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VOL. 28, NO. 17

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 23, 2020

OCTOBER SUNRISE/SUNSET: 23 7:32 • 6:53 24 7:33 • 6:52 25 7:33 • 6:52 26 7:34 • 6:51 27 7:35 • 6:50 28 7:35 • 6:49 29 7:36 • 6:48



Melissa Donahue photos provided

Add Your Own Creative Touch To Wines In The Wild

The Sanibel-Captiva Conservation Foundation (SCCF) Wines in the Wild usually consists of a stroll through the grounds of the Bailey Homestead, sampling food and wine at each station. But this year, with the pandemic in mind, Wines in the Wild has been reinvented. SCCF will provide a party box with all you need to host your own evening at “homeINstead.”



Leslie Adams gets an assist in preparing one of her specialties

Don your best island cocktail attire or party with friends via Zoom. Pick up your party box and get comfy in your robe and slippers, or party in your driveway (socially distanced, of course). Sail into the sunset or celebrate dockside. Set the mood with



Platinum sponsors Kay and John Morse make plans to share this year's Wines in the Wild with friends via Zoom

your own personal wine cellar. And tag SCCF on social media.

“One of the things we enjoy most is dining out with a group at our local

restaurants,” said platinum sponsors Kay and John Morse. “While we have missed that during the last few months, we’re

continued on page 5



Sanibel Slough

photo courtesy SCCF

Panel Discussion On Water Management

The outer bands of Tropical Storm Sally brought a 100-year rain event to Sanibel on Sunday, September 13. More than a foot of rain drenched the island within 24 hours, maxing out

the capacity of Sanibel’s stormwater management system.

The public is invited to attend a virtual panel discussion on Thursday, November 12 at 7 p.m. about Sanibel’s approach to water management and the partnership between the City of Sanibel and Sanibel-Captiva Conservation Foundation (SCCF) in developing the current policy. The unique nature of the

continued on page 8

‘Ding’ Darling Ranger To Retire



“Ding” Darling Supervisory Refuge Ranger Toni Westland and Ranger Jeff Combs at a recent volunteer luncheon that celebrated Combs’ 20th anniversary with the U.S. Fish and Wildlife Service

photo provided

After nearly 24 years of service at the JN “Ding” Darling National Wildlife Refuge on Sanibel, Ranger Jeff Combs announced his retirement from the U.S. Fish & Wildlife Service, effective October 30, 2020.

“I will really miss working with you and feel like I am leaving family,” Combs wrote in an announcement email. “Thank

you for all of the good times at the refuge and for being such good friends.”

Combs worked several of his years at the refuge as volunteer coordinator with visitor services.

“For over two decades, Jeff has served the visiting public by providing an informative, educational and enjoyable

continued on page 9



A sheller doing the Sanibel Stoop

photo by Connie Jump

Shell Club Seeking Photos For Virtual Show

The Sanibel-Captiva Shell Club will host a virtual shell show in 2021 on the club's YouTube channel instead of the traditional in-person show at The Community House.

Residents and visitors are invited to contribute photos capturing the famous "Sanibel Stoop" shelling position for a group slide show airing on the first day

of the virtual show. On the second day, a group slide show of favorite shell will be featured. The last day for photos to be considered is November 30. Visit the club's website at <https://sanibelshellclub.com> to learn how to submit your photos.

The show will be held on Friday, March 5 and Saturday, March 6 from noon to 3 p.m. EST. Other features include educational and entertaining videos, a shell photo contest, DIY shell projects and door prizes.

If you have any questions about the show, email shellshow@sanibelshellclub.com.

com. Updates will also be posted on the club's Facebook page at facebook.com/sanibelshellclub, and Instagram at instagram.com/sanibelshellclub.

The Shell Club was formed to exchange information in the fields of conchology and malacology, to

foster public education and intelligent conservation, and to encourage and support studies and research activities in those fields. All proceeds from the shell show fund research and educational grants to various institutions and museums.*

Volunteers Needed For Mangrove Project

Coastal Watch and the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab are teaming up for a mangrove planting project on Hemp Key in Pine Island Sound. Volunteers are needed to collect red mangrove propagules for the restoration effort, which will take place on Friday, November 6.

Volunteers can pick up five-gallon buckets for mangrove propagules at Sanibel Sea School, 455 Periwinkle Way, or SCCF Marine Lab, 900 Tarpon Bay Road. The best location for collecting propagules is along Dixie Beach Boulevard, but you can also collect them from the beach if they are not dried out and brown. The best propagules will be green with no brown spots or wrinkles. The filled buckets can be dropped off at the SCCF Marine Lab or Sanibel Sea School no later than, Wednesday November 4.

Planting on November 6 will include loading buckets of propagules onto the R/V *Norma Campbell* at the SCCF



Red mangrove propagules photo provided

Marine Lab and a one-hour boat ride to Hemp Key for planting. Planting mangroves is labor intensive and can take up to four to five hours in the hot, subtropical climate. Space is limited to 10 volunteers. If you are interested in planting, email Kealy McNeal at coastalwatch@sanibelseaschool.org.*

Community House Hearts Club



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\$5.00 donation



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sanibelcommunityhouse.net


The Community House
SANIBEL COMMUNITY ASSOCIATION

FISH Providing Thanksgiving Meal Baskets

Thanksgiving is a day to celebrate abundance and give thanks with family and friends. This year, however, the holiday will look and feel different as travel restrictions continue and cautionary measures are still in place for large group gatherings. The impacts on islanders' livelihoods due to the pandemic brings increased financial and emotional strain as the holiday season approaches.

As in years past, FISH of SanCap will distribute bags of stuffing, rolls, fresh and canned vegetables, pies and a gift card to purchase a turkey or other holiday protein for the Thanksgiving holiday. Bailey's General Store has donated the bags for the program. FISH is accepting Thanksgiving food donations through November 20 at the FISH Walk-In Center, located at 2430-B Periwinkle Way on Sanibel.

Last year, FISH distributed over 130 baskets to community members and this year, an increase in requests is expected. Volunteers, using COVID-19 precautionary measures such as facemasks, hand sanitizing and social distancing, will assemble baskets at the FISH Walk-in Center. Distribution will take place by appointment between 10 a.m. and 4 p.m. on Monday and



image provided

Tuesday, November 23 and 24, and from 9 a.m. to noon on Wednesday, November 25. Delivery is available.

"We are pleased that we can provide this program to those needing a hand up during the holidays. With such uncertainty in the air, it warms my heart to know that we can help," said Maria Espinoza, FISH food program director. FISH will collaborate again with the Saint Michael and All Angels Episcopal Church Women, who, over the years, have donated pies for each basket.

If you or a family you know is in need of a holiday food basket, contact Maria Espinoza at 472-4775.

FISH works through donations, and, with its staff, provides assistance to residents, employees and visitors of Sanibel and Captiva. To learn more about the programs and services, contact Alicia Tighe Orgera, executive director, at 472-4775 or visit www.fishofsanicap.org.

Community House Events

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

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

Anita Force Marshall will teach a class on Letting Loose with Watercolors on Tuesday, October 27 at 9:30 a.m. Participants will learn how to paint a sunflower. Cost is \$30 for members and \$35 guests. Beachcomber paint kits can be rented for \$10.

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

There will be a Halloween Trick or Treat drive-by on Friday, October 30 with three candy and prize pick-up stations. Staff will be wearing masks and gloves. Sign up for one of the following time slots: 3:30 to 4:30 p.m.; 5 to 6 p.m. or 6:30 to 7:30 p.m. Candy donations are appreciated.

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

this time.

Every Tuesday from 9 a.m. to noon, Sanibel Bridge Club plays cards. Bringing a partner is suggested, but not required. This is not sanctioned or duplicate. All are welcome, \$5 suggested donation.

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

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

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

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

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

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

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

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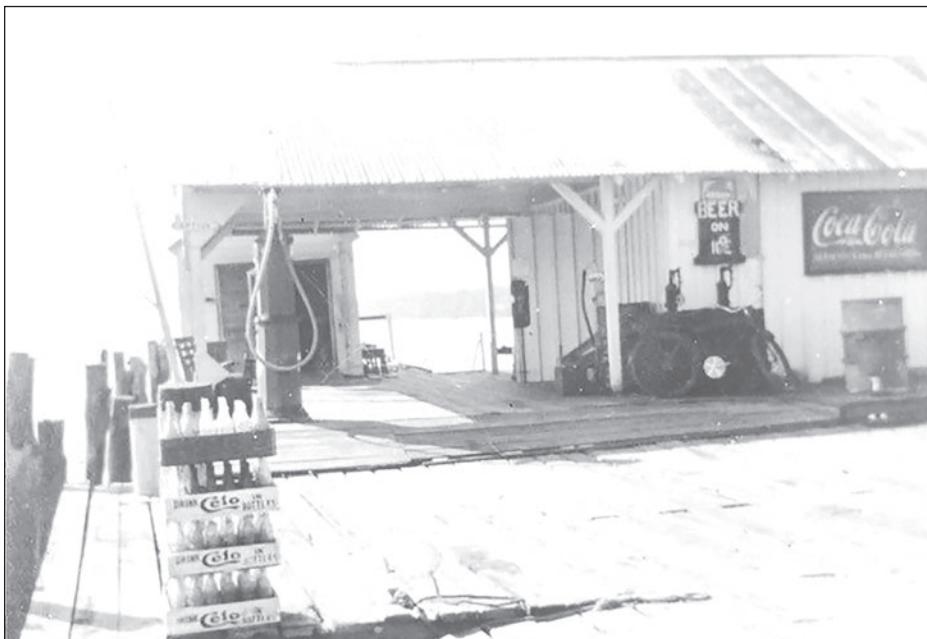
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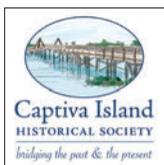
Andy's Dock

photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society
Landmark:
Andy's Dock

This week's image depicts the original "Andy's Dock" (Andy Rosse, pre-1940).

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages



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

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

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Shabbat services at 7:30 p.m. every Friday and Shabbat morning classes at 9:45 a.m. every Saturday morning beginning October 17 on Zoom (email batyamsanibel@gmail.com to request the Zoom links). Food and paper drive donation drop-offs on the first Thursday of each month from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs, Cantor Murray Simon, President Michael Hochschild, www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

CAPTIVA CHAPEL BY THE SEA

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

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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



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Rutland House

photo provided

Historical Village Now Open

The Sanibel Historical Village is now open for visitors Tuesday through Saturday from 10 a.m. to 4 p.m. The gift shop is open from 11 a.m. to 3 p.m.

“After being closed for many months in this difficult year, we are so happy to be able to welcome visitors once again,” said Emilie Alfino, executive director. “We are working to plan our events for the season and hope to have a schedule available soon. Our board has decided to cancel our annual gala fundraiser because this year has been so challenging for everyone. We’re planning several Twilight Talks, but the dates, times and locations are yet to be finalized.”

All visitors and staff are required to wear masks and observe social distancing. Docent-guided tours are suspended until further notice. Guided tours are available by advance registration only. Tours must have a minimum of six people and a maximum of 10 people, and masks are required. To schedule a tour, call Jan Symroski at 472-1856. As always, guests can self-tour using written guides and audio recordings available in

every building. Docents will be on hand to assist and direct people. Enhanced cleaning procedures are in place, and hand sanitizer is available in all buildings. Hands-free water stations are also available, with collapsible water bottles for sale.

The Sanibel Historical Village is located at 950 Dunlop Road on Sanibel, next to BIG ARTS. Admission is \$10 for adults over age 18; no charge for members and children. There is handicap access. For more information or to make a donation, visit www.sanibelmuseum.org.

Notice To Rental Property Owners

At the September 14 Sanibel City Council meeting, the deadline for a dwelling rental license and registration application packet was reinstated. The deadline to register is Friday, October 30.

If you have any questions relating to the dwelling rental license and registration application packet, email code.enf@mysanibel.com or contact the community services department, planning branch at 472-4136.

a drawing for a magnum of 2008 Dom Perignon, worth \$550. Tickets are \$25 or five for \$100.

Boxes will be ready on Friday, November 13 for touchless, drive-by pickup at the Bailey Homestead, Native Landscapes & Garden Center, 1300 Periwinkle Way on Sanibel. Reservations are required by Friday, November 6.

To order your party box and/or purchase 50/50 tickets, log on to www.winesinthewildsccf.com. A box for one person is \$130; for two people, it's \$210 per box.

Funds raised support SCCF's mission, which is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. Community support through membership dues and tax-deductible contributions, in addition to grants and staff-generated revenue, makes this work possible. SCCF is a 501(c)3 nonprofit.

From page 1

Wines In The Wild

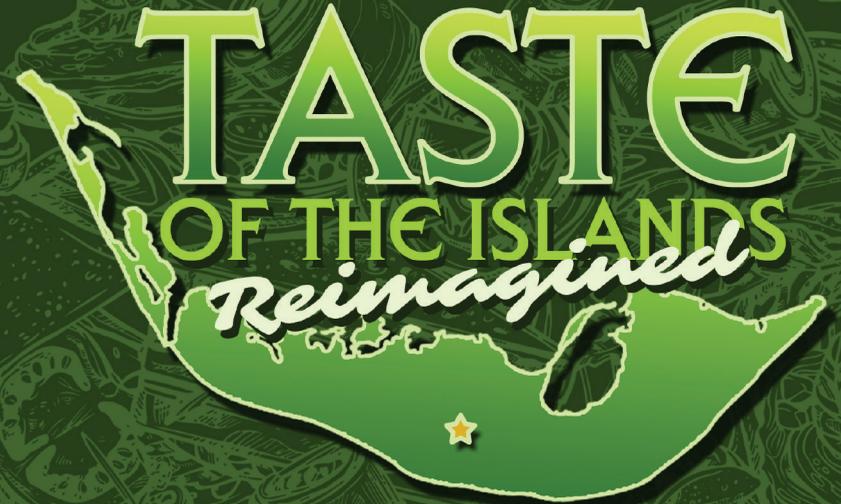
looking forward to connecting with our friends via Zoom on November 13 and tasting the food and wine selections included in the party box together.”

Each party box will feature four savory dishes from Sanibel's finest kitchens – Catering by Leslie Adams, Cielo, Spoonrift and Sweet Melissa's Cafe. Also included will be a bottle of white and a bottle of red wine specially chosen by Calli Johnson of Bailey's General Store, plus other celebratory elements, including dessert.

A new feature of this year's fundraiser is a 50/50 + 10 Drawing. In addition to the traditional 50/50 cash drawing, there will be chances to win one of 10 lots of five bottles of wine, each lot valued at no less than \$160. As an added bonus, each \$100 purchase will get one chance for

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THE RIVER WEEKLY NEWS

OBITUARY



EDWARD BENEDICT GODWIN

Edward Benedict Godwin passed away peacefully on October 19, 2020 at his Sanibel home after a long illness. Devoted husband, father and grandfather, Ed is survived by Chris, his wife of 49 years, their two daughters, Mary Ann and Amy, of whom he was most proud, two fine sons-in-law, Cesar Martinez and Laurent Coussa, and the heart of his heart, granddaughter Isabella.

From vacationer to snowbird to full-time resident, Ed delighted in Sanibel, its sunsets and causeway, BIG ARTS

programs, Island Writers Reads, Sanibel Library and, most of all, the family of friends at Captain's Walk.

A lifelong learner, Ed's interests included politics and history, family genealogy and DNA research, here and in Ireland's Sligo and Galway; travel, especially to Florence, Rome and the Vatican, Sicily; Spain's treasures, the Alhambra, Barcelona and Gaudi's Familia Sagrada; and all of Greece and England, ancient and modern.

A leader in education and the community, Ed was professor emeritus of English and taught for 35 years at Orange County Community College, Middletown, New York. His classes in Shakespeare, philosophy and British literature were always challenging and invigorating. Ed was committed to service both in his profession and community. He was the college's Faculty association president (five terms), where he fought for fair labor negotiations and practices, setting precedents now held statewide. He was a lifelong member of the National Education Association and participated in the college's programs, especially children's theater, *Remembering The Holocaust* and *Finding Our Voices: Women & Creativity*.

In the community, Ed was president, board of education, Greater Middletown New York School District. He also served on the ethics committee, Middletown Psychiatric Center; and was president of Middletown's Friends of Thrall Library. He was lector and eucharist minister, St. Joseph RC Church and Orange Regional Medical Center, Middletown, attended

daily mass at National Shrine of Our Lady of Mt. Carmel, and was a member of St. Columbkille Catholic Church, Fort Myers, Florida.

Born in Depew, New York in 1936, Ed grew up in Elmira, New York, where he and his brothers worked with their dad as steeplejacks and roofers. A graduate of Elmira Free Academy, he attended the Rochester, New York Junior Seminary, earned a BA in English from LeMoyne College, his MA from University of Buffalo, and completed post-graduate

study in Shakespeare, Wroxton College, England. After service in the U.S. Army in Stuttgart, Germany, he worked for Sperry Rand on the first computers. Later, he earned a certificate in Technical Communications for Teachers, Rensselaer Polytechnic Institute.

Contributions in Ed's memory may be made to Hope Hospice, 9470 HealthPark Circle, Fort Myers, FL 33908. Because of COVID-19, a Mass of Resurrection will be private; burial will be at a later time in New York.✧

CELEBRATION OF LIFE

There will be a Celebration of Life service for Sanibel resident Benjamin Miller at Sanibel Community Church on Saturday, November 7 at 10 a.m. An individually plated meal will follow the service. Indoor and outdoor seating will be available. Social distancing rules will apply.

Benjamin was the honorary chair of Trailways Camp for adults with special needs; an inspiration for bringing Night to Shine, sponsored by the Tim Tebow Foundation, to Sanibel Island; a member of Sanibel-Captiva Lions Club; participant in Special Olympics; and many other community activities. His mission in life was to love God and love people. All are welcome.

Sanibel Community Church is located at 1740 Periwinkle Way, next to Jerry's Market.✧



Benjamin Miller



**ATTENTION
ALL OWNERS
OF RENTAL
PROPERTY
ON SANIBEL**

**DWELLING RENTAL LICENSE AND
REGISTRATION APPLICATION
SUBMISSION DEADLINE REINSTATED**

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

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

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



Sanibel Historical Museum & Village



VOLUNTEERS NEEDED

At the Sanibel Historical Museum & Village, an island institution since 1984

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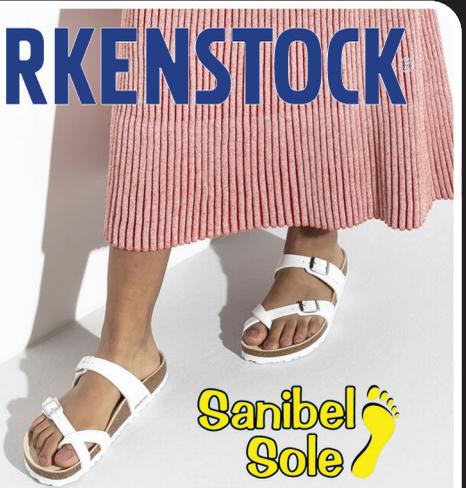
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New Director Of Natural Resources

Sanibel City Manager Judie Zimomra announced that Holly Milbrandt has been appointed to the position of director of natural resources. Upon her appointment, Milbrandt said, "I consider myself very fortunate to work for a community that places such tremendous value on the protection and preservation of its natural resources and am excited to serve the citizens of Sanibel as director of natural resources."



Holly Milbrandt

Milbrandt serves on the Science Coordination Group for the South Florida Ecosystem Restoration Task Force, the C-43 West Basin Storage Reservoir Water Quality Treatment Component Working Group, and the Coastal and Heartland National Estuary Program (CHNEP) Technical Advisory Committee, and has completed training in prescribed fire operations, geographic information systems (GIS), FWC authorized gopher tortoise agent, and FEMA intermediate and advanced incident command systems. She was voted Employee of the Quarter by her peers in 2007.✪

New Tool To Report Gopher Tortoise Sightings

The Florida Fish and Wildlife Conservation Commission (FWC) has launched a new interactive web application to promote science-based gopher tortoise conservation efforts. This new system replaces the Florida Gopher Tortoise smartphone app, which has been decommissioned. The new user-friendly web-based application is designed to function on any device. The City of Sanibel Department of Natural Resources encourages anyone who sees a gopher tortoise on Sanibel to participate in this reporting program and contribute to the State Gopher Tortoise Database.

Visit <https://myfwc.com/wildlifehabitats/wildlife/gopher-tortoise/?redirect=gophertortoise> to read about the program and report a sighting.

Sanibel Island sustains a sizeable population of gopher tortoises, which inhabit the island's conservation lands, residential neighborhoods and commercial properties. Due to the upland habitat requirements of the gopher tortoise and potential conflicts with human development activities, the species has experienced an 80 percent decline in population and is listed as a threatened species, protected by both state and local laws.

Gopher tortoises are considered keystone species and their burrows provide homes for more than 350 species native to Florida including the state-threatened eastern indigo snake.

To protect the community's gopher tortoises and gopher tortoise habitat, Sanibel property owners can:

Plant native vegetation for gopher tortoises to feed on;

Maintain open areas in your yard by trimming back woody vegetation that can "shade out" gopher tortoise burrows;

Leave existing gopher tortoise burrows undisturbed; avoid mowing, driving, or other activities that could cause disturbance directly around a tortoise burrow.

For more information regarding gopher tortoises on Sanibel, you can contact the City of Sanibel's Natural Resources Department at 472-3700 or visit the city's website at <http://www.mysanibel.com/Departments/Natural-Resources/Wildlife-Information/Gopher-Tortoises2>.✪

City Accepting Resumes For Council Seats

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

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

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

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

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

Clarification, Correction

by Wendy McMullen

At its October 6 meeting, Sanibel City Council directed staff to prepare an ordinance regarding parking fines for introduction at the next city council meeting.

The ordinance will require two public hearings and a vote by city council prior to being effective.

Signs related to the temporary parking fines, including the two on Causeway Boulevard, were removed the evening of Friday, September 25, when Gov. Ron DeSantis declared all fines related to COVID-19 executed by local governments invalid.

During the October 6 council meeting, it was stated that it was Councilman Jason Maughan's seat that becomes open in October and Mayor Kevin Ruane's seat that becomes open in November, not the other way around as indicated in the October 9 issue.✪

From page 1

Panel Discussion

island's interior wetland system and the Sanibel Slough requires an intricate balance to maintain flood control, water quality and wildlife habitat.

The virtual panel will include James Evans, MS, SCCF environmental policy director, who joined the city in 2000 and served as director of natural resources for the last seven years before taking on his current role with SCCF in September. He will be joined by former colleagues from the city including Keith Williams, MBA, PE, director of community services and city engineer, and Holly Milbrandt, MS, director of natural resources. The panel will be moderated by SCCF CEO Ryan Orgera.

The panel will explore the rich history and science used to develop the current water management policy, the status of the water quality within the Sanibel Slough, state water quality requirements, and opportunities for reducing stormwater runoff and improving water quality. There will be time for questions following the Zoom presentation. For more information, visit www.sccf.org.✪

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The Island Sun will correct factual errors or matters of emphasis and interpretation that appear in news stories. Readers with news, tips, comments or questions, call 239-395-1213; or write to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957. FAX number: 239-395-2299.

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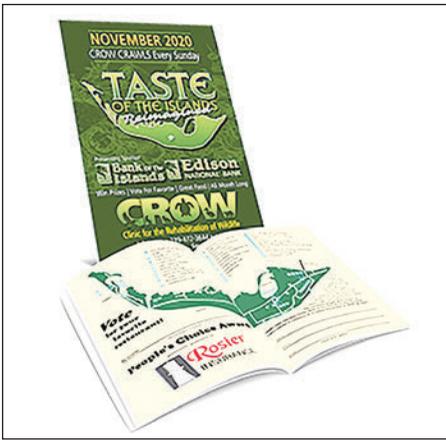
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Taste of the Islands passport

image provided

Taste Of The Islands Passports Now On Sale

Taste of the Islands passports are now available for purchase. In lieu of an admission to the event, participants can purchase a passport with a listing and map of participating restaurants along with the selection of items offered by each restaurant. Restaurants will stamp or punch the passport so patrons can track their progress. Only passport holders are eligible to vote for their favorite restaurant to win the coveted People's Choice Award. Turn in your ballot and you will also be entered into a drawing for prizes including vacation stays, jewelry and gift certificates.

"Look at this Taste as a marathon not a sprint," said Alison Charney Hussey, executive director for CROW. "I challenge our supporters to meet me over a menu and visit every restaurant during the month, just as I intend to do. It may take 30 days to visit all 30 restaurants but I believe it can be done."

Passports are available at the Clinic for the Rehabilitation of Wildlife (CROW) Visitor Education Center, all Bank of the Islands and Edison National Bank locations, Bailey's General Store locations and Huxter's Market & Deli. Diners can also purchase their passports at any of the participating restaurants throughout November or purchase them online at www.crowclinic.org for pick up at the

Sanibel and Captiva Islands Chamber of Commerce or the CROW Visitor Education Center.

The 39th Taste of the Islands kicks off on Sunday, November 1. Each participating restaurant will be offering "Taste" items to showcase their cuisine throughout the month of November. A portion of the proceeds from designated food and beverage sales will be donated to CROW. "Taste" items will be available for dine-in or take-out.

"The health and safety of our community is a top priority," said Hussey. "We are excited to be able to encourage diners to come to the islands and visit the restaurants, but also encourage carry-out options for those who want to support the event while social distancing to limit the risk of exposure to COVID-19."

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

The first CROW CRAWL on November 1 will feature restaurants on Captiva including the Crow's Nest, Old Captiva House, Lazy Flamingo, Sunset Grill, Doc Ford's Rum Bar & Grille, The Green Flash and The Mucky Duck. A complete list of restaurants and each Sunday's CROW CRAWL is on CROW's website.

Bank of the Islands/Edison National Bank is the Presenting Sponsor for the 11th year in a row. FOX 4 is Lead Media Sponsor, The Silverman Organization and VCA Sanibel Animal Hospital are Executive Chef Sponsors, Jensen's Marina & Cottages, The Inns of Sanibel, Rapid Response Team of Fort Myers and Royal Shell are Sous Chef Sponsors, and *The News-Press/Local10*, *Happenings Magazine*, *Island Sun* and *The River Weekly News*, *The Sanibel-Captiva Islander/Island Reporter*, and *Santiva Chronicle* are Supporting Media Sponsors.

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

From page 1

'Ding' Darling

experience to so many," said Kevin Godsea, acting refuge manager. "Either directly or indirectly, the number of people who benefited from his service is immeasurable. We will miss him."

Combs started working at "Ding" Darling on December 8, 1996 as an interpreter. He transferred to the Assateague Island National Seashore to work for one summer in 1997, but returned that fall permanently. During his years at the refuge, Combs filled roles as fee collector, educator, and overseer of permits, contracting and concessions. He also assisted the maintenance and biology departments.

He will be most remembered for his position as volunteer coordinator, however. Training, scheduling and

working with more than 300 volunteers brought the respect of everyone associated with the refuge. He was protective of his "worker bees," and each year was in charge of planning a volunteer holiday party and end-of-season awards luncheon.

"Jeff is like this refuge icon," said Toni Westland, supervisory refuge ranger, who has worked with Combs for 10 years. "The volunteers just love him. And he is an expert on so many facets of wildlife and refuge management. The refuge will definitely be a different place without Jeff Combs."

"Jeff was absolutely dedicated to making sure every one of the refuge's nearly one million visitors each year had the best experience possible," said Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge. "He is one-of-a-kind - tough shoes to fill."*

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Corps Releases Lake Water To River Estuary

submitted by Chad Gillis, SCCF Policy Advocate

The U.S. Army Corps of Engineers started releasing water to the Caloosahatchee on October 14, sending freshwater flows that will further disrupt salinity balances in the river's estuary.

Flows to the Caloosahatchee will be at the maximum allowed level, with 4,000 cubic feet per second (cfs) coming from Lake Okeechobee. The St. Lucie area will see 1,800 cfs, according to the Army Corps.

"We are very concerned about the Corps' decision," said James Evans, Sanibel-Captiva Conservation Foundation (SCCF) environmental policy director. "With current watershed flows, we can expect to see discharges approaching 6,000 cubic feet per second, more than two times the ecological harm threshold established for the estuary."

Army Corps Col. Andrew Kelly said the agency has tried in recent weeks to hold off on releases but that the time to dump water from the lake has come.

"We need to release water out of Lake Okeechobee and stabilize that rate of rise," said Kelly, commander of the Army Corps Jacksonville office.

Both the Caloosahatchee and St. Lucie rivers were artificially connected to Lake Okeechobee in order to drain the



Moore Haven Lock and Dam on the west side of Lake Okeechobee photo courtesy SCCF

Everglades for development and farming. The rivers act like a flood plain for Okeechobee. Lake releases can impact everything from water quality to the tourism industry.

The U.S. Army Corps of Engineers manages lake levels and has typically kept the surface of the lake between 12.5 and 15.5 feet above sea level to provide flood protection and water for farming and natural systems like the Caloosahatchee.

The surface of the lake was 16.2 feet above sea level on October 13, according to Army Corps records. Flows to the river are measured at two primary locations: the edge of the lake, where the water from Okeechobee is released, and a

structure that's often referred to as S-79, also known as the WP Franklin Lock and Dam.

The Franklin Lock is the eastern edge of the estuary, with coastal islands like Sanibel and Captiva being located at the western boundary of the brackish system. Flows to the river have been in the healthy range (between 750 cfs and 2,100 cfs as measured at the Franklin Lock) for much of the summer.

SCCF and other groups asked the Army Corps to hold off on releases since the rainy season should end soon, and meteorologists from various forecasting outlets are calling for drier, La Nina conditions in the short term. Flows at the

lock dropped below 900 cfs during the week of October 12.

The National Oceanic and Atmospheric Administration, or NOAA, is calling for equal chances of above- or below-average rain between now and the end of the year. Excess lake water will only worsen river conditions, according to local scientists.

"Additional flows to the estuary would continue to bring the plume of fresher water to the causeway islands and possibly to Lighthouse Beach Park," said Eric Milbrandt, SCCF Marine Lab director. "Flows from Lake Okeechobee could also bring more turbidity and nutrients to the lower estuary as well as lower salinities."

Milbrandt said the higher flows will be detrimental to various aquatic organisms and grasses.

"Today (October 14), salinities are around 25 in the lower estuary, 35 in the Gulf of Mexico, and 15 near Shell Point," he said. "Salinity levels below 25 are harmful to turtle grass and manatee grass. Lower salinities also cause mortality in oyster larvae which can prevent re-seeding of existing oyster reefs."

Kelly said the Army Corps expects to release water for several weeks.

"I anticipate it being close to a month," Kelly said. "And I've got nothing that dissuades me from that in terms of an estimate, but we need to reduce or stop the flows as soon as we can."

Visit <http://sccf.org/our-work/join-our-mailing-list> to sign up for weekly Caloosahatchee & Estuary Condition Reports.*



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Plant Smart

Florida Fungus

by Gerri Reaves

Being smart about plants sometimes involves knowing what makes a plant a plant – or not. Such is the case with Florida fungus (*Clathrus crispus*).

The traditional five animal kingdoms classify living things mostly on appearance, a reason why mushrooms and other fungi (including molds, yeasts and mildews) have been considered plants.

It's natural to think of fungi as plants because they are found on the ground or growing plant-like on a tree, log, or other surface – the way epiphytes do. The one pictured here was growing on top of mulch under a tree canopy.

However, in recent decades, scientists have classified this fungus genetically, revealing that it is more closely related to animals than plants.

Unlike plants, mushrooms do not produce food through photosynthesis but instead feed on living or dead organic matter.

As the name implies, this orange-red wonder is native, and it's found mostly in the Gulf Coast states.

If you've never seen one, the fungus's short life might be a reason. It appears overnight but only after plentiful rains.

Amazingly, it can reach baseball size but lasts for only for a day or two. It is a member of the stinkhorn family of fungi and is a saprobe, a type of fungi that



Flies and other insects are attracted by the odor of the spore-bearing slime along the rim of Florida fungus' lattice openings. Note the fly on the lower edge of the right opening photo by Gerri Reaves

eats decaying or rotting plant matter.

It has many circular openings rimmed by grooves coated with a brownish or olive-green sticky slime.

Soft, spongy, hollow "arms" form the lattice-like structure that some sources compare to a Wiffle Ball – thus another common name, Wiffle Ball stinkhorn. Another name is lattice stinkhorn.

That stickiness is the gleba, the fleshy odiferous spore-bearing mass that attracts flies and other insects that then spread the spores.

While insects like the fungi's odor, most people find it repellant.

This stunning visible part of the fungi is only the fruit of the mushroom. Just beneath the soil is a network of filaments.

It can appear any time of year, provided there's sufficient moisture, and is usually found in woody debris or lawns.

As you do your yardwork, keep your eyes open for what's on the ground. You might be treated to the sight of this bizarre and beautiful stinky fungus.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al., www.medium.com, www.mushroomexpert.com, and www.newscientist.com.

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

Draft Proposal Approved For Flounder Fishery

The Florida Fish and Wildlife Conservation Commission (FWC) has approved draft changes to the management of Florida's flounder fishery including several updates that were made since the first draft rule proposal presented in July. The changes will be brought back to the commission in December for final consideration.

A recent stock status update suggested that the flounder fishery statewide has been in a general

declining trend in recent years. It is likely overfished and undergoing overfishing on the Atlantic coast of Florida. Other south Atlantic and gulf states have also reported declines in flounder populations and have been making their own regulation changes.

FWC has been working with stakeholders to gather input on this fishery through workshops, online commenting and other resources.

Draft rule changes include: Extend all FWC flounder regulations into federal waters;

Increase minimum size limit from 12 inches to 14 inches total length (recreational and commercial);

Reduce recreational bag limit from 10 to five fish per person;

Establish an October 15 through November 30 recreational closed season;

For commercial harvesters using allowable gear: establish a commercial trip and vessel limit of 150 flounder from December 1 to October 14, and 50 flounder from October 15 to November 30;

Modify the incidental bycatch limit for commercial harvesters using non-allowable gear from 50 pounds to 50 fish;

Create a federal waters trawl bycatch limit of 150 flounder from December 1 to October 14, and 50 fish from October 15 to November 30.

To share your input on this draft proposal or to see more about what items the FWC Division of Marine Fisheries Management is working on, visit www.myfwc.com/saltwatercomments.

Learn more about flounder regulations at www.myfwc.com/marine.*

City Seeks Photos Of Local Veterans

To properly salute veterans in the community on Veterans Day, November 11, the City of Sanibel and Lee Coast Chapter Military Officers Association of America are asking every Sanibel veteran to email a photo (current, in uniform, or both) with your name and branch of service. Email photos and information by midnight, Wednesday, October 28 to sanibelveterans2020@mysanibel.com.*

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American Legion Post 123

American Legion Post 123 is cookin' with a steak fry every Friday. Barbecued ribs and chicken are the special for Sunday, October 18. The following Sunday, October 25, it's stir fry. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesdays.

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

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

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

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

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

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

Community House Fall Festival With A Twist

This year, The Community House will be hosting its Fall Festival with a Twist. The event will be held on Friday October 30, the night before Halloween. Trick-or-treaters, including their pets, can hop in the car and have a parent or guardian drive them around The Community House from 3:30 to 4:30 p.m., 5 to 6 p.m. or 6:30 to 7:30 p.m.

There will be three different candy collection stations. A bag of candy will be distributed with contactless delivery at each stop by a person wearing a mask and gloves.

A scavenger hunt will be included this year. Leading up to October 30, trick-or-treaters can take pictures with their phones or devices of various items such as 122 Periwinkle Way, a jar of seagrape honey, or an ibis. The complete list can be found at www.sanibelcommunityhouse.net. Prizes will be awarded for photographing eight or more on the list.

If you don't feel comfortable coming by in person, you can submit your photo for the costume contest. The categories are: Family; 16 and Under; Group Themes; Pet; and Individual. Voting will be open until November 2.

Chef Jarred Harris will be sharing tips virtually on how to carve a pumpkin and create a fall cocktail; available online.

The Community House thanks this year's sponsors, Sandy and Judy



Montclare, Friends Who Care and Sanibel Captiva Community Bank.

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

Night To Shine Is Going Virtual

Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older. The event is sponsored by the Tim Tebow Foundation and will be hosted for

the third year in a row by Sanibel Community Church. The virtual event will be held on Friday, February 12.

The new virtual format created by the Tim Tebow Foundation will allow guests to celebrate the evening in a safe manner, given the ever-changing nature of the global pandemic, and still be crowned king or queen of the prom. Volunteers will be creating and delivering supplies to the homes of those registered to participate as guests and caregivers. Tim Tebow will deliver a personal video message during the evening, via the Internet, into the homes of those participating virtually. Some surprises will be revealed leading up to the in-home event.

Guest and volunteer registration for

Sanibel Community Church participants will open online beginning Monday, November 2 at www.sanibelchurch.com.

Information and updates can be followed on the Sanibel Church Night to Shine Facebook page.

In 2020, in just one night, 721 churches from around the world came together to host Night to Shine for approximately 115,000 honored guests through the support of 215,000 volunteers across all 50 states and in 34 countries. Sanibel Community Church joined in the worldwide movement with 120 registered guests, 100 caregivers, approximately 200 volunteers, and more than 15 supporting businesses and organizations.*

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FISH FACTS

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Fabulous Fall Fishing



by Capt. Matt Mitchell

Fall fishing continues to be nothing short of amazing. With so much bait throughout our area, fish are feeding hard as they pack on the weight before the

arrival of winter. Wide open blitzes of feeding fish out along the beaches are becoming more and more common. In the sound, both snook and redfish fishing is also on fire.

With the annual arrival of white pelicans (snowbirds) already starting, this is a sure sign that winter is on the way. The change of season, no matter how subtle it seems to us, has the fish on the hungry and on the move. Out along the beaches, huge schools of bait have begun the annual migration south. Mixed in with this bait are the predators that feed on it. Bonita, mackerel, bluefish, sharks and tarpon smash through this seemingly never ending bait buffet. Grass flats in the sound are also covered with shiners and, although the predators are different here, it's the same thing just on a smaller scale.

Strong gusty northeast winds most of the week gave us some of the lower tides we have seen in a long time.

Deeper water channels had the fish stacked up in big numbers. Snook, redfish, trout, jacks and snapper were caught in all in these same areas. Chumming lots of live shiners in these channels had the fish fired up and eating on the surface. These fish always feed on a moving tide, so concentrate on shorelines that have wind and tide moving in the same direction.

As the tides got higher, I have been switching it up and fishing oyster bars. Picking an oyster bar with the right set-up of wind and tide has made all the difference. Even though I caught fish on one bar yesterday, it certainly has not meant the fish will be there today. Going from bar to bar, I notice it only takes a few casts to see if the fish are there. We have oyster bars throughout the whole sound, so finding the right one is just a matter of moving around. Seeing mullet working the oyster bar is a great sign that you're in the right place.

Fall brings us some of the most diverse and exciting fishing we have all year. Not only do we have our regular inshore species, we also have all the pelagic species moving down the coast. Options are almost endless. When conditions are right, the ability to bounce between the bay and the beach will bring a crazy amount of variety.

*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. **



A 33-inch birthday snook for Mr. Oden from Arizona, caught while fishing with Capt. Matt Mitchell photo provided

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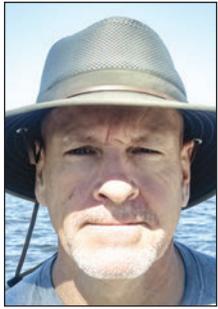


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CROW Case Of The Week:

Merlin



by Bob Petcher

The merlin (*Falco columbarius*) is a smaller raptor that is known for its ferocity and rapid wingbeats. They cruise at high speeds to pursue smaller birds.

These raptors boast a powerful build with a compact body, broad streaked chest, sharply pointed wings and a good-sized tail. They are not shy about perching in open areas while hunting for prey.

Merlins are not nest builders. Rather, they will take over crow nests or abandoned nests. When not chasing birds, merlins go after large insects, dragonflies, rodents, bats and reptiles.

At CROW, an adult merlin was found on Sanibel with what appeared to be an injured wing. Upon examination, the bird was found to have suffered head trauma and soft tissue injuries around its right elbow. After x-rays showed no fractures in the patient's wing, the bird was treated with anti-inflammatory and pain medications. The patient began receiving force feeds as well as a body wrap to help decrease the wing droop, and it started physical therapy to increase the wing's range of motion.

"The patient was not eating, which is a common occurrence in birds with body



Patient #20-4652 is now spending time outdoors with less stress photo by Brian Bohlman

wraps on due to constricted motion, and patients with injuries due to discomfort," said Dr. Melanie Peel, CROW veterinary intern. "Stress can also be factor, thus all three may have played a role in this patient. Force feeds in avian species entail placing food in the mouth or crop of a bird."

The patient was relieved of its body wrap after a few days but continued to receive physical therapy.

"The body wrap was only placed to help keep the wing in a normal position while the bruising around the elbow resolved," said Dr. Peel. "We performed physical therapy once a day or every other

day while the wrap was replaced to help keep the joints moving normally and with full range of motion."

To encourage the patient to eat on its own, it was offered many different diet options and has reportedly started eating on its own. It was also recently moved to an outdoor enclosure.

"The merlin was offered a wide variety of diet options including mice, rat pieces, quail, sparrow and insects," said Dr. Peel. "This patient ate on his own a few days ago for the first time when offered sparrow, and now has been eating his entire diet consisting of mice."

Meanwhile, the head issues the patient

suffered appear to be over.

"The head trauma signs have resolved. The patient shows no changes in mentation, stability or behavior," said Dr. Peel. "At this time, the only injury necessitating rehabilitation is the wing."

Like with many bird patients, the merlin has been moved outdoors for fly time.

"The patient was moved outside to lower stress and allow for self-guided physical therapy. The merlin has taken short flights and has increased strength. The wing droop is mild and has improved greatly since initial presentation," said Dr. Peel. "These birds need perfect or nearly perfect flight due to their eating and behavior patterns, therefore, his prognosis is still guarded, but the patient is showing vast improvements."

The merlin appears to be on the upswing.

"The patient is doing very well. Patient is eating, perching, carrying wing in a more normal position and attempting short flights," said Dr. Peel. "The patient will need to exhibit consistent improvements and will move to larger and larger cages to assess for flight. There are no plans for release yet but hopefully, over the next days to weeks, the patient will continue moving in the right direction."

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

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Shell Of The Week

Waxy Mangelia



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

One more member of the large family Mangeliidae, *Cryoturris cerinella* Dall, 1889) reaches

about 12 mm (about 0.5 inch) in length. The shell is very elongate, tower-shaped, with a sculpture of seven to eight strongly angled ribs crossed by fine spiral threads. The aperture spans only about one-fourth to one-fifth of the shell length. The shell color is yellowish-white, changing to (very) light-orange on last whorl. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

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



The Waxy Mangelia, *Cryoturris cerinella*, from Sanibel

photo by James F. Kelly



Leatherback sea turtle hatchling photo courtesy Florida Leatherbacks, Inc

SCCF Evenings At The Homestead

The Sanibel-Captiva Conservation Foundation (SCCF) Evenings at the Homestead speaker series will be held virtually via Zoom. Registration details will be coming soon. The lineup is:

Tuesday, November 17, 7 p.m. – Florida’s Living Dinosaurs: Monitoring Florida’s Endangered Leatherback Sea Turtles with Kelly Martin and Chris Johnson of Florida Leatherbacks, Inc.

Thursday, December 17, 7 p.m. – Understanding the Critically Endangered Smalltooth Sawfish with Gregg Poulakis of Florida Fish and Wildlife Conservation Commission (FWC).

Wednesday, January 20, 7 p.m. – Sand Dunes: A Global & Local Perspective with Patrick Hesp of Flinders University, Australia.

March (date and time TBD) – Florida’s Fire Ecology with Reed Noss of Florida Institute for Conservation Science.*



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'Ding' Darling Film Series Lineup

The 9th annual "Ding" Darling Wednesday Film Series kicks off its biweekly showings this winter with a schedule of seven films from January 20 through April 14. The films explore natural topics – from the world's largest and rarest bird of prey, and conservation activist Rachel Carson; to food waste, and man's interference with the Florida Everglades.

One of the season's highlights, *The Swamp*, on February 3, chronicles repeated efforts to transform the Florida Everglades into an agricultural and urban paradise, ultimately leading to a passionate campaign to preserve America's greatest wetland.

In honor of International Women's Day in March, *A Sense of Wonder* celebrates the life and conservation achievements of Rachel Carson, whose book *Silent Spring* drew attention to the tragic effects of pesticides on wildlife.

"Ding" Darling Wildlife Society (DDWS)-Friends of the Refuge hosts the free film showings in the "Ding" Darling Visitor & Education Center with sponsorship from Sanibel Captiva Beach Resorts (SCBR). Seating is distanced, limited and on a first-come basis.

All films begin at 1 p.m. A short discussion will follow each film. The season schedule is:

January 20 – *The Smog of the Sea*
February 3 – *The Swamp*



From left: Sierra Hoisington, DDWS development officer and series organizer; Rick Boyd, general manager of Beachview Cottages and Castaways Beach & Bay Cottage; Rene Affourtit, SCBR CFO; Laurent Bosc, SCBR food and beverage director; Doug Babcock, SCBR vice president and CEO; and Erin Myers, "Ding" Darling deputy refuge manager photos provided

February 17 – *Bird of Prey*
March 3 – *A Sense of Wonder*
March 17 – *Just Eat It*
March 31 – *Science Fair*
April 14 – *Urban Roots*

For more information, visit www.dingdarlingsociety.org/articles/lecture-and-film-series.

As a nonprofit organization, DDWS works to support JN "Ding" Darling National Wildlife Refuge's mission of conservation, wildlife and habitat protection, research and education through charitable donations and Refuge Nature Shop profits. To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 472-1100, ext. 4, or dindarlingsociety@gmail.org.



A scene from *The Swamp*

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Samantha Chang working on an illustration of a Sanibel rice rat in her home studio in San Ramon, California photo provided

Intern Creating Artwork For SCCF Trail Signage

Earlier this year, Sanibel-Captiva Conservation Foundation (SCCF) brought Samantha Chang on board for an artist-in-residence internship. The goal of the internship was to work alongside Justin Proctor, SCCF special projects manager, in creating original artwork to be incorporated into new trail interpretive signage for the Sanibel

Slough trails within the Erick Lindblad Preserve.

Chang is a student in the science illustration program at California State University at Monterey Bay, and has a strong interest in and talent for drawing flora, fauna and landscapes. However, just as she was going to board a plane for Southwest Florida, COVID-19 hit.

Although the in-residence half of the internship would not ultimately transpire, Chang was able to overcome the challenges of working remotely, and produced more than a dozen illustrations of some of Sanibel's most amazing wildlife and scenery.

Chang's artwork will be featured on SCCF's new trail signage. In the meantime, SCCF will be sharing some of her favorite illustrations on social media

channels over the next several weeks. Chang's work can be viewed on her website at schangstudios.com and her Instagram page @schang.studios.✪

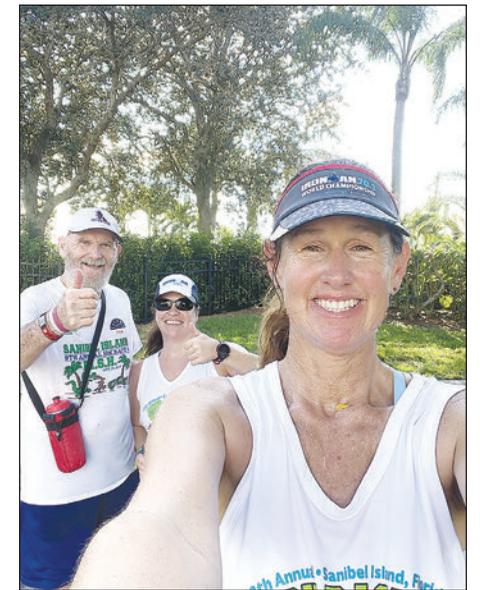
FISH 10K Marks 144th Race For Local Runner

For the second time in the history of the 10K Race 4 FISH, a change has been made to the format of the race. In 2008, severe thunderstorms forced the cancellation of the first ever 10K. Now, the COVID-19 pandemic has changed the format from an in-person to a virtual race. The format, however, has not stopped many from registering and running on their own time.

Tom Kelly, a longtime 10K participant, completed his virtual running of the FISH 10K race with his friends, Melissa and Claudia. This race marks his 144th run. Kelly said, "My teammates, many of whom have become part of my family, through their love and acts of kindness, were a major asset in helping me achieve this goal. I owe them a debt of gratitude I could never repay."

Kelly said, "I've been doing the FISH 10K for several years because this wonderful organization helps so many people in need, including meals, financial assistance, holiday baskets, the food backpack program for children, and counseling. The majority of my races support causes that help people, including cancer research, Alzheimer's awareness, environmental concerns, and honor flights for veterans. There are always people who need assistance, some desperately, and with the pandemic raging through our country, the need has become critical. Organizations like FISH are more vital than ever."

Kelly began training and racing in 2011 as a teammate on a triathlon team, Gearing Up, following the loss of Barbara, his partner for 50 years. He was "lost



Tom Kelly with friends, Melissa and Claudia photo provided

and in desperate need to find something that would give his life purpose by helping him refocus his energy." In addition to the virtual 10K, Kelly recently completed several races, is involved in a challenge to run 1,000 miles in 20 weeks and plans to run the New York Marathon virtually. "It's very strange that there will be no race season this year, but many clubs have been offering virtual formats. I'm happy the 10K chose to go virtual; this is a race I will continue doing," he said.

Runners can participate in the virtual 10K and log their time at any point from when they register through October 31. Registration is open through the Fort Myers Track Club at www.ftmyerstrackclub.com. For more information, contact Diane Cortese, race committee chair, at dianerc10@gmail.com.✪

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Previously submitted artwork

photo provided

Fish Art Contest Open To Students

The Florida Fish and Wildlife Conservation Commission (FWC), in partnership with Wildlife Forever, will host the Florida State-Fish Art Contest. Students in kindergarten through 12th grade can

compete in the contest for a chance to win state and national honors, and prizes. The program inspires creativity while developing the next generation of anglers and conservationists.

Florida winners will be selected by the FWC in four grade categories: kindergarten through third grade; fourth through sixth grade; seventh through ninth grade; and 10th through 12th grade. State winners will advance to the

national competition to be judged for top prizes such as Best of Show. The deadline to enter is March 31, 2021.

"We are committed to increasing youth participation in freshwater and saltwater fishing through this effort," said Eric Sutton, director of FWC. "The State-Fish Art program is a unique and creative way to connect to youth anglers, and the FWC is proud to be sponsoring the initiative for Florida."

To enter, students from Florida should submit their entry consisting of: an original horizontal piece of artwork

(required for fourth grade to 12th grade); and a Florida State-Fish Art Contest entry form.

Participants may choose to mail their entry to: Florida Fish and Wildlife Conservation Commission; ATTN: Laura Rambo, Florida Fish Art Contest; 620 South Meridian Street; Tallahassee, FL 32301.

Participants may also submit photos or a scanned copy of their entry to r3@myfwc.com. For contest information, entry forms and the Fish On! Lesson Plan, visit www.statefishart.org.

Changes In Regulations For Atlantic Bluefish

Starting Monday, October 26, the following change will be in effect for bluefish:

The recreational daily bag limit will be three fish per person along the Atlantic coast from Nassau through Miami-Dade counties.

Florida Fish and Wildlife Conservation Commission (FWC) regulations for bluefish do not extend into federal waters of the Atlantic. This change was approved at the July commission meeting.

Bluefish from Maine through the Atlantic coast of Florida make up a single population. A 2019 federal stock assessment found that this Atlantic population of bluefish is overfished. Because of the assessment results, federal fishery managers adopted more restrictive recreational bag limits in Atlantic federal waters, and the Atlantic States Marine Fisheries Commission requested states implement similar regulations.

Learn more about bluefish recreational regulations at www.myfwc.com/marine by clicking on "Recreational Regulations" and "Bluefish," which is under the "Regulations by Species - General Species" section.

HIRING EVENT!

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- @ 975 Rabbit Road • Sanibel, FL
- Tuesday, October 27th: 8am to 2pm
- Wednesday, October 28th: 3pm to 7 pm

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The Community House

Garlic



by Resident Chef Jarred Harris

Every professional kitchen usually has garlic somewhere on the premises. Garlic is used in almost every type of cuisine. It is an essential ingredient used in flavoring soups, sauces, stews, or roasted and eaten on its own.

Garlic is a member of the lily family and related to chives, green onions, shallots and leeks. Garlic originated in China and is one of the oldest food flavorings. It is considered both an herb and a vegetable.

The word garlic comes from two Anglo-Saxon words: "gar," meaning spear; and "lac," meaning plant.

There are over 300 different varieties of garlic grown worldwide. China produces two thirds of the world's garlic while California produces the majority of the garlic grown in the U.S.

The ancient Egyptians used garlic for both medicinal and culinary purposes.

They flavored their food with garlic and used it in rituals. Garlic was also fed to their slaves for strength and endurance while building the pyramids.

During World War II, garlic was given to soldiers and known as Russian penicillin because of its excellent antibacterial properties.

Garlic is one of the healthiest foods you can consume and can be used to treat colds and flu symptoms. This delicious herb has anti-cancer properties and can lower blood pressure. It also reduces cholesterol and helps fight heart disease.

Garlic contains antioxidants and minerals that are good for you; vitamins B and C, iron, calcium, potassium and beta carotene. It also contains magnesium, zinc, copper, manganese and selenium.

Here is a simple recipe to try:

Garlic and Beer Barbecue Sauce

- 2 tbsp. vegetable oil
- 1 large onion (finely chopped)
- 3 tbsp. garlic (minced)
- 17 ozs. ketchup
- 3 tsp. brown sugar
- 3 tsp. honey or maple syrup
- 1 tsp. smoked paprika
- 1 tsp. paprika
- ½ tsp. hot pepper sauce
- ½ tsp. salt
- ½ tsp. black pepper
- 8 ½ ozs. beer (IPA or stout)

Method

In a large saucepan, sauté the onions and garlic until the onions are translucent.

Add the remaining ingredients and

bring to a simmer. Cook for 45 minutes, then blend with a stick blender until smooth.

Resident Chef Jarred Harris heads the Culinary Education Center at

The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars:

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

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

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

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

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

One-Day Drawing Workshop: Eyes with Francesco Gillia – Tuesday,



November 24, 9:30 a.m. to 3 p.m. Members \$95; non-members \$119.

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

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

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

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Descendants Of Founding Director Visit Museum

Erika Von Zoog and Jonna Robson, daughters of the late Robert Tucker Abbott, stopped by the Bailey-Matthews National Shell Museum on October 16. Von Zoog was visiting from California and they drove over from Melbourne, Florida to visit the museum.

They donated slides, personal manuscripts and books that belonged to their father, who was the museum's founding director and the most prolific author of shell and mollusk related books, having published more than 40 books on the subject. The opening of the shell museum took place just two weeks after Abbott passed away.

Von Zoog and Robson said their father would be proud of the museum today and they appreciated that a bust of his image presides over the lobby area, although they said he rarely wore a suit and tie, much more preferring his famous "shell shirt."

Rebecca Mensch, aquarium manager, and Leigh Gay, education manager,



Erika Von Zoog and Jonna Robson by the bust of their father, Robert Tucker Abbott

photo provided

led Von Zoog and Robson on a tour of the museum that included the private collections, which they admired most.

The Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road, offers tours twice a

day, at 11 a.m. and 2 p.m., included with the price of admission. If you are interested in a private tour, call 395-2233 or visit www.shellmuseum.org. Virtual options are in the works for the near future.*

Sanibel-Captiva 8-Ball Pool League

Players Take Their Best Shots

The 8-Ball Pool League played its third week of Monday night games on October 19.

Matt Hall took on Doc Lubinski, but ultimately lost three games due to his lack of shots, even with Lubinski offering him two safety shots in the same game. The Sanibel Café team, headed up by Richard McCurry, had an almost perfect night taking 15 of the 20 games.

The Fresh Legion Crew brought in ringer David Queisser to try and edge ahead in the competition and it paid off, with Queisser taking three of his four games. Capt. McCurry, Randy Carson, and Mark Wagner Jr. took all four of their games against Pattee Cooke's Typs 'n' Styx.

The current standings are: Sanibel Café in first with 40 games won; The Fresh Legion Crew in second with 31 games; Bunts Ball Busters with 29 games; and Tips 'n' Styx with 20.

The league plays on Mondays at 5 p.m. at American Legion Post 123, located at mile marker 3 on Sanibel-Captiva Road.*

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Egg and Vegetable Bake

- 10 eggs
- 2 (8-ounce) tubes of croissant dough
- 1/3 cup mushrooms, sliced thin
- 1/3 cup sweet peppers, diced
- 1/4 cup zucchini, diced
- 1/4 cup yellow squash, diced
- 1 cup jack cheese, shredded
- 1/3 cup bacon, cooked and chopped
- 1 teaspoon your favorite seasoning blend
- Sea salt and fresh ground pepper to taste



Egg and Vegetable Bake
photo courtesy Fresh From Florida

Preheat oven to 350 degrees. In a medium-sized bowl, whisk together eggs and seasoning blend. Open both tubes of croissant dough and unroll them on a clean cutting board. Using a knife slice along all the connecting lines, next cut each triangle in half longways. Roll up each piece of cut croissant dough starting at the big end until all of them have been rolled into what looks like mini croissants. Line your medium to large sized cast-iron pan or baking dish all the way around with the rolled croissant dough pieces to form a crust. Pour the whisked eggs into the lined pan. Start adding the vegetables, bacon, and cheese to the pan. Once finished, lightly season the eggs with salt and fresh ground pepper. Place the pan in the oven and cook for 15 to 25 minutes until the eggs are cooked throughout and the croissants are golden brown. Remove from oven and serve warm.

Fresh Tip: Let each member of the family add the toppings they prefer to their assigned portion of the omelet bake.✱

PUZZLES

Answer on page 47

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

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

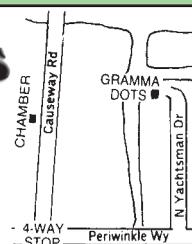
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Bank Exhibiting Works By Two Local Artists

Bank of the Islands is displaying new artwork as part of its continuing series of lobby exhibits showcasing local artists. The lobby art program was created in 2015 and is presented in association with Tower Gallery, Lee County's oldest art collective.

Through November 1, the work of two local artists – Shah Hadjebi and Charlie McCullough – will be on display at the bank's Sanibel office.

Hadjebi is a full-time watercolor artist residing on Sanibel. He received his bachelor of arts degree from Syracuse University in the late 1980s and comes from a family of fine artists, architects, and interior, industrial and furniture designers. His subjects range from animals to still life and realism. Living on Sanibel has supplied him with an endless array of subjects including a large variety of local birds – with his signature, hand-painted Sanibel Stamp and calligraphy in the background – classic automobiles and popular landmarks and architecture. The artist's main goal is to bring presence and mindfulness into this hectic world and to live a life where his inner and outer purposes are aligned. Additional information about his work can be found at www.watercolorsbyshah.com.

McCullough started photographing



David Lowden, Bank of the Islands vice president, private client relations, with artist Shah Hadjebi

photo provided

Sanibel history in 1939 when he first picked up a camera at the age of 13. His connection with Sanibel originated with family vacations at his grandfather's bungalow called the "club house" on Woodring Road. Over the years, this bungalow served as a haven for family, friends and associates in the early years of the 20th century. It was there that McCullough photographed neighbors, local fisherwoman Esperanza Woodring and her family, and other Sanibel sights

and scenery. He also took pictures of his own family, particularly of his wife, Ann, and daughter, MaryAnne, in the late 1940s and early 1950s. He eventually retired on Sanibel and lived in the bungalow with Ann from 1980 until his death in 2013. In 1997, McCullough joined a cooperative of artists who formed Tower Gallery, where his work continues to be displayed and sold. His family published a book of his photographs, *Sanibel*

Memories: The Photographs of Charlie McCullough in 2014. His photos remain as his legacy, an investment in history that continues to accrue with time. To see more of McCullough's photographs, visit Tower Gallery, 751 Tarpon Bay Road, or go online to www.charliemcculloughphotography.com.

Bank of the Islands is located at 1699 Periwinkle Way on Sanibel.✪

Sanibel Captiva Orchid Society Cancels Meetings

Due to the uncertainty of the COVID-19 spread this fall, the Sanibel Captiva Orchid Society has canceled its October and November meetings as well as its December holiday luncheon. "Having not met since February, we're all anxious to get back together to hear great speakers, win raffle plants and perhaps purchase a new orchid or two," said Sanibel Captiva Orchid Society President Tom Uhler in an email to members. "But even with the lower incidence of infection Sanibel in particular has enjoyed, we're nowhere out of the woods. As we approach the end of the year (good riddance, 2020?) we'll discuss what's best for the society and inform you," he added.

In the meantime, there will be a moratorium on dues collection. The website, www.sancaporchid.org, will be kept active as meetings are scheduled.✪

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Book Review

The Last House Guest

by Di Saggau



Megan Miranda has written a chilling thriller in *The Last House Guest*. It's a smart, twisty read with a strong female protagonist named Avery. During a party in Littleport,

Maine, in 2017, the police show up asking to see Parker Loman. They tell him that his sister Sadie has been found dead at the bottom of a cliff. An apparent suicide. The book goes back and forth between Summer 2017 and Summer 2018. There are four suspects. Avery, a good friend of Sadie's, along with Parker, the deceased's older brother, as well as two others. Why would a young woman who had everything to live for, commit suicide? When a suicide note is found there are still questions as to whether Sadie took her own life.

A year later, it seems no one can be trusted as Avery tries to clear Sadie's name. New evidence causes her to investigate further and the deeper she digs, the more secrets she finds that could be worth killing to keep. Avery is the narrator and as she gets closer to the truth, what she discovers is more sad than shocking. The tensions that exist between

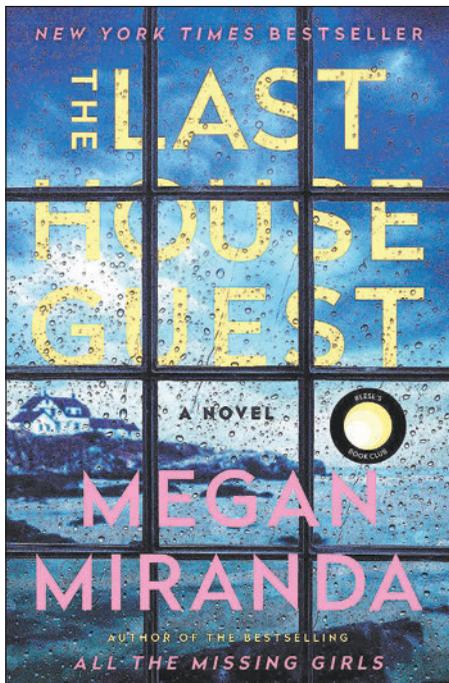


image provided

Littleport's year-round residents and the seasonal tourists who like to spend their money are compelling along with the remembrance of memories past and the various involvements of friendship.

Avery met Sadie during her teen years after her parents died. She and Sadie became close friends and eventually the wealthy Lomans gave her a job as property manager for their coastal rentals, along with a guesthouse in which to live. Everything was rosy until Sadie died, and things fell apart. Avery finds

Sadie's phone hidden in one of the guest cottages, and she turns it into the police. Then someone breaks into the rentals, and Parker is acting strangely, which makes Sadie's death look less and less like a suicide.

The characters are sharply drawn by the author, and the tension builds cleverly. It appears no one can be trusted. In short, *The Last House Guest* is an edge of your seat, riveting read.✪

School Smart

by Shelley M. Greggs, NCSP



Dear Readers, Media is reporting that our children and teens are experiencing high levels of stress. While children have always had to cope with stress, kids are currently

facing many so unknowns in their lives which has increased their stress levels significantly. The American Psychological Association has published a document to help parents learn how to recognize stress in their children with suggestions on how to assist them. Below is the information.

Stress is a normal part of life at every age and, in young people, stress doesn't always look like stress in adults and the sources of their stress is unique to their

lives. For young children, tension at home is a common source of stress. Children may be troubled by family discord or divorce, life changes, new stepparent or new home. It can be hard on a child. It is even true for happy events such as the arrival of a new sibling.

School is another frequent source of concern for kids. Young children might be stressed about making friends, test, grades, dealing with bullies or getting along with their teachers.

As children get older, their sources of stress expand. Teens are more likely than young children to be stressed by events or situations outside the home.

But as it is for younger kids, school remains a top stressor.

Peers can help buffer stress but can also be a source of it. Social relationships are especially important in adolescence. Many teens worry about fitting in, their first romantic relationships and peer pressure around substance use and sex.

Signs of stress in youth can show up in a number of ways:

Irritability and anger – Children don't always have the words to describe how they are feeling and sometimes tension bubbles over into a bad mood. Stressed-out kids and teens might be more short-tempered or argumentative than normal.

Changes in behavior – A young child who used to be a great listener is suddenly acting out. A once-active teen now doesn't want to leave the house. Sudden changes can be a sign that stress levels are high.

Trouble sleeping – A child or teen might complain of feeling tired all the time, sleep more than usual or have trouble falling asleep at night.

Neglecting responsibilities – If an adolescent suddenly drops the ball on homework, forgets obligations or starts procrastinating more than usual, stress might be a factor.

Eating changes – Eating too much or too little can both be reactions to stress.

Getting sick more often – Stress often shows up as physical symptoms. Children who feel stress often report headaches or stomachaches and making frequent trips to the school nurse.

Facing stressors is a fact of life, for children and adults. These strategies can help keep stress in check:

Sleep well – Sleep is essential for physical, emotional well-being and must be a priority. Experts recommend nine to 12 hours of sleep per night for six to 12 year olds and eight to 10 hours a night for teens. Limiting screen use at night and keeping digital devices out of the bedroom is a good strategy for increasing sleep.

Exercise – Physical activity is an essential stress reliever for people of all ages. The U.S. Department of Health and Human Services recommends at least 60 minutes a day of activity for children ages 6 to 17.

Talk it out – Talking about stressful situations with a trusted adult can help kids and teens put things in perspective and find solutions.

Make time for fun and quiet – Just like adults, kids and teens need time to do what brings them joy, whether that's

continued on page 28

Sanibel Public Library Commissioners Accepting Applications

Due to the retirement of two members, the Sanibel Public Library District Board of Commissioners is accepting applications to fill terms for the two vacated Board seats. The Board plans to appoint two people to fill the seats in November 2020, for two-year terms.

The Sanibel Public Library District Board of Commissioners is an independent governing body with responsibility for library fiscal oversight and budget and policy approval, as detailed in House Bill 1381 and by Florida Statute.

The Board is composed of seven members who are elected on a non-partisan basis for a four-year term. The Board meets monthly on the third Thursday at 9 a.m. Additional meetings or workshops may be scheduled as needed. The board operates under the Sunshine Law. All discussion and deliberation must take place at a publicly advertised meeting.

Request an application, and submit application along with resume, biography narrative, or statement of interest, by **Thursday, November 12, 2020** to:

Sanibel Public Library District Board of Commissioners
ATTN: Margaret Mohundro
770 Dunlop Road
Sanibel, FL 33957

For further information contact Executive Director, Margaret Mohundro, at (239) 472-2483.



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CROW Executive Director Alison Charney Hussey with Cielo General Manager Marcus Preece photo provided

Donation To CROW Provides Care For Wildlife

On behalf of the Boler Family Foundation, Marcus Preece, general manager of Cielo Restaurant, recently presented a donation to the Clinic for the Rehabilitation of Wildlife (CROW).

The \$5,000 donation will go towards general funds to support CROW's mission of saving wildlife through state-of-the-art veterinary care, research,

education and conservation medicine. "We are so thankful for the Boler family for their generous and continuing commitment to CROW, the community and our beautiful wildlife in Southwest Florida," said Alison Charney Hussey, executive director for CROW. As a 501(c)3 nonprofit, CROW relies on donations from the community, funds raised through events, admission to its Visitor Education Center and foundational.

You can help provide care to wildlife patients admitted to CROW's hospital by making a donation at www.crowclinic.org or on CROW's Facebook page.✧

BIG ARTS Monday Night Film Series

The Peanut Butter Falcon

by Di Saggau



Monday Night Movies will return to BIG ARTS on October 26 at 7 p.m. with *The Peanut Butter Falcon*. This is a star-filled film about a little guy with a big heart and big dreams. Zack Gottsagen plays Zak, a young man who has Down syndrome. He has no family and lives in an old-age home in North Carolina with some feisty seniors, many of whom he has befriended. His pals help him escape and he goes on an adventure that involves wrestling and crabbing. Gottsagen and his co-star, Shia LaBeouf, make a winning team.

There are lots of cliches in the movie but they are there for a good cause. Gottsagen is in his early 30s and he has Down syndrome himself. The film was crafted specifically for him and it never makes him a figure of fun nor does it try to have anyone feel sorry for him. His character is on a hero's journey and we get to go along on it. Others in the film are Dakota Johnson, Bruce Dern, John Hawkes and Thomas Haden Church, but Gottsagen is the lead actor. *The Peanut Butter Falcon* runs one hour, 37 minutes. Tickets are \$10 and can be purchased online or at the box office, located at 900 Dunlop Road. There will be no discussion following the film.

All visitors are required to wear



image provided

masks and patrons are asked to be mindful of social distancing. BIG ARTS is selling only 50 percent of the seats in Christensen Performance Hall. Until further notice, only 200 seats will be available for any event in the hall, and a maximum of 30 people will be allowed in the gallery at any given time. BIG ARTS has enhanced its air filtration system, all surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering, and there are hand sanitizer stations on the ground floor.✧

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So, make plans to eat out, shop and play at these generous local businesses on Wednesdays and support CHR.

SEPT 2 SANIBEL CAFE SANIBEL ISLAND	SEPT 16 MAZZALUNA CRAFT BEER - PIZZA - PASTA	SEPT 30 OEC OVER EASY COFFEE Suncoast's Dream ON ISLAND SANIBEL
OCT 14 Bailey's VIRTUAL WINE EVENT	OCT 28 ADVENTURES IN PARADISE Sanibel Island, Florida	NOV 4 MUDBUGS Sanibel Island, Florida
NOV 11 paper fig kitchen TALK-ALONG - CATERING - PRIVATE DINE	NOV 18 Gene's Books Mysteries Music & More	NOV 25 Joey's Cusjard Sip and Chill Sanibel Island, Florida
DEC 9 TRADERS	DEC 16 Blue Giraffe ESTATE	DEC 23 MacIntosh BOOKS + PAPER A SANIBEL TRADITION SINCE 1962



Billy Kirkland presents Valdy Gedvillas with a 20-year service award photos provided



Will Wright and Vanessa Flynt

to staff member Valdy Gedvillas for his 20 years of customer service and bike repairs. Seven staff members have five or more years service with the Kirkland enterprises.

During the opening toast, Billy Kirkland said, "You worked diligently to keep everyone safe and able to enjoy bicycling and outdoor activities during this pandemic. Without you, our businesses would be shuttered. We are lucky to have such a great group and I am so thankful that you all have stayed healthy. Everyone was asked to assume different duties, and you all stepped up, we truly cannot thank you enough."✱

Local Business Honors Staff

Billy and Salli Kirkland, owners of Billy's Rentals and Billy's Bike Shop, found an opportunity to show appreciation to their staff and allow them to gather together safely at The Community House on October 15.

The staff of 24 gathered for breakfast, achievement awards and *Let's Make a Deal*-style game with prizes, all planned by Vanessa Flynt, human resources manager, who also is the Kirklands' daughter. Among the many awards, a trophy was presented

Commissioners Retiring From Library Board

The Sanibel Public Library District Board of Commissioners announced the retirement of two of its long-standing commissioners; Tom Krekel and Dan Moeder.

"It's extraordinary. Thirty-five years of service to Sanibel and the library, I know I speak for all islanders when I say we are grateful for their leadership and dedication," said Melanie Congress, board of commissioners president.

Krekel has been on the library board since 2001, serving several years as president, and was instrumental in getting the work done locally and at the state capitol in Tallahassee to establish the library as an Independent Special District in 2005 and 2006. Since that time, Krekel has been a leader and advocate for library services on Sanibel. A lifelong lover of reading, he suggested renowned writer Joyce Carol Oates as the first Author Series speaker, beginning a tradition of bringing in top literary, award-winning and bestselling authors for the event each year.

Moeder began his board service in 2005 and brought his considerable experience in the financial world to the library, serving as treasurer for many years. The library district relied on Moeder's expertise to ensure its excellent record in fiscal oversight and

due diligence of public tax investment while maintaining the national and statewide award-winning services. He also spent years as a volunteer in the public computer labs, guiding users through logins, computer operations and Internet searches. He provided ideas for expansion and development in the constantly-evolving technological environment.

"We have always appreciated how Commissioners Moeder and Krekel supported library staff through the years – encouraging implementation of pilot projects, new services and staff continuing education," said Margaret Mohundro, library executive director. "We will certainly miss their leadership and their support."

Krekel and Moeder have been dedicated public servants, overseeing the library's technology expansion in 2006 and the Your Library Reimagined renovation in 2017; ensuring the library coming in under budget every year; approving many new innovative and cutting-edge library services; and maintaining the Sanibel Public Library as an island community hub.

The Sanibel Public Library District Board of Commissioners is accepting applications to fill terms for the two vacated board seats. Call the 472-2483 or go online to download the application at www.sanlib.org/board.

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

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From left: Ed Harrington, community bingo coordinator; Lee Andera, collector; Mark Thomas, food and beverage manager; Doug Flenniken, game accountant; Alison Charney Hussey, Executive Director of CROW; and Jacquie Flenniken, collector photo provided

Proceeds From Bingo Night Support CROW

A recent donation on behalf of the Cape Royal Community was presented to the Clinic for the Rehabilitation of Wildlife (CROW).

The \$500 donation raised through a bingo night will go towards general funds to support CROW's mission of

saving wildlife through state-of-the-art veterinary care, research, education and conservation medicine.

"We are so thankful for Cape Royal's commitment to the community and the thousands of wildlife patients admitted to our wildlife hospital each year," said Alison Charney Hussey, executive director for CROW. "More than 25 percent of our patients are admitted from Cape Coral, with 1,270 animals originating from there so far this year."

As a 501(c)3 nonprofit, CROW relies

on donations from the community, funds raised through events, admission to its Visitor Education Center and foundational grants to provide medical treatment, food and rehabilitative care to Southwest Florida's sick, injured and

orphaned native wildlife.

You can help provide care to wildlife patients admitted to CROW's hospital by making a donation at www.crowclinic.org or on CROW's Facebook page.✱

Church Offering Virtual Concert This Sunday

Sanibel Congregational United Church of Christ invites the public to attend a virtual concert featuring the Wild Coffee Duo on Sunday, October 25 beginning at 4 p.m. As part of their sponsorship of the 10K Race 4 FISH – A Virtual Run in 2020, the church has engaged pianist Abbey Allison and cellist Susie Kelley to present their program, Wild Coffee Duo Concert: A Running Playlist for FISH. The playlist can be used by runners to warm up, excel in the race, cool down, or listen to from comfort of their home. *Chariots of Fire* and the Olympic Theme from 1984, as written by John Williams, will be part of the program. The concert will be available on the church's YouTube channel, as well as at the church's homepage at www.sanibelucc.org. Donations to benefit FISH may be made at the time of the concert or afterwards via a link, which will be provided on the homepage. Checks may also be sent to the church office at 2050 Periwinkle Way, Sanibel,



Susie Kelly



Abbey Allison

FL 33957 with "Virtual Concert" written on the memo line.

Sponsorship of the race, ongoing food drives and donations are just a few of the ways Sanibel Congregational United Church of Christ supports FISH each year. "Through its food pantry, FISH often provides food for the body," said Senior Pastor John Danner. "How appropriate then to support their efforts with a wonderful program of music, which is called by many, food for the soul."

For more information about the concert, call the church at 472-0497 or email office@sanibelucc.org. More information about the musicians and their music can be found at www.wildcoffeeduo.org.✱

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Local Businesses Support FISH 10K Race As Sponsors

Several island businesses, including Dan Hahn Custom Builders, John Grey Painting, Kym Mason Interiors and Sanibel Captiva Beach Resorts are supporting FISH of SanCap through sponsorship of the 10K Race 4 FISH, a virtual road race for 2020.

Dan Hahn Custom Builders is a full-service construction firm specializing in new residential homes and remodeling on Sanibel and Captiva islands.

John Grey Painting is a full service company that renovates, decorates and paints homes or businesses.

Kym Mason Interiors offers complete Interior Design services, as well as home accessories, linens, lamps and other luxuries.

Sanibel Captiva Beach Resorts (SCBR) owns and operates four of Sanibel and Captiva islands' top beach resorts that comprise more than 300 quality accommodations.

"We are so pleased that these businesses that have been a part of this community for many years are supporting FISH," said Diane Cortese, race chair. "The 10K race is a well-organized event for a worthy cause, and our team is delighted to have the support of so many in our community."

The 10K race is virtual this year, and runners can participate and log their time at any point from when they register through October 31. Registration is open through the Fort Myers Track Club at www.ftmyerstrackclub.com. Cost is \$40 before October 20; prices increase after October 20 at 11:59 p.m. Participating runners will receive a dri-fit shirt, with the Hortoon 10K logo on the front, as well as a matching face covering which will be



image provided

mailed to them. New incentives this year include a refund of registration fee to a runner if they fundraise \$250 or more (excluding processing fees). For every five referrals a runner makes to others who sign up, they receive a \$20 discount.

For information on the 10K race or if you are interested in sponsoring the virtual event, contact Diane Cortese at dianerc10@gmail.com.*

Top 10 Books On The Island

1. *A Time for Mercy* by John Grisham
 2. *Leave the World Behind* by Rumaan Alam
 3. *The Return* by Nicholas Sparks
 4. *Caste* by Isabel Wilkerson
 5. *The Book Woman of Troublesome Creek* by Kim Michelle Richardson
 6. *The Only Woman in the Room* by Marie Benedict
 7. *The Devil and the Sanibel Sunset Detective* by Ron Base
 8. *The Starless Sea* by Erin Morgenstern
 9. *The Last Train to Key West* by Chanel Cleeton
 10. *Modern Comfort Food* by Ina Garten
- Courtesy MacIntosh Books and Paper.*

From page 24

School Smart

unstructured time to play with building bricks or uninterrupted hours to practice music or art. Also, while some children thrive bouncing from one activity to the next, others need more down time. Find a healthy balance between favorite activities and free time.

Get outside – Spending time in nature is an effective way to relieve stress and improve overall well-being.

Write about it – Research has found that expressing oneself in writing can help reduce mental distress and improve well-being. Writing about positive things as well can also ease symptoms of stress.

Parents and other caregivers have an important part to play, by adopting their own healthy habits and helping children and teens find stress-managing strategies. Some ways parents can take action:

Model healthy coping – Caregivers can talk with children about how they've thought about and dealt with their own stressful situations.

Let kids be problem-solvers – It's natural to want to fix your child's problems. But when parents swoop in to solve every little glitch, their children don't have a chance to learn healthy coping skills. Let

your children try to solve their low-stakes problems on their own and build their confidence to deal with stress.

Promote media literacy – Today's kids spend a lot of time online, where they can run into questionable content, cyberbullying or the peer pressures of social media. Parents can help by teaching their children to be savvy digital consumers, and by limiting screen time.

Combat negative thinking – Children and teens can easily fall into the trap of negative thinking. When children use negative self-talk, though, don't just disagree. Ask them to really think about whether what they say is true or remind them of times they worked hard and improved. Learning to frame things positively will help them develop resilience to stress.

Credit to APA and psychologists Mary Alvord, PhD, and Raquel Halfond, PhD.

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.*



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Mariner Pointe #411

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1894 Farm Trail

One of last vacant lots in Island Woods where just 38 owners will share pool & tennis. Over 1/3 acre Convenient to bike path & shopping. Closest beach access is Algiers at Gulfside City Park. \$199,000



4566 Buck Key Road

Over 1/3 acre, near end of street, facing south in Sanibel Bayous. Room for single-family home with pool. Handy to Clam Bayou, Bowman's Beach, Sanibel School, rec center, refuge, & more. \$149,000



1238 Isabel Drive in Sanibel Harbours

Recently-remodeled multi-level bay-front pool home with elevator & 2 master suites - one 1st level & another top floor. 1st level also has soaring great room, open kitchen with spacious dining area, butler's pantry, bayside decks, & guest suite. Media/family room with 1/2 bath & party kitchen over 3-car garage. Top floor has more bedrooms, offices, & another bayside deck. Sale includes lot in nearby community boat basin, with dock & lift. \$3,595,000



1015 Fish Crow Road

Near-beach 3-bedroom Gulf Shores home on cul-de-sac. Elevated screened pool expands living space to outside. Overlooks lagoon to sunsets. Beach access at west end of Waters Edge Lane. \$649,000



Mariner Pointe #522

Wonderfully furnished, updated 2nd floor 2 bedroom with this view from glassed balcony. Bamboo floors, private canal-view entry deck, & no upstairs neighbor, in addition to great amenities. \$484,900



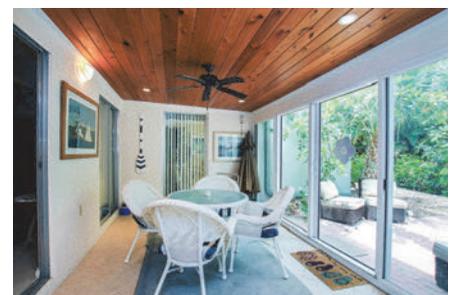
Blind Pass #E101

Nature-lovers' paradise, near Clam Bayou & Bowman's Beach. Enrolled in on-site rental program & in demand, #E101 is split-plan ground-level 2 bedroom steps to covered parking & resort amenities. \$499,000



Mariner Pointe #541

Easy-access ground-level 2 bedroom with bay & pool views from glassed lanai. Amenities include covered waterside alfresco dining area just steps from front door. Handy to fishing pier & boat dockage too. \$515,000



Lighthouse Point #117

Easy-living end-unit 3-bedroom with glassed lanai that opens to tropical brick patio. Steps to community clubhouse, pool, golf & bay beaches. Residential community with limited rentals. \$549,000 furnished



Sandalfoot #2D2

Remodeled 2nd floor 2-bedroom end-unit in on-site rental program. With low fees & management on-site, it a win-win for owners & vacationers. Fully-equipped, offered turnkey with future bookings. \$659,000



White Sands #23

1,350 sq. ft. 2nd floor 2 bedroom with den & this view from screened balcony. Exterior building facelift just complete at this 14-unit community at 2311 West Gulf Dr. Pool, tennis, & weekly rentals. \$1,199,000 furnished



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The SanibelSusan Team - all licensed: Susan Andrews, David Anderson, Lisa Murty, & Elise Carnes

Passport Services Resume By Appointment

Lee County citizens planning to travel overseas in the coming months can once again apply for a passport at the Lee County Clerk of Courts. Appointments are now required and passports may take up to 12 weeks to be issued by the U.S. Department of State.

It is now required that customers bring a completed, unsigned passport application to their appointment. Valid proof of citizenship, photo ID and a passport photo must be provided when applying. Copies of the front and back of the photo ID and citizenship documents must also be provided at the application appointment.

"We're pleased to resume passport services while ensuring the safety and well-being of our customers and deputy clerks," said Lee County Clerk of Courts Linda Doggett. "This much-needed service is essential for many of our residents; especially those who need to travel for business or care for loved ones."

Applicants wishing to receive their passports sooner than 12 weeks can request expedited service for an extra fee to receive their passport within four to six weeks.

Anyone entering the county administration building is required to wear a mask. To ensure proper distancing in the office, only customers applying for passports will be allowed into the office. Children may stay with their parents.

To schedule an appointment, call 533-5007. Passport services are provided in the Recording Department on the second floor of the County Administration Building, located at 2115 Second Street in Fort Myers.

Passports are \$110 for citizens age 16 and older or \$80 for those age 15 and younger, payable to the U.S. Department of State. A separate \$35 processing fee is payable to the Clerk of Court.

Those customers wishing to renew their passports may do so by mail; no need to make an appointment. Visit www.travel.state.gov/content/travel/en/passports/have-passport/renew.html for more information. For downloadable passport applications and a full list of required documentation and fees, visit www.leeclerk.org/passports.

New Finance Assistant At Historical Village

Susan Ruberry is the new finance assistant at Sanibel Historical Village. Ruberry hails from Washington, DC and has been a full-time Sanibel resident since 2019.

"I had been working as a managing director for a human resources consulting firm since 2014 and was ready for a change



Susan Ruberry

when I came to Sanibel," Ruberry said. "I wanted to do something that would be useful and rewarding, and also get me involved in the community."

Ruberry held a number of positions prior to her work at the consulting firm, including being a self-employed finance and accounting consultant.

At the historical village, Ruberry will be responsible for paying bills, processing payroll, overseeing the donor database, filing regularly scheduled reports including quarterly City of Sanibel reports and IRS filings.

"Susan's skills are an excellent match with our needs," said Emilie Alfino, historical village executive director. "We're so pleased she was willing to join our small team, and I look forward to a long and happy collaboration."

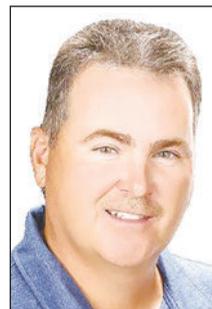
Ruberry is married with two children and three dogs.✪

New Agent For Realty Group

Experienced island realtor Kenneth King, and his wife and assistant, Karen, have joined VIP Realty Group, Inc.

King is a licensed realtor from Hudson Valley, New York. After retiring from law enforcement, he returned to the construction industry where he managed an excavation and rock crushing company.

In April 1996, King and his wife closed on their first Sanibel home. For the next 20 years, he spent as much time as possible on the island. He began volunteering for "Ding" Darling National Wildlife Refuge and Clinic for the Rehabilitation of Wildlife (CROW). King is now a CDL driver for the new Wildlife on Wheels (WoW) mobile classroom for the refuge.✪



Kenneth King

throughout their career and gained knowledge and experience in every aspect of the LCEC organization.✪

Bank Promotion

Sanibel Captiva Community Bank has promoted Scott Taylor to loan closer. He will join the residential loan operations team at the downtown branch, located at 1533 Hendry Street.

Taylor is responsible for the assembly, preparation and verification of closing documents, as well as coordinating all aspects of the loan closing process.✪



Scott Taylor

Managers Promoted In LCEC Division

Lee County Electric Cooperative (LCEC) has promoted four interim managers to managers in its electric operations division: Bill Piland to manager of design and engineering services; Rob Puchacz to manager of construction and maintenance (working with LCEC contractors); Gary Richardson to manager of system operations; and Frank Sherkus to manager of construction and maintenance (working with LCEC line crews).

These promotions are a testament to LCEC's succession planning and a focus on a sustainable workforce. These team members moved up the ranks

Pfeifer Realty Group

The top producers for September at Pfeifer Realty Group were Kerri Maw, Kelly Huguenin and Greg Demaras.✪



Kerri Maw



Kelly Huguenin



Greg Demaras

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 • Floor to ceiling windows, panoramic Gulf views
 • An awesome investment opportunity for Vacation Rentals!
\$7,700,000

15146 WILES DRIVE



BEACHFRONT COTTAGE
 • 2 BR, 2 BA, Open concept, light & bright cottage
 • Great Investment opportunity w/ Weekly rentals
 • Perfect Island Getaway, your own piece of Paradise!
\$2,389,000

16151/16155 CAPTIVA DRIVE



GULF TO BAY
 • Two large parcels, Sunrise to Sunset
 • 2.18 Acres to Build your Dream Estate
 • Gumbo Limbo Trees, Boat house & Observation deck
\$8,950,000

1314 SEASPRAY LANE



NEW CONSTRUCTION GULFRONT
 • 5 BR, 5.5 BA w/2 Master Suites w/ Gulf Views
 • Great Rm w/ Soaring Ceilings, Fantastic Woodwork
 • Amazing Multi-level Deck Space, Negative Edge Pool/Spa
\$6,995,000

11555 WIGHTMAN LANE



CAPTIVA ISLAND BEACH COTTAGE
 • 3 BR, 2 BA, Over 2,060 S.F. under air Cottage
 • Impact Windows, Copper Roof, Wood Floors
 • Perfect Beach getaway & Income Producing
\$3,695,000

16611 CAPTIVA DRIVE



ROOSEVELT CHANNEL ESATE
 • Luxury 6 BR, 6BA, Authentic Architectural home
 • Beautiful Saltillo Floors, Cypress Beams, Open Kitchen
 • Deeded Beach Access, 3 Docks & Lifts 60K Weight
\$4,889,000

1246 & 1250 SEAGRAPE LANE



SANIBEL BAYFRONT
 • Last Large Underdeveloped Bayfront Estate
 • Located on Sanibel's East End
 • Natural Shoreline w/Beach to walk
\$2,789,000

6418 PINE AVENUE



SANIBEL ISLAND WATERFRONT
 • 3 BR, 3 BA, Open Concept, 3,930 + S.F.
 • Two Master Suites w/ screen lanais & plenty of space
 • Short Walk to beach or west end village
\$1,849,000



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Superior Interiors

Choosing The Right Paint Color



by Katie Frederick

One of the easiest ways to completely transform a room is repainting it a different color. The shade you use to dress up your space can impact your room's

ambiance and the way people feel when they are in it. In fact, it has been shown that color accounts for 60 percent of our response to a space. Therefore, finding the perfect color palette for your room is essential to creating the type of environment you are hoping to establish.

However, finding the perfect paint color is only the one step in the design process. You will need to coordinate your furniture with your new color palette, enhance the space with accents that complement your theme to make everything come together and reach its full potential. Since the color palette is the foundation of the room, be sure to avoid these common mistakes people make when choosing their hues.

Having no mood in mind – Before you begin the color selection process,

you should have an idea of the vibe you want your room to give off. This will narrow down your color options. Remember that just because you love a certain shade does not mean you will like the way it looks on your walls. Consider the mood you envision your space evoking and select hues that align with your abstract ideas to ensure the outcome.

Failing to consider lighting – If you simply make your color choice by looking at a paint chip at the store, you'll be surprised at how different it will look when you bring it home and put it against your wall. To get a firm grasp on what the hue is going to do for your space, you must see how lighting affects the color by observing the shade in the morning, afternoon and night hours. The natural lighting will show the color in its truest form, while fluorescent lighting tends to cast a sharper tone with a hint of blue. Incandescent lighting will pull the warmest tones and hints of yellow from your color. You may find that you want to alter the amount of lighting you have in your space. The addition of lighting fixtures and window treatments can beautifully assist with this adjustment.

Mixing too many colors – While it is true that there is no set limit for the number of colors you can use in a room, mixing several hues in one space can be tricky. If your room features a wide range of colors and feels confining or overwhelming, this is a sure sign that you've mixed too many shades.

Approach this dilemma by eliminating hues until the space feels balanced. If your space's color palette has taken center stage, neutral furnishings and decor can create an even balance for an effortless flow throughout the room. Sometimes all it takes is a solid area rug or stylish coffee table to pull everything together.

Going too bold – Using bright and vibrant colors on an accent wall is an effective strategy to create a stimulating space. However, this approach often leaves rooms appearing too intense because the bold hue is too concentrated. Incorporate more subtle hues for your surrounding furniture to tame your accent wall's bright colors. After looking at some furniture suggestions, you may find that you prefer a bold accent chair over a brightly painted focal wall.

Choosing only hues that match – You do not want to select a color palette that's going to end up making your room feel chaotic. However, it is equally as important to avoid hues that don't contribute enough variety to the area. One mistake that often leads to a matchy room is decorating with just one or two bland colors. This creates a repetitive vibe that comes across as predictable and dull. If you are set on painting your walls a neutral shade, such as beige, look to spice things up with a couple of bright accents and accessories that add more flair to your space.

Katie Frederick is an interior

*designer on Sanibel/Captiva Islands. She can be reached at katie@coincdecen.com.**

United Way Virtual Campaign Kicks Off Tuesday

This year's United Way campaign kick-off is moving to a virtual platform on Tuesday, October 27 at 9 a.m. with a pre-show at 8:45 a.m. Register at www.unitedwaylee.org.

"By moving to a virtual platform, we can ensure the safety of our volunteers and donors. This also enables more people to 'attend' the kick-off than possible in the past," said Jeannine Joy, United Way president and CEO.

The 2020-21 campaign co-chairs are Karen Ryan of LCEC and Bob Beville of Waterman Broadcasting. "This year's campaign kick-off is as unique as the upcoming campaign. Thanks to Waterman Broadcasting NBC-2 ABC-7, we are able to stream the event live so that everyone has a chance to join. We hope to share the amazing United Way story and how our community is rising to the challenge," said Ryan.

Normally, the event is \$10 a ticket for entry, but this year, there is no charge thanks to sponsorships from O'Donnell Landscapes, Inc., Waterman Broadcasting, Scanlon Auto Group and Priority Business Solutions.

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



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- \$4,650,000

16970 Captiva Dr., Captiva



- Premier Beach Location on Gold Coast.
 - Western Exposure Direct Sunset Views.
 - Live the Island dream.
- \$3,995,000

18181 Old Pelican Bay Dr. - Siesta Isles



- Deep Water Dockage. Architectural masterpiece.
 - 6BR, 5.5BA, 4500 living sq. ft.
 - Resort style pool and spa
 - Incredible value and location. Great Views.
- \$1,699,000

2605 Wulfert Road #4, Sanibel



- Beautiful Sanctuary golf village condo, 3BR/3BA.
 - Fabulous westerly views of 18th fairway and lake
 - Furnished. Private Elevator. Wrap around porches
 - Priced to sell.
- \$799,000

15051 Punta Rassa Rd., #WS02 - Sanibel Harbour Yacht Club



- Wet Slip 50'x20'
 - 5 Star Marina. Great location to Bay + Gulf
 - Restaurant, Bar & Membership Amenities
- \$299,000

2515/2517 Wulfert Road, Sanibel



- Vacant Lot, #14 Green, lake & fairway views.
 - Wonderful Southern Exposure.
 - Awesome amenities. Dining, Golf, Tennis & Fitness.
- \$259,000



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Sibling Disputes During Estate Administrations



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

In many families, losing a parent brings us together to remember the good times and mourn a tremendous loss. In others, it can raise long buried grievances between siblings. Hopefully, when the estate plan was created, consideration was given whether the latter is likely to arise. The selection of your attorney, as well as who you name as your personal representative (executor) and successor trustee can either exacerbate or diffuse tense relationships.

Consider that during any estate administration, there's a mix of strong emotions, family history, money and possessions at stake. Further, the affected individuals find themselves in unfamiliar situations, dealing with tax, legal and financial professionals, among others.

In my 31 years of practice, I've noticed a few trends when siblings fight. First, the strong emotions surrounding the loss make it that much more difficult for the adult child to regulate his behavior. Raw statements normally left unsaid are spoken, often at inappropriate times. The recipient naturally is put on the defensive, and, depending upon their propensities, may likewise lash out, retreat or passive aggressively counterattack.

Second, the party nominated into the position of authority finds herself tugged in several directions. The financial advisor, looking ahead to when the estate is divided between the beneficiaries, speaks of liquidating assets. A home must be sold, which means cleaning out closets and distributing possessions.

The attorney drafts documents that must be filed with courts or circulated among beneficiaries. Estate and income tax issues are identified, and strategies considered. The accountant tallies the income and expenses to be reported to the authorities and beneficiaries. These considerations and more pull at the child named as the estate administrator, not to mention that they may have a full-time job and be raising a family of their own.

It can be overwhelming.

Third, most of the individuals involved underestimate the time that it takes to administer the estate. Even when a trust is fully funded and the probate court is avoided, one must complete many tasks before the trustee can distribute the assets.

How's The Market? Ask Ann

Last week, *Forbes* magazine published an article by Peter Layne Taylor on how COVID-19 has changed the housing market forever. Influencing the "New" normal are community features, weather conditions and a desire to be in a lower tax environment. The article touched on low density, safety, small schools, good hospitals and less government as being a part of the "New" normal in selecting a real estate location. After reading the article (twice), it sounded to me like it described Sanibel. Thank you, *Forbes* magazine.

Real estate activity on Sanibel continues to be strong. Resale inventory is low; just 84 residential homes for sale and 102 condominiums.

September closings are up substantially from last year. Last year, September homes sales were 10 and this year, 30 homes sold; up 200%!!!

Condominium sales in September last year were 7 and this year, 17 condominium sales.

Up about 150%!!!

9 Closed Sales Going Back A Week:

978 Main St. Lot - \$162,450	9024 Mockingbird Dr. - \$780,000
5117 Sea Bell Rd. E206 Blind Pass Condo - \$380,000	215 Robinwood Cir. - \$800,000
9247 Dimmick Dr. - \$565,000	778 Conch Ct. - \$850,000
1501 Middle Gulf Dr. J 107 Sundial West - \$700,000	3615 W. Gulf Dr. - \$2,600,000
1919 Olde Middle Gulf Dr. 202 Sandpiper Beach - \$760,000	

5 Homes, 3 Condos & 1 Vacant Lot

I hope these articles provide you with meaningful information regarding our current market conditions. Thank you for reading my column. Feel free to call or email me with any questions or comments. Stay safe.

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Since the trustee is personally liable for any mistakes or deficiencies, it's important for creditors to be cleared, taxes to be filed and paid, and for the beneficiaries to sign off on a final accounting.

The sibling/beneficiaries often blame the sibling/trustee for the time that it takes to complete these tasks, not understanding that six to 12 months is a normal timeframe. The time period might be longer when there are difficult assets to administer such as closely held business interests, commercial or residential real estate. Taxable estates (those requiring a federal estate tax return) also stretch out the timeline.

So how do we diffuse tense situations? I've learned over the years that it's more of an art than a science. Setting expectations is key. It starts back when the estate plan was created. I encourage my clients to hold a meeting with me and their children at some point, usually after the plan is signed. In fact, I held such a Zoom video conference the day before I wrote this column.

Second, when a client passes away, I thoroughly discuss the personal representative/trustee's duties and responsibilities with the selected party before they accept the nomination. We next describe the process in detail to the beneficiaries, often with a timeline letter.

Some of my clients believe that naming two or more of their children as co-trustees will head off future disputes. Especially when the siblings have divergent interests or don't get along, this can be a recipe for disaster. Better to have one cook than too many in the kitchen.

Third, it's important to be transparent in all respects. If a beneficiary has a concern, I'm happy to review that concern with them. My duty is to represent the trustee, so if an issue arises between the beneficiary and the trustee, we let the beneficiary know that they should engage separate counsel to represent their interests. Most of the time, it doesn't rise to that level.

Active listening to all parties may serve to calm down situations. Everyone wants to be heard, and sometimes that's all it takes to arrive at a compromise.

In one file several years ago, a client warned me about one of her children that she named as a trustee. "He can be a problem," she said. After her death, I discovered why she made that statement. I wish I had taken the time to delve deeper into her thoughts and listen carefully to her reasons. Had I reflected her thoughts back to her, perhaps she would have made a different decision.

I won't make that mistake again.

Family dynamics can have a powerful effect on the success of your estate plan. Take the time to consider these intangibles. For a free resource on these issues, go to www.floridaestateplanning.com/yourtrustee.

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ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate



McMurray and Members



Cindy Sitton



Trevor Nette

The top producers for September at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray and Members, top listing team; Cindy Sitton, top sales producer team; and Trevor Nette, top sales producer individual/partners.✪

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BURNS *family* TEAM



1



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3

1. Uncommon Luxury Next To The Beach – Sanibel

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

2. Shell Harbor Direct Access Lot -Sanibel

- Build your dream home on Sanibel's East End. This corner lot with boat dock and lift offers direct access and can accommodate a large boat or sailboat
- **\$1,345,000** Euro 1,245,064

3. Gulf Pines with Lake Views – Sanibel

- 3 BR/ 3 BA home close to the beach path on Sanibel's West End
- Community amenities include pool and tennis courts
- **\$745,000** Euro 635,668

4. Island Escape – Captiva

- 5 BR/ 4.1 BA coastal luxury home completed in 2015, steps to the beach
- Architectural details, open floor plan, spa like bathrooms, private pool & spa
- **\$2,395,000** Euro 2,067,881

5. Duplex Style Home on Sanibel

- Unique property in the heart of Sanibel fit for a family compound or vacation retreat
- Features two separate 3 bed/3 bath residences each with a 2 car garage. Pool, spa, & garden area
- **\$920,000** Euro 784,986

6. Remodeled at Surfside 12 – Sanibel

- 3 BR/ 2 BA top floor condo with soaring ceilings and views of the Gulf
- Remodeled kitchen & baths, community offers beach access, pool, & tennis
- **\$849,000** Euro 742,850



4



5



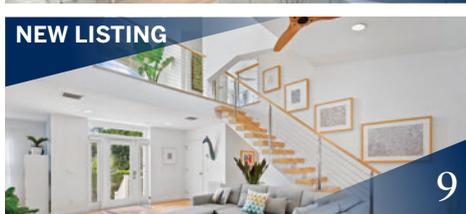
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7



8



9

7. Captiva Village Home with Stunning Gulf Views

- 3 BR/ 4 BA fully remodeled home designed to take advantage of Gulf views from every level
- Wood floors, SS kitchen, stone fireplace, multiple lanai's, large master suite, grotto inspired pool w/ spa, wet bar, & shower
- **\$3,395,000** Euro 3,091,802

8. On The Wiles Side – Captiva

- 3 BR/ 2 BA just completed total rehab/remodel with attention to every detail
- Fabulous pool oasis with tropical flora, steps to beach access
- **\$1,975,000** Euro 1,813,860

9. Fully remodeled 5 bedroom home on Sanibel

- 5 BR/ 3 BA property gorgeously remodeled throughout located mid-Island on Sanibel
- Marble & wood floors, quartz counters, reclaimed wood accent walls, incredible master suite, & multiple lanai's
- **\$895,000** Euro 757,896

10. Captiva's Gold Coast

- 3 BR/ 3 BA home located on the Roosevelt Channel with private boat house and lift
- Beautifully remodeled, tropical landscaping, channelside pool, and incredible water views
- **\$2,250,000** Euro 2,083,034

11. Captiva Village Home with Gulf Views – Captiva

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

12. Daily Sunsets in your South Seas Beach Home – Captiva

- 4 BR/ 3 BA two story remodeled beach home inside South Seas Island Resort.
- Open kitchen, vaulted ceilings, impact windows. Open & enclosed lanai's including top floor private deck off master
- **\$3,375,000** Euro 3,045,341



10



11



12

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Frankly Speaking

by Howard Prager



Tampa Bay continues to be a hot sports town! First the Lightning winning the Stanley Cup, and now a second major sport's final with the Rays in only their second

World Series, while the Bucs continue to stay near the top of the NFL after thrashing the Packers last weekend.

Let's look at the recent league championship series and the number of records that were either set, tied, or nearly broken. We'll start with the vanquished Houston Astros, who became only the second team in major league history to come back from being down 3-0 to tie the series and reach a Game 7. At that game, held in San Diego at Petco Park, a fan with a megaphone in a prime location outside the outfield wall tried to shame all the Astro players who were involved in the sign-stealing saga. Given the fact that no fans were in the stadium, his pronouncements came over loud and clear. Had this been a normal season, Houston would have received that and much more every away series. They avoided that in the short, no-fan season. Randy Arozena from the Rays nearly broke a record by having the

second most rookie hits in a postseason with 21. Derek Jeter has 22. He's not done. This is only the second World Series for the Rays. They are one of only six teams that have not won one, and hope to follow the tracks of the Nationals last year, who won their first World Series (going back to their former Montreal Expos days).

Let's look at some of the National League records. How about the Dodgers, clawing back after the Braves took a commanding 3-1 lead in the National League Championship Series (NLCS). In Game 3, they set a new playoff record by scoring 11 runs in the first inning, the most runs in one inning in a baseball playoff game. The Dodgers also tied the record of 16 home runs in an LCS. And Kiki Hernandez became the first pinch hitter to tie a game with a HR after the 6th inning in a winner take all game. How about the Braves? AJ Minter is the first player to get his first professional start in a playoff game, and tied an NLCS record with five consecutive strikeouts. My favorite first is the first time a pitcher and hitter with the same name faced each other in the postseason: Will Smith versus Will Smith. I can only guess how the chatter went between them. Will Smith the batter says, "Welcome to Earth." Will Smith the pitcher says, "All right you alien (expletive), UP YOURS!" (*Independence Day*) Will Smith the hitter says, "I know you're a little scared. And I'm gonna keep it real with you, I'm a little scared too." Will Smith the pitcher says "We

ain't got time for this crap!" (*Men in Black*).

Here's a good news story from the past about Jim Morris, a player who was on both teams in this year's World Series and also chronicled in the movie, *The Rookie*. Morris was originally selected 466th overall in the January 1982 amateur baseball draft by the Yankees but did not sign. He was selected out of Ranger College fourth overall in the 1983 amateur draft and signed with the Milwaukee Brewers. He suffered several arm injuries in the minor leagues, missing all of the 1986 season. After four pitching appearances in 1987, he was released, never having progressed past the single-A minor leagues. After sitting out all of 1988, Morris signed with the Chicago White Sox for 1989. Still, arm injuries and ineffectiveness limited him to pitching in just two games, and he never made it past the single-A level before being released.

At this point, Morris had retired with a minor league record of 17 wins, 22 losses, and a 5.13 ERA in 270 innings pitched. He retired and became a high-school teacher and baseball coach in Big Lake, Texas. In 1999, Morris made a promise to his team that if they won the district championship, something they hadn't ever done, he would try out for an MLB team. After winning the title, Morris kept his end of the bargain and tried out for Tampa Bay. The scout was not interested in Morris, but gave him a tryout solely to let Morris keep his promise to his players. Surprisingly, Morris discovered that in spite of his age and arm surgeries, he was able to throw 12 consecutive 98-mph fastballs. After much debate with his family, Morris signed a professional contract with the Devil Rays at 35. He started out with the AA Orlando Rays, and moved up quickly to a spot with the AAA Durham Bulls. Thanks to solid pitching performances with Durham, Tampa Bay gave him a chance to pitch with the Rays when rosters expanded in September. On September 18, 1999, against Royce Clayton of the Texas Rangers, Morris made his debut, striking Clayton out on four pitches. He made four more appearances that year. He pitched 16 more times the next year before being released after walking in the winning run at

Yankee Stadium in May, 2000. Morris was signed in December 2000 to a minor-league contract by the Dodgers, but was released during spring training. At the end of his major league career he was 0-0 with an ERA of 4.80 and 13 strikeouts. Morris never recorded any wins or losses in any of his major league appearances but, in the game of life, Morris showed that you're never too old to follow your dreams.

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

LCEC United Way Fishing Tournament

Anglers are sought for the 24th annual Lee County Electric Cooperative (LCEC) United Fishing Tournament, to be held at D&D Bait and Tackle on Saturday, November 14. Social distancing and CDC recommendations will be part of the tournament including a tailgate-style event to present prizes on tournament day following a day of fishing on the waters.

Fish will be measured and photos submitted using the FishDonkey app. A small-scale awards event will feature a bite to eat, hydration, digital auction and abbreviated on site raffle, truck give-away, sponsor recognition and announcement of tournament winners. Social distancing, face coverings, temperature stations and other recommended precautions are a few of the measures that will be taken on tournament day.

All proceeds will benefit the United Way of Lee, Hendry, Glades and Okeechobee Counties. Irby is the premiere sponsor of this year's tournament.

D&D Bait and Tackle Registration is located at 3922 Pine Island Road NW in Matlacha. For more information on the captain's meeting and tournament rules, visit <http://uw.lcec.net/SitePages/Fish.aspx>. Email fish@lcec.net or call 956-2204 with questions. ✪

SPORTS QUIZ

1. What pro football hall of famer amassed 14,101 rushing yards in his career with the New England Patriots and New York Jets from 1995-06?
2. Robert De Niro and Michael Moriarty starred in what 1973 film adaptation of a 1956 Mark Harris sports novel?
3. How many consecutive passes did Iowa Hawkeyes quarterback Chuck Long complete in a 1984 game vs. the Indiana Hoosiers to set an NCAA record?
4. What sport did Uruguayan teacher Juan Carlos Ceriani create in 1930 as an indoor, five-on-five version of soccer?
5. At what university did the NFL's Watt brothers (J.J., T.J. and Derek) play college football?
6. What U.S. archer won two gold medals at the 1996 Summer Olympic Games in Atlanta?
7. Former NBA player Cliff Robinson appeared on the 28th season of what reality TV competition series?

ANSWERS

1. Curtis Martin. 2. "Bang the Drum Slowly." 3. 22. 4. Futsal. 5. The University of Wisconsin-Madison. 6. Justin Hush. 7. "Survivor."

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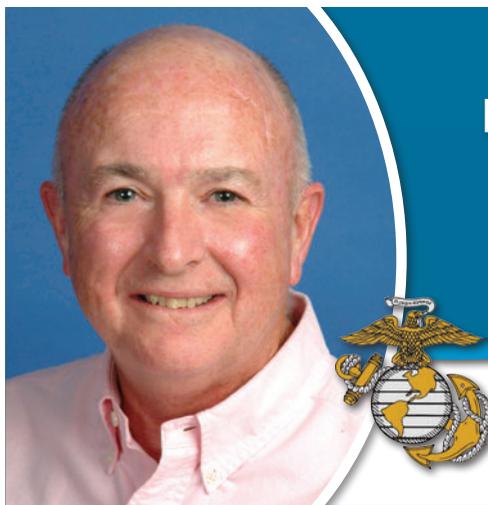
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Health First

Tips For
Flu Seasonby Julie
Rosenberg, MD

The flu season is nearly upon us as we continue to navigate the ongoing Coronavirus Disease-2019 (COVID-19) pandemic caused by the virus SARS-CoV-2. Nearly

eight million cases of COVID-19 have been reported in the United States, and, sadly, over 215,000 individuals have died from this virus. Although many states have reopened and relaxed coronavirus restrictions, the virus remains as a looming threat.

There is good news: COVID-19 remains a potentially preventable disease. Preventive measures to minimize risk and limit exposure to COVID-19 will decrease your chance of being infected or spreading the virus to others. Here are six tips to protect yourself and stop the spread.

Keep Your Distance – Person-to-person transmission through infected droplets expelled during face-to-face exposure during talking, coughing or sneezing is the most common mode of transmission of COVID-19.

The risk of infection is highest if you have been within six feet of an infected

person for at least 10 to 15 minutes. Physical distancing (six feet or more) is associated with substantial reduction of viral transmission, with greater distances providing greater protection.

Wear a Mask – Face masks reduce the spread of viral respiratory infection. N95 respirators and surgical masks both provide substantial protection (compared with no mask), and surgical masks provide greater protection than cloth masks.

The Centers for Disease Control (CDC) recommends that you wear a mask in public settings and when you can't stay at least six feet away from others. The mask should cover both your nose and mouth and fit snugly against your face.

Wearing a mask is a key part of personal protective equipment and is a "best practice" to stop the spread of COVID-19.

Wash Your Hands Often – The significance of COVID-19 transmission to people from inanimate surfaces is difficult to interpret, however, the virus has been identified on impermeable surfaces (such as stainless steel and plastic) for at least three to four days.

Keeping your hands clean by frequent hand washing is essential because people frequently touch their faces or rub their eyes, giving virus particles a pathway into their bodies. Regular use of hand sanitizer is a good practice but is not a substitute for frequent hand washing.

Recognize When to Get Tested – You should get tested for COVID-19 when you have symptoms of coronavirus infection (which typically include difficulty breathing, muscle aches, chills, sore throat, runny

nose, fever and/or headache). You should also get tested (whether you are symptomatic or not) if you have had a known exposure to COVID-19.

Support Contact Tracing Efforts – To reduce infections, it's necessary to act quickly when a person is diagnosed with COVID-19. Contact tracing is a process to identify, monitor and support individuals who may have been exposed to this person. If someone you've been in close contact with is diagnosed with COVID-19, you may receive a call from your local public health department. Discussions with health department staff are confidential and for your benefit.

Get the Flu Vaccine – The combination of a severe flu season and the current COVID-19 pandemic is a real threat as we move into fall. Many healthcare systems are already overburdened due to COVID-19. The influenza vaccine has been shown to reduce the risk of

widespread flu outbreaks. Getting a flu vaccine this season can help to save medical resources for care of seriously ill patients with COVID-19. Therefore, I recommend that you get a flu vaccine this year to protect yourself and your community from the influenza virus.

In conclusion, the coronavirus pandemic is the greatest public health threat that the world has seen in the last 100 years. The United States has been hit hard by COVID-19. Let's continue to take this health threat seriously and do what we can to protect ourselves and others during these challenging times.

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

Lee Health Earns Award For Veteran Program

The Florida Gulf Coast to Heartland Chapter of the American Red Cross recognized Lee Health with the Partnership Organization Award for fostering an innovative relationship in creating the Veteran Visitation Program.

The Red Cross presented Lee Health representatives with the award during a virtual ceremony as they celebrated the one-year anniversary since the program started.

"We are grateful for the partnership with Lee Health over this past year in supporting the needs of our veteran community," said Jill Palmer, executive director for the chapter. "This collaborative effort exemplifies the spirit of volunteerism and compassion for our veterans."

Last year, the Red Cross and Lee Health launched the first-in-the-nation veteran visitation program at Cape Coral Hospital, a civilian hospital.

Prior to COVID-19, volunteers who have been dually trained with the Red Cross and Lee Health, would visit veterans admitted to Cape Coral Hospital to provide them with information on the programs and resources available for them in Southwest Florida. Lee Health serves many veterans living in the area, where the closest Veteran Administration (VA) hospital is about two hours away.

Lee Health expected to expand the Veteran Visitation Program, but due to the public health emergency, the program's expansion was also put on

pause. Fortunately, the program remains active and continues to provide support and services virtually to veterans. Every day, volunteers call veterans admitted to Cape Coral Hospital to check in on them and ensure the Red Cross and other community resources are there to support them during this time.

"The mission of Service to the Armed Forces within the American Red Cross is to provide care and comfort to members of the United States Armed Forces, veterans and their families," said Heidi O'Sheehan, Service to the Armed Forces director for the South Florida Red Cross. "This partnership has allowed us to deliver that mission through over 3,400 veteran visits in this first year alone. We are grateful to Lee Health as well as to all of the volunteers that have helped make this partnership and program such a success, and we look forward to expanding the program to other Lee Health facilities and other hospital systems in the south Florida area."

The Red Cross' Service to the Armed Forces is dedicated to helping members of the military, veterans and their families prepare for, cope with and respond to, the challenges of military service. Every day, the Red Cross provides 24/7 global emergency communication services and support in military and veteran health care facilities across the country and around the world.

For veterans or members of the armed forces in need of assistance, call 877-272-7337 or download the American Red Cross Hero Care App at www.redcross.org/apps.

To learn more about the Service to the Armed Forces and how they support military members, veterans and their families, visit www.redcross.org/SAF. ✨

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dearRPharmacist

Eight Major Drug Muggers Of Iron



by Suzy
Cohen, RPh

Dear Readers:
The symptoms of iron deficiency mimic those of hypothyroidism, and low iron levels go hand in hand with low thyroid levels. It

usually occurs due to reduced gastric acid production as we age, which then reduces iron absorption. The iron deficiency results in sluggish conversion of T4 to T3. Since iron deficiency goes hand in hand with hypothyroidism, I will be switching back and forth between the two conditions periodically.

Symptoms for both of these conditions are similar. One common symptom of both iron deficiency and hypothyroidism is exhaustion. The fatigue may last all day, even if you slept well the prior night. Additionally, you'll see reduced immunity (higher risk of cough/cold), slow wound healing, pale lips and skin, dizziness, weakness, hair loss and mild depression. The reason for the paleness is because your red blood cells store iron, and without enough iron, you have smaller, sicker and fewer red blood cells (RBC). You'll appear pale. Furthermore, since your RBCs tote oxygen to your body's organs and cells, you won't have enough oxygen so you'll feel weaker, short of breath and easily tired.

So many people have iron deficiency (or hypothyroidism) that I want to highlight a few other symptoms such as dizziness, anxiety, frequent miscarriages, cold hands and feet, and occasional abnormal heart rhythm changes. Again, these symptoms are often connected to thyroid insufficiency which makes it critical for you to tease out exactly what you have.

Iron is important during pregnancy, and many women go into their pregnancy with years of mild insufficient iron. In doing so, this raises the risk of problems (and death) for both mother and child. It's hard to believe, but worldwide, the maternal and neonatal deaths account for about 2.5 to 3.4 million every single year! For this reason, if you're exhausted,

and want to get pregnant, soon, it's best to evaluate your iron status (and thyroid) levels first. You can easily correct iron and thyroid deficiencies prior to conception. When testing for iron, obtaining a "ferritin" level is important.

Iron levels in the body can be influenced by many factors such as inflammation, infections, pregnancy, gastric acid levels, drug mugging medications and even the amount of orange juice you drink.

8 Major Drug Muggers of Iron:
Aspirin
Acid suppressing drugs
Antacids
Indomethacin, naproxen and ibuprofen aka NSAIDS

Calcium supplements
Chamomile, ginger and peppermint tea
Coffee

Babesia, a co-infection of Lyme
It's fairly easy to detect low iron and correct deficiencies. The use of supplements of iron is something you can do for a short period of time, however there are better ways to obtain iron. For example, minimizing the foods, coffee and medications that mug it, while simultaneously raising levels through diet. Heme iron (as opposed to nonheme iron foods) are the fastest way.

If you have low iron (or the symptoms I've described today), you should ask yourself if this is driven by hypothyroidism, or an infection like Babesia? Is it possibly related to a medication you take each day? Spend some time testing and thinking it through; don't just buy an iron pill because that doesn't solve the root cause and can irritate your gastric lining. If this topic interests you, I have a more comprehensive version at www.suzycohen.com.

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.

Respond Quickly To Addiction

Narconon reminds friends and families that the period of desperation when an addict reaches for help is short-lived. For more information, visit www.narconon-suncoast.org/blog/time-kills-addicts.html or call 1-877-841-5509 for a no cost screening or referral.*

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: Can you give me some tools to diffuse my anger?

A: First of all, I want you to know that your anger is a mask for pain and fear. You may want to explore what you are afraid of and that can be the first step to diffusing your anger. Below are some strategies to help you:

When you are upset, pause and slowly count to 10 – Take a few deep breaths and slowly, quietly count to 10. As you exhale, you can put your hand on your heart and say to yourself "I feel safe." This will ground and center you so you don't react to others. Instead, you will learn to respond.

Take a cooling-off period – To further quiet your adrenaline surge of anger, take a longer time out, hours if needed. Reduce external stimulation, like TV, news, noise, and listen to soothing music. Do some stretching and, if you know yoga, that is a good centering exercise.

Now take some adequate time to understand what makes you angry to

begin with. It's important not to address your anger when you are rushed.

Avoid addressing your cause of anger when you are rushed or before going to sleep. This can rev up your system and cause more anger and insomnia. It's better to examine your anger earlier in the day so that you can examine the onset. Once your adrenaline is calm, you can feel more rested and less prone to overreacting and causing anger flare-ups.

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.*

Grief Support Group Meetings

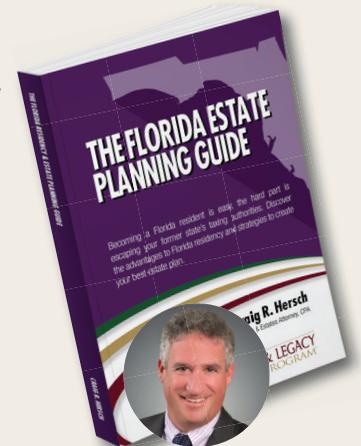
Sanibel Community Church is offering a GriefShare program in the Family Life Center on Tuesdays at 5 p.m. The program is open to anyone who has lost a loved one, and there is plenty of room for social distancing. Sessions feature a video, book, discussion and support.

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

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by **Craig R. Hersch**
Florida Bar Board Certified Wills,
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Doctor and Dietician

Reduce Your Risk Of Hip Fracture



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

It has been estimated that one in three women and one in 12 men will sustain a hip fracture in their lifetime. Up to 85 percent of hip fractures occur in people over the age of 65. One of our relatives recently showed us her bone density test. Sure enough, she was losing bone density in her hips. She is at high risk for a hip fracture should she take a fall. So, what should she/we do?

The body gets stronger when you use it, just like when you lift weights you build muscle. Weight-bearing movement is key to preventing osteoporosis and resultant hip fractures. You cannot take this lightly. At minimum, this means

you need to walk briskly for 30 minutes twice per day. We are not talking about a stroll around the kitchen. The bones strengthen when you use them. The weather may be getting cooler, but it's not snowing or icy – so put on a jacket and get outside. Add some light hand weights to your walking. Take two- or three-pound weights and walk with them, swinging your arms, pumping your arms, etc.

In addition to walking, stand more and sit less. If you are not reminded to stand up every hour, then set a timer to get up every hour and walk around. Sitting all day will kill you. Use good posture when sitting. Do not sit with your belly out and your neck down. Try to put your sit bones in the back of the chair and contract your abs when sitting in a chair. Use a table for your reading material that is propped up so that you are looking straight ahead with abs contracted, shoulders back, hips pushed into the chair.

You know we could not get through this article without talking about food. Eat dark green leafy vegetables, including broccoli, cabbage, Brussels sprouts, collards, kale, mustard greens, Swiss chard, as well as beans, peas and lentils. Soy (organic) also contains great amounts of bone-strengthening nutrients. If you can tolerate dairy, milk, cheese and cottage cheese are good for the bones.

Having strong bones is not just about

what you DO eat, but also what you do NOT eat. Eliminate cola products, as these leach calcium out of the bones. Eliminate diet products – these also are toxic – this means all products containing Nutrasweet, sucralose, etc. Drink water. Eat adequate protein daily – this means chicken, turkey, beef, fish, pork, eggs, nuts etc.

In order to maximize bone strengthening if you have already been told you have bone loss, we use a product called Bone Builder pack from OrthoMolecular Products. This is a twice daily five-pill packet that provides extra nutrients for bone healing. For people who get nauseated taking a lot of pills, you'll have to take one or two every 30 minutes or so and not on an empty stomach.

Beautifulife:

Stress-Free

by Kay Casperson



Living without stress can sometimes seem impossible, especially when chaos hits and life gets turned upside down.

But, I know we all have the power within ourselves to

overcome worry and stress to live our best and most beautiful experiences. Sometimes you have to dig a bit deeper to find your strength and move forward with peace and calm in your soul. I have come up with a few suggestions that just might help you get there:

Write it down – I am a big believer in clearing your mind by writing things down. I even keep paper next to my bed so that if I wake up thinking about something I forgot to do or need to get done, I can write it down to clear my mind from that thought. Make a list daily of things you want or need to do and cross them off as they are completed. If they don't get done, no worries; just move them to the next list.

Keep moving – This is a big one in terms of helping you stay balanced and calm. Whether you can get out for a long walk, a bike ride, the gym, or just working around your house or yard daily, you need to keep moving. The benefits are endless, from strengthening your heart to elevating your mood and everything in between.

Supplement your diet – Vitamins are essential to me, and they have been for

The death of people as they age relates to immobility and poor balance, which may result in hip fractures from a fall. We cannot stress the importance of doing everything you can to stay strong. There is still so much to do. Let's not lose the ability to do it! We are blessed beyond measure to be able to get outside pretty much any day of the year here in Southwest Florida. We'll be watching for you!

*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.**

many years. I eat well for the most part, but I also believe that it is challenging to get everything we need daily from our diets. Life is hectic, sometimes we don't have all the right foods in our homes, and there are many times that our health just requires more. A few of my favorites are vitamins B12, C, D3 and curcumin. I also take melatonin and L-theanine at night to help calm my mind for a good night's sleep, which is extremely important.

Stay connected – We have all been through this crazy time of isolation, and some are still feeling it. It is now even more important to be in touch with individuals who inspire you, make you laugh, bring you joy and brighten your spirits. Whether it is a phone call, a text message, in person, or even virtual gatherings of some kind, everyone needs that connectivity. Make it a point to reach out to others who might need to be inspired.

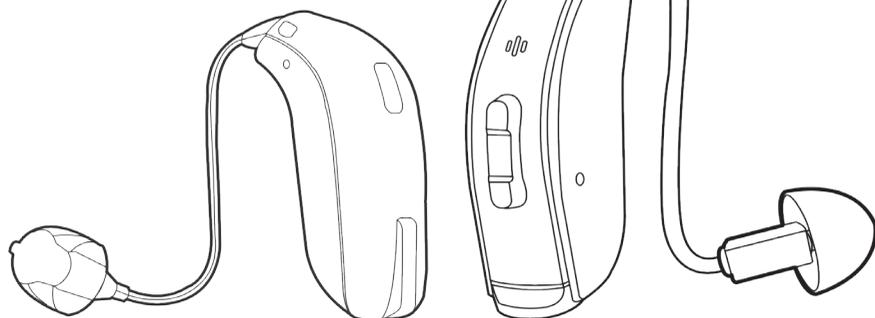
Listen to your heart – The most important thing you can do to release stress and find your calm is to look within yourself and know that all is well, and nothing is too big to overcome. Pray, meditate and practice daily affirmations. You might be the only person that will tell you how amazing, incredible and beautiful you are today and every day.

My affirmation for you this week is:

"I am living a stress-free life because I choose to take control of all things within my power and will manage with success."

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

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PETS OF THE WEEK photos provided



Maui ID# A817639

Lee County Domestic Animal Services

Maui And Blue Eyes

Hello, my name is Maui. I am a 3-year-old male American staffordshire terrier. People know Disney's Maui is pretty cool, but the volunteers here think I am even cooler. If you are looking for a hero in your life, I am the guy for you. A pup came in severely anemic last week, and I stepped up and donated blood to save him! I am the happiest guy, and I love to play. Break out the tennis ball and I am yours for the afternoon. I will also keep myself amused with a ball in the shade as long as I know you are nearby. My perfect family would be an active one as I like to go for walks or even on hikes. My adoption fee is \$75.



Blue Eyes ID# A831172

Hi, I'm Blue Eyes. I am a stunner to look at, and I have the personality to go with my looks. I am a 3-year-old female snowshoe who is the complete package. Sweet, affectionate and playful – what else could you ask for in a companion? Take advantage of the adopt one, get a feline friend at no additional charge and double the fun! My adoption fee is \$10, and you can adopt another at no additional fee.

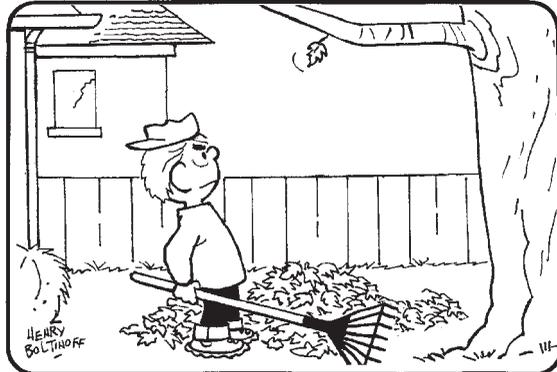
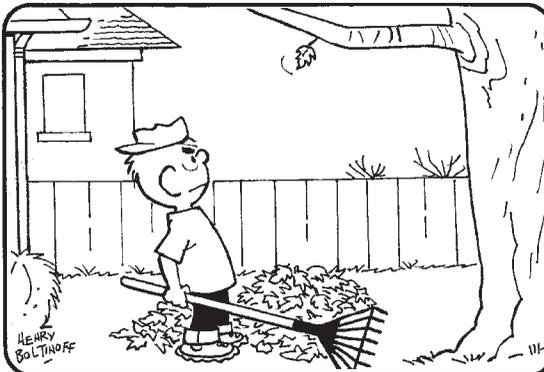
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopted one and get a feline friend at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

PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Window is cracked. 2. Boy's hair is different. 3. Bushes are missing. 4. Pile of leaves is larger. 5. House is narrower. 6. Shirt has long sleeves.



"He's just like his father — he loves _____."

Answer on page 47

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!

Defy

OLEAVIT _____

Oppose

STEUPID _____

Twirl

CEPPTER

Furtive

CRETES

TODAY'S WORD



Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City Council	472-4135
City Building Department	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
Mosquito Control - Lee County Mosquito Control District	239-694-2174
Post Office, Sanibel	472-1573
Post Office, Sanibel (toll free)	800-275-8777
Post Office, Captiva	472-1674
Sanibel Community House	472-2155
Center 4 Life, Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Herb Strauss Schoolhouse Theater	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	https://www.audubonswfl.org/
Audubon Society	472-3744
Bailey-Matthews National Shell Museum	395-2233
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW, Clinic For The Rehabilitation of Wildlife	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service	472-0404
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA, Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS, Protection of Animal Welfare Society	239-313-6918
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer	395-2040
SCCF Sanibel-Captiva Conservation Foundation	472-2329
SCCF Sea Turtle Hotline	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

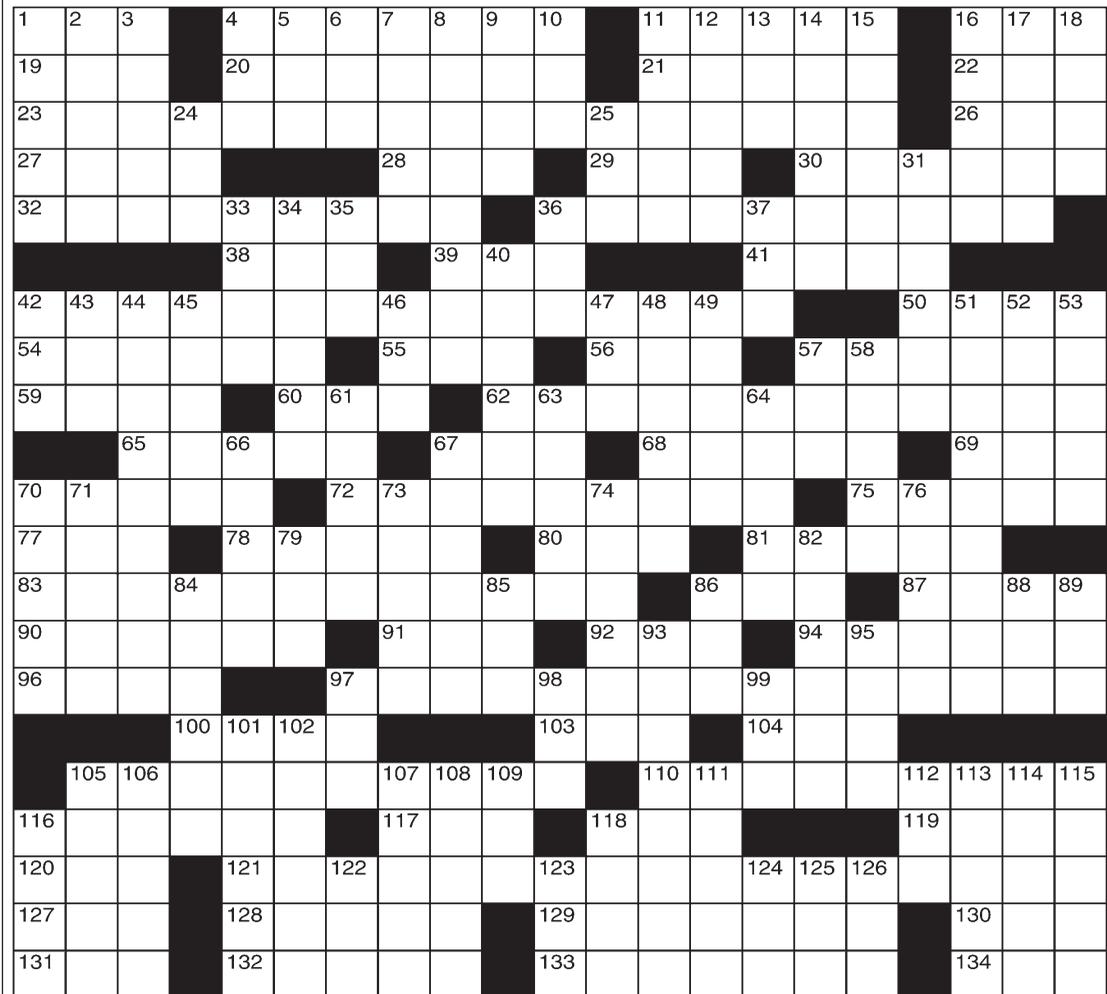
To be listed in calling card email your information to: press@islandnews.com

PUZZLES

Answers on page 47

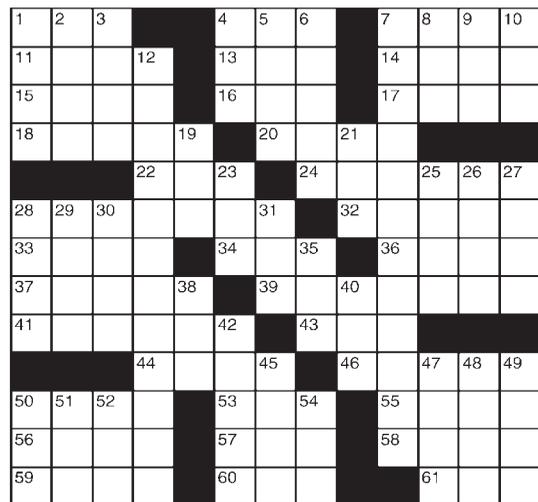
Super Crossword REVOLUTIONS

- ACROSS**
- 1 Mad crowd
 - 4 Ritchie Valens hit of 1959
 - 11 Artificial waterway
 - 16 Jacuzzi joint
 - 19 LAX screeners
 - 20 Mining stuff
 - 21 "Ad — per aspera"
 - 22 Formal duds for a dude
 - 23 Some Sufi ascetics
 - 26 Server's goal
 - 27 Actress Garr
 - 28 Was ahead
 - 29 Julio's gold
 - 30 "Much obliged"
 - 32 Air-cooling vanes
 - 36 Means of telling time
 - 38 — good clip
 - 39 Writer Capote, to pals
 - 41 Steed feed
 - 42 Firestone products
 - 50 Lots and lots
 - 54 Gotten up
 - 55 Technique: Abbr.
 - 56 Feel ill
 - 57 Gloomy
 - 59 — mater
 - 60 Wolf down
 - 62 They succeeded
 - 65 "Yipes!"
 - 67 Big lug
 - 68 Ward (off)
 - 69 Alley hisser
 - 70 Ax-wielding lumberjack
 - 72 Dust devils' cousins
 - 75 Old overlords
 - 77 Lupino of "Jennifer"
 - 78 "Arrow" network
 - 80 Quarterback Dawson
 - 81 Big printer brand
 - 83 Carnival classics
 - 86 Coll. email ender
 - 87 Faint trace
 - 90 Tax
 - 91 "Kidnapped" author's inits.
 - 92 Choose
 - 94 Paradiacial
 - 96 Talk back to
 - 97 Planets, e.g.
 - 100 Fill-in worker
 - 103 Tyke
 - 104 Pampering, for short
 - 105 Record player parts
 - 110 Kids hold their horses on them
 - 116 Tile design
 - 117 German city
 - 118 It fills la Seine
 - 119 Et — (and others)
 - 120 "Devious Maids" actress Ortiz
 - 121 What 10 of this puzzle's answers do
 - 127 Beer barrel
 - 128 See 116-Down
 - 129 What's often decorated for Christmas
 - 130 "— your call"
 - 131 Sooner than, in odes
 - 132 One-of- — (unique)
 - 133 Bleepers of bad words
 - 134 Tofu source
 - DOWN**
 - 1 Letters of the weekday
 - 2 Actor Milo
 - 3 Scottish tyke
 - 4 Wee, like Abner Meyers of the screen
 - 6 — Jovi
 - 7 Point of view
 - 8 In a self-effacing way
 - 9 Engendered
 - 10 Ireland's —
 - 11 Nile capital
 - 12 Professional org.
 - 13 — degree
 - 14 Soul queen Franklin
 - 15 Beat against, as waves
 - 16 Get up
 - 17 NHL game souvenirs
 - 18 Lines of symmetry
 - 24 Celery piece
 - 25 Loudness knob abbr.
 - 31 Actor Aziz —
 - 33 Like flimsy excuses
 - 34 Expiated
 - 35 Little dollop
 - 36 Shorten
 - 37 Wallops in the ring
 - 40 Create a new digital image of
 - 42 Small battery type
 - 43 E-address
 - 44 Sci-fi travel facilitators
 - 45 Inedible kind of orange
 - 46 Suffix with 116-Across
 - 47 Answer to "Are you?"
 - 48 Teases mercilessly
 - 49 Give a thrill
 - 51 Conductor Arturo
 - 52 Film award
 - 53 Jays' places
 - 57 "Girl Code" channel
 - 58 Dramatist Clifford
 - 61 In — (agitated)
 - 63 Bar none
 - 64 Examined before robbing
 - 66 "— a jealous mistress"
 - 67 "1984" novelist George
 - 70 LP players of old
 - 71 Plant swelling
 - 73 Earthy hue, to Brits
 - 74 Explorer Hernando
 - 76 Seeded
 - 79 1940s pres.
 - 82 Hopi abode
 - 84 Speakers' platforms
 - 85 Ending for Siam
 - 86 Zeta follower
 - 88 You, in German
 - 89 Many laptops
 - 93 British island in Polynesia
 - 95 Film providing a factual report, for short
 - 97 Tax-filing pro
 - 98 Rd. relatives
 - 99 Piece of mail: Abbr.
 - 101 Riddle
 - 102 Highest peak in N.Z.
 - 105 Copier stuff
 - 106 Application
 - 107 Martin Van —
 - 108 Bridges of film
 - 109 Rhea relative
 - 111 Moms' sisters, say
 - 112 Cyst, e.g.
 - 113 — Island (old immigration point)
 - 114 Give a false story
 - 115 Spacek of "The River"
 - 116 With 128-Across, earn wages
 - 118 Falco of TV song
 - 123 The Rams' gridiron gp.
 - 124 — -Magnon
 - 125 Ending for cash
 - 126 Abode: Abbr.



King Crossword

- ACROSS**
- 1 Recede
 - 4 Petrol
 - 7 Potato
 - 11 Settled down
 - 13 Mischief-maker
 - 14 Cautious
 - 15 "Bye"
 - 16 Neither partner
 - 17 Rice or Tyler
 - 18 Ledge
 - 20 Dispatch
 - 22 Mary — cosmetics
 - 24 Half a wet-weather pair
 - 28 Game like pinochle
 - 32 Hoosgow
 - 33 Valhalla VIP
 - 34 Dog's foot
 - 36 Burrito cousin
 - 37 Fifth-day Christmas gift
 - 39 Paraphrase
 - 41 Impressionist?
 - 43 Feathery neckpiece
 - 44 List-ending abbr.
 - 46 It brings out the kid in you
 - 50 Coffee
 - 53 Run-down horse
 - 55 Stead
 - 56 Need for
 - 41-Across
 - 9 Samovar
 - 10 Coloring agent
 - 12 TV news pun-dits, often
 - 19 Online info page
 - 21 Once around the track
 - 23 "Uh-huh"
 - 25 Gumbo need
 - 26 Membership
 - 27 Advertise strongly
 - 28 Drill
 - 29 Fix a manuscript
 - 30 Galvanizing stuff
 - 31 Listener
 - 35 "Charlotte's —"
 - 38 Collection
 - 40 Weep
 - 42 Tall and slender
 - 45 Kegler's pathway
 - 47 Morning co-host Kelly
 - 48 Rip
 - 49 Quest
 - 50 TV drama that spawned "NCIS"
 - 51 Expert
 - 52 Energy
 - 54 Pistol
- DOWN**
- 1 Comestibles
 - 2 Mediocre
 - 3 Small snack
 - 4 Martini ingredient
 - 5 Out of control
 - 6 Parsley serving
 - 7 Brightly marked butterflies
 - 8 Skillet



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

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

- Bump
- Give way
- No parking
- Slow
- Detour
- Keep left
- No right turn
- Stop
- Do not enter
- Keep right
- One way
- Wrong way
- Exit
- No left turn
- Rough road

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 FRIDAY Partly Cloudy High: 86 Low: 75	 SATURDAY Mostly Cloudy High: 87 Low: 76	 SUNDAY Cloudy High: 84 Low: 72	 MONDAY Sunny High: 81 Low: 71	 TUESDAY Partly Cloudy High: 75 Low: 63	 WEDNESDAY Sunny High: 74 Low: 64	 THURSDAY Mostly Cloudy High: 78 Low: 66
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	5:18 am	2:10 pm	None	None
Sat	6:59 am	3:18 pm	11:30 pm	None
Sun	9:01 am	3:05 am	11:43 pm	4:13 pm
Mon	10:28 am	4:24 am	11:58 pm	4:56 pm
Tue	11:33 am	5:15 am	None	5:31 pm
Wed	12:13 am	5:56 am	12:25 pm	5:59 pm
Thu	12:26 am	6:32 am	1:12 pm	6:23 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	4:23 am	2:12 pm	None	None
Sat	6:04 am	3:20 pm	10:35 pm	None
Sun	8:06 am	3:07 am	10:48 pm	4:15 pm
Mon	9:33 am	4:26 am	11:03 pm	4:58 pm
Tue	10:38 am	5:17 am	11:18 pm	5:33 pm
Wed	11:30 am	5:58 am	11:31 pm	6:01 pm
Thu	12:17 pm	6:34 am	11:43 pm	6:25 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	5:37 am	1:33 pm	8:07 pm	None
Sat	6:57 am	1:20 am	9:11 pm	2:44 pm
Sun	8:29 am	3:01 am	10:28 pm	3:46 pm
Mon	9:50 am	4:12 am	11:42 pm	4:43 pm
Tue	11:17 am	5:16 am	None	5:36 pm
Wed	12:13 am	6:10 am	12:18 pm	6:22 pm
Thu	12:37 am	6:53 am	12:59 pm	7:01 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	7:28 am	5:26 pm	None	None
Sat	9:09 am	6:34 pm	None	None
Sun	1:40 am	6:21 am	11:11 am	7:29 pm
Mon	1:53 am	7:40 am	12:38 pm	8:12 pm
Tue	2:08 am	8:31 am	1:43 pm	8:47 pm
Wed	2:23 am	9:12 am	2:35 pm	9:15 pm
Thu	2:36 am	9:48 am	3:22 pm	9:39 pm

My Stars ★★★★★

FOR WEEK OF OCTOBER 19, 2020

Aries (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

Taurus (April 20 to May 20) That marriage 'twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

Gemini (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

Cancer (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

Leo (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open

your generous Lion's hearts and share the glory with those who helped you accomplish so much along the way.

Virgo (August 23 to September 22) You might want to get advice from someone who's been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

Libra (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you've prepared. Before you act, one way or another, find out who set it up and why.

Scorpio (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

Sagittarius (November 22 to December 21) Having a weekend fun fest? Your friend or relative who's down in the emotional dumps could perk up if you find a way to include him or her in your plans.

Capricorn (December 22 to January 19) If you're in one of those "the Goat knows best" periods, you might want to

ease up and try listening to what others have to say. You could learn something.

Aquarius (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

Pisces (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

Born This Week: You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

MOMENTS IN TIME

- On Oct. 27, 1659, William Robinson and Marmaduke Stevenson, two Quakers who came from England in 1656 to escape religious persecution, are executed in the Massachusetts Bay Colony for their religious beliefs. The colony had banned Quakers under penalty of death.
- On Nov. 1, 1765, despite widespread opposition in the American

colonies, Parliament enacts the Stamp Act, designed to raise revenue for British military in America. The Stamp Act was designed to force colonists to use special stamped paper in the printing of newspapers, pamphlets, almanacs and playing cards.

- On Oct. 28, 1886, President Grover Cleveland dedicates The Statue of Liberty, a gift of friendship from the people of France, in New York Harbor. Originally known as "Liberty Enlightening the World," the statue was to commemorate the Franco-American alliance during the American Revolution.

- On Oct. 30, 1890, Oakland, California, enacts a law against opium, morphine and cocaine. It allowed only doctors to prescribe these drugs, which had been legal for cures or pain relief.

- On Oct. 31, 1957, Toyota hopes to saturate the American market with its inexpensive Toyopet Crown sedans. It was a flop: The car could barely meet California's roadworthiness standards, guzzled extraordinary amounts of gas and oil, and tended to shake violently, overheat and stall.
- On Oct. 29, 1971, Duane Allman,

continued on page 46

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From page 44

Moments In Time

leader of the Allman Brothers Band, is killed when he loses control of his motorcycle and hits a flatbed truck in Macon, Georgia. He was 24. One year later, the band's bassist Berry Oakley died in a very similar motorcycle accident just a few blocks away.

• On Oct. 26, 1984, at Loma Linda University Medical Center in California, Dr. Leonard Bailey performs the first baboon-to-human heart transplant, replacing a 14-day-old infant girl's defective heart. "Baby Fae" survived the operation, but died of heart failure after 20 days.

NOW HERE'S A TIP

• "I find it helpful to set calendar reminders on my phone for working out and meal prepping. I have to treat it like a job so that I'll do it. Thought that might help other people who struggle." – SO in Wyoming

• "Those hide-a-key rocks can be a little obvious – at least they are to me. I have a spare key hidden outside too, but I sealed mine in a plastic baggie and buried it in a spot known only to our family members. Also, it's not right by the door." – DIE in Mississippi

• Home office motivation: Preplan your outfits for daily success. When it's all too easy to roll out of bed and log on without a thought, it might help your productivity to prepare for the workday as you would have in the time of commutes and conferences. The right wardrobe choices can help you set the tone for the day.

• "When closing up our cabin for the season, we brought a box of mothballs and scattered them around the porch perimeter. This keeps the small animals like mice and skunks from setting up shop there while no one is around." – SF in Pennsylvania

• Now's a great time to start weatherstripping. Check and recaulk windows. Caulk along baseboards to deter drafts. Add insulation to electrical outlets and under sinks around plumbing. Seal it up to stay toasty this winter.

• "When temperatures fall where I live, outside exercise becomes preferred. We all know to drink lots of fluids in the blazing heat of summer, but it's important to plan your hydration when extreme sweating isn't the norm. You still need to replace fluids for optimal performance." – TD in Florida

STRANGE BUT TRUE

• Two journalists invented Trivial Pursuit in 45 minutes after being shocked at the price of a Scrabble set.

• One person in 20 has an extra rib, and they are most often men.

• Fearing that someone would murder him in the recreation yard at Alcatraz prison, gangster Al Capone received permission to spend rec time practicing his banjo in the shower room.

• A Chinese millionaire sold canned air to people on the streets to raise awareness of air pollution. He donated the money to charity.

• Female cats are mostly right-pawed, while male cats are more frequently left-pawed.

• The universe has a color – but it's not what you might think. Researchers at Johns Hopkins University took the average of light from over 200,000 galaxies and discovered that the universe is actually kind of beige. They dubbed the hue "cosmic latte."

• A centuries-old Japanese tradition holds that if a sumo wrestler can make your baby cry, the baby will live a healthy life. During a special ceremony, parents hand their infants to wrestlers who not only bounce the babies up and down but sometimes even roar in their faces to start the waterworks. As one mom, Mae Shige, remarked of her son at a 2014 event: "He's not a baby that cries much, but today he cried a lot for us and we are very happy about it."

• Daisies aren't just for picking or

playing "He loves me, he loves me not." They're also an excellent source of vitamin C and have been said to slow bleeding, relieve indigestion, and soothe coughs.

• There are eight times as many atoms in a teaspoonful of water as there are teaspoonfuls of water in the Atlantic Ocean.

THOUGHT FOR THE DAY

"The best revenge is to be unlike him who performed the injury." – Marcus Aurelius

TRIVIA TEST

- Geography:** Which city is known as "The Eternal City"?
- Food & Drink:** What is the name of the bee used in advertisements for Honey Nut Cheerios?
- Language:** What does the Latin phrase "ad meliora" mean?
- Measurements:** How many inches are in a hand?
- U.S. States:** A resident of which state might be called a Buckeye?
- Movies:** Who were the three stars of the film *Three Amigos*?
- Games:** Which "ailment" was added to the Operation board game in 2004?
- Astronomy:** Which two planets in our solar system lack natural moons?
- Mythology:** What is a Valkyrie in

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9/4 * 10/23

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Norse mythology?
 10. **Television:** What was the name of the android on *Star Trek: The Next Generation*?

HORTOONS

TRIVIA ANSWERS

1. Rome
2. Buzz
3. Toward better things
4. Four
5. Ohio
6. Steve Martin, Martin Short and Chevy Chase
7. Brain Freeze
8. Mercury and Venus
9. A maiden who chooses who may die in battle, and which of the slain are worthy of a place in Valhalla
10. Data.

SCRAMBLERS ANSWER

1. Violate 2. Dispute;
 3. Precept; 4. Secret

Today's Word
SPORTS



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PUZZLE ANSWERS

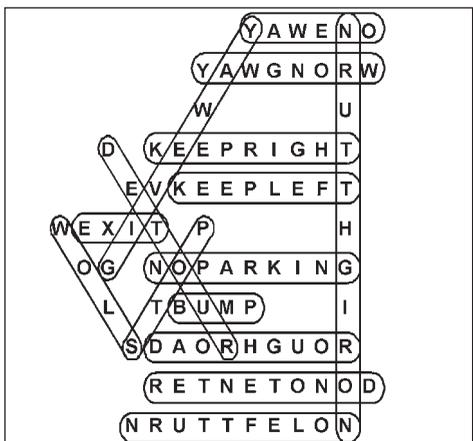
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ALMA	EAT	COMPACT	DISCS	
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IMPOST	RLS	OPT	EDENIC	
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TURN	TABLES	CAROUSELS		
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KEG	MONEY	FIR	TREE	ITS
ERE	AK	KIND	CENSORS	SOY

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

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2020	5,637	\$7,995,000	\$7,750,000	166
Ancona	Miromar Lakes	2020	4,265	\$3,049,000	\$2,975,000	259
Southport On The Bay	Bonita Springs	1997	4,000	\$3,345,000	\$2,950,000	219
Dickeys John R Subd	Captiva	1930	1,279	\$2,389,000	\$2,100,000	185
Salerno	Miromar Lakes	2017	3,235	\$1,995,000	\$1,995,000	170
Cortona	Miromar Lakes	2019	3,971	\$1,995,000	\$1,835,000	290
Palmetto Point	Fort Myers	1984	4,491	\$1,675,000	\$1,600,000	33
Bellagio At The Colony	Bonita Springs	2003	4,080	\$1,595,000	\$1,575,000	253
Shell Harbor	Sanibel	1979	3,406	\$1,295,000	\$1,180,000	63
Valencia Bonita	Bonita Springs	2018	3,102	\$1,125,000	\$1,080,000	72

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