout the village.

Hand sanitizer will be available in all buildings.

Two hands-free water stations will

be available for guests to fill their own bottles. Collapsible bottles will be available for sale.

Anyone who is feeling ill or has been in contact with someone who has been feeling ill in the last 14 days is asked not to visit the museum.

"We are working on plans for our events for the season and will have a schedule available soon," Alfino said. "The board has decided to cancel our annual gala fundraiser during this challenging time. We're planning several Twilight Talks, but the dates, times and locations are yet to be finalized." Events will be posted on the museum's website at www.sanibelmuseum.org.

Sanibel Historical Village is located at 950 Dunlop Road on Sanibel, next to BIG ART. Admission is \$10 for adults over 18, no charge for members and children. There is handicap access. For more information, visit www.sanibelmuseum.org.**

Sanibel 8-Ball Pool League League Play Is Under Way

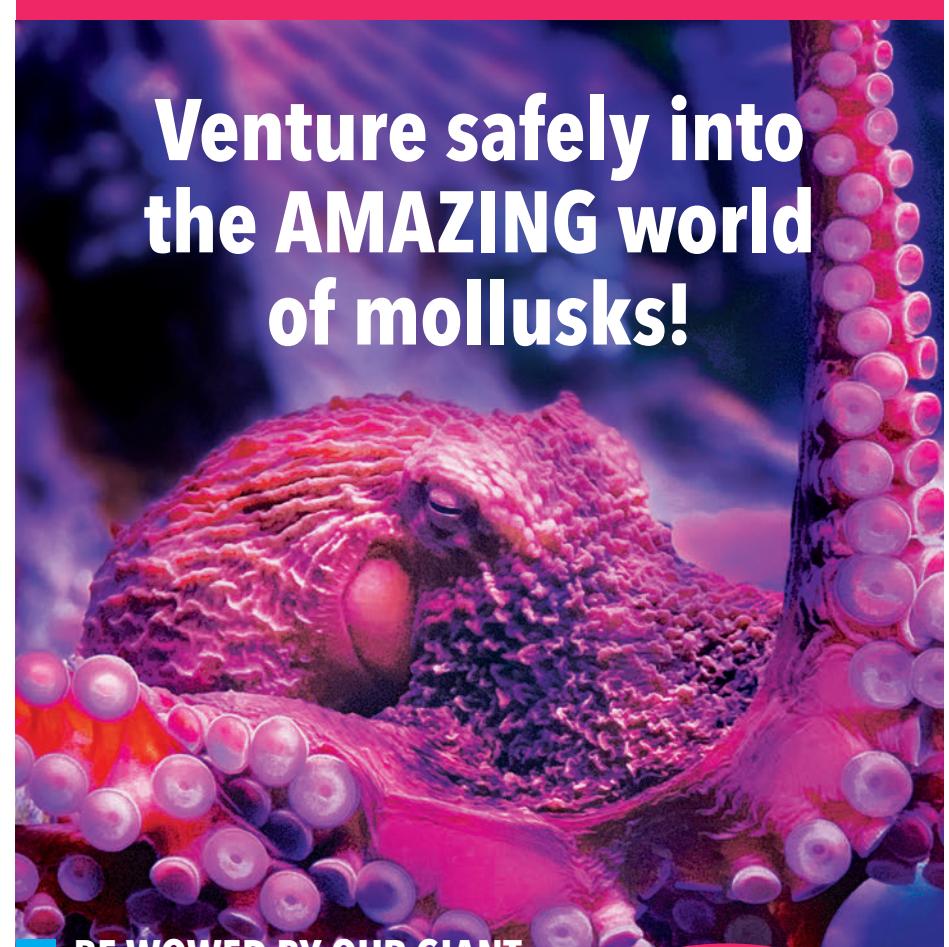
The Sanibel 8-Ball Pool League officially kicked off its 2020-21 season on October 5 at American Legion Post 123. During the first Monday night game of the year, Mark Wagner Jr. had the first 4-0 of the season, winning against Tom Yorkey.

On October 12, Richard McCurry made his debut of the season taking three wins against Matt Hall. Kayla McCurry fought hard but ultimately, Ken Rasi took three wins from her and the Sanibel Café team. Sarah Hird made her debut that evening but allowed Butch Bouchard (and his in-training service dog, Mia) to take all four games away from her. Kim Radloff made a return to the league but Doc Lubinski took the four wins.

There have been 80 games played so far. The current standings are: Sanibel Café is in the lead with 25 games; in second is Bunt's Ball Busters with 21 games; Fresh Legion Crew at 19 games and Tips 'N' Styx with 15 games.**

10. *The Winemaker's Wife* by Kristin Harmel
Courtesy MacIntosh Books and Paper.**

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CROW Executive Director Alison Charney Hussey with animal ambassador GiGi and Jim Fowler photo provided

Publisher Donates Proceeds From Sales To CROW

Jim Fowler, publisher of The Sanibel-Captiva Nature Calendar, made an \$800 donation to the Clinic for the Rehabilitation of Wildlife (CROW). This is the 32nd annual donation from this publication to a Florida-based conservation organization.

CROW was selected because of the lifesaving treatment it provides every

day for sick and injured wildlife as well as its educational programs for the public and on-the-job training programs for science and veterinary students.

Fowler said, "For me, and I am sure many others, this group of wildlife caretakers provides crucial animal care that touches our hearts. In a world of expanding human encroachment and loss of wildlife habitat, CROW is a place where animals obtain a second chance at life."

To date, Fowler has donated \$25,689 to conservation organizations in Florida.**

Taste Of The Islands Lineup

The Clinic for the Rehabilitation of Wildlife (CROW) announced the 31 restaurants participating in the 39th Taste of the Islands this November.

Taste of the Islands has been reimaged this year to prevent the spread of COVID-19. Each participating restaurant will be offering their "Taste" items to showcase their cuisine throughout the month of November. A portion of the proceeds from those designated food and beverage items sold will be donated to CROW.

In lieu of an admission to the event, participants can purchase a passport with a listing and map of participating restaurants. Each restaurant will stamp or punch the passport so patrons can track their progress. Only passport holders will be eligible to vote for their favorite restaurant to win the coveted People's Choice Award and be entered into a drawing for prizes including vacation stays and gift certificates. Passports will be available for purchase at CROW, all Bank of the Islands/Edison National Bank locations, Bailey's General Store, Huxter's Market and Deli, participating restaurants, or online for pick up at "will Calls both on Sanibel and off.

"This new format has allowed for more restaurants to participate than ever before," said Alison Charney Hussey, executive director for CROW. "We are excited to be able to encourage diners to come to the islands, visit the restaurants themselves, perhaps a different one every day, all while helping to raise money for wildlife."

Every Sunday from noon to 4 p.m., a CROW Crawl will feature restaurants in different areas of the islands for hungry patrons to visit. CROW's animal ambassadors will be in the CROW tent in front of one of the restaurants, with Taste of the Islands sponsors featured outside other restaurants in the region. Although each restaurant is featured on one Sunday, diners can visit all of the restaurants and order their menu items at any time in November.

The 39th Taste of the Islands participating restaurants are:

Sunday, November 1: Crow's Nest, Doc Ford's Rum Bar and Grille – Captiva, The Green Flash, Lazy Flamingo, The Mucky Duck, Old Captiva House, Sunset Grill.



Sunday, November 8: Great White Grill, Love Boat Ice Cream, The Pecking Order Fried Chicken and Pies, Sanibel Deli, T2, The Timbers Restaurant and Fish Market.

Sunday, November 15: Blue Giraffe Restaurant, Island Pizza Company, MudBugs Cajun Kitchen, Sanibel Fish House, Sweet Melissa's Café, Traders.

Sunday, November 22: The Clam Shack, Doc Ford's Rum Bar and Grille – Sanibel, Joey's Custard, Normandie Seaside Café, Spoonerdrift Island Bowls, Thistle Lodge Beachfront Restaurant.

Sunday, November 29: Cielo, Lazy Flamingo II, Matzaluna The Italian Kitchen, Sanibel Fresh, Seabreeze Café, Tipsy Turtle Restaurant and Bar.

Bank of the Islands/Edison National Bank has returned as the presenting sponsor. This is the 11th year in a row that the bank has led the sponsorship for CROW's signature fundraiser.

"We are so happy to support CROW's incredible work by returning as presenting sponsor for the Taste," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. "Kudos to Alison and her team for reimaging this year's event to be safe and fun for everyone."

Event sponsors also include FOX 4 as lead media sponsor, The Silverman Organization and VCA Sanibel Animal Hospital as executive chef sponsors, Jensen's Marina and Cottages, The Inns of Sanibel, Rapid Response Team of Fort Myers and Royal Shell as sous chef sponsors, and *The News-Press/LocalIQ*, *Happenings Magazine*, *Island Sun* and *The River Weekly News*, sanibel islander/island reporter, and *Santiva Chronicle* as supporting media sponsors.

For more information, visit <http://www.crowclinic.org/articles/39th-taste-of-the-islands>. RSVP on the Taste of the Islands Facebook event page for live videos from restaurants, judging criteria and other details.**

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Captiva Historical Society New Board Member

The Captiva Island Historical Society (CIHS) has appointed Betty Anholt to its board of directors. One of the most knowledgeable experts on local history, Anholt's experience ranges from archaeological digs to the social and natural history of Southwest Florida.

Last January, the CIHS board and its guests honored Anholt with its first Guardian of History Award.

Anholt first came to Sanibel and Captiva as a child, vacationing from New Jersey. Subsequently, she and her husband Jim settled on the islands, shortly after her graduation from Rutgers University. She absorbed the lore of the islands, recounted by longtime locals, then researched additional sources to develop informative guided tours of the



Betty Anholt

islands. She wrote *The Trolley Guide to Sanibel and Captiva*, and five additional books on coastal history. In 2018, she co-authored a book with Charles LeBuff called *Protecting Sanibel and Captiva Islands: The Conservation Story*, and most recently published her first novel, *Turtle Coast*.

She has written monthly articles on Captiva history for the *Captiva Current* and won first place statewide for a monthly column series in *The Islander* from the Florida Press Association.

Anholt has volunteered her time on the boards of a number of diverse local organizations, including the Sanibel Public Library, where she has worked for 20 years.

She is a life member of the Southwest Florida Archaeological Society and worked at sites from Georgia to the Marco Island Cushing site. She has done numerous oral histories and transcriptions for the library and also one of primary source material for Florida Gulf Coast University, and film and television consulting on the history of Florida.

CIHS Board President Tom Libonate said, "The breadth and scope of Betty's life work, her dedication and generosity will be most valuable gifts to the Captiva Island Historical Society."*



Donations are needed for children of all ages
photos provided

Donations Sought For FISH Toy Drive

FISH of SanCap is hosting a toy drive to fill Santa's bag with gifts for neighbors who are struggling due to health issues, work-hour reduction or job loss, and other crises. Each year, staff at FISH hear from parents that their holidays would not be the same without their help.

From page 1

Monster Mash

own "sea-worthy" attire. You will also be able to go online to show your support by "tipping" your community server prior to and during the event. Community servers are encouraged to be in sea-worthy attire. Other surprises are in the works. For more



Help make the holiday season brighter

Donations are needed to help bring smiles and joy this holiday season. To participate in the toy drive, bring new, unwrapped gifts to the FISH Walk-In Center, located at 2430-B Periwinkle Way on Sanibel, now through December 4. Toys can be for any age or gender and FISH will match the gift with the appropriate recipient.

If you or someone you know can benefit from this program, contact Maria Espinoza at 472-4775 or visit www.fishofsancap.org.**

information, visit <https://donorbox.org/bmnsm-mollusk-monster-mash-2020>.

The Bailey-Matthews National Shell Museum is committed to safely staying open for guests with social distancing, enhanced cleaning procedures and following CDC guidelines. Staff continues to educate students in Lee and Collier counties through the new Mollusks Online virtual programs. Visit www.shellmuseum.org.**

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On the corner of **Casa Ybel & Periwinkle Way**

Plant Smart

Butterflyweed

by Gerri Reaves

Butterflyweed (*Asclepias tuberosa*) is one of the most popular species for butterfly gardens and blooms year 'round in South Florida.

It is the host plant for both the monarch and soldier butterflies, and a nectar source for a variety of other butterfly species, as well as hummingbirds.

This perennial wildflower is one of several milkweeds native to Florida and found throughout the state. In fact, it is native to much of the U.S. and large parts of Canada and Mexico.

Its natural habitat includes generally sandy areas such as dry pinelands or fields, sandhills and woods.

Tending to be rather bushy, it takes an upright or sprawling form, growing as tall as three feet.

Up to 25 flowers make up the flat-topped clusters of bright showy flowers that range in color from yellow to orange and sometimes red.

The clusters appear at the top of the stalk and measure two to five inches across.

Each flower has five backward-curving petals and five erect hoods, each with a horn.

The alternative leaves are lance-like or broadly oval and clasp the stems.

Dark green above and lighter underneath, they are coarse and two to four inches long.



Native butterflyweed is the host plant for monarch and soldier butterflies

photo by Gerri Reaves

Unlike the stems of other milkweeds, butterflyweeds do not contain an irritating milky sap, but a watery one.

The grayish green hairy pod of about six inches long resembles a stretched skinny fig in shape. Upon maturity, it splits open to reveal egg-shaped seeds, each with a tuft of silky white hairs that aid in wind dispersal – a parachute effect.

Self-propagating and drought tolerant, this wildflower prefers sandy well-drained soil and lots of sun. It will even grow in nutrient-poor soil and is easily cultivated

with seed or cuttings. Remember that if you want butterflies to visit your yard, you must tolerate the caterpillars that eat the foliage.

Be sure to purchase plants from nurseries that have not exposed them to pesticides and other chemicals.

Avoid using chemicals on your landscape, and be careful not to plant butterfly-attracting plants where they might be subject to airborne toxic chemicals from nearby yards.

Native Americans had a variety of medicinal and practical uses for this species.

They chewed the tough root to treat pleurisy and other respiratory ailments, thus another common name, pleurisy root.

Tea made from the tuberous root was a treatment for diarrhea.

A wide variety of fiber products, such as ropes, fabric and yarn, were made with the plant too.

If eaten in large quantities, any part of the plant can be toxic.

The very chemicals in the leaves that are toxic to humans are the butterflies' chemical defense against predators.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* for Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, www.flwildflowers.org, www.plants.usda.gov, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.★

American Legion Post 123

American Legion Post 123 is cookin' with a steak fry every Friday. Barbecued ribs and chicken are the special for Sunday, October 18. The following Sunday, October 25,



it's stir fry. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesdays.

There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

The 9 Ball pool tournaments have resumed at 5 p.m. on Monday nights.

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

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome. Contact Tim or Randy at 472-9979.

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

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Nutrient Sensor Gathering Data

The Sanibel-Captiva Conservation Foundation (SCCF) Marine Laboratory is gathering data from a next-generation sensor that measures nutrients in the estuary autonomously. The sensor is in the navigation channel in the Caloosahatchee, in the Intracoastal Waterway (ICW) in an idle speed zone, located between Shell Point Retirement Community and Tarpon Point Marina.

Along with seven other sites from Texas to the Florida Keys, the existence and operation of RECON (River, Estuary, and Coastal Observation Network) and the ability to reliably produce hourly data throughout the region was an attractive platform on which to test and deploy a new sensor to measure inorganic nitrogen.

The combination pump, spectrometer and IV bags are secured to a frame and bolted to the navigation pilings next to existing RECON sensors. The system has an independent source of power, controller and data logger, and communication.

The data are collected continuously every two hours and does not require a boat and person collecting a water sample and analyzing in the lab. Typical water quality sampling programs focus on monthly sample collection to establish long-term status and trends within a water body.

Continuous, real-time data can better track storm events, tidal fluctuations, and day/night differences in nutrient concentrations, which provides new insights about the dynamics of nutrients



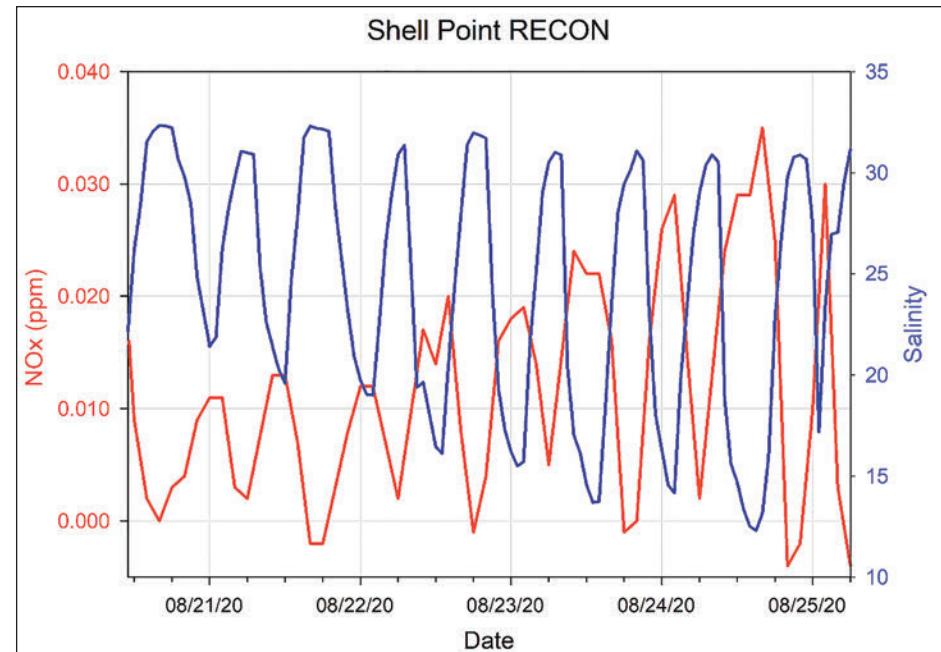
The WIZ (Water In Situ AnalyZer)

photo provided

and the role of inorganic nutrients in the ecosystem.

The WIZ (Water In Situ AnalyZer) was purchased by collaborators at the Gulf of Mexico Coastal Ocean Observation System (GCOOS) in November 2019. The sensor excelled in reliability and accuracy in tests conducted by an independent review of sensor technologies called the Alliance for Coastal Technologies (ACT). A workshop at the University of Louisiana-Lafayette was held to train technicians on the operation, calibration and maintenance of the sensors.

The system was originally deployed



This graph plots the salinity versus nitrate concentration

image provided

in February, during the dry season. The instrument performs internal calibration checks so staff was confident that the WIZ was working correctly. Since there was little rain then, the inorganic nutrients were very low.

After COVID-19 restrictions were eased, the instrument was again deployed in August. This deployment demonstrated changes in nutrient concentrations consistent with changes in tide stage. At low tide, concentrations were high and at high tide, nutrient concentrations were low.

This finding confirms that the sources of inorganic nutrients are from lower salinity waters, like runoff, and not from the Gulf of Mexico, which has higher salinities. A graph plotting salinity versus nitrate concentration shows the relationship at Shell Point during the deployment.

The RECON build-out plan for 2021 includes installing more nutrient sensors upstream at Beautiful Island to better track freshwater flows from the WP Franklin Lock and Dam versus rain events in the tidal basin.**

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Good Times At The Bars



by Capt. Matt Mitchell

Morning high tides this week proved to be the perfect set up for some amazing action on both snook and redfish. The best bite came while concentrating our efforts around oyster bars during the last few hours of the incoming tide through the first few hours of the outgoing. Strong south winds for a few days made this window a little longer with higher than usual tides.

While moving between oyster bars through the whole sound, it seemed the ones that had the most mullet activity held the most snook and redfish. Free-lined shiners caught both these species along with a few trout, snapper and even flounder. Some of these oyster bars are large with mangroves growing on them, while others can be as small as a dining room table.

No matter where the oyster bars are located, all these bars have lots in common. Most importantly, they attract an abundance of life. Places these oysters choose to grow are not random they require a constant water flow to flourish. Right before the oysters start, there should be a channel, even if its less than a foot deeper than the surrounding waters. This makes a highway for the fish. Also look for white sand holes just out from the oyster bar as a place that fish will lay up to.

Learning the lay out of an oyster bar only comes with time served. Certain bars set up better depending on the wind direction and tide. One trick to working out how a bar is set up is to look at it during lower water periods while it is exposed, then return during the higher tide to fish it.

Fall fishing is a big transition time for our fishery. The many oyster bars throughout the sound are stopping off places for both snook and redfish as they cross the sound from the passes to the back country.



Abe Harpster from Spruce Creek, Pennsylvania caught a big snook with Capt. Jason Marsh this week

photo provided

From day to day, these fish choose which oyster bar to stack up on. Several days this week, we spent our entire morning fishing this oyster bar pattern with great results. In three days of fishing, we caught over 120 fish. Now that's a good time at the bar!

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

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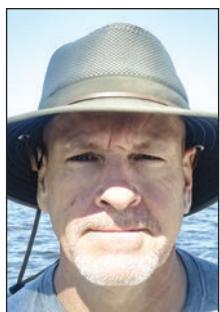


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CROW Case Of The Week:

Eastern Glass Lizard



by Bob Petcher

The eastern glass lizard (*Ophisaurus ventralis*) is a legless lizard that is often mistaken for a snake. It is nonpoisonous and regarded as the most secretive of its species and difficult to see, even though it can reach a length of 42 inches.

Unlike snakes, glass lizards have visible ear openings, eyelids, small scales on their bellies and are less flexible. They are so-called due to their fractured planes in their tails that "break" if their tails are grabbed.

"Glass lizards do look very similar to snakes but there are a couple key differences for the ease of identification," said CROW Rehabilitation Manager Breanna Frankel. "Glass lizards cannot unlock their jaw like snakes can to swallow whole prey; their mouth only opens as far as the jaw allows. They also have small ear hole openings, which snakes do not have, that are located right behind the eyes on either side of the head. Glass lizards also have eyelids and you can see them blink – snakes



Patient #20-4609 is still uninterested in solid food but continues to slither around its enclosure

photo by Rachel Rainbolt

do not have eyelids. The most telling characteristic is the ability for glass lizards to drop their tail when they need to evade predators. They can drop it into several smaller segments, like glass breaking, and those pieces will continue to wiggle around to confuse predators."

At CROW, an eastern glass lizard was admitted from Cape Coral after it was found with a swollen, bleeding mouth and a swollen eye. Upon examination, the patient was reported to have head trauma and a possible jaw fracture, but the cause of the injuries was unknown. Using radiographs, veterinarians determined that the hard

upper palate of the jaw was fractured but not displaced, meaning the bones were aligned and would be able to heal properly.

"If there is, in fact, a fracture, there is no way to repair it with surgery or bandaging. The only thing we can do is offer the patient pain medications and cage rest so the body can heal itself over time," said Frankel. "There was no evidence of puncture marks or anything else that would obviously tell us it was attacked by a predator. This type of trauma could have been caused by some type of blunt trauma like being hit by a bike or a rock, but we truly don't know

the cause of the injury."

For nutrition, the patient is being offered a variety of worms and crickets but remains uninterested, possibly due to pain. It is also getting a liquid form of nourishment through a tube.

"You can tell that side of the face is hurting, and the lizard is very cautious about moving its mouth. That's why we have been tube-feeding it, very gently, to ensure it gets enough calories while it is healing," said Frankel. "We will continue to offer food every day, but likely will not see it start to eat until swelling decreases a bit. This could be a few days or a few weeks, there is really no way of telling this soon."

After a few more days of care, the patient is reported to be more comfortable, but the eye remains swollen and its interest in food has not changed.

"Some of the swelling has gone down, but the left eye continues to stay mostly closed. It seems to be doing okay, getting daily pain medications and tube feeds every couple days to ensure appropriate calories, but is not eating on its own yet," said Frankel. "It is too soon to determine any release information as the prognosis is still very guarded."

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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Info: 239.395.0900 or Info@bigarts.org

Weekly Gallery Hours: Tuesday through Friday
 10:00 a.m. 4:00 p.m.



Shell Of The Week

**Diomedes
Mangelia**

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

Continuing with the saga of the large family Mangeliidae, *Rubellatoma diomedea* Bartsch and Rehder, 1939 reaches about 10 mm (0.4 inch) in length, and has distinctly angled whorls and a typical "lozenge-shaped" shell. The sculpture includes about seven to 10 rounded ribs per whorl crossed by fine spiral striations. The aperture comprises about half the shell length, and the color is white with a couple of broad spiral brown bands more evident on the last whorl. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell Museum is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in place, and staff and visitors are required to wear face masks.

Your gift helps ensure that our



The Diomedes Mangelia, *Rubellatoma diomedea*, from Sanibel photo by Patricia A. Starkey

staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

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

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Stone Crab Season Is Open, New Regulations

Stone crab season opened on October 15 and several recreational and commercial regulation changes have gone into effect.

Florida's stone crab fishery has experienced a long-term decline in harvest and is likely undergoing overfishing. Florida Fish and Wildlife Conservation Commission (FWC) staff worked with stakeholders on these changes that are intended to increase the stone crab population and build resiliency in the fishery.

New regulations in effect this season include:

The minimum claw size limit will be 2 7/8 inches (a 1/8-inch increase).

Possession of whole stone crabs on the water will be limited to two checker boxes, each up to three feet by two feet by two feet or a total volume of 24 cubic feet. Checker boxes are used to hold crabs onboard a vessel before they are measured and legal-sized claws are removed.

The season will now end on May 2.

All plastic and wood stone crab traps will need to be outfitted with a 2 3/16-inch escape ring before the 2023-24 season.

Recreational Trap Registration – As a reminder, recreational harvesters who are age 16 and older and fish with traps are required to complete an online, no-cost recreational stone crab trap registration and place their registration number on their traps before using them. To register, visit gooutdoorsflorida.com, sign in, click the blue “Purchase a License” button, scroll down to the “Saltwater Permits” section and select “Recreational Stone Crab Trap Registration.”

Upon completion, each person will receive unique trap registration numbers that must be included on each trap along with the owner's full name and address. This information must be legible and must be permanently attached to each trap.

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

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

Traps that are not being fished should be removed from the water to avoid ghost fishing, a process in which marine species get caught in the trap for extended periods of time and are not harvested.

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

For more information on harvesting stone crabs for recreation, trap specifications, commercial stone crab regulations and licensing information, visit www.myfwc.com/marine.**

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Young anglers with red snapper

photo by Brice Williamson

Upcoming Dates For Recreational Red Snapper

The Florida Fish and Wildlife Conservation Commission (FWC) announced that a fall red snapper season for private recreational anglers and state for-hire operations in the Gulf of Mexico will open on the following Saturdays and Sundays: October 17, 18, 24, 25, 31 and November 1.

During this season, private recreational anglers may harvest red snapper in gulf state and federal waters. However, state for-hire operations are limited to fishing for red snapper in gulf state waters only.

"I'm excited to announce this additional gulf red snapper fishing opportunity," said Gov. Ron DeSantis. "I hope Floridians and visitors can use this extra time to get out on the water and enjoy themselves."

"The years of collaborative work with stakeholders and partners has resulted in a significant increase in the number of fishing opportunities over the past few years, from just a few days to 51 red snapper fishing days in gulf state and federal waters this year," said FWC Executive Director Eric Sutton.

These additional days would not be possible without the State Reef Fish Survey (SRFS). This survey was

developed specifically to provide more robust data for management of red snapper and other important reef fish. It has allowed FWC the unprecedented opportunity to manage gulf red snapper in state and federal waters.

If you are planning to participate in the fall season, do your part to continue the success of the State Reef Fish Survey. All anglers fishing from private recreational vessels must sign up as a state reef fish angler to target red snapper and several other reef fish in state and federal waters, even if they are exempt from fishing license requirements. Sign up as a state reef fish angler at no cost at www.goutdoorsflorida.com or by visiting any location where you can purchase a license.

State reef fish anglers may receive a questionnaire in the mail regarding their reef fish trips as part of Florida's State Reef Fish Survey. If you receive a survey, respond whether you fished this season or not or whether you've submitted data via other methods.

To learn more about the recreational red snapper season in gulf state and federal waters, including season size and bag limits, visit www.myfwc.com/fishing and click on "Saltwater Fishing," "Recreational Regulations" and select "Snappers."

The federal season for for-hire operations with federal reef fish permits was June 1 through August 1.*

From page 1
Pink Out
General Store, where you can purchase T-shirts, bags and face coverings, or donate to the fundraiser.

The Let's Pink Out picnic will be held on Thursday, October 22 from 11:30 a.m. to 1:30 p.m. at the Sanibel Fire and Rescue District, located at 2351 Palm Ridge Road on Sanibel. The drive-through picnic is free for survivors and by donation for others. You'll receive a box lunch, choice of a tuna salad or turkey wrap provided by Cip's Place, pink lemonade provided by Bailey's General Store, and a scoop of custom created Boobalicious ice cream provided

by Sanibel's Best Homemade Ice Cream. You can also purchase raffle tickets for island experiences; winners will be drawn at 1 p.m. Call ahead or text with your choice of boxed lunch to Mary Bondurant at 839-3633.

All month long, you can stop by Sanibel's Best Homemade Ice Cream on the east end of Sanibel to purchase the Boobalicious ice cream, with all proceeds benefiting Let's Pink Out.

Bondurant said, "Thank you to our wonderful sponsors, Sanibel's Best Homemade Ice Cream, BeautifulLife by Kay Casperson, Cip's Place, Bailey's General Store, Island Sun, Sanibel Fire and Rescue District, Piranah Signs and Wraps, and all who have made a donation."*

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Banded sandwich tern photo by Cheri Hollis

Fall Migration Begins On Island

Sanibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht continues to do monthly shorebird surveys, data entry and analysis following completion of the shorebird nesting season.

Out on the beaches, volunteers and Albrecht have seen a few interesting banded birds recently.

Volunteer Cheri Hollis found a sandwich tern at Bowman's Beach on September 23. It was originally captured and banded as a breeding adult on Raccoon Island, Louisiana in 2015. The only other time it has been re-sighted since banding was in October 2015 by a colleague from Audubon Florida on



Banded red knot photo by Audrey Albrecht Marco Island.

Albrecht found a banded red knot on September 25 at Bowman's Beach while on turtle patrol. This bird was banded (6C9) as an adult in October 2011 in South Carolina.

"Red knots are on their southern migration right now. They nest in arctic Canada, and fly south in the fall," said Albrecht. "Looking at its past re-sights, it appears this individual may stay in Florida for the winter. But others will just stop here and then continue on to South America. They will start heading north again in April."

Red knots can migrate up to 18,000 miles a year, traveling between wintering grounds in Argentina and breeding grounds on the Arctic tundra.

Report sightings of banded birds to shorebirds@sccf.org.*

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New Intern At 'Ding' Darling

Intern Hollis Hatfield recently arrived from North Carolina to help JN "Ding" Darling National Wildlife Refuge with staff shortages in the coming season, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). She first underwent a short quarantine upon arrival before receiving a negative result to COVID-19 testing.

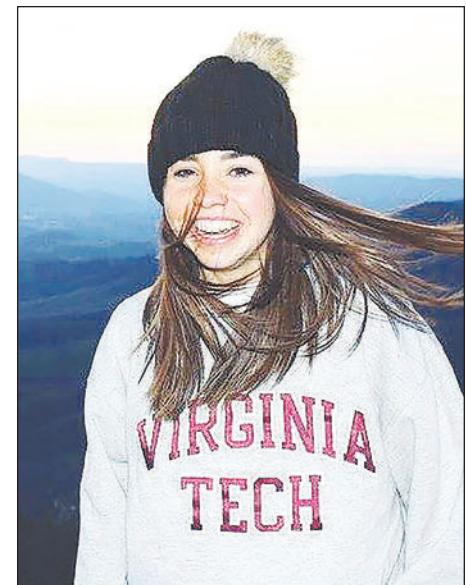
Hatfield received her undergraduate degree in wildlife conservation from Virginia Tech in Blacksburg, Virginia, with a minor in leadership and social change. She subsequently studied wildlife conservation and management at University College Dublin in Ireland.

"My master's thesis is still under review, but I should graduate virtually in December," she said. "I spent this summer collecting shorebird nesting data for the thesis at Hammocks Beach State Park, which is a small, uninhabited island off the coast of North Carolina."

The Raleigh, North Carolina native will be assisting DDWS in its fundraising efforts to support education, research and conservation at the refuge. She looks forward to helping with "Ding" Darling Day, although the pandemic has forced its move to December 1 and a more creative format.

"I love Sanibel because I have seen so much wildlife since arriving -- snakes, gopher tortoises, alligators, rabbits and several unique bird species," said Hatfield.

DDWS provides living stipends and



Hollis Hatfield

photo provided

other benefits for more than a dozen interns each year. The refuge supports interns with free housing.

"Our interns bring youthful energy, enthusiasm and creativity to the refuge team," said DDWS Executive Director Birgie Miller. "At the same time, the program gives college students and recent graduates an opportunity to learn hands-on about the environment and refuge and nonprofit operations."

For more information about internship programs, contact Supervisory Refuge Ranger Toni Westland at 472-1100 ext. 237. To make a donation in support of the program, contact Lynnae Messina at 472-1100 ext. 233.*

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Florida mud turtle



Florida striped mud turtle

photos provided

Tracking Florida Mud Turtles

The Florida mud turtle (*Kinosternon steindachneri*) is the rarest freshwater turtle found on Sanibel, and is considered the holy grail species at Sanibel-Captiva Conservation Foundation (SCCF) due to its elusive nature and the limited number of encounters.

"During a recent finding, we deployed a radio transmitter on one so we can learn more about their movements and hopefully find others,"

said SCCF Wildlife and Habitat Management Director Chris Lechowicz. "There have been no studies on this species in the south of Polk County, so SCCF is happy to add to the knowledge of this turtle, especially on a rare island population."

This seldom seen turtle appears to be ephemeral in nature by only being found during periods of high-water levels from rainfall. They have been reported, in other parts of their range, to spend the dry times of the year in dormancy.

Sanibel has representation of every one of the nation's seven terrestrial turtle families. "This is highly unusual for a barrier island," said Lechowicz.

"Of our high diversity of island turtles, two of the terrestrial or freshwater turtles are considered very rare."

Sanibel has two mud turtle species, the Florida mud and striped mud (*Kinosternon baurii*). The latter is considered common on Sanibel, with the Florida mud turtle being rare or uncommon.

Although this turtle has been documented in the 1960s and '70s on Sanibel, no verifiable occurrences of this species transpired until 2012, when two hatchlings were found within a month of each other. Since then, one adult female was documented in 2014 and two more adults in 2020.

Florida mud turtles are an oval-shaped brown with a four- to five-inch hinged plastron. They have a very thin bridge – the part that connects the top of the shell, carapace, to the bottom of the shell plastron – as compared to the common striped mud turtle.

The striped mud turtle is easily distinguished by its three broad stripes running down the top of its shell. However, some striped mud turtles have faint or absent striping, which often leads to incorrect identifications.

If you see a Florida mud turtle on Sanibel, call 472-3984 or email clechowicz@sccf.org.**

Arts And Crafts Vendors Sought

The Community House will be hosting a monthly arts and crafts show starting in November. Vendors are being sought to sell homemade and handmade items. Nothing can be outsourced or mass produced. This is designed to be an authentic arts and crafts show for the community.

The categories are open, but not limited, to: clothing, crafts, culinary, jewelry, original art, photography and pottery. Applications are available on the website at www.sanibelcommunityhouse.net. Each vendor can apply for one eight-foot table or more at \$50 each.

The first arts and crafts fair will be held on Sunday, November 8 from 9 a.m. to 3 p.m. Tables will be physically distanced, limited to 40 tables total. Temperatures will be taken before entering for both vendors and guests. Masks will be required inside The Community House. Shoppers will follow direction of arrows remain six feet away from other social groups. Guests will enter in one door and exit from another.

Applications are due by Friday, October 23. Vendors will be notified by Friday, October 30. The Community House is located at 2173 Periwinkle Way. For more information, call 472-2155.**

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The Community House

Butternut Squash



by Resident Chef Jarred Harris

The butternut squash is one of the most popular winter squash vegetables in the world. It has a delicious sweet, nutty flavor that reminds me of autumn and it's one of the first vegetables I fed my son when he was a baby. Because butternut squash has such a mild flavor, similar to pumpkin, the squash is often used instead of pumpkin. In fact, butternut squash is called "butternut pumpkin" in Australia and New Zealand.

Although technically a fruit, butternut squash is classified as a vegetable. It is a member of the field pumpkin family, which also includes melons and gourds. The squash originated in Mexico and has been around for thousands of years. Native Americans once called the squash "apple of the gods" and believed the seeds increased fertility.

Due to its versatility and health benefits, the butternut squash is widely used in the culinary world. It can be used in sweet

recipes as well as savory ones, and can also improve your health if eaten regularly. Butternut squash can improve lung health and studies have shown decreased incidents of lung cancer. It's also good for digestive health and used to lower and prevent high blood pressure.

The butternut squash contains vitamin C, dietary fiber, protein, folate, potassium and zinc. It can also provide increased amounts of vitamin A, which is important for eye health and immune functions. This is a wonderful vegetable to add to a healthy diet.

Here is an interesting recipe to try:
Butternut Squash and Roasted Garlic Hummus

Ingredients

2 pounds butternut squash
5 tbsp. olive oil
2 whole garlic bulbs
Zest and juice of 1 lemon
2 tbsp. tahini
10 sprigs of fresh thyme (leaves removed)
1/2 bunch of flat-leaf parsley (finely chopped)
2 ozs. goat cheese
Salt and black pepper

Method

Preheat oven to 375F.
Cut the butternut squash in half and remove the seeds. Rub it with olive oil, salt and pepper.

Bake for 45-60 minutes, or until tender. Split the garlic into individual cloves. Keep the peel on and rub them with olive oil, then bake for 20-25 minutes beside the squash. (the garlic cloves should be tender and golden, not hard and burned.)
Scoop out the flesh of the butternut

squash and peel the garlic cloves. Place both in a blender and add the lemon zest, juice, tahini and half the parsley. Pulse until the garlic and squash are well combined. Transfer to a bowl.

Add chopped parsley and season to taste with salt and pepper.

Serve with crumbled goat cheese and a

splash of olive oil on top.

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.**

Community House Events

A Lee Health Blood Drive will take place on Friday, October 23 from 10 a.m. to 3 p.m. Sign up in advance.

A carb load dinner will be served on Friday, October 23 in conjunction with the 10K Race 4 FISH virtual run. Menu includes grilled chicken with citrus notes, tomato pasta and vegetable bake, macaroni and cheese, salad and garlic bread. Curbside pickup will be available from 5 to 6 p.m. Indoor dining begins at 6 p.m. Cost is \$20 per meal.

Life Line Screenings will be offered on Thursday, October 29 beginning at 9 a.m. Reservations are required by calling 888-653-6450.

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5. Masks and social distancing required.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights, \$5 suggested



The Community House photo by Logan Hart donation.

Play the card game Hearts on Fridays at 1 p.m. Open to all levels, \$5 suggested donation.

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

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

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

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BIG ARTS Corner

Workshops And Seminars

BI G ARTS is offering the following workshops and seminars:

Glass Fusing with Petra Kaiser – Wednesdays, October 28 through November 18, 9:30 a.m. to 12:30 p.m. Members \$74; non-members \$93.

Beginner Pastel with Donna Filomio – Thursday, October 29, 9 a.m. to noon. Members \$85; non-members \$106.

Figure Drawing from Photographic References with Francesco Gillia – Tuesdays, November 3 through 17, 9:30 a.m. to noon. Members \$93; non-members \$116.

Life Drawing – Open Studio Non-Instructed with Carol Rosenberg – Fridays, November 6 through 20, 9:30 a.m. to noon. Members \$52; non-members \$65.

New Techniques in Pastel Painting and Preservation with Donna Filomio – Tuesday, November 10, 9 a.m. to 4 p.m. Members \$145; non-members \$181.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Friday and Saturday, November 13 and 14, 9 a.m. to 3:30 p.m. Members \$160; non-members \$200.

Beethoven: Moonlight Sonata with Thomas Cimarusti – Friday, November 17, 9:30 to 11:30 a.m. Members \$40;



non-members \$50.

One-Day Drawing Workshop: Eyes with Francesco Gillia – Tuesday, November 24, 9:30 a.m. to 3 p.m. Members \$95; non-members \$119.

Art Evening with Jenny Licht: Coastal "JOY" with Jenny Licht – Thursday, November 19, 6 to 8 p.m. Members \$35; non-members \$44.

The health and safety of instructors, students, staff and patrons is a priority at BIG ARTS. Staff is following CDC recommendations and asks for your cooperation in best practices safety standards. All students and instructors must wear a mask and social distance. Class seating will be carefully spaced. Signage and procedures are posted in the facility. All rooms are sanitized between classes and class sizes will be limited. To monitor any changes in policy, visit www.bigarts.org or call 395-0900.

Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. Preregistration is recommended. For complete course descriptions and the full season's workshops and class schedules, visit www.bigarts.org/workshops, or email info@bigarts.org.**

Monday Night Film Returns To BIG ARTS

The popular Monday Night Film Series returns to BIG ARTS starting October 26. The series, which will be shown on Mondays at 7 p.m. in Christensen Performance Hall, features a diverse collection of films selected by the volunteers of the BIG ARTS Film Committee. The committee, which includes chair Visnja Gembicki, Stan Gembicki, Di Saggau, Ron Green, Stefi and Don Irwin, Barbara Ruben, Judy Adler and JR Pascal, carefully chose award-winning films from the world's major film festivals. This year's list includes everything from comedy to drama and documentaries. Admission to all films is \$10; tickets can be purchased online at www.bigarts.org or through the box office at 395-0900. The schedule is:

October 26: *The Peanut Butter Falcon*
November 2: *Portrait of a Lady on Fire*

November 9: *And Then We Danced*
November 16: *Mr. Jones*
November 23: *Everybody Knows*
November 30: *The Painter and the Thief*

December 7: *The Song of Names*
December 14: *The Whistlers*
December 21: *Emma*
December 28: *Honeyland*

BIG ARTS is practicing the highest standards of safety during this challenging time. All visitors are required to wear masks and are asked to be mindful of

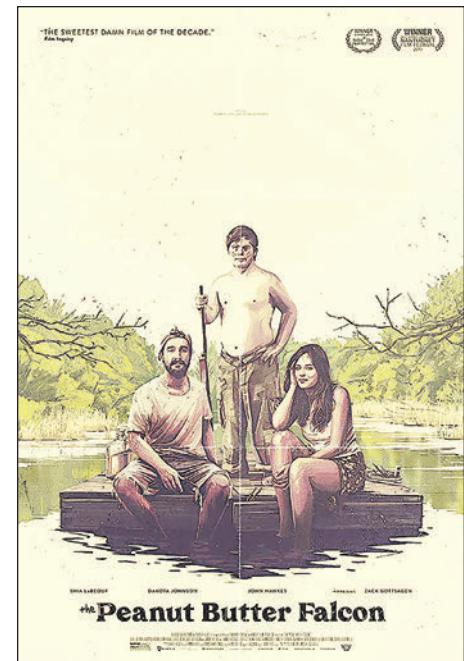


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physical distancing. BIG ARTS is selling only 50 percent of the seats in Christensen Performance Hall. Until further notice, only 200 seats will be available for any event in the hall, and a maximum of 30 people will be allowed in the gallery at any given time. BIG ARTS has enhanced its air filtration system, all surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering, and there are hand sanitizer stations throughout the ground floor. For more information, contact the BIG ARTS box office at 395-0900.**

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3 bell peppers
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2 tablespoons olive oil, divided
1 tablespoon taco seasoning blend (your favorite)

Shredded cheese (your favorite)

Tortillas (flour or corn)

Cantina-Style Tomato Salsa

Limes

Remove peppers' stems and seeds.

Julienned peppers. Combine pepper slices, 1 tablespoon olive oil, and seasoning blend in a medium bowl.

Preheat skillet over medium-high heat. Add 1 tablespoon olive oil. Cook chicken breasts for 7 to 12 minutes until internal temperature reaches 165 degrees. Remove and set aside.

Assemble tortillas with chicken, peppers, cheese and salsa.

Cantina-Style Tomato Salsa

3-4 large tomatoes, large dice
1 large sweet pepper, large dice
1 chili pepper, large dice, seeds removed (jalapeno or serrano)
1/2 Poblano pepper, large dice, seeds removed
1/2 cup white onion, large dice
1 cup red onion, large dice
2 tablespoons olive oil

**Chicken Fajitas with Florida Peppers**

photo courtesy Fresh From Florida

2-3 garlic cloves
1/4 cup fresh cilantro, finely chopped (optional)
1 tablespoon taco seasoning (your favorite)
1/2 tablespoon sugar
2 limes, juiced
Couple dashes hot sauce (optional)
Sea salt and fresh ground pepper, to taste

Preheat broiler to high (500 degrees).

Combine tomatoes, all peppers, and all onions in a bowl. Add olive oil and taco seasoning and stir to combine. Season with salt and pepper. Pour contents out on a sheet pan and place under the broiler for 10-15 minutes or until vegetables caramelize and char. Remove from heat and let cool completely. Add ingredients to blender or food processor and pulse until desired consistency. Add garlic cloves, sugar, lime juice, hot sauce, and cilantro to blender and pulse. Taste and adjust seasoning with salt and pepper. ☀

PUZZLES

Answer on page 39

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

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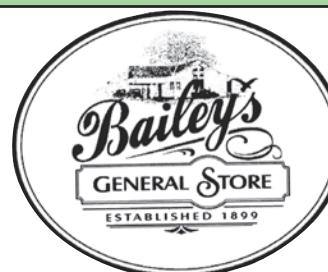
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Finalists Named For Community Service Award

Hosted by the Cape Coral Community Foundation, the 4th annual ENPYs – Excellence in Nonprofit Performance Yearly awards – will feature two locals, nominated by FISH of SanCap. Nicole McHale, nominated for Nonprofit Board Member of the Year, and Bailey's General Store, nominated for Business Partner of the Year, are both finalists for the 2020 award. The Cape Coral Community Foundation received 110 ENPY award nominations and sold out every sponsorship category for the show to honor nonprofit leaders, donors and volunteers.

McHale was appointed to the board of directors for FISH in July of 2013 to complete an unfinished term, was board vice chair from January to May of 2017 and was board chair from June of 2017 to December of 2019. She remains on the FISH board as past board chair. Maggi Feiner, president and CEO of FISH, said, "Nicole is wholeheartedly engaged in the 'neighbors helping neighbors' motto of FISH. Always an advocate for the organization, she contributes hours of involvement in many aspects of the organization including its leadership, fundraising and awareness within the community. Nicole is an active volunteer who also serves as chair or



Nicole McHale

photos provided

co-chair of committees for the FISH organization and foundation."

McHale has furthered the reach and network of FISH through her commitment to raising awareness of the organization for all islanders. She is known on the islands to be a connector and frequently identifies islanders in need through conversation and then connects them to FISH for services. "I'm honored to be nominated with such distinguished leaders. FISH is representative of an army of selfless people who work hard to promote a positive impact on our remarkable community. I love being a part of the FISH team who helps others," said McHale.

Bailey's General Store has been a family-owned business on Sanibel (and now Captiva) for over 120 years and has remained a steadfast partner of FISH as well as the island community as a whole.



From left, Bailie, Callie, Mead, Dane and Richard Johnson

Feiner said, "Richard Johnson, his wife Mead and daughters Callie and Bailie, and son Dane, who own and operate Bailey's, are personally invested in our agency, its continued growth and success. Despite their full-time jobs running the supermarket and catering company, and Richard's position as a Sanibel City Councilman, the Johnsons avail themselves to FISH in support of our mission almost daily."

Bailey's is a partner to FISH not only in business, but the Johnson family is equally committed to improving the lives of those living, visiting and working on Sanibel and Captiva, in alignment with FISH's mission. Bailey's has assisted

FISH over the years by donating food, collecting food for the food pantry as a drop-off location, preparing Meals-by-FISH, helping to order food pantry products at wholesale cost, and continuously answering calls to serve those in need.

Richard Johnson said, "We are honored to be recognized as a significant community supporter. As Sam and Francis (Bailey) taught Mead and myself, community is everything. We are fortunate to have the ability to partner with our island nonprofits to provide necessary services. When you shop at Bailey's and our family of companies, you continued on page 24

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Book Review

Thick As Thieves



by Di Saggau

Thick As Thieves by Sandra Brown is a thriller about a woman uncovering old secrets as she tries to find the truth behind her father's involvement in a heist that

occurred 20 years ago. Four seemingly random people pulled off a daring heist involving half a million dollars. The next day one was in the hospital, one was in jail, one was dead, and one got away with it. The most infamous man in Caddo Lake, Texas was Joe Maxwell, the father of Arden Maxwell, the heroine in this novel. Joe disappeared those many years ago, presumably with the money, after murdering his accomplice. Arden has never forgiven her father for abandoning her and her sister Lisa. Arden was in grade school when she and her college-age sister left town. Their mother was dead.

Now after numerous personal setbacks, Arden decides to go back to her family home in Caddo Lake and get some answers to all the questions that have been bothering her. What she doesn't realize is that two of her father's co-conspirators are watching her every move: one a war hero and the other a

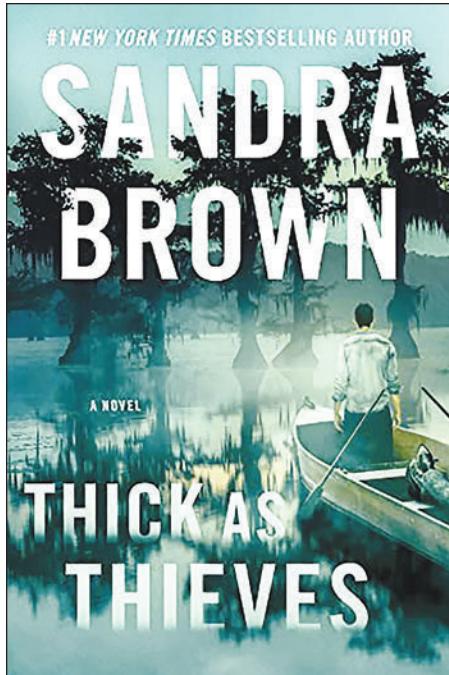


image provided

corrupt district attorney. Ledge Burnet, was a rebellious teen involved in the heist. He evaded his jail sentence by enlisting in the Army. Now he's back in town to care for his sick father and to keep an eye on the corrupt district attorney he suspects is guilty of the murder. Both men are bound to silence by the crime they committed as young men, and each is hoping that the other will make a fatal mistake. Many in town believe that her father got away with the money stolen from a local business.

When Arden hires Ledge as a contractor to remodel the rundown family home, she learns more about her father and the theft. Chapters alternate between what happened 20 years earlier told from the thieves' points of view and Arden's search for

the truth. When someone suspects Arden of having access to the stolen cash, the suspense builds. The book ends with a surprise twist. It has good pacing, smooth writing and clever action scenes. *Thick As Thieves* is an entertaining read.**

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I know a lot of people who have gotten dogs now that they're home more since COVID-19. My kids want a dog but I'm not so sure. What

information is there that might help me decide that getting a dog is a good thing for my children. Someone said it could help them with their schoolwork.

Angela P, Fort Myers Beach

Angela,

I must admit that I am biased toward having a dog; I think they are beneficial for everyone in a family. There is evidence, aside from my personal opinion, that tells us that having a pet is good for most children, however kids with severe impulse control issues or who are aggressive may harm an animal unintentionally and should probably not have a pet.

One of the most important reasons for children to have pets is that pets offer unconditional love and companionship. They can teach kids a lot about responsibility and empathy and that is quite important, especially those children who may struggle with these skills.

Other reasons why having a pet around the house can be good for children include:

Caring for a pet can build time management skills. Your children will need to plan ahead so that they have time to feed and care for their animal.

Walking and playing with a dog provides a great outlet for excess energy.

Pets offer unconditional love and companionship.

Petting and cuddling an animal can reduce feelings of anxiety and stress.

Pets can make it easier to socialize. Animals attract attention and can be great conversation starters, which can help with socialization skills.

Here are some other considerations for you and your children to discuss about getting a pet. First of all, there's no one type of pet that's better or worse. It really depends on your children and your family. So, begin by talking to your children about the kinds of animals they love and how a pet will fit in with the rest of the family. You need to think about whether you have the time and financial resources to care for the animal. The pet you choose needs to meet the needs and energy level of your children, as well as the schedule and resources of your family.

Your children may have a particular breed of dog in mind as you begin this conversation. It's important to look for a

dog that is tolerant, gentle and trainable. It's less about the breed of dog and more about the individual temperament of the dog, your children and the match between them.

Research potential pets with your kids. Make a list of what you'll need to buy for the pet and figure out where it will live in the house. Create a schedule that shows who will be responsible for walking, feeding and other chores related to the pet. Make sure that your children are part of the whole process. A discussion like this will have them using their executive functioning skills which includes focusing, planning and follow through.

Sometimes parents create contracts with their kids to emphasize their commitment to caring for their pets. Your kids will most likely insist that they will always take care of their pet, but that will not happen. Kids can forget, not feel well, have too much homework or just be too tired to follow through so you, as the parent, must be prepared to take on some of the work. Creating a family backup plan for walking, cleaning or feeding the animal is wise and could save some arguments.

While there is no definitive research that clearly states a pet will increase a child's grades, there is evidence that a pet can reduce stress and anxiety, and strengthen the skills of time management, empathy and responsibility. All of these above-mentioned attributes contribute strongly towards improved learning. If children are feeling less stress and more responsible, this will most likely have a positive impact on their schoolwork.

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

From page 23

Finalists Named

help deserving organizations further their mission."

The ENPYs ceremony will take place on Tuesday, October 20 featuring mistress of ceremonies Wendy Fullerton, news director for *The News-Press*. This year, due to the coronavirus pandemic and to follow recommendations from the CDC and local government, the efforts of Southwest Florida nonprofits and the accomplishments of nonprofit leaders will be recognized on a live televised broadcast airing across Southwest Florida and watched around the world by live streaming at www.ctn television.com.**

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Deanna Evans creating a storytime video

Guess The Masked Authors At The Library

Sanibel Public Library is open for normal hours, and also offering contactless curbside service, with hundreds of bags going out to patrons each week. To use the service, patrons place item(s) on hold online, or make requests by calling 472-2483. You will be notified when your items are ready for pickup. Patrons will have three days (excluding Saturday and Sunday) to pick up items. Hours for curbside pickup are Monday through Friday from noon to 3 p.m.

Stop by the library to Guess the Masked Author in the display case near the glass elevator. You could win a library tote bag with some goodies. The 16 photos of authors are “wearing” a face mask. See if you can name them all. The winner will be announced at the end of the month.

Youth Services Librarian Deanna Evans creates new videos every week, with songs and stories. See her online storytimes on the Children’s Page at www.sanlib.org/ children.

Brainfuse is the latest pilot project funded in part by the Sanibel Public Library Foundation. Brainfuse provides cardholders of all ages access to live, online tutoring, whether attending school in person or working from home. The tutoring service is available from 2 to 11 p.m. each day of the week.

photos provided



Gretchen Betten tries to Guess the Masked Author

Brainfuse also offers PSAT/SAT, ACT, AP and state standardized test preparation. Patrons can submit essays and other forms of writing to the writing lab for constructive feedback. There is also a foreign language lab and Spanish-speaking support.

Remote learners can borrow mobile WiFi hotspots with their library card. Hotspots allow users to connect enabled devices to the Internet.

The library’s public access computers, copiers, scanners and printers are

available. Patrons have to maintain social distance inside the building and wear masks, (except for children under age 6). Staff is implementing safety and sanitizing procedures consistent with the CDC and Florida Department of Health guidelines.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit www.sanlib.org/.



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Highlights From CHR Give Back Wednesday At Olde Sanibel Shoppes



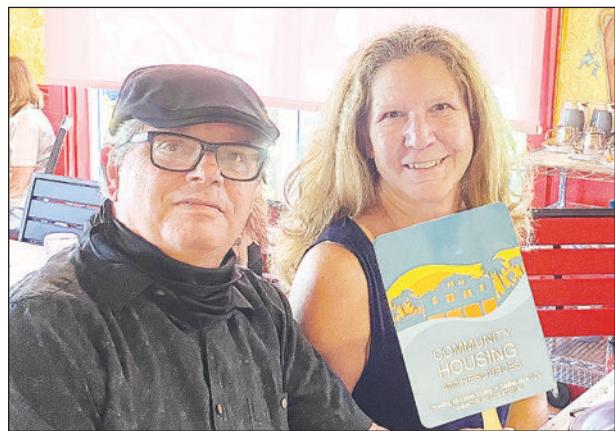
From left, Melissa Rice with Les and Susan Pendleton
photos provided



Mick and Sue Denham



Jeramie Campana and Claudia Burns



Richard and Bonnie McCurry



Melanie Holliday and John Trelbeck



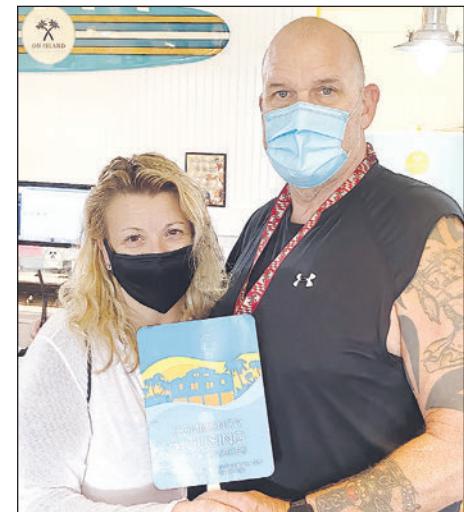
Steve and Steve Brown



Scot and Melissa Congress



From left, Trasi Sharp, Daniel Thompson and Melissa Rice



Mary and Brendan Flaherty



From left, Ed Holden, Bailee Johnson, George Campean and Calli Johnson



From left, Joan Sperry, Bunny Ospa, Nancy Claire, Jane Hudson, Deborah Butler, Dorothy Sawyer, Mary Ann Gilhooley and Carole Fallon



From left: Willy Ocasio, bank vice president; Alicia Tighe, FISH executive director; Diane Horton; and David Lowden, bank vice president, private client relations photo provided

Bank Donation Goes To FISH

Bank of the Islands made a nonprofit donation through its We Love Our Islands program recently. Diane Horton was spotted with a We Love Our Islands decal on her vehicle, winning her the right to select which local nonprofit organization would receive a charitable contribution from Bank of the Islands. Horton chose to donate her winnings of \$1,400 to FISH of SanCap. That donation marks \$88,800 given away to date through the program.

Gold Sponsor For FISH 10K Race

The Grog Shop has signed on as a gold sponsor of the 12th annual 10K Race 4 FISH, in support of FISH of SanCap. "We are grateful for the generous support of The Grog Shop," said 10K race committee co-chair Diane Cortese. "They are good neighbors who care about our community, and we welcome them as a gold sponsor of the 10K race."

Sam and Francis Bailey started The Grog Shop in late 1972. Seventy three years earlier, their father, Frank P. Bailey had started the still thriving business now known as Bailey's General Store. When it opened, The Grog Shop was the only liquor store on the island. Nearly 50 years later, it remains the largest shop with the biggest selection. The shop supplies a carefully curated selection of wines, spirits, beers and cigars, featuring Sanibel's only walk-in cigar humidor.

The Grop Shop is located at Bailey's Center at the corner of Periwinkle Way and Tarpon Bay Road, next to Island Cinema.

The 10K race will be held virtually this year, and runners can participate and log their time at any point from when they register through October 31. Registration is open through the Fort Myers Track Club at [www.ftmyerstrackclub.com](http://ftmyerstrackclub.com). Cost is \$40 for those who register before October

"Bank of the Islands is proud to be a longstanding FISH supporter," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. "We help share the news of their good work by sponsoring their annual report, and are always appreciative when islanders drop off contributions for the FISH food pantry at our bank lobby collection site. On a personal note, it's my great honor to serve on the FISH board of directors."

Visit the bank's Sanibel or Captiva office to learn more about the program and how you and your favorite charity can become the next winners.**



image provided

20, prices increase after October 20 at 11:59 p.m. EDT. Participating runners will receive a dri-fit shirt with the Hortoon 10K logo on the front, as well as a matching face covering which will be mailed to them. New incentives this year include a refund of registration fee to a runner if they fundraise \$250 or more (excluding processing fees). Additionally, for every five referrals a runner makes to others who sign up, they receive a \$20 discount.

FISH provides services to anyone who lives, works or visits Sanibel and Captiva islands as the only wrap-around social service agency provider. For more information on the FISH organization, its programs and services, contact Alicia Tighe, executive director, at 472-4775 or visit www.fishofsancap.org.

For more information on the race, or if you are interested in sponsoring the virtual event, contact Diane Cortese at dianerc10@gmail.com.**



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Chamber Hosts Ballot Briefing Power Hour

As an expert on the Florida constitution and amendment process, Michael Nacheff, system director of government relations for Lee Health, advised members of the Sanibel and Captiva Islands Chamber of Commerce to strive to keep the Florida constitution "clean" when voting this November. He spoke on ballot amendments during a virtual meeting hosted by the chamber's government affairs committee (GAC) on



Michael Nacheff

October 2.

"The Florida constitution should be amended as little as possible...." Nacheff told participants of the Zoom meeting. "As a general rule, I would say vote 'no' on ballot initiatives, because the constitution should remain a clean foundational document -- unless you feel strongly about any of these."

After introductions by John Lai, chamber president and chief executive officer, and Robert Monk, chair of the chamber's GAC, Nacheff first provided an overview of Lee Health's current COVID-19 status. He reported that the hospitals are closing some of the emergency skilled nursing stepdown units designed for COVID after care, but stand ready for any potential surges.

Nacheff then addressed the six state constitutional amendments proposed on the 2020 ballot. He pointed out that the Florida Chamber of Commerce either opposed or took no position on all of the amendments.

The first amendment would slightly

change the standing language of the constitution to clarify that only U.S. citizens may vote in Florida elections, a change Nacheff deemed possibly unnecessary.

The most controversial, number two, would raise Florida's minimum wage to \$10 per hour starting September 30, 2021, and then add \$1 each year until September 30, 2026, with a \$15 per hour cap. He pointed out that Florida would be the first state to codify minimum wage in the constitution, but with powerful attorney John Morgan sponsoring it, "you can bet it will be a tough fight."

Nacheff called the third proposed amendment "the most fascinating one." It would allow all voters to vote in primary elections for the state legislature, governor and cabinet, regardless of party affiliation. The implications are complex, he said, and many organizations oppose how it would affect party politics, including the parties themselves, the Florida Chamber of Commerce and League of Women Voters.

Amendment 4 would require voter approval of all revisions to the constitution in two separate elections. Currently, a 60 percent voter approval threshold is required to get an amendment on the ballot. Nacheff recommended instead raising that threshold rather than putting an amendment to a vote on two subsequent ballots.

The final two amendments come from the Florida legislature to change provisions already in the constitution. Number five would extend the period of time, from two to three years, during which homestead property benefits could be transferred from one homestead to a new one. The second relates to transferring homestead benefits of certain deceased veterans to their spouses. Both amendments would take effect on January 1, 2021.

As a former Florida legislative assistant and a current registered lobbyist, Nacheff works closely with elected officials and their staff at the local, state and federal levels. His work is focused on policy and funding issues that affect healthcare delivery and cost for residents of Southwest Florida. He works closely with hospital, community, statewide and national leaders to achieve positive outcomes for Lee Health.

"He's someone whom I regard as one of the smartest persons I've ever met," said Lai. In closing, he asked the lobbyist for a snapshot of how the upcoming legislative session will look. Nacheff responded that although the 2021 session will run on the normal March to May timeline, it will continue to be driven by the financial impact of COVID and whatever happens in November. "Not just who gets elected, but it will speak to mandate what's important to voters," he said.

"Be ready," he cautioned. "(You'll need) tough skin this year."

The chamber continues to conduct its membership meetings online, with a subsequent one held October 7 on the topic of Making Your Website

Work for You, sponsored by SCORE and featuring Pamela Starr, a leading authority on building customer loyalty and a professional speaker for Grow with Google. For information on receiving a link to recording of that and earlier Zoom meetings, contact Ashley Pignato at ashley@sanibel-captiva.org.

The next meeting, at noon on Wednesday, November 18, will feature an Sanibel-Captiva Conservation Foundation (SCCF)/Sanibel Sea School/Water Quality update from SCCF's Ryan Orgera and James Evans. *

CARD OF THANKS



Bob Popoff (Mr. Bob) painting at CECI
photo provided

Over 46 years ago, the Children's Education Center of the Islands (CECI) was founded as a parent co-op. Over the years, CECI has evolved into a nonprofit preschool that has recently embraced a nature-based early childhood educational approach. Every year, CECI's board of directors and families pour their time, energy and efforts into fundraising for the preschool program.

Due to recent times, CECI has had to creatively think of ways to raise funds to instill that its program remains a pillar of this community. Many community members and organizations have donated to the cause.

CECI would like to recognize one man in particular; Bob Popoff. "Mr. Bob" came to CECI a few months ago in search of volunteering in lieu of many other organizations temporarily halting their volunteering programs. Little did he know he would make such an impact at the small preschool that was in need of repairs. Mr. Bob comes in every day and fixes, cleans, paints, mends and offers all of his help when he can.

CECI cannot thank you enough, Mr. Bob!

- Kerra Cook,
CECI executive director**

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Launch Of New Business Women's Association

TV producer Margie Peters will present Making a Difference – TV, Classroom and Community at the launch meeting of the Sanibel Captiva Business Women's Association on Tuesday, October 20 from noon to 1 p.m. via Zoom.

Peters is known as executive producer for the 1980s TV hit show *The Facts of Life* and for writing many episodes on primetime shows including *The Love Boat*, *One Day at a Time*, *Valerie* and *A Different World*. "Today, my passion is community involvement," said Peters, now retired from TV writing. "Not working for a living has not dulled my enthusiasm or inquisitiveness," she said.

"Margie is the perfect speaker to launch the first season of the Sanibel Captiva Business Women's Association," said Gloria Garrett, group president. "She believes everyone can make a difference in their own way, no matter what stage of career and life they are facing."

Sanibel Captiva Business Women's Association is a new organization dedicated to the advancement of



Margie Peters

women's career development on Sanibel and Captiva. On October 20, the group launches its monthly Women in Leadership Speaker Series. Programming will also include local continuing education scholarships, mentoring and networking opportunities.

As a Massachusetts native and a new stay at home mom, she watched afternoon soap operas, wrote story ideas for characters and sent them off to the shows' producers. Her submissions were returned unread, so she turned to journalism and short story writing.

A friend read one of her stories and sent it to a television producer who found it "funny and charming." The Peters family soon found themselves in Los Angeles, California where she wrote scripts for primetime shows including *The Love Boat* and *One Day at A Time*. Her husband, Gil Peters, a well-known New England sports writer, stepped in as house husband to help with her career.

Peters worked her way up from staff writer to a position of executive producer on the top 20 sitcom *The Facts of Life*. She teamed with former actress Linda Marsh to become one of the first female producer/ writer teams, writing shows focusing on female leads.

Peters is known for dealing with difficult issues from racism to suicide. Her script addressing date rape for *A Different World*, "No Means No," won an NAACP Image Award and was shown in high school and college classrooms nationwide.

Peters moved back to her hometown after 15 years in the television industry. She became a junior high and community

college teacher and obtained a master's degree. That led to becoming an activist on her town's diversity committee, starting a small business, and taking yearly winter vacations on Sanibel.

Peters and her husband eventually purchased a year-round home on Sanibel. True to her life goal of "being useful on the planet," she is involved with the Pink Out for breast cancer awareness, Independence Day celebration, BIG ARTS Film Society and Center 4 Life book discussion group. "Being active in the community has become my way of giving back and showing gratitude for all that

life's given us," said Peters. "Just because we're retired, we're not done making a difference," she added. "You don't have to produce a top 20 TV show to matter."

Register for a free ticket on Eventbrite at <https://www.eventbrite.com/e/sanibel-captiva-business-womens-association-presents-margie-peters-tickets-124150685041>. For more information, contact Gloria Garrett at gloria.garrett.marketing@gmail.com. Check updates on Facebook at <https://www.facebook.com/Sanibel-Captiva-Business-Womens-Association-104265338120690>.*

Superior Interiors

Create A Movie Theater In Your Own Yard

by Jeanie Tinch

With everything happening in the world, we are very fortunate to be able to indulge in outdoor enjoyment year-round. Relaxing opportunities spent outdoors like tending your garden, swimming in the pool and soaking up the sun on the beach are what brings so many to our beautiful area.



However, the fun doesn't have to end when the sun sets. Why not keep the party going into the night with your own backyard movie theater? With the right furniture, mood lighting, accessories and treats, you can achieve a safe and relaxing atmosphere.

First, establish where you envision yourself and family members getting comfortable for the viewing. If you have an empty wall, such as the side of the house, garage or shed, take advantage of it just as long as there is a place to gather around it. If you are having a hard time figuring out where to watch the movies, consider hanging a sheet instead. Then, invest in a projector that makes it easy to access your favorite flicks for the late-night showings. This technology is available at various price points, even in portable versions that can be easily moved about.

Once you have established the main feature of the theater, it's time to make the space as comfortable as can be. Arrange your patio furniture so it is facing the screen and make sure to go overboard on the throw pillows and blankets. Just because it is apt to be warm outside, that doesn't mean your family members and guests don't want to snuggle up during the rom-com.

While you don't want the movie theater to be fully lit during the showing, you still need to create a space that's easy to navigate when guests need to get up to freshen up or grab a drink. String lighting not only illuminates the way, it also adds a gorgeous, modern ambiance to the outdoor movie theater. Add a dimmer to the lighting to take things to the next level and really create that night-out-at-the-movies type of vibe.

What's a movie viewing without snacks and drinks? Grab two rolling carts and arrange one with the theater essentials, such as chocolate, popcorn and soft pretzels. The other cart can be both adult and kid-friendly with an assortment of juice and soda that is perfect for the kids, but can also come in handy for the adults who need a mixer or would prefer a non-alcoholic beverage. Take requests from your guests about what drinks they want to enjoy for the movie night to please everyone.

As the sun and warm summer months are moving towards milder, dryer conditions for us in Southwest Florida, it's time to get started on the backyard (or front yard) movie theater project. What a fun, creative way to engage with friends, family and neighbors in the outdoor air.

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

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Rotary Happenings

submitted by Cindy Carter

This week's speaker at the hybrid Rotary meeting was Fort Myers Police Chief Derrick Diggs. He has been with the department since August of 2016 and shared with us the advances of the City of Fort Myers Police Department.

The police department was formed in 1885 when there were 349 residents. There are now 246 sworn officers, over 100 civilian employees and over 97,000 residents within the city limits. Yet despite this growth, the city has the impressive statistic that it has the lowest crime rate in its history. This is largely in part to the training of the officers, the advancement of technology throughout the city and the community engagement programs that Diggs implemented, with his favorite being the youth-based programs.

The City of Fort Myers uses city-wide police surveillance cameras, license plate readers, a gunshot detection system, officer body cameras and dash cameras. These systems are used in critical areas, city properties and parks, and identified crime areas. These advances in technology allow the police officers to have more accurate and up-to-date information to help monitor and prevent crimes from happening.

The city also received the CALEA accreditation (Commission on Accreditation for Law Enforcement Agencies). The CALEA program is a rigorous opportunity for departments



Fort Myers Police Chief Derrick Diggs
photo provided

to go beyond basic best practices and provide agencies additional means to achieve the highest level of professionalism possible. In 2016, the Fort Myers Police Department began reviewing and updating all policies to prepare the department for accreditation. The task involved every member of the agency and, in the end, the commission praised the police department on the commitment shown to bring all policies inline with National Best Practices.

The motto for the department is: True Blue, True to Our Community, True to Our Commitment and True to our City.

*The Sanibel-Captiva Rotary will continue to meet by Zoom meetings until further notice on Friday mornings at 7:30 a.m. You may arrive as early as 7 a.m. to chat with other members. To be included, call Rotary at 472-7257.***

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New Team Member For Trust Company

The Sanibel Captiva Trust Company has added Darrin Grotian as assistant vice president, client services and trust operations to the local Sanibel team. Grotian is responsible for the daily activity applied to clients' trust accounts, including cash management and account balancing, reporting, providing a client's team of external professional advisors with necessary documentation, and any other account management tasks on a



Darrin Grotian

client's behalf.

"We are delighted to have Darrin join the team and assist us in caring for our growing client base," said Al Hanser, founder and chairman of the trust company. "He is well-known on the island and has a reputation for providing his clients with exceptional service." Grotian was previously with Bank of the Islands since 2013. He most recently served as assistant manager of the bank, while also executing his responsibilities as a lender.

Grotian obtained his bachelor of science degree in business management from Manchester College in Indiana. After relocating to Sanibel, he became involved with area nonprofits including serving on the board of directors and as co-treasurer for Sanibel Community Association. He is a current member of the Sanibel Captiva Rotary Club and serves as a board member for the Clinic for the Rehabilitation of Wildlife (CROW).

Grotian is located at the Sanibel office at 2460 Palm Ridge Road.**

ISLAND SUN BUSINESS NEWSMAKERS

John Naumann & Associates



Katie Thomas



Marianne Stewart



Liz Stewart



Evan duPont

The top producers for September at John Naumann & Associates were: Katie Thomas, top listing agent; Marianne and Liz Stewart team, top listing team; Evan duPont, top sales agent; and Harrell, Tolp and Albright team, top sales team.**



Harrell, Tolp and Albright

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Will Power

Financial Issues During Probate And Trust Administrations



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

Betty was named personal representative and trustee to her mother's estate and trust. She came to me with questions about the investment accounts. Her mother's financial advisor, Wayne, had several suggestions for the account. He advised Betty that she had to follow Florida's "prudent investor rule" during her mother's administration following her death and before the distribution would be made to Betty and her two siblings.

"What does the prudent investor rule say?" Betty asked me.

"It is as it sounds," I began. "You have a duty to prudently invest the holdings during the course of your mother's administration. I know that doesn't tell you much, so let me elaborate."

Prudent investor means something different during a probate or trust administration than it does during someone's lifetime. The probate and trust administration, you may recall, is the time period between the passing of the person who owned the investment account (here, Betty's mother) and when that account is divided up and distributed between the beneficiaries.

If Betty were to serve as her mother's trustee during her mother's lifetime because mother contracted dementia, the prudent investor standard would take into consideration mother's age, risk tolerance (when she was healthy), income needs, asset allocation and tax consequences, among other things. Assume, for example, that a major portion of mother's investments consisted of Procter and Gamble stock. Mother worked there and had acquired stock over the years, so her portfolio wasn't diversified.

If Procter and Gamble stock took a tumble in price, mother's economic future would be adversely affected. The reason mother didn't sell the Procter and Gamble stock to diversify was because it paid a healthy dividend, which she needed to live off of, and she didn't want to recognize the capital gains that had built up in the portfolio, which would have resulted in mother paying tax.

Once Betty took over the portfolio, however, she may have had a duty to diversify the holdings to protect mother against losing her income during retirement. Betty would have to balance the need to diversify against mother's aversion to paying

How's The Market? Ask Ann

Allow me the license to recount a brief conversation with a Sanibel visitor on the beach last week. After exchanging names, where are you from and what did you do for a living, I was rewarded with a sales "nugget." He was a retired Sales Trainer. I looked him straight in the eye and asked him his best sales tip for a salesperson! His answer... To be a good listener. Amen. Period and end of story. It certainly applies to Real Estate.

Now, let's discuss swimming pools on Sanibel. How much does a new pool cost? Generally speaking, between \$50,000 and \$125,000. What affects the price spread? Screen enclosure, spa, upgrades and size of pool, fence type, salt water, heater and size of paver area. Monthly maintenance on a pool will generally range between \$100 to \$175 a month (for weekly service). If you are buying a home, and a pool is important to you, you can use this information to place value on a specific pool.

Other options open to you are... Community Pools... some subdivisions and Homeowner Associations include a community pool to be shared with other home owners. My three favorites are Island Woods, Ferry Landing and Seagull Estates. They have pools that are large enough for lap swimming. The pool at Island Woods was completely renovated recently. New surface, pavers, etc. Impressive 90-foot lap area!

Condo pools? Both Blind Pass Condos and Loggerhead Cay are noted for their large pools. With a couple of exceptions, most of the condominiums on Sanibel have pools.

10 Closed Sales Going Back A Week:

4606 Brainard Bayou Rd. - \$455,000	4339 Gulf Pines Dr. - \$620,000
1440 Middle Gulf Dr. 4E Sandpebble - \$460,000	800 Sextant Dr. 2 Yacht Haven - \$890,000
5789 Baltustrol Ct. 102 Ibis at The Sanctuary - \$461,000	4334 W. Gulf Dr. Vacant Lot - \$900,000
1954 Roseate Ln. - \$520,000	2439 Harbour Ln. - \$975,000
1341 Middle Gulf Dr. A11 Sunset South - \$537,000	1175 Bird Ln. - \$3,000,000

4 Condos, 5 Homes and 1 Vacant Lot

Thank you for reading my column.

Feel free to call or email me with any questions or comments. Stay safe.

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capital gain taxes. A middle approach might have worked here.

Contrast the prudent investor standard after mother's death. At this point, mother's assets received a full step-up in tax cost basis, negating the capital gains consequences that existed during mother's lifetime. The trust administration period would likely last about nine months, so Betty's duties should be viewed with a short-term time horizon.

In a short-term time horizon, this translates into a duty to preserve assets, not necessarily to make those assets grow. If the stock market plummets 20 percent during mother's administration, Betty's siblings would likely be angry that they're inheriting an amount far less than anticipated. Consequently, Betty might consider liquidating all of mother's stock holdings, choosing to invest in cash and cash equivalents.

Cash holdings are easier to divide, and each beneficiary can then take the cash and invest it as she chooses. Sometimes families have an emotional attachment to a holding. "Mother worked at Proctor and Gamble and would have wanted us to continue to own the stock," one of the siblings might say.

In that case, Betty has a few options. The siblings could decide to retain the holdings, and Betty would have all the beneficiaries sign a "Letter of Retention" agreement that absolves Betty of liability should the stock plummet before mother's administration is complete.

If one of the beneficiaries wants to retain the stock but Betty and another sibling would rather convert to cash, Betty can divide the assets into three equally valued accounts, but refrain from distribution until after the trust administration completes. Betty doesn't want to make a full distribution until she is certain that all creditors, taxes and professional fees have been paid. Betty may also want to retain sufficient assets to pay ongoing carrying costs of mother's home until it's sold as well. She can deduct the amounts necessary from each account until these matters are resolved.

This simple explanation glosses over other complexities, such as tax treatment, too detailed for me to cover in a short column like this. If you're acting as a trustee or personal representative (executor) for someone's estate, please keep in mind the prudent investor rule.

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ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Deb Smith

Becky Mulka

The Bell Team

The top producers for September at VIP Realty Group were: Deb Smith, top sales; Becky Mulka, top listings; and Karen Bell and the Bell Team, top producers.*

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Frankly Speaking

by Howard Prager



A lot of records were tied and broken last weekend. Rafael Nadal is now 13-0 in the French Open and tied Roger Federer's all-time record with his 20th Grand Slam men's singles title. The 34-year-old became the first Open-era player to win four Grand Slam singles titles without losing a single set, and the first player of that 50-plus-year period to win six major titles since turning 30. On the women's side, a 19-year first-time winner. Ranked outside the top 50 and without a pro title in her young career, Iga Swiatek blazed through the Open and becomes the first Polish player – male or female – to win a major, and the first player ranked outside the top 50 to win this event. Remarkable.

In a year that started pre-COVID with the tragic loss of Kobe Bryant and a Utah Jazz player getting COVID-19 leading to a four-month stoppage of NBA play, the Lakers won their 17th NBA Finals, tying the Celtics for most in league history. It involved a restart and playoffs in a tight bubble with no cases, social justice messages on the court and on uniforms, and a Miami Heat team that came from nowhere to challenge the Lakers and take the Finals to six games.

Let's get to baseball and sadly the loss of two more great hall of fame pitchers, the Yankees' Whitey Ford and the Cardinals' Bob Gibson, along with Joe Morgan, the second basemen and heart of the Big Red Machine. A two-time National League MVP, 10-time All-Star and five-time Gold Glove Award winner, Morgan is remembered for lowering his shoulder several times as he got ready to bat. After his career, Morgan had a stellar career as a broadcaster, including nationally on *Sunday Night Baseball*.

Ford dominated everyone, and baseball analyst Jeff Wilder told me during an interview that a case can be made as to Ford and Gibson being two of the first flamethrowers in baseball. Standout stats. Ford won more World Series games than any other pitcher. Ford's career record of 236-106, established the Yankees'

record for victories. His career winning percentage of .690 is the best for any pitcher with at least 300 decisions. His 10 World Series victories are the most for any pitcher, and he pitched 33 consecutive scoreless innings in World Series play, breaking a record set by Babe Ruth. He also holds records for World Series starts (22), innings pitched (146) and strikeouts (94).

Gibson, with 251 wins (and 255 complete games), owned the plate. If anyone got too close, he wouldn't hesitate to brush them back. Gibson also hit 24 home runs and won nine gold gloves. Joe Torre, Gibson's teammate from 1969 to 1975 and a sometime battery mate, said: "Pride, intensity, talent, respect, dedication. You need them all to describe Bob Gibson."

I talked to Wilder about how pitching was then and now. "No active pitcher today has even 50 complete games, that's how much the game has changed." Wilder explained that "what you see is a specialization and strategy of relief pitching. This is a significant change. In the old days, you only went to a reliever if the starter got exhausted. Not today. It's not uncommon to see pitchers throwing 99 to 100 mph. Velocity is incredible. For example, Aroldis Chapman has been clocked throwing up to 103 mph. Unhittable? No. He said "Chapman throws too many fastballs and loses location. You don't want to throw that kind of fastball low and in. If it's up and in that's much harder to hit. He throws low, and it's in the hitters swing path – he provides their power. With the Rays game-winning hit, Brousseau hit Chapman's slider square that it took the slider away from Chapman. At 3-2 (full count), Brousseau is sitting on a fastball and he got a hold of one. Same thing happened against Chapman in Game 7 of the Cubs-Indians World Series in 2016 when he gave up the game-tying home run." I asked Wilder about why so many flamethrowers? He said medical technology has helped. "Tommy John surgery is now common place. Rays pitcher Pete Fairbanks had Tommy John surgery twice and is now throwing 100 mph."

What else has changed in pitching? "Today, you have 15 men on your relief staff and you have an opener. Some openers are expected to only pitch two innings." The Padres used nine pitchers against the Dodgers, the White Sox and

A's used a combined 17 pitchers in the last game of that series. "The whole key to pitching today is having command of several different pitches so the batter doesn't know what's coming." Or have a lot of pitchers come in and keep batters from learning what they're throwing.

I asked Wilder if he had any recollections about Ford and Gibson. "There was an exhibition stunt where a racecar went 100 mph and Whitey released his pitch at the same instant and Whitey's pitch beat the race car 60 feet, 6 inches. As for Gibson, the last pitch he ever threw in the majors was hit for a grand slam by Pete LaCock. A decade later at an Old-Timer's game at Wrigley Field, LaCock comes to the plate and Gibson was pitching. He didn't forget what happened, and beaned him."

The good news story of the week comes from Greece via the Good News Network. Long-distance runner Marios Giannakou has a long record of taking on challenges, including climbing Mount Olympus' highest peak 50 times. He met and befriended a 22-year-old physically disabled biology student Eleftheria Tosiou and learned of her dream to experience the summit. With a specially modified backpack to carry her, Giannakos, along with an eight-member support team, climbed Olympus's tallest peak, Mount Mytikas. After their ascent, he told the *Greek Reporter*, "For me, all international races, the medals and the distinctions so far, mean little compared to this goal." Real life heroes are truly welcome to see today.

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.*

Sporting Clays Tournament

Grampy's Charities is partnering with Kids & Clays once again for the 2nd annual Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities of Southwest Florida, at Sarasota Trap, Skeet & Clays on Friday, November 13. The original event date was in April but rescheduled due to COVID-19.

Registration and breakfast begin at 8 a.m. followed by a brief safety meeting. Shotgun start is at 10 a.m. with lunch, raffle and awards to follow. Each participant receives Grampy's famous Ditty Bag, a Kids & Clays shooter gift, light breakfast, pig roast lunch with live bluegrass entertainment, as well as eye and ear protection, ammunition and loaner gun, if necessary.

Thanks to the generosity of Grampy's Charities, 100 percent of sponsorships directly supports the mission of helping children and families in need.

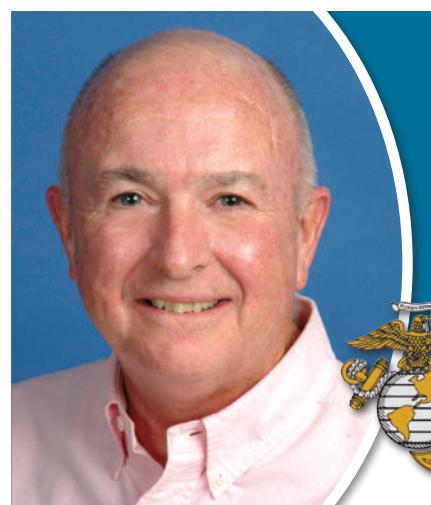
Sarasota Trap, Skeet & Clays is located at 3445 Rustic Road in Nokomis. Foursomes and individual spots are available at www.give.classy.org/grampysclays.**

SPORTS QUIZ

1. What Argentinian tennis player defeated Steffi Graf to win the US Open women's singles championship in 1990?
2. Name the broadcaster who earned the nickname "The Voice of God" as narrator for NFL Films from 1966-84.
3. What Boston Bruins great won the Norris Trophy for the NHL's best defenseman eight years in a row from 1968-75?
4. Before serving as head coach of the Minnesota Vikings, Bud Grant won four Grey Cups as coach of what CFL team?
5. Hadi Saei won two Olympic gold medals and one bronze medal for Iran as a competitor in what sport?
6. What bespectacled Cincinnati Reds third baseman was named NL Rookie of the Year in 1988?
7. Dutch performance artist Iepe Rubingh and French comic-book artist Enki Bilal are credited with creating what hybrid sport?

ANSWERS

1. Gabriela Sabatini. 2. John Facenda. 3. Bobby Orr. 4. The Winnipeg Blue Bombers.
5. Taekwondo. 6. Chris Sabo. 7. Chessboxing.



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Karen Ryan and Bob Beville

United Way Names 2020-21 Campaign Chairs

United Way of Lee, Hendry, Glades, and Okeechobee announced that the 2020-21 United Way Campaign Chairs will be Karen Ryan and Bob Beville. The goal for this year's campaign has been set at \$10.8 million. Last year's campaign raised \$10,785,325 for the local communities of Lee, Hendry, Glades and Okeechobee. The theme of this year's campaign is: Rise to the Challenge.

Ryan and Beville have been business associates and friends for many years, so their partnership to co-chair this year's campaign made sense. Both have been involved in many local charity events and are counting on support from local leaders, friends, employers and all supporters to reach the campaign goal during this unique time.

Ryan, APR, CPRC, has been involved in United Way for 25 years in various capacities including board member, campaign cabinet, allocations leader, Lee County Electric Cooperative (LCEC) campaign chair and fun-maker. As the public relations leader at LCEC, she noted that the local electric cooperative has been among the top 10 fundraising organizations for United Way in Southwest Florida for decades. Ryan is the mother of two daughters beginning their careers in opposite ends of the country, New York and Los Angeles.

photo provided

Beville is a fourth generation Floridian, born in Miami but settling in Fort Myers in 1976. He celebrated his 40th year at Waterman Broadcasting this year and has pledged that the company will be an integral part of this campaign. Currently, Beville is on the board of Captains for Clean Water, is chairman of the Lee County Parks and Recreation Advisory Board, serves on the United Way Board of Directors, and is co-leader of United Way Allocations Team 1.

"LCEC was founded to provide service to people who were not being served by any other provider. United Way does the same for those in need," Ryan said. "I feel very fortunate to have the opportunity to be a servant leader. These are challenging times and now, more than ever, we need our community to rise to the challenge and contribute to the agencies that need support more than ever." The campaign chairs look forward to working together on what will arguably be the most important campaign Southwest Florida has faced.

The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$188 million since it was established in 1957.

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way Partner Agencies and initiatives include: The Alvin A. Dubin Alzheimer's Resource Center, Partners for Breast Cancer Care, Harry Chapin Food Bank, Boys and Girls Clubs and United Way 211.

For more information, call 433-2000 or visit www.unitedwaylee.org.



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Magazine Issue Highlights Youth And COVID-19

Golisano Children's Hospital has published the latest issue of *Kids First* magazine, a free resource for Southwest Florida's families and the region's only publication solely dedicated to sharing expert-sourced pediatric health and wellness information. The special COVID-19 issue is complete with seasonal advice and tips from local physicians and healthcare providers with a focus on the timely challenges that families are facing during the pandemic and current events.

Articles include:

Health Care Can't Wait – Don't let fear of COVID-19 keep you from getting emergency care;

Telemedicine is Here to Stay – How to make it work for you and your child;

Presence of Mind – Help your kids deal with the psychological impacts of the pandemic;

Raising Strong, Informed Kids – How to talk with your children about challenging topics and teach them resilience;

Staying Safe While Learning – Protect your kids whether in the classroom or virtually.

Additional topics include healthy habits, mental health, technology, innovations in treatment, advances in local services and nutritious, and kid-approved recipes.

"Much has changed in our world since we first began this publication," said Armando Llechu, chief officer, hospital operations and women's and children's



image provided

services at Lee Health. "More than ever, we felt compelled to produce a series of articles and advice from pediatric experts to help us all adjust to what has quickly become our new normal in this pandemic era."

The purpose of the magazine is to help ensure children are the healthiest they can be, thus keeping hospital admissions down and experiencing better outcomes if hospitalization is ever necessary. *Kids First* is made possible in partnership with TOTI Media and the support of area businesses and advertisers who believe in and enable the mission and vision of Golisano Children's Hospital.

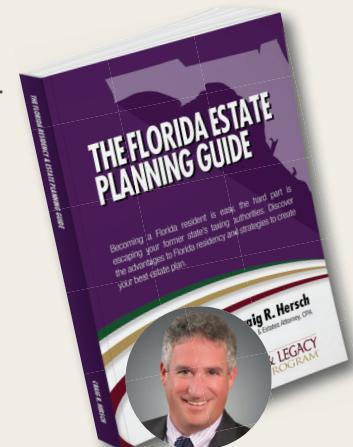
Kids First magazine current and past issues are available digitally at [www.kidsfirstmagazine.org](http://kidsfirstmagazine.org).

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

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Health First

Age-Related Macular Degeneration



by Julie Rosenberg, MD

Visual impairment in older people is a considerable health problem that significantly affects quality-of-life of millions worldwide. The magnitude of this

issue is becoming more evident with an aging population. Age-related macular degeneration (AMD) is the leading cause of severe, permanent vision loss among people over age 65.

In developed countries, AMD affects 10 percent of people older than 65 years and more than 25 percent of people older than 75 years. This condition occurs when the macula, the central portion of the retina, wears down. While early and intermediate AMD do not usually cause symptoms, late AMD can cause severe central vision loss.

There are two main types of age-related macular degeneration:

Dry (nonexudative) AMD – People with this condition may have lipid-rich

deposits, called drusen, in their macula. A few small drusen may not cause changes in vision but as these deposits get larger and increase in number, they might dim or distort vision. As the condition worsens, the light-sensitive cells in the macula get thinner and eventually die. Affected individuals can lose central vision.

Wet (neovascular) AMD – Blood vessels grow from underneath the macula and leak blood and fluid into the retina. Vision is distorted so that straight lines look wavy. Patients may also have blind spots and loss of central vision. Eventually, a scar may form, leading to permanent loss of central vision.

People rarely lose all of their vision from age-related macular degeneration. The dry form of AMD tends to get worse slowly, so patients keep most of their vision. The wet form of AMD has a more acute onset and is a leading cause of severe vision loss due to AMD.

Early on in the course of AMD, people may not have symptoms. As the disease progresses, symptoms may include:

Change in the quality of vision and/or distortion of straight lines;

Dark, blurry areas in the center of your vision;

Rarely, changes in color perception.

The exact cause of AMD is not fully understood but it is believed to be the result of a complex interaction between metabolic, functional, genetic and environmental factors.

Key risk factors include smoking, high

blood pressure, high cholesterol, obesity, light skin, female sex and light eye color. If someone in your family has AMD, your risk may be higher.

Age-related macular degeneration can be noted on a routine eye exam. One of the most common early signs is drusen – tiny yellow spots under the retina – or pigment clumping. Further evaluation typically includes ocular imaging.

There's no cure for macular degeneration. Treatment can slow the condition or make it less severe. Treatment options include:

Anti-angiogenesis drugs. The role of anti-vascular endothelial growth factor agents has transformed the therapeutic approach to wet AMD. These medications (such as aflibercept, bevacizumab, pegaptanib and ranibizumab) block the creation of blood vessels and leaking from vessels in the eye that cause wet macular degeneration. Many people who've taken these drugs get back vision that was lost.

Laser therapy. High-energy laser light can destroy abnormal blood vessels growing in your eye.

Photodynamic laser therapy. The photosensitizer verteporfin is given intravenously. It is subsequently activated by photons with a low-energy visible red laser using a special contact lens. The activated dye forms reactive-free radicals

that induce occlusion of new vessels.

Low vision aids. These are devices that have special lenses or electronic systems to create larger images of nearby things. These devices help to preserve remaining vision among those affected with severe AMD.

Vitamins and minerals. The Age-Related Eye Disease Studies (AREDS/AREDS2) demonstrated that a daily dose of vitamin C, vitamin E, lutein, beta-carotene, zeaxanthin, zinc and copper significantly reduced the odds of developing advanced AMD in individuals with intermediate AMD in one or both eyes, or late AMD in one eye.

In summary, older adults should visit their eye doctor annually for a comprehensive dilated eye exam. See your doctor right away if you experience sudden vision loss, eye pain or severe irritation. If you have been diagnosed with macular degeneration, visit your eye doctor at least once a year to monitor changes.

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

Virtual Workshop On Medicare Updates

FISH of SanCap is hosting Rise and SHINE – A Kitchen Table Series where you can learn about Medicare over a morning cup of brew. The workshop will be held via Zoom on Monday, October 26 at 10 a.m. Registration is required.

There will be an overview of Medicare costs, coverages and convenience.

Jennifer VanderMay, SHINE community outreach and program support for the Area Agency on Aging for Southwest Florida, will educate and evaluate current coverages and options for 2021 as participants make the decision to remain with their current plan or to enroll in a new plan. Anyone with Medicare Advantage or a Part D plan should take time to review the annual notice of change (or your Evidence of

Coverage statement) which provide important changes to plan benefits, coverage and costs. For those dissatisfied with plan changes, enrollment in a new plan can occur during the Medicare annual election period, October 15 through December 7, and will be effective January 2021.

For more information and to register, contact Susan Alexander or Anthony Morales of FISH at 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access to the webinar.

This program is a courtesy of SHINE Community Outreach and Area Agency on Aging for SWFL. SHINE services are free, unbiased and confidential. SHINE counselors are able to assist with matters related to Medicare, including access to preventive services, cost-saving programs, and identifying and reporting Medicare fraud. For more information, visit [www.aaaswfl.org](http://aaaswfl.org). For more information on the SHINE program or for additional assistance, call the Elder Helpline at 1-866-413-5337.

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dearPharmacist

Ginger Improves Memory And Reduces Pain



by Suzy Cohen, RPh

Dear Readers: Ginger is something you've probably walked past a thousand times in the grocery store and passed up. It has some incredible medicinal benefits

and offers people a natural approach to many ailments. Many women use ginger for morning sickness during pregnancy. Sometimes you see it crystallized with sugar to improve flavor. But today, I'm talking about the fresh ginger root that you can buy in food markets.

Known officially as *Zingiber officinale*, ginger contains many therapeutic compounds, all of which have well-documented medicinal actions in the body. In studies with people who ate dried ginger spice in their meals, 75 percent experienced relief from arthritic pain and swelling.

Ginger contains dozens of compounds which have pharmacological activity. Sometimes you have to heat the ginger to see a specific compound. For example, zingerone is negligible in fresh ginger, however cooking it transforms the gingerol to zingerone. The dried (powdered) ginger spice does contain zingerone in it.

We think of ginger (either fresh or powdered) as a flavor agent, but ginger is powerful medicine. It is an antioxidant and strong analgesic. It could thin the blood so you have to avoid it (or minimize it) if you are supported on anticoagulant medications.

Zingerone is well researched and it's incredible. Studies have determined that it reduces inflammation, improves blood sugar, eases muscle pain and spasms, helps with arthritis, speeds fat breakdown and ramps up immune function. In an animal study, ginger compounds protected rodents from brain damage and memory loss, so now drug companies are trying to morph it and patent it into an Alzheimer's drug. I say just eat it!

Ginger can block your enzyme xanthine

oxidase, which is good because that reduces ROS (reactive oxygen species). So the fact that ginger can degrade these ROS free radicals means it protects your DNA and mitochondria. In fact, ginger promotes mitochondrial health and these mito store energy for you in the form of ATP (adenosine triphosphate).

If you have liver disease, or hepatic injury (for example, alcohol-related, or hepatitis), consider ginger in all of your recipes because studies show that zingerone has a hepatoprotective effect.

Here's another fun fact. Ginger might have some heavy metal binding abilities, because it can reduce cadmium levels according to animal studies. It can also reduce the body's burden of organophosphate pesticides. If you have a PON1 gene, make ginger your friend.

Unfortunately, it cannot bind gadolinium from MRIs. Not only does ginger spice up your recipes, it makes for a quick and delicious tea. I have a recipe for this at my website, as well as a free ebook for you called *Spices that Heal*. Ginger is a delicious, safe and affordable way to improve health while adding a warming spice to your meals.

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.

Mobile Mammo Coach Coming

Radiology Regional Center's Mobile Mammo Coach will be at the City of Sanibel Recreation Center from 9 a.m. to 1 p.m. on Tuesday, October 20. For an appointment, call Radiology Regional Center at 936-4068.

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

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

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

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Got A Problem? Dr. Connie Is In

by Constance Clancy



Q: I have felt so alone and isolated during this COVID virus. I think I am depressed. What can I do to feel better?

A: The sense of being alone in our suffering is a

large barrier in transforming anxiety and depression. When we feel isolated and disconnected, it is more difficult to take action or see any good in our situation. It can also prevent us from reaching out to others.

Because you have felt alone, my guess is the more avoidant you have felt and used that as a coping strategy has led to you feeling depressed. You may also be less likely to share your feelings with others possibly feeling as though others wouldn't relate.

If you can, try and understand that you are not alone and that suffering is a part of everyone's life. This is called being human. It's also okay to share your struggles with others and realize you are not alone. There are so many virtual support groups now, and this can be most helpful to realize that you can have support. This can help you to find meaning in adversity. To feel less alone

in your adversity, it helps to increase your awareness of other people's stress and suffering. Also, it is helpful to be more open about yours.

For depression, it's helpful to get some exercise and get out in nature. It's such an antidote to depression. Go to bed and wake up at the same time daily, have a meditation practice and get proper nutrition. Be kind to yourself and have self-compassion. This difficult time will pass. Reach out to others who may be in need, and this will help you feel good to lend a helping hand.

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@drconstanceclancy@gmail.com or visit drconstanceclancy.com.

Grief Support Group Meetings

Sanibel Community Church is offering a GriefShare program in the Family Life Center on Tuesdays at 5 p.m. The program is open to anyone who has lost a loved one, and there is plenty of room for social distancing. Sessions feature a video, discussion and support.

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, contact Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.

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Doctor and Dietician

Heart Issues At Normal Body Weight



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

For this article, we wanted to tell you about common scenarios that happen every day at Caring Medical. Patients will come into our office with a story of a sudden onset of panic attacks, heart palpitations, chest pain, or rise in blood pressure. They report that there was no new stresses in their lives, and they were not even thinking "bad thoughts." A recent patient reported, "I had an uncontrolled panic attack while driving to work. All of a sudden, I had chest pain, chest heaviness, shortness of breath and my heart was pounding. I thought I was going to pass out. After I calmed down, I was able to go home and lay down and wait for it to subside." No cardiologist or internist was able to discover a cause after putting the patient through a battery of labs and tests.

While this patient was reporting her history to us, she stated that she worked for a chiropractor and had recently received a lot of cervical manipulation. We performed a Dynamic Motion X-ray of her neck in our office that revealed significant upper cervical instability. In other words, the ligaments that hold her upper cervical spine together were loose. This looseness can cause pressure on

the vagus nerve, which runs down both sides of the neck, as well as her cervical arteries. Blocking the vagus nerve (which is the lifeline to rest of the body) and these arteries can cause these seemingly strange and unrelated symptoms.

This patient experienced the symptoms because she turned her head in one direction while looking to make a turn while she was driving, and these areas were pinched. Thankfully she was able to pull over safely and wait for the symptoms to subside, but you can see how this might result in a serious injury.

We have seen similar cases where patients report new onset anxiety for absolutely no reason. For most of her life, this patient was one of the most calm and wonderful people in the world – great mom, great wife, happy life – nothing would suggest anxiety... even to her! Like the first case, she reported that she was dropping the kids off at school. She had a history of neck tension, headaches, chiropractic care with lots of cracking up high, as well as a swishing sound in the ear. These too are symptoms of cervical instability. Her Dynamic Motion X-ray showed significant upper and mid-cervical instability.

Both of these patients received H3 Prolotherapy injections to tighten the ligament-bone junctions throughout the loose areas – much like spot-welding. Their symptoms gradually resolved as the neck became more stable.

If you have unexplained dizziness, balance problems, blood pressure swings, palpitations, heart rate fluctuations and/or anxiety, consider the neck as a possible cause, especially if all other tests came back negative. If the sensory nerves that deliver messages to the brain are blocked or impaired, these symptoms can develop.

*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.***

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Beautifulife: Sunflowers



by Kay Casperson

The sunflower is what I call the "happy flower." This flower can bring joy, peace, happiness and comfort to all regardless of the recipient. It is always my absolute favorite

flower, and most people near and dear to me know it. In September, 19 years ago, my husband and I were getting ready to travel to Provence, France to get married in a field of sunflowers. Unfortunately, 9/11 hit the week of our travels, and we had to make alternate plans for our big day. This past weekend, my soon to be 17-year-old daughter Kayla visited a sunflower farm and brought me home some beautiful fresh-picked flowers that she knew I would love.

The sunflower's name comes from its tendency to reposition itself to face the sun. Various cultures attribute different meanings for the sunflower. It most commonly refers to loyalty, but in China, people will associate sunflowers with long life, many blessings, fortune and a strong vitality. To some Native American groups, sunflowers represented harvest, bounty and provision because they provided seeds, pigment and more.

The sunflower's yellow color has been known to symbolize vitality, intelligence and happiness. The color yellow also traditionally symbolizes friendship. Sunflowers can also symbolize worship and faithfulness in various religions because they resemble the sun, associated with spiritual knowledge and the desire to seek light and truth.

Other fun facts to know are that sunflowers are often given on third-year wedding anniversaries as signs of adoration, loyalty and strength. They usually bloom in the summer and are heat and drought tolerant, which means even someone like me, who does not have a green thumb, might be able to grow them.



Kayla Nette at a sunflower farm

photo provided

The two main types of sunflower varieties grown are the oilseed type, which has small black seeds, and the non-oil type, which has larger seeds with a thicker hull. Sunflower oil is used for cooking and in many beauty products. Its health benefits can include improved heart health and lower cholesterol, as well as healthy glowing and vibrant skin.

I believe that sunflowers are a great choice regardless of whether you're simply trying to brighten someone's day, or you are showing them how much you love and adore them. The vibrant, fun nature of this beautiful flower will be sure to make an impact in more ways than one.

My affirmation for you this week is:

"I will take the time to send sunflowers to someone I appreciate because I know how much they can lift a spirit and brighten a day."

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

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PETS OF THE WEEK

photos provided



Pumba ID# A829446

Lee County Domestic Animal Services

Pumba And Hickory

Hello, my name is Pumba. I am a 7-year-old male terrier mix who is the lead member of the Boys Club. I have all the manners one would expect of a senior pup. I am a current staff favorite for our walks and a total gentleman on the leash. I am described as "51 pounds of lovebug" and am already past the pesky puppy stage. My adoption fee is \$25.

Hi, I'm Hickory. I am a 4-month-old male domestic shorthair who is a bit reserved at first but will come out of my shell in no time when I

Hickory ID# A830219

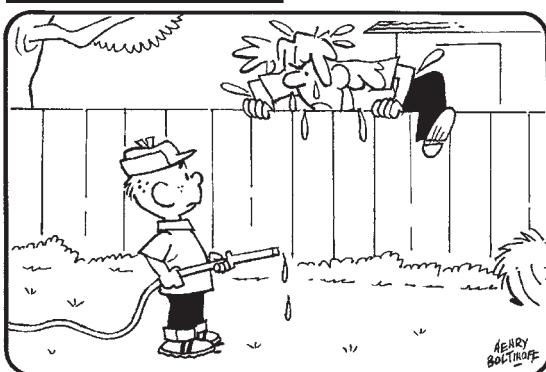
get comfortable and snuggle up to you. I am quite curious and like to just sit back and watch what is going on from a distance. I came in with my brother, Teak, who is more outgoing so it allows him be the more assertive one. We would be great in a home together! My adoption fee is \$10, and you can adopt one me and get another at no additional fee.

*Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.***

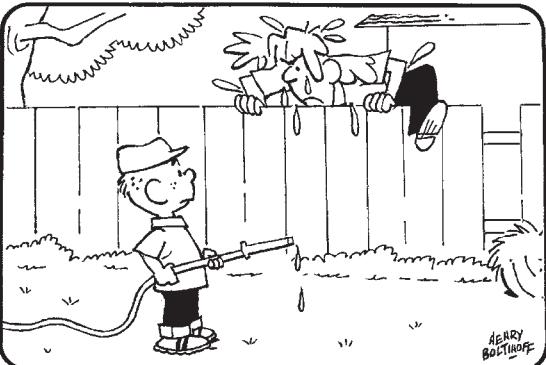
PUZZLES

HOCUS-FOCUS

BY HENRY BOLTMONOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is different. 2. Fence board is missing. 3. House is longer. 4. Window is missing. 5. Tree is fuller. 6. Man's nose is different.



"No wife of mine is cooking her own

dinner—

why don't you go pick up a large pizza!"

Answer on page 46

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Stabilizer

STABALL

--	--	--	--

Rush

SLEUTH

--	--	--	--

Twirl

GARETY

--	--	--	--

Meander

SEGRIDS

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TODAY'S WORD

--	--	--	--	--	--	--	--

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

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

PUZZLES

Answers on page 47

Super Crossword

ONE TOO MANY

ACROSS

- 1 Snagged gold, silver or bronze
 8 One phoning
 14 Away from the shore
 20 Typically
 21 Get dressed
 22 "Gangsta's Paradise" rapper
 23 Nation south of Chad
 26 Money unit of Japan
 27 — Grande
 28 Jekyll's other side
 29 Gotten on one's feet
 30 Health facility
 33 Showiness
 35 Many people born in August
 37 Popular hangover
 48 Noel hanging
 49 Bylaw, for short
 50 Revered Fr.
 51 Bro's sib
 54 Part of a roof
 55 Slop over
 57 Like short tykes
 63 Stylist's stuff
- 64 Blue Ribbon brewer
 65 Prefix with compliance
 66 Almost certainly, in legal cases
 77 — tai
 78 1985 Kate Nelligan film
 79 Past
 80 1973 #1 hit for Gladys Knight & the Pips
 90 PC letters
 91 17th state
 92 Pince — (gripping glasses)
 93 City in south Germany
 94 Zippo
 95 Shower units
 97 Like Mali's desert
 101 School with the Bearcats
 107 Pal of Garfield
 108 Neck-to-waist area
 109 Sigh of relief
 110 Ravioli, e.g.
 113 Bellicose Greek god
 117 Regular grind
 118 Undecided, on a sched.
 121 Pilot's guess
 128 Used a razor

DOWN

- 129 Blue-purple medium
 130 Truckers' "Mother"
 131 Nobelist "Mother"
 132 Some waste conduits
 133 Apt word formed by this puzzle's missing letters
 1 Bro
 2 Suffix with Peking
 3 Ex-veep Quayle
 4 Too-too
 5 Draw in
 6 Personal flair
 7 Pop singer Lana — Rey
 8 Make corrupt
 9 Sudden raid
 10 Mogul Onassis
 11 Scotland's Ness, e.g.
 12 PayPal's parent, once
 13 Rip up
 14 Hail, mainly
 15 "Sure can!"
 16 Ninth-century emperor called "the Pious"
 17 Priestly robes
 18 Giza's river
 19 Injure gravely
 24 Foot curve
 25 Pertains
 30 Mu — shrimp
 31 Soft food for infants
 32 Smog soils it
 33 UFO pilots
 34 Common job for 99-Down
 36 Numerical suffix
 38 Wooing gift
 39 Solemn vow
 40 Liberated, in Germany
 41 Kinnear of "Sabrina"
 42 Rip up
 43 "Nagila"
 44 Outing
 45 Bark of pain
 46 Stare at creepily
 47 — Pei
 52 "Let — known ..."
 53 Ex-Cub Sammy
 55 Foot coverer
 56 Duck locale
 57 Old CIA foe
 58 Previously named
 59 Actor Ron in a loincloth
 60 College transcript no.
 61 Perplexed
 62 Skit show since '75
 63 Pertains
 64 Toe part
 65 Use a trowel
 66 Actor Ken
 67 Upscale hotel chain
 68 Hawaii's bird
 69 Animated bug film
 70 Life sketch, for short
 71 "Sk8er" — (Avril Lavigne hit)
 72 Clickable list
 73 "Sign me up"
 74 Scull, e.g.
 75 Fleece-lined boot brand
 76 "Racket-raising Arthur"
 77 "Nova, e.g."
 78 "Artist"
 79 "Salvador"
 80 Position of stress
 81 "Classic perfume
 82 "Emmys"
 83 "Store away"
 84 Like some spicy food
 85 Slope brand
 86 — poly
 87 Tex-Mex dip, informally
 88 K thru 12
 89 Gulf nation
 90 Lanka
 91 Boozing sort
 92 — cone
 93 Protein-making stuff
 94 Car club inits.
 95 Utmost degree
 96 Land in eau
 97 — Boise's state: Abbr.
 98 "I'm c-c-cold"
 99 "Tooth doctor's org."
 100 "I smell —!"
 101 "Monty Python" opener
 102 "Well, — be!"
 103 "Blog, basically"
 104 "Old promenade"
 105 "Jimmy Fallon's network"
 106 "Dead heat"
 107 "Trumpeter Marsalis"
 108 "Brandun R D"
 109 "Churchill's gesture"
 110 "Fastened with pegs"
 111 "Decelerates"
 112 "Howard Stagger"
 113 "Baltimore athlete"
 114 "Hammerhead parts"
 115 "Stares stupidly"
 116 "Agreement"
 117 "Red or Black role"
 118 "The Matrix"

King Crossword

ACROSS

- 1 Off
 6 Handed out hands
 11 Drunk (Sl.)
 12 Wickerwork willows
 14 WWI president
 15 "The Compleat Angler" writer
 16 Furthermore
 17 Farewell
 19 Coloration
 20 Requirement
 22 Right angle
 23 California wine region
 24 Contribute
 26 Got rid of the bumps
 28 Tummy muscles
 30 Morning moisture
 31 Not as prevalent
 35 Bar legally
 39 Frilly, in a way
 40 Minor worker
 42 Bygone times
 43 Inseparable
 44 Baby-sitters, often
 46 Dead heat
 47 IBM computer that won on "Jeopardy!"
 49 Trumpeter Marsalis
- 51 Most cunning
 52 Prepares to propose
 53 Dispatches
 54 ESPN datum
- 55 Straightened
 56 Gave shape to
 57 Monty Python" opener
 58 Old promenade
 59 Device for testing physical conditions
 60 Fastened with pegs
- 61 Birthright barterer
 62 Have a bug
 63 Dispatches
 64 ESPN datum
- 65 Master, on safari
 66 Golf's "Slammin' Sammy"
 67 Well, — be!"
 68 Blog, basically
 69 Full of info
 70 Jimmy Fallon's network
 71 Churchill's gesture
 72 Cosines' reciprocals
- 73 Birthright barterer
 74 Have a bug
 75 Deadly
 76 Theatrical company
 77 Director
- 78 Howard Stagger
 79 Baltimore athlete
 80 Hammerhead parts
 81 "Stares stupidly"
 82 "Agreement"
 83 "Red or Black role"
 84 "The Matrix"

DOWN

- 11 Master, on safari
 12 Golf's "Slammin' Sammy"
 13 Well, — be!"
 14 Blog, basically
 15 Full of info
 16 Jimmy Fallon's network
 17 Churchill's gesture
 18 Cosines' reciprocals
- 19 Birthright barterer
 20 Have a bug
 21 Deadly
 22 Theatrical company
 23 Director
- 24 Howard Stagger
 25 Baltimore athlete
 26 Hammerhead parts
 27 "Stares stupidly"
 28 "Agreement"
 29 "Red or Black role"
 30 "The Matrix"

MAGIC MAZE ● — NAME

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: A NAME GIVEN TO A PRODUCT

Assumed	Domain	Household	Nick
Code	Family	Maiden	Stage
Common	File	Married	User
Company	Given	Middle	

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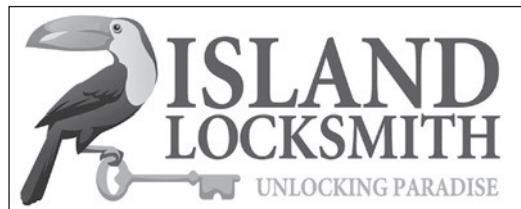
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FRIDAY
Mostly Sunny
High: 87 Low: 77



SATURDAY
Mostly Sunny
High: 86 Low: 78



SUNDAY
Mostly Cloudy
High: 87 Low: 76



MONDAY
Mostly Sunny
High: 88 Low: 78



TUESDAY
Mostly Sunny
High: 86 Low: 75



WEDNESDAY
Sunny
High: 83 Low: 74



THURSDAY
Mostly Sunny
High: 82 Low: 71

Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:00 am	7:02 am	1:51 pm	7:21 pm
Sat	1:22 am	7:50 am	2:49 pm	7:47 pm
Sun	1:47 am	8:40 am	3:49 pm	8:11 pm
Mon	2:16 am	9:34 am	4:58 pm	8:30 pm
Tue	2:50 am	10:32 am	6:28 pm	8:40 pm
Wed	3:28 am	11:38 am	None	None
Thu	4:15 am	12:53 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:05 am	7:04 am	12:56 pm	7:23 pm
Sat	12:27 am	7:52 am	1:54 pm	7:49 pm
Sun	12:52 am	8:42 am	2:54 pm	8:13 pm
Mon	1:21 am	9:36 am	4:03 pm	8:32 pm
Tue	1:55 am	10:34 am	5:33 pm	8:42 pm
Wed	2:33 am	11:40 am	None	None
Thu	3:20 am	12:55 pm	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	1:03 am	7:36 am	1:56 pm	7:58 pm
Sat	1:30 am	8:25 am	2:50 pm	8:38 pm
Sun	1:58 am	9:13 am	3:46 pm	9:17 pm
Mon	2:28 am	9:59 am	4:39 pm	9:54 pm
Tue	3:05 am	10:44 am	5:26 pm	10:29 pm
Wed	3:51 am	11:30 am	6:14 pm	11:05 pm
Thu	4:42 am	12:23 pm	7:08 pm	11:46 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:10 am	10:18 am	4:01 pm	10:37 pm
Sat	3:32 am	11:06 am	4:59 pm	11:03 pm
Sun	3:57 am	11:56 am	5:59 pm	11:27 pm
Mon	4:26 am	12:50 pm	7:08 pm	11:46 pm
Tue	5:00 am	1:48 pm	8:38 pm	11:56 pm
Wed	5:38 am	2:54 pm	None	None
Thu	6:25 am	4:09 pm	None	None

My Stars ★★★★☆

FOR WEEK OF OCTOBER 12, 2020

Aries (March 21 to April 19) Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this weekend.

Taurus (April 20 to May 20) Yet again, you show your skill at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.

Gemini (May 21 to June 20) A potential change might appear to be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.

Cancer (June 21 to July 22) Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas you can smooth over. Also, try to be flexible about travel plans.

Leo (July 23 to August 22) You love being on center stage, and while you absolutely purr at the sound of all that praise, be careful not to take on too many commitments at the expense of time spent

with loved ones.

Virgo (August 23 to September 22) You might feel that you need to get involved in a matter concerning a friend or relative. But while the issues appear to be cut and dried, they might not be. Get more facts before you act.

Libra (September 23 to October 22) A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining in with naysayers unless they can show a real basis for their position.

Scorpio (October 23 to November 21) While potential career changes warrant your interest, don't ignore current job responsibilities. A personal relationship also can benefit from more of your attention.

Sagittarius (November 22 to December 21) Don't guess at what the facts might be if you hope to make the best decision possible. The wise course is to ask direct questions and act on the answers you get.

Capricorn (December 22 to January 19) Your efforts involving that pesky problem should soon show positive signs of being resolved. This would allow you to shift some of your focus in another direction.

Aquarius (January 20 to February 18) While you enjoy well-deserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect more support from a once-strong critic.

Pisces (February 19 to March 20) You might still have explaining to do about your decision, but support grows as you continue to make your case. You also might want to start making plans for the upcoming holidays.

Born This Week: You insist on making decisions based on facts, not on popular opinions. Have you considered a career in science?

MOMENTS IN TIME

- On Oct. 24, 1775, a British naval fleet of six ships sails up the James River to destroy the town of Norfolk, Virginia. Expecting the Patriots and local militia to come charging and to engage in open combat, the British were surprised to come under fire from expert riflemen, who began striking down British troops at a distance.

- On Oct. 19, 1781, hopelessly trapped at Yorktown, Virginia, British Gen. Lord Cornwallis surrenders, effectively bringing an end to the American Revolution. He surrendered 7,087 officers

and men, 900 seamen, 144 cannons, 15 galleys, a frigate and 30 transport ships. Pleading illness, he did not attend the surrender ceremony.

- On Oct. 23, 1921, in France, American Sgt. Edward Younger selects from four caskets the body of the first "Unknown Soldier" to be honored among the approximately 77,000 U.S. servicemen killed during World War I.

- On Oct. 22, 1934, Charles "Pretty Boy" Floyd is shot by FBI agents in Ohio. Floyd, who had been hunted for four years, used his last breath to deny his involvement in the infamous Kansas City Massacre, in which four officers were shot to death at a train station.

- On Oct. 20, 1947, the notorious Red Scare kicks into high gear in Washington, as a Congressional committee begins investigating Communist influence in Hollywood. Some witnesses – including studio honcho Walt Disney – gave the committee names of colleagues they suspected of being communists.

- On Oct. 25, 1973, President Richard Nixon vetoes the War Powers Resolution, which would limit presidential power to commit armed forces abroad without Congressional approval. Congress

continued on page 46

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From page 44

Moments In Time

passed the law over Nixon's veto.

• On Oct. 21, 1988, *Mystic Pizza*, a romantic comedy starring Julia Roberts, Annabeth Gish and Lili Taylor as three young women who work at a pizza parlor in Mystic, Connecticut, opens in theaters. Matt Damon made his big-screen debut in the film.

NOW HERE'S A TIP

• Want a great way to clean around your faucets? The answer may be closer than you think! A worn-out toothbrush can do a much better job of cleaning fixtures than it can your teeth and gums. Simply brush the wet bristles of a toothbrush over the base and it'll get in those nooks and crannies you can't reach with a sponge.

• Remove mildew from plastic shower curtains by spraying them with a mix of bleach and water, or just toss them in the washing machine with your next load of towels.

• "We have a playroom, and the kids argue about who made what mess and who should pick up which toys. We made a cleaning schedule for the room, having one or two children per day responsible to clean up at the end of the day. It was a rough start, but the kids have learned to clean up as they go rather than leave a big mess for someone else (payback is not kind)." DAM

in Kentucky

- If your vacuum has a paper filter, spray it with your favorite perfume or essential oil. It will blow into the air as you vacuum, leaving behind a pleasant scent.
- "Need your nails to dry in a hurry? You can use the cool setting on your hair dryer. It works really fast." - LE in Georgia
- Using your fireplace? Try adding citrus peels to the logs for a nice aroma. They can be a good starter material as well.

STRANGE BUT TRUE

• Along with henna, old-fashioned hair dye ingredients included the blood of black cows and crushed tadpoles in warm oil.

• While filming in 1957, Elvis Presley inhaled his tooth cap as he slid down a pole in the opening dance number. It lodged in his lung and required surgical removal, but aside from a little hoarseness for a few days, the King made a fairly easy recovery.

• Arachibutyrophobia is the fear of peanut butter getting stuck to the roof of your mouth.

• That little white paper strip coming out of the top of Hershey's Kisses is called a plume and was originally introduced by the company to distinguish the product from phony knock-off candies.

• The popular kids' game "Operation" was invented by John Spinello, a sophomore at the University of Illinois in 1962, as part of a class assignment. Sadly, he only made \$500 off the game after

selling the prototype.

• By the way, in case you've ever wondered, the "patient" in "Operation" is named Cavity Sam.

• Gigi author Sidonie-Gabrielle Colette could only write after she had plucked all the fleas off her cat.

• Many inventions and discoveries have come about through the medium of dreams, including the alternating current generator, the sewing machine, Google, the periodic table and DNA's double helix spiral form.

• If you had to pick a "standard" pencil color, you'd probably think of a yellow-gold shade – and that's no accident. When pencils went into mass production in the 1890s, the finest available graphite fillings came from China. Manufacturers wanted everyone to know that they used only the best Chinese graphite, so they painted their pencils yellow, the traditional color of Chinese royalty.

THOUGHT FOR THE DAY

"Our lives begin to end the day we become silent about things that matter." – Martin Luther King, Jr.

TRIVIA TEST

- General Knowledge:** Where was the ancient kingdom of Numidia located?
- Language:** What is the opposite of the word convex?
- Geography:** In which body of water is

- the island of St. Vincent found?
- Comics:** What was the name of Superman's pet monkey?
- History:** Who was the king of England at the time of the American Revolution?
- Literature:** Which 20th-century novel featured a character called Atticus Finch?
- Medical Terms:** What does the term "idiopathic" mean in diagnosis of a condition?
- U.S. States:** Which state's resident might be nicknamed a Jayhawk?
- Games:** How much money does each player start with in the board game Monopoly?
- Ad Slogans:** Which auto company adopted the slogan "Fahrvergnugen"?

TRIVIA ANSWERS

1. Ballast 2. Hustle;
3. Gyrate; 4. Digress

Today's Word

BIRTHDAY

"driving enjoys meant,"
9. \$1,500 10. Volkswagen Cause 8. Kansas
Modklingbird" 7. Of unknown cause 6. "To Kill a
Sea 4. Beppo 5. George III 3. Caribbean
1. North Africa 2. Convive 3. Concave

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7/31 * TFN

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SERVICES OFFERED

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

LOST/FOUND

LOST CAT

Grey/white semi-Tiger type,
with white face, belly and paws.
Responds to name of "Bushy."

Reward.

If seen, please call 239-980-3592.

8/7 * TFN

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

Keep Lee County Beautiful Calendar For Sale

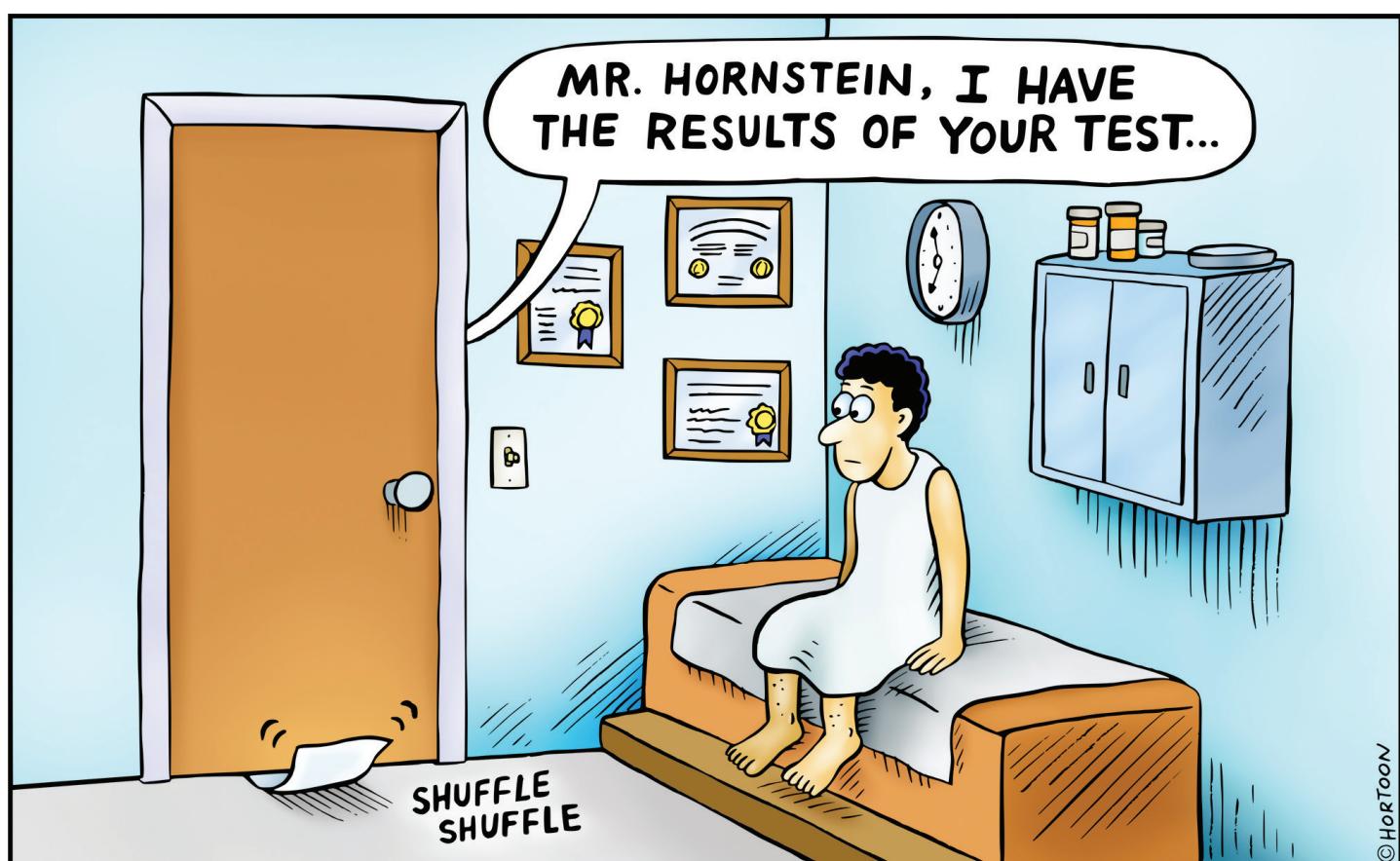
Keep Lee County Beautiful, Inc. (KLCB) has released the 31st annual Leave The Scene Clean calendar. The 2021 environmental calendar is a historical retrospective showcasing calendar cover winners from the past 30 years.

The annual art contest challenges students to visualize a correct environmental action and transfer that mental picture into a work of art. The artwork is often the first step towards a person realizing they can make a difference to protect the world we live in.

The calendar is available for distribution to public, private and home schools to serve as a source of funding for school environmental projects. Schools keep 100 percent of the money they raise to be used toward the projects. Complete the request form available at www.klcb.org/leave-the-scene-clean-calendar.html.

The calendars are also available for a \$3 donation (plus \$3 shipping) using the order form on the KLCB website.*

HORTOONS



©Hortoon

PUZZLE ANSWERS

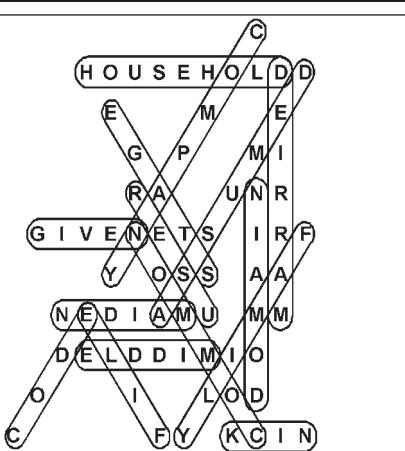
SUPER CROSSWORD

MEDALLED	DIALER	JINLAND
ASARULE	ENROBE	COOLIO
CENTRALAFRICANREPUBLIC	RISSEN	
YENRIOHYDE	LEOS	
SPAECLAT	THATBITYO	
HAIROFTHEDOGTHATBITYO	REG	
UPROARSWREATH	SPILL	
STEISISLEAVE	KNEEIGHTOAGRASSSHOPPE	
KNEEHIGHTOAGRASSSHOPPE	GELPABSTNON	
BEYONDAREASONABLEDOUB	MAIELENIAGO	
MAIMIDNIGHTTRAINTOGEORGIA	EMAILOHIONEZULM	
NILSTALLSSAHARAN	UNIVERSITYOFCINCINNAT	
ODIETORSOAAH	PASTAARESRUTTBA	
ESTIMATEDTIMEOFAARRIVA	SHAVEDVIOLETCBRAD	
TERESA SEWERS CURTAIL	TERESA SEWERS CURTAIL	

KING CROSSWORD

A	M	I	S	S	D	E	A	L	T
B	L	O	T	T	O	S	I	E	R
W	I	L	S	O	W	A	L	T	0
A	N	D	A	D	I	E	U	H	U
N	E	E	D	E	L	N	A	P	A
A	D	D	I	N	L	E	V	E	L
A	B	S	D	E	W				
S	C	A	R	C	E	S	T	O	P
L	A	C	Y	C	O	G	Y	O	R
O	N	E	N	A	N	A	S	T	I
W	A	T	S	O	W	Y	N	T	O
S	L	Y	E	S	T	K	N	E	E
S	L	A	Y	S	Y	W	O	N	T

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Richardsons O L Subd	Sanibel	2008	3,428	\$3,250,000	\$3,000,000	222
Jonathan Harbour	Fort Myers	2018	4,567	\$2,795,000	\$2,600,000	326
Cortona	Miromar Lakes	2019	2,821	\$2,050,000	\$2,015,000	67
Messina Court	Bonita Springs	2001	5,089	\$2,450,000	\$2,000,000	464
Navona	Miromar Lakes	2016	3,450	\$1,874,000	\$1,785,000	0
Cape Coral	Cape Coral	2016	3,658	\$1,850,000	\$1,699,000	79
Bonita Beach	Bonita Springs	1988	3,129	\$1,790,000	\$1,600,000	173
Cape Harbour	Cape Coral	2013	3,000	\$1,397,000	\$1,300,000	350
Alva	Alva	1999	6,959	\$1,299,900	\$1,200,000	142
Oakbrook	Estero	2006	4,148	\$1,195,000	\$1,127,000	227

Courtesy of Royal Shell Real Estate



Randy Wayne White®

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We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.
Thank you for trusting in us to provide you with a great experience & some sense of normalcy.



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THE ORIGINAL
YUCATAN SHRIMP!

A close-up photograph of several pieces of shrimp, likely Yucatan shrimp, served on a bed of tortilla chips. The shrimp are garnished with diced red and green peppers, cilantro, and lime juice. A lime wedge is visible in the bottom left corner.

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