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SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 25, 2019

OCTOBER SUNRISE/SUNSET: 25 7:33 • 6:52 26 7:33 • 6:51 27 7:34 • 6:51 28 7:35 • 6:50 29 7:35 • 6:49 30 7:36 • 6:48 31 7:37 • 6:48

Free Family Fun At Baileyfest This Sunday

by Jeff Lysiak

Last Friday morning, one of the time honored traditions of the annual Baileyfest celebration – the ceremonial crowning of the king and queen – took place at The Sanibel School, with Madison Byrne and Brock Catlin contributing this year's winning essays following the theme What Sanibel Means To Me.

After the announcement of this year's royal court was broadcast live on the school's Sea-TV, both Byrne and Catlin expressed their surprise in winning the fifth grade essay contest.

"After I heard that I won, I was really excited," said Byrne. "I enjoyed writing about Sanibel and what an amazing place it is to live."

"I really thought about the essay a lot – I wanted to share all of the great things I like about Sanibel... the sunsets, the fishing and the school," added Catlin. "It will be my first time at Baileyfest, but I'm really looking forward to it."



The Sanibel School Principal Chuck Vilardi, center, with this year's Baileyfest king, Brock Catlin, and queen, Madison Byrne

photo by Jeff Lysiak

The 34th annual Baileyfest celebration will be held this Sunday, October 27 from noon to 4 p.m. in Bailey's Center, located at the corner of Periwinkle Way and

Tarpon Bay Road.

In addition to the traditional crowning of the king and queen, who will arrive in a mule-drawn carriage, the free community

gathering will feature live entertainment, inflatable slides and bounce houses, games, raffles and giveaways, face-painting, pony rides, food and refreshments, information booths from local service organizations plus plenty of other "surprises." As always, Baileyfest is free to attend and open to the public.

"I've been to other Baileyfests... I like all of the fun activities," said Byrne.

Madison Byrne's Essay

Sounds of waves, sand on your feet, dolphins playing and a comfy home. All of these things await for you on Sanibel Island.

Sanibel is a beautiful island full of beaches. These beaches are completely covered in shells. Every day, people go out and collect these magnificent beauties. Just the smell of the ocean and sound of the waves are overwhelming.

In addition to the beach, there is also sunsets and sunrises. It's nice to take in the warm beams on your face. That feeling makes me feel safe. When the sun sets on your west, you'll probably see boats admiring the view. There are a bunch of tours to make a new family memory.

There is one thing I can't forget to add – home. No, not just to humans but to wildlife. Dolphins to birds, there is

continued on page 6

Nature Photography Contest Winners



First place went to Kent Jager for *White-eyed Vireo*

photos provided
& Education Center, part of the "Ding" Day celebration on Sanibel.

On October 8, judges had selected three winners and 11 honorable mentions out of 191 entries from 20 states and Switzerland – one of the



Martha Huard took second place for *Flight*

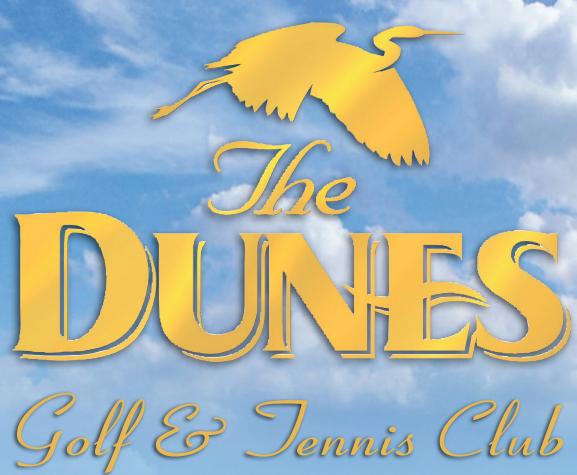
highest number of entries in 27 years. All photograph entries were shot at the JN "Ding" Darling National Wildlife Refuge complex.

First place went to Kent Jager of Sanibel, Florida for his white-eyed vireo portrait. Contest judge and professional

photographer David Meardon remarked on the bird's rare appearances at the refuge and the photographer's exacting technique.

"The lighting is even, the bird is sharp and separated well from the soft

continued on page 40



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Caño Island, located on the Osa Peninsula in Costa Rica, is just one of the locations to explore during the excursion
photos courtesy Bailey-Matthews National Shell Museum

Two Spots Remain For Trip To Costa Rica

by Jeff Lysiak

Two spots have opened to participate in next year's Bailey-Matthews National Shell Museum exclusive nine-day adventure to Costa Rica, which organizers have described as an eco-excursion where participants will observe and explore some of the most beautiful flora, fauna and marine life to be found in Central America.

From February 3 to 11, 2020, the group from the museum – led by Science Director/Curator Dr. Jose H. Leal and outreach coordinator Leigh Gay – will explore some of Costa Rica's most awe-inspiring parks and natural settings. They include Arenal Volcano National Park, Danaus Eco Center, Tarcoles River, Marino Ballena National Park and the Caño Island Biological Reserve.

"The trip is great because you get to live inside a rainforest," said Gay, who noted the trip is limited to 14 participants. "Every person I've talked to tells me they want a vacation where they don't have to plan anything. We've done all the planning for you. During the last trip, we heard that there wasn't enough down time, so we've scheduled more free time. People can use it to just hang out on the beach, do some shopping or search for shells."

During the excursion, participants will discuss Costa Rica's geological history while hiking in Arenal Volcano National Park, go snorkeling at Caño Island to view marine mollusks, and examine issues of conservation and sustainability as they relate to tourism.

And while shelling in Costa Rica is strictly prohibited, participants will learn about the region's diverse mollusks from Dr. Leal, who is considered a world-renowned malacologist.

After flying into San Jose, California, the group will travel to Arenal. On day three, a long trip to Esterillos Este will



A blue-crowned motmot in the Costa Rica rainforest

include a boat ride along the picturesque Tarcoles River, where a variety of colorful bird species may be spotted.

"During our last trip, I got to see 78 new species of birds I'd never seen before," added Gay, a self-described "Bird Nerd." Among the rarest species she spotted was a boat-billed heron.

During the excursion, travelers will take part in daytime and evening hikes as well as boat trips and snorkeling excursions in locations including Arenal, Esterillos Este, Uvita and San Jose. Costa Rica provides an opportunity to explore diverse habitats, national parks and private reserves.

Day six will begin with a morning snorkeling excursion in Uvita. Participants will then visit Marino Ballena National Park, Costa Rica's first marine park. The following day, the group will venture to Caño Island Biological Reserve to do some more snorkeling. The reserve is home to more than 70 species of oceanic wildlife, including sea turtles, whales and dolphins.

For more information, contact Leigh Gay at Bailey-Matthews National Shell Museum at lgay@shellmuseum.org or call 395-2233. For pricing or to inquire about reservations, contact Lisa Palmese-Graubard at 800-451-7111 ext. 339 or lisa@holbrooktravel.com.**





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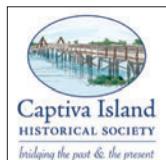


Carter Homestead

Captiva Island Historical Society

Looking Back: Logging

This week's image is Logging time on the Carter Homestead. The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard



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

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

photo courtesy Captiva Island Historical Society Archives

Churches/Temple

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

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SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Changes happening at St. Isabel Catholic Church

On September 29th Fr. Joseph Gates celebrated his last Mass at St. Isabel as our Parochial Vicar. Fr. Joseph came to St. Isabel parish three years ago. At that time the pastor, Fr. Christopher Senk, had been removed. There was turmoil among the parishioners as they struggled to cope with what had happened and move on.

It is understandable that some parishioners felt like "lost lambs" without a shepherd. However, from the time that Fr. Joseph arrived at St. Isabel, peace and confidence returned. With his gentleness, kindness, wisdom, good humor and ever present smile, Fr. Joseph quelled the uncertainty and apprehension of the congregation.

Over the period of three years, Fr. Joseph reinstated many revered practices of the Catholic Faith: The Saint Michael Prayer after Mass, Adoration of the Blessed Sacrament and the Rosary after weekday Masses. He also assisted the women of the parish in forming The Women's Prayer group which meets monthly and also the Society of Bread and Roses for women wanting to serve the parish in a more direct way.

One other custom Fr. Joseph promoted was the Monthly Potluck dinners held in the Parish Hall. These gatherings enhanced the camaraderie among the parishioners themselves and between the parishioners and Fr. Joseph. On Thursday, September 26, many parishioners gathered with heavy hearts to share one last potluck dinner with Fr. Joseph and to say goodbye. During this gathering, several parishioners came forward giving their testimony of returning to the Catholic Faith through the inspiration and guidance of Fr. Joseph.

No one who ever heard one of Fr. Joseph's homilies will ever forget his ability to present the Old Testament as a precursor to the New Testament and its relevance in our daily lives today. For those parishioners who remained faithful to the Catholic Faith and loyal to the Parish of St. Isabel, Fr. Joseph was truly a blessing and will be very much missed.

Yet again, God has sent us another "shepherd" to lead us forward in our faith journey. Fr. Ed Martin assumed his position as Administrator of St. Isabel Parish on October 1st. We are grateful to have Fr. Ed with us and look forward to his sharing with us the wisdom and spiritual growth he has achieved over the years as he inspires us to grow ever more closely to Jesus Christ and Mary, His Blessed Mother.



Fr. Joseph Gates

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From page 1

Baileyfest

something for everyone to see.

Something I love the most is waking up to a bird's song. If we dive into the deep blue, you can see many colorful fish. It's fun to go fishing off of Blind Pass Bridge.

Florida has many great places, but it's safe for me to say that Sanibel is one of the best by far. Sanibel is my home and I'd like to keep it that way.

Brock Catlin's Essay

Florida is one of my favorite states. Although there are many beautiful places, Sanibel is one of my personal favorites. There are many reasons why I love Sanibel. Three reasons why I love Sanibel are they have beautiful wildlife, the most amazing shells I have ever seen and beautiful fish for fishing.

In my opinion, I believe Sanibel has the best wildlife. There are many sea creatures such as alligators, fish and many more. We get a lot of wildlife when it starts to get cold up north. Sanibel also has "Ding" Darling that helps wildlife get to its final destination. Sanibel also has many mangroves in the water.

Next, I believe Sanibel has the best shell museum. One reason is that they have many different kinds of shells, and many shells are beautiful. Sanibel has people from all around the country just to pick up shells there. Also, you can enjoy the beautiful sunset while picking up shells. The shell museum can teach people many interesting facts about shells.

Finally, Sanibel has the best fishing. One reason is that Sanibel has a lot of fish



Sanderella singing *I'm Every Woman* at last year's Baileyfest

photos by Jeff Lysiak

for fishing so everyone who is fishing is not crowding one spot. Sanibel also has many boats in the water. You can enjoy the different boats. Sanibel has many restaurants, so if you want a break you can go to a restaurant for a break and eat. You can see the beautiful sunset while fishing.

Ultimately, these are a few of the reasons why I love Sanibel so much. Many reasons why I love Sanibel are because of the wildlife, shell museum and good fishing spots. Sanibel is my favorite place to be.

Baileyfest Details

Among the performers scheduled to



Among the Baileyfest activities are inflatable slides, a bounce house and rock climbing wall

appear at Baileyfest are The Country Rhythm Cloggers directed by Pat Bedingfield, guitarist Bill Beck, The Country Chicks, Sanderella, magician Brian Boyd, Vernal Pool, singers Ben and Jack as well as The Sanibel School's Steel Drum Band and middle school chorus.

Back by popular demand, event emcee and singer Frank Torino will entertain Baileyfest crowds with his renditions of classic songs made famous by Elvis Presley, Frank Sinatra, Dean Martin, Tom Jones and others.

In addition to games for youngsters and inflatable activities, there will be giveaways of household-themed prizes and gift certificates donated by local merchants. They will include:

Bailey's General Store - \$100 gift card

Billy's at Bailey's - Two standup paddleboard rentals for 24 hours (value

\$75 each)

Lily & Co. Jewelers - \$100 gift certificate

George & Wendy's Seafood Grille - Four \$25 gift certificates

Island Cinema - Four \$20 gift certificates

Island Cleaners - \$100 gift certificate

Sanibel Sprout - Two \$50 gift certificates

Joey's Custard - Four \$25 gift certificates

Select Vacation Properties - \$100 gift basket

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Historical Village Opens, Volunteer Training To Begin

The Sanibel Historical Museum & Village is now open and new volunteers are needed. Training will be held on Mondays, November 4 and 11. If you are interested, call Executive Director Emilie Alfino at 472-4648 or email info@sanibelmuseum.org. There are many things for volunteers to do, so anyone can find something they like and are comfortable with.

"We are always excited to welcome new docents," said board member Gayle Pence. "Training is fun, and we provide a detailed notebook with all the information you need to fulfill any position at the village. Our volunteers are never without the support and encouragement they need."

Board member Sherry Halloran added, "There are a lot of different things for volunteers to do. For example, we have a gala fundraiser and need help with planning, invitations, sponsorships and mailings. We can never have enough volunteers; it is the volunteers that keep things running at the village."

Volunteer Updates are held monthly for volunteers to hear speakers on a variety of island topics. These are casual, relaxed talks held for the benefit of our volunteers. Last season, the group heard Ralph Woodring tell stories, and Mariel Goss described the early days of the bike path. These talks are held on the first Monday,



Gayle Pence and Sherry Halloran with a docent handbook

December through March, at the village beginning at noon.

The village has three events each year to thank and celebrate its volunteers.

Other highlights this season are

photo provided

three Twilight Talks and the annual gala fundraiser, which will be held on February 18 at The Community House.

"We are again offering a reciprocal museum membership," Alfino said.

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

Members at the \$150 level and above are invited to attend the museum's Volunteer Updates. "Previously open only to our volunteers, members at certain levels now are welcome to attend these talks and learn even more about the history of our island," said Alfino.

The Sanibel Historical Museum & Village is a nonprofit organization formed with the mission to preserve, share and celebrate Sanibel's history. The museum is open during the BIG ARTS construction project, which may continue through January. Parking and access for village guests and volunteers will be available throughout that time.

The Sanibel Historical Museum & Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. Admission is \$10 for adults over 18; no charge for members and children.

For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.*

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The Bailey Homestead, illuminated for SCCF's Wines In The Wild fundraiser in 2016
photo by Jeff Lysiak

New Roof Approved For Bailey Homestead

by Jeff Lysiak

On Tuesday, members of the Sanibel Planning Commission unanimously approved granting a Certificate of Appropriateness to the Sanibel-Captiva Conservation Foundation (SCCF), which was seeking permission to replace the roof of the historic Bailey Homestead.

"The applicant is seeking to replace a deteriorating shingle roof on the Bailey Homestead building with a metal roof that is similar in character to other buildings constructed around the same time on Sanibel," said City Planner Craig Chandler, reading from the staff report being presented to the commission. "The metal roof will be similar in appearance as the adjacent accessory building known as the Honey House. The applicant plans include installing new gutters that will collect rainwater runoff from the metal roof that will be directed into an original underground cistern to be used for onsite irrigation."

According to Chandler, SCCF Chief Executive Officer Ryan Orgera sought permission from the Sanibel Historical Preservation Committee back in August to replace the roof and gutters of the Bailey Homestead, located at 1300 Periwinkle Way. He noted the current roof is "in constant need of repair" and frequently leaks.

In his letter to the Historical Preservation Committee, Orgera also requested permission to reconnect the roof/gutter system to the cistern. "Our nursery operations would then use the collected rainwater to water our inventory of native plants and the grounds," he wrote. "In our view, reconnecting the cistern and using it for its intended purpose is a nod to the past and a way for us to use our resources more efficiently."

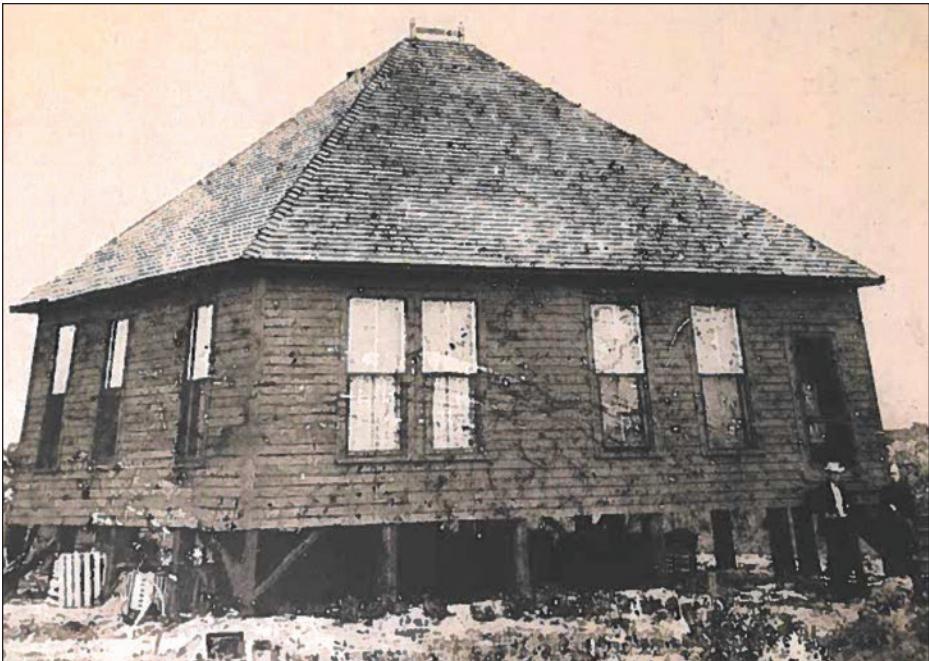
The city's Historical Preservation Committee approved the request at its September 5 meeting.

During deliberations on the application, Orgera was asked if the new metal roof would match the color of the existing shingle roof. He confirmed that it would. Without further questions, Commissioner Matt Kirchner made a motion to approve the application, which was seconded by Commissioner Eric Pfeifer before being approved, 7 to 0.

In other business, commission members engaged in a brief discussion on whether they should conduct an informal survey to self-evaluate whether they are working efficiently as a group and if improvements could be made to the permitting review process.

"If it's to clear up unfinished business, I think that would be a worthwhile meeting," said Commissioner Karen Storjohann.

Commission Chairman Chuck Kettelman initially suggested conducting a survey containing "four or five" questions to determine how well the planning commission itself is working together. Later, Commissioner Paul Nichol offered



Earliest known photo of the Bailey home

three ideas he had on the subject: whether the panel needed more time to evaluate staff reports, conducting one-on-one staff briefings for more complex applications, and what changes the planning department staff itself might suggest.

Following a few additional comments, Kettelman told his fellow commissioners that after they formally review the new permitting process procedures, they should conduct a similar discussion in the future. "Let's continue this discussion after we see how that new process is going to work," he added.

Also, Commissioner Eric Pfeifer inquired about the possibility of the

planning commission adopting the city council policy of limiting public comment to three minutes. While Kettelman noted that the commission traditionally employed a policy of allowing members of the public to speak for an unlimited period of time, City Attorney John Agnew explained that that practice has been granted to allow for due process to take place. In many cases, more elaborate arguments need to be made by the applicants because their issue may affect property rights.

"As long as (the speakers) are making new points and not filibustering, we should allow for comments to go on as needed," said Agnew.**

Veterans Day Essay Contest For Island Youth

The City of Sanibel Recreation Department and the Lee Coast Chapter of the Military Officers Association of America (MOAA) will be hosting a Veterans Day Essay Contest for island youth grades four through eight. Prizes will be provided by Bank of the Islands. Contest winners will be recognized

at the Veterans Day Ceremony on Monday, November 11 at 10:30 a.m. at the flagpole at Sanibel City Hall, located at 800 Dunlop Road.

Students can choose between two prompts:

1. Why is it so important to honor our veterans and celebrate Veterans Day?
2. How are veterans important in my life?

The deadline for entering is Monday, October 28 at 5 p.m. For more information, contact kayla.schuneman@mysanibel.com or call the Sanibel Recreation Center at 472-0345.**

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FISH Of SanCap Hosts Friendly Faces Luncheon

FIsh of SanCap hosted its monthly Friendly Faces luncheon on October 8 at George & Wendy's Seafood Grille. Thirty-eight neighbors attended the fall-themed luncheon, which offers opportunities for socializing and meeting new friends. Gatherings are held on the second Tuesday of each month.

The next luncheon is scheduled for November 12 beginning at 11:30 a.m. at George & Wendy's Seafood Grille. Contact Kathy Y. Monroe at 472-4775 to RSVP. *



Brent Williamson



Maryanne Daly and Jerry Edelman



Shirley Bohnert and Helen Taylor



Clockwise from left, Maggie Goldsmith, Tonya Johnson, Chuck Bergstrom and Robin Krivanek



From left, Ed and Mary Holden with George and Hazella Veillette



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Cpl. Nick Hubatch sharing information with the students
photos provided

Sanibel Police Officer Visits With Preschoolers

Students of Sanibel Christian Preschool had a recent visit from Cpl. Nick Hubatch of the Sanibel Police Department as part of their Community Helpers unit.

Cpl. Hubatch shared information with the students about the job of a police officer and their uniforms and tools. He answered the students'



Cpl. Nick Hubatch gave students and staff an up-close look at his police vehicle

questions so they could learn more about the important job the police do to keep the island safe.

Following his talk, Cpl. Hubatch took the children outside to see his police

vehicle and hear the siren.

The staff and students thank the incredible law enforcement team on Sanibel who help keep everyone safe. Sanibel Christian Preschool is

located at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. For more information, call 472-0497 or visit www.sanibelucc.org/preschool.*

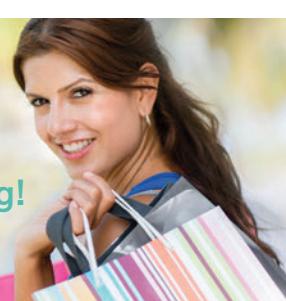
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Rowna Stephens, owner of Island Essentials, with some Halloween party supplies
photos by Jeff Lysiak

New Business Fills Need For 'Essentials'

by Jeff Lysiak

If you ask Rowna Stephens, the owner of a new business that recently opened on Sanibel, to describe Island Essentials, she is quick to respond, "It's the best hidden secret on the islands."

Located next to Island Pharmacy in Palm Ridge Place shopping center, Island Essentials came into being after Stephens – who has worked in the retail industry for more than 35 years – considered something she had often heard from local residents and visiting vacationers.

"I've worked for CVS Pharmacy on Sanibel for the last 10 months and noticed a lot of things you couldn't find on the island," said Stephens. "Locals and tourists alike would have to leave the island for some simple items."

Among the most requested items, according to Stephens, included party supplies, pillows, socks and underwear, emergency goods (including full-size generators, lanterns and batteries), portable coolers and various sundry items. Walk into Island Essentials and you'll find everything from sodas, snacks, sunglasses and small toys to hand-painted glassware and one-of-a-kind artwork created by local painters, photographers and artisan crafters.

"I carry these simple items, and if we do not have it, let me know and I'll do my best to find it," added Stephens, who noted that she plans on carrying other top requested merchandise such as electronic goods and office supplies. "Also, our local artists are amazing and I love showcasing their work."

The Lexington, Kentucky native became a hairdresser owner/operator for 15 years following college. She first visited Sanibel three decades ago, making the move to Fort Myers in 2017.

continued on page 20



One section features hand-painted glassware

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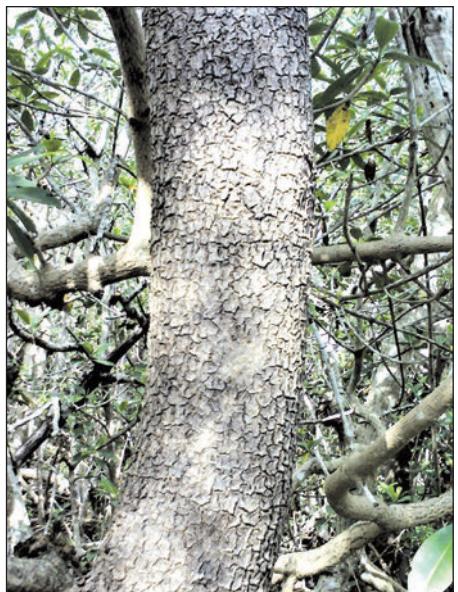
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Native black mangrove's bark has a subtle intricate beauty photos by Gerri Reaves

Plant Smart

Whose Bark?

by Gerri Reaves

When we want to identify a tree, we typically rely on factors such as overall shape and height, leaves, or flowers to identify it.

However, noticing the bark can be especially helpful in identifying some trees.

Pictured here are three native and one nonnative species. See if you can identify them.

Black mangrove's (*Avicennia germinans*) black or dark gray bark has



Gumbo limbo's peeling bark is its best known characteristic

a subtle intricate design created by the fissures dividing it into a block-like pattern.

This member of the verbena family is a signature tree in subtropical and tropical tidal zones.

It can reach up to 50 feet, and with an extensive system of horizontal cable root several feet below ground, it is highly storm resistant. So well does it protect the shoreline that it's protected by law.

It's known for the curious vertical pneumatophores, finger-like roots that project from the mud above the high tide line. Those breathing tubes enable the tree to breathe when water surrounds it.

The leaves' ability to excrete salt also



Older green buttonwoods have gnarled trunks with deep furrows

helps it survive fluctuations in salinity.

Gumbo limbo's (*Bursera simaruba*) peeling reddish bark makes it one of the best known of native trees. The bark, nevertheless, varies greatly from tree to tree. Some are silvery, while others are bronze or almost orange.

Reaching as high as 60 feet, this tree can resemble living sculpture, so lovely are the curving or distorted shapes of the branches.

Highly salt and drought tolerant, it also excels in being a food source for a variety of birds. In the wild, it grows in coastal hammocks.

Green buttonwood (*Conocarpus*



Torell's eucalyptus' bark is attractive, but his tree is not recommended for Florida because of its invasive tendency

erectus), a relative of white and black mangroves, inhabits coastal prairies and brackish swamps on the landward side of the mangrove zone.

The twisted or gnarled trunks of older specimens lend them a silvery sculptural look that might remind some people of mesquite trees. Older trees have rough bark with vertical furrows.

Like black mangrove, it too protects shorelines. It can grow up to 60 feet high and is highly storm resistant and tolerant of drought and salt.

Torell's eucalyptus's (*Eucalyptus* continued on page 23

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Clyde Butcher Exhibition To Open At Refuge

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

Guests will be the first to view Butcher's American Everglades collection. The opening will include refreshments and, at 10 a.m., an opportunity to meet the world-famous photographer, who will be available for a limited number of book signings outside the Refuge Nature Store. The store will be carrying books, notecards and other Clyde Butcher gifts.

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

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

"The underlying message to this important exhibition is the value of preserving the fragile Everglades habitat



The exhibition will include one of Butler's most iconic portraits of the elusive ghost orchid

photo by Clyde Butcher

and the quality of our waterways in the pristine state Clyde Butcher has captured them," said DDWS Executive Director Birgie Miller. "We thank Mark and Gretchen Banks for sponsoring the exhibition and Wayne and Linda Boyd for sponsoring the opening reception."

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

To support "Ding" Darling Wildlife



Clyde Butcher shoots with large-format cameras

photo by Woody Walters

Society (DDWS) and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact

Executive Director Birgie Miller at 292-0566, 472-1100 ext. 4, or dingdarlingsociety@gmail.com.*



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Adaption



by Capt.
Matt Mitchell

Changing weather patterns are all part of our fall fishing season. Learning to adapt to the day's conditions is just part of every successful fisherman's repertoire. Often we have to switch up the day's plan because of weather, no matter how good the fishing was the day before. Some days even just a slight wind or tide change can make all the difference in the world.

Locating diving pelicans in the sound has been the easiest way to find shiners as the changing conditions have these bait schools moving on almost a daily basis. Several mornings this week, I had to scramble to get my bait as it had disappeared from where I had caught it just the day before. Pushing the morning pick-up time back a half hour has taken the stress out of daily bait catching. Until the clocks fall back, the first weekend of November is usually pretty dark until almost 7:30 a.m.

Once loaded up on shiners, the options have been almost endless with the wind direction and phase of the

tide being the deciding factors on what and where to fish. Red light shoal in Pine Island Sound has been one of my favorite places to fish over the past few weeks with fish feeding here on either tide. This has been a great place to start a trip and quickly bend the rods on a variety of species. Setting up the boat in the four- to six-foot depth range and pitching a few handfuls of live shiners gets the fish feeding. Though all the bait that was on this shoal for the past few weeks has moved, the many species of hungry fish – including trout, snapper, jacks, ladyfish and even the occasional gag grouper – have remained.

Despite Tropical Storm Nestor washing out the weekend, there could be a silver lining. Winds and rain hopefully will help break up some of the patchy red tide that's been killing fish from Fort Myers Beach south and blowing a few dead fish into San Carlos Bay. Once past the power lines, the sound has remained in pristine condition, though seeing even just a few dead fish floating quickly brings back thoughts of the nightmare red tide of last year.

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

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Mary Laser from St. James City with a big redfish caught while fishing with Capt. Matt Mitchell this week
photo provided

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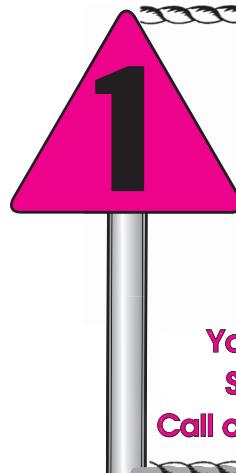


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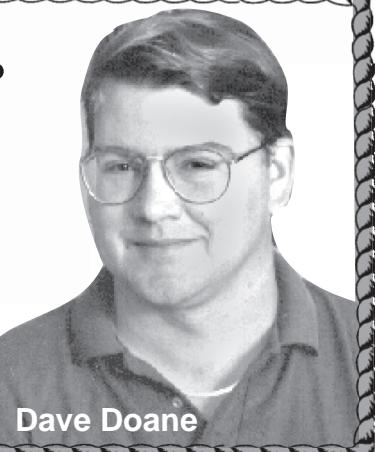


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Dave Doane

CROW Case Of The Week:

Double-Crested Cormorant



by Bob Petcher

The double-crested cormorant (*Phalacrocorax auritus*) is a large water bird with a long S-shaped neck and a prehistoric look. While it is related to the frigatebird, this swimming bird looks more like a cross between a goose and a loon, and sometimes is confused for the latter.

The cormorant gets its name from its double crest that is only visible on adults during breeding season. The cormorant crests are black in most regions, except for Alaska where they are white.

The double-crested cormorant is an accomplished diver and uses its hooked bill to catch small fish underwater. It can be seen in both freshwater and coastal waters.

When not plunging below the water surface, the most widespread cormorant in North America is often seen on a rock or other surface with its wings spread out. This drying stance is usually performed when the bird is taking a break from fishing. It must take the time to dry itself because it has less preen oil than other birds, and its feathers can get quite soaked

from diving excursions. Unfortunately, it does not have the ability to shed water like a duck.

At CROW, a juvenile double-crested cormorant was admitted from a beach on Sanibel. The patient was unable to act normally or evade capture. Upon examination, the cormorant had clear struggles breathing and noticeable swelling of the head and neck area, which was said to be associated with a leaking of air in the body. To investigate the source, CROW medical staff performed an endoscopy procedure through the trachea to search for a possible tear causing the air leak. For the procedure, a small incision was made below the last rib to place a breathing tube directly in the air sac, allowing breathing during the tracheal procedure.

Roughly 10 days after the procedure, the patient is doing much better.

"The swelling has gone down in the head and neck area. There still is a small amount of air swelling remaining, but the draining tubes under the skin appeared to work well to continuously drain the air out from underneath the skin," said Dr. Megan Cabot, CROW veterinary intern. "The incision allowed us to place a breathing tube in the air sacs inside of the body, instead of through the trachea where we normally place a breathing tube for surgery. The air sac tube allowed breathing while we scoped the trachea. This incision was closed after the procedure because the bird's trachea appeared unaffected."

Since there was no tear in trachea, the source of the leak was believed to be coming from an air sac that is located



Patient #19-4220 sporting its air sac tube after the surgical procedure

photo by Brian Bohlman

at the base of his neck, according to Dr. Cabot.

"We suspect this cormorant sustained an unknown trauma, as air sac ruptures are often caused by blunt force," she said.

CROW medical officials are optimistic but guarded moving forward with the patient.

"Since the draining tubes were placed in the skin of the neck, air swelling has remained mostly resolved," added Dr. Cabot. "Today (October 19), we pulled the

tubes and will monitor over the next few days to make sure the cormorant does not swell up again with air."

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

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CROW Calendar Of Events

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

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

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

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

Friday, October 25, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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



a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Monday, October 28, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Monday, October 28, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely

valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Tuesday, October 29, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Tuesday, October 29, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation).

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

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

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Thursday, October 31, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Thursday, October 31, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

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Science Director
and Curator

Truncatellas are small marine snails that spend most of their lives away from seawater, living among dead leaves, above the high tide line in mangrove areas. Last week I presented the Beautiful Truncatella, *Truncatella pulchella* Pfeiffer, 1839. The other, closely related species, is the Caribbean Truncatella, *Truncatella caribaeensis* Reeve, 1842. The latter has similar color, a variable sculpture pattern of 16 to 40 ribs. The Caribbean Truncatella is larger, reaching 8 mm (0.32 inch), and has a thinner outer lip, never "doubled," as in the Beautiful Truncatella. [For your information, this is the 300th "Shell of the Week" column, all originally published in Sanibel's *Island Sun*.] Read more about local mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a live



The Caribbean Truncatella, *Truncatella caribaeensis*

photo by José H. Leal

Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum

in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org

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or call 395-2233.

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

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken this Sunday, October 27 from noon to 8 p.m.

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

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

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

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

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



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Opening on Mondays in November

Stone Crab Season Is Open

Florida's recreational and commercial stone crab claw harvest season is open in state and federal waters.

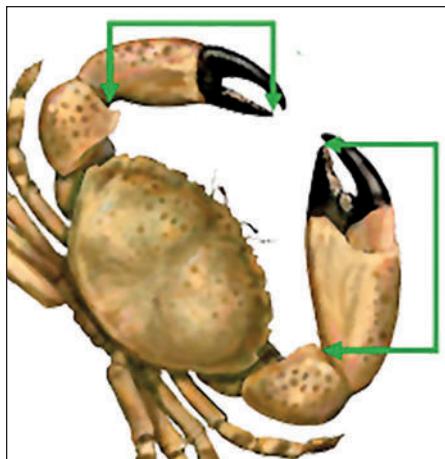
There are new recreational trap requirements. Recreational harvesters who are age 16 and older and fish with traps are now required to complete an online, no-cost recreational stone crab trap registration, and place their registration number on their traps before using them. To register, visit www.goutdoorsflorida.com and add the recreational stone crab trap registration to your fishing license account.

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

This no-cost registration will allow the Florida Fish and Wildlife Conservation Commission (FWC) to collect important information about these recreational fisheries, which is needed for future stock assessments and management decisions.

To be harvested, stone crab claws must be at least 2.75 inches in length when measured from the elbow to the tip of the lower immovable portion of the claw. View a video on how to properly remove the claw on the FWC YouTube channel and increase the chance the crabs you release will survive.

Harvesters are encouraged to take only one claw, even if both claws are



Stone crab claws must be at least 2.75 inches in length

image provided

of legal size, so the released crab will be better able to defend itself from predators. A crab that is returned to the water with one claw intact will be able to obtain more food in a shorter amount of time and therefore regrow its claw faster. There is a recreational daily bag limit of one gallon of claws per person or two gallons per vessel, whichever is less.

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

Recreational harvesters may use up to five stone crab traps per person. Traps that are not being fished should be removed from the water to avoid ghost fishing, a process in which marine species

get caught in the trap for extended periods of time and are not harvested.

The season will be open through May 15, 2020, closing May 16.

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



Participants will craft ornaments from shells

photo provided

sanibelseaschool.org/afterschool.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. *



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Sanibel Paddling Destination: East End Canals

by Kealy McNeal



Sanibel Island is a paddler's paradise, offering several different paddling adventures for paddlers of different skill sets to explore. The often overlooked paddling spot on Sanibel

island is through the east end canals. This is personally my favorite spot in the area to paddle, I enjoy viewing the "behind-the-scenes" Sanibel; watching the boaters pass by going fishing or enjoying a day out on the water, and waving to people grilling and hanging out on porches and docks. Gliding under the busy Periwinkle Way, I feel I am in a secret hideaway only the locals know about.

The canals on the east end of the island are easy to access from the Sanibel Boat Ramp launch point. It is a short paddle to the mouth of the canals at the Sanibel Marina. Watch for boat traffic entering and exiting the canals and be mindful of the current ripping through the narrow channel between the bay and the marina. Once in the canals, the water is calm and often isolated from the wind.

Depending on which way you choose to explore, be on the lookout for local

critters taking advantage of life in the isolated canal system. Look for dolphins using the seawall to trap fish for a quick meal, or manatees seeking some fresh water from boaters cleaning their vessels. Travel through the mangrove-lined canals and see iguanas basking in the sun or egrets, herons and kingfishers scanning the water for their next meal.

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

Tickets On Sale For Coastal Watch Fundraiser

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

The goal of Coastal Watch is to increase awareness of the impacts that humans have on beaches, water quality and marine habitats in the region, and to help citizens become more effective stewards of the ocean. This year, Coastal Watch will be introducing two new conservation initiatives. One will help residents become better stewards of the ocean, and the other will help the marine

environment cope with the effects of human inhabitation. Details will be unveiled at The Launch.

Monika Urbanska, owner and artist of The Reel Chase, will paint an original work of art during the evening. The Reel Chase is a high-performance, eco-friendly fishing apparel company featuring fine art. Urbanska captures the allure of the water through the mediums of oil and acrylic paint.

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

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

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

good food for a worthy cause," said Lion Hazella Veillette, who organized this year's event. "Guests are invited to join us for the only Bingo night on the island."

A limited number of tickets are available for a \$20 donation, which includes a turkey dinner. Bingo cards and games are sold separately. Tickets are available through November 1 from any Lions Club member or at Bailey's General Store Customer Service desk. Over \$1,500 in prizes donated by local businesses will be given away during the evening.

The Lions Club offers the opportunity to make a difference in the community, from hosting complimentary adult health screenings to collecting used eyeglasses through its Recycle for Sight boxes located at various locations on both islands. Lions volunteer for many things, from club projects to community events.

"We serve where we live, as well as globally through Lions Club International, and have fun doing it," said Veillette. "Wonderful things are accomplished when you are part of the largest service organization and a generous community."

Sanibel Captiva Lions meet the first and third Wednesday of the month with a different guest speaker once a month at The Community House. Meetings begin with cocktails and appetizers at 6 p.m. and dinner at 7 p.m. Visiting Lions and anyone interested in becoming a Lion are welcome. For more information, visit www.sanibelcaptivations.org.

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

Lions Club Hosting Feather Bingo For Charity

The Sanibel Captiva Lions Club will host the 32nd annual Feather Bingo for Charity on Wednesday, November 6 beginning at 6 p.m. at The Community House. A turkey dinner with all the trimmings will be served and there will be numerous games and prizes throughout the evening.

"Feather Bingo, now it its 32nd year, has always been a good time with

From page 11

'Essentials'

Drawing upon her extensive list of professional contacts in the retail industry, she decided to open Island Essentials as a business that will work to acquire whatever item(s) her customers may ask for.

"Fortunately, I have a large network to pull from... friends and businesses alike," said Stephens, who explained that many people are coming in to the store to see what artwork she has available. "I have been open for two weeks now and am seeing that the hand-painted palm fronds and hand-painted glassware – along with one-of-a-kind handmade jewelry – are my most popular items."

Island Essentials, located at 2330 Palm Ridge Road, Suite #17 on Sanibel, is currently open from 9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to 4 p.m. on Saturday; closed on Sunday. After November 1, the hours of operation will be from 9 a.m. to 6 p.m. Monday, Wednesday and Saturday; from 9 a.m. to 10 p.m. on Tuesday and Thursday; and from 10 a.m. to 4 p.m. on Sunday.

For more information, call 472-2999 or visit www.shopislandessentials.com.**

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One corner of the shop features emergency supplies, from batteries and lanterns to gas cans and generators
photo by Jeff Lysiak



Carlos Hernandez donated labor and equipment for the repairs photos provided

Osprey Platforms Being Replaced

submitted by Anne Mitchell

Volunteers with The International Osprey Foundation (TIOF) have begun the task of repairing osprey platforms in preparation for another



From left, Jim Columbo, Angel Almazan, Susan Tucker, Nelson Maradiaga and Bob Tucker

nesting season beginning in January.

TIOF President Susan Tucker has been able to gain help from Carlos Hernandez of Tree Trimming Doctor and his crew to set the new platforms high on top of the poles. TIOF member Jim Columbo made the 40-inch-square platforms with metal mesh bottoms designed to hold the nests in place. Columbo is using instructions for building the platforms as suggested on

TIOF's website, www.ospreys.com.

He has made at least 15 new platforms to date.

"We now sign them on the side of the platform with our TIOF name, the year we installed it and Jim's signature. It is a really nice way to advertise our organization and acknowledge the person who built it," said Tucker.

Last month, Hernandez and his crew,



Jim Columbo with two of about 15 new platforms he has built to date

along with Columbo, Tucker and her husband Bob Tucker, replaced platforms on Woodring Road, Venus Drive, Martha's Lane and Bay Drive on Sanibel. They also added a predator guard on the second platform at the Woodring site. Hernandez brought his bucket lift to help in setting the heavy platforms in place.

Tucker said, "The four platforms
continued on page 28



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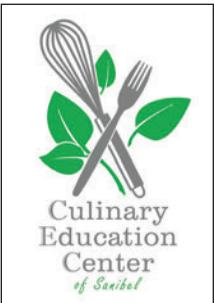
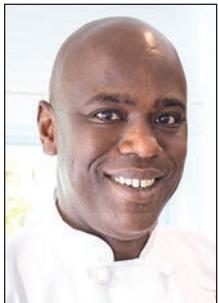
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The Community House

Potatoes



by Resident Chef Jarred Harris

The potato is the most important non-cereal crop in the world. It is the fourth most important crop overall; only rice, corn and wheat are more important. Potato products are the second most consumed food in America and second only to dairy products. There are over 4,000 varieties of potato and 150 wild potato species.

Potatoes are one of the most important parts of the world's cuisine. The reason why is, they're easy to grow and don't require much fertilizer, which makes them environmentally friendly. Potatoes are grown in all 50 states, 130 countries and even in outer space. In fact, potatoes were the first vegetable to be grown in space.

The potato plant originated in Peru and dates back to 8000 BC. It's a member of the nightshade family which also includes tobacco, chili peppers, tomatoes and bell peppers.

Potatoes were first introduced to Europe by Spanish explorers around the mid-1500s. Potatoes arrived in the Americas around 1621 and were permanently established in North America in 1719. The crop spread across the country and didn't make it to Idaho until 1836.

"Pommes frites" or French fries were introduced to the United States by Thomas Jefferson, who served them in the White House during his presidency (1801 to 1809). The potato chip was invented in 1853 by George Crum who was a Native American/African American chef at a resort in Saratoga Springs, New York. Crum sliced French fries extremely thin and fried them crispy to produce "Saratoga Chips."

Here is a simple recipe to try:
Potato and Cheese Croquettes

Ingredients

2 cups mashed potatoes (cold)

2 eggs (beaten)

1/2 cup parmesan (grated)

1/2 cup gruyere (shredded)

1/2 bunch parsley (chopped)

2 scallions (fine diced)

Salt and pepper (to taste)

1 tsp. nutmeg (ground)

To coat:

1 cup flour

3 eggs (beaten)

2 cup breadcrumbs

Oil, to fry

Method

Mix the mashed potatoes, egg, cheese, parsley, scallions, nutmeg, salt and pepper until well combined.

Place the flour, beaten egg and

breadcrumbs in three separate trays or bowls.

Take a handful of potato mixture, shaping into a log shape or ball, and dip into flour, then egg and then breadcrumbs; repeat the process again after all croquettes have been breaded.

Place on a plate or tray (dusted with breadcrumbs) and place in the freezer for 30 minutes.

Heat the vegetable oil in a small pan over medium high heat.

Remove the croquettes from the freezer and fry until evenly browned.

Remove from the oil and place on tray lined with paper towels to drain.

Serve hot.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

FISH Thanksgiving Basket Program Under Way

Thanksgiving is often celebrated as a day of abundance and thanks by gathering with family and friends. For those struggling to meet everyday living expenses and keep food on the table, however, it can often lead to stress and sadness. The annual FISH Holiday Basket Program helps make the holidays a bit more joyous for neighbors needing a hand up.

Thanks to FISH donors, community partners and volunteers, baskets of stuffing, rolls, fresh and canned vegetables, pies and a gift card to purchase a turkey or other holiday protein will be assembled and distributed in time for the holiday. Recipients are selected by the FISH Social Services Department and are known through participation in other FISH programs.

This year, FISH anticipates that 100 holiday baskets will be distributed. Basket distribution will take place from 10 a.m. to 4 p.m. on Monday and Tuesday, November 25 and 26, and from 9 a.m. to noon on Wednesday, November 27.

"Each year, we receive many requests from our neighbors who need help during the holidays. It warms my heart to know that we can help in this way," said Maria Espinoza, walk-in-center manager for FISH. If you, or a family you know, is in need of a holiday basket, contact Espinoza at 472-4775.

While shelters and churches around the region serve traditional holiday meals, the FISH Thanksgiving Basket allows families to celebrate in their own homes. Some basket items are donated, while others are purchased with funds designated to the program.

Fresh pies, donated by Saint Michael & All Angels Episcopal Church Women, will be added to the baskets again this year. The women have supported this program for many years.**

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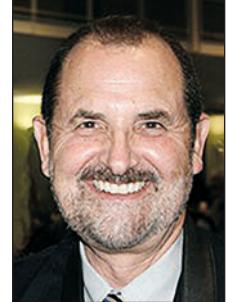
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BIG ARTS Ethics In Film Series**I've Loved You So Long**

by Ron Green



On Wednesday October 30 at 12:30 p.m., Island Cinema will show *I've Loved You So Long*, the third film in this year's BIG ARTS Ethics In Film Series. The film runs 117 minutes. After the movie, I will lead a discussion at the cinema. The remaining film in the four part series will be announced prior to the weekly showing.

I've Loved You So Long is a French/Canadian drama film. It tells the story of a woman struggling to interact with her family and find her place in society after spending 15 years in prison for killing her young son. Juliette (Kristin Scott Thomas) moves in with her younger sister, Lea (Elsa Zylberstein). Lea is still affected by her sister's terrible crime. Juliette, who has been totally forgotten by her family tries to reconnect with Lea.

The ethical questions are: Was Juliette justly incarcerated for 15 years? Are others right in condemning her?

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image provided

Why do you think Juliette chose not to defend herself?

Tickets are \$7 and available at BIG ARTS box office, located at 2244 Periwinkle Way, Suite 8, online at www.bigarts.org, or on the day of the film at Island Cinema, located at 535 Tarpon Bay Road in Bailey's Center.

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

Celebrate Cayo Costa

Celebrate Cayo Costa will be held at the island state park on Saturday, November 2 from 9:30 a.m. to 2:30 p.m. Tickets include round trip boat transportation from four departure points, activities and lunch provided by Little Lilly's Deli of Pine Island.

"This is a perfect family, couples or friends event. Come and learn about the pioneer families who settled here. Take a guided beach walk and make some shell crafts. This is a great opportunity to visit the park by boat and enjoy the out-island scenery before you arrive," said Elaine McLaughlin, Friends of Cayo Costa State Park chairperson.

The day will feature tours of the island, including a walk to the pioneer family cemetery, and nature and shelling beach walks. Use your free shelling bag to take home your new treasures.

The Randell Research Center will have Calusa artifacts on display and live animal demonstrations be will provided by Clinic for the Rehabilitation of Wildlife (CROW). Staff will be presenting information about the park. Families can try their hand at palm weaving and a variety of shell crafts. Lee County Parks and Conservation 20/20 will talk about how you can help protect the coastal land and waterways. Fort Myers Beach songwriter Sheena Brook will be performing during lunch. Activities will be held at the state park landing area off Pelican Bay, and beachside near the pavilions and beachside campground area.

From page 12

Plant Smart

torelliana) bark is definitely ornamental and distinctive, but you don't want this native of the Australian rainforests in your landscape. It's enormous and fast-growing, reaching up to 100 feet tall.

Once widely used as a windbreak tree, it is no longer recommended because of invasive tendencies.

The upper trunk and branches shed the bark in sheets, revealing a pretty gray-green surface. The layers of peeling bark create overlapping swathes of soft pastels.

When acquainting yourself with the many characteristics of trees, don't forget to notice the bark. Not only can it be distinctive, even ornamental, but it helps determine how trees interact with other species, particularly epiphytes.

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



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Monday - Trivia -- 5:30 pm

Tuesday - Music with Bill Beck -- 5:30 pm

Wednesday - Rock & Roll Bingo -- 6 pm

Thursday - Bingo -- 6:30 pm

Friday - Music Trivia -- 6:30 pm

Saturday - Football/Sports Trivia -- 6 pm



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**Citrus Pecan Bars****Crust**

1/2 teaspoon orange zest, grated
5 sticks unsalted butter, room temperature

3/4 cup sugar

3 extra-large eggs

3/4 teaspoon pure vanilla extract

4 1/2 cups all-purpose flour

1/2 teaspoon baking powder

1/4 teaspoon salt

Topping

2 pounds pecans, coarsely chopped
1 cup Orange Blossom honey

1 1/2 teaspoons orange zest, grated

1/2 teaspoon grated lemon zest

1 pound unsalted butter

3 cups light brown sugar, packed

1/4 cup heavy cream

Preheat oven to 350 degrees. To prepare crust, beat the butter and granulated sugar in the bowl of an electric mixer fitted with a paddle attachment, until light, approximately 3 minutes. Add the eggs, vanilla, and

**Citrus Pecan Bars**

orange zest and mix well. Sift together the flour, baking powder, and salt. Mix the dry ingredients into the batter on low speed until just combined. Do not overmix. Sprinkle the dough and your hands lightly with flour. Press the dough (it will be very sticky) evenly into an ungreased 18x12x1-inch baking sheet, making an edge around the outside. Bake for 15 minutes, until the crust is set

photo courtesy Fresh From Florida

but not browned and allow to cool.

For the topping, combine butter, honey, brown sugar, and zest in a heavy-bottomed saucepan. Cook over low-heat until butter is melted. Raise the heat and boil for 3 minutes; remove from heat and carefully stir in heavy cream and pecans. Gently pour over crust. Bake for 25 to 30 minutes or until the filling is set.**

LIVE ON THE ISLANDS

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

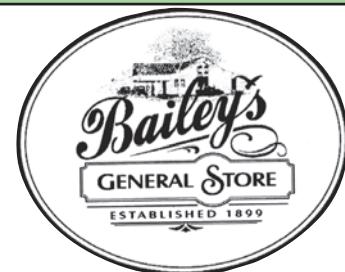
The Jac Sanibel Island Bar & Grille has live entertainment on Friday with The Wildlings. Neon Summer performs on Saturday. Sol Rydah plays on Sunday. On Thursday, it's James Prather.

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

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

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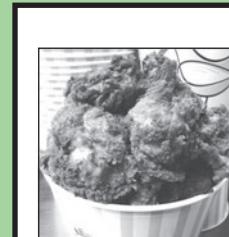
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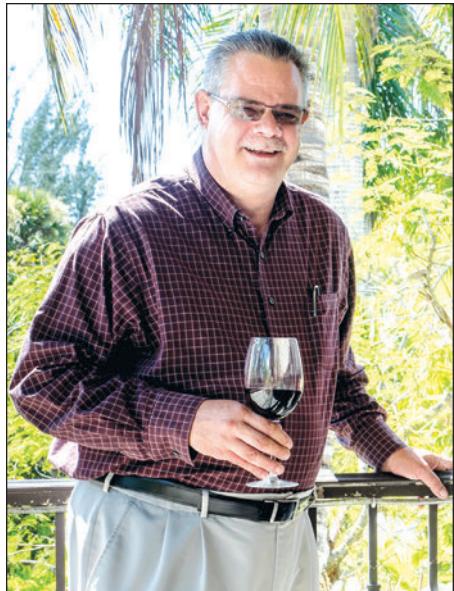
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Cielo General Manager Marcus Preece
photos provided

Tasting Partners Return For SCCF's Wines In The Wild

Cielo and Sweet Melissa's Café are returning as Food Tasting Partners for Wines in the Wild, to benefit Sanibel-Captiva Conservation Foundation (SCCF). The evening of fine food and wine will be held on Friday, November 15 from 6:30 to 9 p.m. at the Bailey Homestead Preserve.

"Cielo, as well as Sweet Melissa's Café



Sweet Melissa's General Manager Karen Schaeffer and Chef Melissa Donahue

and its owner, Gretchen Valade, have been strong SCCF supporters for many years," said SCCF's CEO Ryan Orgera. "We are so happy they are both returning as Food Tasting Partners for this year's event."

Other returning Food Tasting Partners include Catering by Leslie Adams, Malia and Sanibel Catering Company by Bailey's.

There will be five tasting stations featuring some of Sanibel's finest kitchens. Food tastings will be paired with specially selected wines donated by Bailey's General Store, returning Wine

Tasting Partner.

Norman Love Confections, this year's new Tasting Partner, will provide a dessert buffet, and a live auction of unique experiences will round out the evening. Valet parking is sponsored by Doc Ford's Rum Bar & Grille.

Tickets are \$125 per person and reservations can be made by calling founding co-chair Linda Uhler at 472-3817. Because this event is likely to sell out in advance, tickets will not be available at the door.

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

SCCF To Kick Off Evenings At The Homestead

On Tuesday, November 12, Sanibel-Captiva Conservation Foundation (SCCF) will screen the documentary *Troubled Waters* at Bailey Homestead Preserve, located at 1300 Periwinkle Way. Light refreshments will be served at 6 p.m. and the film will start at 6:30 p.m. It will be followed by a panel discussion with representatives from SCCF, Calusa Waterkeeper, and the Center for Biological Diversity.

The screening is the first of SCCF's popular Evenings at the Bailey Homestead series.

Troubled Waters graphically describes the public health impacts of harmful algal blooms (HABs), particularly in Southwest Florida. The film features internationally renowned research scientists as well as medical professionals on the front lines, and citizens who have suffered harm – all to convey a complete picture of the public health risks of HABs. The documentary was written, directed and produced by Calusa Waterkeeper Executive Director KC Schulberg and co-directed, filmed and edited by Cat Chase.

Tickets are available at www.eventbrite.com/e/evenings-at-the-homestead-troubled-water-film-screening-tickets-74680552543. For more information, call 472-2329 or visit www.sccf.org.★

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Riley Evans is ready for some football photos provided

Fall Programs At Sanibel Library

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

Looking for spooky Halloween music? Try streaming music for children or adults with the Freegal app. This library service allows users to choose from millions of songs or playlists. The



We can do this in reverse this spring!

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Finn Hussey playing in the Think Tank

Hoopla digital app also has Halloween music playlists ready to download with no waits or holds. If you need help borrowing from the eShelf, call 472-2483 to schedule an appointment with library Staff.

Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. through November 21. Family Storytime helps develop pre-reading skills through songs and stories. No registration required.

The After-School Crew (for kindergarten through fifth graders) will meet at 3 p.m. on Thursdays through November 21. There will be new books,

puzzles, games, crafts and snacks. No registration required.

Families can play in the Think Tank from 10 a.m. to 4 p.m. on Fridays. The MagixBox projects interactive images from the ceiling to the floor. Stay as long as you choose with this self-directed program.

Saturday Crafterday, for third to eighth graders, starts at 11 a.m. on Saturday, October 26. Make a spooky craft project led by Deanna Evans. No registration required.

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

Make holiday crafts from damaged vintage books or library ephemera on Monday, November 4 from 5 to 7 p.m. For ages 13 and older. Supplies will be provided.

The book discussion group meets again on Wednesday, November 20 at 10 a.m. The first book is *The Nickel Boys* by Colson Whitehead, which has been longlisted for the National Book Award. The book for December is *Queen Bee* by Dorothea Benton Frank.

Sanibel Public Library loans out cooking kits, which check out like library books or DVDs. The kits are circulated in bags with a coordinating cookbook and instructions. Some of the kits are especially handy at this time of year, like the football-shaped dip server, cookie kit or soup pot.

Programs are open to the public. For more information, call 472-2483 or visit www.sanlib.org. ☺

Alliance Call To Students To Submit Artwork

The Alliance for the Arts, in partnership with the Dunbar Festival Committee and The Black History Society, invites Lee County students in grades kindergarten through 12th grade to submit a painting or drawing for the Martin Luther King Jr. Youth Art Contest Exhibit. All entries must be submitted by Wednesday, December 18.

Students must select one of three themes that characterize Dr. King's life and work: love, peace or unity. A formal show will be on display on January 20, 2020 at Centennial Park, 2000 West First Street, in Fort Myers.

Students must complete the entry form and drop it off along with their artwork to Alliance for the Arts, 10091 McGregor Boulevard, in Fort Myers or Lee County Black History Society, 1936 Henderson Avenue, in Fort Myers. Prizes will be given for each division (kindergarten through sixth grade and seventh grade through 12th grade), including \$100 for first place, \$75 for second place and \$50 for third place.

This exhibit is sponsored by Attorney Joe North, North Law Firm, PA.

For more information or to download
the submissions form, visit www.artinlee.org/mlkcontest or call 939-
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Book Review

Let Justice Descend



by Di Saggau

A few months ago, I was fortunate to get a preview copy of Lisa Black's latest book *Let Justice Descend*. It goes on sale October 29. The book is a haunting journey to the dark side of justice. This is the fifth Gardiner and Renner thriller by forensic scientist and New York Times bestselling author Lisa Black. Maggie Gardiner is a forensic expert who studies the dead, and her partner, Jack Renner, is a homicide cop who stalks the living. Together, they probe dangerous links involving a dead senator, dirty election politics and an environmental disaster in the making.

When they investigate the bizarre murder of the senator, they find she has many secrets to hide. United States Senator Diane Cragin is electrocuted on her own doorstep, three days before a key election. This is a shocking twist on an already brutal political race. Cragin's chief of staff is quick to blame her rival Joey Green, a city development director who's had his hand in every till in town for over 20 years.

Maggie and Jack have their own

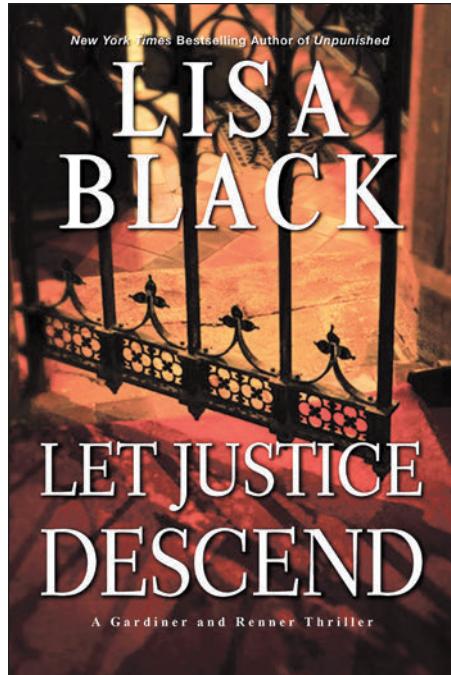


image provided

theories, especially after discovering a fortune in cash in the senator's safe. They discover that counting money is only fun when it's yours. And they wonder why this large amount of cash exists. As they follow the money through the treacherous landscape of Cleveland politics, they find many more millions in play and many more suspects.

As Jack says, "Anyone can be dangerous, when they have what they think is a good reason." He should know. Meanwhile a *Herald* reporter is

very close to finding out why Jack acts as both detective and executioner. With each passing hour, the stresses of the impending election expose new fractures and corruption at the city's highest levels. And as more murders mount up, Maggie and Jack's only hope of stopping a killer is an alliance that's growing very fragile.

Included in the book is a segment about VR Labs to which Fort Myers gave an incentive grant of \$4.7 million to make nutritional drinks and employ over

200 people. Unfortunately, this never materialized. The author weaves this story into the book as well as an investigation by the EPA into a town's drinking water. I found the book to be an interesting read. Black is a certified crime analyst for the Cape Coral Police Department so she knows how to describe crime scenes. The book is fast-paced with a conclusion that is surprising and also satisfying. The psychological suspense is what keeps you reading. I suggest you pick up a copy.**

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

As we approach one of the biggest holidays of the year, Halloween, many feelings may be elicited. Most kids and many adults enjoy this

day and dressing up in costume, however there are a significant number of children who dread Halloween. They hate getting dressed up and are fearful for a number of reasons. Some kids and their parents may also feel embarrassed about their lack of affection for this widely loved day and not fitting in like everyone else.

There is no need to be embarrassed! Halloween can be a real stressor. While many children do enjoy Halloween and the requisite festivities, plenty of others find the holiday quite challenging. For kids who are shy or have challenges acting appropriately, dealing with surprises and disappointments, following directions, getting along with peers and resisting the impulse to consume all their spoils on the spot, Halloween can be a disaster.

There are some things that you can do to address a child's anxiety about Halloween. As you know, routine and anticipatory guidance does help those with anxiety. Make sure your child understands exactly what will happen and what is required of him. Go out early to avoid the "mayhem" of later hours and give as much information about the timetable as possible. If a little chaos is unavoidable, kids with anxiety will likely be reassured by a return to routine at home afterwards, like a regular bedtime story or activity.

There are some real fears associated with Halloween for young children who still have trouble distinguishing fantasy from reality. They could get a very unpleasant surprise, particularly if they have specific phobias or anxiety associated with Halloween images like witches or monsters. Also, parents should be aware that older children passing into their "tweens" are developing a better understanding of death especially in light of all the school shootings. The holiday could be unsettling for them.

Make sure that the costume your child will wear, especially if she or he has sensory issues, will meet their needs. For some kids, particularly those with sensory issues, the wrong item of clothing can

destroy a wonderful night – for you and for them. Many parents have concerns about the sexy or gruesome Halloween costumes marketed to kids. So be cautious with the costume choices.

Halloween is supposed to be fun but going out or dressing in costume isn't required. The comfort and joy of your child should come first. If this isn't the year for your child to trick or treat or be able to handle extended activities with peers, there is always next year. Make sure that the teacher is aware of your child's apprehension. You may want to ask her if she or he can miss the party at school.

If you choose to stay at home, have a clear agreement about who will speak at the door, so that anxious kids know what's expected of them. Should you decide to stay in, your child can still participate from a safe place and gain some social experience, even if it's not a lot. Remember, this night is supposed to be fun, but it can also be a learning experience for a child that allows them to enjoy it more fully in the future.

You may just want to make up your own customs for the day. Pumpkin carving, pizza for dinner and spending the evening together at home as a family may just be the right thing to do for your child this year. If having your own routine makes both you and your child less anxious about Halloween, celebrating it your own way may make this holiday much more enjoyable.

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

From page 21

Osprey Platforms

were in very poor condition and it was important to get them replaced and ready before nesting season. It would have been unsafe for a nesting pair to use them this season."

She said she was very thankful for the assistance of Hernandez, who provided labor and use of equipment free, and for Columbo's contribution. Platform repair is an ongoing task. There are at least eight more platforms that need maintenance, she added.

If you know of any, contact Tucker at tiof@outlook.com.**

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BIG ARTS Monday Night Film Series Coming Soon

by Di Saggau

The popular BIG ARTS Monday Night Film Series begins November 4 and will temporarily be held in the BIG ARTS Strauss Theater until the new BIG ARTS center is finished. Visnja Gembicki, chair of the BIG ARTS 2020 Film Series said the entire series will run through April. I asked about the new venue, and she said, "We will start the season in the BIG ARTS Strauss Theater, and continue every Monday night until the opening of the new performance hall at the end of January. The theater has smaller seating availability of about 120 to 130 seats, but we expect that for the first few months of the season, this venue will be well matched with attendance. A group of film series volunteers and BIG ARTS staff met in the BIG ARTS Strauss Theater in early May to evaluate viability of screening movies there. We were pleasantly surprised by how well it worked, and hope the audience will be pleased too."

Gembicki talked about how she selects the movies for the Monday night series. "My husband Stan and I have been avid movie fans for many years. Our favorite genre are art movies, the ones that win prizes for advancing the art of cinema, make us understand the world around us and think about it on a deeper level. This is the same idea behind Monday night movies. We show the best ones made in the last year or two, and the screening is followed up with a guided discussion to gain better understanding of what we just saw."

"There is a group of like minded film enthusiasts working on this program, and it has been extremely rewarding to see it become successful and appreciated. Several of us attend film festivals, like Telluride, Toronto, Chicago, Indianapolis, and New York, and contribute ideas for films to show at BIG ARTS. I also follow daily film review columns in the press, and



BIG ARTS Monday Night Film Series staff and volunteers, from left, Gil Peters, Lauren Huff, Margie Peters, Visnja Gembicki and Barbara Ruben

photo provided

news about winners at European festivals. By the time I sit down to select the candidates, there can easily be 100 movies on the list.

"In the process of pairing, I revisit the reviews to compare and contrast the options, the most difficult part of the process. We have announced the November through January movies titles. The 11 movies selected originate from Israel, China, France, Denmark, United States, Iceland, Sweden, Mexico, Lebanon and Singapore. We open the series on November 4 with the Israeli film, *Working Woman*. The theme is one shared by the Me Too Movement, sexual harassment in the work place, a current topic rich for discussion. The themes of the other movies in this series range from impact of societal changes to people struggling with

big corporate influences, personal stories of historical figures and human dramas. One movie, January 20, that will be very memorable is the heart wrenching and tender *Capernaum* from Lebanon. It's a must see and will lend itself to a very lively discussion. On January 27, we will show the happy and funny *Ramen Shop* from Singapore. All were chosen with care and attention to excellent filmmaking."

When asked what she feels it is that makes the series so popular, Gembicki said, "What we look for in a movie for the Monday Night Series are several key factors: it has to be artistically acclaimed for cinematography, acting, story line, and the depth of insight. This is what our audience has come to appreciate for over 20 years now. Especially important is discussing the movie after the screening. We have a large group of volunteer moderators who watch the movie ahead of time and prepare to lead the discussion. They can be very lively and insightful. So many times we hear the comment about the value of those discussions, which made the audience see the movie in a new light.

"Another reason Monday night movies

are popular is the added appeal of a big screen. A home TV screen is devoid of social interaction one gets in the theater. People appreciate being introduced to a film they would otherwise not see on their own. The reward for us who chose them is in audience appreciation, as well as watching."

The Monday Night Film Series will move to the new BIG ARTS Performance Hall January 27. I asked her thoughts on the new facility and she said, "Everything I know about the new performance hall makes me enthusiastic to attend and support the effort. There may be lingering nostalgia for the funky old facility, but it was not up to the challenges of updating to new technical advances. The new movie watching experience will be much better because of unobstructed views of the screen, more comfortable seats, better sound, bigger screen, better space for social gatherings. The new BIG ARTS Performance Hall will be a great place to come to and watch the show."

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in the BIG ARTS Strauss Theater, located at 2200 Periwinkle Way on Sanibel. Tickets are available online at www.bigarts.org, at the BIG ARTS box office, 2244 Periwinkle Way, Suite 8, and at the theater. For more information, call 395-0900.*

Open House At Garden Center

All Native Garden Center, Nursery and Landscape in Fort Myers will celebrate its 19th birthday and the beginning of its 20th year with an open house on Sunday, October 27 from 10 a.m. to 3 p.m.

In appreciation of its valued customers, All Native will give away one free native wildflower of choice to each guest.

All Native will be joining dozens of other native plant growers at the Florida Association of Native Plant Growers annual trade show on November 7 and 8. Visit www.afnp.org for more information.

For information on the upcoming series of seminars focused on native plants, butterfly gardens, bird, bee and wildlife habitats, visit www.nolawn.com.

All Native Garden Center is located at 300 Center Road in Fort Myers. For more information, call 939-9663.*

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J. Brendan Ryan,
CLU, ChFC, MSFS

Most of us have heard the battle cry of certain marketing groups: "Buy term and invest the difference!" Some organizations are dedicated to this concept. And to many who are less than discerning, it can seem like a pretty good idea.

The concept asserts that cash value life insurance is too expensive and not a prudent choice for one's protection.

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Better, they say, to take the money that you would spend on that insurance and instead just buy a lower-cost term insurance policy that will provide the same amount of death benefit. And with the premium dollars that you are saving, invest it, usually in a mutual fund that they have available for you.

The outcome is supposed to be that you have your insurance plus a fund that will grow much better than the cash value and will outstrip the cash value in that other policy. And this approach has been widely marketed by agents who find people with cash value policies whom they convince to surrender the policies for their cash value and turn the money over to them.

An article on point appeared in the May 2015 issue of the *Journal of Financial Service Professionals*, entitled Buy Term and Invest the Difference Revisited and written by David Babbel, PhD of the Wharton School, and Oliver Hahl, PhD of Carnegie-Mellon University. The following are some of

the insights included in their paper.

For one thing, they agree with me that term insurance is appropriate for people who need coverage only for the short haul or even for the long haul if they cannot currently afford the better, cash value coverage.

But when it comes to investing the difference in a side fund, they observe that human nature can get in the way. Specifically:

There is no compulsion on the client to invest regularly. While that is also true of the cash value approach, once one has decided to obtain such a cash value policy, he or she feels semi-compelled to continue the payments, which leads to the accumulation of cash value inside the policy. When the bill is sent, the premium is paid.

With the term approach, people who have a limited ability to save and a narrow selection of investment choices are expected to make deposits to savings or investments on their own. That plan probably will not be followed.

The authors did not mention another risk, that of the sequence of returns. The agent promoting the term investment approach will typically show a projection of the investment fund growing at four or six percent per year and maybe even more. And, while that compound growth may be accurate in theory, the stated rate will not be realized every year. And, if it is not realized in the early years – or worse, if the investment fund loses money in the early years – the fund may permanently underperform.

Another weakness of this approach is that it is not possible to find an investment to mimic and outperform the cash value account, because that account offers some unique features, among them:

Tax-free accumulation
Tax-free partial withdrawals of after-tax dollars while leaving taxable

dollars untouched

Guaranteed instant loan availability at a low, sometimes guaranteed rate of interest

Tax-free loans of untaxed dollars

In non-variable and non-indexed policies a guaranteed growth rate

The ability to fund the death benefit to stay in place until the insured dies

Many who buy term and invest the difference will die uninsured because their premiums will have soared over the years, forcing them to drop their policies. And their investment account will not measure up after taxes to the foregone alternative.

And, even if there is a change of heart later, the cost of reversing direction down the road may be too high at advanced ages, if by then they are insurable at all.

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

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Jennifer McSorely



Kelly Huguenin

The top producers for September at Pfeifer Realty Group were: Jennifer McSorley, top sales associate; and Kelly Huguenin, top listing associate.**

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 - Impact rated windows and doors
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3869 WEST GULF DRIVE



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 - Main & Guest House, Great for Entertaining
- \$2,295,000**

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1.56 ACRES OF STUNNING GULF AND BAYOU VIEWS

- Western Exposure, Wonderful Sunsets
 - Easy Walk to Restaurants & Marina
 - Build Your Dream Home & Island Getaway
- \$1,195,000**

932 WHELK DR., SANIBEL



GULF & BAY ACCESS

- Remodeled 3BR, 3BA, Canal Front
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 - Located on Sanibel's East End
 - Natural Shoreline w/ Beach to Walk
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Rotary Club Recognizes World Polio Day

submitted by Shirley Jewell

Polio was once considered one of the most feared diseases in the United States. In the early 1950s, before polio vaccines were available, polio outbreaks caused more than 15,000 cases of paralysis each year in the United States. Although polio was a known disease in many parts of the world, as far back as the 1800s, it was not considered epidemic. But between 1951 and 1953, 50,000 new cases were reported in the U.S. Three thousand people died. The polio virus was spread through personal contact, contaminated water and human waste. Public events were limited, public swimming pools were closed, and movie houses shuttered. The U.S. was in panic mode.

Jonas Salk became a national hero when he calmed the fear of polio with his vaccine, approved in 1955. Albert Sabin introduced an oral vaccine in the 1960s that replaced Salk's. All school children received the Salk vaccine shot administered by medical personnel at school but when Sabin's oral vaccine was introduced, non-medical personnel were added to the process of delivering the vaccine, two drops at a time. By 1957 – two years after the introduction of Salk's vaccine – cases in the U.S. had fallen by almost 90 percent, and by 1979, polio

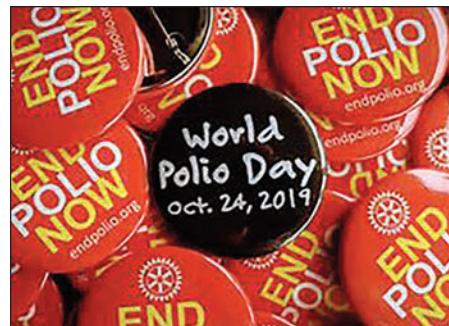


photo provided

had been eradicated in this country.

In the 1980s, Rotary International was celebrating its 75th anniversary and looking for a humanitarian project for Rotary to mark the occasion. Up until this time, most of the service projects Rotary did were local, except for world peace scholarships. It was time to go international with something big to mark this momentous occasion. The Salk vaccine was the catalyst toward the forward-thinking idea of the eradication of polio across the globe, spearheaded by Rotary and Rotarians such as Grant Wilkins of Denver, a polio victim himself. The idea was taken to the World Health Organization (WHO) and they weren't exactly convinced that this could be done. Rotary didn't give up and began with a fundraising effort, Polio Plus Campaign, along with setting up a network of Rotary-sponsored distribution points for the polio oral vaccine around the globe.

According to the Centre for Public Impact: "The World Health Assembly

(WHA) at an annual meeting of the Ministers of Health of all WHO member states, committed itself to polio eradication in 1988. The assembly called for the worldwide eradication of the disease. It marked the launch of the Global Polio Eradication Initiative: (GPEI), which was led jointly by national governments, the WHO, Rotary International, the U.S. Centers for Disease Control and Prevention (CDC), and UNICEF, and now generously supported by the Melinda and Bill Gates Foundation. It is the largest global initiative on the planet."

Rotary had the audacity to dream big and start the Polio Plus – Global Polio Eradication Initiative and has made a promise to all the children of the world, "We will not stop." Each year Rotarians and their partners continue the effort to distribute the polio vaccine throughout the world, ever mindful that if there is only one polio case in the world, the polio virus can easily be imported into a polio-free country and can spread rapidly amongst unimmunized populations. To date, there are only two countries in the world – war-torn Afghanistan and Pakistan – currently reporting polio cases; five cases reported last year. Nigeria had been on the list as a non-polio-free country until this year, with the measured success of no polio cases for the last three years.

According to the CDC: Most people in the U.S. get the polio vaccine when they are children. Children should be vaccinated with four doses of IPV at the following ages: a dose at 2 months;

a dose at 4 months; a dose at 6 to 18 months; a booster dose at 4 to 6 years.

Two drops at a time can wipe out polio, so what else can we accomplish if we band together on an important matter and work shoulder to shoulder for its success?

Before Sanibel-Captiva Rotarian John Schwandke introduced the extraordinary video about Rotary's global promise of achieving world polio eradication, he told us his story of being a polio survivor. Schwandke was in fourth or fifth grade, wasn't feeling well, with flu-like symptoms and weakness in his body, and was immediately brought to hospital. The first thing they did was a spinal tap, used as the primary test for polio. Schwandke had polio. He was immediately put in an isolation ward to be treated. He was there for two weeks, isolated and alone, hearing the eerie artificial breathing sounds of the iron lung in the nearby ward. He made the sound for us and you could tell by his voice and expression how scary that sound was to him. He was just around 10 years old. Luckily, the polio did not affect his lungs or paralyze him.

The polio virus can attack the muscles that help you breathe. No device is more associated with polio than the iron lung. Before its invention, children with polio frequently died.

Polio left Schwandke with some physical reminders of the disease. The growth of his leg and foot were abnormal, and although not noticeable to many, the reminders are there both physically and mentally.★

Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm's beginning. We're grateful for their continued counsel as members of our Advisory Board.

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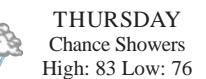
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	11:46 am	5:15 am	None	5:52 pm
Sat	12:18 am	6:07 am	12:49 pm	6:27 pm
Sun	12:40 am	6:55 am	1:46 pm	6:56 pm
Mon	1:03 am	7:42 am	2:42 pm	7:22 pm
Tue	1:28 am	8:28 am	3:38 pm	7:45 pm
Wed	1:55 am	9:16 am	4:38 pm	8:06 pm
Thu	2:27 am	10:05 am	5:48 pm	8:25 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	10:51 am	5:17 am	11:23 pm	5:54 pm
Sat	11:54 am	6:09 am	11:45 pm	6:29 pm
Sun	12:51 pm	6:57 am	None	6:58 pm
Mon	12:08 am	7:44 am	1:47 pm	7:24 pm
Tue	12:33 am	8:30 am	2:43 pm	7:47 pm
Wed	1:00 am	9:18 am	3:43 pm	8:08 pm
Thu	1:32 am	10:07 am	4:53 pm	8:27 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:48 am	5:22 am	None	6:02 pm
Sat	12:06 am	6:25 am	12:51 pm	6:50 pm
Sun	12:40 am	7:18 am	1:42 pm	7:33 pm
Mon	1:11 am	8:07 am	2:31 pm	8:14 pm
Tue	1:40 am	8:53 am	3:21 pm	8:54 pm
Wed	2:10 am	9:38 am	4:11 pm	9:32 pm
Thu	2:42 am	10:21 am	4:56 pm	10:09 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:07 am	8:31 am	1:56 pm	9:08 pm
Sat	2:28 am	9:23 am	2:59 pm	9:43 pm
Sun	2:50 am	10:11 am	3:56 pm	10:12 pm
Mon	3:13 am	10:58 am	4:52 pm	10:38 pm
Tue	3:38 am	11:44 am	5:48 pm	11:01 pm
Wed	4:05 am	12:32 pm	6:48 pm	11:22 pm
Thu	4:37 am	1:21 pm	7:58 pm	11:41 pm

Island Seniors At Center 4 Life

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



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

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

Kayaking on Tuesdays – November 5, 12, 19 and 26 at 8:30 a.m., weather permitting. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration required.

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

Choose mono type or make papers for collage use. Beginners welcome. Supplies needed: paper towels, acrylic paints, water

container, one-inch brush. The instructor will provide all other supplies.

Page Turners with Louise

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

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

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

– BookRags.com

Line Dancing Classes – Tuesdays, October 29, November 5 and 26 at 1:30 p.m. Cost is \$2.50 for members and \$5 for non-members.

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

Pancakes with Pals at Rosie's Café & Grill

– Friday, October 25.

The Pancakes with Pals group will be meeting for breakfast at different locations on the island. Separate checks will be provided. Advance registration required as seating is limited. Carpool arrangements for transportation.

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

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

are interested in participating and for directions to the viewing area.

AARP Driver Safety Course

Thursdays, November 12 and 19, 1 to 4 p.m. Island Seniors, Inc. is sponsoring the AARP Smart Driver Course at the Center 4 Life. This is a fast-paced, interactive six-hour class for drivers ages 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers and other tips to help you maintain confidence in your driving. Attendees will be eligible for a discount on their auto insurance.

Course fee is \$20 and AARP members receive a \$5 discount. Register by contacting Ed Vander Hey at 292-4012 and leave a message. You need not be a member of the Island Seniors to attend but you must attend both classes in order to receive course certificate.

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

Bridge

– Monday and Wednesday. Registration begins at 12:30 p.m. Game begins at 1 p.m.

Mahjongg – Monday and Thursday at 12:30 p.m.

Hand & Foot

– Thursday at noon.

Hearts

– Friday at 12:30 p.m.

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

Fitness class schedule is as follows:

Cardio Combo – Monday, Wednesday and Friday at 8 a.m.

Keep your brain fit, and your heart, lungs and muscles strong. Hand weights, stretch cords, stability balls and your body weight will be used. The format is 30 minutes of cardio dance and 30 minutes of

balance exercises, core strength, flexibility exercises and mat work.

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

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

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

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

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

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

Top 10 Books

1. *Collector's Apprentice* by BA Shapiro
 2. *Where the Crawdads Sing* by Delia Owens
 3. *Gulf* by Jack Davis
 4. *This Tender Land* by William Ken Krueger
 5. *Educated* by Tara Westover
 6. *Only Woman in the Room* by Marie Benedict
 7. *Sanibel Flats* by Randy Wayne White
 8. *Nine Perfect Strangers* by Liane Moriarty
 9. *Guardians* by John Grisham
 10. *Red at the Bone* by Jacqueline Woodson
- Courtesy MacIntosh Books and Paper.**



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2-BD/2-BA second floor unit. Many updates including paint, some furnishings, impact glass. Seashells offers many wonderful amenities including deeded beach access, pool, tennis, shuffleboard, BBQ grills, a great on-site rental team and more. Buildings have undergone a complete concrete restoration.

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2 Units Open - Amazing Bay Views - 3BD/2BA - Private Boat Lift & Slip on Direct Canal Access to Gulf - 2-Car Garage \$899,000 - \$1,029,000

325 E Gulf Dr - Sanibel Estates

"Little Palm Cottage" Charming "Old Sanibel" Home, Steps to Gulf, Bay, & Dining. Priced at Lot Value. \$518,500

982 Whelk Dr - Shell Harbor

Beautiful 3BR, 2.5BA ground level boat canal home with updates and improvements you must see to believe! \$1,150,000

Sandalfoot 1C1 - 671 E Gulf Dr

Direct Gulf front condo with walk-out lanai just steps to beach, complete renovation 2017 & \$70,000 rental income for 2019. \$899,000

Cyprina Beach 1 - 695 E Gulf Dr

Freestanding Gulf front 3 bed, 3 bath updated condo. \$1,395,000

Sanibel Inn 1B - 937 E Gulf Dr

Best resort rental complex. 2BD, 2BA condo with direct Gulf views. 600ft of beach front, tiki bar, on-site restaurant. \$760,000

1345 Eagle Run Drive - Beachview Estates

Luxury 3BR/2.5BA Pool Home, River & Golf views, private backyard beach, lower level storage. \$1,120,000

Gulfside Place 326 - 1605 Middle Gulf Dr

Lovely 2BR/2BA with Den and Stunning Gulf Views and Huge Lanai \$1,449,000

Moonshadows 1F - 1350 Middle Gulf Dr

3BR/3BA Townhouse with Sanibel River Views, LR & FR, Glass-Enclosed Lanai, Screened Front Porch, Community Pool, Tennis, Across from the Beach. \$799,000

Pointe Santo D3 - 2445 W Gulf Dr

2 Units Open - Meticulous handicap-friendly ground floor unit & unique 2/2 + den with many updates. \$690,000

218 Daniel Dr - Seagull Estates

3BR/2.5BA lakefront home. Fully furnished, panoramic water views. Community pool, tennis, clubhouse, beach access. \$759,000

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632 Lake Murex Circle - Lake Murex

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Sunset South 10C - 1341 Middle Gulf Dr

Remodeled top floor unit, open floorplan, cork floors, impact windows, upgraded plumbing, and more! \$770,000

10 AM – 12:30 PM

Sanibel Arms B7 & C7 - 805 E Gulf Dr

2 Units Open - 1BR/1BA, boat dockage, pool, beachfront complex, on-site rentals, fully furnished. \$395,900 - \$399,900

Seawind A107 - 820 E Gulf Dr

Boat Dockage! 2BR, 2.5BA Remodeled Townhouse. Pool, Tennis, Beach Access, Gulf Access Canal. \$589,000

1730 Jewel Box Dr - Sanibel Isles

Gorgeous 4BR/3BA pool home. Deep water, direct access w/ dock & lift. \$1,499,000

731 Durion Ct - The Rocks

Enjoy spectacular sunsets and long lake views from this beautiful near beach west end home. \$785,000

LaPlaya 1B - 2629 W Gulf Dr

Excellent 3BR, 2BA Gulf Front Condo. Sm Complex, Tennis, Pool, Boardwalk to the Beach. Covered Parking. Fully Furnished. \$1,399,000

1 – 4 PM

788 Nerita Street

Delightful 3BR/3BA Remodeled Beach Cottage, bamboo flooring, upgrades galore, steps from the beach! \$887,000

Mariner Pointe 952 - 760 Sextant Dr

Direct Bay Front 1/1 with glassed lanai. Fully furnished. Boat docks, fishing pier, tennis courts, pools, beach access. \$419,000

1039 Sand Castle Rd - Dunes

Like New 3BR, 3BA + Office, 2 Masters, Long Lake Views, Meticulous Details & Upgrades, Huge Storage & Garage. \$999,000

1717 Sand Pebble Way - Lagoon Estates

Updated, over an acre, ground level on the River. 1800sf, 2-car garage, end of cul-de-sac, new paver driveway & landscaping. \$645,000

Kings Crown 112 - 2721 W Gulf Dr

Gulf views from this 2BR/2BA w/ den corner unit condo. \$699,000

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SUNDAY, OCTOBER 27 • ALL DAY • 10 AM – 4 PM

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Sanibel Inn 1B - 937 E Gulf Dr

Best resort rental complex. 2BD, 2BA condo with direct Gulf views. 600ft of beach front, tiki bar, on-site restaurant. \$760,000

Sanibel Shores A2 - 832 Donax St

2BR/2BA Beach Cottage with community pool, laundry, and beach access. Terrazzo floors, fully furnished. \$459,000

1285 Par View Dr - Beachview Estates

Easy walk to deeded beach access. 4BR Beachview executive pool home with river views. \$889,000

1345 Eagle Run Drive - Beachview Estates

Luxury 3BR/2.5BA Pool Home, River & Golf views, private backyard beach, lower level storage. \$1,120,000

1717 Sand Pebble Way - Lagoon Estates

Beautifully updated, over an acre, ground level on the Sanibel River. 1800sf, 2-car garage, end of cul-de-sac, new paver driveway & new landscaping. \$645,000

Sanddollar A101 & C202 - 1785 Middle Gulf Dr

2 Units Open - 3BR/2BA gulf front units w. weekly rentals allowed. \$1,250,000 - \$1,300,000

Sunset South 10C - 1341 Middle Gulf Dr

Remodeled top floor unit, open floorplan, cork floors, impact windows, upgraded plumbing, and more! \$770,000

10 AM – 12:30 PM

Yacht Haven 2 & 4 - 800 Sextant Dr

2 Units Open - Amazing Bay Views - 3BD/2BA - Private Boat Lift & Slip on Direct Canal Access to Gulf - 2-Car Garage \$899,000 - \$1,029,000

325 E Gulf Dr - Sanibel Estates

"Little Palm Cottage" Charming "Old Sanibel" Home, Steps to Gulf, Bay, & Dining. Priced at Lot Value. \$518,500

Cyprina Beach 1 - 695 E Gulf Dr

Freestanding Gulf front 3 bed, 3 bath updated condo. \$1,395,000

632 Lake Murex Circle - Lake Murex

Close to beach 3/2 with pool, totally renovated and sold professionally decorated. \$719,007

LaPlaya 1B - 2629 W Gulf Dr

Excellent 3BR, 2BA Gulf Front Condo. Sm Complex, Tennis, Pool, Boardwalk to the Beach. Covered Parking. Fully Furnished. \$1,399,000

1 – 4 PM

11505 Gore Lane - Gores A.M.

Great near beach 5BR, 5BA home just steps to the Gulf. Pool & Spa. Sold fully furnished. \$1,795,000

788 Nerita Street

Delightful 3BR/3BA Remodeled Beach Cottage, bamboo flooring, upgrades galore, steps from the beach! \$887,000

Cyprina Beach 1 - 695 E Gulf Dr

Freestanding Gulf front 3 bed, 3 bath updated condo. \$1,395,000

Mariner Pointe 952 - 760 Sextant Dr

Direct Bay Front 1/1 with glassed lanai. Fully furnished. Boat docks, fishing pier, tennis courts, pools, beach access. \$419,000

Villas of Sanibel A102 - 2915 W Gulf Dr

1p - 5p Fantastic views, 3BR, 3BA corner unit, over 2,000sf, garage and more! \$1,295,000

405 Tiree Ct - Brightwater

Near Beach Home, 3BR/2BA with updated kitchen and baths. Large yard, lake views. \$749,000

4143 West Gulf Dr

1.7 Acres w. 200' of Gulf Frontage. 1 of only a few Sanibel parcels permitted to support 2 structures. Ultimate privacy! \$5,795,000

4619 Brainard Bayou Rd - Sanibel Bayous North

3 Bedroom, 2 Bath updated home on lagoon. Beach access at Blind Pass. \$610,000

610 Hideaway Ct - Sea Oats

Near Beach, 3 BR/2 BA, 2-car garage. Backs up to conservation land. Deeded beach access. \$629,000

Seascape of Sanibel #302 - 3145 W Gulf Dr

GULF VIEWS! 3BR, 3BA Luxury Condo. Over 3,000sf, under bldg parking & storage, glassed lanai. Pool/Spa, Tennis, Beach. \$1,289,000

CROW Classic Golf Tournament

The 2019 CROW Classic Golf Tournament was held on October 5 at The Sanctuary Golf Club. The winning foursome was comprised of James Christensen, Steve Neihaus, Mike Christensen and Joe Welsh. Jim Lowndes won Closest to the Pin. Paul Ben-Susan was the winner of the Helicopter Ball Drop, sponsored by Lee County Mosquito Control District. He took home a half-day fishing trip for four provided by the Bait Box.

CROW thanks the players, sponsors and volunteers who helped raise \$28,000 to support CROW's mission.**



Paul Ben-Susan



First place team from EnSite with CROW Executive Director Alison Charney Hussey



Skip Tutor



Doug Mallon



Frank Aloia and Robert Galloway



Team Liberty Aluminum



Team Maughan and Horvath



Team Huxter's



Team Murty



Edwin C. Ciskowski

photo provided

New Hire At Trust Company

Al Hanser, founder and chairman of The Sanibel Captiva Trust Company, announced the hire of Edwin C. Ciskowski, CPA as senior vice president and senior portfolio manager. Ciskowski joins company with more than 30 years of wealth management experience, most recently from Wells

Wildlife Trafficking Ring Involves Florida Turtles

Florida Fish and Wildlife Conservation Commission (FWC) has charged two suspects for poaching thousands of Florida's native turtles from the wild and selling them illegally in Florida, with final destinations in international markets. These charges represent the state's largest seizure of turtles in recent history.

"The illegal trade of turtles is having a global impact on many turtle species and our ecosystems. We commend our law enforcement's work to address the crisis of illegal wildlife trafficking," said FWC Executive Director Eric Sutton.

"Putting a stop to this criminal enterprise is a significant win for conservation," said Col. Curtis Brown, head of FWC's Division of Law Enforcement. "Arresting people engaged in illegal wildlife trafficking supports our environment and legal businesses. It is especially positive and rewarding to be able to release many of the turtles back into the wild."

"We know that the global black market in live animals includes traffickers smuggling protected species of turtles out of the United States, usually for export to the Asian pet market," said Dr. Craig Stanford, chairman of the International Union for the Conservation of Nature's Tortoise and Freshwater Turtle Specialist Group. "This sinister and illegal trade threatens the future of many species of North American animals, and as one of the most threatened animal groups on

Fargo Asset Management in Chicago, Illinois where he held the position of senior vice president, serving as a securities analyst and portfolio manager.

Earlier he worked at Keeley Asset Management Corp., also in Chicago, as senior vice president and co-portfolio manager for a number of years. Through the majority of his career, Ciskowski has held leadership roles at the firms he's served, while working in research and analysis, and portfolio management.

"Ed comes to us with a depth of experience and many years working with a variety of clients," said Hanser. "His investment culture and client-focused nature aligns very well with our own and we're very pleased that he and his wife have relocated from Chicago to Sanibel-Captiva." Ciskowski has been a seasonal resident and vacationed with his family on Sanibel for the last 20 years. "We've gotten to know Al and several members of the trust company team quite well over the years, so this position was an ideal opportunity to make Sanibel our home," said Ciskowski.

Ciskowski obtained his master's degree in accountancy from DePaul University, his BBA from the University of Wisconsin, Milwaukee. He is also a certified public accountant. Ciskowski operates out of the trust company's Palm Ridge Road office on Sanibel.**

the planet, turtles are at the forefront of our concern."

The illegal commercialization of wildlife ranks fourth behind guns, drugs and human smuggling and, in many instances, is connected due to the monetary gain. The International Fund for Animal Welfare estimates illegal wildlife trade in the U.S. at \$19 billion annual income.

FWC launched an undercover investigation after receiving a tip in February 2018. Through surveillance and other investigative tactics, FWC investigators determined that a ring of well-organized wildlife traffickers was illegally catching and selling wild turtles to large-scale reptile dealers and illegal distributors, who shipped most of them overseas on the black market. Fort Myers native Michael Boesenberg, 39, directed individuals to illegally collect turtles in large numbers; once he had enough turtles on hand, he would then sell to a buyer with links to Asian markets.

To fulfill a buyer's request, these poachers targeted habitats known for the specific species. Over time, they depleted the populations so much that they had to expand into other parts of the state to meet the growing demand. FWC predicts that turtle populations are most heavily impacted in Lee County, the primary source for the seized turtles, but that the suspects worked with other wildlife traffickers around the state and country. The total negative impacts to wild turtle populations stretch beyond Lee County and Florida.

"Wild turtle populations cannot sustain the level of harvest that took place here," said Dr. Brooke Talley, reptile and

continued on page 44

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836 Donax Street



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

Community pool; easy walking distance to beach access.

\$575,000

4156 West Gulf Drive



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

\$1,329,000

Seashells of Sanibel #36



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

\$380,000

678 Durion Court



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

\$699,900

Sandalfoot #3C1



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

\$674,000

4014 West Gulf Drive



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

\$3,699,000

www.SanibelCaptivaRealEstateGuide.com

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Will Power

Stress Can Kill



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

Dr. Rangan Chatterjee authored a new book, *The Stress Solution*, offering advice on countering the damaging effects of chronic stress. In it he details patients who, despite following intense diet and exercise programs, struggle with serious health issues like heart disease and Type 2 diabetes.

Dr. Chatterjee counseled one 53-year-old businessman patient to focus on the root cause of his problem: chronic stress. The patient was putting in long hours and skipping sleep. Dr. Chatterjee told him that constant stress can wreak havoc on blood sugar levels, urged him to practice meditation and yoga,

and to shut off his screens 90 minutes before bed each night. Six months later, the businessman's blood sugar levels improved almost to normal.

I could have been a poster boy for Dr. Chatterjee. Regular readers of this column know that I recently had to undergo open heart triple bypass surgery despite my healthy diet and passion for exercise. My doctors told me that stress and genetics played a huge role in my condition.

A typical day for me began at 6 a.m. and often stretched to 11 p.m. Even when I ate dinner with my family, I'd retire to my home study to log in to my work system to finish projects, answer emails and delegate work to my team.

I enjoy my work, and everyone's career has some element of stress. What I didn't realize is that I was pushing my body beyond its limits. I'm back at the office now, having made internal changes to better deal with day to day life.

"A lot of people are oblivious to the effects of stress," Dr. Chatterjee said in one of his *Feel Better, Live More* podcasts which tops the iTunes rankings.

When one of my law school classmates, Mark Stein, now a Miami intellectual property attorney, learned of my surgery, he called with well-wishes. During our conversation, he asked if I meditated. I told him this was something that I had planned to do but never got around to.

The next day I received a package from Amazon with a book entitled *Practicing Mindfulness – 75 Essential Meditations to Reduce Stress, Improve Health, and Find Peace in Everyday* by Maththew Sockolov. Mark later explained to me this is an excellent book for beginners, as he's used the techniques for more than 25 years.

I've seen clients who suffer from stress, even retired ones. One of my retired law partners, John Sheppard, once told me, "I'm busier and more stressed in retirement than I ever was in my law practice!"

One of the things that stresses out clients is not having a plan in place in case they get sick or die. Thinking about one's own mortality can be stressful by itself, so people put it off. Rather than relieving anxiety, it appears that hiding from it only makes it worse.

Other clients appear to believe that once they've signed their estate planning documents, they've somehow set in motion a sequence leading to their own demise! I can't tell you the number of times that I've sent drafts out to clients, but they hesitate for months or even years before reviewing those documents with me and actually signing them to put them into effect.

Given Dr. Chatterjee's findings, it isn't a wild assumption to believe that the buildup of stress in not planning for the inevitable would somehow make the inevitable more imminent, rather than the other way around. Our clients almost always feel an overwhelming sense of satisfaction and calm after signing their documents, as they know they now have peace of mind over their affairs.

In any event, you have a sympathetic ear when discussing these issues with me now. While I don't wish open heart surgery on anyone, the experience has broadened my understanding of what many of my clients have been through, and opened my eyes to the fears and stresses associated with taking care of your loved ones, planning for a future that you may not be a part of.

Hopefully, of course, all of us live a long and healthy life. My doctors have assured me that I'm expected to live a normal life, and that my new pathways to my heart will likely improve my vitality for many years going forward.

If you're under a lot of stress, check out the books and other resources I suggest here. Others can't remove the stress from your life, but you can certainly take steps to become more resilient and take action to increase the pleasure in your life going forward.

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Larry Brophy won third place for *Keep Your Distance*

From page 1

Photo Contest

green background," he said. "And the bird is expressive."

Martha Huard from Bokeelia, Florida took second place with a photo of a yellow-crowned night heron titled *Flight*.

"I like the simplicity of the pattern," said Doris Hardy, DDWS past president, an avid birder and refuge volunteer who also judged the contest. "I like the colors, and I think it will reproduce quite well. And I like this bird; I see it a lot when we are out removing monofilament from the refuge."

In third place was Larry Brophy from Fort Myers, Florida with shot of

photos provided an American alligator titled *Keep Your Distance*.

"We usually see a lot of birds in the contest, but the alligator is also an iconic refuge animal," said Toni Westland, supervisory refuge ranger, the third judge. "Reptiles are so often misrepresented; we need to give them some love."

"We always choose three judges for the contest," said Terry Baldwin, a DDWS emeritus board member who coordinates the contest along with Sierra Hoisington, DDWS development officer. "They include a refuge staff member, a professional photographer and a member of the Sanibel community."

The three winners received cash awards from DDWS at the presentation on Sunday – \$300 for first place, \$225



Contest judges, from left, David Meardon, Doris Hardy and Toni Westland

for second and \$175 for third. Each honorable mention winner received a \$25 award, which reflects a refund of the contest entry fee.

The winning photographs and honorable mention award entries will be on display in the Refuge Education Center throughout the year.

To view the other top-ranking entries, visit www.dingdarlingsociety.org/articles/photo-contests. That page also contains information for entering the refuge's 75th anniversary celebration photo contest in 2020. The deadline for submissions will be September 15, 2020.

Honorable Mentions (in alphabetical order):

Virginia Bayne, Fort Myers, Florida – *Stance of the Yellow-Crowned Night Heron*

Frank Brinker, Switzerland – *Refreshing Bath*

Thomas Brott, Cape Coral, Florida – *Reddish Preening*

Bill Fischer, Sanibel, Florida – *Mangrove Cuckoo Flying*

Chris Gutierrez, Holbrook, New York – *Shells on Shells*

Haoyu Li, Lake Placid, Florida – *Bullying*

Karen Lund, Fort Myers, Florida – *Grab and Catch*

David Mintz, Lehigh Acres, Florida – *Breakfast*

Liz Noffsinger, Fort Myers, Florida – *Waiting for Food*

Sharon Peace, Center, Texas – *Mr. Roseate*

Marletta Short, Sanibel, Florida – *Learning to Fly*.**

Superior Interiors

Add A Modern Twist To Your Family Room



by Trinette Nelson

Whether you use the family room on a regular basis or it's the place you save for the holidays, this space can be a fun canvas to design and decorate to wow your guests and make your family members feel cozy. If your current setup is more on the traditional side and you want to achieve an updated look, modern contemporary may be the right choice for you.

Modern design is all about creating a sleek feel in a room without taking away from the warm and inviting tone that a house should provide. It's about paying attention to fine lines, pops of color, mismatching furniture and other unconventional details to complete the living space. If this sounds like the perfect choice for your family room, consider the following tips to make it happen.

White is generally the traditional backdrop color for any space looking to achieve a modern style. It allows you to put simplicity on display and showcase the furniture, accessories and decor around the room. Consider white walls in the family room in a shade-like eggshell or vanilla.

Use the white foundation to your advantage by decorating with black and one other bright, bold color. Yellow maximizes the contemporary vibe, while a shade like red or blue can add a feel that's more toned down and intimate. Think about these colors as you choose

LCEC Leader To Retire, Successor Appointed

After a well thought-out selection process, the Lee County Electric Cooperative (LCEC) Board of Trustees appointed Denise Vidal to the role of executive vice president and chief executive officer. "I am honored by the board's confidence in me. I couldn't ask for a better team. With the help of co-workers and the trustees, we will continue to serve our members responsibly," said Vidal.

Having worked for LCEC in a variety of departments and leadership roles including chief financial officer (CFO), Vidal has a broad understanding and knowledge of the LCEC business model, the utility industry and the environment in which LCEC operates. She has an impressive track record for cultivating relationships and maintaining financial strength while always

artwork, throw pillows and countertop decor.

Just like colors add dimension to the living space, shapes can do the same. Choose artwork and other decor that emphasizes squares and other polygons that make use of the fine lines that complement modern decor so effortlessly. Think about this when picking furniture as well; the right style sofa and coffee table can make or break the modern vibe.

Beyond the shapes of your furniture, you need to consider the textures you want to use throughout the family room. It's common to assume that everything needs to match to create a space that flows, but that's the beauty of modern design – it's all about thinking outside of the box and stepping outside of your comfort zone. Perhaps choose different styles of chairs to place throughout the room to break things up.

Clutter is your enemy when it comes to modern design, especially on the walls. Instead of placing dozens of pieces of artwork all over the walls, find one large print to hang. Keep it simple; even a blank canvas with one impactful stroke of black can make a major statement.

Modern design is the epitome of minimalism. It's the idea of less means more so leaving empty space throughout the room can help you achieve the style to the greatest extent. Don't feel obligated to decorate every square inch of your family room. Instead, leave some empty spaces in the corner, on the walls and around the furniture.

Redesigning a room can be an overwhelming task when you don't have the experience to change up the theme from scratch. If you're feeling stressed about your next project, contact a design professional to evaluate your living space and discuss your options. From there, the professional will provide insight based on his or her experience, your personal style and some of the latest modern trends.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindcden.com.*

supporting the LCEC mission to deliver reliable electricity, competitive rates and quality service.

"Vidal has vast experience and knowledge of the LCEC business and is a great fit for the leadership competencies that were evaluated as part of the selection process: strategic vision, business acumen, integrity, value-driven decision-making, leading by example and corporate stewardship. We are excited that she accepted the position," said LCEC Board President Russell Priddy.

Dennie Hamilton recently announced his November retirement so that he can enjoy the next chapter of his life. "He has been a remarkable leader and responsible for leading the organization throughout his distinguished 12-year tenure as CEO," said Priddy. "We are indebted to Dennie for greatly advancing our ability to adapt to change, advancing our integrated business planning process and serving as a champion for living the LCEC values and giving back to the community."*

ESTATE PLANNING WORKSHOP

IN THIS FREE WORKSHOP, YOU WILL LEARN:

How Florida residency affects your estate plan (even if your northern attorney told you it's ok).

How your revocable trust may not avoid probate.

Why you should update your power of attorney, health care surrogate, living will and other ancillary documents.

How recent tax law changes affect your estate plan.

How to keep your legal documents Florida compliant, up-to-date and available at all times.

Tuesday, November 5

2:00 p.m. – 4:00 p.m.

Naples Daily News

Community Meeting Room

1100 Immokalee Road

Naples, FL 34110

Thursday, November 7

10:00 a.m. – 12:00 p.m.

Sanibel Community House

2173 Periwinkle Way

Sanibel, FL 33957

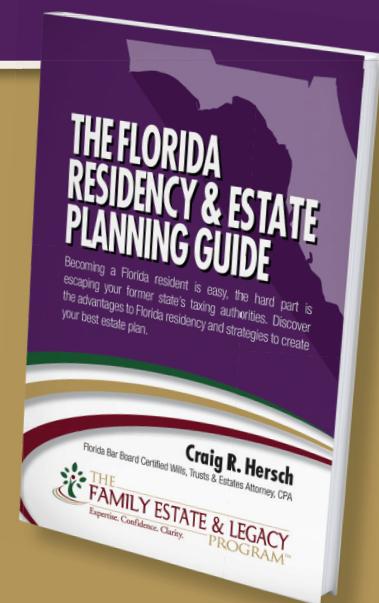
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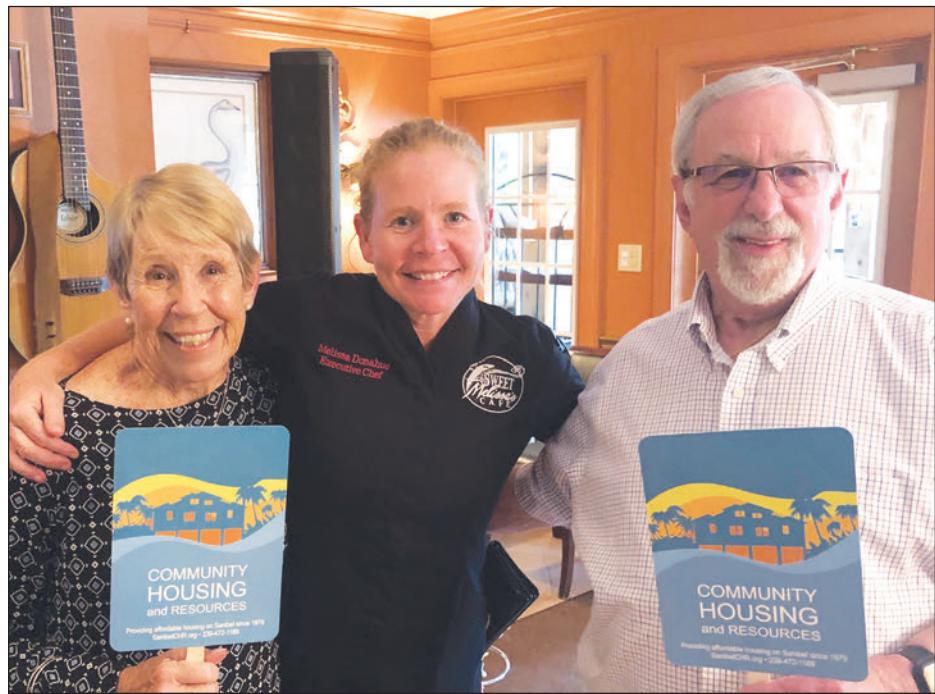
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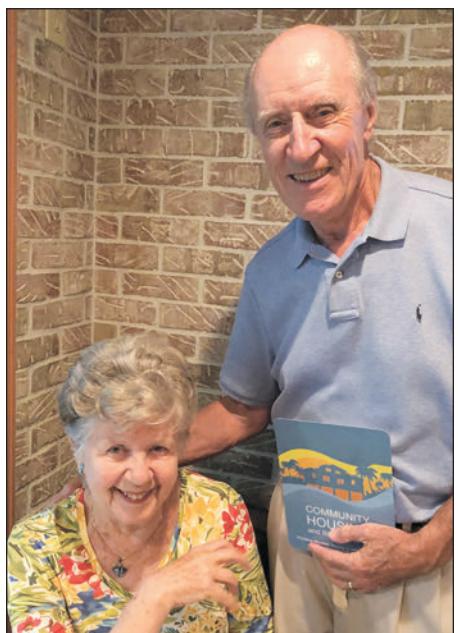
CHR Give Back Wednesday At Sweet Melissa's Café



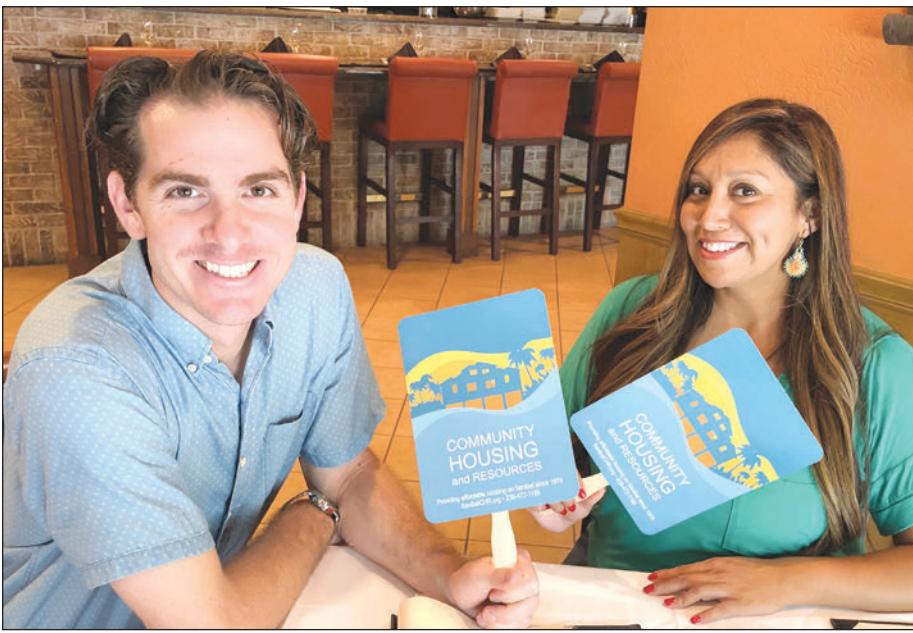
From left, Nancy Roach, Melissa Rice and Chip Roach



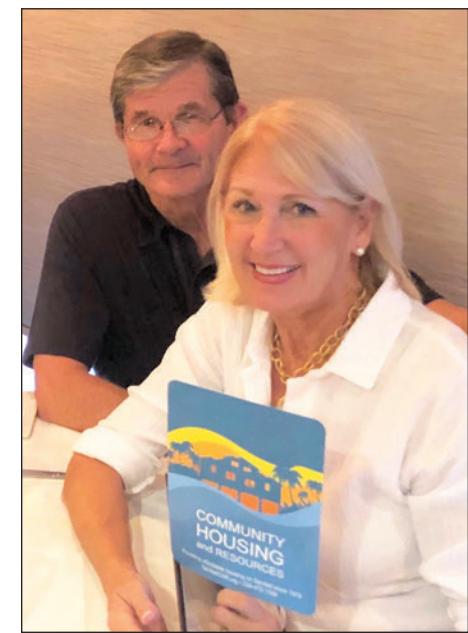
From left, Maryann Daly, Melissa Donahue and Jerry Edelman



Sue and Mick Denham



Josh and Audrey Stewart



John and Jane Henshaw



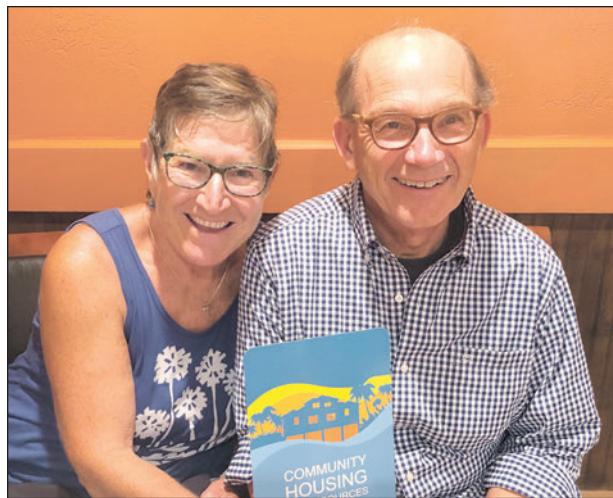
Melanie Holliday and John Trebilcock



From left, Holly Smith, Jerry Edelman, Doreen Ruane and Becky Davison



Lynn Hoops and Sheri Prange



Linda Scherer and John Topliff



Jayne Lumley and Melissa Rice



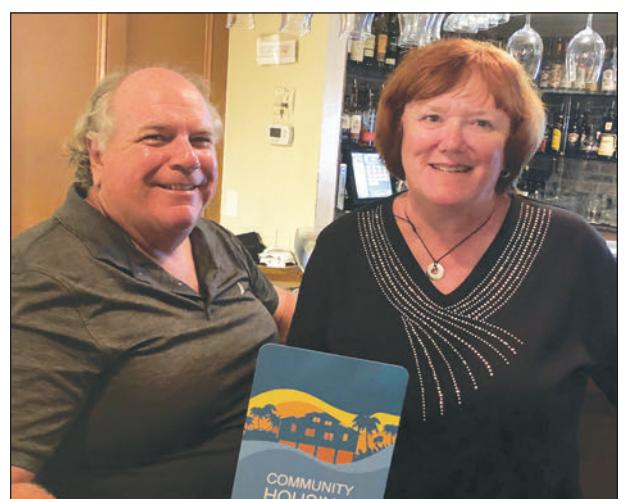
From left, Laura Shaffer, Fred and Mary Bondurant, and Shawn Shaffer



Susan Ayres and Les Pendleton



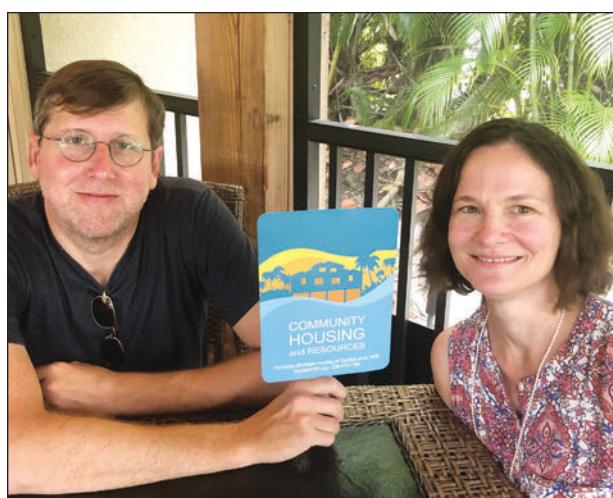
From left, Bea Pappas, JoAnna Giffin and Deborah Butler



Ed and Mary Holden



Keri and Eric Maw



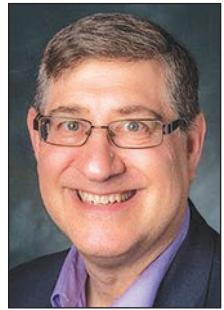
Chris Dunavant and Sue Santamaria



Valerie and Skip Tutor

Play Ball?!

by Howard Prager



The ball is or is not juiced, that is the question. During the season, many teams broke home run records including the Minnesota Twins, which broke the baseball's team record for home runs in a season with 307. They also won the RBI total with 906 and were second in team batting average at .270 – second to the Yankees. Yet, I've been wondering why there are so many spectacular catches when teams and players are scouted so much and players are well-positioned. The ball is simply not carrying the way it did during the season. Cooler days and nights? Are the balls different at all? I can only guess, but you can see not just the fielder reactions to fly balls and having to run more, but look at the fans, players, hitters and pitchers reactions. Fly balls that were home runs during the season are not going out or as deep as they were. Something is different.

In the meantime, let's see what the long layoff does for the Nationals, who will have been waiting almost a week since winning the pennant. Houston has had only three days off, although that's enough for both teams to start their best pitchers. Teams who have five or more days off are 6-6 in winning the World

Series. Given that they came into the series as the wild card team, Washington probably sees 50/50 as good odds. And speaking of stats, Houston was first in batting average allowed to the opposing team and in strikeouts, along with being third in home runs and RBIs. That's why they were presumed to be the best team in the postseason, until they faced resilient and tough competition in Tampa Bay and New York. This week, we will have seen what happens when elite pitching staffs face off with each other, one with a lot of rest and the other with not nearly as much.

College football is all about upsets, even in the Top 10. Hello Wisconsin. You didn't just lose to an underdog, you were 31-point favorites. This is the largest upset this season when Illinois hit a last second field goal to win 24-23. South Carolina over Georgia was big the week before, but I don't believe the point differential was as great. Another exciting finish last weekend was the six overtimes between Virginia Tech and North Carolina. New NCAA overtime rules this season require each team to try for a two-point conversion beginning in the fifth overtime. This takes special teams out of the picture, which was helpful because both teams already had missed two field goals in OT. Virginia Tech prevailed 43-41.

Fun item of the week. The college football dance off. Coastal Carolina played Georgia Southern, and between the 3rd and 4th quarters, the Southern players started dancing to the music on the field. According to the Washington Post, "As it usually does, Southern

played a song over the loudspeakers and as "Mo Bamba" began, its players raised four fingers to signify the quarter and began dancing in a tradition that the team calls "bringing the juice." Coastal Carolina players, trailing 10-7 at the time, were not pleased and started doing the same on their side of the field. There was no fighting or physical conduct, with players around 20 yards apart, but the referees were in no mood for frivolity. Three players had previously been flagged for unsportsmanlike conduct and the dancing penalties meant they were ejected. The refs all started throwing flags, and in total ejected seven players altogether. In a driving storm, Coastal

Carolina tied the game and went to three overtimes before Georgia Southern won on a field goal. Perhaps next year in overtime, the NCAA should change their rules again and consider dance-offs. It would be a great way for both the marching bands and the teams to shine, and with less risk of injury besides. Just no penalties to my fellow sousaphone players, please!

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

Camera Club Meetings Resume For Season

Photography enthusiasts are invited to attend a Fort Myers Camera Club meeting at the Cypress Lake United Methodist Church Fellowship Hall on the first and third Fridays of each month from November 1 through April 3. The meetings are held from 7 to 9 p.m.

Anyone interested in photography at any level is welcome. Mentor programs, outings, competitions and exhibitions, guest lecturers and other activities provide members with opportunities to improve their photography skills and make new friends.

The Cypress Lake United Methodist Church Fellowship Hall is located at 8570 Cypress Lake Drive in Fort Myers. For more information, visit www.fortmyerscc.com.

From page 39

Wildlife Trafficking
amphibian conservation coordinator for FWC. "This will likely have consequences for the entire ecosystem and is a detriment for our citizens and future generations."

Depending upon the species, the poached turtles sold wholesale for up to \$300 each and retailed for as much as \$10,000 each in Asia. Evidence indicated turtles sold within one month totaled an estimated \$60,000. The sellers received mostly cash, occasionally trading turtles for marijuana products.

FWC documented more than 4,000

turtles illegally taken and sold over a six-month period, including Florida box turtles, eastern box turtles, striped mud turtles, Florida mud turtles, chicken turtles, Florida softshell turtles, gulf coast spiny softshell turtles, spotted turtles and diamondback terrapins. As a result of a search warrant served on August 12, investigators found the poachers in possession of hundreds of turtles, along with the skull and shell of a protected Kemp's ridley sea turtle. The turtles seized had an estimated black market value of \$200,000.

All seized animals were evaluated for health and species identification by FWC biologists. Over 600 turtles were returned to the wild, two dozen were quarantined and released at a later date, and a handful were retained by a captive wildlife licensee since they were not native to the area. Nearly 300 of the freed turtles are now part of a long-term monitoring project by the Sanibel-Captiva Conservation Foundation (SCCF).

"SCCF has been conducting research on these turtles for nearly two decades. Thanks to FWC for uncovering this illicit activity that has adversely affected wild turtle populations," said Chris Lechowicz, wildlife and habitat management program director at SCCF.

Selling wild-caught freshwater turtles is illegal and harvesting them from the wild is specifically regulated by Florida Administrative Code 68A-25.002 (6). Some turtle species may be kept as captive wildlife with the proper permits.

The public can help by reporting suspected wildlife violations to FWC. To make a report, call the Wildlife Alert hotline at 888-404-3922 or text tip@myfwc.com.*

SPORTS QUIZ

- Who broke Hideki Matsui's major-league record for most career home runs by an Asian-born player (176)?
- Ted Kluszewski hit 40 or more home runs three times during his 15-year major league career. How many times did he have a batting average of .300 or better?
- When was the last time the UCLA football team won a conference championship?
- Who is the all-time leader in career points scored for the Philadelphia 76ers franchise?
- Name the last player before Jaden Schwartz of the St. Louis Blues in 2019 to have two hat tricks in one NHL playoff year.
- Who was the first player to score a goal in five different Women's World Cups?
- In 2019, Egan Bernal of Colombia became the third-youngest cyclist (22) to win the Tour de France. Who was the youngest?

ANSWERS

1. The Texas Rangers' Shin-Soo Choo did it in 2018. 2. Seven times. 3. It was 1998. 4. Hal Greer, who was 19 years, 350 days old when he won it in 1904. 5. Detroit's Johan Franzen, in 2008. 6. Brazil's Marita (2003-2019). 7. Henry Corlett, who was 21,586 points. 8. Seven times. 9. It was 1998. 10. Hall of Fame, with 21,586 points. 11. Detroit's Johan Franzen, in 2008. 12. Seven times. 13. It was 1998. 14. Hall of Fame, with 21,586 points. 15. Detroit's Johan Franzen, in 2008. 16. Brazil's Marita (2003-2019). 17. Henry Corlett, who was 21,586 points. 18. Detroit's Johan Franzen, in 2008. 19. Brazil's Marita (2003-2019). 20. Detroit's Johan Franzen, in 2008. 21. Brazil's Marita (2003-2019). 22. Hall of Fame, with 21,586 points. 23. Detroit's Johan Franzen, in 2008. 24. Brazil's Marita (2003-2019). 25. Detroit's Johan Franzen, in 2008. 26. Brazil's Marita (2003-2019). 27. Hall of Fame, with 21,586 points. 28. Detroit's Johan Franzen, in 2008. 29. Brazil's Marita (2003-2019). 30. 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Detroit's Johan Franzen, in 2008. 379. Brazil

Salute To The BIG ARTS Project Workers



Stevens Construction crew at the BIG ARTS site on Dunlop Road

photo provided

More than 60 team members from Stevens Construction have been working tirelessly in the blazing sun and humid, 95-plus-degree days all summer long to get the new home for

BIG ARTS completed by January 2020. Plans are on track, and BIG ARTS staff, volunteers and patrons are grateful for their hard work and commitment to the project.**

Robotic Surgery Helps Patients Recover Faster

Lee Memorial Hospital is now utilizing an advanced robot for certain types of oncology surgeries at the hospital. The da Vinci XI robot allows doctors to operate by making smaller, more precise incisions, which greatly reduces the stress and trauma patients experience as they recover from surgery.

"Bringing this advanced technology to Lee Memorial Hospital means that more patients are able to receive innovative treatment close to home," said Dr. Scott

Wolf, vice president of operations and chief physician executive at Lee Memorial Hospital. "The da Vinci robot is an impressive piece of technology, and we look forward to continuing to expand its uses in an effort to get surgery patients back to their everyday lives as quickly as possible."

Surgeons at HealthPark Medical Center have already been utilizing the da Vinci XI, and adding a robot to Lee Memorial Hospital increases Lee Health's investment in providing the most technologically advanced health care options for Southwest Florida.

For more information or to learn what types of surgeries are currently available via the da Vinci system, visit www.leehealth.org/surgery/davinci-surgery/index.asp.**

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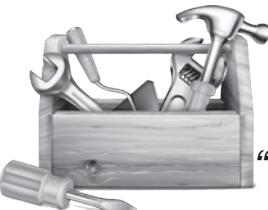
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Trash & Treasure Sale

Hosted by Island Seniors, Inc.

at the Center 4 Life.

Find us at the corner of
Palm Ridge & Library Way



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

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



• Household items



• Furniture Linens



• Hardware/ Tools



• Kitchen Gadgets



• Sporting Goods

• Jewelry Purses

Trash & Treasure Sale
Saturday, November 9, 2019
9:00 a.m. - 2:00 p.m.

Doctor and Dietician

Cold And Flu Season



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

Since cold and flu season is already roaring, let's talk immune system. Whether you choose to get the flu shot or not, you can do a lot of things to stimulate your body's immune system so that you can better fight those nasty germs.

Never underestimate the power of natural remedies from grandma. Make "Jewish penicillin," aka chicken soup. Studies have actually shown chicken soup to improve immune function. So, don't knock it. I also add two large pieces of grated turmeric root (yes, found at Bailey's), six to eight cloves chopped fresh garlic, juice and zest from one lemon, and fresh chopped kale and spinach to the usual soup ingredients of chicken, onion, celery,

carrots, seasoning and broth. I feel stronger already!

Additional tips to supercharge your immune system (this is best taken two to three days prior to a full-on cold/flu when first exposed) consist of the following supplements, taken throughout the day versus all at once: two to 10 grams of Vitamin C as tolerated (easiest to accomplish with organic Vitamin C powder, available from Amazon); five to 15 grams of Vitamin D; and 20 to 40 grams of Vitamin A. Yes, this is mega-dosing, so please do not take this as medical advice without consulting your provider. But if you do not take enough, the effects will not be as good. Reduce the dose to one per day of each after a few days. We also add elderberry extract and immune support mushroom extract (we like Host Defense MyCommunity Extract).

We also gargle with hydrogen peroxide to kill what's in the back of the throat, take organic raw honey mixed with organic Bragg's apple cider vinegar (also great for coughs), push fluids, get good sleep, eat fresh food (always!), and reduce sugar intake. Say good-bye to those germs for good!

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

Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.

Tell your pest control professional to NOT use these rat poisons:

- **brodifacoum • bromailone • difenacoum • difethialone**

Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



SCCF 472-2329 • www.SCCF.org

Help Fill Holiday Stockings For The Military

Every year, the American Red Cross Holiday for Heroes campaign provides the community an opportunity to send messages of thanks and holiday cheer to veterans and military members.

These items and messages are donated by the community and placed inside holiday stockings hand-sewn by volunteers. For more than 10 years, Red Cross volunteers have cut and sewn hundreds of stockings in the Naples and Fort Myers areas.

This year, the Red Cross has expanded the campaign throughout the South Florida region, where lead partner Arthrex, Inc. and other sponsors will assemble and deliver these stuffed holiday stockings for military members who are away from their families during the holidays.

"I have personally been on a one-year deployment to the Middle East, and I can say from experience how much these efforts mean to our service members," said Heidi O'Sheehan, director of Service to the Armed Forces (SAF) in South Florida. "When you are far from home, especially around the holidays, you begin to feel forgotten and very detached, so to receive a care package or even a brief note of appreciation and well wishes from someone back home who doesn't even know you personally is just incredibly powerful and touching. It makes you feel connected and reminds you that the sacrifices you and your family are making are for a worthy cause and

are not forgotten. I think that is an incredible gift to give a service member or veteran."

Last year, more than 1,000 stockings were delivered to soldiers serving overseas and Florida's Southern Gulf Chapter of the Red Cross received a letter from Cassandra Wyatt, the station manager at Camp Lemonnier in Djibouti, sharing her appreciation and gratitude for the care packages.

"Your support lends strength and fortitude while they are away from home," said Wyatt. "Many of the service members and organizations will "re-gift" items to other members as well as drop off items to be shared with the deployed population, especially those further deployed into greater hardship areas."

The community can help support this campaign by donating the following items: drink and hot cocoa mix (individual packets); power bars; gum, mints, hard candy (no chocolate); individually packaged/travel size snacks (nuts, trail mix, beef jerky, crackers, cookies); non-perishable meat (individual packets of tuna, chicken, salmon; not canned); lip balm; small packs of baby wipes; small puzzle books, playing cards, yo-yos, hacky sacks; and cards and letters of appreciation (do not write your last name, address or personal contact information; use wording that will encompass the holiday spirit without reference to race or religion as these will go to a diverse group of service members; do not put your cards or letters in an envelope).

Donations must be dropped off by Wednesday, November 6 at the designated drop off locations.

For a list of drop off locations or to learn more about the program, visit www.redcross.org/holidayforheroes.*

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dearPharmacist

Peppermint Is A Cool Solution For Irritable Bowels



by Suzy Cohen, RPH

Dear Readers: Many people have lost their joy in eating, and that's because they have Irritable Bowel Syndrome (IBS), which includes many symptoms including bloating,

abdominal pain, fatigue, sleep problems and suppressed immunity. One hallmark symptom is that which affects your ability to eliminate. I'm referring to diarrhea, or constipation, or alternating between the two.

An actual diagnosis of IBS is based upon your duration of symptoms that must be six months or more. If you're tired of the problem, and sad because you have to toilet-map every trip to the mall, then maybe peppermint is something you should try.

Peppermint is a beautiful plant that has been medicinally treasured for centuries. Known botanically as *Mentha piperita*, peppermint is actually a hybrid. It's the hybrid baby of its parents watermint and spearmint.

Most people know that applying peppermint essential oil to your temples can help with a headache, and that peppermint gum and candies freshen your breath. Mint leaves can be infused into a pitcher of ice water for instant freshness, not to mention antibacterial and anti-fungal effects. I think that's where mint excels for people; it has been proven to help with Small Intestinal Bacterial Overgrowth (SIBO) and IBS.

Peppermint is available at any health food store (soft gels and liquid extracts) and supermarket (usually as a tea). You can also buy it in the produce section of some supermarkets as fresh whole leaf. The supplements of peppermint oil (enteric coated) are considered a relatively safe, effective traditional holistic remedy. I'm not referring to essential oil, I'm referring to a dietary supplement of peppermint oil that acts as a smooth

muscle relaxant inside your intestines, as well as an antispasmodic herb. It is also known to help with gas, bloating and minor cramping.

The latest study published in the August 27, 2019 issue of *Gastroenterology* was conducted in part, to evaluate the safety and efficacy for peppermint in people with IBS. They used two different formulations that would go to certain parts of the intestine. They got about 190 people to agree to participate, across several hospitals in the Netherlands. This trial ran from 2016 to 2018.

The enteric coated (small intestine release) preparation of peppermint did in fact prove to help reduce abdominal pain, discomfort and general IBS severity.

Here's a few words of caution. The enteric coated form is ideal because plain peppermint oil can irritate the stomach lining and make heartburn and ulcers worse. The enteric coating protects the peppermint oil so that it can get down lower to your intestines (rather than breaking down in your stomach).

Avoid peppermint if you have gastroesophageal reflux disease (GERD), which is a disorder of the lower part of your esophagus. My rationale is because peppermint relaxes your esophageal sphincter and will allow acid to reflux upwards. That's what you are trying to avoid. So antacids and peppermint supplements should not be combined. There are other warnings, so please ask your doctor if this type of herbal remedy is good for you.

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.

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.

Got A Problem? Dr. Connie Is In

by Constance Clancy



Q: I realize that I am an impatient person and I want to be more patient, but it's not going very well. Can you please tell me some ways I can become more patient?

A: If you were to ask most people if they are patient, I think you would get an overwhelming 'no.' We humans like what we want now, yesterday and, heck, if we are about to wait!

We tend not to be patient when we have an expectation and that expectation isn't met. It can be so difficult when we want something and feel that we practice patience then our desire doesn't come to fruition. It's okay to feel and acknowledge the impatience you feel when your needs have not been met. You may feel angry and disappointed. What's important is to feel the feelings and then let them go. In other words, surrender.

What can be helpful is to feel the feelings and give gratitude for all the gifts you do have as opposed to what you don't. I once heard that when you give gratitude on a daily basis, the gifts come back tenfold. It is true.

Begin to fully appreciate and accept all that you do have, and patience will begin

to emerge.

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.*

Montage Women's Club Meeting Notice

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. Club members meet on the fourth Thursday of each month at The Landings Yacht, Golf and Tennis Club. Meetings begin at 11:30 a.m. with lunch, followed by a program.

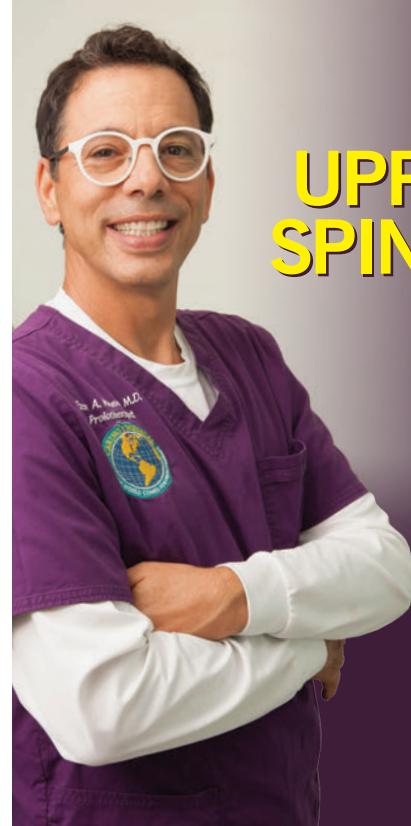
Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents.

The November meeting will be held a week early (November 21), due to Thanksgiving. Members and guests are asked to arrive early at 11 a.m. A licensed massage therapist will be giving mini-back chair massages and a licensed aesthetician will be giving "hand facials." The therapist will speak on the health benefits of massage therapy prior to the business meeting.

The Landings Yacht, Golf and Tennis Club is located at 4425 South Landings Drive in Fort Myers. For more information or to make a reservation, call 481-7765.*

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Fire Department - Captiva	472-9494
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Florida Highway Patrol	278-7100
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City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
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United Way of Lee County	395-2040
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Zonta Club	211 or 433-3900
ISLAND ATTRACTIONS	
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JN "Ding" Darling National Wildlife Refuge	395-2233
Sanibel Historical Museum & Village	472-1100
SCCF Sanibel-Captiva Conservation Foundation	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
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PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Fi Fi And Ginger



Fi Fi ID# A794508



Ginger ID# A794743

at the shelter, so I know I will blossom in the right home.

My adoption fee is \$40.

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

Adoption fees will be reduced on all dogs 6 months of age and older to just \$40 for the entire month of October. Cats and kittens are just \$10.

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

Haven on Earth Animal League

Baby Grey And Peloton

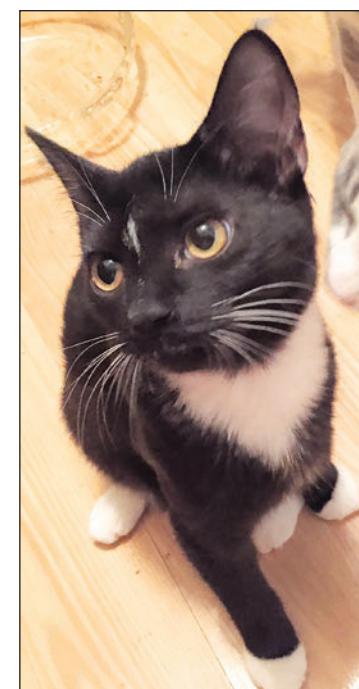


Baby Grey

Hi There! We are Baby Grey and Peloton. While we aren't biological siblings, we've spent our entire lives together, so we would really like to get adopted together. Baby Grey is a 5-month-old male and Peloton is a 4-month-old female. We've been neutered and spayed and have all of our vaccinations. We are very playful and sweet.

Baby Grey likes to give kisses, and will cuddle and sleep with you -- just like a human child. Baby Grey needs a lot of attention and really needs to

have another kitty around to help keep him company and play with him. Peloton is very easy going. Baby Grey has extremely soft fur and feels like a marshmallow, while little Peloton is sleek and shiny. Peloton has a white tip at the end of her tail. Baby Grey is a little timid at first, but with a gentle touch, he warms up quickly. He is still learning not to chew on fingers, so he would do best in a home without small children.



Peloton

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

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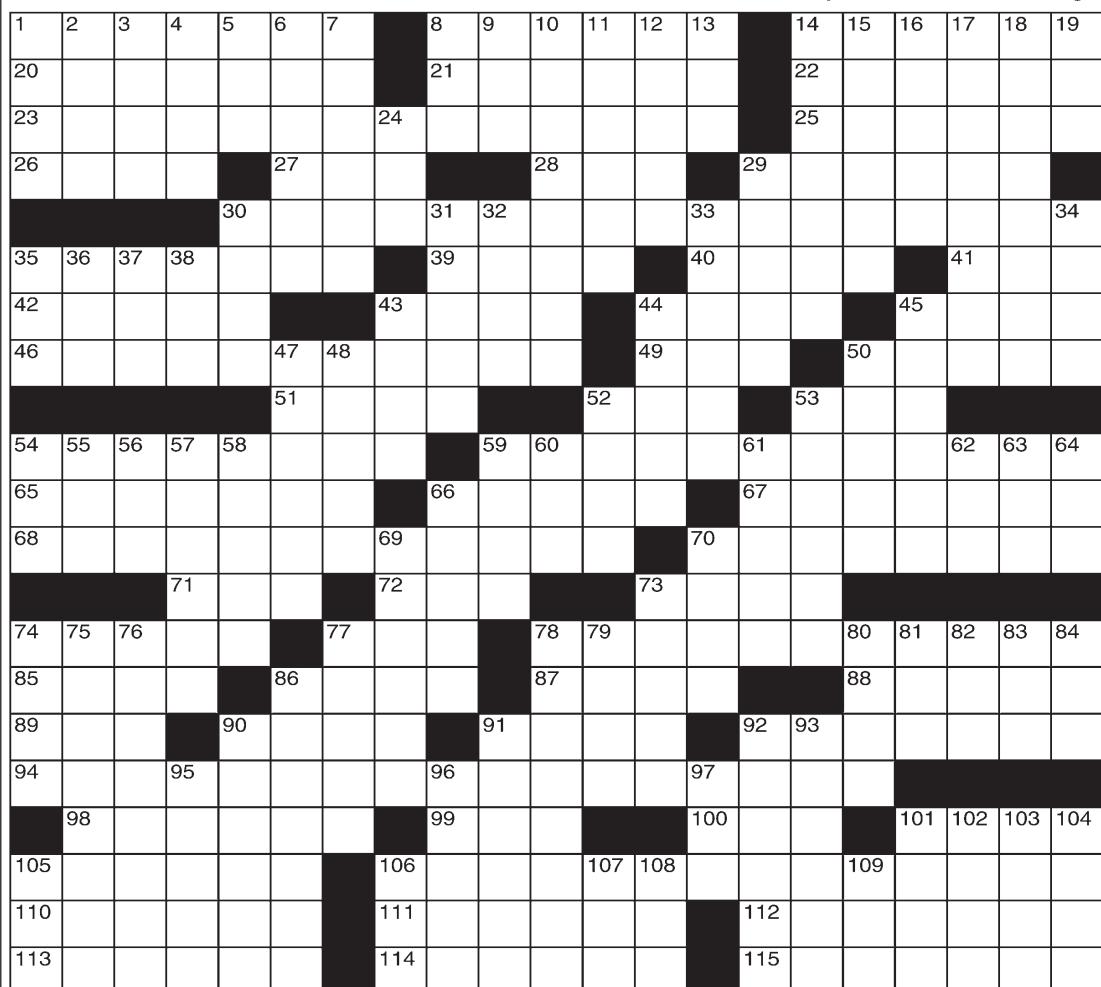
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-Super Crossword

WHAT DO THEY ALL HAVE?

ACROSS			
1 Designer	53 Ireland's — Lingus	98 Like a constellation	12 Bo of "10"
8 Put in cipher	54 Last half of a typical golf course	99 Siouan people	13 Masthead names, for short
14 Cocky walks	59 Some aluminum recyclables	100 Hirt and Gore	14 Like sugar, but not oil, in water
20 United, e.g.	65 Hwy. number lead-in	101 Biblical son of Isaac	15 1982 Richard Pryor film
21 In a Ziploc bag, e.g.	66 Elbowed, say	105 Tug at	16 — -car (airport service)
22 "The Gift of the Magi" writer	67 A number of	106 Theme of this puzzle	17 Not collated, e.g.
23 Zippers	68 Dictionary lookup	110 Colorful ring in the eye	18 More stylish
25 Contacts, e.g.	facilitators	111 Well-drilling apparatus	19 Pt. of OS or GPS
26 Lotto variant	70 Affirm the truth of	112 Pantheon members	24 Exhaust
27 "... cup — cone?"	71 Ammo for air rifles	113 Corn seed	29 Doglike carnivore
28 — kwon do (martial art)	72 Even one	114 Spend time in, as a hotel	30 Symbol on a music score
29 "Taps" co-star Timothy	73 "Take —!" ("Congrats!")	115 One tearing up the road	31 Pronounce
30 Data entry needs	74 Big name in direct sales	DOWN	32 Hammer-wielding god
35 Aftermaths	77 "I got it!"	1 Wine barrel	33 Slate cleaner
39 "Where are — now?"	78 Chrome, Firefox and Safari	2 Tick off	34 Store event
40 Hinge (on)	85 Shop	3 Bard's Ireland	35 Ump relative
41 Aunt, in Argentina	86 Lackluster	4 "Battle Cry" actor Ray	36 Gridiron star Manning
42 Fill with joy	87 1990s Israeli president Weizman	5 Dead heat	37 "My gal" of song
43 Lay — thick	88 Video's counterpart	6 Hoofing it	38 Off-roading vehicle, briefly
44 Fonda of film	89 Bardic tribute	7 Replenishes the arsenal of	43 Brainstorm, in Brest
45 Just know	90 — Field (Mr. Met's home)	8 The "e" of i.e.	44 Chattered
46 Office cabinet items	91 Rhine feeder	9 Born, in Brest	45 Ludicrous comedies
49 Center of similes	92 Enrollments	10 Hiking flasks	47 Inflammation of the ear
50 Military chaplain	94 Café crowd	11 "Mrs." with a famous cow	
51 Cake level			
52 Lamb bearer			



King Crossword

ACROSS

MAGIC MAZE

SHIPS THAT DON'T FLOAT

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

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

Airship
Deanship
Gunship
Kingship

Kinship
Ladysh
Lordshi
Mayors

Ownership
Queenship
Reship
Rulership

Starship
Township
Worship

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The logo for Windows Plus features a large, bold, sans-serif font for the word "Windows" stacked above the word "Plus". To the left of the text is a graphic of a window divided into four panes by a thick black border. The top-left pane is white, the top-right is white, the bottom-left is light gray, and the bottom-right is white. A small circular graphic is partially visible behind the bottom-left pane.

ACCOUNTING & TAX SERVICE

The logo for Gateway Accounting & Tax Services features a large, stylized letter 'G' on the left side. The 'G' is intricately designed with numerous black and white diagonal lines, giving it a textured, leaf-like appearance. To the right of the logo, the company name is written in a large, serif font. Below the company name, the text 'We pickup on Sanibel' is underlined. Further down, there is contact information for Mindi Smedley, including her titles ('EA, MSAT, CAM, Notary'), an email address ('mindis@gatewayaccountingtax.com'), and a physical address ('12220 Towne Lakes Dr #85 Fort Myers, FL 33913') along with a phone number ('239-236-4559').

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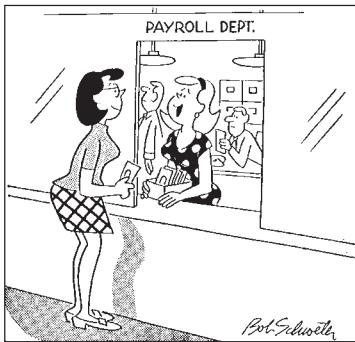
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"I don't get paid much, but knowing how
much the _____
make is a great benefit."

Answer on page 54

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!

Adroit

STATUE

Genetic

LIBART

Adorn

SHARVIN

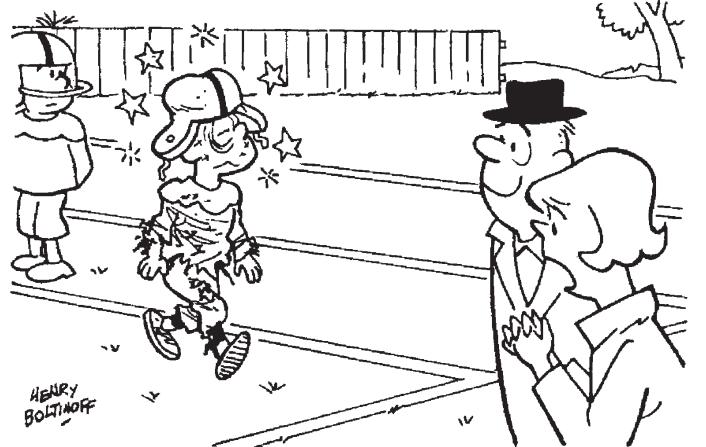
Finish

RECUSOL

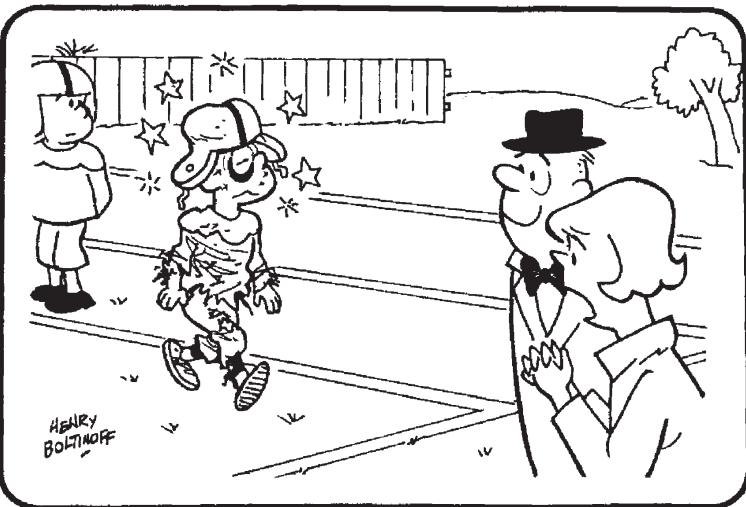
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



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

SUDOKU

To play Sudoku:

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

Answer on page 55

Differences: 1. Shoes are black. 2. Man has a bowtie. 3. Tree is moved. 4. Face guard is missing. 5. Boy has black eye. 6. Fence is shorter.

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FOR WEEK OF OCTOBER 28, 2019

ARIES (March 21 to April 19) It might not be wise to pursue goals involving others, unless you can stop impulsively rejecting new ideas. Either open your mind or wait until next week, when this "ornery" mood passes.

Taurus (April 20 to May 20) It's a good time for the Bovine to be creative and practical for yourself and your surroundings. Shop wisely, not impulsively, and keep your Bull's eye focused on quality, not quantity.

Gemini (May 21 to June 20) You should feel more confident about moving ahead with plans that had to be delayed by an unexpected turn of events. Also, family matters might need more time than first anticipated.

Cancer (June 21 to July 22) Be considerate of others as you move into a new area in your professional life. Take time to meet people and discuss mutual goals. The more you get to know each other, the better.

Leo (July 23 to August 22) Creating a fuss could get your ideas noticed quickly. But it would be best to present

your case, and then wait for a reaction to follow in due course, rather than try to force it to happen.

Virgo (August 23 to September 22) Unkept promises might cause plans to go awry this week. You can either grumble about people "letting you down" or find a way to make the best of it and move on. The choice is yours.

Libra (September 23 to October 22) Putting off making a commitment early in the week could be a good move. It's best to act when you know you're making an informed decision. Expect more facts to emerge by the week's end.

Scorpio (October 23 to November 21) A recent act of kindness on your part could take on special meaning this week. Also, look for signs of upcoming changes in both your personal and professional relationships.

Sagittarius (November 22 to December 21) Many of the tougher communication barriers between you and others in the workplace or at home could begin breaking down this week. Expect some surprises to emerge.

Capricorn (December 22 to January 19) Your "tough love" attitude

toward someone you care for could be misunderstood. Try to be less judgmental and show more consideration in the way you relate to that person.

Aquarius (January 20 to February 18) An unexpected workplace challenge could be daunting. But take what you know (and you know more than you realize) and apply it to the problem, and you should see positive results.

Pisces (February 19 to March 20) Recent relationship changes for both single and paired Pisces continue to influence much of your week. Keep your focus on developing the positive aspects as you move along.

Born This Week: You set your goals with assurance and influence others to follow suit. You would be an excellent philosopher and teacher.

MOMENTS IN TIME

- On Nov. 1, 1512, the ceiling of the Sistine Chapel in Rome, one of Italian artist Michelangelo's finest works, is exhibited to the public for the first time. After demonstrating his mastery of sculpture, Michelangelo was called to Rome in 1508.

- On Oct. 31, 1776, in his first speech before British Parliament since the Americans signed the Declaration of Independence, King George III acknowledges that all is not going well for Britain in the war. The British would formally surrender five years later.

- On Oct. 30, 1938, Orson Welles causes a nationwide panic with his broadcast of *War of the Worlds* – a realistic radio dramatization of a Martian invasion of Earth. Welles had little idea of the havoc it would cause among radio listeners.

- On Nov. 3, 1948, the *Chicago Tribune* jumps the gun and mistakenly declares New York Gov. Thomas Dewey the winner of his presidential race with incumbent Harry Truman in a front-page headline: "Dewey Defeats Truman." Truman would win by 114 electoral votes.

- On Oct. 29, 1956, Israeli armed forces push into Egypt toward the Suez Canal, initiating the Suez Crisis. They would soon be joined by French and British forces. The catalyst for the attack was the nationalization of the Suez Canal by Egyptian leader Gamal Abdel Nasser.

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• On Oct. 28, 1965, construction is completed on the Gateway Arch, a spectacular 630-foot-high parabola of stainless steel on the waterfront of St. Louis, Missouri. An internal tram system takes visitors to the top of the arch.

• On Nov. 2, 1982, a fuel truck in a military convoy explodes in the 1.7-mile long Salang Tunnel in Afghanistan, killing an estimated 3,000 people, mostly Soviet soldiers traveling to Kabul. Believing it to be an attack, troops closed both ends of the tunnel, trapping people inside.

STRANGE BUT TRUE

• It was Austrian philosophical author Robert Musil who made the following sage observation: "It's not the genius who is 100 years ahead of his time but average man who is 100 years behind it."

• Here's a sign of our increasingly cluttered lives: When the National Association of Professional Organizers

was formed in 1985, it had five members. Today there are more than 3,500 registered organizers with the group.

• Despite many people's assumptions, the word "bayou" doesn't come from French; it's from the Choctaw word "bayuk."

• Those who study such things say that in tunnels that have lighting on the sides rather than above, the placement of those lights can influence the likelihood of people speeding. Evidently, the farther apart the side lights are placed, the faster drivers go.

• Florida famously harbors many species of orchid – and one of them smells so bad that it's been known to make bees sick. It's called the Violent Stench.

• In February of this year, a Japanese man named Yuya Yamada broke his own Guinness World Record for the largest hula hoop spun around the body three consecutive times – the hoop in question measured 17.72 feet in diameter.

• If you harbor overmuch ill will toward your mother-in-law, you could be described as "pentheraphobic."

• It was Britain's Prince Albert who originated the boutonniere. It seems that while they were courting, Queen Victoria offered a small bouquet of flowers to her future husband. Prince Albert used his pocketknife to cut a hole in the lapel of his jacket and put the stems of the bouquet through it.

THOUGHT FOR THE DAY

"If you watch a game, it's fun. If you play at it, it's recreation. If you work at it, it's golf." – Bob Hope

Send your
editorial copy to:

press@islandsunnews.com

Airport Reports Record-Breaking September

During September, 460,869 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 10.2 percent compared to September 2018. Year-to-date, passenger traffic is up 8.5 percent compared to last year.

The traffic leader in September was Delta Air Lines with 105,797 passengers traveling to and from Fort Myers. Rounding out the top five airlines were American (88,436), Southwest (70,682), JetBlue (68,359) and United (39,136).

Southwest Florida International Airport had 4,127 aircraft operations, an increase of 2.1 percent compared to September 2018. Page Field saw 9,030 operations, a 13.6 percent increase from September 2018. In addition, nearly 2.7 million pounds of air freight moved

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10/4 * TFN

SCRAMBLERS

1. Astute;
2. Tribal;
3. Varnish;
4. Closure

Today's Word

BACHELORS

through Southwest Florida International Airport in September 2019.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction.

For more information, visit www.flylcpa.com or on Facebook at www.facebook.com/flyrsw.

Haven On Earth Animal League Garage Sale

On Saturday, October 26 from 8 a.m. to noon, Haven on Earth Animal League (HEAL) will host a community garage and bake sale fundraiser in Cross Creek Estates.

All proceeds will go toward veterinary procedures and other care required for the many rescue cats and kittens that HEAL provides for until they are adopted. More than 30 homes will be participating in the sale.

Cross Creek Estates is located at 12831 Allendale Circle in Fort Myers. For more information, email [www.haveneonearthanimalleague@yahoo.com](mailto:haveneonearthanimalleague@yahoo.com).

HORTOONS



PUZZLE ANSWERS

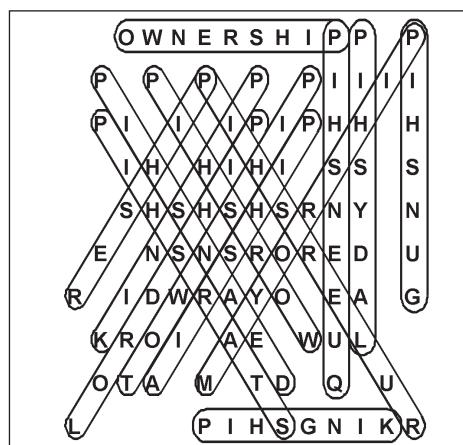
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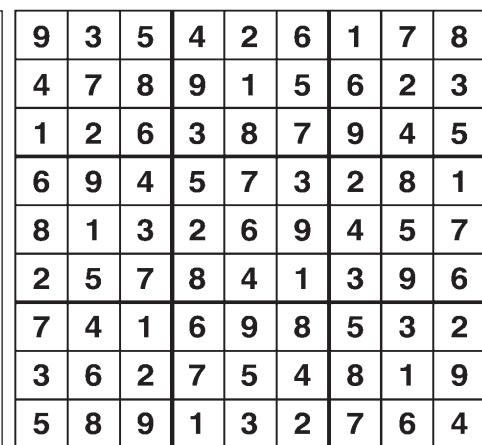
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MAGIC MAZE



SUDOKU



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Shell Harbor	Sanibel	2000	4,138	\$2,590,000	\$2,510,000	3
Cape Coral	Cape Coral	2009	3,376	\$1,750,000	\$1,600,000	58
Sanctuary At Wulfert	Sanibel	2002	4,002	\$1,499,000	\$1,200,000	147
Longlake	Bonita Springs	1994	4,046	\$1,160,000	\$1,050,000	188
Renaissance	Fort Myers	2014	3,575	\$1,150,000	\$1,000,000	188
Fa Lanes Bayview	Captiva	1946	1,264	\$995,000	\$957,000	60
Cape Coral	Cape Coral	2016	2,603	\$875,000	\$865,000	4
Somerset	Fort Myers	2015	3,078	\$750,000	\$720,000	2
Alva	Alva	2008	4,000	\$749,500	\$725,000	178
Carillon Woods	Fort Myers	2002	3,732	\$699,900	\$658,000	37

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