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VOL. 28, NO. 19

SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 6, 2020

NOVEMBER SUNRISE/SUNSET: 6 6:41 • 5:43 7 6:42 • 5:42 8 6:42 • 5:42 9 6:43 • 5:41 10 6:44 • 5:41 11 6:45 • 5:40 12 6:45 • 5:40

Community House Opens New Art Exhibit

Local artists and Sanibel Captiva Art League members Michele Buelow and Susan Anderson are exhibiting their art for the month of November at The Community House, located at 2173 Periwinkle Way on Sanibel. The exhibit is open from 9 a.m. to 1 p.m. Monday through Friday. It is also available as a virtual show on the website 24 hours a day at www.sanibelcommunityhouse.net.

Buelow works in pastel, oil, acrylic, pen and ink, and collage. She finds joy and inspiration in plein air painting. Her pieces are complex and interesting, and nature is often reflected in the finished piece by shapes, colors and mood. She said, "I have found that mixed media, non-representational work draws me more and more. I use mostly acrylic paint and textures, sometimes collage, oil pastel, ink... whatever. I like the



Underwater by Susan Anderson

image provided

process of layering on the paint and moving and changing it as it develops. The piece tells me where to go next.

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'Ding' Artist In Residence Named For 2021

The JN "Ding" Darling National Wildlife Refuge began its artist in residence program in 2019 as part of its 75th anniversary celebration, with hopes to continue it each year. Whereas COVID-19 got in the way of those plans in 2020, the refuge, with support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is moving forward with hosting Fort Myers artist Rachel Pierce for a 2021 program.

Recognized from her role as NBC2 morning anchor for five years, Pierce recently retired from TV journalism to devote more time to her passion for art and to her husband and four children.

A lifelong artist, Pierce studied art in college, but eventually segued into broadcast journalism. She moved to Fort Myers in 2015 and became involved in community affairs as an emcee for events



Rachel Pierce

photo provided

and celebrity artist. The latter once more ignited her love for creating her brand of whimsical, colorful, sea-inspired oil and acrylic paintings. She sells her paintings and line of jewelry throughout Southwest Florida, including DDWS' new Nature Store2 once it opens on Sanibel this

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The Rev. Larry Marshall and Captiva Island Historical Society Vice President Mike Boris hold a photo taken about 100 years ago outside Captiva Chapel by the Sea

photo by Anna Irvine

History Repeats Itself On Captiva

by Kathy Kurtz Ferrari

The word "unprecedented" has widely been used to describe the year 2020, as COVID-19 has affected much of life as we once knew it. But is this really a year like no other?

Members of the Captiva Island Historical Society (CIHS) are planning an event to prove that history does repeat itself, by staging a photo event called Then and Now, a recreation of a photo taken on the island in 1918.

The original photo, hanging on the wall of Captiva Chapel by the Sea, shows 76 islanders gathered on the steps of the chapel building. According to the book *In God's Time* by Sandy



This photo taken in front of Captiva Chapel by the Sea in 1918 will be recreated to document how history repeats itself on the island

photo provided

Ehlers, the photo was taken during a community gathering at the newly formed community church after a Sunday service.

"That photo, if indeed it was 1918, was right around the Spanish Flu," said Mary Jane Vincent, co-chair of the CIHS events committee.

According to newspaper archives from that era, the pandemic of 1918 hit Florida in September, killing thousands within that first month. Nearly 500 million people, or a third of the world's population at the time, became infected and approximately 50 million people worldwide died.

Captiva organizers are planning to recreate the photo in the original location after Captiva Chapel by the

Sea's Sunday service on November 22 at 12:30 p.m., with COVID protocols. While there will be 76 chairs placed in front of the chapel, a limited number of people will be in the photo for social distancing. Spots are open to the public and must be reserved in advance. Others are encouraged to come watch the event. Masks must be worn.

"That's part of it, to show what 2020 looked like," said CIHS President Tom Libonate, adding how important it is to document this historic time on the island for future generations.

CIHS archivist Queenie Viglione, who helped organize the event from her home in Italy, agreed. "Archives are often gathered long after an era has

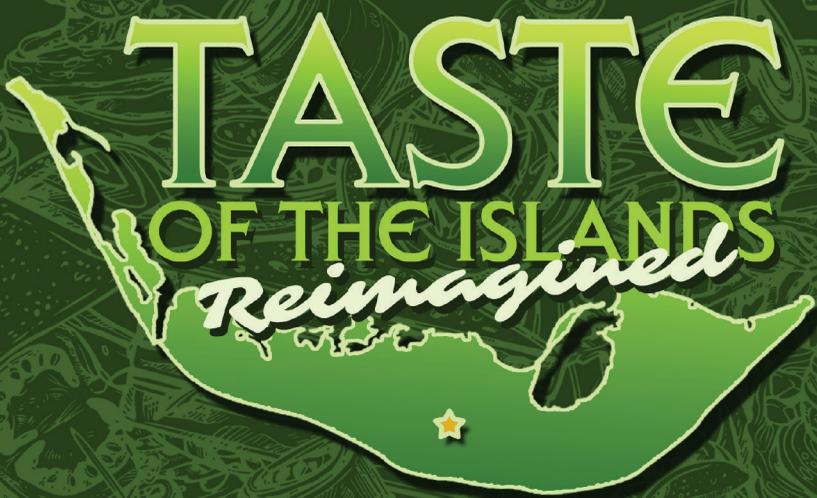
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CROW CRAWL

Sunday, November 8 from Noon-4pm



Every Sunday's CROW CRAWL features different Taste restaurants to visit! Come see the CROW Animal Ambassadors at the CROW Tent and the Taste Sponsors outside the CRAWL restaurants for Taste T-shirts and giveaways. Of course, go inside and satisfy your hunger!



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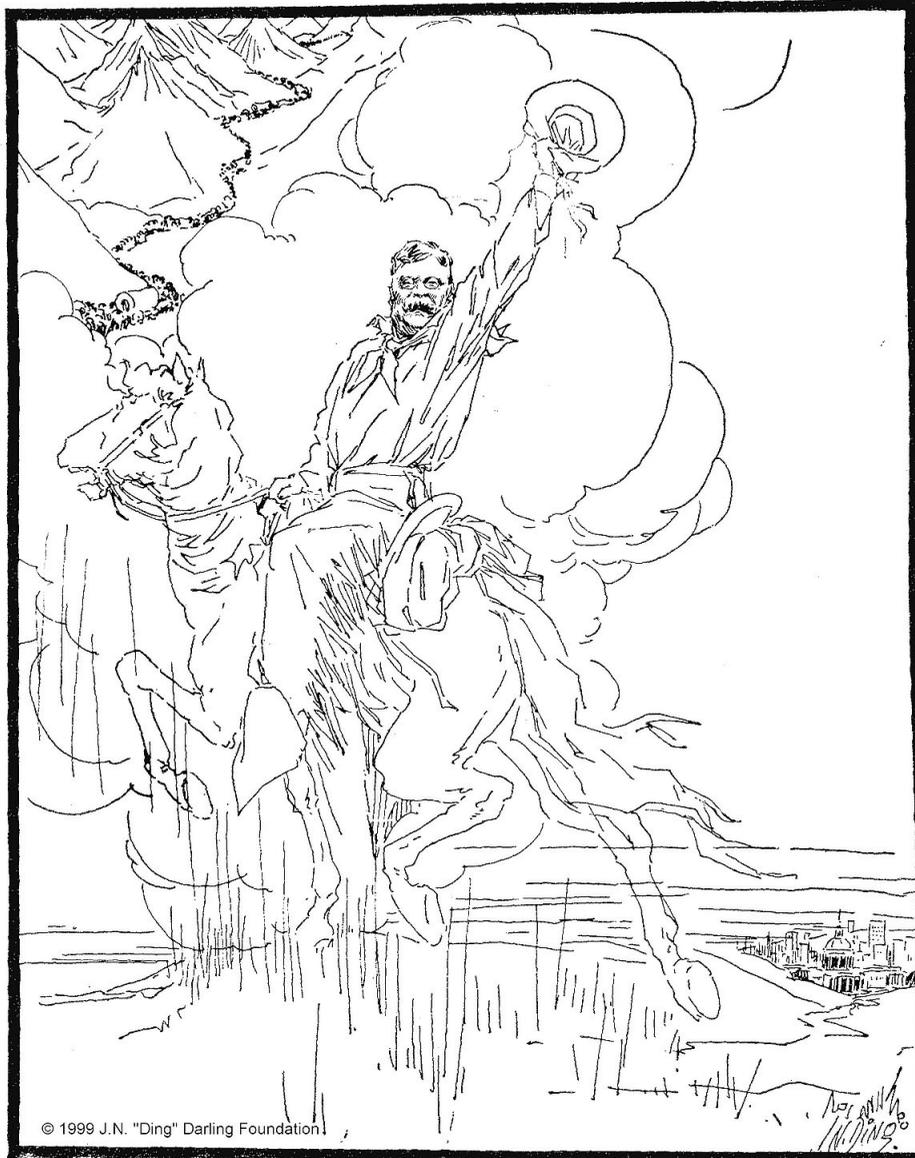
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Media



© 1999 J.N. "Ding" Darling Foundation

Teddy

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From The Pen Of 'Ding' Darling

One day after the death of President Theodore Roosevelt on January 6, 1919, Jay Norwood "Ding" Darling published this cartoon, titled *The long, long trail*, in memory of a man he greatly admired for his conservation ethic. Darling, himself, often preached conservation in his political cartoons, which appeared on the front page of *The Des Moines Register* and were syndicated in hundreds of newspapers across the county. His 50 years of cartoon work won him two Pulitzer Prizes and a position as the head of the U.S. Biological Survey, which later became the

U.S. Fish & Wildlife Service. In full circle, that agency today oversees the Sanibel Island refuge that bears Darling's name.

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by publishing some of Darling's editorial cartoons.

Through December 1, 2020, the refuge's official anniversary, this newspaper will be running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling.

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

Causeway Span A Bridge Inspection

The City of Sanibel received the following notice from the Lee County Department of Transportation regarding an upcoming inspection planned for Sanibel Causeway Span A:

"On November 17, 2020, Lee County will inspect the Sanibel Causeway Bridge Structure A over San Carlos Bay. All the work will be performed over the bridge on a snooper truck. During this period, Lee County will do several "lane shifts" to accommodate the snooper truck and the bridge's inspection equipment on the required locations. Traffic will be slowed down."

For more information, visit www.leegov.com/dot or call 533-9400.

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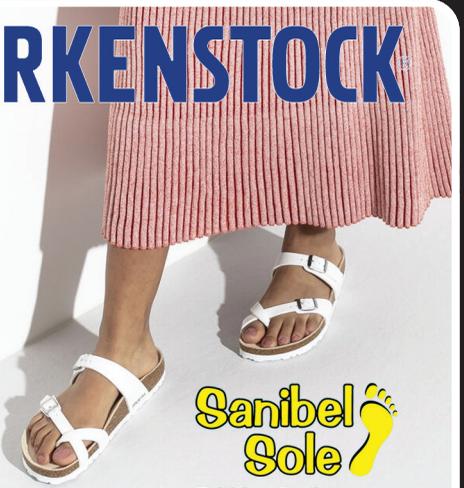
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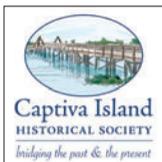
For individual shop information: www.ShopOnSanibel.com



Belton Johnson and the *Santiva* photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society
Looking Back:
Santiva

This week's image is a 1960 snapshot of Belton Johnson, early pioneer and captain of the *Santiva*.



The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old

mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for information.

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

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Shabbat services at 7:30 p.m. every Friday and Shabbat morning classes at 9:45 a.m. every Saturday morning beginning October 17 on Zoom (email batyamsanibel@gmail.com to request the Zoom links). Food and paper drive donation drop-offs on the first Thursday of each month from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way.

Rabbi Stephen Fuchs, Cantor Murray Simon, President Michael Hochschild, www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST

The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH

Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main

Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11 a.m. in Fellowship Hall. View the Sunday Service online at sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Administrator, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m., Sunday, 9:30 a.m. through November. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. Holy Days. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. Sunday 10:30 a.m. service can be seen at www.saintmichaels-sanibel.org, Facebook or YouTube. Other services, meetings and events are suspended until further notice, www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

Email changes to press@islandsunnews.com or call 395-1213. ✨



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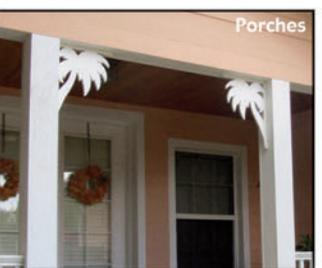
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Joey's Custard provided a refreshing treat after the hike photo provided

All of the students received 10 Race 4 FISH ribbons

Students Take Hike In Support Of FISH 10K Race

In support of the 12th annual 10K Race 4 FISH, the Children's Education Center of the Islands (CECI) organized a school-wide nature trail hike. Thanks to their friends at FISH of SanCap, CECI students have received an assortment of snacks,

delivered since June. Staff and parents held a canned food drive for FISH during summer camp to express their gratitude.

Participating in the 10K was another way to show their gratitude towards their community friends at FISH. CECI asked families to either register their children for the race or to donate to the organization.

CECI's school campus is located on 4.46 acres of land, which is utilized weekly for nature hikes. During their

hikes, CECI students are observing, investigating, learning and exploring all that Sanibel's natural world has to offer. For this hike, CECI students focused their journey on the theme of helping others. Educators set the tone by reading a book about helping others, and discussed the importance of being kind.

CROW Animal Ambassadors Making Rounds

by Kathy Kurtz Ferrari

Clinic for the Rehabilitation of Wildlife (CROW) animal ambassadors made an appearance at Doc Ford's Rum Bar and Grill on Captiva on November 1 during the first day of Taste of the Islands, a fundraiser for CROW. Rachel Rainbolt, education and outreach director, and Ali Reece, CROW intern, shared information about Lola, an American kestrel, and Biscuit, a young gopher tortoise.

Taste of the Islands is being held at many island restaurants during the month of November, with proceeds from featured menu items benefiting the wildlife hospital on Sanibel. CROW Crawls are held every Sunday and passports are available, which include the roster of participating restaurants as



Rachel Rainbolt with Lola, an American kestrel, and Ali Reece with Biscuit, a young gopher tortoise photo by Kathy Kurtz Ferrari

well as an official ballot for the People's Choice award. For more information, visit www.crowclinic.org.

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OBITUARY



ANNE BRESSLAU

April 3, 1922 – October 25, 2020

Anne McIntyre Masko Bresslau was born in Abingdon, England to Sarah and Henry McIntyre. She is survived by her daughter, Mary Anne Chiti, son-in-law, Rudolph Chiti, grandchildren, Rudy Jr., Chris and wife Jennie, Becky and husband Dom Matra, as well as four great-grandsons, Austin, Andrew, Nicholas and Bryson. Anne's son, Andrew Masko, passed away in 1994.

In 1945, she married U.S. soldier

Walter Masko, moved to America and raised her two children in Manhattan, then The Bronx, New York. After her husband's passing in 1966, Anne opened her own business, Baby World, in Mount Vernon, New York. She married Frank Bresslau in 1977 and moved from Bronxville, New York to Sanibel Island, Florida.

Anne enjoyed knitting, dancing, gardening and social activities. However, she mostly enjoyed the company of others, hence, she volunteered at "Ding" Darling National Wildlife Refuge Visitor and Education Center, FISH of SanCap and worked at Island Seniors to the age of 95. She loved guiding, helping and interacting with people. Anne gladly shared her lively, energetic personality with humor while displaying her keen eye for fashion – definitely a corker!

She leaves behind many lasting memories for those she touched. We, Anne's family, are most grateful for "Masie" having shared her life with us.

There will be a Celebration of Life Mass at Saint Isabel Catholic Church, 3559 Sanibel-Captiva Road on Sanibel, on Friday, November 13 at 11 a.m. (mass streaming available). Contributions to the American Diabetes Association in Anne's memory would be greatly appreciated in lieu of flowers. Expressions of condolences and prayers can be submitted on the National Cremation Society's webpage: <https://obituaries.nationalcremation.com/obituaries/north-fort-myers-fl/anne-bresslau-9870056>.✱

From page 1

History Repeats

ended or researched decades, even centuries after the fact. But, the reality is, every day we are witness to history unfolding before our eyes and this is the reason CIHS is also proactive in recording what we call 'History in the Making.'"

The historical society is celebrating its 10th anniversary this year. It traces its roots to an effort called the Captiva History Project, when a few islanders began collecting newspaper articles, old photographs and other memorabilia in a box kept at the Captiva Memorial Library. The society has collected and archived over 13,000 objects and artifacts, including a raccoon's baculum – or penis bone – which somewhat shockingly was used as a toothpick by some early island settlers.

CIHS usually holds a full schedule of educational and community-building events during the season. While happenings will still be held this year, details are up in the air due to the pandemic.

"Everything we're going to be doing this year is going to be outdoors, in places and formats that we've never had to use before," said Libonate.

Documentaries will be screened on the beach, with a possibility of hosting golf cart drive-in movies.

"But sometimes out of necessity comes something that we may continue

to do," Libonate said, explaining the excitement generated by that unique concept.

The organization will also be sponsoring the dedication of The Island Store in the coming weeks, and on Monday, November 9 from 10 a.m. to 2 p.m., the public is invited to stop by Jensen's Twin Palm Marina to share fish stories, an event to document the history of fishing around local waters.

"We're trying to do things that can keep people outside, to feel comfortable," Libonate added. "Even though this is kind of a bizarre season, to still stay connected, to keep people engaged in our history."

With the 10th anniversary in mind, CIHS is working on its own history, documenting its origins so future generations can continue its legacy.

"We're going to chronicle how we started – in a box – and where we've gone, what we're doing and kind of where we're going," Libonate said. "It should be as much about the future as where we've been."

"And I think in doing that, I think you're going to be surprised at how much has gotten done," added Vincent, stressing the importance of innovative ideas for the future. "Each season has gotten bigger and better."

For more information, visit www.captivaislandhistoricalsociety.org. To reserve a spot for the November 22 photo, visit www.eventbrite.com/e/history-repeats-itself-tickets-127381295885.✱

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OBITUARY



**JANE DIXON FREDERICKS
1935-2020**

Jane Fredericks passed from this life on October 25, 2020 in Fort Myers, Florida. She was born January 20, 1935, the daughter of James and May Dixon. She is survived by her husband of 64 years, John W. Fredericks, her daughter, Diane Richerts, and husband, Joseph, of Newtown, Pennsylvania, and her son, Mark J. Fredericks, and wife, Shelley, of West Milford, New Jersey. Seven grandchildren survive her: James Richerts (Megan), Megan Garvin (Thomas), Katelyn Richerts, Leanne Fredericks, William Fredericks (Olivia), Douglas Fredericks, and Emily Caudill (Cameron). She had one great-grandchild.

Jane was born in Wayne, New Jersey, grew up in Butler, New Jersey, lived in Oak Ridge, New Jersey for 44 years and in Lake Mohawk, Sparta, New Jersey for the last 20 years. She was a winter resident of Sanibel Island, Florida and vacationed at her home in Mantoloking, New Jersey. She and her husband, John, met in freshman Latin class in high school in 1949, beginning their 71-year relationship.

She graduated from Butler New Jersey High School and earned a bachelor of science degree in elementary education from William Paterson College. She taught elementary school in Kinnelon and West Milford Township, New Jersey. Until

her retirement, Jane was active in many civic organizations: trustee of the West Milford Township Library and ran children story hours, a charter member of West Milford Township Woman's Club, which under her tenure as its president, restored the Ryerson Wing at Ringwood Manor in Ringwood, New Jersey. Jane was a founder and past president of the West Milford Garden Club.

An avid gardener all her life, Jane daily maintained one of Sparta's preeminent flower gardens at her home in Lake Mohawk and her extensive garden at the shore. For many years, she ran the flower show at the Newfoundland New Jersey Fireman's Fair. As an organizer and president of Rotary Anns (before women were admitted to Rotary in the 1980s), she raised funds to provide scholarships and became a Paul Harris Fellow, Rotary's most prestigious award. Always active in her church, she was a member of the Oak Ridge Presbyterian Church in Oak Ridge, New Jersey. For many years, she was the choir director (while John was church organist). She served on Session, the church's governing body, and was a lifetime elder in the Presbyterian church. She was an associate member of the Sanibel Congregational United Church of Christ. Jane was an active member of the Bay Head Yacht Club and the Sanibel Captiva Yacht Club. She belonged to and supported charitable, historical and social community endeavors throughout her lifetime, too numerous to mention with her time, talent and treasure.

Jane was an avid golfer and a winner of a number of trophies. She was a member and past president of Beachview Women's Golf Association on Sanibel Island and a member of the Lake Mohawk Women's Golf League for many years. Jane enjoyed traveling and singing, but mostly loved and enjoyed her family. Her life was full and productive. She partook of the vast smorgasbord of life, enjoying life with a quick wit, grace and charm and always giving back. When you first met Jane, it was as if you always knew her. Her most enduring legacy is her family.

Funeral arrangements are private for immediate family only in view of the COVID-19 pandemic. In lieu of flowers, donations may be made to the Oak Ridge Presbyterian Church, Jane Fredericks Memorial Fund, P.O. Box 302, Oak Ridge, NJ 07438.

Online condolences may be offered at www.smithmccrackenfuneralhome.com.✱

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City Recognizes 'Ding' Darling For 75 Years

by Wendy McMullen

Mayor Kevin Ruane read a proclamation celebrating 75 years since the establishment of Sanibel's JN "Ding" Darling National Wildlife Refuge at the November 2 city council meeting.

It was in 1945 that conservationist and Pulitzer Prize-winning political cartoonist Jay Norwood "Ding" Darling succeeded in persuading Florida Gov. Spessard Holland to postpone the sale of more than 2,000 acres of state-owned property on Sanibel and then the Truman administration to establish a national wildlife refuge on the island.

The purpose was to preserve Sanibel's freshwater wetlands and provide habitat for a variety of birds and other wildlife. Upon Darling's death



Representatives from "Ding" Darling and city councilmembers applaud recognition of the refuge's 75th anniversary photo by Wendy McMullen

in 1962, what was then known as The Sanibel National Wildlife Refuge became the JN "Ding" Darling National Wildlife Refuge, the first in the national wildlife refuge system to be named for a person.

Members of the JN "Ding" Darling National Wildlife Refuge say the establishment of the refuge set a conservation commitment among the citizens of Sanibel Island that later led to home rule, incorporation and the adoption of the Sanibel Plan based upon the importance of preserving the natural environment while developing the island.

JN "Ding" Darling National Wildlife Refuge now encompasses more than 6,400 acres of on-island and offshore habitat; and is one of the nation's most visited and famous of the more than 560 national wildlife refuges in the system.

It has been described as an environmental gem and a model that other communities and organizations seek to emulate worldwide.*

Goss Appointed Interim City Councilman

by Wendy McMullen



Chauncey Goss

City council appointed former councilman Chauncey Goss at Tuesday's meeting. Goss fills one of the two seats left vacant by the resignations of Mayor Kevin Ruane and Councilman Jason Maughan.

Goss is the son of Sanibel's first mayor, Porter Goss, and served on Sanibel City Council from 2015 to 2019.

Council made the decision to seat Goss even though Maughan, who had to give up his seat on city council in order to run for the Florida State

Senate, expressed his interest in continuing on the council after he lost his bid for election.

Ruane made a strong case for appointing Maughan to the council, citing Maughan's understanding of the current issues and what the job currently requires in the age of the coronavirus.

Other members of the council, however, said that it was up to the voters to decide who they wanted to sit on the council for the next four years in the election in March of next year. To appoint someone who intended to run in March, they felt, would give an unfair advantage to the incumbent and discourage other candidates from running. All members of the city council said they would support Maughan's candidacy in March.

"If we appoint someone who's going to run in March, we've put a thumb on the scale and discouraged other people from running," said Vice Mayor Mick Denham, adding that he would be a major supporter of Maughan in the March election.

Goss is the founder and managing partner of Goss Practical Solutions, a

firm that provides federal fiscal policy analysis and budget forecasting. Prior to starting the firm, Goss served as deputy staff director and director of budget review for the House Budget Committee under Paul Ryan.

Goss grew up on Sanibel and has lived here for the last decade with his wife, Allison. They have three sons who also spent time growing up on the island.

He was elected to the Sanibel City Council in 2015 with 95 percent of the vote and served on council for one term until 2019. In March of 2019, Gov. Ron DeSantis appointed Goss to the South Florida Water Management District Governing Board.

Ten other Sanibel residents tossed their hats into the ring. They included former city councilman Jerry Muench, CBS news producer Arlene Dillon, realtor Mary Bondurant, financial advisor Robyn Cook and entrepreneurial event organizer Jennifer Braun. Other applicants included Michael Wood, Charles Sterret, Aaron Cohen and James Brady.

Another appointment will be made at the next city council meeting. City

council members made it clear at Tuesday's meeting that they would give preference to candidates who would not run for election in March. Three seats will be available at that time. Denham announced some months ago that he intended to resign and not run for re-election next year.*

Veterans Day Virtual Salute

On Wednesday, November 11 at 11 a.m., the City of Sanibel and the Lee Coast Chapter of the Military Officer's Association of America (MOAA) will release a virtual salute to the community's veterans of military service via the city's email Facebook and home pages at www.mysanibel.com.

City administrative offices and the Sanibel Recreation Center will be closed in observance of Veterans Day on Wednesday, November 11 and will resume regular operating hours on Thursday, November 12. Refuse, recycling and vegetation waste collection will have no changes.*

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Plastic Removed From Horticulture Waste Stream

Since October 1, the City of Sanibel's transition to remove polyethylene-based plastic bags from the community's horticulture and yard waste stream has been smooth. Polyethylene-based bags contaminate the mulch and compost products generated at the county horticulture processing site. The bags the city has been distributing were provided by Lee County, in which Sanibel is located.

To assist in the transition, 6,400 complimentary compostable paper bags from Lee County were provided to Sanibel residents. The supply of free bags is now depleted.

As of October, plastic bags are no longer approved for the disposal of yard or horticulture waste on Sanibel.

Yard and horticulture waste may continue to be properly bundled, containerized in refuse containers or disposed of in biodegradable paper lawn and leaf bags.

Proper ways to process vegetation waste on Sanibel:

Yard waste must be placed within six feet of the curb by 6:30 a.m. on your pickup day. Yard waste must be separated from residential solid waste. All grass clippings, palm fronds, leaves, pine needles, or other similar loose waste, which are properly bagged or containerized, shall be collected.

Otherwise, horticultural waste which is not more than six feet in length and under 50 pounds per container and placed neatly at the curb in containers, biodegradable paper bags, tied bundles or safety-handled pieces shall be collected. Single loose palm fronds and limbs less than 50 pounds are to be picked up with horticultural waste. Following the Christmas holiday season, used Christmas trees may also be picked up with horticulture waste.

Fencing and ornamental wood borders are not considered yard waste. This type of material is to be disposed of with the regular household garbage.

Do not place yard waste on empty lots.*

Tree Lighting Celebration Limited To Guests

Sanibel Captiva Beach Resorts management announced that the annual tree lighting celebration at Tween Waters Island Resort & Spa will be limited this year to resort guests and reserved restaurant dinner guests only. The decision, based on COVID-19 safety precautions, eliminates the opportunity for local residents and guests without reservations to participate in the event on resort grounds.

"This was a very difficult decision for all of us at Sanibel Captiva Beach Resorts," said Doug Babcock, chief executive officer. "This is a tradition that goes back more

than 25 years, one that families and multi-generation families have cherished. But with previous attendance estimated at well over 1,000, we simply cannot encourage and monitor outdoor mask wearing or recommended physical distancing. Limiting attendance to only resort guests, or guests who've reserved dinner reservations at Old Captiva House or Crow's Nest Bar & Grille, will help us put the safety of our guests and staff first. As it should be."

Resort guests will be provided a wrist band that identifies them as approved participants in the event. "Tween Waters will admit only dinner guests who have made reservations at Old Captiva House or Crow's Nest no later than November 26.*

Church Shows Support For FISH

Sanibel Community Church (SCC) was a gold sponsor of the 12th annual 10K Race 4 FISH. "We are thankful to Sanibel Community Church for supporting FISH (of SanCap), the race and the community as they have been for many years," said Diane Cortese, chair of the race committee, "The community church leads by example in their generous spirit and support of their neighbors in need."

The 10K race was held virtually this year, and runners participated and



image provided

logged their time through October 31.

FISH provides services to island residents, workers and visitors as a wrap-around social service agency. For more information, contact Alicia Tighe Orgera, executive director, at 472-4775 or visit www.fishofsancap.org.*

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Whether feeding families, providing financial relief for rent and medical bills, or making daily phone calls and visits via FaceTime, Skype or Zoom, we continue to help our neighbors in meeting their physical, mental and emotional needs.

As always, we are committed to being a safety net for all.

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IF YOU OR SOMEONE YOU KNOW needs assistance during these difficult times, please call us at **239.472.0404**. For more info about FISH services, visit fishofsancap.org.



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FISH FACTS

Even before COVID-19, the need for FISH emergency programs has grown significantly over the past year. Thank you for helping to meet these very important needs in all circumstances.

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January - September

2020

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BACKPACKS DISTRIBUTED

January - September

2019	2020
799	1382

MEALS-BY-FISH DELIVERY

January - September

2019	2020
2387	5032

EMERGENCY FINANCIAL ASSISTANCE

January - September

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Meet The Shell Museum Staff

Carly Hulse, senior aquarist at Bailey-Matthews National Shell Museum, graduated from the University of Alabama with a bachelor of science degree in both marine science and biology. She went on to complete her certification in aquarium science at the Oregon Coast Community College. From there, she worked as an aquarist at various facilities including the Audubon Aquarium of the Americas in New Orleans, Louisiana, SEA LIFE Aquarium in Charlotte, North Carolina, and the Florida Aquarium in Tampa. She has cared for a wide variety of animals, from marine mammals to sharks, with her favorite being cephalopods.

As senior aquarist at the shell museum, Hulse is responsible for the daily care of the animals, as well as maintaining the exhibits the animals live in. This includes feeding, testing the water quality, scrubbing the exhibits and maintaining the life support systems. She is also responsible for ensuring that the highly intelligent octopuses in residence have mental stimulation – called enrichment – which is her favorite part of the job.

Hulse likes to teach the octopuses simple behaviors. One is called targeting; having the octopus voluntarily swim into a basket which allows Hulse to get an up-close look at the octopus'



Carly Hulse photo provided

overall physical condition and makes visits with the veterinarian less stressful.

Hulse's favorite shell is the lightning whelk, because like most lightning whelks, Hulse is left-handed. She is a die-hard football fan and when she is not at work, she can be found cheering on the Alabama Crimson Tide.

Meet Hulse and her favorite mollusk, the giant Pacific octopus, and learn more about the hard work that goes into caring for these amazing creatures at the Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road.

If you are interested in a tour of

the Beyond Shells: The Living Gallery Aquarium area or the Great Hall, the museum offers tours twice a day at 11 a.m. and 2 p.m. EST included with the

price of admission. If you are interested in a private tour, call 395-2233 or visit www.shellmuseum.org. Virtual options are in the works for the near future.*

Help Bring Christmas Cheer To Local Families

The FISH of SanCap Adopt-A-Family program helps make the holidays merrier for island residents and workers by providing holiday gifts for an individual or family.

For those that have come upon challenging times, the holidays can be difficult. Add the current health crisis to the mix, and what is normally a joyous celebration becomes bleak for some.

Many FISH clients are underemployed, have lost income due to COVID-19 or medical emergencies, or live on low fixed incomes. Supporting neighbors through the Adopt-A-Family program is a simple act of kindness that can make all the difference in the world to a neighbor.

The program provides a team building opportunity for companies, service clubs and youth groups. FISH supplies a wish list from its clients and donors shop for gifts; all items must be new purchases.

Donors drop off unwrapped gifts at the FISH Walk-In Center, located at 2430-B Periwinkle Way, by Friday, December 4 between 8 a.m. to 4 p.m.

FISH volunteers will sort, wrap and deliver gifts to neighbors in time for the



Gifts will be sorted, wrapped and delivered by FISH volunteers photo provided

Christmas holiday. Volunteers working on this program will follow strict safety measures that include wearing masks, social distancing and frequent use of hand sanitizer.

To become a donor, or if you or someone you know can benefit from the program, call Maria Espinoza at FISH, 472-4775. To learn more about the program, visit www.fishofsancap.org.

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Class is on December 3rd 6:30 – 9:30pm and December 12th 10:00am to 4:00pm Register by November 25th at www.sancapboating.club

Next class is on January 14th 6:30 – 9:30pm and January 23rd 10:00am to 4:00pm Register by January 7th at www.sancapboating.club

Contact Robert Orr lead instructor at (239) 579-0139 or email Robert.orr1663@comcast.net Classes are held at the Charles Yacht Club



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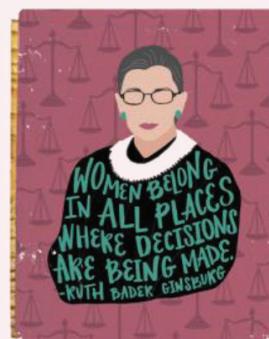
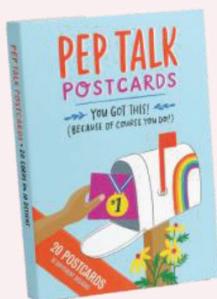
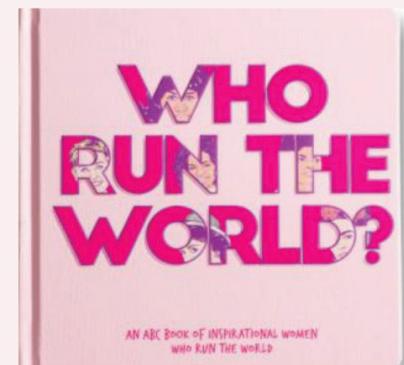
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Ornamental shade tree native to India
Plant Smart

photos by Gerri Reaves

Fern Tree

by Gerri Reaves

Fern tree (*Filicium decipiens*) is a small- to medium-sized tree with a pleasing shape and thick evergreen foliage of fine to medium texture.

A member of the soapberry family, it grows 25 to 35 feet high, developing a rounded crown and one to three trunks.

Oddly enough, it's also called Japanese fern tree, a misnomer, since this species is native to India.

The foliage structurally resembles large

fern fronds, so it's easy to understand why it's so named. The scientific name derives from Latin words meaning "fern-like foliage" and "deceiving."

The compound leaves have up to 16 pairs of wavy leaflets, each four to six inches long. The leaves are winged, meaning that there are leaflet expansions where they join the stem.

Inconspicuous male and female flowers appear in panicles in the leaf axils in spring or summer.

The clusters of purple olive-like fruit can make this a messy tree, so avoid planting it near a walkway or patio.

It will grow in almost any soil in sun

The leaves resemble large fern fronds, thus the common name

or shade but prefers some sun. It is moderately salt- and drought-tolerant and slow-growing.

Because of the symmetrical form and the fern-like foliage, it's typically used as an accent or shade tree. It will also grow in a container.

When choosing species for your yard, always consider more than visual effect.

While this species is attractive and not invasive, it is not native. If you're looking for a small tree, consider native species too, such as Geiger tree (*Cordia sebestena*), sweet acacia (*Acacia farnesiana*), sweetbay magnolia (*Magnolia virginiana*), wild lime

(*Zanthoxylum fagara*), or lignum vitae (*Guaiaacum sanctum*).

And don't assume that because a species is common or looks "tropical" that it's native to South Florida.

Native trees support other native species, such as bees and butterflies and other pollinators, as well as birds and other wildlife.

Sources: *Florida, My Eden* by Frederic B. Stresau; www.edis.ifas.ufl.edu, www.plantbook.org, and www.south-florida-plant-guide.com.

Plant Smart explores the diverse flora of South Florida.✳

Fish Stories Wanted For New Documentary

In preparing for its ninth documentary, *The History of Angling on Captiva*, the Captiva Island Historical Society (CIHS) is hosting a Share Your Story event at Jensen's Twin Palm Cottages and Marina on Monday, November 9 from 10 a.m. to 2 p.m.

Dave Jensen, CIHS director and event co-sponsor, said, "Along with recording your personal fishing stories, we are also interested in seeing your old fishing photographs, video, newspaper clippings... even vintage tackle and lures. Just about everything except your old bait!" All are welcome.

Jensen's Twin Palm Cottages and Marina is located at 15107 Captiva Drive on Captiva.✳

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San Cap Motor Club Cruise-In This Saturday

San Cap Motor Club is hosting its monthly Cars & Coffee Cruise-In this Saturday, November 7 at Periwinkle Place Shopping Center. There will be scores of muscle cars, antiques and hot rods on display from 9 to 11 a.m. A continental breakfast including donuts, coffee and other refreshments will be provided by the Blue Giraffe Restaurant.

There is no better excuse to get that classic car out of the garage and show it off. No pre-registration is necessary.

Club members will be collecting annual dues of \$50 per member or \$75 for couple or family. Dues include a club T-shirt, donuts and coffee at every cruise-in, and various appetizer and drink offerings at monthly dinners. You can purchase additional T-shirts for \$18, available in black, white and blue.

There is plenty of parking in the rear of the shopping center. For more information, call Scot Congress at 472-4177 or email scot@scongress.com.✪

Chapel By The Sea Entering 72nd Season

November 8 marks the beginning of the 72nd season of Sunday worship services at the historic Captiva Chapel by the Sea. The Rev. Larry Marshall and his wife, Rosie, will begin their second year of a three-year ministry. The chapel is said by many to be, in the words of Celtic spirituality, a “thin place” where God is uniquely present.

Beginning November 8 and through the end of April 2021, in addition to the 11 a.m. Sunday morning worship services, the chapel is open daily for visitors to stop by and learn how this early-1900s schoolhouse became a place where people come to pray and meditate, be baptized, join in marriage, renew wedding vows, and become motivated to assist humanity through various ministry and social outreach endeavors. In 2015, The Chapel Cemetery and The Captiva School/Chapel by the Sea were recognized on the National Register of Historic Places.

Due to the current pandemic, worship service will be held outside. Masks will be required before, during and after the service. Chairs will be strategically placed to achieve social distancing. Each Saturday, parishioners will videotape a worship service which will be available online each Sunday morning for those not able to attend in person. Visit www.captivachapel.com for more information.

Hand sanitizers will be available as you



Chapel by the Sea photo provided

enter the church grounds. The order of worship and hymns (not hymnals) will be handed out each Sunday. There will be no organized fellowship time after the service, but you can visit with friends. During the week, access to the inside of the church will be limited to ensure social distancing.

Captiva Chapel by the Sea is a mission church, offering support to not-for-profits in the area and around the world. Nearly half of its offerings go to support Glad Kids Early Learning Center, Community Cooperative, ECHO, El Hogar, Trailways Camps Legacy Fund – The Robert V. and Benjamin G. Miller Fund, FISH of SanCap, Community Housing and Resources (CHR), Quality Life Center South Fort Myers Food Pantry.

Residents and visitors are welcome. Follow the chapel on Facebook at www.facebook.com/Captiva-Chapel-By-The-Sea.

Captiva Chapel by the Sea is located at 11580 Chapin Lane, next door to the Captiva Civic Association and Captiva Memorial Library.✪

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Blown Out



by Capt. Matt Mitchell

Snook and redfish fishing was nonstop this week with most trips losing count of fish caught. Out along the beaches, schools of Spanish mackerel made for easy rod bending action. Bait was plentiful, making for another perfect week of fall fishing. Unfortunately, all good things come to an end.

As I'm writing this, we have the first major cold front of fall quickly approaching. Currently the entire east coast of the U.S. is under a gale advisory along with a small craft advisory for the Gulf Coast. The forecast winds are over 30 mph for the next few days, making conditions less than favorable for getting out on the water. These fronts play a big part in our fishing or not fishing from now until at least April.

Anglers who learn the timing of these fronts can see some of the most amazing action of the year. Fishing gradually improves in the few days before a front comes through. The closer the front gets, the more active and aggressive the fish become. The stronger the approaching weather, the better the bite. Once a front passes through, fishing slows and grinds to halt as high pressure and strong northerly winds follow.

This is a relatively early cold front for south Florida. It will drop our water temperatures and will have a positive effect on our fishing by both kicking our bait migration into high gear and moving some snook slowly towards the back country. Creek mouths and mangrove points with fast moving current will begin to load up with snook. This 5-degree drop into the 70s will really light up our fishing.

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. ✨



Barb Rogers from Sanibel with a redfish she caught while fishing with Capt. Matt Mitchell this week

photo provided

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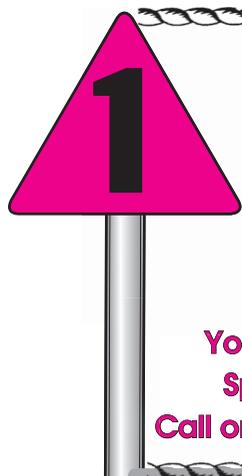
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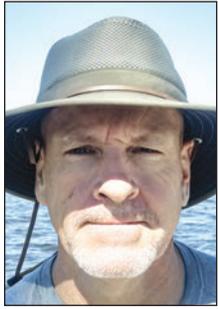
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CROW Case Of The Week:

Royal Tern



by Bob Petcher

The royal tern (*Thalasseus maximus*) is known to be a shore hugger that is drawn to sunny islands unless pushed inland after strong storms. These seabirds are distinctive with

bright dagger-like orange bills, shaggy black crowns, long forked tails and pointy wings.

Royal terns dine on fish that are swimming close to the water's surface. They sweep in low, skimming water with their bills or dipping into the surface to pick up prey or floating scraps. They sometimes snare flying fish from the air, or snag food from other birds.

At CROW, a royal tern was admitted from Big Hickory Island in Bonita Springs because it was bleeding from its neck. Upon examination, the patient was found to have an approximate two centimeter laceration on the left side of its neck, and the bird was also underweight. While the wounds were flushed and sutured, it was undetermined as to how the injury occurred.

"It is hard to say for sure, but it is most likely that the wound was caused by some sort of predator attack or discarded fishing hook," said Dr. Sasha Troiano,



Patient #20-4836 is healing well from its neck laceration

photo by Brian Bohlman

CROW veterinary intern. "There were no other wounds aside from the neck laceration seen on this patient."

X-rays were taken to determine if there was any esophagus damage.

"On intake, this bird was stable enough to be anesthetized, which allowed us to take full radiographs and better explore the wound. There were no hooks seen on radiographs. Once the neck was cleaned up, it was clear that the laceration was through the neck skin, but did not appear to be affecting other important internal structures like the trachea or esophagus. The wound site was cleaned well, gently

flushed, and the laceration was sutured closed. Once closed, no bandaging was required," said Dr. Troiano. "The patient tolerated feedings well, leading us to feel confident that there was no esophageal involvement."

The patient was started on pain medication, antibiotics and a refeeding plan. Dr. Troiano detailed the latter.

"With injured or debilitated patients, it is important to introduce food gradually so as not to cause any electrolyte or metabolic disturbance. It is often difficult to tell for sure how long it has been since a given patient last ate," she said.

"With our shorebirds, we start with

force feeding a liquid diet, then piscivore care... that is an easily digestible diet. We increase the percent body weight fed over the first day. Then, we progress to a fish analog or fish slurry, again a liquid diet for one day. Then we progress to whole fish. Sometimes this progression is extended over more than two to three days depending on the patient."

The injury has not limited the movement of the patient, nor its appetite.

"This patient has been doing very well, and does not seem to be negatively affected," said Dr. Troiano. "The bird began eating on its own shortly after it was first offered fish, and has continued to eat and gain weight."

After five days of wound management care, the laceration was healing well. It was determined to move the patient to an outdoor shorebird enclosure.

"The patient is doing well outside, continuing to eat and improve waterproofing," said Dr. Troiano. "The patient was not flying for the first few days outside, but has recently started taking some low small flights. It will be kept outside for continued rehabilitation until its body condition is good and it is flying well. At this time, it will be cleared for release."

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

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Out of respect for all those within my employ and for our loyal patrons who dine with us year after year. Gramma Dots shall practice "social distancing" in the air-conditioned inside (at 50% occupancy) and outside - all servers and employees shall wear masks at all times.

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Shell Of The Week

Vespucci Dwarf Turrid



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

Nannodiella vespuciana (d'Orbigny, 1842) is a very small member of the family Clathurellidae

that reaches only about 6 m.m. (0.24 inch). The shell is spindle-shaped, with about 14 to 16 axial ribs crossed by five to six spiral threads. The aperture has a very well-defined posterior canal, forming what is known as a "turrid notch." The color is cream-white, with part of the whorls and the aperture caramel-brown. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell 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 staff and animals remain healthy. To



The Vespucci Dwarf Turrid, *Nannodiella vespuciana*, from Sanibel photo by James F. Kelly
 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.✪

American Legion Post 123



American Legion Post 123 is having a fish fry this Sunday, November 8. A prime rib dinner will be served on Veterans Day, November 11. On Sunday, November 15, barbecued ribs and chicken are on the menu. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesdays. Steak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

The 8-Ball Pool League plays at 5 p.m. on Monday nights.

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.✪

Email editorial copy to: press@islandsunnews.com

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A planted section at Bowman's Beach, which included sea oats, railroad vine, seacoast marsh elder, dune sunflowers and sea purslane photos courtesy SCCF

Native Plantings Help Keep Beach Ecology Intact

Each summer, the Sanibel-Captiva Conservation Foundation (SCCF) Native Landscapes & Garden Center staff are able to take part in beach restoration and enhancement projects on several local beaches.

The Sanibel-Captiva Road/Shoreline



Emily Harrington, SCCF garden center assistant, planting green buttonwood as part of the Sanibel-Captiva Road/Shoreline Project

Project consisted of planting a mix of native trees and dune stabilizer plants such as a green buttonwood (*Conocarpus erectus*), sea oats (*Uniola paniculata*) and sea oxeye daisy (*Borrchia frutescens*).

"These projects span throughout the island at public and private beaches to help add to and diversify the beach dune system," said Becca Grotrian, SCCF Native Landscapes and Garden Center manager. "This summer, we planted at eight different beaches from the lighthouse down towards the Blind Pass

area, with a couple being on the bay side such as Bailey Road and Seagrape Lane."

These plantings take place in the summer to take advantage of the natural rainfall so the plants typically don't need supplemental watering.

"Having a healthy beach dune system is very important. Not only do the plants help out with erosion but they also protect inland areas from storms by creating a barrier to absorb some of the strong wave and wind energy," said Grotrian.

Plantings at Bowman's Beach included sea oats, railroad vine (*Ipomoea pes-caprae*), seacoast marsh elder (*Iva imbricate*), dune sunflowers (*Helianthus debilis*) and sea purslane (*Sesuvium portulacastrum*).

The dune system is also important to local wildlife by providing shelter, foraging and nesting. For example, gopher tortoises (*Gopherus polyphemus*) make their burrows in back dune areas where they also can forage on plants like prickly pear (*Opuntia*), gopher apple (*Geobalanus oblongifolius*) and golden creeper (*Erondea littoralis*).

Funding for the annual beach planting program comes through grants given to the City of Sanibel Natural Resources Department. Many of the species not only can grow on the beach but can grow in an upland landscape if you have a dry, full-sun area in your yard.

The SCCF Native Landscapes and Garden Center at the Bailey Homestead Preserve is open Tuesday, Wednesday and Thursday from 10 a.m. to 3 p.m. Contactless deliveries and curbside pickup are available. On-island deliveries are made on Wednesdays and curbside pickup is available on Wednesdays from 2 to 3 p.m. Place your order online by midnight on Tuesday for pickup or delivery that Wednesday.

Email Sue Ramos at sramos@sccf.org with any questions or requests. SCCF members get a discount by entering the promo code: SCCFMBR10.

Visit <https://sccf-native-landscapes-garden-center.square.site/> to shop for native plants. ✨

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New Education Leader At Refuge

Melissa Maher took the position of urban education leader recently for the JN “Ding” Darling National Wildlife Refuge on Sanibel. Funded by the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), the position was created to oversee the refuge’s education outreach, including the Wildlife on Wheels (WoW) mobile classroom, which deploys next month to schools and venues in underserved areas throughout a five-county region.

Maher comes to the refuge from Beaver Dam, Wisconsin with more than 20 years of experience in development and oversight of student-focused strategies and programs. Within the past 15 years, she has held positions as teacher, school program manager and district career coordinator.

At “Ding” Darling, Maher will lead a team of two bilingual Spanish interpreters, interns and volunteers to schedule visits with the mobile classroom and facilitate curriculum to benefit teachers and meet Florida education standards.

“I am honored and excited to be able to launch the WoW project,” said Maher, a native of Joliet, Illinois. “I will be able to share my passion for nature conservation and wildlife protection with students and community members while they gain a deeper meaning and appreciation for it.”

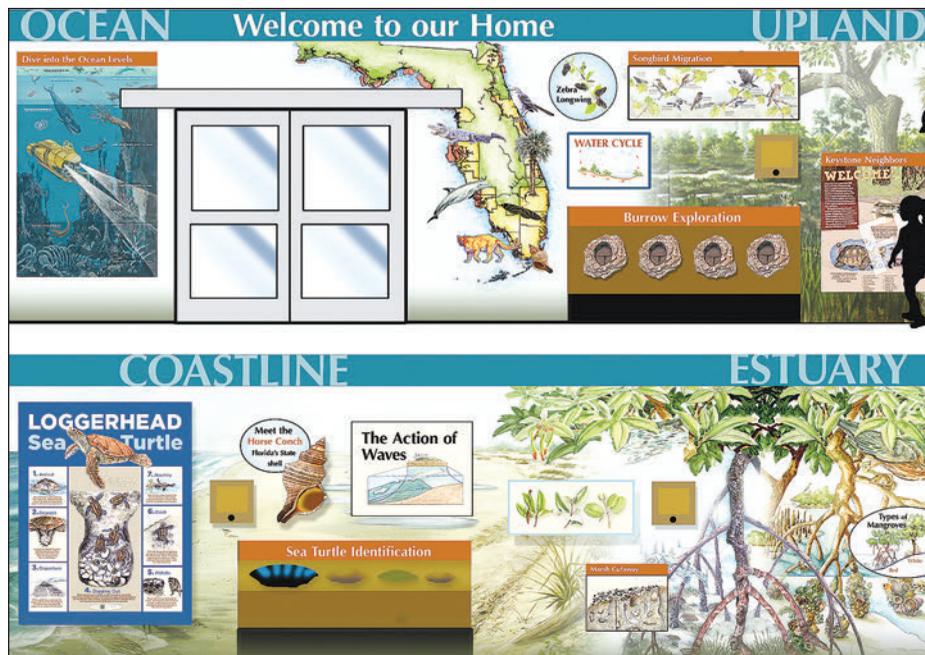
Museum-quality, hands-on exhibits



Melissa Maher photos provided

inside WoW will offer a taste of the refuge and natural science lessons to those who are unable to travel to Sanibel for the full “Ding” Darling experience, in keeping with the national refuge system’s Urban Wildlife Refuge Partnership initiative.

Learning stations will interpret mangrove ecosystems, water quality and conservation, pollution and plastic, animal scats and tracks, Florida’s native animals and wildlife sounds. The education team has developed lesson plans and bilingual activity sheets geared for grades kindergarten through 12.



Artist renderings of interpretive exhibits in the WoW mobile classroom

“I am looking forward to implementing an engaging curriculum for students that will correlate to the real world,” said Maher. “Additionally, I am excited to build positive relationships within the greater community to share the mission of the refuge.”

“Melissa is a results-oriented and high-energy educator,” said Birgie Miller, DDWS executive director. “Her work experience and skill sets – along with her energy, enthusiasm and true belief in our mission – are a perfect fit for the refuge and DDWS education

and development team in reaching and exceeding our short-term and long-range goals, particularly with WoW.”

“The positivity and passion for the mission of the refuge truly shines through everyone whom I’ve met at ‘Ding’ Darling,” said Maher.

To help support efforts to bring the refuge to schools, libraries and events throughout the region, contact Miller at 472-1100 ext. 232. To schedule WoW to appear at your school, venue or event, email wow@dingdarlingsociety.org. Visit www.dingwow.org.✧



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Community House Events

The Community House is hosting an arts and crafts show on Sunday, November 8 from 9 a.m. to 3 p.m. featuring 15 local artists who will be selling their homemade and crafted wares. No admission charge. Masks required.

There will be a cooking demonstration with Chef Werner Dietrich on Monday, November 9 at 10 a.m. The theme is Oma's Favorites and the menu will include Oma's Sauerkraut Balls, beer cheese dip, German potato pancakes, Kaiserschmarrn and applesauce. Cost is \$30 for members and \$35 for guests.

Anita Force Marshall will teach Letting Loose with Watercolors on Tuesday, November 10 at 9:30 a.m. Participants will learn how to paint a brown pelican. Cost is \$30 for members and \$35 for guests. Beachcomber paint kits can be rented for \$10.

The next community social will be held on Thursday, November 12 at 6 p.m. Comfort food is on the menu and will include chicken noodle soup, Caesar salad, meatloaf and mashed potatoes, chicken and waffles, macaroni and cheese, and steamed vegetables. Cost is \$20 for members and \$25 for guests; Dutch apple pie is an additional \$5. Curbside delivery will be available from 5 to 6 p.m.

Chef Jarred Harris will lead a class called Holiday Sides with a Twist on Friday, November 13 at 6 p.m. Learn how to make gluten-free and dairy-free sides that will please all your guests. Menu will include pumpkin pepper hummus, quinoa stuffing, cranberry and port chutney, parsnip potato and celeriac au gratin. Cost is \$30 for members and \$35 for guests.

Shell Crafters are open for shopping and looking every Monday from 10 a.m. to noon. No classes are being offered at this time.

Every Tuesday from 9 a.m. to noon, the Sanibel Bridge Club plays cards.



The Community House photo by Logan Hart

Bringing a partner is suggested, but not required. This is not sanctioned or duplicate. All are welcome, \$5 suggested donation.

Line Dancing with Maria Di Rosa is offered on Tuesdays at 1 p.m. Cost is \$5 per class.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring your own supplies to paint with fellow artists; no instruction. Cost is \$10 per session.

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 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.*

Sea School Offers Scholarship Funded Programs

This September, Sanibel Sea School kicked off outreach programming for the 2020-21 school year. This program is targeted towards "landlocked" students, who live just 10 to 50 miles from the ocean but don't often have the opportunity to get out and explore and engage in marine science on a regular basis.

Sanibel Sea School partners with the Pine Manor Community Improvement Association, The Heights Foundation and Child Care of Southwest Florida. Educators visit these organizations to provide enriching, hands-on education and bring the ocean to the students in their own classrooms. During the

sessions, educators offer activities like games and art projects with natural materials, and deliver lessons in marine science. Additionally, the educators may bring along creatures, such as sea stars or sea urchins and live mollusks, so that students can hold these creatures, many of them for the first time.

Classroom visits to their partner organizations are normally paired with field trips, but amid the pandemic, field trips have been paused temporarily. Despite the modification for this year, Sanibel Sea School is able to continue to offer these staple programs for the community.

Sanibel Sea School's landlocked programs are offered 100 percent on scholarship and are funded through donor support.

For more information about the programs or to make a donation, call 472-8585 or email info@sanibelseaschool.org.*

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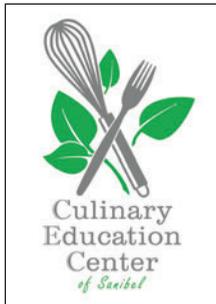


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The Community House

The Oat



by Resident Chef Jarred Harris

Oats are a type of grass, grown and harvested for their edible seeds, and one of the most important grain crops worldwide. The origins of oats are found in North Africa and Asia, where oats still grow wild today. Oats were one of the first cereals cultivated by ancient Chinese farmers around 12,000 BC and used as a food supplement. These ancient farmers began to farm wheat and barley around 10,000 BC and considered oats a nuisance weed, better suited for animal feed.

Ancient Greeks were the first to turn oats into a porridge and use them for medicinal purposes as well as food. Porridge was used to treat infection and stomach disorders. The Ancient Romans considered oats to be diseased wheat and better suited for animals, not for human consumption.

Oats were introduced to North America with other grains by Scottish settlers in

1602 and had a variety of uses including roof thatching, animal feed and the production of beer, ale and whiskey.

Oats were officially recognized as a health food around the mid 1980s and became popular for medicinal purposes. They were used to protect against certain cancers, stabilize blood sugar in diabetics, soothe skin conditions and treat heart disease by lowering cholesterol. Oats act like tiny sponges, actually soaking up cholesterol and carrying it out of the bloodstream.

Oats are high in protein and rich in soluble fiber, folic acid, calcium, zinc, iron, manganese, vitamins B1 and E.

Here is a simple recipe to try:

Vegan Oatmeal Cookies

Ingredients

- 1 ¼ cups rolled oats
- ¼ cup gluten-free flour
- 2 ½ tsp. ground flaxseed
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1/8 tsp. ground cloves
- ¼ tsp. salt
- 3 tbsp. coconut oil
- ¼ cup unsalted, natural peanut butter
- ½ cup coconut sugar
- ¼ cup maple syrup
- 1 tsp. vanilla

Method

Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.

In a large bowl, whisk together all of the dry ingredients.

In a separate bowl, whisk together all of the wet ingredients.

Pour the wet mixture over the dry mixture. Using a rubber spatula, stir and fold until well mixed.

Using a scoop, drop the cookie dough balls onto the prepared baking sheet, spaced evenly apart. Using a fork, flatten cookies about halfway. Cookies will spread during baking.

Bake for 10-15 minutes and remove from the oven and place on a cooling rack.

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.*

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars.

Beethoven: Moonlight Sonata with Thomas Cimarusti – Tuesday, November 17, 9:30 to 11:30 a.m. Members \$40; nonmembers \$50.

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

Art Evening with Jenny Licht: Coastal “JOY” with Jenny Licht – Thursday, November 19, 6 to 8 p.m. Members \$35; nonmembers \$44.

Figure drawing from Photographic References with Francesco Gillia – Tuesdays, December 1 to 15, 9 a.m. to noon. Member \$93; nonmembers \$116.

Glass Fusing with Petra Kaiser – Wednesdays, December 2 to 16, 9:30 a.m. to 12:30 p.m. Members \$74; nonmembers \$93.

Basket Class: Colorful Basket with Gisela Damandl – Thursday and Friday, December 3 and 4, 9 a.m. to 4 p.m.



Members \$121; nonmembers \$151.

Beginner Pastel with Donna Filomilo – Thursday, December 3, 9 a.m. to noon. Members \$85; nonmembers \$106.

New Techniques in Pastel Painting and Preservation with Donna Filomilo – Tuesday, December 8, 9 a.m. to 4 p.m. Members \$145; nonmembers \$181.

Raku with Martha Gratten – Saturdays, December 12 to 19, first class 2 to 4 p.m., second class 5 to 7 p.m. Members \$125; nonmembers \$157.

Beethoven: Sonata No. 9 with Thomas Cimarusti – Tuesday, December 15, 9:30 to 11:30 p.m. Members \$40; nonmembers \$50.

One-Day Drawing Workshop: Drapery with Francesco Gillia – Tuesday, December 22, 9:30 a.m. to 3 p.m. Members \$95; nonmembers \$119.

The health and safety of instructors, continued on page 32



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'Ding' Darling Exhibit At Sanibel Public Library

To spread its message about Jay Norwood "Ding" Darling's creation, 75 years ago, of the refuge now named for him, the JN "Ding" Darling National Wildlife Refuge and "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) are partnering with the Sanibel Public Library on 75th anniversary exhibits this fall.

An exhibit now on display at the library, "Ding" the Sportsman, Conservationist, and Artist, features artifacts from Darling's life that have never before been publicly displayed, along with some of his editorial cartoons, which were syndicated throughout the U.S. in the 1920s through the 1940s. Other works by the artist, memorabilia from his time spent on Sanibel and Captiva starting in the mid-1930s, and historical documents will also be on display.

On November 3, Sanibel City Council read a proclamation declaring December 1 as the refuge's official 75th anniversary.

Throughout the coming months, the library exhibit will segue into the other two



The exhibit features artifacts never before on display

photo provided

themes that examine Darling's importance as a key conservation figure in American history and his reputation as an artist. "We continuously want to tell the story of

'Ding' the man, because he is a legend in conservation and conservation art history," said Supervisory Refuge Ranger Toni Westland. "We are grateful to the

Sanibel Library for the opportunity to take that message out into the community in a very real way, especially now when our visitor and education center has been closed by the pandemic."

The refuge began the end of last year celebrating Darling's creation of the Sanibel national wildlife refuge in 1945. Until COVID-19 hit, DDWS and the refuge sponsored special exhibits and events in the "Ding" Darling Visitor & Education Center. On December 2, the center debuted a newly engineered exhibit featuring the man whose name was attached to the refuge following his death in 1962.

"Congratulations, 'Ding' Darling, on 75 years," said Margaret Mohundro, library executive director. "We are happy to be partnering with the refuge and DDWS. The library will have a display from its Florida collection to complement the wonderful items provided by the 'Ding' team."

The "Ding" exhibit is open free to the public daily during normal library operating hours. For more information about the refuge's 75th anniversary celebration, visit www.ding75.org.

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

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2 chicken breasts
2 teaspoons Florida honey
1 sweet potato, diced medium
4-5 cups kale, chopped
3/4 cup dried berries (cranberries or blueberries)
1 cup wild rice (optional)
1 lemon, zested and juiced
1 garlic clove, minced
1 teaspoon Dijon mustard
1/4 cup extra virgin olive oil
2 tablespoons apple cider vinegar
2 tablespoons olive oil, for roasting
Sea salt and fresh ground pepper, to taste



Chicken, Sweet Potato and Kale Salad
photo courtesy Fresh From Florida

Preheat oven to 400 degrees. Coat chicken breasts and sweet potato with olive oil and season with salt and pepper. Roast for about 20 minutes or until chicken reaches 165 degrees and the sweet potato is soft. Remove from oven and set aside.
While chicken and sweet potato are roasting prepare the dressing. Combine the Florida honey, mustard, lemon juice and zest, garlic, and extra virgin olive oil in a bottle or jar. Season with salt and pepper and shake vigorously to combine.
Place the chopped kale and half the dressing in a large bowl. Massage kale for a few minutes, this will help to soften the greens. Add the dried berries, sweet potato, chicken, and wild rice, if using, and mix to combine. Pour over remaining dressing and stir to coat. Cover and place in refrigerator to chill for at least 2 hours before serving. ✨

PUZZLES

Answer on page 47

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

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

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Cooper Dorning is the first winner in Bingo for Books photos provided



Margie Klein learns about sea turtle lighting creates new videos every week, with songs and stories. See her online storytimes on the library's children's page at www.sanlib.org/children.

Local kindergarten through second graders are participating in Bingo for Books. Game sheets were distributed to classrooms at The Sanibel School and are available for pickup at the Sanibel Public Library. Cooper Dorning was the first to call, "Bingo!" and turned his sheet in to the library and won a book to keep.

The Sea Turtle Conservancy has loaned its traveling display to educate residents and visitors about sea turtle lighting. The display will be in the library nonfiction

area until the end of November. Each side of the display explains one of the three golden rules to turtle-friendly lighting and has examples of real sea-turtle-friendly light fixtures.

The display has a video that explains the impact of lighting on the turtles, types of bulbs/fixtures to use, how to retrofit a building, and provides information on grants that can cover the costs of replacing lighting. You can also pick up sea turtle information provided by Sanibel-Captiva Conservation Foundation (SCCF) at the library.

An exhibition featuring memorabilia from Jay Norwood "Ding" Darling is on display at the library. The exhibit includes never-before-seen artifacts, historical documents and artwork, commemorating the 75th anniversary of the refuge.

The library's public access computers, copiers, scanners and printers are available for use. Precautions are in place to help protect staff and patrons from COVID-19. Patrons have to maintain social distance inside the building and wear masks,

(except for children under age 6). Library 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.

City Seeks Student Aides

The City of Sanibel is looking for student aides to assist at the recreation center. Applicants must be current high school seniors or high school graduates age 17 or older. Experience working with youth is preferred but not required. Pay is \$13 per hour. Tolls paid, if applicable. Apply online at www.governmentjobs.com/careers/sanibel.

Bingo For Books And New Exhibits At The Library

Sanibel Public Library is open for normal hours and is still offering its contactless curbside service, with hundreds of green bags going out to patrons each week. To use the service, place items on hold online at www.sanlib.org or call 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.

Youth Services Librarian Deanna Evans

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Michele Buelow

Susan Anderson

From page 1

Art Exhibit

This type of work is not easy, as some think, as there is no road map as in a plein air piece. To bring it to a finish is often difficult and time consuming.”

Buelow uses varied mediums. She said, “Pen and ink is precise and sometimes I want to be that. Pastel is a tactile medium and lends itself to a more impressionistic style and, of course, many hues. This is wonderful for landscapes. And pastels are fairly portable with only the sticks and paper the essential items. I am very messy with pastels and my hands are covered in color... but then that is what I love, to get my hands dirty. I also use oil to paint landscapes and have done just that this summer.”

Buelow regularly shows and sells work at the Fort Myers Beach Art Association gallery, BIG ARTS and other select sites. The award-winning artist obtained bachelor of science

Genesis by Michele Buelow

degrees from Michigan State University and Eastern Michigan University and practiced interior design in Michigan National Bank’s facilities department for many years. She resides in Portage, Michigan and Fort Myers.

Anderson enjoys painting any subject that has a pattern of light and shadow. She said, “When choosing a subject, I look for color, light and shadow, and shape.” Her subjects include architecture, landscape, still life and figures. “There is knowledge

photos and image provided

gained from direct observation, and the skills derived from painting en plein air can be seen in my works. My goal is to take the observer’s eye and lead them through each piece.” Painting in a representational style, Anderson has worked with pen and ink, charcoal and acrylics but loves the flexibility and textures of oils.

Anderson began her career as a freelance graphic designer while raising three children. She said, “My ability to understand the image and messaging

desired by my clients provided invaluable experience in seeing a subject, relating to the ultimate viewer, and being able to tell a story with the composition and use of color.” She also spent four years as the lettering artist for the syndicated *Dick Tracy* comic strip and taught illustration at a local community college.

While living in the suburbs of Chicago, Anderson studied at The Palette and Chisel Academy of Fine Arts, which further enhanced her oil painting skills. She continues to participate in numerous workshops by artists from around the country and abroad. It was her trip to Provence, France that ignited a passion for plein air.

Anderson resides in Fort Myers and spends summers in northern Wisconsin. These varied environments provide her with an incredible variety of everchanging subject matter and inspiration. She paints with plein air groups and participates in national and international juried exhibits and competitions.

For more information, visit www.sanibelcommunityhouse.net or www.sancapart.org✪

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BIG ARTS Monday Night Film Series

And Then We Danced

by Di Saggau



The BIG ARTS Monday Night Movie for November 9 is *And Then We Danced*, a film about a male dancer and his partner who have been training for years for a spot in the National Georgian Ensemble. The arrival of another dancer throws him off balance, sparking both an intense rivalry and romantic desire that may cause him to risk his future. "There is no sexuality in Georgian dance," an instructor says early on in the film. Then things get complicated.

The newcomer gives an intoxicating screen presence and sharp, statement-making dance moves, especially in the finale. There are many beautifully filmed scenes and a few mischievous ones as well. One dancer is trying to live up to and even surpass an under-realized family legacy but is thrown off balance by his feelings. The film is romantic and tender, but it's all too aware of its defiance against a powerful, oppressive system that sees queerness as a threat to the fabric of Georgian tradition. All of this is told through the prism of dance: the hallmark of the country's national identity forged on traditionalism. The film runs one hour, 53 minutes. Tickets are \$10 and can be purchased online or in the box office. There will be no discussion following the film.

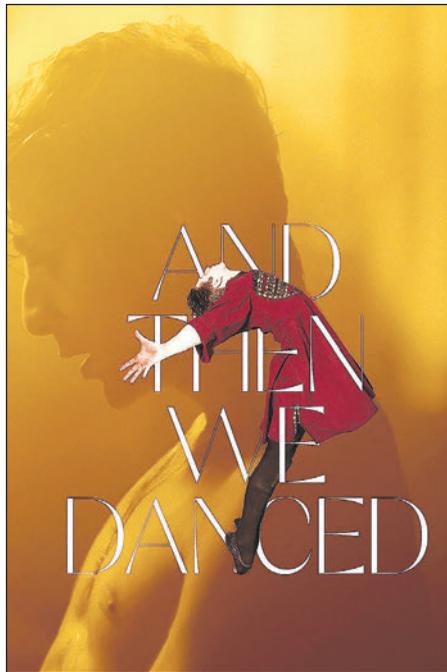


image provided

All visitors are required to wear masks and are asked to be mindful of social distancing.

BIG ARTS is selling only 50 percent of the seats in Christensen Performance Hall. Until further notice, only 200 seats 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 sanitizing stations throughout the ground floor.

BIG ARTS is located at 900 Dunlop Road on Sanibel.✪

Programs At Captiva Memorial Library

Captiva Memorial Library is open Tuesday through Saturday from 10 a.m. to 4 p.m. All Lee County branches will be closed on Wednesday, November 11 for Veterans Day as well as Thursday and Friday, November 26 and 27, for the Thanksgiving holiday.

Miss Naomi is "Thankful for Books!" this month and wishes everyone a Happy Thanksgiving. See Staff Recommended Newsletters at www.leegov.com/library and click on Exploring with Miss Naomi.

The library have resumed regular due dates. Refer to the due date on checked out items. Library items may be returned to any Lee County location. If there are any questions about when items are due, call 479-4636 and have your library card number available.

BookFlix is an online literacy resource for children in grades pre-k to three that pairs classic animated stories from Weston Woods with thematically aligned nonfiction eBooks from Scholastic to build a love of reading and learning. This resource will help early readers develop and practice essential reading skills, and introduce them to a

world of knowledge and exploration.

ScienceFlix is an online resource that focuses on engaging subject-area science content for students spanning grades four through nine. Each of the ScienceFlix units will help hone literacy skills while bolstering understanding of crucial subjects relating to science, technology and engineering. ScienceFlix units are further supported with a reservoir of related multimedia including videos, interactive media and images.

Stay at Home Storytime has new posts every Wednesday at 10 a.m. Visit the YouTube channel and follow on Facebook.

Books by Mail is a fast and convenient service that supplies library materials to adults and children who are unable to visit a Lee County Library System location due to temporary or long-term physical and medical disabilities. Caregivers also qualify for Books by Mail service.

Readers can check out the e-book and audiobook version of *Reverie* by Ryan La Sala without waitlist or holds, through November 16.

The November issue of *BookPage* is available online, or stop in and pick up a copy at Captiva Memorial Library, located at 11560 Chapin Lane.

For more information, visit www.leegov.com/library.✪



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Book Review

Always The Last To Know



by Di Saggau

Kristan Higgins' new novel examines a family's difficult complexities from bitter disappointments to quiet strengths. The Frosts would appear to be a typical American

family. Parents Barb and John have been married almost 50 years and are now bored with each other. Their two daughters, the brilliant Juliet, is Barb's favorite, while the free-spirited Sadie is John's darling. All was fine until the day John had a stroke and everyone had to adapt to different circumstances.

The novel is about the decisions and changes made by each character. Everyone has to make important choices about their work, their lives and relationships. Over the course of the novel, they evoke in different ways. Sadie embarrassingly proposes to her boyfriend of two years and is rejected. Barb had been ready to file for divorce from John prior to his having the stroke. Juliet is considering a major career switch when she receives the news. They all gather together to care for John as they figure out each of their own lives.

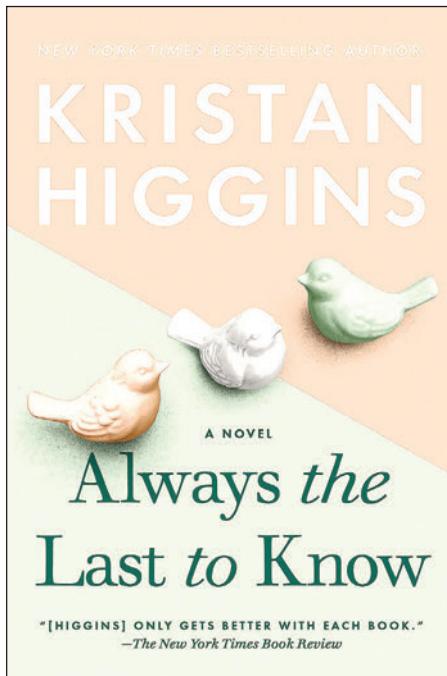


image provided

Higgins skillfully gives insight into everyone's lives and emotions as she paints a picture of her characters. Each has important choices to make as they adapt to changing circumstances. The dynamics of parents and children who show favoritism is handled well. *Always the Last to Know* is a wonderful story for anyone who loves stories about complicated family dynamics and relationships. The Frost family is very complex. The way their relationships evolve throughout the novel and why

they all live as they do, makes for entertaining reading.

Sadie decides it's time for her to get married so she proposed to her boyfriend Alexander. And he replies "You nut. It's the man's job to propose." Only he doesn't, and we find out why later on.

Juliet is an adrenaline junkie, she's married to the perfect husband, has two healthy daughters, a beautiful home

and her mother is her best friend. She has panic attacks every now and then, and retreats to her closet to survive them, feeling safe among her shoes and sweaters. She thinks if she'd known how hard it was to have it all, she would've asked for less.

Always the Last to Know is full of heartbreaking truths and hilarious honesty in a family where two girls couldn't be more different.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I think my 12-year-old daughter has math anxiety. When she was an elementary student, she did well in math but now her

achievement has gone down and she just hates anything to do with her math work. This is not a good situation. Please give me some ideas to help her.

Corinne P, Cape Coral

Corinne,

Your daughter is not alone with her math anxiety. In a study from 2012, about 30 percent of high school students reported having math anxiety, originally called "number anxiety" by researchers in the 1950s. It is a very common situation.

Stanford University professor Jo Boaler says that for many people, math fears can be traced back to elementary school and, specifically, to timed tests and forced memorization. Dr. Boaler reported that, "Neuroscientists have shown recently that for people with math anxiety, a fear center lights up in their brain – the same as when they see snakes and spiders – and the problem-solving center of the brain shuts down."

This is a real fear. Math anxiety is a valid phenomenon all over the world tied to stereotypes of race and especially to gender. Research shows that mothers are prone to pass that feeling along to their children, especially to girls.

"Don't let your own math anxiety hold your kids back." That means, according to Boaler, "we have to check ourselves when we're talking about math," and never tell our kids, "I'm bad at math, I don't like math, or I didn't do well in math at your age. When kids get that message, their math achievement goes down immediately," Boaler said.

What can we do as parents to improve our kids' attitudes towards math?

Talk about math when you're sharing everyday activities. Sudha Swaminathan, an early childhood education professor at Eastern Connecticut State University, says, "children who are successful in math have parents who point out math even in the most ordinary moments." For example, she says, "You ask them to put their books away. It doesn't fit? Why doesn't it fit? Maybe the

book is too tall? Too big? Not only are you introducing the concept of measurements," Swaminathan said, "but you're also introducing a math process: problem solving."

Dr. Boaler's tip is to look out for visual patterns. "Get kids to look and think. We can see patterns in fence posts, in flowers. As children get older, the possibilities expand. Calendars, timers, money, maps, drawing, measuring, crafts... these are all chances to talk math."

Another important way to develop a math mindset is to play with math using board games, card games, puzzles and even some video games. "Research has shown that when parents just play, they're actually really, really good at pulling out these deep concepts from children – much better than even teachers," Swaminathan said. Board games are particular well suited for this. Research has shown that the more kids play any game with dice and numbered squares like Chutes and Ladders, the better their basic math skills get.

"One thing I would tell parents not to do is to become the teacher in the house," said Swaminathan. "Avoid constantly quizzing your children or marching them through their homework and, for heaven's sake, put away the flashcard. Instead, ask real, open-ended questions."

Open-ended questions can start deep conversations that bring you and your children closer together. They prompt children to describe their thinking out loud which gets them thinking about their own thinking process, the skill of "metacognition." It gets them discussing and reflecting on the properties of shapes, numeration or whatever is being discussed, including non-math topics. The third reason that open-ended questions are a good idea? They don't have right or wrong answers. The fear of being wrong is removed when you engage in open-ended discussions.

No matter if your kids are in preschool or in high school, home should be a safe place where there's "no fear in making a mistake," said Dr. Boaler. "That's basically how children learn."

Shelley Gregg 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.*

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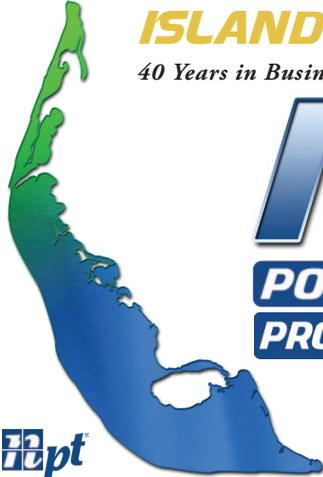
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Southwest Florida Alliance of Chambers members at last year's legislative session with Gov. Ron DeSantis photo provided

Chamber Sets Legislative Priorities For 2021

The Government Affairs Committee of the Sanibel & Captiva Islands Chamber of Commerce recently advised the board of directors to adopt five priorities for the 2021 Florida legislative session starting in March. All five address local water quality issues.

"We are gratified that the Southwest Florida Alliance of Chambers, which we helped found and have heavily supported, has adopted the same priorities," said John Lai, chamber president and chief executive officer. "All eight chambers in the alliance are behind these, which ultimately makes us stronger in moving our priorities forward in Tallahassee."

In the interest of clean water, the priorities support sustained funding for the Everglades reservoir and other Everglades restoration projects, the implementation of the Blue-Green Algae Task Force's recommendations to reduce nutrient pollution from all sources, strengthening stormwater standards for urban and agricultural landscapes, funding for upgrading

and building advanced wastewater treatment, and the establishment of statewide septic tank inspection and maintenance requirements.

"As in past years, we foresee the chamber and alliance exerting a strong presence at the state level in support of these priorities so that water issues are not forgotten in the wake of the pandemic," said Lai, who also serves on the Water Resource Accountability and Collaboration Committee for the South Florida Water Management District. "In 2018, the chamber began the Southwest Florida Day bus trip to Tallahassee, and it was highly successful. We hope to build on that momentum in more ways that benefit our membership and the region as a whole."

During session, chamber representatives will meet with legislators and testify in the House and Senate on the priority issues. Last year, the chamber alliance pushed for some of the same issues, making headway on most. It also backed funding for and stabilization of Visit Florida, the state's tourism promotion agency. With a big win in successfully obtaining both long-term reauthorization and \$50 million in annual funding for Visit Florida, the chamber removed that priority for 2021.✪

Local Eatery Sponsors Race

Lazy Flamingo was a gold sponsor of the 12th annual 10K Race 4 FISH in support of FISH of SanCap. "The 'Lazy' has been a consistent sponsor of the 10K race and we're grateful to them again this year for supporting our efforts," said Diane Cortese, chair of the race committee.

The race was held virtually this year, and runners participated and logged their time through October 31. Participating runners received a dri-fit shirt, with the Hortoon 10K logo on the front, as well as a matching face covering.✪



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Conservation Initiatives Leader

Kealy McNeal is taking the reins as conservation initiatives coordinator for Coastal Watch. She will be the liaison between Sanibel-Captiva Conservation Foundation (SCCF) and the Coastal Watch Advisory Committee to plan and execute conservation initiatives on Sanibel and Captiva.



Kealy McNeal

McNeal brings her passion for the coastlines, conservation and public outreach to this position and is excited to work with the community on a deeper level.

McNeal grew up in Iowa and spent her childhood vacationing in Florida, where she fell in love with the ocean. As a young girl, her career aspirations ranged from dolphin trainer to marine biologist. Eventually, she attended the University of Tampa, where she studied environmental and marine science. After her studies, she worked for The Audubon Society, monitoring and protecting nesting shorebirds on beaches in Florida and Massachusetts.

McNeal has been with the Sanibel Sea School since 2018 and also leads

paddles and community events for Ocean Tribe Paddlers, an affiliated organization.✪

New Research Assistant For SCCF

Sierra Greene has joined the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab as research assistant.

Greene grew up with a deep appreciation for the environment, cultivated through her family's love for the outdoors. She then studied marine biology and geology at the University of South Florida to better understand Florida's geological origin and the unique marine ecosystems.

While obtaining her bachelor's degree, Greene was involved with programs that researched sea turtle nesting and migration, coastal wetland environments and coral reef ecosystems.

In college, Greene worked as an outdoor recreation trip leader and led kayaking, hiking, SCUBA diving and rock-climbing trips throughout the country and abroad. After graduating, she worked in a fisheries lab in



Sierra Greene

Mississippi, where she was part of a lab that studied the ecology of gulf sharks and fishes.

Greene's primary roles at the marine lab include servicing the RECON water quality monitoring sensors and supporting various other projects.✪

Captiva Panel Update

The Captiva Community Panel is accepting nominations for the two panel-appointed seats that are coming up in December, and islanders are encouraged to submit their names if interested. This is also an opportunity to be considered for future panel appointments as well.

The panel's nominating committee – consisting of Mike Boris, Richard Sonking, Tom Libonate and Jon Rosen – has nominated John Jensen for another term and Linda Laird to fill the seat held by David Mintz (who is termed out). However, the panel is able to consider nominations from the community in addition to the slate recommended by the committee.

The panel seats are for a three-year term commencing at the January meeting. Panel members can serve two three-year terms before being termed out, and must be off the panel at least one year before they can be considered for reappointment.

Submit your name and a brief resume or description of interest to the panel via email to captivacommunitypanel@gmail.com by Friday, November 6 for discussion by the panel at its November 10 Zoom meeting. You can contact the panel by email with any questions.

The Sea Level Rise Committee of the Captiva Community Panel will host a community forum via Zoom on Thursday, November 19 at 7 p.m. The committee and its consultants will review its research from the past 18 months, as well as discuss the potential impacts of climate change on Captiva.

A formal invitation and explanation will be mailed to all island property owners in early November.

The Captiva Community Panel has begun the petition collection necessary to form a Municipal Services Taxing Unit (MSTU) to fund efforts to eradicate the iguanas that have proliferated on Captiva. A letter explaining the MSTU process and the iguana problem will be mailed to all Captiva property owners in early November; however, the petition is also posted on the panel website at www.captivacommunitypanel.com.

Upcoming meetings:

Monday, November 9 – Captiva Erosion Prevention District will meet via Zoom beginning at 9 a.m. (details at www.mycepd.com).

Tuesday, November 10 – Captiva Community Panel will meet via Zoom at 9 a.m.

Monday, December 7 – Captiva Erosion Prevention District will meet via Zoom at 1 p.m. (details at www.mycepd.com).

Tuesday, December 8 – Captiva Community Panel will meet at 9 a.m.; venue to be determined.✪



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Superior Interiors

The Perfect Play Space For Children



by Marcia Feeney

The playroom is a great use of space, where your kids can showcase their creativity, hang out with friends and escape to after a long day of schoolwork. But when was the last

time you shaped this space up for your young ones? Why not make it a more enjoyable area for them to play? With just a few ideas you can create the new and improved playroom your kids will adore.

Once you've rummaged through the room and removed any unwanted chairs, trinkets and décor, begin to develop a plan. A well thought-out project (with budget) will allow you to make the best decisions moving forward.

Mix and match colors and patterns. This room is supposed to be fun, isn't it? There's no need to decorate with boring shades layered over white walls – this doesn't set the right vibe for an entertainment area. Be willing to play with adventurous, bright hues mixed with delightful patterns. Don't forget to talk to your kids about color choices – it's their room after all!

Additionally, when it comes to wall decor, don't be afraid to make use of toys. Use wooden blocks to liven up the walls and place jars of marbles and stacks of books throughout the space.

Make things fun and functional. As the saying goes, "If you can't beat 'em, join 'em," so why not give your kids permission to draw on the walls? Not

your freshly painted ones, of course. Instead, hang a large dry-erase board or paint a chalkboard wall so the kids can get creative without the paper and magic markers. This is another stylish way to bring character to the space, all while making a fully function design statement.

Invest in a custom shelving unit. Playrooms tend to have a reputation for being the messy area in your house. Is this because your kids are prone to making a mess, or is it the fact that they don't have enough places to store their items? Instead of stuffing their belongings under the bed and in the closet, consider creating a customized shelving unit for the room. Not only will this give the space more character, but it'll ensure organization and your sanity.

When was the last time you gave the playroom an update? Now's the perfect time to surprise your kids with freshly renewed space. Don't take care of the task on your own, however. With the expertise and assistance from a design professional, you can craft the perfect play place that's chic, functional and kid-approved.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coinciden.com.**

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company

The top producer for October at John Gee & Company was Bob Hodosky.*



Bob Hodosky

Shell Point Doctor Earns Champion Award For Florida

Dr. David Nesselroade, staff physician at the Larsen Pavilion Skilled Nursing Center at Shell Point Retirement Community in Fort Myers, has been named the recipient of the 2nd annual Quality Champion Award by FMDA – The Florida Society for Post-Acute and Long-Term Care Medicine.

The award was presented by Dr. Mark Beauchamp, chairman of the Quality Champion Award Committee, on October 24 in a live-streaming ceremony as part of the FMDA's annual conference for the state of Florida.

FMDA's Quality Champion Award is presented in recognition of the skills, talents, expertise, commitment and personal attributes that encompass quality patient-centered care.

"This award honors clinicians who work day-in and day-out to serve the frailest population in Florida's post-acute and long-term care continuum," said Beauchamp during his presentation of the award to Nesselroade. "The recipient of this award embodies the highest standards of dedication, leadership, engagement and innovation, and is personified as a cornerstone in his or her respective field, as well as within the facility or roles served."

Nesselroade has a distinguished medical career at Shell Point, where



Shell Point Medical Director Dr. Gary Goforth with Dr. David Nesselroade photo provided

he has worked for 34 years, including serving as vice president and director of physician services from 1986 to 1996, followed by being a full-time staff physician at the Larsen Pavilion Skilled Nursing Center.

"We feel extremely blessed to have Dr. Nesselroade here at Shell Point," said Dr. Gary Goforth, medical director for the community. "We are thankful for his incredible dedication to his patients and excellence in long-term care medicine."

The Larsen Pavilion, located on The Island at Shell Point, has 219 beds and encompasses a state-of-the-art rehabilitation center, short-term and long-term care, an Alzheimer's unit, hospice and palliative care. For more information, visit www.shellpoint.org.*

From page 20

Workshops

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.

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

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1

4. 4 Bedroom Home on Intersecting Canal - Sanibel

- 4 BR/ 3 BA home with boat dock, lift, and private pool
- Large kitchen, private elevator, multiple lanais including a rooftop deck with Bay views
- **\$2,195,000** Euro 1,880,150

5. Duplex Style Home on Sanibel

- Unique property in the heart of Sanibel fit for a family compound or vacation retreat
- Features two separate 3 bed/3 bath residences each with a 2 car garage. Pool, spa, & garden area
- **\$899,000** Euro 770,047

6. Direct Access Canal Home with Private Dock – Sanibel

- 3 BR/ 2 BA ground level home on corner lot in Water Shadows community
- Remodeled home with garage and private pool overlooking the canal
- **\$995,000** Euro 859,099



7

10. Uncommon Luxury Next To The Beach – Sanibel

- 3 BR/ 3.5 BA, chef's kitchen with 6 burner Viking cooktop, breakfast bar & separate prep island
- 18ft ceilings, impact windows, salt water pool with multiple water features
- **\$1,395,000** Euro 1,263,703

11. Updated Tropical Beach Condo at Loggerhead Cay - Sanibel

- 2 BR/ 2 BA remodeled kitchen, French doors, plantation shutters & Gulf views
- Large pool, pet friendly & weekly rentals make this a great option for families and investors
- **\$699,000** Euro 611,765

12. Direct Gulf Views at Sundial East – Sanibel

- 2 BR/2 BA condo +den with views directly out to Gulf of Mexico.
- Open kitchen w/ granite counters & SS appliances. Comm pool, tennis, beach access & more.
- **\$899,000** Euro 776,211



2

1. Magazine Ready Home in Sanctuary – Sanibel

- 5 BR/5.1 BA property situated on the bay & intercoastal waterway and framed in by the Sanctuary's signature 4th hole
- Boasting 11,000sqft, interior finishes include luxurious access wall of glass, walk in wine cellar, marble inspired Cambria counters, statement light fixtures & over a million dollars in updates
- **\$2,998,000** Euro 2,658,932

2. Remodeled at Sanibel Arms West

- 2 BR/2 BA condo with open kitchen with granite countertops
- Community amenities: large pool, beach frontage, on-site mgmt/ rental office, tennis & more
- **\$546,000** Euro 506,304

3. Privacy Meets Paradise in The Dunes – Sanibel

- 4 BR/ 3.5 BA home located at the end of a cul-de-sac with panoramic lake & golf course views
- Open kitchen, screen enclosed pool and lanai, new roof, and whole house generator
- **\$870,000** Euro 745,207



3



4



5



6



8

7. Captiva Village Home with Gulf Views – Captiva

- 4 BR home with pool located just 1 property from the beach on Wightman Lane
- Rental company estimates \$180k annually. New septic, roof, generator & offered furnished
- **\$2,395,000** Euro 2,031,701

8. One East End Across from Beach W/ Boat Dock

- 3 BR/3.5BA + den & loft in Eastwood Landings w/ tennis, boat dock & beach access
- Main floor master, fully mitigated, high ceilings & screen enclosed pool
- **\$1,390,000** Euro 1,173,466

9. Gorgeous Bay Views in Punta Rassa Condo – Fort Myers

- 2 BR/2 BA remodeled corner condo with stunning views near the Sanibel Harbor Yacht Club
- Community amenities: fishing pier, pool, tennis, shuffleboard, and more
- **\$575,000** Euro 492,463



9

NEW LISTING



10



11



12

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Will Power

Elections And Market Returns



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

This column is scheduled to run on November 6, but I'm writing it a week ahead, on October 28, before the general election returns. I'm assuming that by the time you pick up this newspaper we'll all know who will take the oath of office on January 20, 2021.

Much has been written and probably will be written about the election's effect on the stock market. Presidents are somehow tied to the financial markets, despite having little to no control over yields and returns. Yes, a president nominates the chairman of the Federal Reserve, whose decisions tend to have economic affect. Whether a president wants to impose more or fewer regulations over trade and industry also likely has some influence on market performance.

But there are so many variables. Is the presidential election determinative whether our 401(k) accounts increase over the next four years? Ten years?

Surprisingly, they don't, according to research provided to me by Paul Weinstein of the Weinstein Wilkes financial group in Fort Myers. He recently sent me an interesting review of U.S. presidential elections on the stock market prepared by American Funds.

The findings are striking. The bottom line is that it doesn't seem to matter whether the White House is occupied by a Democrat or Republican. The average annual return over 85 years was 11.9 percent for the fund promoted by the firm.

"There have always been tumultuous events," the brochure reads. "The current economic and political challenges may seem unprecedented, but a look back shows that controversy and uncertainty have surrounded every campaign." Overseas conflict and war, market declines and recessions, bankrupt businesses, weather related calamities, labor market struggles and civil unrest are nothing new to our nation. Yet market returns over time remain consistent if you're in it for the long haul.

The brochure also tracks return of this particular investment fund for 10-year periods following each election since 1936. Every 10-year period experienced gains. The smallest existed from 2000-09 (commencing at George W. Bush's first term), while the largest was from 1980-89 (commencing at Ronald Reagan's first term), both Republicans.

Print, online and television news want to grab our attention. The core human emotions of fear and greed are ripened by headlines of market gyrations "caused" by presidential policies. While presidential policies can impact profits, yields and interest rates, which drive market returns, those aren't the only factors.

The effects of presidential policies on your estate plan, however, can have direct impact. As I said at the beginning of this column, I wrote this not knowing who won the White House or Congress. A Democratic sweep could mean drastic changes to federal income taxes as well as federal gift and estate taxes. I'm offering a free online workshop on the topic. You can sign up for that workshop at www.floridaestateplanning.com/election.

In short, the federal exemptions may decrease while tax rates increase. This will be true regardless who won, as the current federal exemptions sunset at the end of 2025.

So hang on to your portfolio. Don't try to time the market. But do pay attention to changes in the federal tax laws.

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SCCF Distributing Annual Report

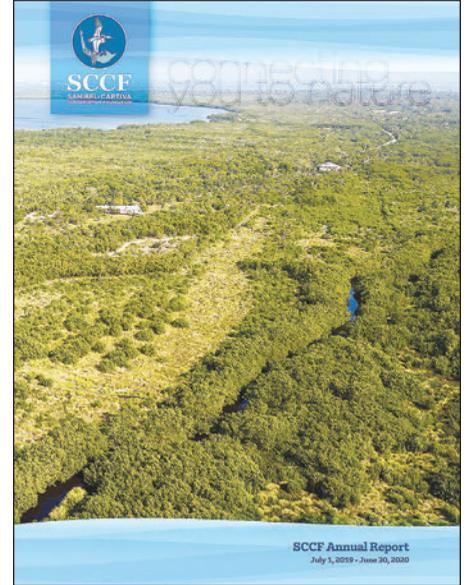
The Sanibel-Captiva Conservation Foundation (SCCF) FY2019-20 Annual Report will be delivered to island residents next week.

"The annual report is a great representation of the scope and breadth of our mission-driven work," said SCCF CEO Ryan Orgera. "That work is really something that all our island neighbors, not just SCCF members, should be aware of. If it inspires more islanders to become members, we'd be happy to welcome any and all into the SCCF family."

This blanketed distribution would not be possible without the underwriting support of Bank of the Islands/Edison National Bank.

Bank of the Islands/Edison National Bank CEO Geoff Roepstorff noted on the back cover of the annual report:

"As the oldest locally owned and managed community bank in Lee County and on the islands, Bank of the Islands/Edison National Bank cares deeply about the natural beauty we all value in Southwest Florida. Now more than ever, it is a great comfort to know SCCF stands strong in its environmental stewardship for the place we call home. For more than five decades, SCCF has been a leader in fighting to keep Sanibel, Captiva and this entire region so special. We are honored to be one of their



Cover of the SCCF Annual Report

image provided

partners in making that happen."

"The Roepstorffs and their banking staff are so helpful to SCCF in so many ways," said Orgera. "We really can't thank them enough for helping us share this important publication as widely as possible."

Community support through membership dues and tax-deductible contributions, in addition to grants and staff-generated revenue, makes this work possible. Visit www.sccf.org.

How's The Market? Ask Ann

Historically, Real Estate sales slow down during September and October. Sales in our higher price range (\$1,000,000 and up) take place during the "seasonal months."

I found it interesting that 6 High End condos went under contract in October:

- Sunward of Sanibel 201 listed at \$1,295,000
- Somerset at the Reef A101 listed at \$1,700,000
- Villas of Sanibel B202 listed at \$1,895,000
- Sanibel Sunset 201 listed at \$2,195,000
- High Tide B302 listed at \$2,295,000
- Wedgewood 102 listed at \$2,595,000

The median listing price on homes is \$1,148,990 and the median sales price is \$780,000. The median list price for condos is \$699,000 and the medium sales price is \$700,000.

Closings over the last 90 days are 207 compared to 105 from a year ago.

If you are looking to buy on Sanibel, I will work hard to find you the home of your dreams. Our office has been established here since 1983 and we have over 60 years of Real Estate experience on Sanibel.

Let's talk about the current amount of single family residential homes for sale on Sanibel. Currently, there are 75 homes for sale in our MLS system and 97 condos, normally the inventory ranges between 200-250 units. By category, there are 7 gulf front homes, 4 bayfront homes and 19 canal homes, 25 near beach, 9 inland homes and 11 miscellaneous homes.

Closed Sales going back one week:

- | | |
|-----------------------------------------------------------|-----------------------------------------|
| 915 Main St. - \$450,000 | 1031 Sand Castle Dr. - \$695,000 |
| 9455 Beverly Lane - \$503,000 | 4455 Gulf Pines Dr. - \$830,000 |
| 2265 W. Gulf Dr. Island Beach Club P1A - \$570,000 | 734 Anchor Dr. - \$830,000 |
| 690 Durion Ct. - \$675,000 | 676 Gopher Walk - \$1,444,500 |

7 Homes and 1 Condo

Call or email me with any questions. Stay safe.



Ann Gee
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16611/16615 CAPTIVA DR., CAPTIVA
 • Spanish Colonial 6 BR, 6 BA, Guest House
 • Kitchen w/Custom Tile, Game Room
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4995 JOEWOOD DR., SANIBEL
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 • Large 1 Bedroom, 1 Bath
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SUNDIAL OF SANIBEL
UNDER CONTRACT

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Frankly Speaking

by Howard Prager



Interesting records to talk about today, as well as a Jon Lester beer party. Let's start with some Big Ten stories and college football in the state of Indiana. Indiana and Purdue are both 2-0 for

practice is on hold for them for seven days. That means the Badgers will have just two days to prepare for their next game against Purdue. And the game with Nebraska will not be made up. The Big Ten has established some of the strictest protocols in college football. Coaches have to be out 10 days if they test positive, and athletes have to quarantine for 21 days. The lack of flexibility in the schedule could become a major problem if other teams are forced to pause football activities because of the pandemic. A rise in cases in states such as Wisconsin and Illinois could be a problem over the next seven weeks because there are no byes in the schedule. This weekend, the Pac-12 starts their reduced season schedule. This continues to be a developing story both in college and the NFL.

Another developing story in both college and the NFL last weekend was the fighting that occurred. On Sunday, Chicago Bears wide receiver Javon Wims was ejected from the game and the league suspended him for an additional two games after punching Saints defensive back Chauncey Gardner-Johnson in the third quarter. It appears they were going at it with each other beforehand. The immediate impact in the game was that the Bears turned the ball over on downs two plays later. The game went into overtime, and the Saints won by a field goal. Had this not happened, could the Bears have won? On the college front, the SEC fined Florida coach Dan Mullen \$25,000 following a fight at halftime

during the Gators' 41-17 win over Missouri on Saturday. Mullen was also issued a reprimand for violating SEC bylaws governing sportsmanship. Three Missouri players and two Florida players will be suspended for the first half of each of their next games for their role in the fight. "There is no place in college football for the kind of incident that took place at halftime of the Missouri at Florida game Saturday night," said SEC commissioner Greg Sankey. "Everyone involved is responsible for meeting sportsmanship standards throughout each game. Running on the field to confront a game official, the gathering of teams in an on-field confrontation and student-athletes throwing punches are all disappointing at any time, but even more so as we work to support healthy competition during a pandemic."

On another Florida front, Central Florida (UCF) is causing some heads to turn, despite some legal shenanigans by five defensive players who did not make the trip to Houston. The Knights are racking up an average of 652.5 yards per game. Against Houston, they put up 681 yards last weekend. UCF also had a pair of runners who each rushed for more than 100 yards, the first time that's happened since 2006. The NCAA record is 640.1 by Mississippi Valley State in 1984, which had a little known wide receiver by the name of Jerry Rice. The FBS record is by University of Houston in 1989 with 624.8 yards with Heisman winner Andre Ware at QB.

And the good news story of the day is full of suds. The Cubs declined to take on Jon Lester's option year of \$25M for next season. In his six seasons with the Cubs, Lester went 77-44 with a 3.64 ERA in 171 regular-season starts. He helped lead Chicago to the playoffs five times including the 2016 World Series win. It is still possible that the Cubs will bring Lester back for 2021 at a lower price. But after six years in Chicago, Lester wanted to thank his fans no matter where he pitches next season. On Thursday, Lester tweeted that he would buy each patron at four Chicago bars from Friday through Sunday a Miller Lite to show his appreciation for the support of Cubs fans. He tweeted "Regardless of what's next I want to thank the fans for the past 5 years. So this weekend (10.30-11.1) I'm buying y'all my favorite beer. Make a res at (four well known sports bars) and your 1st @ MillerLite is on me. Just tell 'em to put it on #JonsTab. And mask up, dammit."

By Sunday night, 4,838 beers were on his tab. At a time when the bars are hurting in Chicago, not only did Jon Lester salute the fans, he saluted several bars as well with some much needed business. And in a nod to his uniform number, he tipped 34 percent. The grand total was \$47,000. And a Chicago bar Lester did not include in his offer got in on the celebration anyway, selling Miller Lite to raise funds for Lester's favorite charity. The Bleacher Report said it best. "If Lester's Cubs career is indeed over, he provided the people of Chicago with a great gesture and something positive to remember him by."

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

the first time since 1972, and with Notre Dame 6-0, it's the first time ever that the state has been 10-0 in bowl subdivision football (FBS). (Ball State started playing this past Wednesday). Just to the north, Michigan lost to the Spartans last Saturday. Mel Tucker became the second coach in Michigan State history to defeat Michigan in his first game in the rivalry, following Nick Saban in 1995. Jim Harbaugh is 1-6 against Michigan State and Ohio State at the Big House. He's 29-0 against everyone else. And with a nod to my alma mater, it's the first time Indiana, Purdue and Northwestern all started the season 2-0. Northwestern's game at Iowa began with them digging a 17-0 hole due to two early turnovers, yet they came back to win 21-20. Northwestern is atop the Big Ten West.

One other Big Ten comment. With the Wisconsin-Nebraska game cancelled due to a COVID-19 outbreak of at least 22 players and staff at Wisconsin,

SPORTS QUIZ

1. An ancient Grecian messenger named Pheidippides is believed to be the progenitor of what modern Olympic sport?
2. What Pro Football Hall of Famer and Chicago Bears great was known as the "Kansas Comet" for compiling 4,020 all-purpose yards while playing for the Kansas Jayhawks?
3. Name the Oklahoma State Cowboys football coach who blasted the media in a 2007 press conference, declaring, "Come after me! I'm a man! I'm 40!"
4. What combat sport was developed in the 1920s by brothers Carlos, Oswaldo, Gastao Jr., George and Helio Gracie?
5. University of Maryland basketball standout Len Bias was selected by what team in the 1986 NBA Draft?
6. Name the IndyCar driver who won the Indianapolis 500 in 2017 and 2020.
7. Who scored the winning touchdown for the Baltimore Colts in overtime of the 1958 NFL Championship Game (a.k.a. "The Greatest Game Ever Played") vs. the New York Giants?

ANSWERS

1. The marathon. 2. Gale Sayers. 3. Mike Gundy. 4. Brazilian jiu-jitsu. 5. The Boston Celtics. 6. Takuma Sato. 7. Alan Arnette.

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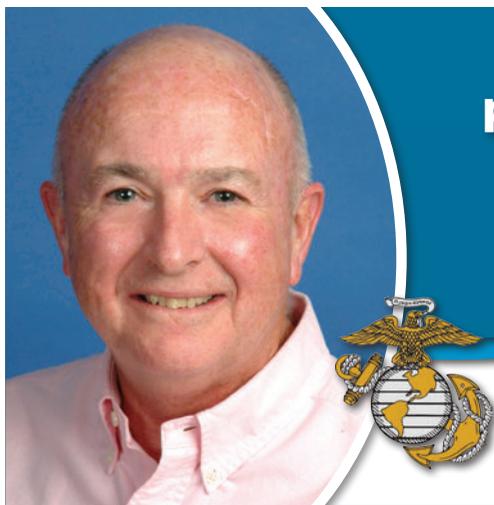
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Health First

Get Serious About Bleeding Gums



by Julie Rosenberg, MD

Do you see red when you brush your teeth? Healthy gums are firm, pale pink and fitted tightly around your teeth. Healthy gums don't bleed.

Bleeding gums are often caused by a build-up of plaque, an invisible, sticky film composed mainly of bacteria that forms on your teeth when starches and sugars in food interact with bacteria in your mouth. Plaque requires daily removal because it re-forms quickly.

When you don't remove plaque by brushing and flossing well, it can irritate your gums, leading to swelling, redness and bleeding.

Plaque that stays on your teeth can harden under your gumline into tartar (calculus), which collects bacteria. Tartar creates a protective shield for bacteria and causes irritation along the gumline. Professional dental cleaning is required to remove tartar.

When plaque and tartar remain on your teeth, they can irritate the gingiva, the part of your gum around the base of your teeth, causing inflammation. Gingivitis is the medical term for

inflammation of the gums. Signs and symptoms of gingivitis include swollen gums, dark red gums, gums bleeding when you brush or floss, receding gums, tender gums and bad breath.

There are many factors that can increase your risk for gingivitis. These include smoking, dry mouth, stress, poor oral care habits, poor nutrition, certain medications (oral contraceptives, antihypertensives) and medical conditions that decrease immunity (e.g. leukemia and rheumatoid arthritis).

It's important to take gingivitis seriously and to address it promptly, because untreated gingivitis can progress to gum disease that spreads to underlying tissue and bone (periodontitis), a much more serious condition that can lead to tooth loss.

So, what can you do to prevent gingivitis?

Regular dental visits. See your dentist and dental hygienist regularly for cleanings, usually every six months. If you have risk factors that increase your chance of developing periodontitis – such as having dry mouth, taking certain medications or smoking – you may need professional cleaning more often to remove plaque and tartar.

Good oral hygiene. Brush your teeth for two minutes at least twice daily – in the morning and before going to bed. Better yet, brush after every meal or as your dentist recommends. Hard bristles on your toothbrush can lead to injury of delicate gum tissue. Using a soft bristle toothbrush and a gentle back-and-forth motion when you clean your teeth

and gums can help to prevent tissue injury and bleeding. Swishing with an anti-bacterial mouthwash also helps reduce plaque and remove remaining food particles that brushing may have missed. Flossing at least once a day also helps remove food particles and plaque between teeth and along the gum line.

Good diet. Healthy eating helps to maintain healthy gums. Some of the best foods for healthy teeth and gums are fresh fruits and vegetables due to their high nutritional value and “teeth cleaning” benefits. Fresh crunchy vegetables, such as celery, broccoli and carrots, not only contain important minerals and vitamins, but also stimulate the flow of saliva, which helps to wash away food particles and bacteria. Green leafy vegetables including spinach and kale are rich in calcium, folic acid and other vitamins and minerals that support the health of your teeth and gums.

What about fruits? Will an apple a day keep the dentist away? Eating apples or other hard fibrous fruits can help clean your teeth and increase salivation, which can neutralize the citric and malic acids left behind in your mouth.

Drink plenty of water: About 60 percent of the adult human body is water. Drinking water and staying hydrated (health authorities commonly recommend drinking eight eight-ounce glasses of water per day) supports all bodily functions. In terms of oral health, drinking water helps to wash away food debris and bacteria. By rinsing away harmful bacteria and food debris, drinking water fights cavities and gum disease.

In summary, oral health is an integral part of overall health. The value of good oral hygiene should not be minimized and lies in controlling the levels and activity of disease-causing bacteria in the oral cavity. Early detection and treatment of problems with your mouth, teeth and gums can help to ensure good oral health for a lifetime.

*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.**

New Members For Realty Group



Amy von Keyserlingk Bill LeJeune

Amy von Keyserlingk is the new director of first impressions at Pfeifer Realty Group and Bill LeJeune has joined the team as realtor.*

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dearPharmacist

Factors That Weaken Your Immune System



by Suzy Cohen, RPh

Dear Readers: Everyone talks about masks. I like them and wear them but that is external protection only. While important and useful, I will be

totally honest with you about them. The way we respond from a pathogen has more to do with our internal protection, as in our immune system.

So ask yourself if it's up to par. If it's not, then you need to start fertilizing your garden of microflora (i.e. probiotics) and also avoid or minimize anything that weakens your immune system. In no special order, here are the most common factors that suppress your immune system:

1. Alcohol – People think of this as good for the heart, but studies repeatedly show that free radical harm takes place in your liver, and can lead to compromised liver enzymes as well as hepatotoxicity. If you can't filter out and neutralize poisons and pathogens, your immune system is weaker.

2. Smoking – I can say everything here that I just said for alcohol. Additionally, smoking is a known drug mugger of vitamin C, which everyone knows helps reduce misery from the common cold and flu. If you smoke, you have lower levels of C and, again, this weakens your ability to fight. Furthermore, smoking hurts your lungs and that is one target organ of COVID-19.

3. Junk food – Need I say more than the word "junk?" If you're eating junk food, your body is still starving for nutrients at a cellular level. You may very well be at a healthy weight and BMI, however, your cells are dying for more nutrition and that means you're immune system is weak.

4. Medications – There are some immune-suppressing medications that people take for autoimmune conditions to slow down the self-directed attack at their own tissue. For example, methotrexate,

azathioprine and etanercept are three that come to mind off the top of my head. These are necessary, and I'm not saying to discontinue them... however you should be extra vigilant about exposure, masks, social distancing and so forth. Since you shouldn't stop your medication, just be more careful. Another immune-suppressing category are the steroids such as inhalers for asthma and those used for allergies (prednisone, dexamethasone, hydrocortisone and so forth). Cyclosporine is another used frequently after organ transplants.

5. Infections – If you have the measles, HIV, Lyme disease, bartonella, candida, mold exposure or mononucleosis for example, these types of chronic infections weaken your immunity. Your body is already fighting in these cases, and dealing with an imbalanced set of pro-inflammatory cytokines, so another infection would be harder to deal with because your immune reserves are spent! Supporting your body by eating healthy foods and taking antioxidants is key to keeping your immune system strong. So as we approach the colder months, consider both internal and external methods for immune support. This way you give yourself the best odds. Dietary supplements that may help improve "internal" protection include vitamin D, E, C and zinc. The herbal antioxidants that do this include skullcap, resveratrol, green tea extract, ginger, blueberry and andrographis. There are many others.

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.

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, book, 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.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I am 24 years old, and I moved back in with my parents after two years of college. I am ready to move out and live about four hours away. I have a roommate, and I plan to move

soon. My father is telling me I shouldn't be moving during a pandemic. What can I say to him to make him feel better about it?

A: It sounds as though your father is being protective and perhaps is more worried that you will be exposed and your safety will be compromised. Do you think that under normal circumstances he would be so opposed to you moving? If you can, before you move, try and have a conversation with him that you are very appreciative of the time you spent as a family, however you feel that it is time for you to move. Let him know that you will adhere to continuing a social distancing practice and use all precautionary

measures to stay safe. If it is something deeper, it's important that you discuss the additional concerns your father has.

Once you move, please stay in touch with your parents just to reassure them you are safe and well. All the best to you.

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

Top 10 Books On The Island

1. *Anxious People* by Fredrick Backman
 2. *Caste* by Isabel Wilkerson
 3. *The Book of Two Ways* by Jodi Picoult
 4. *The Searcher* by Tana French
 5. *Leave the World Behind* by Rumaan Alam
 6. *Squeeze Me* by Carl Hiaasen
 7. *Comfort & Joy* by Kristin Hannah
 8. *The Book Woman of Troublesome Creek* by Kim Michelle Richardson
 9. *Lady Clementine* by Marie Benedict
 10. *The Luckiest Man* by Mark Salter
- Courtesy MacIntosh Books and Paper.**

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Doctor and Dietician

Soup Is On



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

Fall is approaching. You would never know it from the warm weather. We don't know about you, but we are certainly ready for a little cool air. A favorite fall activity for us is to make soup. Soups are hearty and can provide a lot of nutritional bang for the buck. Soups are a great way to help us stay hydrated as well as boost the immune system. Soups also make putting a meal on the table pretty easy.

The Five Benefits of Eating Soup:

Soups are good for you – If you use the right ingredients, soups are a great way to add vegetables to your diet, because many people find it difficult to get their daily quota of vegetables. What a great variety of “winter” veggies to choose from that are not only tasty but also delicious: pumpkin, butternut squash, carrots and parsnips.

Soups are easy to prepare and inexpensive – Soups do not require a lot of

work and can easily be cooked in the crock pot or Instant Pot. Going heavy on the veggies and lighter on the chicken, fish and beef helps save a few dollars.

Soups stimulate your immune system – Soups truly do help you fight colds and flu, and are a stimulate immune function. Studies actually show that chicken soup can help the common cold especially when you load it with a lot of garlic, onions, celery, carrots, ginger and, our favorite, turmeric!

Soups keep you hydrated and feeling full – Soups will give you some added liquid that helps keep your hydration status up to par.

Soups are a great item to share – There is nothing like sharing some soup with a friend who is feeling under the weather. Make a batch and bring some to a friend. You never know how much it might mean to them.

Some of our favorite soups to make are split pea, chicken, lentil, potato-leek, sweet and sour cabbage soup, butternut squash, beef-vegetable, Thai-coconut-curry and chili (if you want to count that as a soup.) Many of these recipes are listed on www.hauserdiet.com if you want to check them out. But the internet is filled with many other great options as well. Get out that crock pot and fill'r up!

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@carimgmedical.com. ✨

Beautifulife:
Hats

by Kay Casperson

This time of year reminds me of the many hats we all wear throughout our lifetime. My birthday is on Halloween, and it has been so much fun to dress up each year as something different, and many of my costumes require some kind of hat. From a witch hat to the Mad Hatter to the Cat in the Hat, and everything in between.

Interestingly, just putting on a particular hat will make you not only look, but feel like a different person. I have always been a hat lover and over the years, I collected various types of hats. When my grandmother passed several years ago, I asked for her hats, and I still have those today. When I want to be relaxed, I wear a cowboy hat, a baseball hat when I feel sporty, or a fedora when I am feeling fashionable.

The idea of wearing many hats is also related to the various roles we assume in our lives. I can only speak for myself, but as a woman who juggles multiple hats

throughout a day, it would take a fantastic hat maker to keep up with what is needed.

From cook to house organizer, to event planner, then off to the business builder, inspirational leader and visionary. And, in between, keeping all things, people and animals rolling in the right direction. Most importantly, trying to fit in the self-care that is necessary to be able to continue wearing all the hats!

Yes, we all have our share of hats that we put on throughout our days, our weeks and our lives.

Hats have always been and will always be important to me because they represent everything we are and want to be. So, pull out your hats and put your best foot forward in the roles you want to play in life. Don't be afraid to show the world your best and most beautiful hats today and every day.

My affirmation for you this week is:

“I will cherish the many hats I wear throughout my life because they define who I am, who I was and who I want to be.”

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. ✨

From page 1

'Ding' Artist

month, and on her website www.byrachelpierce.com.

As “Ding” artist in residence, Pierce will appear regularly at the refuge during 2021 to do pop-up, plein-air painting along Wildlife Drive; teach art to children and adults on site; live-stream from the refuge; lead opportunities to paint a canvas with the artist; visit youth facilities to help create art; and end the year with an exhibition of her refuge-inspired and other wildlife art from October 1 through November 10, 2021.

Pierce's first refuge appearance will take place this year on Tuesday, December 1 for the 75th Anniversary Celebration/“Ding” Darling Day. At that event, she will be demonstrating her style of nature art outdoors on Wildlife Drive with social distancing.

“I love all things ‘Ding!’” said the artist, who in March emceed Project Refuge: A Couture Fashion Show Using Trash for the refuge's 75th anniversary. “I am always in awe of the wildlife, especially the birds during my visits. I often find my inspiration while there. How fitting and what an exceptional honor to be the artist

in residence at the place where I source so many subjects for my artwork. I'm absolutely thrilled to connect to nature, art enthusiasts, ‘Ding’ supporters, and ‘Ding’ visitors over the next year. I look forward to sharing with everyone my love for our beautiful Southwest Florida environment and creating artwork reflecting it.”

“Our refuge was created by conservation artist Jay Norwood ‘Ding’ Darling in 1945, so our artist in residence program honors that history and tradition,” said Supervisory Refuge Ranger Toni Westland. “Darling created the Federal Duck Stamp program and designed the first duck stamp and the refuge system's Blue Goose logo. He won the Pulitzer Prize twice for his political cartoons, which were syndicated across the country throughout the 1920s and five decades.”

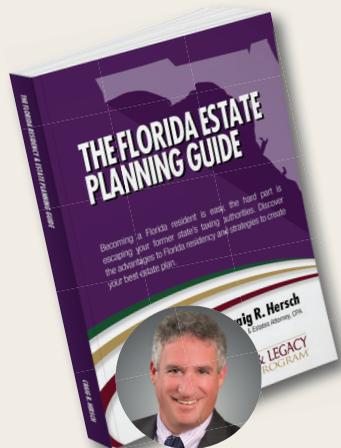
The refuge's artist program began in 2019 with Idaho wildlife journal artist Ed Anderson, who worked with children from Quality Life Center of Southwest Florida in Fort Myers and PACE Center for Girls – Lee County plus visitors to the refuge for his special programs and exhibition.

For more information about the artist in residence program, visit www.dingdarlingsociety.org/articles/artist-in-residence. ✨

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

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PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Betty And Jolene

Hello, my name is Betty. I am an 8-year-old gray and white female domestic medium hair cat. My beautiful medium-coated platinum gray coat loves to be brushed, and I will sit in your lap the whole time. My adoption fee is \$10.



Betty ID# A831210

Like the song, my beauty is beyond compare (although I do not have locks of auburn hair). Hi, I'm Jolene. I am a 5-year-old female pit bull mix who is a perfect medium-sized gal weighing just 45 pounds. I am a big fan of toys and will play with you or amuse myself if you are busy. The minute you take a seat, I will take advantage and sit alongside you for some love and attention. My adoption fee is \$25.

November is National Adopt a Senior Pet

Month. All pets age 6 and older are considered 'senior' by age at LCDAS, but certainly not in spirit. There are many advantages to adopting a senior pet. Most are already trained! They are calmer and more relaxed. They have plenty of affection and appreciation to give. And there are no big surprises.



Jolene ID# A829997

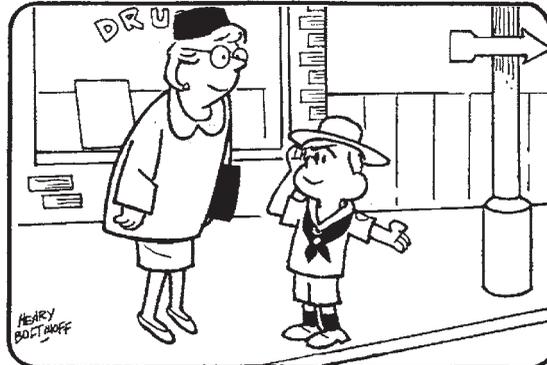
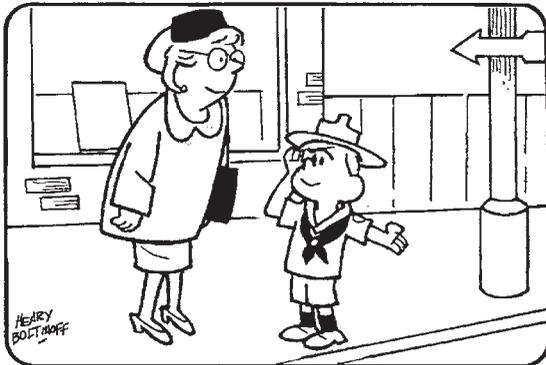
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no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

PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF

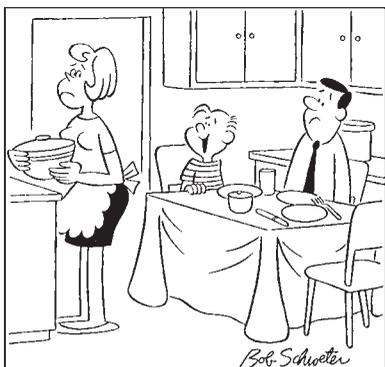
Find at least six differences in details between panels.



Differences: 1. Window sign is missing. 2. Boy's hat is different. 3. Arrow points in opposite direction. 4. Woman's hair is different. 5. Bricks are added to building. 6. Woman's shoes are flats.

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!



"If I promise to leave room, can I have _____ first?"

Answer on page 47

Rude
DINES

Dissect
SPEAR

Baby
BUCHER

Emphasize
TREATIE

TODAY'S WORD

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Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City 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
Post Office, Captiva	472-1674
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
CLUBS & ORGANIZATIONS	
ABWA	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
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 Assc. 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

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PUZZLES

Answers on page 47

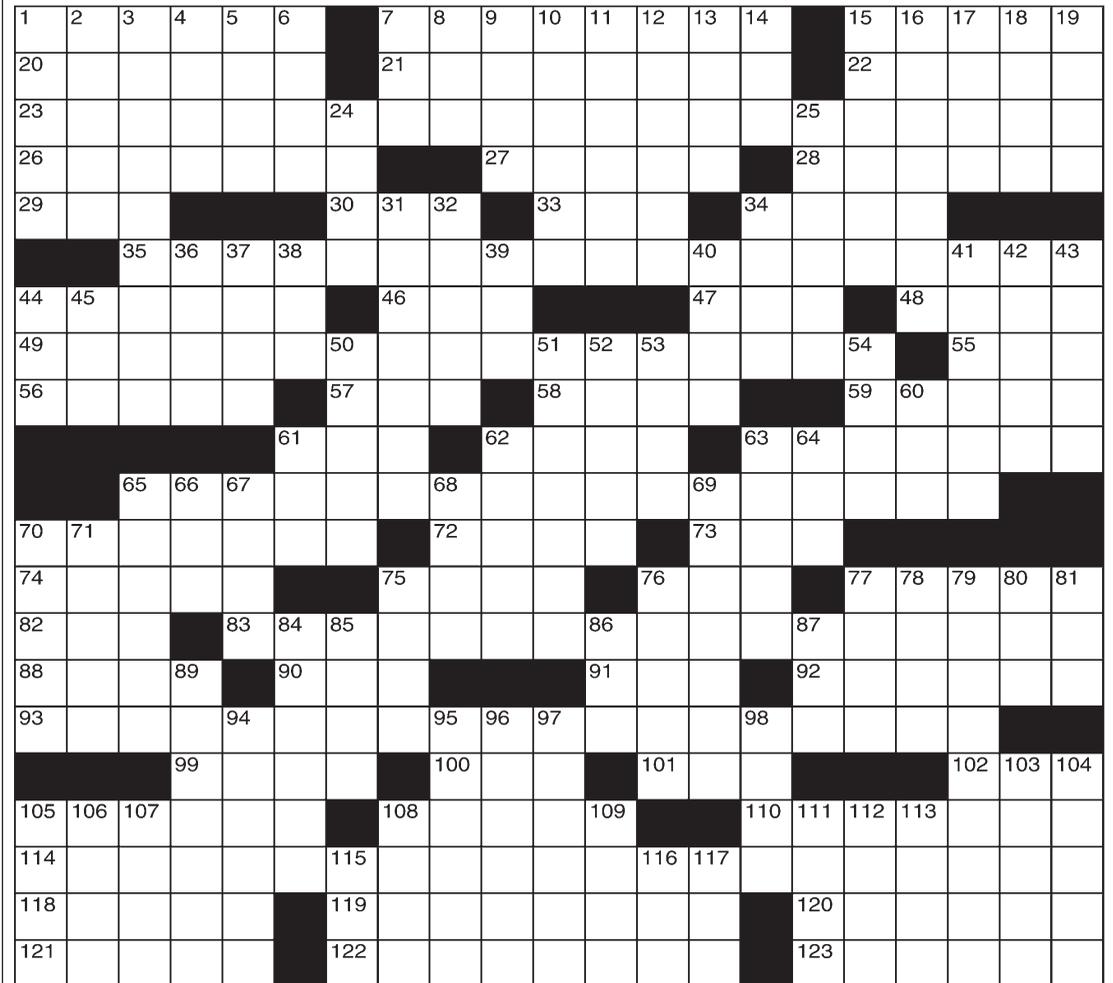
Super Crossword

C 5
ACROSS

- ACROSS**
- 1 Patronize for purchases
 - 7 Tennis segment won without loss of a point
 - 15 Dude
 - 20 Actress Duff or Swank
 - 21 Not righted, as wrongs
 - 22 Epic about Troy
 - 23 What a siemens is a unit of
 - 26 Open into flower
 - 27 Seamless shift
 - 28 Get fixated
 - 29 Scottish port
 - 30 Viper type
 - 33 — T (just so)
 - 34 Broiling bar
 - 35 Diverse assortments
 - 44 Flip out
 - 46 “— help if ...”
 - 47 — Khan (Islamic title)
 - 48 Elicit an encore, say
 - 49 Italian entree
 - 55 Ore- —
 - 56 Gift getter
 - 57 Signs off on
 - 58 “My treat”
 - 59 Mars vehicle
 - 61 “Dilate” artist DiFranco
 - 62 Formerly Oakland team
 - 63 Flukes
 - 70 Many a released prisoner
 - 72 Grandpa Walton player Will
 - 73 Tarzan player Ron
 - 74 Draw out
 - 75 Jai —
 - 76 Reagan’s “Star Wars” prog.
 - 77 Tries to trim down
 - 82 Luau chow
 - 83 Dartboard’s rings, e.g.
 - 88 Astral bear
 - 90 Alternate spelling of a word: Abbr.
 - 91 Fair-hiring abbr.
 - 92 Actor Kevin of “Weeds”
 - 93 Part of a routine baby immunization
 - 99 Churn up
 - 100 Stetson, say
 - 101 Ending of ordinals
 - 102 Flow stopper
 - 105 Err in finding the total of
 - 108 Fruity pastries
 - 110 Jaffa citizen
 - 114 Assembly associated with a church creed
 - 118 Put off
 - 119 Cheapest ship quarters, formerly
 - 120 Take out of the pier
 - 121 Number of dwarfs
 - 122 Infuriated
 - 123 Gazes
 - 14 Academy email ending
 - 15 Activity-tracking device
 - 16 Stretchy
 - 17 See 65-Down
 - 18 Mille — (Minnesota county)
 - 19 Fruity beverages
 - 24 Apple buy
 - 25 Police cruiser
 - 31 Post-it note, informally
 - 32 Gyro breads
 - 34 Utah’s lily
 - 36 Winans with 12 Grammys
 - 37 Be fond of
 - 38 French for “summer”
 - 39 Govt. health agency
 - 40 Tardy
 - 41 Pitted garnishes
 - 42 The Green Party’s Ralph
 - 43 Trades jabs
 - 44 Watch readout, for short
 - 45 “So that’s your trick!”
 - 50 For the — (temporarily)
 - 51 Self-pride
 - 52 Run up, as expenses
 - 53 The “A” of OAS: Abbr.
 - 54 Bana of “Troy”
 - 60 Poem of exaltation
 - 61 Suffix with pent-
 - 62 Whale locale
 - 63 Keepsake
 - 64 At least one
 - 65 With 17-Down, Princess or Royal Caribbean
 - 66 Ad — committee
 - 67 Baldwin of “Aloha”
 - 68 Eye suggestively
 - 69 British soldier of old
 - 70 Add zing to
 - 71 Beautify
 - 75 Prefix for “height”
 - 76 Food filter
 - 77 Three, in Ulm
 - 78 Optimistic declaration
 - 79 Interior-design magazine
 - 80 Saints linebacker Manti —
 - 81 Tax form ID
 - 84 Egg-shaped things
 - 85 Salt, chemically
 - 86 Clergyman’s area: Abbr.
 - 87 Ltd. cousin
 - 89 Civil War folk song
 - 94 Trendy
 - 95 Pursued
 - 96 Hauled (off)
 - 97 Clothes
 - 98 Trendy
 - 103 1970s-’80s sitcom
 - 104 Gets as much as one can out of
 - 105 Docs’ orders
 - 106 Big name in slushes
 - 107 1970s-’80s skit show
 - 108 “Toodles!”
 - 109 Read digitally
 - 111 — -chef (#2 in a kitchen)
 - 112 Peewee pup
 - 113 Cost an arm — leg
 - 115 Belief system
 - 116 Epoch
 - 117 Guided

DOWN

- 1 The Bible’s Queen of —
- 2 Far from flat, as terrain
- 3 Balsam fir or pine extract
- 4 Lobby orgs.
- 5 Part of MFA
- 6 Beginner
- 7 Jean- — Godard
- 8 — whim
- 9 Actors Kilmer and Avery
- 10 “And on and on”: Abbr.
- 11 Bit of babble from a crib
- 12 Once-a-year
- 13 Old Persian



King Crossword

ACROSS

- 1 Cracker spread
- 5 Easter tree
- 8 “The Thin Man” dog
- 12 Verve
- 13 Past
- 14 Use scissors
- 15 Sudden temperature drop
- 17 — Christian Andersen
- 18 Dueler’s ally
- 19 Pass by
- 21 Watch chain
- 22 Foolish
- 23 Andrews or Edwards, for ex.
- 26 Path
- 28 Gaggle members
- 31 Conks out
- 33 Joke
- 35 Paint crudely
- 36 “Yes we can” man
- 38 Off-tattooed word
- 40 Kan. neighbor
- 41 Mr. Gingrich
- 43 Tear
- 45 Curvy-horned antelope
- 47 Time of the mammoths
- 51 Churlish one
- 52 Guiding principle
- 54 Not working
- 5 Under the weather
- 6 Khan title
- 7 Motorized bike
- 8 Embarrassed
- 9 Crisp-pod legume
- 10 Supermarket stack
- 11 Church section
- 16 Winter forecast
- 20 Drag along
- 23 Commotion
- 24 Little white lie
- 25 Tall thin person
- 27 Thanksgiving
- 5 Purse
- 6 Khan title
- 7 Motorized bike
- 8 Embarrassed
- 9 Crisp-pod legume
- 10 Supermarket stack
- 11 Church section
- 16 Winter forecast
- 20 Drag along
- 23 Commotion
- 24 Little white lie
- 25 Tall thin person
- 27 Thanksgiving
- 29 Seek damages
- 30 “Chicago” lyricist
- 32 Slandered
- 34 Ape
- 37 Piercing tool
- 39 Cinderella’s horses, really
- 42 Long-snouted critter
- 44 Nuisances
- 45 Wading bird
- 46 Fashion
- 48 On
- 49 Infatuated
- 50 Cupid’s alias
- 53 Antiquated

DOWN

- 1 Chest muscles, for short
- 2 Lotion additive
- 3 Body powder
- 4 The — the line

MAGIC MAZE ● WHAT’S THAT SMELL?



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

- Ammonia
- Garbage
- Roadkill
- Sour milk
- Bad fish
- Garlic
- Rotten eggs
- Sulphur
- Compost
- Limburger
- Sauerkraut
- Wet dog
- Diapers
- Onion
- Sewer gas

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 FRIDAY Mostly Sunny High: 83 Low: 75	 SATURDAY Sunny High: 84 Low: 78	 SUNDAY Sunny High: 85 Low: 77	 MONDAY Sunny High: 84 Low: 79	 TUESDAY Partly Cloudy High: 82 Low: 75	 WEDNESDAY Cloudy High: 83 Low: 78	 THURSDAY Cloudy High: 80 Low: 73
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:42 am	10:57 am	None	None
Sat	3:38 am	12:06 pm	None	None
Sun	4:55 am	1:13 pm	9:21 pm	None
Mon	6:38 am	12:45 am	9:40 pm	2:13 pm
Tue	8:20 am	2:20 am	10:00 pm	3:04 pm
Wed	9:45 am	3:26 am	10:21 pm	3:48 pm
Thu	10:57 am	4:21 am	10:44 pm	4:26 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:47 am	10:59 am	None	None
Sat	2:43 am	12:08 pm	None	None
Sun	4:00 am	1:15 pm	8:26 pm	None
Mon	5:43 am	12:47 am	8:45 pm	2:15 pm
Tue	7:25 am	2:22 am	9:05 pm	3:06 pm
Wed	8:50 am	3:28 am	9:26 pm	3:50 pm
Thu	10:02 am	4:23 am	9:49 pm	4:28 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	2:36 am	10:44 am	5:35 pm	9:28 pm
Sat	3:27 am	11:42 am	6:35 pm	10:05 pm
Sun	4:23 am	1:00 pm	7:33 pm	11:08 pm
Mon	5:36 am	2:06 pm	8:27 pm	None
Tue	7:50 am	2:10 am	9:16 pm	3:01 pm
Wed	9:33 am	3:23 am	10:01 pm	3:53 pm
Thu	10:55 am	4:27 am	10:40 pm	4:44 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:52 am	2:13 pm	None	None
Sat	5:48 am	3:22 pm	None	None
Sun	7:05 am	4:29 pm	11:31 pm	None
Mon	8:48 am	4:01 am	11:50 pm	5:29 pm
Tue	10:30 am	5:36 am	None	6:20 pm
Wed	12:10 am	6:42 am	11:55 am	7:04 pm
Thu	12:31 am	7:37 am	1:07 pm	7:42 pm

My Stars ★★★★★

FOR WEEK OF NOVEMBER 2, 2020

Aries (March 21 to April 19) Deciding to work out that pesky problem (even though you might have been bored, bored, bored with it) should be paying off right about now. Expect to hear some very welcome news very soon.

Taurus (April 20 to May 20) Unexpected news might cause you to rethink a previous conclusion. Don't be bullheaded and try to bluff it out. Make the needed change, and then take a bow for your objectivity.

Gemini (May 21 to June 20) Money matters should be considered as you continue to work out your holiday plans. This is a good time to scout out discounts before demand for them outstrips their availability.

Cancer (June 21 to July 22) A calm period early in the week helps you complete most, if not all, of your unfinished tasks. A new project appears by midweek, and this one could carry some big career potential.

Leo (July 23 to August 22) Positive results from recent ventures continue to pump up those self-esteem levels, making you Fabulous Felines feel you can tackle

any challenge anyone wants to throw at you.

Virgo (August 23 to September 22) Family and friends might feel neglected because of your almost total focus on a project. Try to rework your schedule so you can have time for both your loved ones and your work.

Libra (September 23 to October 22) Don't be surprised if you suddenly hear from someone from your past who wants to contact you about the possibility of renewing a long-dormant (if not dead) relationship.

Scorpio (October 23 to November 21) This is a good time to check over what went right and what went wrong with recent efforts. This can provide valuable lessons for projects that will be coming up soon.

Sagittarius (November 22 to December 21) Dealing with people who feel they're always right about everything might be a problem for some. But the savvy Archer should be able to deflate their oversize egos.

Capricorn (December 22 to January 19) This week favors a balance between the demands of your work and your need for fun timeouts. Taking breaks helps restore and keep your energy levels high.

Aquarius (January 20 to February 18) There could be an occasional setback in what you're working on. But look at them as lessons on how to do better as you move along. More supporters turn up to cheer you on.

Pisces (February 19 to March 20) Although a more positive aspect influences this week's course, you still need to be sure that those who will work with you have no reason to work against you. Good luck.

Born This Week: You believe in keeping your promises. It's not always easy to do, but somehow you do it.

MOMENTS IN TIME

- On Nov. 15, 1777, after 16 months of debate, the Continental Congress, sitting in its temporary capital of York, Pennsylvania, agrees to adopt the Articles of Confederation and Perpetual Union. Not until March 1, 1781, would the last of the 13 states, Maryland, ratify the agreement.

- On Nov. 12, 1864, Union Gen. William T. Sherman orders the business district of Atlanta destroyed before he embarks on his famous March to the Sea. Nearly 40 percent of the city was left in ruin.

- On Nov. 11, 1885, George Patton, one of the great American generals of World War II, is born in San Gabriel, California. Patton was controversial, known to make eccentric claims that he was a direct descendant of great military leaders of the past through reincarnation.

- On Nov. 10, 1903, Mary Anderson receives patent No. 743,801 for her "window cleaning device for electric cars and other vehicles to remove snow, ice or sleet from the window." Anderson tried to sell it to a Canadian manufacturing firm, which said the device had no practical value.

- On Nov. 14, 1914, in Constantinople, capital of the Ottoman Empire, the religious leader Sheikh-ul-Islam declares an Islamic holy war on behalf of the Ottoman government, urging his Muslim followers to take up arms against Britain, France, Russia, Serbia and Montenegro.

- On Nov. 13, 1953, a member of the Indiana Textbook Commission calls for the removal of references to the book *Robin Hood* from textbooks used by the state's schools. She claimed that Robin Hood was a communist because he robbed the rich and gave it to the poor.

continued on page 46

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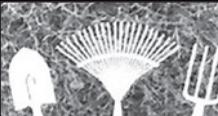
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From page 44

Moments In Time

• On Nov. 9, 1965, Roger Allen LaPorte, a 22-year-old member of the Catholic Worker movement, immolates himself in front of the United Nations headquarters in New York. Before dying, LaPorte, who was against war, declared that he did it as a religious act.

NOW HERE'S A TIP

• Remember to turn off bathroom fans after 10 minutes. In the winter, if your house is on the dry side, don't use the fan at all: Open the door so the humidity from the shower or bath reaches into the house.

• "To remove the skin from salmon, I freeze it and skin it while frozen. The skin comes off much easier, and I waste less of the fish. I buy a large piece and parcel it into several smaller pieces, since it's just me. I like salmon, and it's healthy for me!" – LA in Florida

• Need extra dishware or servingware for a holiday meal? Try looking at secondhand stores for large dishes, serving utensils and more. It's sometimes

cheaper than getting throwaways, and it's better for the environment. You can always donate them again after the holidays.

• Here's a makeup tip from Captain Obvious: Wet your beauty blender. I didn't know this and had been using it for about a month before my sister told me. So much better. – VA in Florida

• Freeze fruit that is on the verge of spoiling rather than letting it go to waste. You don't even have to use it for smoothies. Chuck a handful of frozen fruit in water or iced tea for added flavor. And it's a superb addition to fancy cocktails.

• "Quick sewing tip: Check your fabric's stretch direction before you lay out your pieces. You'll thank me later." – EF in Missouri

STRANGE BUT TRUE

• In the early 1800s, a railroad marketer set up a head-on collision between two trains as a publicity stunt. Some 40,000 people came to watch, and the resulting boiler explosion killed three spectators. But ticket sales soared, and railways everywhere staged train crashes right up until the Great

Depression.

• The Zombie tit is a species of bird that has learned to track down tiny bats, split open their skulls, and feed on their brains.

• On average, a 4-year-old will ask 400 questions in one day.

• One of the weirdest scandals in sports history occurred in 1973 when New York Yankees players Fritz Peterson and Mike Kekich decided to trade families – wives, children, even dogs. After the couples became close friends, Peterson fell in love with Kekich's wife and vice versa. "It's a love story. It wasn't anything dirty," Peterson told a reporter in 2013. Peterson is still married to the former Mrs. Kekich, but Kekich and the former Mrs. Peterson later split up.

• Dustin the Turkey, a hand puppet from an Irish TV show, has campaigned for president of Ireland in two separate elections – representing the "Poultry Party."

• Pepper spray and tear gas are technically classified as chemical weapons and thus are forbidden in warfare.

• When Prohibition started, alcohol

could only be bought for medicinal and religious purposes, from a pharmacy or a doctor. "Medicinal whiskey" was prescribed for just about anything and used to treat conditions such as toothaches and the flu. With a prescription, a patient could legally purchase up to one pint of hard liquor every 10 days.

• The human body gives off enough heat in 30 minutes to bring a gallon of water to a boil.

THOUGHT FOR THE DAY

"I would rather die a meaningful death than to live a meaningless life." – Corazon Aquino

TRIVIA TEST

1. **Measurements:** What does a hygrometer measure?
2. **Television:** What was the postman's name on the sitcom *Cheers*?
3. **Literature:** Which 20th-century novel begins with the line, "For many days, we had been tempest-tossed"?
4. **Geography:** The Adriatic Sea lies east of which country?

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On Canal, kayaks/bikes.
1 bed, 1 bath, perfect for one.
\$1,600.
Email dn3662@aol.com.
11/06 * 11/13

RENTING FOR OVER \$1,500?

Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.
chip@chipwolfe.com
chipwolfe.com
239-848-0906
REMAX OF THE ISLANDS
6/5 * TFN

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

ANNUAL RENTAL

ANNUAL RENTAL

WALK TO BEACH
Duplex, 2/1, UF, screen porch, laund. rm.
\$1,350/mo. Call for info.
472-6747
Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.
11/06 * TFN

SERVICES OFFERED

ROGER NODRUFF ELECTRIC

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

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

PERSONAL/PRIVATE CHEF

Available to prepare daily/weekly meals and special event catering for parties up to 20. Professional. Creative. Trustworthy.
References available on request.
Call Chef Paul. 239-339-7051.
10/9 * 11/27

CAR DELIVERY SERVICE

Married couple-Non smokers! Will transport/drive/deliver your Car/SUV/ Motorized camper. CDL with over a million safe miles! Awesome references!
Call or text 315-559-2714.
10/23 * 11/20

SERVICES OFFERED

ENVIROMOW

A Full Service Landscape Co.
• Landscape Design,
Install & Maintenance,
• Tree Trimming by a Licensed Arborist
• Professional Irrigation Repair
• Licensed & Insured Home Watch Service
Residential & Commercial
239-896-6789
11/29 * TFN

HELP WANTED

PROFESSIONAL EMPLOYMENT

National Media company,
25 years in business, looking for those interested in advertising.
• Looking for responsible, articulate marketing and sales executive Must be Passionate, patient about advertising, be able to communicate with clients via Email, SMS, and over the phone.
• Our goals are to call, contact, and place our media with past, present and future clients.
• This is a serious opportunity that takes commitment, tenacity, and a positive attitude.
• It is an advertising involved business with a great reputation a multitude of clients nationally and internationally.
Base salary with enormous individual growth potential.
• Call for an initial online interview.
Based in South Fort Myers.
Call 800-625-4283 for appointment, ask for Vince.
11/06 * 11/13

HELP WANTED

PART TIME MAINTENANCE MAN

Small Sanibel island resort
Call Art at 239-472-1626
11/06 * 11/13

BOATS-CANOES-KAYAKS

BASS PRO PROWLER TROLLING MOTOR

48", 55 Lb. Thrust, 5 Speed Forward, 2 Speed Reverse. SS Shaft, 12" Bullet Motor. Marine Battery Included. On Sanibel, call Allen 314-603-8665. \$150.
11/06 * 11/13

BOAT LIFT RENTAL WANTED

Looking for long-term rental of a boat lift on Sanibel or Captiva with direct ocean access.
Call Jim at 603-930-4549.
10/30 * TFN

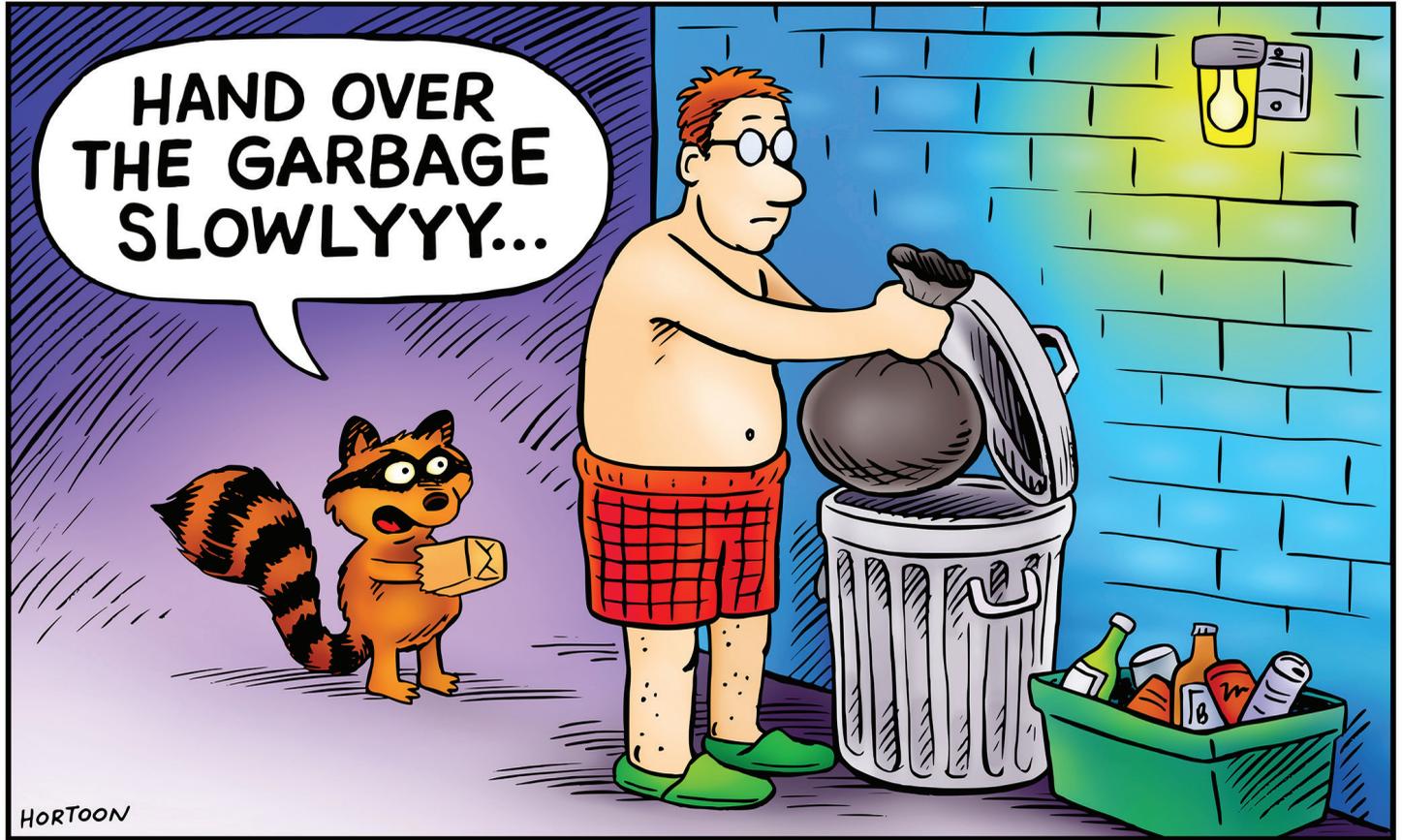
PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking?
Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org. Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.
7/31 * TFN

5. **History:** Who was the first woman appointed to a U.S. president's cabinet?
6. **Advertising:** Which company's mascot was named Poppin' Fresh?
7. **Language:** What is a mondegreen?
8. **Games:** How much is the Luxury Tax in the board game Monopoly?
9. **U.S. Presidents:** Who was the only president to attend Oxford University in England as a Rhodes Scholar?
10. **U.S. States:** What does the name Nevada mean in Spanish?

HORTOONS



TRIVIA ANSWERS

1. Humidity 2. Cliff Clavin 3. The Swiss Family Robinson 4. Italy 5. Frances Perkins, Secretary of Labor, 1933-45
6. Pillsbury 7. A misheard word, phrase or song lyric 8. \$75 9. Bill Clinton
10. Snow-covered

SCRAMBLERS ANSWER

1. Snide 2. Parse;
3. Cherub; 4. Iterate

Today's Word
DESSERT

PUZZLE ANSWERS

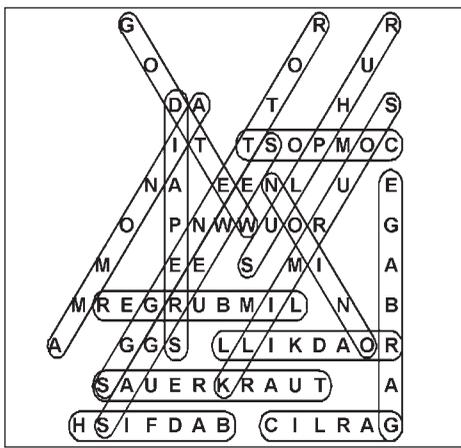
SUPER CROSSWORD

SHOPPAT LOVEGAME FELLA
HILARY UNATONED ILLIAD
ELECTRICALCONDUCTANCE
BLOSSOM SEGUE OBSESS
AYR ASP TOA SPIT
ELECTRICCOLLECTIONS
LOSEIT ITD AGA CLAP
CHICKENCACCIA TORE IDA
DONEY OKS ONME ROVER
CHANCE OCCURRENCES
PAROLEE GEER ELY
EDUCE ALAI SDI DIETS
POI CONCENTRIC CIRCLES
URSA VAR EEO NEALON
PNEUMOCOCCALVACCINE
ROIL HAT ETH DAM
MISADD TARTS ISRAELI
ECCLESIASTICAL COUNCIL
DETER STEERAGE UNDOCK
SEVEN MADDENED STARES

KING CROSSWORD

PATE HAM ASTA
ELAN AGO SNIP
COLD SNAP HANS
SECOND ELAPSE
FOB DUMB
AFB WAY GEESE
DIES GAG DAUB
OBAMA MOM NEB
NEWT RIP
IMPALA ICE AGE
BOOR POLESTAR
IDLE ILL TOGO
SEED RDA SPAS

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bay Creek	Bonita Springs	1996	6,977	\$3,375,000	\$2,900,000	62
Barefoot Beach	Bonita Springs	1995	2,869	\$3,000,000	\$2,900,000	182
South Seas Plantation Resort	Captiva	2006	4,391	\$2,649,000	\$2,500,000	78
Salerno	Miromar Lakes	2014	3,963	\$2,549,000	\$2,375,000	28
Imperial Shores	Bonita Springs	2015	4,897	\$2,395,000	\$2,350,000	2
River Reach Estates	Bonita Springs	2006	4,050	\$2,350,000	\$2,325,000	329
Murano	Miromar Lakes	2012	4,591	\$2,435,000	\$2,265,000	101
Tarpon Estates	Cape Coral	2007	4,430	\$2,695,900	\$2,250,000	72
Gulf Cottages	Captiva	1977	1,502	\$2,495,000	\$2,200,000	164
Southport On The Bay	Bonita Springs	1998	3,910	\$2,495,000	\$1,950,000	542

DOC FORD'S RUM BAR & GRILLE

Randy Wayne White ©

WE'RE OPEN!

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.



Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete Pier



WWW.DOCFORDS.COM



THE ORIGINAL
YUCATAN SHRIMP!

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