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VOL. 28, NO. 18

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 30, 2020

OCTOBER/NOVEMBER SUNRISE/SUNSET: 30 7:36 • 6:48 31 7:37 • 6:47 1 6:38 • 5:46 2 6:38 • 5:46 3 6:39 • 5:45 4 6:40 • 5:44 5 6:40 • 5:44

Peddling 1,300 Miles In Honor Of Beloved Brother

by Kathy Kurtz Ferrari

It's about 1,300 miles from Kokomo, Indiana to Cape Coral, Florida. A band of biking buddies knows each mile all too well, as they recently took on the challenge of pedaling the distance in memory of Andrew "Drew" Shipley, who died unexpectedly in July at the age of 39 during a family vacation in Indiana.

Shipley, who worked for several years at the former Sanibel restaurant Jacaranda, leaves his wife Jessica and her three daughters. The fundraising ride, organized by Shipley's brothers: Adam, a bar manager at Matzaluna; and Nate, who lives in Indiana; will help financially support Jessica and her girls.

A passionate and spiritual resident of Cape Coral, Shipley was working at i2 Visual in Fort Myers when he died, with no life insurance. His death, caused by complications of undiagnosed leukemia, has left his extended family reeling.

Looking for a way to deal with



In a photo taken the day before he died, Andrew Shipley signs "I Love You"

photo provided

his grief, Shipley's youngest brother, Nate, presented an idea to his friends in 2nd Mile Adventures, a faith-based organization he belongs to in Indiana that brings people together spiritually while

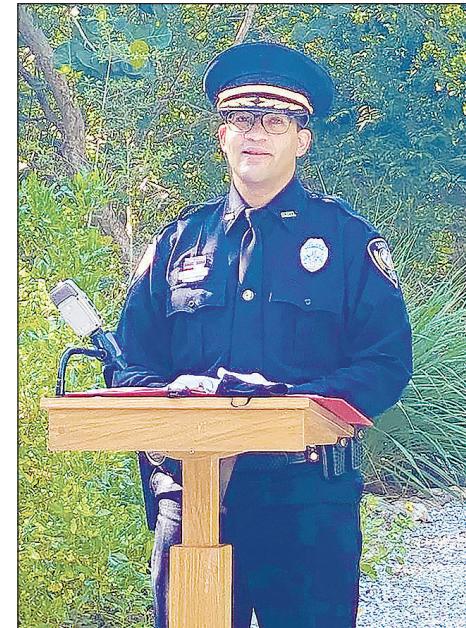
continued on page 2

City Salutes Military Veterans In Workforce

The City of Sanibel has 19 veterans of U.S. military service among its workforce. Lee Coast Chapter of the Military Officers Association of America (MOAA) will give special recognition to one of the city's veterans, Sanibel Police Officer Magdieu "Maxx" Bernier, for his service to the country and community on Wednesday, November 11. The City of Sanibel and MOAA will release this year's virtual Sanibel Veterans Day program via the city's website, email and Facebook page at 11 a.m.

Bernier joined the Sanibel Police Department in 2017. During his time with the city, Bernier has been recognized as one of the 2019 Lee County Officers of the Year and has received lifesaving commendations. He is also a member of the City of Sanibel Police Department Color Guard.

In 2018, Bernier received the City of Sanibel Medal of Honor Citation for an extreme act of heroism when, without hesitation, he removed his duty gear and



Sanibel Police Officer Magdieu "Maxx" Bernier speaking as part of the Veterans Day program

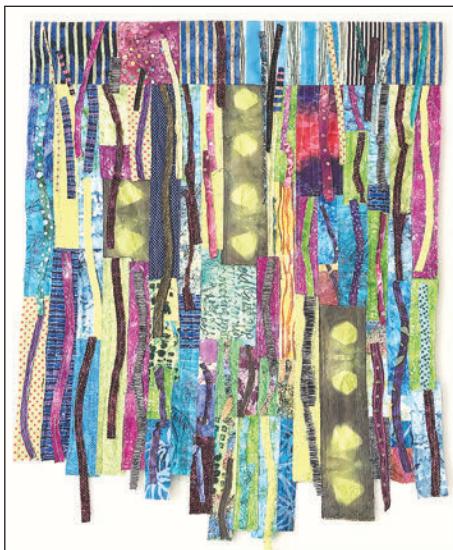
photo provided

saved a swimmer in distress at Lighthouse Beach Park. Bernier also received the City of Sanibel's Lifesaving Commendation in

continued on page 3



Iron Rain by Angela Scorzari
images provided



Holding It All Together by Sally Dutko

to 4 p.m. Tuesday through Friday. Masks are required and there is a 30-person limit in the gallery. There will also be a virtual gallery that will be live on Wednesday, November 11.

Fiber art is a widely celebrated art medium, one that is ever evolving and crosses the boundaries between fine art and craft. Works by Sally Dutko, Bonnie Langenfeld and Angela Scorzari are



Boats at Dawn by Bonnie Langenfeld

gorgeous pieces that demonstrate how fiber art is more than a traditional artform. Works range from intricately detailed landscapes to bold, multi-layered abstract

quilts and mixed media fiber sculptures.

Dutko creates mostly raw-edge abstract work, along with some figurative and

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Creative Threads Exhibit At BIG ARTS

by Di Saggau

Three award-winning artists will have their unique works on display during the Creative Threads exhibit opening Thursday, November 5 and running through Sunday, December 13 in the new Durham Family Gallery at BIG ARTS. Hours of the exhibit are 10 a.m.



Malia and Jeff Samson of Spoondrift
photos provided

Excitement Builds For Wines In The Wild At Home

If you have you grown tired of cooking at home since March and your pandemic menu repertoire is getting boring, pre-order a Wines in the Wild homelNstead party box. This adaptation of the Sanibel-Captiva Conservation Foundation (SCCF) annual fundraiser includes all of the ingredients needed for an evening celebrating food and wine in the comfort of your own home. Island chefs are designing dishes made especially for at-home enjoyment. There will be Caprese



Cielo Executive Chef Melissa Akin

la Cielo, Coq au Vin from Sweet Melissa's Cafe, Asian Short Ribs prepared by Caterer Leslie Adams and a Moroccan-spiced Roasted Fall Vegetable Melange created by Malia and Jeff Samson from Spoondrift. Bailey's General Store has chosen a sauvignon blanc and a zinfandel, included in the party box, to complement these foods.

Platinum sponsors Joyce and Don Rice are looking forward to a special meal at home on Friday, November 13. "I especially love that there is a vegetarian option for the homelNstead menu," said Joyce Rice.

The couple is also excited about the 50/50 drawing. "We've added a



Platinum sponsors Joyce and Don Rice with the magnum of 2008 Dom Perignon that will be part of the 50/50 + 10 drawing

very special feature with a 50/50 + 10 drawing," said Don Rice. "There will still be the traditional 50/50 cash drawing but now there is the chance to win one of 10 lots of five bottles of wine, with each lot valued at no less than \$160. And as an added bonus, for each \$100 purchase, you will get one chance for a drawing for a magnum of 2008 Dom Perignon, a \$550 value." Tickets are \$25 or five for \$100. You do not need to purchase a party box to enter this drawing. The wine cannot be shipped to an out-of-state winner.

To purchase a party box or 50/50 tickets, go to www.winesinthewildscf.com.

A box for one person is \$130 and \$210 for two people. Boxes must be reserved by Friday, November 6 and will be available for drive-by, touchless pickup at the Bailey Homestead, 1300 Periwinkle Way, on November 13.

Funds raised support SCCF in its mission of conservation in 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 organization.**

From page 1

Beloved Brother

experiencing outdoor adventures.

"I said to one of my friends, 'What if we rode from where Drew died in Kokomo, Indiana, to where he lived in Cape Coral, Florida?'" Nate said in a recent phone interview from Indiana. "We could get a bunch of us, and do like a relay, one rider at a time. We can ride through the night and stuff like that. And my friend said, 'Wow, OK. That's a big trip. Let me think about this.'"

It didn't take long. Working as a team, Nate and his friends organized a fundraising ride, procuring sponsors and planning a route to avoid major highways using an app called Strava.

"It was kind of a crazy idea," Nate remembered. "My personality is, I'm a visionary. I have these crazy ideas and I need people to help me make it happen."

So at midnight on October 10, the group set off from Indiana – six bikers taking turns peddling in a non-stop southbound relay in memory of a beloved brother.

Each rider, tracked through cell phones and other technical equipment, rode solo for three hours – or about 50 miles – with a van going ahead to get needed supplies. Five idle riders rested on a futon mattress in the back of the van, waiting their turn to ride.

"We're very thankful to these guys, because they took time out of their businesses and their families," said Nate's brother Adam, adding that he is grateful for the support they also received from the Sanibel community. "I thought it was



Adam (front) and Nate Shipley ride the last 30 miles from Port Charlotte to Cape Coral in memory of their brother Andrew
photo provided

a crazy idea too, but (Nate) is very good at getting things done."

Updates were posted on a Facebook page, including live feeds during some ride segments.

"Surprisingly we didn't have any mechanical issues, no flats or anything," Nate said.

There were some scary moments. The strongest rider, Mason Geiger, had the challenge of climbing through the Smoky Mountains in Tennessee in the darkness of night. According to Nate, the seasoned triathlete said it was the toughest ride of his career and included a bear sighting and dogs chasing him.

"We all survived. God kept us safe,"

Nate added.

The emotional, four-day ride covered about 300 miles a day. Nate said there were many highlights during the challenge. His favorite occurred while waiting for his turn to ride in Calhoun, Georgia.

"It had just stopped raining and we were at a local park waiting for the other guy to come in, and this rainbow, full as can be, pops up. And I'm thinking, that's gotta be from Drew, from God, kind of showing us he's with us," Nate said. "That just gave me that extra burst of energy because I was tired. We were sleeping in a van. It was hard to sleep. I probably got about 14 hours of sleep in four days."

Late in the afternoon of October 13,

Adam joined the team for the home stretch, peddling the last 30 miles from Port Charlotte to Cape Coral. Billy's Bikes donated the bike for his use.

Adam admitted there were doubts he could make that distance. "I've only ridden 30 miles once in my life and I was a freshman in college, 25 years ago," he said with a laugh.

"The final ride was just amazing," Nate said. "We just had this final moment where Adam was flashing the I Love You sign that Drew was doing in the last photo that was taken of him. We were all saying, 'We love you, Drew.' It was definitely emotional. Lots of tears."

Waiting at the end were many family members, including Drew's wife and her daughters, as well as the Shipley's parents, Hally and Steven Shipley, who is a pastor at Villas Grace Church in Fort Myers.

With a fundraising goal of \$40,000, the ride has raised about \$27,000.

Nate and Adam plan to establish a nonprofit organization called WOW127, which stands for Watching Out for Widows.

"The 127 comes from the book in the Bible, James 1:27, which says, 'True religion is this: to look after orphans and widows in their distress,'" said Nate. "So we want to kind of honor Drew's life by watching out for his wife, of course, but also other widows."

Visit www.gofundme.com/ Andrew-Shipley-Memorial-Ride to make a donation, or find Andrew Shipley Memorial Ride on Facebook. Checks can also be given directly to Adam at Matzaluna, located at 1200 Periwinkle Way on Sanibel.**



Creative shell arrangement
photos by Diane Thomas



Banded tulip with an inhabitant

for framing. Grab your camera and head to the beach or to your shell collection to take your best shot. The last day to submit photos is Monday, November 30. Visit the club's website at <https://sanibelshellclub.com> to learn how to submit your photos.

The show is scheduled for Friday and Saturday, March 5 and 6 from noon to 3 p.m. EST. There will be educational and entertaining videos, the shell photo contest, DIY shell projects, door prizes and other shell-related surprises.

If you have any questions about the virtual show, email the club at shellshow@sanibelshellclub.com. Updates will be posted on the club's Facebook page at facebook.com/sanibelshellclub and Instagram at instagram.com/sanibelshellclub.**

From page 1

Military Veterans

2018 when he was first on the scene for a non-responsive person and immediately administered chest compressions. The person was subsequently transported to the hospital and survived.

Bernier has served in the United States Army since 2008. For five years, he served with 101st Airborne in Fort Campbell, Kentucky as an all wheeled mechanic. He served two combat deployments to Afghanistan in support of Operation Enduring Freedom. In 2013, Bernier transitioned to the United States Army Reserve. He is currently serving as a combat engineer with the 365th Engineer Sapper Company out of Cape Coral. Bernier holds certifications as a sling load inspector, low cost/low altitude drop specialist, wrecker recovery specialist and combat life saver.

The decorations Bernier earned while serving in the United States Army include: Army Sharpshooter badge; Army Commendation medal; Army Achievement medal; National Defense Service medal; Afghanistan Campaign medal with two campaign stars; Global War on Terrorism Service medal; Overseas Service ribbon; Army Service ribbon; Army Good Conduct medal; Mechanics badge; Driver badge; and Valorous Unit Award OEF 10-11.

The City of Sanibel employees who are veterans of U.S. military service, by name,

department and service, are:

Anthony Thompson, Police, U.S. Marine Corps
Arthur Stallsmith, Community Services – Utilities Operations, U.S. Navy
Chad Maik, Police, U.S. Airforce
Christopher Kwek, Community Services – Public Works Operations, U.S. Army
Christopher Salter, Community Services – Public Works Operations, U.S. Marine Corps
Courtney McCarthy, Police, U.S. Coast Guard
James Isom, Administrative Services, U.S. Army

John Agnew, Legal, U.S. Army
John Hall, Police, U.S. Marines Corps
Joshua Ooyman, Community Services – Planning Branch, U.S. Marine Corps
Kelsey Reed, Community Services – Public Works Operations, U.S. Army
Magdiel Bernier, Police, U.S. Army
Matthew Fannon, Recreation, U.S. Marine Corps
Michelle Rose, Police, U.S. Army National Guard

Mike Claney, IT, (MIS), U.S. Navy
Rodd Bell, Community Services – Public Works Operations, U.S. Navy
Sabine Schroeder, Community Services – Support Services Branch, U.S. Army National Guard
Samuel Halverson, Community Services – Public Works Operations, U.S. Army
Timothy Moore, Community Services – Planning Branch, U.S. Airforce.**

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Seahorse Shops

Sanibel Historical Museum And Village

Looking Back: Seahorse Shops

From 1954 to 1964 Joe and Mary Gault's unique shop of imported gifts and clothing had tripled in size. Years later, they sold it to owners who kept a similar name, The Sporty Seahorse, but sadly that has recently (last month) closed its doors. Another of Sanibel's venerable businesses,



MacIntosh Books, was first a small shop in the loft of the Seahorse Shops and is now located on Palm Ridge Road.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. Masks are required and safety precautions are in place. For more information, visit www.sanibelmuseum.org or call 472-4648.**

photo courtesy Sanibel Historical Museum and Village

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

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

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

CAPTIVA CHAPEL BY THE SEA

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

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed.

2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. Sunday 10:30 a.m. service can be seen at saintmichaels-sanibel.org, Facebook or YouTube. Other services, meetings and events are suspended until further notice, [www.saintmichaels-sanibel.org](http://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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OBITUARY

**WILLIAM HENRY SMITH, JR.**

William Henry Smith, Jr., born in Newport, Rhode Island on October 30, 1930, passed away peacefully at his home on Sanibel Island, Florida on October 5, 2020, days shy of his 90th birthday. He was predeceased by his lovely wife, Laura, just five days prior to his passing, and his beloved daughter, Deborah Smith Grumbine. Bill leaves his daughter, Sandra O. White of Portsmouth, his stepdaughter, Victoria D. Foley of

Newport, his grandsons, Tyler W. Ottlige and Carl S. Grumbine, and two great grandsons, Liam and Landon Ottlige.

A graduate of Cornell University, Bill enlisted in the Navy briefly as navigator and retired a lieutenant where his love for celestial navigation evolved. Settling in Middletown, his business ventures flourished as president of the Newport County Board of Realtors, owner and president of Colonial Real Estate Agency, Seaboard Realty and Development, Smith Development Corp., Colonial Construction Corp. Bill was a previous member the Middletown Town Council.

He enjoyed his partnership in the Newport Athletic Club and took pride in his developing the water polo program. Bill loved the water and was his own polar bear as he swam daily off his Middletown home, even in the snow.

Bill and Laura's love of the water and boating brought them to Sanibel Island over 30 years ago. He loved bringing his family out on his various boats for island hopping, swimming and shelling. He truly enjoyed his involvement at the Captiva Island Yacht Club and Newport Yacht Club.

His positive energy, smile and general pleasantness will be missed by all who had the opportunity of working with him and/or knowing him. He so enjoyed each day and always noted to his family to "seas the moment" ...may he rest in peace with his wife, Laura, whom he adored.★

City Seeks Student Aides

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

From page 1

Creative Threads

whimsical pieces. She gets inspired by anything and everything. She said, "My artwork showcases many ways to dye, paint and manipulate the surface of fabrics. The work, whether small or large, is mostly abstract or suggestive of elements in the natural world. Color, shape and texture are keys to the themes. I would like others to appreciate the joyful experience I have in combining any kind of fiber materials with ink, acrylics or thickened dyes. My displays convey the exuberance of working in fabric, which I find to be a tactile and exciting medium."

Langenfeld creates realistic fabric art in raw edge applique and thread sketching, focusing on landscapes. She prides herself in not using any paint or ink to enhance the images, with few exceptions. She said, "My exhibit will

include both quilted and non-quilted fabric work, some will be framed, some will not. My work is realistic, mainly landscapes, and I've included a dog portrait and florals for this show. I hope that people viewing my work will first be amazed at how fabric and quilted pieces can have a place in the fine art world. I am delighted when someone is surprised to learn that my picture is not painted at all, but created only in fabric and free motion machine stitching. And secondly, I hope that viewers feel a bit happier and positive about the world around them, because I choose to create images which capture beauty and joy."

Scozzari uses a combination of found objects, in particular rusted metal as well as fibers, which she hand dyes and spins. This exhibit includes recycled plastic, vintage glass beads, wood and hand dyed paper, among other found materials. All of her work is an expression of her emotional life, an extension of her inner thoughts and nuanced feelings. "From a pile of thread scraps, pieces of metal that I find on my morning walks, or rotted wood from my garden, I seek beauty in what others deem as discard. It is my hope that others will be intrigued enough to spend time with each piece; to notice how simple and common materials can strike an emotional chord within the viewer, enabling them to discover beauty in each piece's complexity," she said.

BIG ARTS has enhanced its air filtration system and sanitizing procedures. BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call 395-0900.★

DO YOU KNOW YOUR BIRTHSHELL?

November: The Scallop Shell, Citrine. The Scallop shell is a radiant shell that radiates openness and serenity. Those that are born to this shell are balanced and serene and are often seen as intuitive, passionate and magnetic.

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The VILLAGE SHOPS
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Emma Dellenback



Aubrey Wilson



Max Brodeur



Christopher Erickson

Veterans Day Essay Contest Winners

Fourth grade student Aubrey Wilson and sixth grade student Emma Dellenback have been selected as the winners of the annual Veterans Day Youth Essay Contest sponsored by the City of Sanibel Recreation Department and the Lee Coast Chapter of the Military Officers Association of America (MOAA). Two fourth grade students, Christopher Erickson and Max Brodeur, received

honorable mention awards for their essays.

All four of these youth will read their essays during the MOAA and city's annual Salute to our Community's Veterans, the 2020 Virtual Veterans Day Ceremony. The virtual event will be released on the city's website at www.mysanibel.com, Facebook page and sent via email at 11 a.m. on Wednesday, November 11, the time the program is traditionally held.

Dellenback and Wilson will each receive \$100 checks and Brodeur and Erickson will each receive \$50 checks provided by Bank of the Islands.**

Community House Events

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.

Chef Jarred Harris will lead Kids First Monday Cooking Class on November 2 from 2:30 to 4:30 p.m. The theme is Delicious Gluten Free After School Snacks. The menu include Beetroot Fudge and Three Ingredient Fudge. Cost is \$30 per child. Scholarships are available thanks to the Sanibel Captiva Rotary Club.

On Tuesday, November 3 at 9:30 a.m., Anita Force Marshall will teach a class on Letting Loose with Watercolors. Participants will learn how to paint a manatee. Cost is \$30 for members and \$35 for guests. Beachcomber paint kits can be rented for \$10.

There will be a cooking demonstration with Chef Werner Dietrich on Monday, November 9 at 10 a.m. The theme is Oma's Favorites and the menu will include Oma's Sauerkraut Balls, Beer Cheese Dip, German Potato Pancakes, Kaiserschmarrn and Applesauce. Cost is \$30 for members and \$35 for guests.

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.



The Community House photo by Logan Hart
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.**



HAPPY BIRTHDAY CHARLOTTE!

November 2

Thanks for showing us
how to stay safe, enjoy life,
and thrive - with good humor
and good choices.
We love you, your family

A Message To LCEC Customers

submitted by Denise Vidal, LCEC Executive Vice President and CEO

LCEC (Lee County Electric Cooperative) is extremely proud and honored to serve the electric needs of the residents and businesses on Sanibel and Captiva islands for 80 years. We look forward to many years to come. We know that power outages are frustrating. During this unprecedented pandemic, a loss of power can be even more concerning, and we completely understand why. The mission of LCEC centers around our commitment to providing reliable and competitive electric services and a quality customer experience. We take this mission seriously, and strive to continually improve our practices to keep this promise to you.

When outages occur, LCEC's first priority is safety and minimizing the length of the outage. Once an outage is resolved, we are typically able to identify the high-level cause such as vegetation, an object in the line, or a fault on the system. During an outage, customers are able to view the LCEC outage map and report an outage through our contact center at 656-2300, or in our bill pay and customer service tool, SmartHub, which can be accessed through www.lcec.net or through the mobile app on your smartphone. The outage map can help you determine if you are part of an individual outage or a larger-scale outage. Although we know a map doesn't ease the burden of an outage, our hope is that it provides some insight into the situation and confidence that the LCEC automated system is working, and we are aware of the outage and responding accordingly.

You may wonder why LCEC doesn't do everything remotely in today's high-tech world. Automation is not as widespread on electric networks as you might think, because of safety concerns. While LCEC can re-energize a power line remotely, if whatever caused the fault is not cleared, it could cause a fire or cause harm to LCEC linemen or others working in the area. Patrolling the lines and conducting visual inspections are a critical component of our business from a safety perspective. LCEC has advanced automation capabilities in our network in addition to automated

meters which were installed in 2003. We rely on technology every day, and the behind-the-scenes benefits are one of the ways we have been able to improve reliability substantially over the years.

Although your barrier islands are just 12 miles long, LCEC has multiple maintenance plans for your electric infrastructure, one of which focuses solely on vegetation maintenance. Because we understand that your islands have plentiful foliage and power outages are most often due to vegetation, trimming on Sanibel happens every two to three years vs. three to five years like most of the LCEC service territory. In fact, tree trimming on the island is currently under way.

In addition to vegetation management, LCEC invests millions annually on electric system maintenance, inspection, upgrades and storm hardening. On Sanibel and Captiva, those activities are being accelerated to mitigate outage risk. You may have seen the LCEC team multiple times this year conducting infrared hot spot testing, battery testing on automated network components, tree trimming, and utility pole inspections and replacements. These activities reduce and prevent outages and harden the network against the Southwest Florida storms and system failures. Two of the most recent outages on Sanibel were the result of vegetation and woodpecker damage and although incidents such as these are difficult to avoid completely, LCEC is committed to working hard to reduce the risk.

You will be happy to know that we have replaced and upgraded many facilities over the past few years including lines along Sanibel-Captiva Road, Palm Ridge Road and Tarpon Bay Road. Underground feeders on West Gulf Drive were rebuilt. Portions of the same electric circuit on Donax Street, Middle Gulf Drive and East Gulf Drive were also addressed. Wire was upgraded in multiple locations and poles have been replaced as identified through ongoing inspections.

Just as we are working diligently to provide reliable electricity during this unprecedented time and always, LCEC has worked around-the-clock following emergency situations such as hurricanes. Our dedicated LCEC linemen have battled the elements to restore power as quickly and safely as possible. LCEC bucket trucks are parked at The Bait Box after hours to allow for quicker restoration in a power outage and a dedicated crew is assigned to

Sanibel and Captiva to ensure consistent service.

As we continue to improve the way we operate, we encourage you to register for SmartHub. This allows you to reach us any time, day, night or holiday. If you prefer to call us at 656-2300, our customer care agents are there to help. In fact, inbound calls at LCEC are answered on an average speed of 40 seconds which beats the industry average of 52.9 seconds. We are also proud to share that year-to-date, the percentage of customer calls answered within 30 seconds is 77.8 percent. We also have a user-friendly IVR which is designed to answer when we can't. You

can also find us on Facebook, Twitter, LinkedIn and Instagram.

Delivering reliable electric and quality service at competitive rates is the sole reason we are in business. Our team is dedicated to meeting your power needs.

We understand the business and personal implications caused by an outage, and thank you for your continued patience and faith in us. We work 24/7/365 to keep your lights on, and will continue to do so. We strive to make you proud to be an LCEC customer and thank you for allowing us the privilege of being your electric cooperative for 80 years now, and look forward to 80 more.**

Chamber Toasts Luminaria With Branded Lager

Luminaria Lager will add a bit of holiday cheer this year to Luminaria Night festivities, which have been restructured from a two-night street festival to a weeklong online promotion.

"We can't do luminaria as we have in years past, but we still want to honor the tradition, and we want to do it right and fun," said John Lai, Sanibel and Captiva Islands Chamber of Commerce president and chief executive officer. "We'll do this special thing that will become a new annual luminaria tradition. COVID can't keep our spirits down."

The chamber has partnered with Point Ybel Brewing Company to create an exclusive, special-edition winter lager flavored with Colorado blue spruce tips and served up in a festively labeled 16-ounce can. The brew will also be available on tap at participating restaurants starting in November. Production will halt after Luminaria Week, December 4 to 11.

"When the supply runs out, it's gone for this year," said Lai. "So, you'll want to buy your six-packs for holiday gifts sooner rather than later, because Point Ybel will not be producing another luminaria edition until the end of 2021."

Luminaria Week: The Coastal Distance Edition will take place Friday to Friday during normal operating hours, when businesses will be offering special discounts and deals. Retailers, restaurants, accommodations, personal services, attractions, recreational activities and



The label for this year's Luminaria Lager

image provided

other local operations will participate on a dedicated landing webpage the chamber is creating to showcase the week's offers online.

With its tagline "Eat. Shop. Stay. Play," this luminaria, like traditional island holiday celebrations, will promote commerce on Sanibel and Captiva. Unlike luminaria past, however, the chamber and city have put the kibosh this year on luminaria light bags, alcohol (except where licensed) and any entertainment, events and activities that might draw a crowd.

Bailey's General Store, Bank of the Islands and Vector & Ink have already stepped up to help sponsor Luminaria Week, but the chamber still has more sponsorships available. Businesses interested in sponsoring or participating can contact member services manager Ashley Pignato at ashley@sanibel-captiva.org. Participating businesses should submit their logo or photo, special offer and other details by November 1.**

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Accounting

Mike Terry

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Bob Petcher

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Local Earns Board Leader Of The Year Award

FISH of SanCap board member Nicole McHale is the recipient of the 4th annual ENPYs Board Leader of the Year award. Facilitated by the Cape Coral Community Foundation, the ENPY awards are designed to recognize outstanding nonprofits doing work in the community. The award honors an outstanding nonprofit board member who has served on a board for a minimum of one full year and gives unconditionally to the nonprofit organization with their time, talent and treasure. Other finalists in this category included Eileen Webster of Family Initiative and Dan Stuckey of ARCHway.

"I'm honored to receive the distinguished Board Leader of the Year award from the Cape Coral Foundation's annual recognition celebration," said McHale, FISH past board chair. "I am privileged to be part of FISH's dedicated team who work hard to ensure neighbors help neighbors. Our community is exceptional and proven with many dedicated individuals. Thank you all for your goodness."

McHale was appointed to the FISH board in July 2013 to complete an unfinished term, was board vice



Standing from left, Melanie Jacob, Nadine Singh, Bethany Freer, Nicole McHale, Megan Rose, KC Schulberg, Alicia Miller and Leigh Strand; seated from left, Michelle Avola, Dr. Carol Rae Culliton and Clint Strand
photo provided

chair from January to May 2017 and was board chair from June 2017 to December 2019. Maggi Feiner, president and CEO of FISH, said, "We are very proud Nicole has been awarded this great honor. Her dedication and service to FISH and our community is exceptional and exemplifies service over self." Under McHale's leadership, she furthered the reach and network of FISH through her commitment to

raising awareness of the organization. She leads by example as a board member who is always eager to share information about FISH when out in the community as well as being an active FISH volunteer.

The ENPYs ceremony was held on October 20 via a live televised broadcast featuring mistress of ceremonies Wendy Fullerton, news director for *The News-Press*. FISH

thanks the Cape Coral Community Foundation for shining a light on all who make a positive impact in the region, and congratulates all finalists and winners in each category. *

City Hall Closed In Observance Of Veterans Day

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

The City of Sanibel administrative offices will be closed in observance of Veterans Day on Wednesday, November 11 and will resume regular operating hours on Thursday, November 12.

The Sanibel Recreation Center will also be closed on November 11 and will resume regular operating hours on November 12. If you have any questions, call 472-0345.

Refuse, recycling and vegetation waste collection by Advanced Disposal will have no changes to the collection schedule for this holiday. Your refuse and vegetation waste will be collected on the regularly scheduled day. If you have any questions, call 334-1224.

Center 4 Life/Civic Center is currently closed due to COVID-19.*



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Kristalnacht, Night Of Broken Glass

submitted by Tanya Hochschild

The Jewish Federation of Sarasota-Manatee invited Rabbi Stephen Fuchs of Bat Yam Temple of the Islands to deliver, in a pre-recorded video, an invocation and a brief story of Rabbi Fuchs' father's journey as a survivor of the Night of Broken Glass.

Kristalnacht or the Night of Broken Glass, also called the November Pogrom, was a pogrom against Jewish people and property throughout Nazi Germany in November 1938. The name comes from the shards of broken glass that littered the streets after windows of stores, buildings and synagogues were smashed, and 30,000 Jewish men were beaten, arrested and incarcerated in concentration camps.

Rabbi Fuchs' father was one of 500 Jewish men rounded up and arrested in Leipzig and taken to the zoo, made to stand in a stream where they were spat on, cursed at and worse before being taken in trains to Dachau concentration camp.

Historians view Kristalnacht as a prelude to the murder of six million Jews during the Holocaust.

A section of the rabbi's invocation read, "We gather together tonight in honor of God's sacred command, 'Remember.' Remember that night when precious scrolls were ripped from their arks, stomped beneath Nazi jackboots,

remember how windows in homes, shops and synagogues were smashed... after that horrible night no one could doubt what Hitler's purpose was, but we endure. Bless those survivors and we remember with gratitude and bless the righteous among non-Jews who put themselves in danger helping Jews to survive. With memory comes awesome responsibility – never to turn aside in the face of evil."

The rabbi explained how we should always choose life – he exhorted us to do this when faced with a choice. After blessing the gathering, he spoke of his personal story.

"I first learned of Kristalnacht when I was 22 years old from a professor of mine. But I never knew my own father had been arrested on that night in Leipzig. It was only on the occasion I flew home to visit my ill father and heard him shouting in German, a language I had never heard him use, that I asked my uncle what Dad was saying. I was told, he is asking the guards to stop beating him. Years later, in 1982, I went to Leipzig, but when I told them I was a rabbi, entry was initially declined. It was only when I told other authorities I was an art teacher and wanted to visit Leipzig's famous museums, was I allowed entry.

Rabbi Fuchs poignantly remarked the first glimpse of Leipzig was the train station. This was his father's last glimpse as he was taken on the train to Dachau. Rabbi Fuchs immediately went to the zoo and stood on a bridge spanning the stream. There he had an imaginary

conversation with his father – then he wept. The next day he visited a tiny Jewish records office where he asked for his family's record. He found out that at the peak of the Jewish population in Leipzig, there had been 18,000 Jews, and 14,000 out of that population had died in the Holocaust. One third of Jews alive in Germany in 1935 were dead in 1945 because of Hitler. Two thirds is the figure of European Jews who died in the Holocaust, three fourths of this number were rabbis, cantors, teachers, all professionals perished. Seven ninths was the fate of Jews in Leipzig. Rabbi Fuchs is well aware how fortunate his father was to have had relatives established in the U.S. who petitioned for his father's entry into this country.

In 2014, Rabbi Fuchs and his wife, Vickie, were invited to Leipzig, Germany to speak at three Kristalnacht commemorations. One was at the stream at the zoo, another was at the previously great synagogue, which is now filled with empty chairs, and

a third was at St. Thomas Church (Thomaskirche) at a ceremony which atoned for the horror and prayed for a better future.

Rabbi and Vickie Fuchs have visited Germany each year for five years. They had to cancel this year because of the pandemic. There they both speak at schools where they always say, "We cannot undo the past but the future is ours to shape."

This is the message he will leave the Jewish Federation of Sarasota-Manatee; we should look to the past with our eyes on the future. We can do better if each of us does what he can to stand against evil and wrongdoing. We can move the world a little bit closer to the ideal expressed by the prophet Isaiah.

Rabbi Fuchs concluded with the words of the prophet Micah, "When violence will no longer be heard in our land and each of God's children will be able to sit under their vine, their fig tree with none to make them afraid."*

Bat Yam Temple Hosting Talk With British Historian

Tudor Parfitt, British historian, writer, broadcaster, traveler and adventurer, will speak to members of Bat Yam Temple of the Islands on Wednesday, November 11 at 11 a.m. Dr. Parfitt specializes in the study of Jewish communities around the world, particularly in Africa, Asia and the Americas. Some of these communities have been recognized only since the late 20th century as having ancient Jewish origins.

Dr. Parfitt was educated at Oxford University and Hebrew University in Jerusalem, and has held teaching positions at Oxford, University of Toronto and University of London, as well as visiting professorships at Harvard's WEB DuBois Institute, University of Pennsylvania, and Isaac and Jessie Kaplan Centre for Jewish Studies and Research in Cape Town, South Africa. He is currently distinguished university professor at Florida International University.

During his career Dr. Parfitt's chief academic interests have included the

Sephardi/Mizrahi communities of the Muslim world, Jewish-Muslim relations, Hebrew and Hebrew literature, Judaizing movements, Jewish genetic identity and the discourses surrounding it, attitudes towards Jews and Zionism in South Asia, and Jews in Asia and Africa.

In the 1990s, Dr. Parfitt's interest in "exotic" and marginal Jewish groups throughout the world led him to the Judaizing Lemba tribe of southern Africa. His book, *Journey to the Vanished City*, about the Lemba tribe was awarded the Wingate Prize. He has collaborated extensively with geneticists in the production of genetics papers and is a member of a Harvard think tank on genetics and history. He was the vice president of The Society for the Study of Ethiopian Jewry from 1997 to 2005, and in 2010 was appointed honorary president of the International Society for the Study of African Jewry.

He has authored or edited 26 books and presented seven documentaries for the BBC/PBS and the History Channel. His latest book, *Hybrid Hate – Confluences of Antisemitism & Anti-Black Racism from the Renaissance to the Third Reich*, releases this month.

To register for the talk, email batyamsanibel@gmail.com.*



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.

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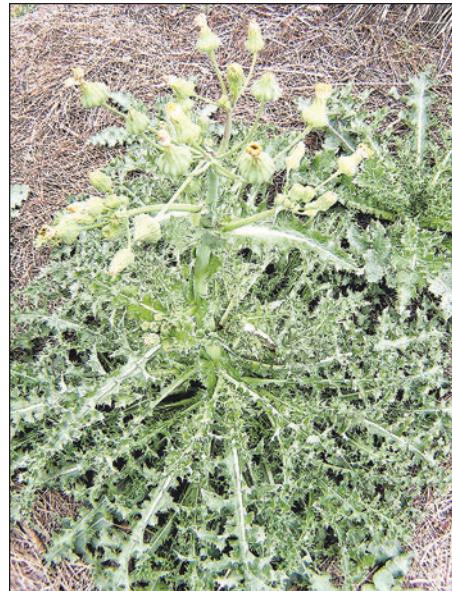
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Cocoplum's rounded entire leaves are attractively reddish when new
photos by Gerri Reaves

Plant Smart

On The Edge

by Gerri Reaves

If you think a leaf is just a green thing hanging on a tree, shrub, or wildflower – a dull accessory to the more interesting flowers – look more closely.

Leaves also have a multitude of characteristics and can be as varied as their floral counterparts.

Attributes like leaf color or shape are obvious. But is the leaf aromatic, rough,

Tropical sage has serrated aromatic leaves silky smooth, prickled, or hairy? Is it thin and delicate or leathery?

One important leaf feature is the leaf margin, or outer edge. Shown here are a few native plants to illustrate some variations you'll encounter.

If the margin is entire, that means it is smooth and uncut, lacking projections or indentations such as teeth or spines. The term entire applies whether the leaf is simple in shape or lobed.

Cocoplum (*Chrysobalanus icaco*), for example, has rounded entire leaves. The reddish new growth makes the foliage particularly attractive.

Year-round white bell-shaped

Cutleaf eveningprimrose has toothed wavy leaves

flowers, purple plum-like fruit, wildlife friendliness, and low maintenance make this shrub or small tree a landscape favorite.

Serrate, or saw-toothed, margins have teeth pointing forward toward the apex or leaf tip. The teeth can be regular or asymmetric. The aromatic triangular leaves of tropical sage (*Salvia coccinea*) are serrated.

This popular wildflower usually has bright red tubular two-lipped flowers, although pink and white cultivars exist too. They bloom throughout the year and attract butterflies.

The flower continually reseeds and requires no maintenance.

As the word dentate suggests, it means toothed. On a dentate leaf, the teeth project outward, however, rather than forward, as with serrated, and the teeth are usually coarser.

Another variation on toothed margins: crenate, or scalloped, ones have rounded blunt teeth.

Leaves with lobed margins are divided by indentations, creating fissures

Prickly spiny-leaved sowthistle is aptly named

between the sections, as seen with cutleaf eveningprimrose (*Oenothera laciiniata*).

The term laciiniata means deeply cut, slashed, or divided into narrow segments. The leaves are toothed and roundly lobed or wavy.

This common wildflower produces pale yellow flowers all year long, attracting native bees, butterflies and moths. Birds eat the seeds.

Spiny or prickly margins are hard to miss. Take the aptly named spiny-leaved sowthistle (*Sonchus asper*), for example.

It has deeply lobed basal leaves, but the upper ones are less so. Frilly or wavy, they are tipped with spines that give it a daunting prickly appearance.

The yellow flowers provide nectar for insects, and birds eat the seeds.

Take note of fascinating identifying characteristics like leaf margins. Flowers upstage the foliage only if you let them.

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From left, SIGC treasurer Irene Nolan, SCCF Native Landscapes and Garden Center Manager Becca Grotrian and SIGC president Lisa Newmeyer-Cochran photo provided

Garden Club Supports SCCF Intern Program

Each year, the Shell Islands Garden Club (SIGC) donates to SCCF's Native Landscapes and Garden Center to support its intern program.

Becca Grotrian, Native Landscapes and Garden Center manager, said, "We really count on our interns to assist in all phases of native plant care, and they benefit from the hands-on training."

Supporting the planting of native vegetation is part of the garden club's stated purpose; "to help conserve natural resources and to promote environmental responsibility."

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,

SIGC usually meets the second Tuesday of each month, October through May, for a pitch-in lunch and informative programs ranging from floral arranging to planting for wildlife and current gardening issues. Due to ongoing concerns relating to COVID-19, meetings have been canceled until the end of 2020.

Any new information regarding meetings will be posted on the club's website at www.sanibelgardenclub.org. Members are encouraged to visit the website to see the latest postings of floral arrangements by members and tips on successful gardening on the islands. Anyone interested in having more success with their gardens is welcome to visit the website. Currently, there is a formula for killing weeds on the site in Island Gardening 101.**



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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The Pattern For Success



by Capt. Matt Mitchell

Big high morning tides along with the same easterly wind direction made my job relatively easy this week. We returned to oyster bars during high water and caught big numbers of snook, redfish and even a few trout. Once I worked out this pattern, we were able to catch fish on this same setup day after day.

Winds and tides change daily so staying on a certain pattern for more than just a few days rarely happens. One big advantage of being on the water daily is being able to take the information you learned in previous days and apply it to the current day's fishing. As long as conditions remain the same, fish will generally remain in the same places.

This oyster bar pattern has remained nothing short of amazing this entire week. Bars from Matlacha Pass and the sound are all loaded up with snook, redfish and jacks. I've been fishing two ways with live shiners. When freelining, fish them with a slow retrieve by gently raising the rod and letting the bait flutter down. Continually pick up the slack line and keep the bait out of the bottom. Another option is to use a float and let the bait drift down the edge of the bar. Make the bait move naturally for the best presentation.

Beach fishing from Captiva to Knapps Point has remained strong. Schools of surface-feeding bonita, mackerel and sharks make easy sight-fishing targets. With east winds all week, the conditions out along the beaches were smooth. With so much life out here, you need to be prepared to catch a crazy variety of species. Small jigs and spoons are a great way to get started as you fish your way up the food chain.

This annual bonita fishing is some of my favorite fishing of the year. Running and gunning from one school of feeding fish to another makes for exciting visual action. These underrated gamefish are hard fighting and often make 100-yard screaming runs. They are a blast to catch on both spinning tackle, or better yet, a fly rod.

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.*



Larry from Indiana with a beautiful golden redfish caught while fishing with Capt. Matt Mitchell photo provided

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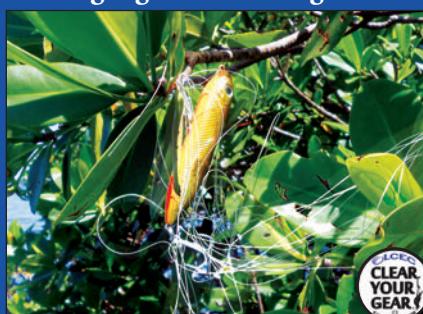
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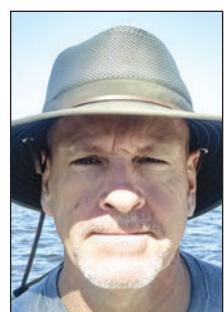
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Dave Doane

CROW Case Of The Week:

Green Sea Turtle



by Bob Petcher

The green sea turtle is one of the world's largest species of turtle, weighing in as much as 420 pounds. Interestingly, they are the only herbivore among the different species, which includes loggerheads, leatherbacks, hawksbills and Kemp's ridleys in Southwest Florida.

Green turtles are so-named for the green color of the fat under their shell. They live in protected shores and bays – especially in areas with seagrass beds – and rarely venture out into the open waters.

At CROW, a juvenile green sea turtle was admitted from Marco Island after it was found washed up on the beach with trauma. Upon examination by the veterinary team at CROW, the wounds appeared consistent with a shark attack. The patient had a fractured upper shell with small puncture wounds on the underside of the shell, and part of its left hind flipper had an injury with exposed bone. Surgery was elected to fix the shell fracture as well as tend to the flipper injury.

The principles of shell fracture repairs remain the same between sea turtles and the tortoise repairs we have



Patient #20-4792 will need more time to heal at CROW

photo by Missy Fox

done," said Dr. Melanie Peel, CROW veterinarian intern, when asked to compare shell repairs in sea turtles versus land turtles. "Because sea turtles need to go back in water, their shell repair and healing must be water tight, so although the repair is the same, aftercare is slightly different. We are currently managing the remaining gap in the shell with sealants in hopes of returning this sea turtle to an outside tank for the remainder of its rehabilitation."

The puncture wounds were not viewed to be troublesome, and left alone.

"These wounds were not true punctures but rather abrasions," said Dr. Peel. "Once this patient is back in a deeper tank, these areas will heal on their own."

During the surgery, there was fluid found in the patient's lungs, which was drained.

The patient is not exhibiting any difficulties breathing. We suspect removing this water has made the patient much more comfortable," said Dr. Peel. "Without advanced imagining, such as a CT scan though, we cannot make any

definitive statements about the lungs."

Four screws and wire were placed to help close the fractures on the shell. The exposed bone injury needed different attention.

"The distal portion of the flipper with bone exposure was amputated," said Dr. Peel. "Luckily, much of the flipper remains, and the patient will still be able to use this flipper for swimming."

A vacuum-assisted closure was placed over the fracture to decrease pressure on the wound to help it heal effectively.

"A wound-vac is a mechanical suction device that puts gentle suction on a wound to remove excess fluid. It can be used with shell fractures to help form a seal between the body wall and the shell for improved recovery/healing times," said Dr. Peel. "This negative pressure is also antimicrobial due to lack of appropriate environment for bacteria to grow, so it serves multiple purposes."

The green sea turtle will need more time to heal.

"The patient is tolerating the wound-vac well and is in a shallow tub. We are hoping to move the patient to a bigger tank in the upcoming days and hope the patient will eat soon," said Dr. Peel. "If (it's) not eating, we will administer nutrition intravenously."

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

Steger Daphnella



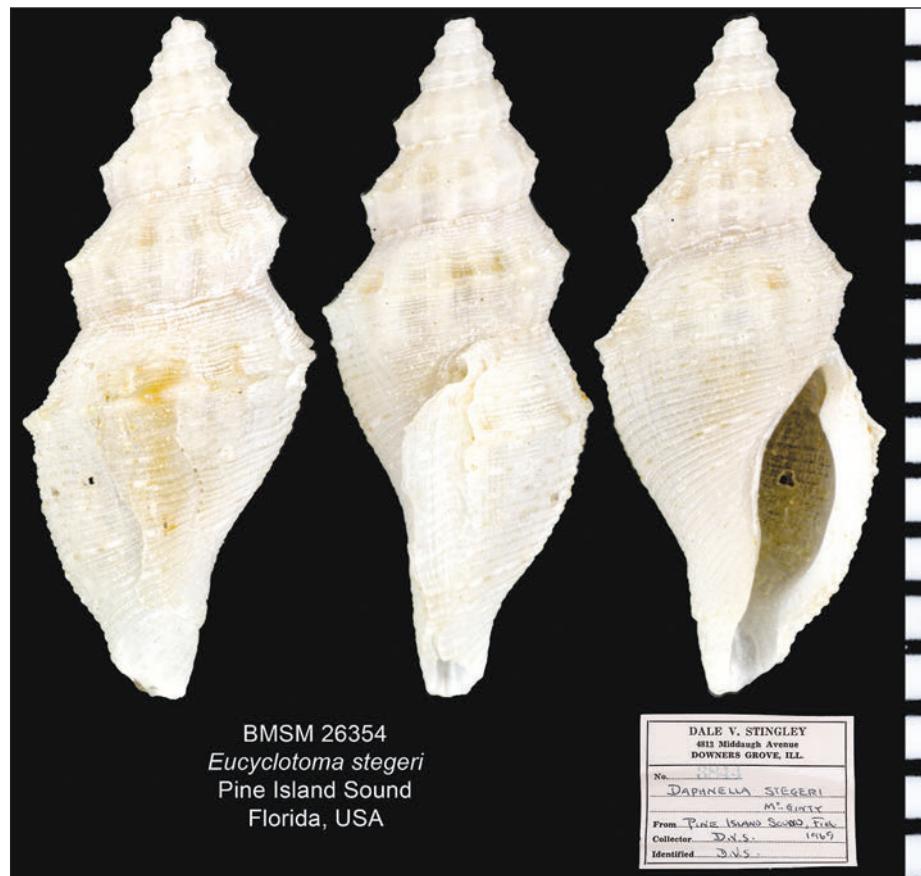
by José H. Leal,
PhD, Bailey-
Matthews National
Shell Museum
Interim Director
and Curator

Eucyclotoma stegeri
(McGinty,
1955) is a member
of the family
Raphitomidae

that reaches about 1.3 mm (about 0.5 inch). The species has a spindle-shaped shell, with whorls strongly angled at their periphery. The sculpture consists of eight to 12 axial ribs that are more prominent where the "angle" of each whorl is located (the periphery.) The color is whitish with flecks of grayish or brown color. 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](http://shellmuseum.org).



The Steger Daphnella, *Eucyclotoma stegeri*, from Pine Island Sound photo by James F. Kelly

The Bailey-Matthews National Shell Museum is located at 3075

Sanibel-Captiva Road. For more information, call 395-2233.*

Our email address is press@islandsunnews.com



Kealy McNeal, Coastal Watch conservation initiative coordinator, with five-gallon buckets for volunteers photo provided

Coastal Watch Needs Volunteers

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 prior to a restoration effort on Friday, November 6.

Volunteers can pick up five-gallon buckets for free. photo provided

Got a "Big Fish" Story to Share?



In preparing for the Captiva Island Historical Society's 9th documentary, "The History of Angling on Captiva," Jensen's Twin Palm Marina is hosting a "Share Your Story" event.

Along with recording your personal fishing stories, we are also interested in seeing your old fishing photographs, video, newspaper clippings ... even vintage tackle and lures. Just about everything except your old bait!

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Sea School After School Programs Going Strong

Sanibel Sea School educators just wrapped up four weeks of the first after school programming session, After-School Surfing. Held on Tuesdays from 3:30 to 5:30 p.m., participants met for hands-on surfing sessions with the school's marine science educators. From learning paddling techniques to popping up on the board, students honed their skills, made some new friends and had lots of fun in the ocean.

Sanibel Sea School was able to safely offer surfing by limiting class sizes to nine participants, incorporating social distancing and spending the entire session outdoors.

Next up in the after school lineup is After-School Seining and Snorkeling. In these sessions, participants will head out to the bay for an afternoon of ocean discovery to learn more about the local estuary. Using seine nets and dip nets, participants get a hands-on look at the creatures that inhabit the vast seagrass beds and learn or hone their snorkeling skills.

After a couple months of fun and hands-on marine science, starting in November, after school participants will



Surfing participants caught some waves in the gulf this fall
photo provided

have the opportunity to get more creative with After-School Ocean Art. Using natural materials found outside or on the beach, Sanibel Sea School educators will help participants create natural works of art, just in time for the holidays.

Registration for After-School Ocean Art is open with just a few spaces remaining. Register online at www.sanibelseaschool.org/afterschool. Email info@sanibelseaschool.org with any questions.*

Local Waters Boating Class

The America's Boating Club of Sanibel Captiva will present the United States Power Squadron's America's Boating Course on Thursday, December 3 and Saturday, December 12 at the Sanibel Public Library. The course covers basic boat operation and safety with emphasis on boating the local waters around Sanibel and Captiva. Included with the course is a sunset cruise on San Carlos Bay in February during which students experience navigation during daylight hours and after dark. Completion of the class and passing a simple exam qualifies students to receive the Boating Safety Education ID card from the State of Florida.

The December 3 session will run from 6:30 to 9:30 p.m. and the December 12 session will run from 10 a.m. to 4 p.m.

The course will be offered again on Thursday, January 14 from 6:30 to 9:30 p.m. with the second session being held on Saturday, January 23 from 10 a.m. to 4 p.m. The class is designed for those new to boating or new to the area as well as for experienced boaters who would like to strengthen their boating skills. Senior, highly experienced instructors present the class material using lectures, demonstrations and discussions. The cost for the class, text and educational sunset cruise is \$70. Students must pre-register no later than Monday, November 30. Class size is limited to 20 students and early registration is advised.

Among the subjects and topics reviewed are required safety equipment, boat handling, docking and anchoring, navigation, right of way rules, VHF

radio operation and handling emergency situations at sea. Students are introduced to boating the local waters by studying navigation charts for Pine Island Sound, San Carlos Bay and the Caloosahatchee. Important destinations, channels and waterways are reviewed and advice for confidently boating in local waters is discussed.

For more information, contact lead instructor, Bob Orr, at 579-0139 or robert.orr1663@comcast.net. To register, go to www.sancapboating.club, click on "Education" at the top of the page and complete the registration form.*

From page 16

Coastal Watch

buckets for mangrove propagules at Sanibel Sea School, 455 Periwinkle Way, or the 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.

For those interested in planting on November 6, participants will load the buckets onto the R/V *Norma Campbell* from the SCCF Marine Lab and take a one-hour boat ride to Hemp Key to plant mangroves. 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.*

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Wildlife Society Opening New Nature Store

With the reopening date of the "Ding" Darling Visitor & Education Center still uncertain, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) has decided to launch a second Refuge Nature Store off-campus on Sanibel. The opening of Nature Store2 is slated for mid-November at 2250 Periwinkle Way in Sanibel Square.

"Because the Visitor & Education Center has been closed since March, we have suffered significant financial losses with our flagship store shuttered," said DDWS Executive Director Birgie Miller. "All profits from that store support the refuge, so, consequently, wildlife and research projects could suffer with continued, prolonged lack of income. On average, more than 200 visitors entered the store each day when the center was open. Besides store earnings, the closure has negatively impacted donations that resulted from those visits."

By beefing up its new [www.ShopDingDarling.com](http://ShopDingDarling.com) online store, DDWS



Ann-Marie Wildman



Nature Store2 will carry old favorites and new surprises

photo provided

has been able to keep staff employed and some cash flowing into coffers. The success of the online store, however, has

outgrown the storage and fulfillment space at the flagship store, which is one main reason for launching Nature Store2.

"We are fortunate to have a strong fan base for our store," said Nature Store Manager Ann-Marie Wildman. "But our refuge support thrives on the ability to reach customers and potential donors personally, not only for purchasing, but also for educating the public about the refuge's mission and importance."

The new, 1,500-square-foot store will feature a monitor streaming images of the wildlife, scenery and available activities at the refuge. Although it will carry some of the same popular items available at the flagship and online stores, it will be more art-oriented.

"It will feature some items that can only be purchased at the Nature Store2 location," said Wildman. "We will also have more space to allow artists to meet the public, and we will have more special events and book signings at the new location."

Nature Store2 will carry nature-specific items, sustainable gifts and educational merchandise, much of it made in the USA and by local artists and artisans. Popular inventory includes books, children's games and toys, logo apparel, jewelry and accessories, and green and other home décor items. Visitors will be able to learn more about "Ding" Darling at Nature Store2 through brochures and staff and volunteers who were trained at the refuge.

"This location will not only be our online fulfillment center but will also be an opportunity to create a unique shopping experience for those who otherwise would never make it to the refuge," said Wildman.★



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Volunteers Come From Broadway To Assist Refuge

After a cross-county RV tour from California and through the Dakotas, Ross Feilhauer and Kaela Hamilton arrived at JN "Ding" Darling National Wildlife Refuge on Sanibel recently to begin their detail as education volunteers for the Wildlife on Wheels (WoW) urban mobile classroom. They are part of a resident volunteer program that sets up volunteers with recreational vehicle parking and hook-ups at the refuge in exchange for their on-the-job hours.

In northern California, the couple was working their first resident volunteer gig at Calaveras Big Trees State Park. After COVID-19 shut down their work on Broadway in New York, Feilhauer and Hamilton purchased an RV to restore and flip, but eventually hit the road when lockdown continued.

The two met on Broadway. Hamilton most recently was working on video for Alanis Morrisette's Broadway musical *Jagged Little Pill*, and building props for Cirque Du Soleil's *Drawn to Life* creation in Orlando.

"I've been lucky enough to work on shows ranging from the Grammys and Oscars, to years of the Cirque du Soleil crazy circus life," Hamilton said. "Normally, Ross works on special effects, pyrotechnics and lighting on



Kaela Hamilton and Ross Feilhauer
photo provided

Harry Potter and the Cursed Child on Broadway. He's been working on Broadway for eight years now, with productions such as *Aladdin*, *Hamilton*, and *Lion King*."

They welcome the quieter, slower pace here and are looking forward to sharing their love of the outdoors and impacting families to want to interact with nature. Having grown up in the Sarasota-Bradenton area and visited Sanibel and the refuge often, Hamilton is looking forward to sharing those memories with Feilhauer, who grew up exploring caves and creeks in Cincinnati, Ohio.

Already the two are astounded by the abundance of wildlife at "Ding" Darling. "Even just setting up our RV, we had multiple critters curiously checking us out," said Hamilton.

She and Feilhauer will be assisting the WoW education team with its visits across five counties on a mission to reach underserved schools and other venues where children and adults are unable to visit the refuge.

"We're bringing the refuge to them," said Supervisory Refuge Ranger Toni Westland, who oversees the project with Sierra Hoisington, development officer for the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

The nonprofit refuge support group continues to raise funding for the building, staffing and deployment of WoW. It plans to debut the outreach vehicle in early November. Staff, with assistance from Lee County School District educators, has designed interactive exhibits and curriculum to meet Sunshine State and STEM standards.

DDWS has employed two Spanish bilingual interpretation interns and will be hiring an urban education leader to oversee WoW's scheduling and educational efforts. The DDWS team will work in partnership with a district educator to optimize the value of the WoW experience for teachers and students alike.

Anyone wishing to help support efforts to bring the nature cure to schools, libraries and events in the region, contact DDWS Executive Director Birgie Miller at 472-1100 ext. 232.★

American Legion Post 123

American Legion Post 123 is cookin' with a steak fry every Friday and specials on Sunday. On Tuesdays,

tacos are served all day. Spaghetti and meatballs are served all day on Wednesdays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

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

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

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

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



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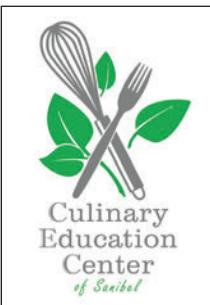
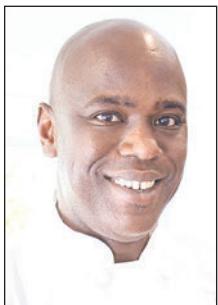
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The Community House

Okra



by Resident Chef Jarred Harris

Okra is a vegetable that is essential in Southern, Creole and Cajun cuisine. It tastes similar to asparagus and eggplant, with a gooey quality that is used to thicken soups and stews. This vegetable is also called okro, ladies' fingers, gombo and gumbo. In fact, that's how the stew got its name. The term "gumbo" comes from the Spanish-Portuguese word for okra, "quingombo," which describes the region of East Africa where the vegetable originates.

The okra plant was first cultivated around the 12th century in Ethiopia and the plant grows wild there today. The leaves, blossoms and the seed pods of the okra plant are edible. This plant is a member of the Malvaceae family, which also includes the hibiscus and the cotton plant.

Okra was brought to the Americas through the Transatlantic Slave Trade just after the 17th century. It's believed okra

seeds survived the trip to the Americas in the hair of African slaves, who were the first to cultivate the plant in the New World. Southern farmers soon began growing the plant because it grew as well as cotton and for its many uses. The farmers used the stalks of the okra plant to make twine and paper. The leaves and seed pods were eaten as a vegetable and the seeds were dried, ground and used as a coffee substitute.

Okra has many health benefits. This tasty vegetable aids in digestion and is a good source of fiber. Okra also contains high amounts of vitamins C, A and B complex.

Here is a simple recipe to try:

Vegetable Gumbo

Ingredients

3 tbsp. olive oil
1 onion (rough diced)
1 bell pepper (rough diced)
3 stalks celery (rough diced)
3 cloves garlic (minced)
3 cups vegetable broth or chicken stock
3 cups water
16 ozs. tomatoes (diced)
1 ½ cups fresh okra (sliced)
1 zucchini (rough diced)
2 potatoes (peeled and rough diced)
4 sprigs fresh thyme (leaves removed)
1 cup red lentils
1 tsp. gumbo filé powder
½ tsp. salt
½ tsp. pepper
Hot sauce, to taste
4 cups rice, pre-cooked
Method
In a heavy bottom pot, heat the olive

oil over medium heat.

Add the onions, peppers, celery and garlic. Cook until the onions are translucent (about 5 minutes).

Add the tomatoes, okra, zucchini, potatoes and thyme, then cook for 2 minutes.

Stir in the lentils, gumbo filé and stock, then bring to a boil.

Reduce heat to a simmer. Cook on a low heat, gently simmering for 30

minutes.

Remove from the heat and season with salt, pepper and hot sauce.

Serve over rice.

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.★

Kiwanis Club Golf Tournament Draws Full Slate

The Sanibel Captiva Kiwanis Club's 3rd annual Crush It Fore The Kids golf tournament was held on October 24 at The Dunes Golf and Tennis Club. The event attracted a full slate of 72 golfers competing in two-person teams for the President's Cup and raising money for island youth programs. Winning the first place trophies this year were Craig Albert and Jeff Greenburg.

Major sponsors for this year's event were Sanibel Captiva Community Bank, Pfeifer Realty Group, Cielo, Coastal Title, Midland 1031 and Doc Ford's Rum Bar and Grille. Proceeds for the event benefit the Kiwanis Foundation's scholarship program for local students.

Jason Smith, organizer of the event and Kiwanis past president, said "The club is delighted that we could hold this event successfully despite the headwinds

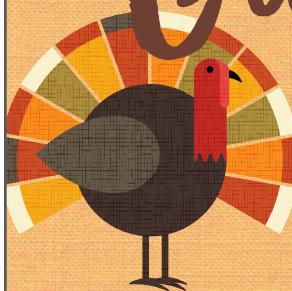


The team of Jeff Greenburg and Craig Albert won first place in this year's tournament

photo provided

created by the coronavirus. Our world may have changed this year, but the needs of our young people are still with us. Our thanks go out to all the sponsors and participants."★

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 Jean Le Boeuf, News-Press

Biologists Advocating To Save Terrapins

Diamondback terrapins (*Malaclemys terrapin*) are a brackish water species of turtle that often get caught up in blue crab traps, where they suffocate and die.

The seven subspecies occur on the coast from Massachusetts to Texas, and there are three subspecies that are unique to Florida.

Terrapin populations are threatened by habitat loss, red tide outbreaks and the pet trade. The most notable cause of death is accidental drownings from being trapped in crab pots.

"Terrapins are attracted to crab traps because of the bait used to catch blue crabs," said Chris Lechowicz, Sanibel-Captiva Conservation Foundation (SCCF) wildlife and habitat management director. "When they find their way into the submerged trap, they often are not able to find their way out before they drown because crab traps are only checked every six to 36 hours."

Abandoned or lost traps are called ghost traps, and they often end up catching and killing terrapins until they



Crab trap with bycatch reduction devices (BRDs)

photo courtesy SCCF

eventually break apart. A conservation push has been made to require bycatch reduction devices (BRDs) be installed on all crab traps in Florida.

"BRDs are simply rectangular doorways, of various sizes, that are fastened to each of the four funnels on a crab trap. They prevent larger terrapins

from entering the traps," Lechowicz said. "Science has shown that the addition of BRDs on crab traps does not reduce the number of crabs being caught, but they do prevent up to 73 percent of terrapins from entering the trap."

These devices save the egg-laying females and large males. The Florida Fish

and Wildlife Conservation Commission (FWC) held two online seminars on the subject recently that concerned the possible requirement of BRDs (as pictured above).

"There was strong representation from both the crabbing industry in opposition and turtle biologists in support of this action," Lechowicz said. "The crabbing industry claims that this requirement would crash their industry in Florida as they believe it would exclude the largest male crabs, sometimes called Jimmies, from entering the traps, which is a large part of their business."

A peer-reviewed and published scientific paper on this notion shows that not to be true. Many crabbers said they have never seen a terrapin or rarely encounter them. Scientists explain that many areas have been trapped for so long that no terrapins remain in the area.

The fact is that both blue crabs and diamondback terrapins are important to the ecosystem and one is not more important than the other. If terrapins, an imperiled species, are continuing to drown in crab traps, then some changes need to be made to crab traps to minimize or eliminate that threat.

To comment on this issue, email FWC at marine@myfwc.com or call 800-487-0554.*

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Hidden Vegetable Mac and Cheese

8 ounces your favorite macaroni

1 cup cheddar and jack cheese blend, shredded (plus extra as needed)

3/4 cup yellow squash, grated fine

3/4 cup zucchini, grated fine

1 1/2 cups Florida milk

1 teaspoon all purpose low sodium seasoning blend

1/2 fresh lemon, juiced

Parmesan cheese as needed for garnish

Cook macaroni in boiling salted water as directed on the package. Check macaroni during this process to make sure it is cooked to just under your desired tenderness. Carefully drain the water from the macaroni. Return the drained macaroni to the cooking pot, add the milk and seasoning blend and return to a medium low heat. At this point, you do not want the milk to boil, it just needs to get hot. When the milk and macaroni mixture is hot, add the grated zucchini and yellow squash. Stir the contents of the pan well to incorporate. Let everything in the pot come back up to temperature. Slowly add the grated cheese and stir to incorporate over a medium low heat. Add the lemon juice, and taste to adjust seasoning with salt and pepper. Add extra grated cheese blend to adjust for desired consistency. Folding a small handful of grated cheese in the macaroni just before serving it will make it really string cheesy. Serve warm with grated parmesan cheese as garnish.**



Hidden Vegetable Mac and Cheese
photo courtesy Fresh From Florida

PUZZLES

Answer on page 47

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

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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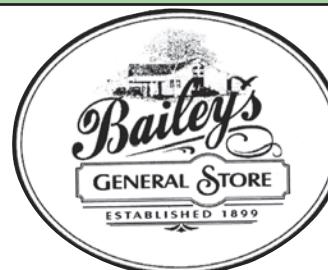
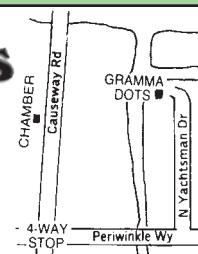
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Shirley Skaugstad browses fiction
photos provided

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Melissa Balthaser and Duane Shaffer prepare bags for curbside pickup

pickup are Monday through Friday from noon to 3 p.m.

The Sanibel Public Library District Board of Commissioners announced the retirement of two of its long-standing commissioners; Tom Krekel and Dan Moeder. The district board of commissioners is accepting applications to fill terms for the two vacated board seats. For more information, call the library or go online to download the application at www.sanlib.org/board.

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

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

In addition to a variety of homework help with live tutors, Brainfuse offers PSAT/SAT, ACT, AP and state standardized test preparation. Patrons can submit essays and other forms of writing to Brainfuse's Writing Lab for constructive feedback. There is also a Foreign Language Lab and Spanish-speaking support.

Remote learners can borrow Mobile WiFi Hotspots with their Sanibel Public Library card. Hotspots allow users to connect enabled devices (laptops, tablets, smartphones, etc.) to the Internet.

The library's public access computers, copiers, scanners and printers are available for public use. Precautions are in place to help protect staff and patrons from COVID-19. Patrons have to maintain social distance inside the building and wear masks (except for children under age 6). Library staff is implementing safety and sanitizing procedures consistent with the CDC and Florida Department of Health guidelines.

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

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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Book Review

Hannah's War

Through various books and movies we've learned about many women who should have been in our history books for their contributions to society and science. The book *Hannah's*

War by Jan Eliasberg, was inspired by a real-life physicist, Dr. Lise Meitner, the unsung physicist who discovered nuclear fission. The author was inspired to write the novel while reading an issue of *The New York Times* published the day America dropped the atom bomb on Hiroshima. One paragraph caught her eye where it talked about a female, non-Aryan physicist, who developed the key component for the bomb. Wondering why she isn't mentioned in every science textbook, the author delved into history to give her a place in history.

In *Hannah's War*, Dr. Hannah Weiss, loosely based on Dr. Lise Meitner, is a brilliant scientist working in a basement lab of the Kaiser Wilhelm Institute with no respect because she is Jewish. However her work on atom splitting is so valuable to the Reich, she is able to protect her remaining family from Nazi persecution. She escaped Nazi Germany and ends up working with the Americans on the atom

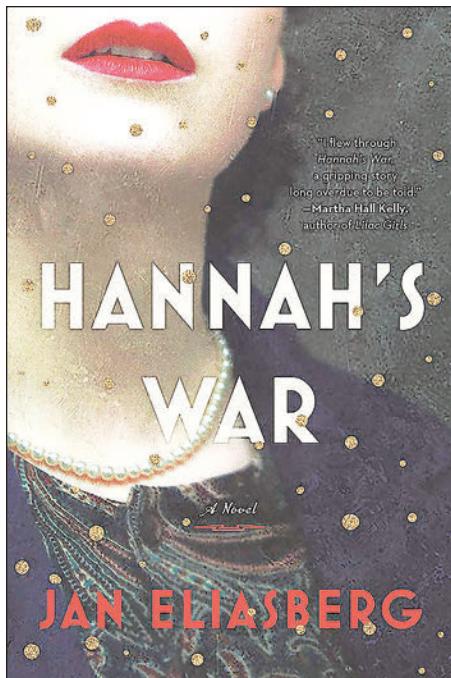


image provided

bomb in 1945 Los Alamos, New Mexico.

When petitions circulate about Hannah's colleagues expressing their concerns over the dangerous weapon, military intelligence opens an investigation. They believe someone has been leaking encoded equations to Hitler's scientists. Leading the hunt is Major Jack Delaney and his main suspect is the brilliant and mysterious Hanna. Clever phrasing throughout along with well-developed characters add substance to the intrigue of the novel. It's a

triumphant tale of Hannah transcending anti-Semitism during the final months of World War II. It's also a thrilling wartime love story of loyalty, truth and the dangerous power of Hannah's greatest discovery.*

School Smart

by Shelley M. Greggs, NCSP



Dear Readers, Here is a great technique, called Brain Breaks, for you to use with your children as you instruct them at home. Classroom teachers use this strategy often to help kids refresh and cope with things that arise during a busy school day. Brain breaks are evidence-based techniques to help students learn and cope with stress and overload.

Brain breaks are quick, structured breaks using physical movement, mindfulness exercises, or sensory activities. Brain breaks can be done individually or in a group. No matter what the form, brain breaks take only a few minutes of instructional time. They give your children a brief rest from what they're doing to help their brains shift focus and return ready to work and learn. Research tells us that these breaks increase children's productivity and provide them with opportunities to

develop creativity and social skills.

Recent research shows that our brains aren't idle when we take breaks. They're hard at work processing memories and helping us make sense of what we experience. In 2012 study, Dr. Mary Helen Immordino-Yang and her colleagues at USC and MIT used an MRI scanner to examine neural activity during the brain's 'default mode' – a state of rest that's usually associated with taking a break or letting our minds wander. In this state, the brain is still highly active, with a different set of regions lighting up than when we're focused on the outside world. Further experiments showed that this default mode is crucial for consolidating memories, reflecting on past experiences, and planning for the future – in other words, it helps shape how we make sense of our lives. Breaks keep our brains healthy and play a key role in cognitive abilities such as reading comprehension and the ability to generate and make sense of novel ideas.

Here are several easy brain breaks that you can add to your daily teach and learn schedule.

At the start of your day when you are preparing to learn, do some stretching movements as well as some deep breathing exercises for a couple of minutes. Both of these activities will help children to settle and focus.

When your children are becoming restless and need some movement, take three minutes and have them play *tiptoe tag*, in other words playing tag on tiptoes. *Statue tag* also is a good game for a short time frame. Another favorite is laps around the room. Have them stomp, walk on 'eggs' or walk backwards. In just a short period of time the children will be refreshed.

After lunch you might want to take five to 10 minutes for another brain break. A follow the leader activity with lots of physical movements, dancing or playing 'Simon Says' will get the kids back on track quickly after this physical activity.

It may seem counterintuitive for kids to have these physical action breaks and then settle down to study, but research indicates that these brain breaks are successful for refocusing. The researchers also said, "Teachers were worried it would make kids rowdier, but 99 percent of kids were back on task within 30 seconds of doing activity breaks," Hassen said. "We even had one teacher who did an activity break in the middle of a math exam – she realized the benefit of getting them up and moving."

It's very clear that even short bursts of physical exercise, like brain breaks, helps our children's bodies and minds, and should be encouraged. It's certainly an idea worth trying.

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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Captiva Panel Issues Petition On Iguana Removal

As many of you know, iguanas have become a growing problem on Captiva, drawn by the tropical habitat and unimpeded by a dearth of natural predators. In response to the concerns raised by many property owners on the growing numbers on the island, the Captiva Community Panel secured the services of a trapper to remove iguanas on properties that would allow him permission to access that land.

After seeing the numbers the trapper was encountering, the panel began working with Lee County on a long-term solution to the invasive iguanas. The county was unwilling to pay for a trapper outright, but offered to fund the trapping in order to allow the panel to pursue forming a Municipal Services Taxing Unit (MSTU), which would pay for the trapper's services as well as reimburse the county for the funds spent on trapping, beginning in September 2019.

The panel is now beginning that work to form the MSTU, which requires approval by 50 percent plus one of the island's property owners as documented by a signed petition supporting the formation. That petition is posted on the panel website at www.captivacommunitypanel.com.

If you support forming this unit (which will cost the average island property \$52.68 in taxes the first year), review the information online and complete your petition (one per Captiva parcel you own) and return the original signed petition to Captiva Community Panel, P.O. Box 72, Captiva, FL 33924-0072. The panel will also be mailing a letter, a petition and a return envelope to all island property owners. Petitions must be received and submitted to the county before April 1, 2021. If you have any questions, email captivacommunitypanel@gmail.com.**

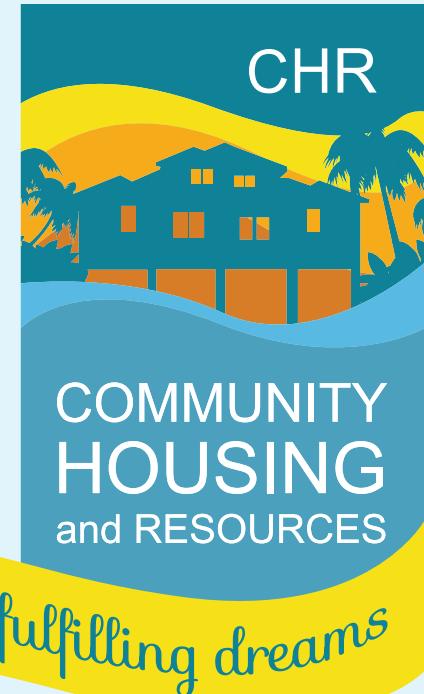
Top 10 Books On The Island

1. *A Time for Mercy* by John Grisham
 2. *The Guest List* by Lucy Foley
 3. *Deacon King Kong* by James McBride
 4. *Leave the World Behind* by Rumaan Alam
 5. *The Winemaker's Wife* by Kristin Harmel
 6. *The Book of Two Ways* by Jodi Picoult
 7. *The Lying Lives of Adults* by Elena Ferrante
 8. *Beach Read* by Emily Henry
 9. *Keep You Close* by Karen Cleveland
 10. *Nothing to See Here* by Kevin Wilson
- Courtesy MacIntosh Books and Paper.**

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We moved from an apartment in Fort Myers that was like a hotel room with a kitchen. And now, because of CHR, we have a three bedroom apartment on Sanibel. I am so excited to have my own bedroom—it's the first time in six years I've had my own space.

I am so grateful to be given a chance to change my life, to raise my children where I think they deserve, where we've learned to be together as a family. A place to give them a chance. If it wasn't for CHR I don't know where we'd be today. My kids are happy as can be. They ride bikes everywhere, we go to the beaches, and we are involved in the H2O program at Sanibel Community Church.

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—Buffy Santoro, CHR resident

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BIG ARTS Monday Night Film Series

Portrait Of A Lady On Fire

by Di Saggau

The BIG ARTS Monday Night Movie for November 2 is *Portrait of a Lady on Fire*, a French film set on a remote shore in Brittany in the 18th century. It won Best Screenplay last year at Cannes. The main characters are Heloise, the willful daughter of the house who has just left the convent and is betrothed to a wealthy Italian, whom she does not wish to marry. Marianne is the Parisian artist hired to paint Heloise's portrait without her knowing. She observes her by day, to paint her secretly. She also becomes her lover. The director calls the film a "manifesto about the female gaze."

There are few men in the movie and when they are there, they are often out of focus or their backs are turned. When finally we see a man's face, it feels like an intrusion. The story is built out of glances and stares from the women as it explores the entanglements between artistic creation and love, between memory, ambition and freedom. The film runs 120 minutes. Tickets are \$10 and can be purchased online or at the box office. There will be no discussion following the film.

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

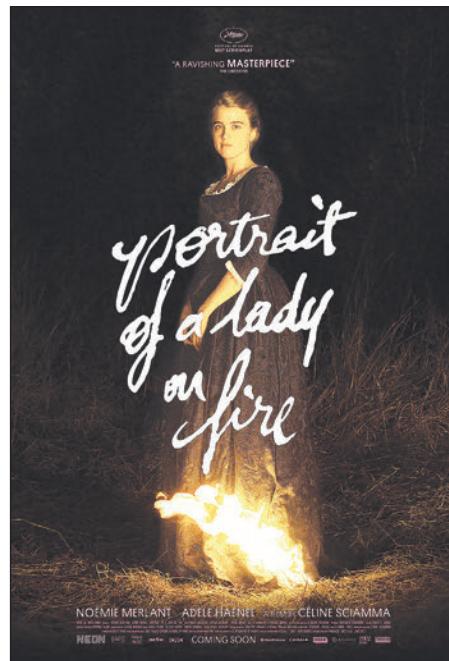


image provided

distancing.

BIG ARTS is selling only 50 percent of the seats in Christensen Performance Hall. Until further notice, only 200 seats will be allowed in the gallery at any given time. BIG ARTS has enhanced its air filtration system, all surfaces are wiped down between use, a professional sanitizing fogger is being used after each gathering, and there are hand sanitizing stations throughout the ground floor.

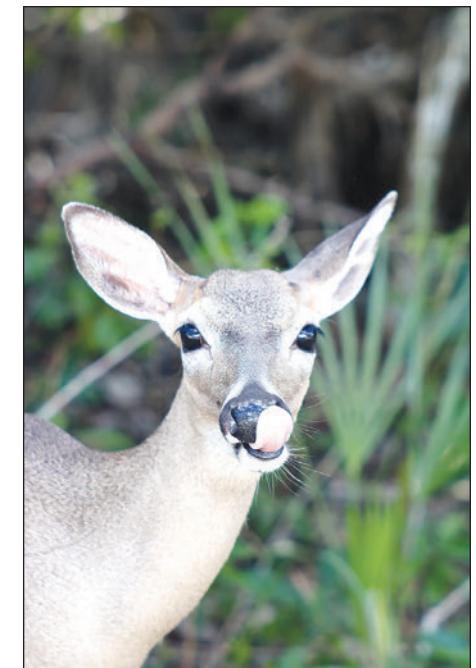
BIG ARTS is located at 900 Dunlop Road on Sanibel.**

'Ding' Darling Photo Contest Open To Students

The 8th annual "Ding" Darling Theodore Cross High School Photography Contest has kicked off with a deadline of January 15, 2021. It invites high school students in Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that include a Canon digital SLR camera package, chartered class trips to the refuge and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Cross, who lived part-time on Sanibel, marched with Dr. Martin Luther King, Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote the influential book *Black Capitalism*, among others; played a prominent role in President Obama's election; and created Birders United, a birding website that ranked legislators according to their record of bird protection support.

Late in life, Cross decided to indulge his love for birds and photography and traveled the world to collect stunning portraits and stories to chronicle his adventures. He shot often at JN "Ding" Darling National Wildlife Refuge on Sanibel, and a number of the images in his book reflect his love for the refuge. Cross published *Waterbirds* in 2009 at



Virginia Bayne of Fort Myers High won first place last year with her photo *Lip Smacking Good*

photo provided

age 85; he passed away shortly after that in February 2010.

NPR's *All Things Considered* called Cross' collection of 179 images and countless anecdotes "spectacular." *The New York Times* described it as "part visual encyclopedia, part memoir."

"The Theodore Cross Family Charitable Foundation has made possible this contest with a generous

continued on page 27

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Virtual Business Meeting With SCCF Leaders



Ryan Orgera



James Evans

Sanibel-Captiva Conservation Foundation (SCCF) leaders will update members of the Sanibel and Captiva Islands Chamber of Commerce about the record-breaking loggerhead nesting season, policy and advocacy initiatives, program adaptation at Sanibel Sea School and water quality issues at the next virtual business meeting on Wednesday, November 18 starting at 11:30 a.m.

Featured speakers include SCCF CEO Ryan Orgera, PhD, and SCCF Environmental Policy Director James Evans. SCCF's environmental policy priorities include protection and restoration of important habitats, growth and land management issues, fish and wildlife conservation, and restoration of inland and coastal water resources.

Orgera took the helm at SCCF in January 2019, after working on the Ending Illegal Fishing Project and Global Shark Conservation teams with The Pew Charitable Trusts. In that position, he traveled extensively to institute meaningful conservation measures in African and Latin American nations, and within various United Nations conventions.

Previously, as a fellow in the U.S. Senate, Orgera served as an ocean, coastal and flood insurance policy expert. He also served as a member of the Federal Marine Protected Area Advisory Committee, which advises the U.S. Secretaries of Commerce and

From page 26

Photo Contest

grant to the 'Ding' Darling Wildlife Society-Friends of the Refuge (DDWS)," said Birgie Miller, DDWS executive director. "We couldn't be more thrilled that they wanted their donation used in this way for an eighth year."

"We are so happy to be supporting a contest in my father's name, a contest that will get our youth involved with nature by looking at it – as my father so loved doing – through a camera lens," said daughter Amanda Cross.

Digital image entries can be shot from any outdoor venue in the state of Florida. A writing component to the contest requires entrants grades nine through 12 to submit a 100-word

Interior.

Since joining the SCCF team, Orgera has joined forces with Sanibel Sea School and strengthened the organization's advocacy and water quality focus, while taking a broader approach overall to protecting and caring for coastal ecosystems of Southwest Florida. He also initiated the launch of a shark conservation campaign in August.

In September, Orgera hired Evans, the former city of Sanibel director of natural resources since 2012, to interpret science to create, inform and advance environmental policy in Southwest Florida. Evans carries forth the policy work established over the past 14 years by SCCF's legendary founding natural resources policy director, Rae Ann Wessel, who retired in May.

Evans has more than 23 years of experience working in south Florida ecosystems and expertise in water quality, environmental policy, marine biology, estuarine ecology, coastal systems, environmental restoration, land management and grant management. He has chaired or served numerous local organizations concerned with water quality and Everglades restoration.

"When it comes to the short- and long-range vision of our valuable water resources, these two gentlemen are at the top of the game," said John Lai, chamber president and chief executive officer. "We are so fortunate to have SCCF monitoring and watch-dogging what's happening to our water and relevant legislation. Ryan and James will bring us up to speed on what's being achieved and what we need to continue to fight for."

The chamber will send members Zoom invitations to register for the virtual event. When members RSVP, they will receive a link to the Zoom meeting in advance. Sponsorships are still available for the presentation. For information on becoming a sponsor or registering for the meeting, contact Ashley Pignato at ashley@sanibel-captiva.org. Participants can also send questions for the speakers to Pignato in advance or submit them during the meeting through the chat feature.*

description of the "moment" captured and how it reflects what nature and wildlife mean to the photographer.

Only digital images are accepted and may be taken with any camera, including smartphones. After the images have been submitted electronically, they will be printed out for judging. The winners of the contest will have their images matted and displayed in the "Ding" Darling Visitor & Education Center.

Entry rules and guidelines are posted at www.dingdarlingsociety.org/articles/photo-contests. Call DDWS at 472-1100 ext. 4 for more information.

Entry rules and guidelines are posted at www.dingdarlingsociety.org/articles/photo-contests. Call DDWS at 472-1100 ext. 4 for more information.*



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Current Outlook And Portfolio Strategy



by Ian N. Breusch,
CFA Chief
Investment Officer

Global capital markets continued to rally through much of the third quarter, rebounding from the March lows we experienced when investors aggressively sold assets in response to the significant unknowns related to coronavirus (COVID-19). Clearly, investors have responded to the swift and aggressive actions taken by major central banks and governments all

over the world. The monetary and fiscal stimulus was substantial enough that investors were willing to purchase assets now with an eye towards a future economic recovery, which most believe will not be in full swing until a vaccine is widely distributed. Although we believe COVID-19 will continue to weigh on economic activity until a vaccine is approved and disseminated, we have undoubtedly made substantial economic progress since our self-imposed shutdown.

At the latest meeting in September, the Federal Reserve Board announced its intention to keep the federal funds rate at the current level (0-0.25 percent) for the foreseeable future. In fact, the voting members of the Federal Open Market Committee (FOMC) almost unanimously agreed that rates will stay in this range through 2023. Moreover, they intend to keep rates low until maximum employment is achieved and inflation has risen to 2 percent and is on track to moderately exceed 2 percent for

some time. The Fed will also continue to purchase Treasury bonds and agency mortgage-backed securities to sustain market functioning and help support the flow of credit. The aforementioned Fed policies, coupled with a willingness by Congress and the president to pass another relief package at some point (before or after the election), does indeed create one of the most accommodative environments we have ever experienced.

The upcoming U.S. elections in November are quickly approaching. Given the constant rhetoric from the two primary political parties, it is easy to lose sight of what really matters to successful long-term investing. We remain adamant that meaningful shifts in portfolios need not be made because of who controls the White House or Congress. While we may experience some short-term volatility around the election itself, don't make the mistake of over-emphasizing politics when making investment decisions. There are simply more important things to consider such as:

Your own long-term goals and constraints;

Fundamental characteristics of asset classes and individual investments;

Valuation levels across asset classes and individual investments;

Underlying economic landscape.

Given the backdrop of continued economic weakness related to

COVID-19 (albeit slowly improving), and unprecedented fiscal and monetary stimulus, we will remain methodical in our investment approach. We will focus on the things we can control, such as our clients' asset allocation among high-quality stocks, bonds and cash, as well as our ongoing research efforts. Our research process will continue to emphasize high-quality investments trading at attractive prices relative to the overall opportunity set. These efforts are most meaningful to ensure we continue to achieve (and hopefully exceed) each client's long-term investment goals. Given the amount of speculation we are seeing in certain areas of the stock market, we believe it is more important than ever to be mindful of company fundamentals when making investment decisions. To the extent fixed-income securities (bonds) are appropriate, we are intentionally favoring shorter-term bonds with good credit quality. Interest rates will remain historically low for the foreseeable future, diminishing expected returns for most bond investors.

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

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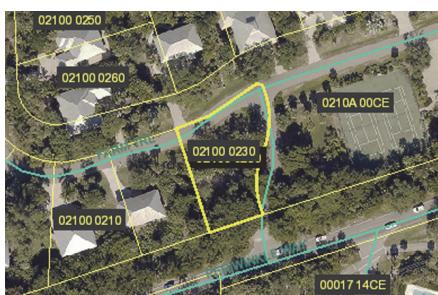
Tarpon Beach #207

Top-floor end-unit with high ceilings, impact glass, extra natural light from side windows, new open kitchen with stainless steel appliances, & updated baths. Covered parking & exterior storerooms too. \$899,000



Lighthouse Point #117

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1894 Farm Trail

One of last vacant lots in Island Woods where just 38 owners will share pool & tennis. Close to community entrance, handy to bike path & shopping. Algiers Beach access on Casa Ybel Rd. \$199,000



1238 Isabel Drive

Multi-level bayfront pool home with elevator & so many recent updates it must be seen to be appreciated. Over 5,000 sq. ft. of living space, ~8,269 total, plus nearby lot with dock & lift in community boat basin. \$3,595,000



1015 Fish Crow Road

Easy-living elevated near-beach 3-bedroom cul-de-sac home with raised screened pool that overlooks Gulf Shores waterway to sunsets. Community beach access at west end of Waters Edge Lane. \$649,000



White Sands #23

On 2nd floor with gulf views from most rooms & small complex privacy (just 14 owners), this 2 bedroom with den is roomy, has updated interior with beach chic décor, & rents well. Offered turnkey \$1,199,000



Compass Point #232

2nd floor 2 bedroom with screened balcony that has tropical view with peek of gulf. Community pool, tennis, & boardwalk to beach. Sale contingent on buyer finding replacement property. \$599,000



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Mariner Pointe #411

1st floor 3 bedroom with this view to pool & bay. Assigned parking just outside front door & merely steps to canal dockage, private community fishing pier, & more. Weekly rentals allowed. \$599,000 furnished



Mariner Pointe #522

Updated & fully furnished, 2nd floor 2 bedroom on Sanibel's waterfront peninsula. With bay views from balcony & master plus canal views from front entry deck, #522 is a successful weekly rental. \$484,900



Mariner Pointe #541

This view from enclosed lanai that also expands the living space. Ground-level 2 bedroom close to waterside pool, BBQs, private community fishing pier, & boat dockage. Weekly rentals allowed. Mostly furnished for \$515,000



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It was a great day of soccer on the beach

Resort Provides Day Of Soccer On The Beach

Florida Gulf Coast Dutch Lions FC American soccer team had an great time at their Orange Family beach event, which took place at Sanibel Siesta on October 3. With everything going on in the world, getting outside at the beach was the

perfect place for the Orange Family events.

About 40 youth academy soccer players came out to compete against each other, and to have a good time with their families. In addition to playing soccer, they swam, built sandcastles and used the barbecue grills and water floats, provided by Sanibel Siesta.

One of the organizers said, "We are more than happy with Sanibel Siesta, who is our partner since 2016. They always give us the opportunity

photos provided



Team members gather to strategize the next play

to organize events throughout the year and we are very thankful for their hospitality. Of course, we cannot resist to spend some quality time at such a great location, not many other places can get us away from the soccer fields."

Three or more days of the week, teams are practicing at Jim Jeffers Park in Cape Coral. In addition to the team practices, there is a skill school on Fridays at 6 p.m. at Jim Jeffers Park for academy players and other children from the area who want to improve their personal skills.

Every Wednesday, the Lion Cubs (ages 3 to 6) get a chance to kick the ball and get involved with the sport.

On the weekends, league games or tournaments are played. Other events are also held such as bowling, Sinta Claas (Dutch Holiday), and the end of the year gala.

The Orange Family looks forward to their next beach day and Sanibel Siesta.

The Florida Gulf Coast Dutch Lions FC American soccer team was founded in Cape Coral in April 2015. For more information, visit www.fgclfc.com.

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Rotary Happenings

submitted by Cindy Carter

This week during our hybrid Rotary meeting, we heard from Richard LeBer, president and CEO of the Harry Chapin Food Bank, which is the largest hunger-relief network in Southwest Florida, serving Charlotte, Collier, Glades, Hendry and Lee counties. LeBer has been president of the food bank since February 2016 and has helped lead the organization to new records in sourcing and distribution of food to the Southwest Florida community, adapting to the new realities of life with COVID-19.

The food bank accepts, inspects and transports donated food and other grocery products which are then distributed to more than 150 partner agencies and programs that provide services to those in need. They include food pantries, in-school pantries, mobile pantries, senior programs and disaster relief agencies. The food bank is also being extra mindful of those who are working during business hours and those with limited transportation and would have difficulty accessing the food banks.

This year, the food bank has had to adapt how many of its programs distribute the food, creating 14 mobile drive-through, touchless pantries that allow people to remain in their cars and have



Richard LeBer

photo provided

the food placed directly into the trucks. More than 700 families have been served each week.

The Sanibel-Captiva Rotary Club regularly donates to the Harry Chapin Food Bank. However, through a special district grant, led by the downtown Fort Myers club, assisted by the Sanibel-Captiva club, the Sunrise club and Rotary South club, enough money was raised to purchase a truck to help pick up and transport food. Look for the Rotary logo when you see the truck around town.

To donate to the Harry Chapin Food Bank, visit the website at www.harrychapinfoodbank.org.

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

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Superior Interiors

Create Your Own She Shed

by Linda Coin



You know about a man cave, but have you ever heard of a she shed? Transforming an old or new shed, back porch, or interior storage closet into your own personal oasis

is the new trend these days. However, creating this special oasis requires more than just some sprucing up. If you're thinking of creating a she shed to call your own, here are some tips and tricks to follow.

Keep functionality in mind. The best thing about redesigning an empty space is that it serves as a clean slate. But there are some drawbacks to the design. Depending on how you imagine your she shed to be, you may need to add or adjust access to electricity, plumbing and insulation within the space. These can help you add some light if you want to enjoy the space after dark, have running water if you need it and keep temperature comfortable. While these additions are not necessary, they can definitely make your she shed more functional so you can get the most use from it.

Define the space. After adding the utilities you may need, it's time to make the space your own. There are endless options when it comes to defining your she shed, but it is best to make it fun, practical and personal. For instance, if you enjoy gardening, your she shed could double as a greenhouse. You can store your supplies, have a planting station and a cozy couch where you can read about your favorite pastime.

The same goes for crafting. With the necessary electricity, you can create the perfect space for all your creativity. Of course, you can always make your she shed a space for entertaining or a reading nook, it is truly an area to showcase your passions and interests!

Furnishing a new space can be expensive. To find great deals and some unique items, consider going to flea markets and antique shops. You can find some truly one-of-a-kind pieces at great prices to make your she shed distinctive. And the vintage look extends beyond big pieces like furniture. You may be able to find some antique art, tables and storage solutions that add more character and charm to the space.

On the topic of storage, it's important to get creative with your options. With a she shed, you're likely to be working with limited space so using large bins may not be practical.

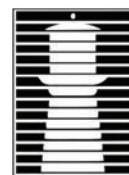
Keep devoting area to your passions and instead get creative with vertical storage. Shelving, hooks and even hanging storage are perfect for a shed space. Much like how you can hang a bike from the ceiling of a conventional shed to save space, you can do the same with your accessories.

The last thing to address is sprucing up your entrance way. This will be the first thing you and your guests see, as well as being the focal point as you enter your she shed. Consider enhancements such as switching out the door for something new, like barn doors that are functional and stylish or flowing curtains.

Need some design help for creating your she shed? Consider consulting a design professional to discuss your personal style and ideas. They will provide suggestions for furniture options and accessories to personalize the space.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.*

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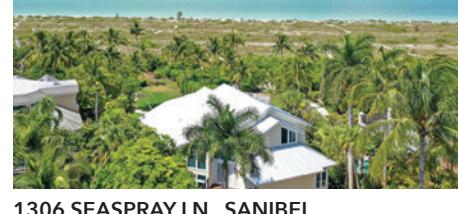
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Will Power

In My Letter To You



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

I recently watched a television interview with Bruce Springsteen, a favorite of mine. He released a new album entitled *Letters to You*, which can be described as an anthology of this 71-year-old rock and roll legend looking back on his life. The album is focused inward rather than outward, sounding a bit haunted, which is understandable given the loss of two of his E Street Band cohorts, Clarence Clemons and George Theiss, as well as Danny Federici of his first band, The Castiles.

Sometimes it takes a musician to make us reflect on our own lives.

"You have your 24-year-old self, your 30-year-old, your 45-year-old and your 70-year-old all in that car together," Springsteen said, "and where you go on any given day depends on which one of you is driving that car."

After my open-heart surgery last year, I find myself in a reflective mood more often now than perhaps at any other time in my life. What do I want to accomplish in the next decade of my life? How can I make a positive impact on the lives of my family, friends, colleagues and clients?

David Brooks, an opinion columnist with *The New York Times*, wrote of the difference between your résumé virtues and your eulogy virtues:

"The résumé virtues are the skills that bring you to the marketplace," he writes, "The eulogy virtues are the ones that are talked about at your funeral – whether you were kind, brave, honest or faithful. Were you capable of deep love?"

Brooks continues, "...if you live for external achievement, years pass and the deepest parts of you go unexplored and unstructured. You lack a moral vocabulary. It is easy to slip into a self-satisfied moral mediocrity. You grade yourself on a forgiving curve. You figure as long as you are not obviously hurting anybody and people seem to like you, you must be OK. But you live with an unconscious boredom, separated from the deepest meaning of life and the highest moral joys. Gradually, a humiliating gap opens between your actual self and your desired self, between you and those incandescent souls you sometimes meet."

Your estate plan is one of the final expressions you make, which gives me great pride in my career. Your estate plan can be so much more than a generic will or trust. Does your plan call for a simple division of assets between your loved ones

How's The Market? Ask Ann

In writing a weekly article on Sanibel Real Estate, I discuss sales activity, average sales prices and inventory levels. I plead guilty to not drawing attention to Sanibel's small town community. For example, Roger at Bailey's hardware knows how to solve your hardware questions. While shopping, you exchange greetings with Jack David, an incredible handyman and a very nice guy. Looking for a great take-out lunch? Check out Sanibel Deli and exchange greetings with Michael.

So, in addition to the reasons folks buy real estate on Sanibel, make sure you recognize benefits unique to Sanibel. Enough said.

Real Estate continues to be strong. With just 83 homes and 99 condos on the market, it's easy to follow our market. I am familiar with most of the listings for sale on Sanibel and generally have 2 or 3 "picks" that I believe represent a good value. Call me and I will share them with you.

Going back one week, there were 18 newly reported sales; 7 home sales, 9 condo sales and 2 vacant lot sales.

Listed below are all the condo and home sales that closed last week:

| | |
|---|---|
| 9226 Kincaid Lot - \$122,000 | 919 Pecten Ct. - \$900,000 |
| 1797 Serenity Lane - \$430,000 | 1605 Middle Gulf Dr. 121 Gulfside Place - \$1,000,000 |
| 5151 Sanibel-Captiva Rd. - \$447,000 | 545 Lake Murex Circle - \$1,035,000 |
| 3111 W. Gulf Dr. Unit 263 Kimball Lodge - \$490,000 | 1671 Hibiscus Dr. - \$1,050,000 |
| 490+460 Old Trail Rd. - \$675,000 | 790 Beach Rd. - \$1,180,000 |
| 2446 W. Gulf Dr. D-32 Pointe Santo - \$700,000 | 2959 West Gulf Dr. 301 - \$1,800,000 |
| 756 Windlass Way - \$810,000 | 2323 Starfish Lane - \$2,415,000 |

14 Closed Sales: 10 Homes, 3 Condos & 1 Vacant Lot

Give me a call if you have any questions.

Things are getting better. Be sure to vote and stay safe.

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or do you want to protect what you leave from divorcing spouses, creditors and predators? Does it provide a retirement safety net for your children or can they unwisely spend it as soon as they inherit?

Do you provide the basis for the education of your grandchildren, or will your plan be a means for them to live comfortably while avoiding work? Which philanthropic causes are important to you?

Everyone's comfort with video conferencing is a silver lining to the COVID-19 crisis. A byproduct of that is the many family conferences I've led with my clients and their adult children. Some of them have been quite insightful, as we've discussed the big picture attributes underlying the family's estate plan. Many of my clients have discovered, for example, that their adult children don't always know their hopes and intentions for the use of future inheritance.

I've found that when expectations are expressly laid out, they're usually followed. Love and devotion are powerful factors that can survive the loss of the family patriarch or matriarch. Where sibling rivalries fester, these conferences also seem to diffuse those tensions, as my clients express their hopes, desires and motivation that are incorporated into their plan.

The closing versus in the title song to Springsteen's new album seem to fit what I'm writing about here:

*I took all the sunshine and rain,
All my happiness and all my pain,
The dark evening stars,
And the morning sky of blue,
And I sent it in my letter to you,
In my letter to you.
I took all my fears and doubts,
In my letter to you.
All the hard things that I found out,
In my letter to you.
All that I found true,
And I sent it in my letter to you,
I sent it in my letter to you.*

What will your letter say to your loved ones?

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Webinar On Financial Health

FISH of SanCap is hosting a Take Control of Your Financial Health webinar where you can learn budgeting, saving and boosting credit scores while eliminating debt. The Zoom call will be held on Thursday, November 12 from 5:30 to 7 p.m. Registration is required.

Financial health can be as important as physical health, as lacking the first can have an impact on the latter. Ruben Perales, financial wellness manager of Fifth Third Bank, will detail how to create a budget and savings plan, which can lead to boosting credit scores and eliminating debt.

To register, contact Susan Alexander or Anthony Morales at 472-4775. FISH will provide an email with a link and meeting ID number for access to the webinar.**



Ruben Perales

photo provided

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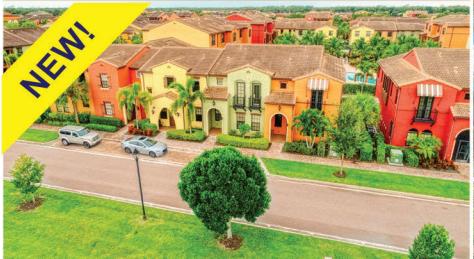
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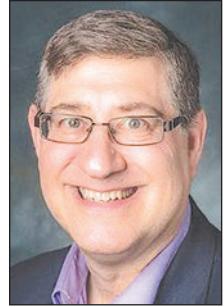
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Frankly Speaking

by Howard Prager



There were two plays for the ages this past Saturday: one with replays that couldn't overrule the call, the other with replays to amaze. Big Ten football is back, and 8th ranked Penn State was visiting unranked Indiana. Overtime. Penn State won the toss and scored a TD. Indiana then scored a TD. Just kick the extra point and go to double OT. No. Indiana went for two points and the win with quarterback Michael Penix Jr. stretching the ball toward the goal line. The officials ruled the play a score, but went to replay review. Following a couple of minutes, the play stood as called. Indiana shocks Penn State and, for the first time since 1987, beats a top 10-ranked school. Ed Frank, proud IU alum, is smiling down on them.

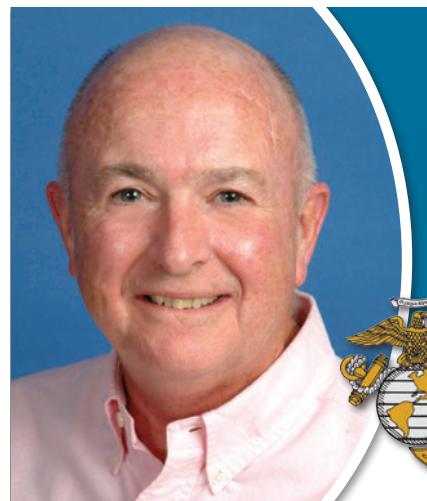
The second play for the ages was at the end of the fourth game of the World Series with the Dodgers up two games to one. The Rays had two on and two out with two strikes on Brett Phillips. Phillips was left off the Rays' ALCS roster and had only come into the game as a pinch runner in the eighth. Phillips hit a Kenley Jansen cutter into center field. Kiermaier scored uncontested from second to tie the game at 7-7. But Dodgers center fielder Chris Taylor mishandled the ball, and catcher

SPORTS QUIZ

1. Name the race-car driver who won the 1996 Indianapolis 500 and the 2000 Indy Racing League season championship.
2. What Chicago Cubs manager went on a profanity-laden tirade to reporters after Wrigley Field fans booed the team during a one-run loss to the Los Angeles Dodgers in 1983?
3. For what college team did U.S. softball pitching great Jennie Finch compile a 119-16 record from 1999-2002?
4. What Golden State Warriors player attacked head coach PJ Carlesimo with a choke hold during a practice in 1997?
5. What is the name of the muscular bundle of wheat that serves as the Wichita State University Shockers mascot?
6. What women's basketball legend recorded the first quintuple double with 25 points, 18 rebounds, 11 assists, 10 steals and 10 blocks in a 1997 game for Texas' Duncanville High School?
7. What sportswriter and author was host of ESPN's *The Sports Reporters* from 1988-2001?

ANSWERS

1. Buddy Lazier. 2. Lee Elia. 3. The University of Arizona Wildcats. 4. Latrell Sprewell. 5. Wushock.
6. Tamika Catchings. 7. Dick Schaap.



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coach or executive with 14. His son Stan is GM of the Chicago Blackhawks. Ivor Powell was the oldest football (soccer) coach at 93. He worked as a coach for 58 years. In 2006 as an assistant coach for the University of Bath, he celebrated his 90th birthday and entered the Guinness Book of World Records as the oldest working football coach. He later became club president and passed away at 96. You tell me, is LaRussa really too old?

We move from old to young with our good news story of the week. Wake Forest freshman walk-on Nick Andersen had three interceptions and 11 tackles as he led the unranked Demon Deacons past No. 20 Virginia Tech on Saturday, 23-16. The Hokies entered the game as the top rushing and second-highest scoring team in the ACC. Not on Saturday. Andersen said it was the first game he's ever had three interceptions. That hadn't been done at Wake Forest since 1987. As he was carried off the field with shouts of "scholly," Wake Forest Coach Dave Clawson said, "I think we'll definitely be taking care of that (scholarship) next semester."

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

The Dunes Golf and Tennis Club

Hole In One



Tom August

photos provided



Tom Meline

Tom August has had two hole in ones in the last month. His latest was on the 9th hole at The Dunes.**

Tom Meline had a hole in one on October 23 on the 11th hole at The Dunes Golf and Tennis Club.

More Manatee Mailboxes Go Out To Artists

The Community Housing and Resources (CHR) Manatee Madness fundraiser is in full swing with the final delivery of manatee mailboxes complete, and all 15 artists working on their creations. CHR's Executive Director Melissa Rice announced that recent deliveries went to artists who are supporting the cause from across the causeway. They include: Cath Branwood, working with Live Art in Naples; and Brian Weaver, Cheryl Logan, Danielle Branchaud, Kristina Jackson, Taryn Manning and Ginny Dickinson from Fort Myers and Cape Coral.

"We are extremely grateful to our artists and supporters from the entire region," said Rice. "After all, Sanibel is a sanctuary island not only enjoyed by those living here, but by thousands who come here from across the state, the country and the world. By supporting our Community Housing and Resources program on Sanibel, you are supporting our entire island community."

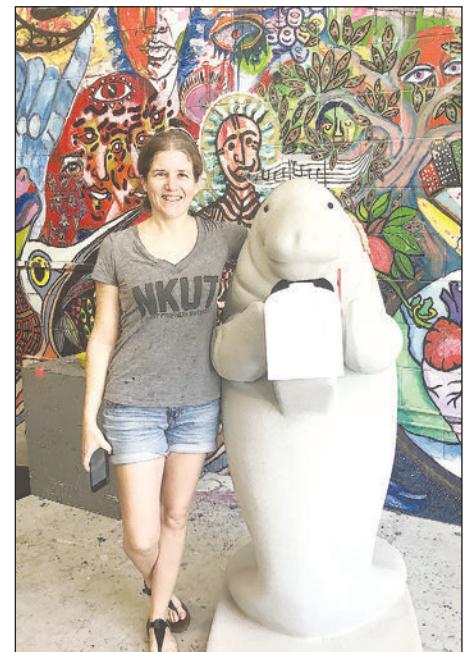
The Manatee Madness fundraiser is scheduled to begin in late December and run through late March. All the artist-decorated manatees will be placed around the islands at sponsor locations and will be available for observation and photo opportunities. Watch for the *Manatee Madness* booklet coming out in December, which will include information about each artist and their manatee, plus a map of manatee locations to help you find them. The manatee mailboxes will be auctioned off in April. For more information and sponsorship opportunities, call Melissa Rice at 398-0404 or email melissa.rice@sanibelchr.org.**



Brian Weaver



Kristina Jackson and Laura DeBruce



Cath Branford



Taryn Manning



Delivery crew, from left, Luke Blackman, Lena Brown and Josh Ballard

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Health First

Understanding Herd Immunity



by Julie Rosenberg, MD

Infectious diseases spread when a proportion of individuals in a population are susceptible to the disease. Herd immunity occurs when a significant portion of the population (the herd) becomes immune to a disease. This immunity helps to limit further disease spread from person-to-person. The risk of infection among individuals who remain susceptible is also reduced by the presence and proximity to individuals who are immune (this is sometimes referred to as a "herd effect"). Although herd immunity reduces the risk of getting a disease, it does not prevent disease in nonimmune individuals. People who do not have immunity to a disease may still contract it even when herd immunity is high.

What percentage of a community needs to be immune in order to achieve herd immunity?

This percentage varies among different diseases. The more contagious a disease is, the greater the proportion of the population that needs to be immune to the disease to stop its spread. For example, a very contagious disease, such as measles, requires more than 95 percent of the population to be immune to stop sustained disease transmission and achieve herd immunity.

How is herd immunity achieved?

Herd immunity may be achieved either through infection and recovery, or by vaccination.

Achieving herd immunity through infection relies on enough people being infected with a disease and recovering from it, during which time they develop

antibodies against future infection. Of note, antibodies from a prior infection may only provide protection for a limited duration of time.

Vaccination is a means of protecting the greatest number of people. Vaccines create immunity without causing illness. By reducing the number of susceptible individuals in the community, vaccination augments herd immunity. Widespread vaccination also reduces the risk for individuals in the population who are more vulnerable (such as those with immunodeficiencies or weakened immune systems due to underlying medical conditions), since disease spread is limited.

Herd immunity and SARS-CoV-2 (COVID-19)

Coronavirus disease 2019 (COVID-19), caused by the novel severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), has shown us the devastating impact of a novel, infectious pathogen on a susceptible population. In the United States, there are over eight million clinically confirmed cases of COVID-19 and the virus has claimed more than 220,000 lives.

It is not yet known whether a diagnosis of COVID-19 confers immunity to future infection, and if so, for how long. A small number of cases has been reported of virologically-confirmed COVID-19 patients who experienced a second clinically- and virologically-confirmed acute COVID-19 episode. Further characterization of such cases is needed to understand whether these individuals have been re-infected or could have experienced re-activation of a sustained virus carriage.

Herd immunity to COVID-19 through natural infection is theoretically possible. However, a large proportion of individuals will likely need to be infected and recover to achieve herd immunity from COVID-19. In the United States, it has been estimated that about 70 percent of the population – more than 225 million people – would need to be infected and to recover from COVID-19 to halt the pandemic. Such a situation would likely

lead to serious complications, millions of deaths, and would overwhelm an already taxed healthcare system.

Vaccination may be the most reliable and cost-effective way to prevent COVID-19.

A widespread vaccination program could also lead to herd immunity against COVID-19. Numerous clinical trials are ongoing to evaluate novel vaccine candidates for the prevention of COVID-19 infection. While it is possible that an FDA-approved vaccine could be available for some groups (healthcare workers, elderly individuals) soon, it is unclear as to when widespread vaccination will be available.

The most important public health interventions to slow the spread of COVID-19 include rapid identification

and isolation of cases, along with early implementation of physical distancing measures. Until a vaccination program is available, we must work together to prevent disease transmission. We must be vigilant about keeping a distance (six feet or more) between ourselves and others who do not reside in the same household, wearing a face mask when in public places, and washing our hands frequently with soap and water. These best practices will help to stop the spread.

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

New Staff Members At FISH Of SanCap

Two new staff members have joined the team at FISH of SanCap: Susan Alexander, senior services and community engagement director; and Laura D. Rodriguez, accounting manager. "We're so fortunate to welcome two incredibly talented members of the Southwest Florida nonprofit community here to the islands. Susan and Laura both bring with them years of nonprofit experience and will ensure we're able to better serve Sanibel and Captiva," said Alicia Tighe Orgera, FISH executive director.

Alexander was born and raised in south Florida. Before joining FISH, she ran the Beyond School Walls program for five years at Big Brothers Big Sisters of the Sun Coast. She helped many students in the Lee County school system follow their dreams to attend college and higher education certification programs, obtain careers and be good stewards to the community.

She attended the College of Wooster in Ohio and obtained her bachelor's degree in communications and public relations from Duquesne University in Pittsburgh, Pennsylvania. She has a graduate certification in elementary education from the University of Pittsburgh.

Alexander has been active in the Southwest Florida nonprofit community for years in a volunteer capacity as



Susan Alexander



Laura D. Rodriguez

vice president of the auxiliary board for Golisano Children's Hospital of Southwest Florida and president-elect of the auxiliary board for Lee Memorial Hospital, HealthPark and Golisano Children's Hospital. She also lends her talents as a FutureMaker for the Southwest Florida Community Foundation.

"It's an honor for me to join the FISH team and be able to provide educational, entertaining and innovative programming to the Sanibel and Captiva community. I'm excited for this opportunity and I look forward to working with all of the people and the businesses on the islands," said Alexander.

Rodriguez was born in San Juan, Puerto Rico. She was a stay at home mother of three, one with special needs, who baked to help make ends meet and pay for her son's medical bills. She learned of her love of accounting when she started working for Jackson Hewitt preparing tax returns for individuals and small businesses and later with H&R Block. She graduated magna cum laude from South Florida

continued on page 40



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dearPharmacist

Unusual Signs Of 'D' Deficiency



by Suzy Cohen, RPh

Dear Readers:

When talking to your physician, it's critical that you're as open and forthcoming about your symptoms as possible.

Many doctors need to know all your symptoms in order to figure out if they're connected. This ensures optimal treatment. For example, let's say you have high blood sugar, frequent skin rashes, erectile dysfunction, a weak urine stream, a perspiring head and bouts of sadness. And then you go to the doctor, but focus on on blood sugar assuming that these other symptoms have nothing to do with your visit. You've done yourself a disservice. Why? Because if you focus on blood sugar, your physician will chase it down with conventional pills such as metformin. You will be given instructions for a special diet, and you'll have to start testing your blood sugar with finger sticks. Nothing is wrong with any of that, but had you mentioned all the other symptoms you deal with, it's likely your physician would have picked up on

a vitamin D deficiency, and suggested that you take D before prescribing all the pills and pricks.

A deficiency of D can call all of the symptoms I've mentioned plus more. And if you have a good doctor that is truly listening to you, the seemingly random list of symptoms make sense from a broader perspective to them. Furthermore, the treatment you would receive will make a huge difference because it would be nice to clear all your symptoms up by restoring D levels, rather than chasing down the right drug for every symptom you have.

Vitamin D receptors grab hold of the activated hormone form of vitamin D and then impact the expression of about 900 genes! So if D is low (or high), there are literally hundreds of symptoms that you could experience. Many signs and symptoms of D deficiency get medicated. For example, the "winter blues" results in part from insufficient D and, yet, it's treated with antidepressants. Whether D deficiency is the driving factor, or a contributing factor, it is something that your physician should check.

Here are some other unusual signs of D deficiency in case you are wondering if you have any. It's not me just saying this, there are randomized, controlled studies that have confirmed the following symptoms and related diseases are associated with insufficient D:

- Skin rashes
- Heart arrhythmias
- Tearfulness
- Fatigue

Irritable bowel
Bloating
Fractures
Cognitive decline
Muscle weakness
Neuropathy
Macular degeneration
Wheezing
High blood pressure
Frequent infections

If you decide to supplement, it's a good idea to get your baseline levels of D, and then begin your supplementation. I have a longer version of this article posted at my website in case you're interested. Even though it's

a nutrient that is sold everywhere, have a practitioner supervise you and test you periodically. Vitamin D is available in two forms, one that is animal (sheep) derived, and one that is plant (moss) derived. There is no difference in terms of how you absorb either version, or what benefits each provide. It really just comes down to personal preference and sustainability.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.***

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can anxious mothers create anxious children? I am seeing my friend become overanxious in front of her 6-year old daughter, and this seems to be instilling fear in the

daughter.
A: Yes, a mother's anxiety can definitely influence her children. It makes sense as you are in your mother's womb for nine months. You

were already bonding with her.

If a mother is an anxious person, this emotionally models how one views the world. The child is susceptible to taking this anxiety on. If you are comfortable discussing this with your friend, it could prevent her daughter from taking on her own anxiety, and rather she can learn some healthy coping techniques such as liberating herself from anxieties and embracing calm before it becomes too problematic. Emotional freedom can occur with your friend choosing where she puts her intention.

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.**



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Beautifulife:

Cinnamon



by Kay Casperson

When I told my youngest daughter that I was writing about cinnamon this week, she said, "What does cinnamon have to do with having a beautiful life?" So I

explained to her about all the different benefits. She was then convinced that everyone should include this spice in their daily lives to stay balanced, healthy and thriving.

Every day, I use cinnamon, whether in my morning coffee, a design on top of my afternoon latte or sprinkled on my favorite french toast recipe. The benefits are endless, from lowering blood sugar and cholesterol levels to a good dose of fighting the common cold, and everything in between. I will highlight just a few of my favorite benefits, but I encourage you to do your research to find that there are just too many to list here.

Blood sugar – Cinnamon can help release insulin that is necessary for diabetics and overall consistent energy.

Cholesterol – Cinnamon can effectively increase LDL cholesterol levels and the right kind of high-density lipoprotein, HDL.

Weight loss – Cinnamon can help the body burn fat to reduce weight.

Anti-inflammatory – Cinnamon has an active ingredient that helps reduce inflammation in arthritic patients and people who don't even realize they have it.

Brain Function – Cinnamon can increase the blood flow around the body, which delivers oxygen and nutrients to the brain. This will make you feel more awake and alert.

Antibacterial – Cinnamon can be used as a natural antibiotic. It has been shown to be useful for the common bug and major ones, but all might be avoided if consumed regularly.

The list of benefits goes on and on, including bumping up your energy level, oral health, IBS, ADHD and sore muscles. So, next time you're out shopping, grab some cinnamon and start adding it to your favorite drinks, snacks, or meals. You will find that this is one of the easiest and tastiest ways to stay well.

My affirmation for you this week is:

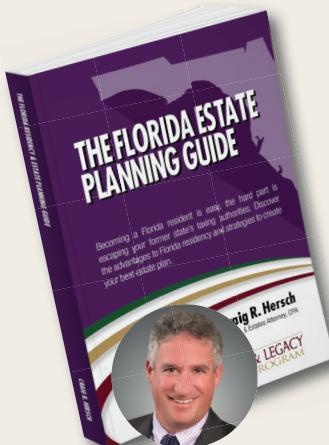
"I will explore new ways to stay healthy and vibrant as I continue my journey to my most balanced and beautiful life."

*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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by Craig R. Hersch
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Doctor and Dietician

Falling Back This Weekend



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

This weekend we "fall back" and set our clocks back an hour. For those of us who like to exercise in the early morning, this is a good thing because we will be able to put away our headlamps for those early morning runs. However, it may be dark when returning home from work! And the number of daylight hours will lessen as we enter into "winter." At least for those of us in Southwest Florida, we have gorgeous weather and beautiful sunsets to look forward to versus ice and snow.

Interestingly enough, studies show that time change can actually have a negative impact on our health! Our internal clocks synchronize to a 24-hour cycle, thus our bodies can have a hard time adjusting to the time change.

Research has even shown that time change can lead to increased risk of heart attacks, as well as affect our mental state. Some people experience food cravings and other studies show an increased incidence of traffic accidents.

Tips to lessen the effects of the time change and maximize health include:

Try to get the same amount of sleep you normally would – stay on the same schedule.

Make use of the early morning hours. Go to bed earlier so that you can get up and enjoy a beautiful sunrise. Why stay up late to watch the news? You can read about it online if you want to catch up. And, as you know, we find that disconnecting from the news is good for your health anyway.

Eat real food. We had to throw this in there as it is our primary mantra.

With the holidays fast approaching, combined with being quarantined inside, the extra pounds can easily appear around the waistline. Stock up on nutritious, fresh foods and cook at home.

Some people find that eating your main meal at noontime and a lighter meal in the evening helps improve weight control. If you are able, this might be a good option for you.

Stay socially and physically active. These have been trying times for staying connected socially. But find ways to do it. As we are blessed with beautiful weather 365 days per year, get outside. Ride your bike, take a walk, go for a swim, join a pickleball group, join the senior center, find a place of worship, join a book club. The possibilities are endless. And even if you cannot connect in person for health reasons, join on Zoom!

Fall back gracefully this season. Life is a precious gift. Let's do all we can to live it to the fullest.

*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.***

From page 38

New Staff

Community College with an AAS degree in accounting and was recruited to work right after graduation at Saint Catherine's Catholic Church in Sebring, Florida. As their bookkeeper, she had to reinstate policies and procedures from the Diocese of Venice to make sure they complied and passed their audit.

Rodriguez also worked as a distribution administrator at Coca Cola Refreshments in charge of payroll for the Fort Myers and Sarasota warehouses. During the last six years, she worked at The Foundation for Lee County Public Schools as fiscal manager, helping them achieve Platinum status with Charity Navigator.

"Joining FISH is an opportunity of a lifetime; a positive change. Becoming a part of this organization gives me the opportunity to help people in a direct way. It is a privilege that brings fulfillment to my heart," Rodriguez said.**

PHYSICAL THERAPY - MASSAGE - PILATES

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MM#27832



\$10 DONATED for every Pilates/Personal Training session in October, to support the Virtual 10K Race for FISH!
239-395-5858 www.islandtherapycenter.com

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Soldier And Toby Jack



Soldier ID# A839792

My name is Soldier and I am a 1-year-old male, petite pit bull mix with a big personality. I can be shy at first but once I warm up to you, I will be your constant companion and faithful friend. I love other dogs, so a home with another pup would be ideal. My adoption fee is \$25.

Hi, I'm Toby Jack, a 1-year-old male domestic shorthair. I like to be the king of his castle but will happily co-exist with other felines. I am a sweetheart with my people and love attention. My adoption fee has been waived.



Toby Jack ID# A830360

During the November Fall in Love adoption promotion, adoption fees on all adult dogs and cats are reduced to \$25 and all senior pets age 6 and older are \$10. Meet potential companions and discover the many benefits of having a pet: happiness, companionship, improved physical and emotional health, and unconditional love.

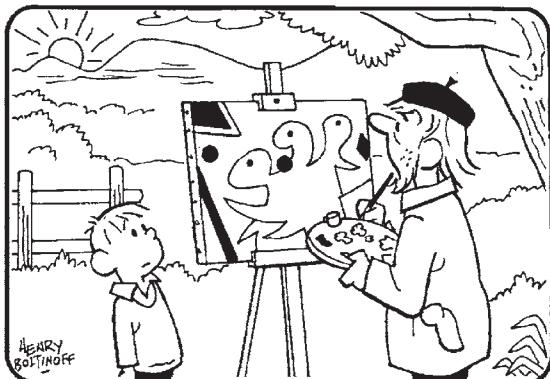
The adoption package includes spay or neuter surgery, age-appropriate vaccinations, microchip ID and a 10-day health check.

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

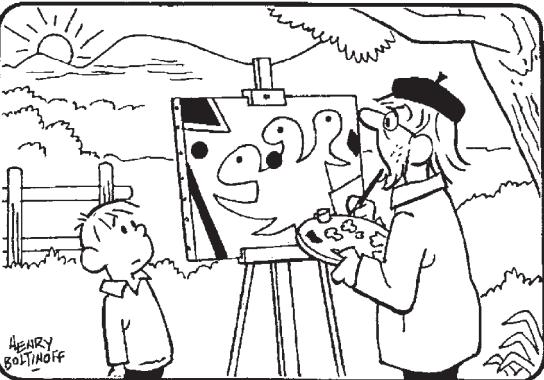
PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF

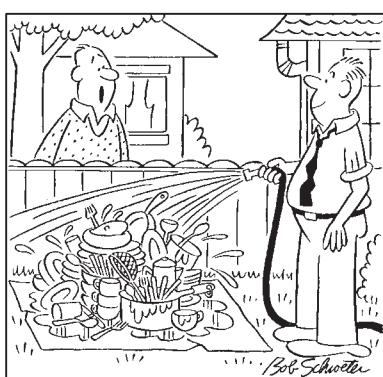


Find at least six differences in details between panels.



Differences: 1. Cloud is missing. 2. Artist has glasses. 3. Boy's neckline is different. 4. Easel has third leg. 5. Painting is different. 6. Artist's paint rag is gone.

Differences: 1. Cloud is missing. 2. Artist has glasses. 3. Boy's neckline is different.



"Being a _____
sure has its perks."

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!

Passage

TARREY

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Sheet

SUITES

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Trellis

BARRO

| | |
|--|--|
| | |
|--|--|

Whiten

CEBAHL

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

TODAY'S WORD

Island Sun
NEWSPAPER
Sanibel & Captiva Islands
CALLING CARD 239-395-1213

| | |
|---|---|
| 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 | |
| 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 Assoc. of America, Alex MacKenzie | 395-9232 |
| Newcomers | 472-9332 |
| Notre Dame Club of Southwest Florida | 768-0417 |
| Optimist Club | 472-0836 |
| PAWS, Protection of Animal Welfare Society | 239-313-6918 |
| Progressive Club of the Islands | pcisancap@gmail.com |
| Rotary Club | 472-7257 or 472-0141 |
| Sanibel Bike Club | sanibelbicycleclub.org |
| Sanibel Beautification Inc. | 470-2866 |
| Sanibel-Captiva Orchid Society | 472-6940 |
| Sanibel-Captiva Power Squadron | www.sancapboating.club |
| Sanibel-Captiva Republican Caucus | 395-0819 |
| Sanibel-Captiva Shell Club | 267-7291 |
| Sanibel Historical Museum & Village | 472-4648 |
| Sanibel Island Fishing Club | 472-8994 |
| Sanibel Youth Soccer | 395-2040 |
| SCCF Sanibel-Captiva Conservation Foundation | 472-2329 |
| SCCF Sea Turtle Hotline | 978-728-3663 |
| Shell Islands Garden Club | 246-8875 |
| United Way of Lee County - 24 hour helpline 211 | 433-2000 |
| Zonta Club | 728-1971 |

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

PUZZLES

Answers on page 47

Super Crossword

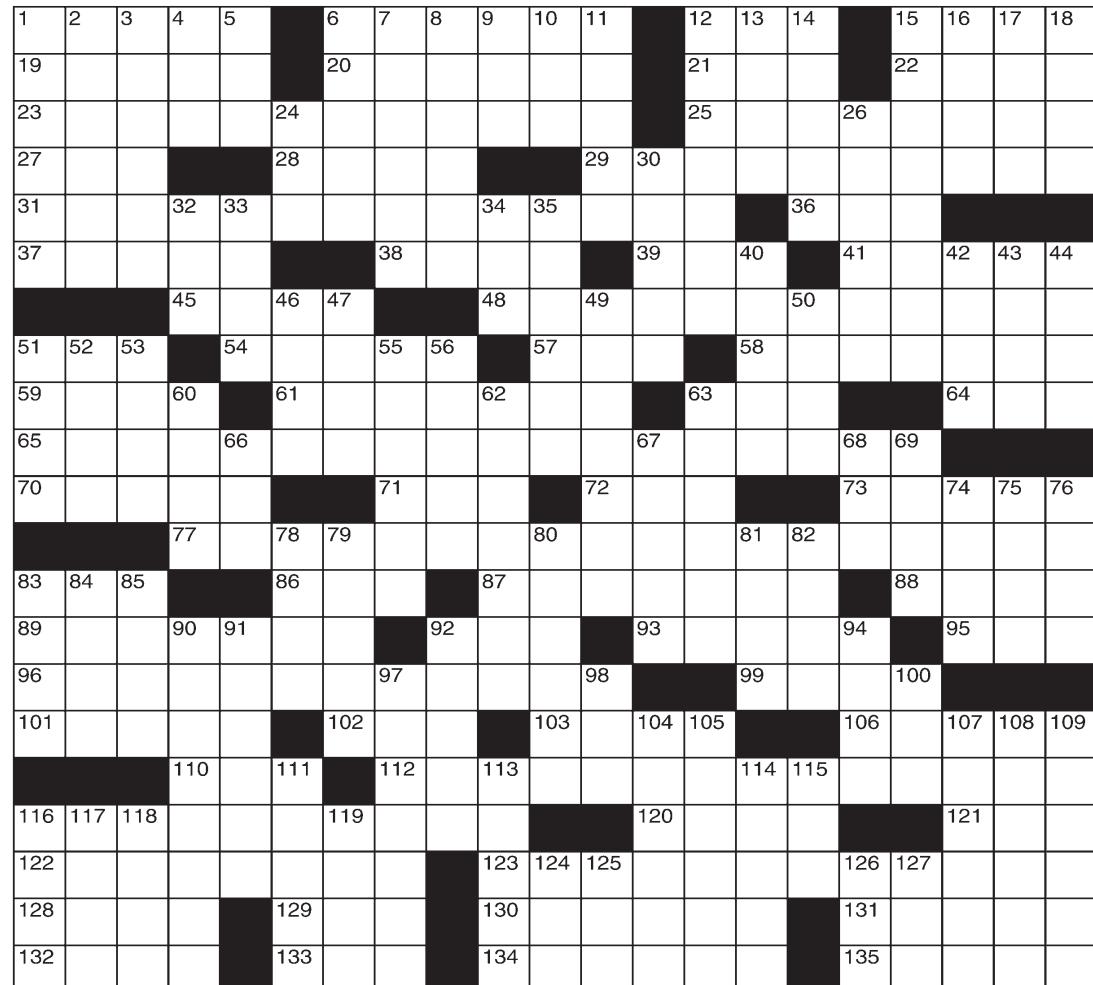
ACROSS

- 1 Wash with vigor
- 6 Not there
- 12 Melancholy
- 15 Aspirin, e.g.
- 19 "Petunia" star Birch
- 20 Many a Giotto work
- 21 "Woo- —!"
- 22 Wee amount
- 23 Suit fitter in a California city?
- 25 Holding the attention of
- 27 Seat winners
- 28 "Breezy" co-star Kay
- 29 Boys and men from an Oregon city?
- 31 Michigan city whose residents are a bit more eccentric?
- 36 Jacuzzi sigh
- 37 Swirly letters
- 38 Popular cookie
- 39 Hamm on a soccer field
- 41 Actor Hill of "Moneyball"
- 45 Denounce
- 48 Plundered an Ohio city?
- 51 Big lug
- 54 Judd of song
- 57 L-P middle

- 58 "Renegade" star Lamas
- 59 Hay bundle
- 61 Setting of "Anne of Green Gables"
- 63 Yang partner
- 64 Mouse-spottng cry
- 65 Painting exhibitor on wheels in a Maryland city?
- 70 Sphere
- 71 Sphere
- 72 Debt memo
- 73 Green shade
- 77 Pennsylvania city with a big population of forefathers?
- 83 Sussex loc.
- 86 Pale —
- 87 One making a change
- 88 Palo —
- 89 Piano relative
- 92 24-hr. cash convenience
- 93 Runoff conduit
- 95 Part of LAPD
- 96 Includes an Arizona city in the tally?
- 99 Noah's Ark groupings
- 101 Military foe

DOWN

- 1 Big step
- 102 Cleanup org.
- 103 Not distant
- 106 Electric car maker
- 110 Sprite
- 112 Speak badly of an Illinois city?
- 116 Off-Broadway awards whose winners hail from an Idaho city?
- 120 Film director Reiner
- 121 Thurman of "Jennifer 8"
- 122 Illumination
- 123 Warehouse vehicle produced in a Texas city?
- 128 First-aid gel
- 129 —di-dah
- 130 Negative battery poles
- 131 City close to Minneapolis
- 132 Antarctic explorer Richard
- 133 Perch
- 134 Compounds in explosives
- 135 Perch


CITY SCRAMBLE

- | | | |
|-------------------------------|-----------------------------------|--|
| 2 Casual slacks | 44 Boxing blow | 84 Gas in signs |
| 3 Scorches | 46 Counterpart of "sir" | 85 Pasting stuff |
| 4 Net address | 47 De — (afresh) | 90 Snared |
| 5 Baseball club | 49 Slanting | 91 Surgical probe |
| 6 In pursuit of | 50 R&B's Braxton | 92 Without — (worry-free) |
| 7 "The Chase" star Marlon | 51 "SOS" group | 94 College military gp. |
| 8 One nabbing something | 52 Jack of early talk TV | 97 On edge |
| 9 Immigrant's class, in brief | 53 Model Macpherson | 98 Modern, in Mannheim |
| 10 Sgt., e.g. | 55 Melancholy | 100 Island locale |
| 11 Body trunk | 56 Like argon | 104 Consent (to) |
| 12 Collielike pooch | 60 Smoky peak in Sicily | 105 See |
| 13 Top-grade | 62 Rodents in research | 107 Atelier |
| 14 Firm belief | 15 Do some excavating | 108 Units of light |
| 16 Make turbid | 17 With 105-Down, eclectic digest | 109 Noah's Ark landing site |
| 17 With 105- | 18 Comics' acts | 111 Thwarts |
| Down, eclectic digest | 24 Corrida cry | 113 Lion of C.S. Lewis' "Narnia" tales |
| 30 "We — please!" | 26 Three-sharp musical key | 114 Metal waste |
| 32 Actor Knight | 30 "No man — island" | 115 Em preceder |
| 33 "No man — island" | 34 Phone no. | 116 Blurt out the secret |
| 35 Lodger | 35 Impromptu | 117 Grease-filled |
| 40 Impromptu | 42 Goose of Hawaii | 76 Greek Cupid |
| 43 Timber-dressing tool | 43 Timber-dressing tool | 118 Monster film lab helper |
| 83 Latin | 82 Work detail | 78 Tigers, e.g. |
| "Behold!" | 83 Latin | 79 Make glad |
| | 127 Bustle | 80 Biscotto nut |
| | | 81 Creek critter |
| | | 82 Work detail |
| | | 83 Latin |
| | | 125 "Baloney!" |
| | | 126 Above, in odes |
| | | 127 Bustle |

King Crossword

ACROSS

- | | | | | | | | | | | | | | | | | | | | |
|-------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| 1 Manhandle | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| 5 Kimono sash | | | | | | | | | | | | | | | | | | | |
| 8 Hollywood clashers | | | | | | | | | | | | | | | | | | | |
| 12 Otherwise | | | | | | | | | | | | | | | | | | | |
| 13 Paid athlete | | | | | | | | | | | | | | | | | | | |
| 14 Swindle | | | | | | | | | | | | | | | | | | | |
| 15 Glass made of lava | | | | | | | | | | | | | | | | | | | |
| 17 Small songbird | | | | | | | | | | | | | | | | | | | |
| 18 Series of battles | | | | | | | | | | | | | | | | | | | |
| 19 Individual | | | | | | | | | | | | | | | | | | | |
| 20 Too thin | | | | | | | | | | | | | | | | | | | |
| 21 Prompt | | | | | | | | | | | | | | | | | | | |
| 22 Evergreen type | | | | | | | | | | | | | | | | | | | |
| 23 Happen | | | | | | | | | | | | | | | | | | | |
| 26 Andean vultures | | | | | | | | | | | | | | | | | | | |
| 30 Courts | | | | | | | | | | | | | | | | | | | |
| 31 Email alternative | | | | | | | | | | | | | | | | | | | |
| 32 Pedestal occupant | | | | | | | | | | | | | | | | | | | |
| 33 Panacea | | | | | | | | | | | | | | | | | | | |
| 35 Golfer's aid | | | | | | | | | | | | | | | | | | | |
| 36 Rowing need | | | | | | | | | | | | | | | | | | | |
| 37 Junior | | | | | | | | | | | | | | | | | | | |
| 38 Suspicious | | | | | | | | | | | | | | | | | | | |
| 41 Pal | | | | | | | | | | | | | | | | | | | |
| 42 Hot tub | | | | | | | | | | | | | | | | | | | |
| 45 Stereo hook-up | | | | | | | | | | | | | | | | | | | |
| 46 bacon | | | | | | | | | | | | | | | | | | | |
| 48 Pod vegetable | | | | | | | | | | | | | | | | | | | |
| 49 Plant bristle | | | | | | | | | | | | | | | | | | | |
| 50 Fairy tale baddie | | | | | | | | | | | | | | | | | | | |
| 51 Lowly worker | | | | | | | | | | | | | | | | | | | |
| 52 Thickness | | | | | | | | | | | | | | | | | | | |
| 53 Chew like a chipmunk | | | | | | | | | | | | | | | | | | | |
| 9 Mentor | | | | | | | | | | | | | | | | | | | |
| 10 File command | | | | | | | | | | | | | | | | | | | |
| 11 Transmitted | | | | | | | | | | | | | | | | | | | |
| 16 Gloomy | | | | | | | | | | | | | | | | | | | |
| 19 Cat call? | | | | | | | | | | | | | | | | | | | |
| 20 Actress | | | | | | | | | | | | | | | | | | | |
| 21 Junior | | | | | | | | | | | | | | | | | | | |
| 22 Hounds' prey | | | | | | | | | | | | | | | | | | | |
| 23 Possess | | | | | | | | | | | | | | | | | | | |
| 24 Bill's partner | | | | | | | | | | | | | | | | | | | |
| 25 Trig ratio | | | | | | | | | | | | | | | | | | | |
| 26 Rotating part | | | | | | | | | | | | | | | | | | | |
| 27 Peculiar | | | | | | | | | | | | | | | | | | | |
| 47 Mutt | | | | | | | | | | | | | | | | | | | |

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

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

Unlisted clue hint: STATIN

| | | | |
|-------------|-----------|----------|---------|
| Beloved | Lolita | Nostromo | Suttree |
| Deliverance | Loving | Ragtime | Trader |
| Illusions | Moonheart | Scoop | Yarrow |
| Ironweed | Mulengro | Shane | |

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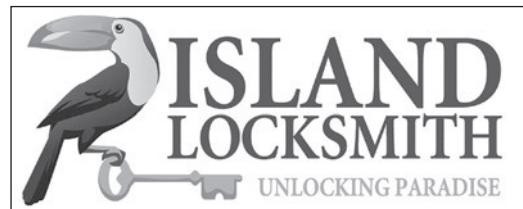
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a donation to your
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FRIDAY

Partly Cloudy

High: 82 Low: 71



SATURDAY

Sunny

High: 83 Low: 73



SUNDAY

Sunny

High: 80 Low: 69



MONDAY

Sunny

High: 77 Low: 68



TUESDAY

Sunny

High: 74 Low: 63



WEDNESDAY

Sunny

High: 75 Low: 65



THURSDAY

Sunny

High: 78 Low: 67

Redfish Pass Tides

| Day | High | Low | High | Low |
|-----|----------|---------|---------|---------|
| Fri | 12:38 am | 7:05 am | 1:54 pm | 6:43 pm |
| Sat | 12:50 am | 7:37 am | 2:34 pm | 7:00 pm |
| Sun | 12:05 am | 7:08 am | 2:14 pm | 6:16 pm |
| Mon | 12:25 am | 7:42 am | 2:55 pm | 6:32 pm |
| Tue | 12:51 am | 8:20 am | 3:42 pm | 6:49 pm |
| Wed | 1:21 am | 9:04 am | 4:43 pm | 7:07 pm |
| Thu | 1:58 am | 9:56 am | None | None |

Point Ybel Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 12:59 pm | 7:07 am | 11:55 pm | 6:45 pm |
| Sat | 1:39 pm | 7:39 am | 11:10 pm | 7:02 pm |
| Sun | 1:19 pm | 7:10 am | 11:30 pm | 6:18 pm |
| Mon | 2:00 pm | 7:44 am | 11:56 pm | 6:34 pm |
| Tue | 2:47 pm | 8:22 am | None | 6:51 pm |
| Wed | 12:26 am | 9:06 am | 3:48 pm | 7:09 pm |
| Thu | 1:03 am | 9:58 am | None | None |

Punta Rassa Tides

| Day | High | Low | High | Low |
|-----|----------|----------|---------|---------|
| Fri | 12:59 am | 7:31 am | 1:35 pm | 7:34 pm |
| Sat | 1:19 am | 8:07 am | 2:10 pm | 8:04 pm |
| Sun | 12:36 am | 7:42 am | 1:48 pm | 7:30 pm |
| Mon | 12:45 am | 8:16 am | 2:30 pm | 7:52 pm |
| Tue | 12:55 am | 8:50 am | 3:13 pm | 8:11 pm |
| Wed | 1:18 am | 9:25 am | 3:57 pm | 8:32 pm |
| Thu | 1:52 am | 10:02 am | 4:43 pm | 8:57 pm |

Cape Coral Bridge Tides

| Day | High | Low | High | Low |
|-----|---------|----------|---------|----------|
| Fri | 2:48 am | 10:21 am | 4:04 pm | 9:59 pm |
| Sat | 3:00 am | 10:53 am | 4:44 pm | 10:16 pm |
| Sun | 2:15 am | 10:24 am | 4:24 pm | 9:32 pm |
| Mon | 2:35 am | 10:58 am | 5:05 pm | 9:48 pm |
| Tue | 3:01 am | 11:36 am | 5:52 pm | 10:05 pm |
| Wed | 3:31 am | 12:20 pm | 6:53 pm | 10:23 pm |
| Thu | 4:08 am | 1:12 pm | None | None |

My Stars ★★★★**FOR WEEK OF OCTOBER 26, 2020**

ARIES (March 21 to April 19) You might be growing impatient with a situation that seems to resist efforts to resolve it. But staying with it raises the odds that you'll find a way to a successful resolution.

TAURUS (April 20 to May 20) Travel and kinship are strong in the Bovine's aspect this week. This would be a good time to combine the two and take a trip to see family members for a pre-holiday get-together.

GEMINI (May 21 to June 20) A colleague could make a request you're not comfortable with. If so, say so. Better to disappoint someone by sticking with your principles than disappoint yourself if you don't.

CANCER (June 21 to July 22) The Moon Child's ability to adapt to life's ebbs and flows helps you deal with the changes that you might confront at work or at home, or both. Things settle down by the week's end.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to get some long-outstanding business matters resolved. Then go ahead and plan a

fun-filled family getaway weekend with the mate and the cubs.

VIRGO (August 23 to September 22) A possible workplace change seems promising. If you decide to look into it, try not to form an opinion on just a small part of the picture. Wait for the full image to develop.

LIBRA (September 23 to October 22) A newcomer helps keep things moving. There might be some bumpy moments along the way, but at least you're heading in the right direction. You win praise for your choices.

SCORPIO (October 23 to November 21) You could be pleasantly surprised by how a decision about one thing opens up an unexpected new option. Also, assistance on a project could come from a surprising source.

SAGITTARIUS (November 22 to December 21) With more information to work with, you might now be able to start the process that could lead to a major change. Reserve the weekend for family and friends.

CAPRICORN (December 22 to January 19) This could be a good time to begin gathering information that will help you turn that long-held idea into something substantive. A personal matter

might need extra attention.

AQUARIUS (January 20 to February 18) That new challenge might carry some surprises. But you should be able to handle them using what you already know. That new supporter should be there to lend assistance.

PISCES (February 19 to March 20) Someone might be trying to disguise his or her true motives. But the perceptive and perspicacious Pisces should have little or no problem finding the truth in all that foggy rhetoric.

BORN THIS WEEK: You can always rely on your people skills to help you find solutions to problems others often give up on.

MOMENTS IN TIME

- On Nov. 3, 1777, Gen. George Washington is informed that a conspiracy is afoot to discredit him with Congress and have him replaced by Gen. Horatio Gates. Major Gen. Thomas Conway led the effort. Conway offered his resignation in March 1778 by way of apology, and was surprised and humiliated when Congress accepted.

- On Nov. 4, 1928, Arnold Rothstein, New York's most notorious gambler, is fatally shot during a poker game. Police

made arrests after following his trail of blood back to a suite where a group of men were playing cards.

- On Nov. 5, 1930, Sinclair Lewis is awarded the Nobel Prize in Literature for his novels *Main Street* (1920), *Babbitt* (1922), *Arrowsmith* (1925) and *Elmer Gantry* (1927). In 1926, he had turned down the Pulitzer Prize awarded him for *Arrowsmith*.

- On Nov. 7, 1957, The Gaither Report called for by President Dwight Eisenhower to review the nation's defense readiness urges a vigorous \$30 billion campaign to build fallout shelters. It suggested that American citizens were completely unprotected from nuclear attack.

- On Nov. 2, 1960, a landmark obscenity case over *Lady Chatterley's Lover*, by DH Lawrence, ends in the acquittal of Penguin Books. The publisher had been sued for obscenity in publishing an unexpurgated version of the novel, which deals with the affair between the wife of a landowner and the estate's gamekeeper.

- On Nov. 6, 1982, Shirley Allen is arrested for poisoning her husband, Lloyd Allen, with ethylene glycol, commonly

continued on page 46

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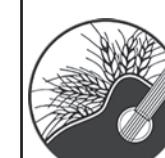
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The EnviroMow logo is a black and white graphic. It features a cluster of palm trees of various heights silhouetted against a large, stylized sun or moon in the background. Several birds are depicted in flight across the sky above the horizon.

TREE TRIMMING, ARBORIST

ROCK, MULCH, PLANTS

The logo for Gulf Coast Landscape Nursery & Supply features a large, bold, serif font for "Gulf Coast" at the top. Below it, "Landscape Nursery & Supply" is written in a smaller, italicized serif font. A stylized palm tree graphic is positioned to the left of the word "Gulf". Below the main title, the words "ROCK, MULCH, PLANTS" are stacked in large, bold, sans-serif letters. At the bottom, "South Fort Myers" is written in a smaller, bold, sans-serif font.

BUILDING AND DESIGN

The logo for Scott Building & Design LLC features a central house silhouette with a chimney emitting a plume of smoke. Above the chimney, a bird is shown in flight. The company name "SCOTT BUILDING & DESIGN LLC" is written in a large, serif font across the top of the house. Below the house, the license number "CBC-1261452" is displayed.

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Promotion, New Hire For Resorts



Laurie Rutherford



Aleksandra Smolnicka

Laurie Rutherford has joined Sanibel Captiva Beach Resorts as human resources director. Rutherford brings almost 25 years of experience in human resources within the hospitality industry. Most recently, she served 14 years as vice president and human resources director at staySky Hotels, Resort & Vacation Clubs. She will be responsible for payroll, benefits, recruitment, workplace compliance, employee relations, performance and talent management, and training and development.

"We're thrilled to have someone of Laurie's skill set join our fast-growing organization," said Doug Babcock, chief executive officer. "This is essentially a new position we've created, due to our growth, and Laurie has the opportunity to help us create new programs, acquire talent, excel our training and achieve greater guest satisfaction that will benefit all – employees, guests and the corporation."

Aleksandra (Ola) Smolnicka-Dos Santos

has been promoted to the position of director of finance. Across 16 years with the corporation, she has served in a variety of areas from guest relations to finance to human resources. She is a graduate of the University of Administration and Business, and the Academy of Finance, both in Poland.

"Ola has performed exceptionally during her years with Sanibel Captiva Beach Resorts," said Michele Berger, general manager for 'Tween Waters and West Wind Inn. "We look forward to her continued growth and the expertise she brings to our success."*

From page 44

Moments In Time

known as antifreeze. After witnessing her mother spike Lloyd's drinks with the deadly substance, Shirley's own daughter turned her in to the authorities.

- On Nov. 8, 1994, 59 percent of California voters approve Proposition 187, banning undocumented immigrants from using major state public services such as non-emergency health care and education. The ballot measure never took effect, and California has since repealed Prop 187.

NOW HERE'S A TIP

- "Use a permanent marker to put your initials on your charging cord. They all look the same, especially if they are white. This way you will know if someone – say, your sister – takes your cord!" – VV in Georgia

- "I use Milk of Magnesia on a cotton ball applied to my toes to ward off itchy feet from athlete's foot or whatever causes itching. I just apply it when I get out of the

shower, and it dries before I put socks on. It really works!" – EL in Kentucky

- "An online grocery order mistake landed me with way too many bananas. In addition to banana muffins and breads, I sliced and froze a few bananas to use in smoothies, and mixed mashed bananas together with some other fruit pieces to make a sorbet of sorts." – YD in Arizona

- When painting, most people know to place a roller in a plastic bag to keep it moist between paint sessions. An added layer of protection is to then stick the roller (in the bag) inside a Pringles chip can. It's the right size, and it can keep it safe until the next day.

- "When my curly curly hair gets the frizz, I use a sheet of fabric softener to take the static electricity out of it. This works so well that in the winter, I keep several in my purse." – PM in Michigan

- Childproofing in a pinch: Slip a thick sock over a doorknob, and secure with a rubber band. Little kids will have to work much harder to grip and turn the doorknob, and it can help keep kids from opening doors.

STRANGE BUT TRUE

- An armadillo's shell is so hard that it can deflect a bullet, as a Texas man discovered to his chagrin when he took aim at one. The bullet ricocheted into his jaw and he had to be airlifted to a hospital, while the armadillo strolled away unscathed.

- "Pants" was considered a dirty word in Victorian England.

- Two conductors have died while conducting the second act of Wagner's opera "Tristan und Isolde." They collapsed from heart attacks at exactly the same

point in the music due to its technical demands!

- Had Georgie Fletcher of Australia never signed on to play the mobile game "Words With Friends," her husband, Simon, might be dead. Georgie struck up a friendship via the game's chat feature with frequent opponent Beth Legler from Missouri. One day, Georgie told Beth that Simon hadn't been feeling well. Beth relayed his symptoms to her husband Larry, a doctor, who insisted that the Fletchers go to the hospital immediately. A 99 percent blockage was discovered near his heart, which, left untreated, would have certainly been fatal.

- In 2015, Legoland became the first theme park to create its own currency.

- Writer Guy de Maupassant frequently lunched in a restaurant at the base of the Eiffel Tower. Why? It was the only place he could go where he didn't have to look at it.

- The process of things being stretched out and torn apart as they enter a black hole is called spaghettification.

- Our senses of taste and smell are cut by 50 and 20 percent, respectively, during flights, which is why airplane food has never tasted so hot. ("That's what I've been telling you!" said every airplane food chef, ever.)

THOUGHT FOR THE DAY

"A mind that is stretched by a new experience can never go back to its old dimensions."

– Oliver Wendell Holmes

TRIVIA TEST

1. **TELEVISION:** What is Homer's favorite beer brand on *The*

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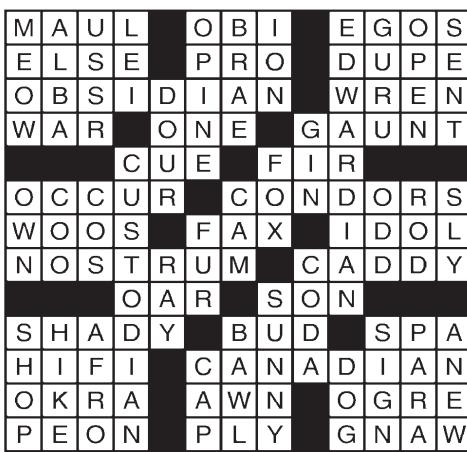
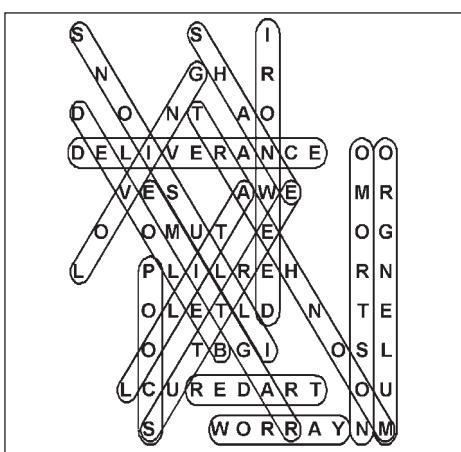
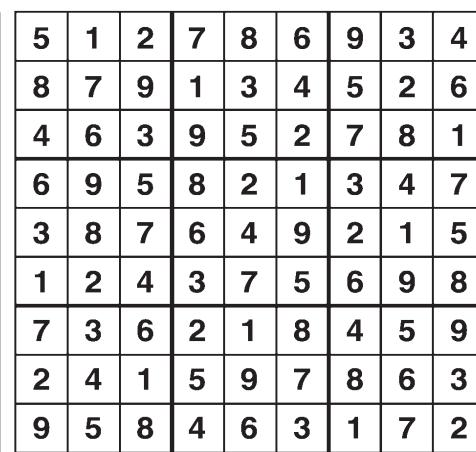
- Simpsons?
2. **MEASUREMENTS:** How much does a gallon of water weigh?
 3. **GEOMETRY:** How many sides does a triskaidecagon have?
 4. **MOVIES:** Who is the voice of Buzz Lightyear in the *Toy Stories* movies?
 5. **LITERATURE:** What are the names of *The Three Musketeers*?
 6. **HISTORY:** What was the first car that was mass-produced?
 7. **FOOD & DRINK:** Which region of Italy produces Marsala wine?
 8. **ANIMAL KINGDOM:** How do snakes smell?
 9. **SCIENCE:** What is the study of sight and light called?
 10. **GENERAL KNOWLEDGE:** What was Twitter's original character limit?

TRIVIA ANSWERS

1. Duff 2. 8.34 pounds 3. 13 4. Tim Allen 5. Allos, Porthos and Aramis 6. Ford Model T 7. Silly 8. With their tongues 9. Optics 10. 140

SCRAMBLERS ANSWER

1. Artery 2. Tissue;
3. Arbor; 4. Bleach

*Today's Word***BACHELOR****HORTOONS****PUZZLE ANSWERS****SUPER CROSSWORD****KING CROSSWORD****MAGIC MAZE****SUDOKU****Top 10 Real Estate Sales**

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|--------------------|------------------|-------------------|-----------------------|----------------------|----------------------|-----------------------|
| Butterknife | Sanibel | 2016 | 4,160 | \$2,415,000 | \$2,415,000 | 0 |
| Bay Woods | Bonita Springs | 2000 | 4,517 | \$2,498,900 | \$2,390,000 | 217 |
| Metes And Bounds | Captiva | 1971 | 2,984 | \$1,459,000 | \$2,350,000 | 418 |
| Imperial Shores | Bonita Springs | 2019 | 3,515 | \$2,299,000 | \$2,020,000 | 294 |
| Harbour Preserve | Cape Coral | 2016 | 3,454 | \$1,875,000 | \$1,815,000 | 180 |
| Hermitage | Cape Coral | 2001 | 5,497 | \$2,300,000 | \$1,751,000 | 79 |
| Gopher Walk | Sanibel | 1998 | 3,435 | \$1,575,000 | \$1,444,500 | 71 |
| The Reserve | Estero | 2004 | 4,093 | \$1,350,000 | \$1,275,000 | 216 |
| Renaissance | Fort Myers | 2016 | 3,342 | \$1,188,000 | \$1,188,000 | - |
| Overiver Shores | North Fort Myers | 2001 | 2,785 | \$1,125,000 | \$1,110,000 | 14 |



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