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VOL. 28, NO. 20

SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 13, 2020

NOVEMBER SUNRISE/SUNSET: 13 6:46 • 5:39 14 6:47 • 5:39 15 6:47 • 5:39 16 6:48 • 5:38 17 6:49 • 5:38 18 6:50 • 5:37 19 6:50 • 5:37

Tickets On Sale For 'Ding' 75th Anniversary Gala

A limited number of vehicle spaces remain for the "Ding" Darling 75th Anniversary Gala on Tuesday, December 1, hosted by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The event features a 1940s drive-in theater format with live music and a program projected onto an oversized screen with audio broadcast to the cars. "Car hops," wearing masks and other protective gear, will deliver food and drinks to guests.

Tickets are available online. Space is limited to 70 cars, but there is no limit as to how many people can occupy each vehicle. Visit www.ding75.org.

"December 1 will be an extraordinary celebration to remember a momentous occasion and to look forward with optimism to the refuge's future," said DDWS Executive Director Birgie Miller. "We are so thankful to our sponsors for helping us to bring a silver lining to this year's event challenges."

To become a sponsor, email April



Jim and Patty Sprankle photos provided

Boehnen, development officer, at aprilb@dingdarlingsociety.org or call 472-1100 ext. 4. All profits benefit the wildlife, education and conservation mission of the JN "Ding" Darling National Wildlife Refuge on Sanibel.

"I feel like I have been with the refuge the full 75 years, and while that is not the case, my heart always has been and continues to be with 'Ding' Darling and what it does for the community in protecting our wildlife and educating our



From left, Lynnae Messina of the "Ding" Darling Wildlife Society, David Lowden and Willy Ocasio of Bank of the Islands, and Toni Westland of "Ding" Darling National Wildlife Refuge

future conservation stewards," said Jim Sprankle, emeritus board member and Call of the Wild sponsor with his wife, Patty. "Patty and I are honored to be a part of this important milestone for the refuge."

The following businesses and individuals are sponsoring the event to benefit the refuge. Call of the Wild Sponsor: Jim

and Patty Sprankle; Champion Sponsors: Bank of the Islands, Jim and Liz Birmingham, Todd and Barbara Bluedorn, Wayne and Linda Boyd, Boomer Duvin and Family, John and Kathy McCabe, Hank and Linda Spire; Guardian Sponsors: Doc Ford's Rum Bar & Grille, Margie Furniss and Ed Kfoury, Bill and

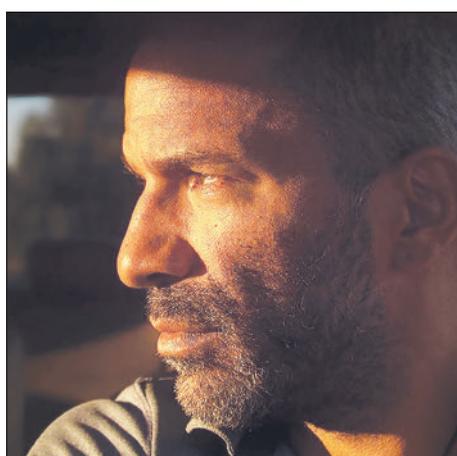
continued on page 20

Struggle And Hope Exposed In New Exhibit

BIG ARTS has opened a new exhibit featuring works by former *News-Press* photographer Kinfay Moroti titled *A Beautiful Struggle*. Moroti's photographs capture the richness and complexity of both black and white lives in Southwest Florida. His work showcases the triumphs and struggles of a community striving toward racial equality.

Moroti has captured moments in communities around the world for more than 20 years as a documentary visual journalist. His work from the Iraq War, national political conventions, mass shootings and various other civic and social topics has been published by *Time* magazine, *The New York Times*, *USA Today* and National Public Radio. While at *The News-Press*, Moroti intimately documented life in the poor communities of Southwest Florida. His exhibit will tie into a discussion he is giving in February as part of BIG ARTS Talking Points series.

His work tells the story of struggle and hope that plays out every day across communities in this country. By using a



Kinfay Moroti photos provided

combination of photographs and objects sourced from the Fort Myers-Dunbar communities, Moroti gives us a rare and beautiful look at this city.

"We're thrilled to have such a poignant and moving exhibit at BIG ARTS. We believe art is a vehicle for change and healing, and Kinfay's work exemplifies that. It's a true pleasure to be able to share it with our island community," said BIG ARTS Executive Director Lee Ellen Harder.

The exhibit is open to the public Monday through Friday from 9 a.m. to



Part of the exhibit

4 p.m., and on Sunday from 9 a.m. to 1 p.m. in the Heisler Gallery, located at the west entrance. Masks and physical distancing are required, and hand

sanitizing stations are provided.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call 395-0900 or visit www.bigarts.org.

CHR Give Back Wednesday At AIP Outfitters



Penelope and Parker Stewart

photos provided



Lynne Campean and Josh Stewart



Terri Kuhl



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Sanibel School Holiday Stroll This Saturday

The Sanibel School is putting on a Holiday Stroll on Saturday, November 14 from 11 a.m. to 4 p.m. at Matzaluna. The event is free and open to all ages.

Each attendee will receive a personal MedySkin hand sanitizer, holiday face mask and gloves. Children will receive an empty bag at the beginning of the stroll to use to collect goodies along the way, including holiday grab-and-go crafts, seashell turkey kits donated by the Bailey-Matthews National Shell Museum, Thanksgiving Madlibs, DIY fortune tellers and other gifts.

Free activities include Spider Jump, Grinch Toss, guessing table with prizes from Joey's Custard, scavenger hunt, family photo opportunities with Buddy the Elf, Santa and other stand-up lifesize cardboard cutouts. The Sanibel School Steel Drum Band will be performing at 1 and 2 p.m.

Get a sneak peek at some of the items for the online silent auction. Items include a bicycle donated by Billy's Bikes, staycations, baskets created by The Sanibel School classrooms, golf outings, Matter Brothers Furniture home accessories, fine art by David Ruhe and Jerry Edelman pottery. Take part in the auction by visiting www.32Auctions.com/swfl.

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- Spider Jump
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- Goodie Bags
- Scavenger Hunt
- Thanksgiving Madlibs, Grab & Go Craft Kits
- Guessing Table
- Pictures with Santa & Buddy (cut outs)
- Candy Cane, Grinch Toss
- Christmas & Hanukkah Grab & Go Craft Kits
- WHILE SUPPLIES LAST

Entertainment

- The Sanibel School Steel Drum Band (1:00 and 2:00)
- Stroll on through without Gathering
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Silent Auction

- Pick & Purchase an Ornament (win amazing prizes!)
- Grab & Go Meals by Matzaluna

Location: **MATZALUNA**
1200 Periwinkle Way
Sanibel, FL

The Sanibel School

image provided

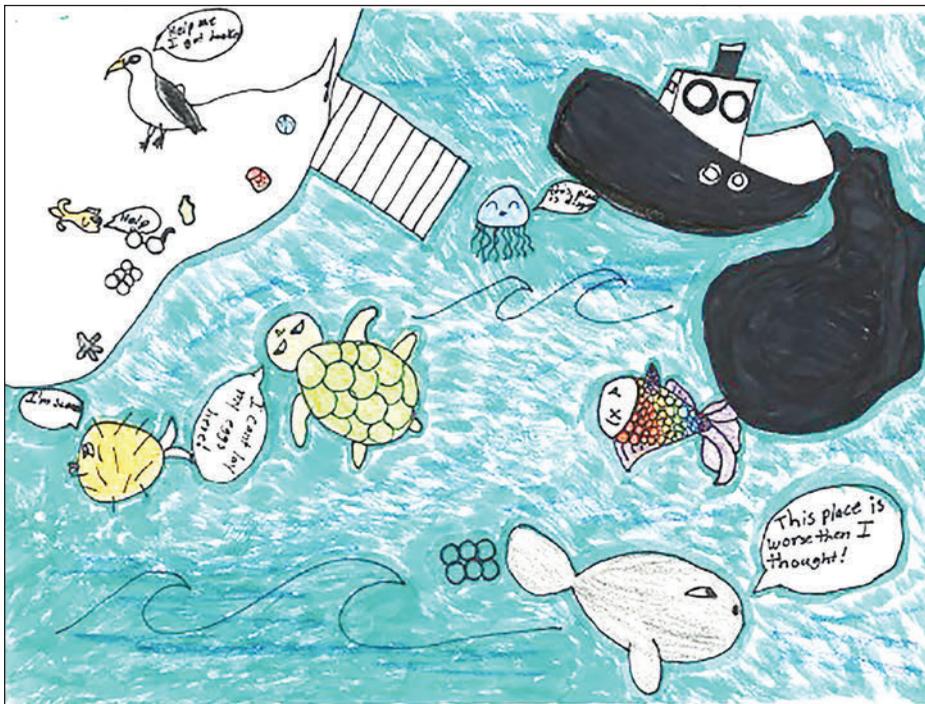
Charleston Wrap holiday wrapping paper will be available on site, along with a full line of gifts to order online. You can order fresh holiday wreaths from the Pacific Northwest, with free shipping.

There will also be Pick & Purchase an Ornament. Choose a mini ornament box and see what number is inside. Choose a gift of your choice that matches your number. Gifts range from 25 percent to 400 percent of ornament cost.

Joey's Custard will be on site and Matzaluna will be offering meals to go.

Matzaluna is located at 1200 Periwinkle Way on Sanibel. ✨

Winners Of Cartoon Contest



Edén Fautz took first place at The Sanibel School with this cartoon

image provided

To honor its legacy of cartooning, the JN "Ding" Darling National Wildlife Refuge each year holds a conservation cartoon contest at three local elementary schools. The students learn about Jay Norwood "Ding" Darling, who won two Pulitzer Prizes for his editorial cartoons in the early 20th century. Refuge staff then

asks the students to draw editorial cartoons illustrating a conservation/environmental issue that's important to them.

This year, students from Patriot Elementary (Cape Coral), Pine Island Elementary (Bokeelia) and The Sanibel

continued on page 6

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f i p t y



Gibson family at the packing house photo courtesy Sanibel Historical Museum and Village Sanibel Historical Museum And Village

Looking Back: Gibson Family

The Gibson family came to farm on Sanibel in 1900. They owned their own packing house in the Wulfert community that had its own post office, cemetery, school and bayside bulkhead where steamers and schooners could dock. The storms of the 1920s damaged the farmland of Wulfert and after 1926, most of the farmers sold their land to Captiva's



Clarence Chadwick, who converted the land to lime groves. The Gibson packing house resembles the replica packing house seen at the Sanibel Historical Village.

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.✱

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 11 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

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

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

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

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



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CARD OF THANKS



Steven King and Alex Hall

photo provided

The Children's Education Center of the Islands (CECI) would like to thank Steven King for generously donating his time and expertise to remove a very large piece of playground equipment. It has been an ongoing project to mend, replace and update this piece of equipment for well over a decade.

King is a state board-certified building contractor who comes from a multi-generational construction family. He has been in the business for over 25 years and says it is his passion to build a business that changes people's lives. His generosity and willingness to serve his

community does not go unnoticed!

Generations of island preschoolers climbed and played on this structure at CECI. Although it will be missed, CECI has big and exciting plans for the future for their outdoor space. CECI is in the process of getting certification for the playground as a Certified Nature Explore Classroom, which are dynamic, nature-based play and learning spaces.

CECI is thankful for its roots and for the continuous support of community members such as Steven King. For more information about CECI, visit www.childrenseducationcenter.com.

- Kerra Cook, Executive Director*

Volunteer Training Session At Sanibel Historical Village

The Sanibel Historical Village board and committee members will conduct a training program to get new volunteers started and to help current volunteers refresh their memories about the many historical buildings, artifacts and stories to share with visitors. New volunteers are needed; call Emilie Alfino, executive director, at 472-4648.

The program will take place on Monday, November 16 at 1 p.m. in Shore Haven at the historical village. Training will feature an overview of the village as well as a walk through the grounds.

"Our training sessions are fun and a great way to meet people," said Alfino. "Anybody can volunteer, even if they start out without any knowledge of Sanibel history. We will teach you what you need to know and are always available to help." Volunteers can perform a wide range of duties, from being stationed in one of the village's nine historical buildings, to greeting guests, to helping with exhibits, to archiving and administrative work.

Masks are required and the village is open from 10 a.m. to 4 p.m. Tuesday through Saturday. It is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults over 18;



Board members and volunteers Gayle Pence and Sherry Halleran with an example of the Docent Handbook given to all volunteers

photo provided

no charge for those under 18 and members. Docent-guided tours must be reserved in advance due to COVID-19, at no extra charge and based upon docent availability. There is handicap access. For information, call 472-4648 during business hours or visit www.sanibelmuseum.org.*

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Visitors will get a commemorative postcard and cookie with paid admission on Wednesday, November 18

photos provided

Shell Museum Celebrating 25th Anniversary

The Bailey-Matthews National Shell Museum will celebrate the 25th anniversary of the opening of the museum on Wednesday, November 18. It was with great excitement that in 1995 the museum opened its doors as the only museum in North America dedicated to mollusks and the shells they leave behind.

Shell museum staff will kick off the celebration with a commemorative postcard and cookie for all paid admissions on November 18 from 10 a.m. to 5 p.m.

It was only fitting that the



Bailey-Matthews National Shell Museum is on Sanibel, which is known worldwide for the variety and quantities of mollusk shells found on the beaches. A dedicated group of individuals, with support from the Bailey and Matthews families, helped take the idea for the museum to reality. In 25 years, the museum has expanded its reach beyond Sanibel and Captiva. The Adopt-A-Class program has engaged

fourth grade students in both Lee and Collier counties, as has the Mollusks on the Move program. Given the pandemic, this reach has continued virtually and offers the opportunity to expand even further.

In early 2020, with overwhelming generosity and support from museum sponsors, the Bailey-Matthews National Shell Museum unveiled a major expansion, Beyond Shells: Living Gallery. This added live animal aquariums to its world-renowned collection. The new permanent feature transforms the visitor's experience by connecting them to the little-known animals that create the ocean's stunning shells while educating them about the importance of these animals. The bright new space gives visitors the chance to rediscover the

museum. Eleven aquariums showcase cold and warm water species such as octopuses, cuttlefish and corals. Visitors duck into a pop-up bubble for a 360-degree look at mollusks and fish, and can immerse their hands in two engaging 15-foot touch pool experiences.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233. The museum is a registered 501(c)3 educational nonprofit, accredited by the American Alliance of Museums.✪

From page 3

Cartoon Contest

School participated. "All the students who entered the contest should be very proud of their work," said "Ding" Darling Environmental Education Intern Patrick Carney, who organized the 2020 contest. "It is wonderful to see their compassion for conservation and environmental issues."

Refuge staff picked these winners from the three schools:

- Patriot Elementary
- First: Samuel Rodriguez
- Second: Valentina Sosa
- Third: Victoria Alvarez
- Pine Island Elementary
- First: Sanibelle Franke
- Second: Jaime Huerta
- Third: Serenity Davis
- The Sanibel School
- First: Eden Fautz
- Second: Sarah Rosinus
- Third: Yuan Bonhayag.✪

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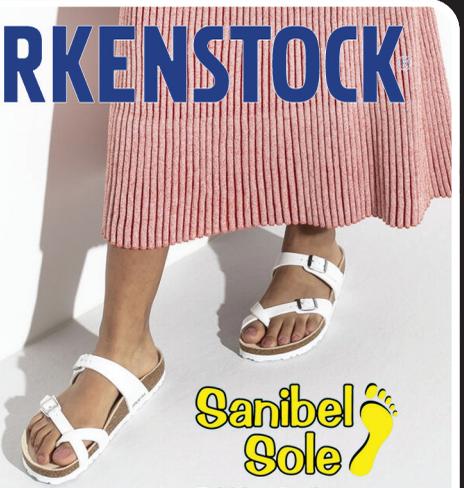
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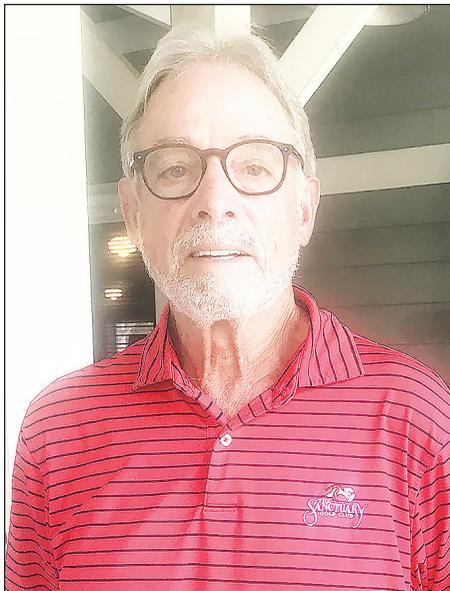
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Chuck Kettman

photo by Wendy McMullen

Chairman Resigns From Planning Commission

by Wendy McMullen

Sanibel Planning Commission Chairman Chuck Kettman announced his resignation from the planning commission on Tuesday.

“You have made my job so much easier,” said Director of Community Affairs Keith Williams, speaking of Kettman’s contribution to the city. Councilwoman Holly Smith added her appreciation for Kettman’s steady leadership and support.

Kettman has served on the boards of the Old Schoolhouse Theater and BIG ARTS on Sanibel, and on the planning commission for 10 years. He is resigning because he has sold his house on Sanibel and is moving off island to Shell Point Retirement Community.✪

Correction

In a story in last week’s *Island Sun*, the name of the Captiva Island Historical Society Events Committee Co-chair Mary Jane Vinson was misspelled. We regret the error.✪

Councilwoman Clarifies Support For Candidates

by Wendy McMullen

In the city council meeting of November 3, it was reported that the entire city council supported former Councilman Jason Maughan’s candidacy for city council in the upcoming March election.

Councilwoman Holly Smith asked for clarification, stating that she had not said she specifically supported Maughan but that she supports all the candidates for city council.

In addition, Robyn Cook, who has put her name up for the interim city council seat, was mistakenly identified as financial advisor Robyn Cook. Cook, a resident of Heron’s Landing, served on the Wayzata, Minnesota planning commission and city council for more than 10 years and is on the board of directors of the Captiva Island Yacht Club and the League of Women Voters of Sanibel.✪

No Extension To Rec Center Hours

by Wendy McMullen

The Sanibel Recreation Center will put on hold an extension to its hours of operation until new staff can be hired.

Most of the recreation center staff was furloughed when the facility closed at the beginning of the coronavirus pandemic and many have not returned, making it impossible for the facility and the Center 4 Life to reopen full operations.

Currently, the recreation center is open on a limited basis from Monday to Friday from 8 a.m. to 5 p.m. It is not open on weekends. During the week, the lap pool can be reserved online from 8:30 a.m. to 1:15 p.m. and the tennis courts and weight room from 8 a.m. to 4:45 p.m.

The youth after school program is operating with 45 students enrolled and

a waiting list. Beach parking sticker sales, with the exception of B stickers, can be obtained from the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road.✪

City Accepting Resumes For Council Vacancy

Sanibel City Council is currently accepting resumes and biographies to fill the upcoming vacant city council seat. The appointment is for a partial term expiring March 16, 2021. The vacancy becomes effective at 11:59 p.m. on Monday, November 16, 2020. The Sanibel City Council will vote to fill the position at its meeting of Tuesday, December 1, 2020. The submission deadline for resumes and biographies is noon on Thursday, November 5.

Any submittals received for the vacancy city council filled on November 3, 2020 and not appointed will be given full consideration for the December 1, 2020 appointment.

The Composition, Powers and Duties of the Sanibel City Council are found in Article III of the City of Sanibel Charter. at www.mysanibel.com.

To submit a resume and biography, go to www.citycouncilsubmittal@mysanibel.com.✪

Dock Variance Granted

by Wendy McMullen

A variance for an extension to a dock which would extend five feet further into the canal on the northern side of Punta Caloosa Court than permitted under the Sanibel Plan was approved by the planning commission at Tuesday’s meeting.

The variance for a new dock with a boat lift waterward of the maximum allowed 20 percent width of the manmade canal was approved on the property, located at 5297 Punta Caloosa Court.

Variations are usually approved because either a literal enforcement

would result in undue and unnecessary hardship to a property owner, or because of unusual conditions peculiar to the specific lot or parcel, or relate to special conditions of the structure involved providing that they do not result from actions taken by the applicant, and that the applicant has taken all reasonable steps to mitigate or eliminate the requested variance by the acquisition of adjacent lands or the relocation or redesign of the structure involved.

The initial plan put forward would not have required a variance but would have disturbed mangroves. The new plan disturbs only one white mangrove.

Commissioners were satisfied that the requested variance would not adversely affect the developed neighborhood scheme and that the variance granted is the minimum necessary to mitigate the hardship demonstrated.✪

Causeway Bridge Inspection

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

For more information, visit <http://www.leegov.com/dot> or call 533-9400.✪

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.✪

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USPS 18: Bulk Rate permit paid for at Sanibel, FL, 33957.
Postmaster: Send change of address to Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.
Published every Friday for the people and visitors of Sanibel and Captiva Islands.
Distribution: 8,000 - 10,000 per week (seasonal).
Mailed free to Sanibel and Captiva residents every Friday. Subscription prices: Third Class U.S. \$60 one year, \$30 six months (Allow 2-3 weeks for delivery). First Class U.S. \$150 one year, six months \$75 (Allow 3-5 days for delivery).
Prices include state sales tax. Send subscription requests to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.
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Email: press@islandsunnews.com, Email: ads@islandsunnews.com
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From left, Alan Lessack, Kathy Monroe and Rob Shewfelt photo by Edina Lessack

Congregations Continue With Food Collections

Once a month, volunteers from Temple Bat Yam and Sanibel Congregational United Church of Christ join together to collect food and paper goods to help those in need.

Donors drive by between 11 a.m. and 1 p.m., and the volunteers retrieve the items from their cars, organize them and see that they are delivered to FISH of SanCap on Sanibel and Gladiolus Food Pantry in Fort Myers.

The most recent collection was on November 5. Members of the congregations have a compatible relationship and share rabbi/pastor lectures, social events and caring opportunities such as this.✽

Community House Events

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

On Monday, November 16 at 9:30 a.m., Suzette Heeres will teach an oil painting class. Participants will learn how to paint a white pumpkin. Cost is \$60 for members and \$65 for guests.

Anita Marshall teaches Letting Loose with Watercolors on Tuesday, November 17 at 9:30 a.m. Learn how to paint a coconut palm. Cost is \$30 for members and \$35 for guests. Beachcomber paint kits can be rented for \$10.

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

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

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

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring your own supplies to paint with fellow artists; no



The Community House photo by Logan Hart

instruction. Cost is \$10 per session. Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5. Masks and social distancing required.

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

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

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

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

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

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Comparison of a cane toad versus a southern toad

photos provided

City Issues Guidance On Cane Toads

Due to the recent high volume of rainfall on Sanibel, many amphibian species which depend on seasonal rains have become more visible. One of these amphibians is the highly invasive cane toad (*Rhinella marina*), also known as bufo toads or marine toads. Cane toads were first documented on Sanibel in July of 2013 during a routine monthly frog-call survey. Despite initial efforts to control the spread of this invasive, exotic species, the population has steadily increased and has established a permanent presence on Sanibel mainly because these toads are prolific breeders, laying 8,000 to 30,000 eggs in one breeding event.

Cane toads can pose serious risks to pets and wildlife. Cane toads have a big appetite and can eat just about anything they can fit into their mouths. This trait poses a threat to native wildlife and attracts cane toads to residential areas when pet food/feces or garbage is left out. It is not uncommon to see a cane toad eating right out of the dog food bowl left on a porch. This increases the risk for a toad-pet interaction.

Cane toads are not aggressive. However, when threatened, cane toads will excrete a milky white toxin which can be both irritating to humans and potentially deadly to domestic animals and wildlife. Prevention is the best way to avoid an unfortunate and possibly fatal interaction involving your pet. Do not allow your pets to roam free, especially at night and after rain, since this is when cane toads are most active. Make your yard less toad-friendly by

removing any attractants such as food or debris piles where toads can hide. If you suspect that your pet has been poisoned, seek immediate veterinary attention. If you handle a cane toad, wash your hands immediately after contact.

Sanibel has a similar looking native toad, the southern toad (*Anaxyrus terrestris*). There are four main ways to tell the two toads apart. First, the adult cane toad has distinct white blotches on its back; the southern toad does not. Second, the adult cane toad can grow well over five inches in size; the adult southern toad is much smaller (approximately three inches maximum size). Third, the cane toad's parotoid, or toxin producing, gland is much larger than the southern toad's. Finally, the cane toad has orbital crests over the eyes; the southern toad has crests between the eyes.

Due to their prolific breeding, eradication of cane toads from Sanibel is impossible. However, adult cane toads can be captured and humanely euthanized. To view a video on how to capture and humanely euthanize invasive cane toads on your property, go to <https://www.youtube.com/watch?v=JCZISVbOkWU>.

The methods discussed on this video are supported by the best available science and are the most appropriate way of humanely capturing and killing cane toads. It is against state law to enhance the spread of cane toads by relocating them from one location to another. Always wear gloves when handling cane toads and make sure to immediately wash your hands after handling.

For more information or for assistance with cane toad identification, contact City of Sanibel Environmental Specialist Joel Caouette at joel.caouette@mysanibel.com or 472-3700.*

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Spikes of flowers bloom all year long

photos by Gerri Reaves

Plant Smart
Trailing Indigo

by Gerri Reaves

Trailing indigo (*Indigofera spicata*) is a mat-forming member of the pea family native to Africa and tropical Asia. It has become a naturalized weed in Florida, meaning that it self-propagates without cultivation.

It is very difficult to eradicate because of an ability to easily spread by seed and a long taproot that can be up to two feet deep.

It grows along roadsides and in pastures, fields and lawns throughout the

state except the Panhandle.

It was imported into the state in the 1920s as food for grazing livestock, but was discovered to contain two toxic chemicals.

In fact, horses have died from ingesting it, and donkeys are susceptible as well. It can also cause abortion in livestock.

Even dog food made with horse meat from animals that have eaten the plant can cause liver damage to dogs.

However, the plant has proved useful in erosion control.

The alternate leaves have five to seven oval leaflets, each of which is less than an inch long and about a half-inch wide. The green or bronze stems are branched and prostrate, reaching up to six feet long.

The term *spica* refers to the spikes of coral or pinkish flowers that bloom from the bottom up. Each flower in the tightly packed slender cluster is about one-eighth of an inch wide.

The spikes appear at the end of the stalk and measure up to an inch and a half long.

Flowers bloom year-round. White flowers also exist, but rarely.

The fruit, or pods, are four-sided, hairy

Trailing indigo is a non-native mat-forming member of the pea family that is naturalized in Florida and toxic to grazing livestock

and less than an inch long. They hang downward-pointing, ripening to brown and then splitting open to reveal four to eight seeds.

One positive characteristic of this toxic potentially invasive weed? It is a host for the caterpillar of the ceraunus blue butterfly.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *The Guide to Wildflowers* by Walter Kingsley Taylor, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.edis.ifas.ufl.edu, and www.plantbook.org.

Plant Smart explores the diverse flora of South Florida. ✨

Vegetation Committee Members Sought

The City of Sanibel Vegetation Committee is seeking new members to help educate residents, visitors and landscape professionals about the city's vegetation standards and benefits of native plants. Visit <https://files.constantcontact.com/97af97e6001/f6beb019-6f97-42f7-b79a-cc7e29407c2a.pdf> to review the vegetation committee relevant code and legislation.

Due to the pandemic, responsibilities may be altered to comply with current CDC and Florida Health Department

guidance.

Typical responsibilities include attending committee meetings on the first Thursday of each month at 1:30 p.m. in MacKenzie Hall at Sanibel City Hall. Appointees must earn a passing score on the city's vegetation competency exam.

Members assist in the administration of the city's vegetation competency class and exam for landscape professionals. Historically, the class and test have been offered four times per year in January, April, June and October, on the first two Friday mornings of the month. Due to COVID-19, vegetation classes and exams are currently being offered online only.

Members also assist the city's planning and natural resources departments with vegetation inspections.

Any resident wishing to serve may visit <https://mysanibel.granicus.com/boards/w/f08c141a1b9ce309> to link to the Advisory Committee Application. The deadline for submission is noon on Tuesday, November 17.

If you have any questions, call the city manager's office at 472-3700. ✨



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Students from The Sanibel School made Halloween pop-up cards for seniors

photos provided

Sanibel School Students Create Cards For Seniors

Students at The Sanibel School became neighbors helping neighbors by creating Halloween pop-up cards for the FISH of SanCap Senior Box Program. In October, community service volunteers Jackson and McKenna Sprecher delivered the items to island seniors. Distributed monthly, Senior Boxes is a program that launched in August to help combat the growing issue of isolation among seniors.

Inspired by the current subscription box trend where participants receive boxes of products and goodies regularly, FISH volunteers deliver these to island seniors on a monthly basis. Contents may include items like activity books (crosswords, word searches, etc.), cards, puzzles, soaps, DIY gardening kits, candles, crochet/knitting kits, socks, handheld back massagers, stationery sets with stamps and healthy sweet treats.

If you are interested in assisting by either making a financial contribution to FISH Senior Boxes or would like to donate items to be used in the boxes, contact Susan Alexander at the FISH Walk-In Center, 472-4775.✪



Jackson and McKenna Sprecher delivered the bags to seniors



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Beginning Friday, Nov. 13th from Noon to 4:00 PM
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located at SanCap Gateway Realty, 1177 Causeway Road (next to the Chamber of Commerce).
Simply select your tag(s) and return your wrapped and tagged gifts during the hours above
before 3:00 PM on Dec. 11th to bring joy to some area children, brothers and sisters.

When you return your wrapped and tagged gifts to SanCap Gateway Realty, 1177 Causeway Road, Sanibel,
please take an Angel Ornament from our Angel Tree as our THANK YOU for your generosity and support.

Masks Required - We want to Spread Joy, not the virus. Thank you.

Challenging Weather



by Capt. Matt Mitchell

Weather continues to play the leading roll yet again in not just fishing but any kind of boating. Fishing during the seemingly never-ending windy days is all about hiding from the elements. With very few other boats out on the water during these less than perfect days, I often had what felt like the whole bay to myself. Options quickly narrow though as 20 to 30 m.p.h. winds made open waters extremely sloppy at times.

Even though post cold front conditions made for some bumpy rides, we had successful trips once we got tucked away. The mouth of the river proved to be a great option during the roughest periods with the best bite coming on higher water. During lower water, I spent time in the usually busy Blind Pass. Mangrove creeks around St. James City during the strong incoming tide also held a great mixed bag of species.

Despite the brown stained water in the river, the snook bite in Shell Creek, Sword Point and Punta Blanco was very consistent. On windy days, these areas are not only a short boat ride but totally out of the elements. Most of these creek systems offer deep natural channels with an oyster bottom. The fast-moving tide snakes through these creeks and offers endless ambush spots to target snook and big jacks.

Low outgoing tides in the pass made for an amazing snook bite. The strong northeasterly winds gave us some of the lowest tides we have seen since last winter and stacked up the fish. Though most of these snook were not large, when you can catch a snook cast after cast it's always a good thing. Along with snook, my anglers caught a few larger redfish, small gag grouper, jacks and snapper.

When you make your living on the water, fishing in far-from-perfect conditions is part of the job. Having some neighborhood confidence spots that are protected from the weather can make even the windiest day a success. To keep everyone comfortable, try to avoid long runs and stay out of the rough open water as much as possible. Though the wind takes away options, it certainly does not stop the fish from feeding.

*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.**



Vinnie and RJ caught a Pine Island slam while out with Capt. Matt Mitchell this week

photo provided

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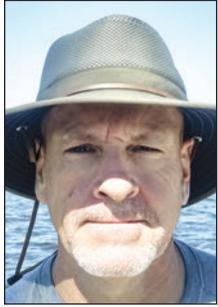
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CROW Case Of The Week:

Black Vulture

by Bob Petcher



The black vulture (*Coragyps atratus*) is a large raptor with a small, featherless head and a strongly hooked bill. It is mostly black with some white on its wingtips.

You can differentiate the black vulture from its flight buddy, the turkey vulture, which has a red head and feathers with a browner tint. Both can be found on the sides of highways or major roads pecking away at road kill.

At CROW, a juvenile black vulture was admitted from Cayo Costa after it was seen on the beach wet and unable to fly. Upon examination, small abrasions were found on the vulture's head and blood was noted to be seen on the eye. X-rays were taken, which revealed to the veterinarians there were nine shotgun pellets in the bird's head, neck and left wing, indicating that the bird had been shot. Thankfully, there were no broken bones. Some of the pellets that were close to the surface were able to be removed from the patient's wing.

"Both pellets over the left wing were very superficial and were removed. There was also a pellet below the chin that was removed. We were unable to palpate the



Patient #20-4949 is closer to release after receiving treatment for shotgun pellet wounds

photo by Missy Fox

remaining pellets, so they were left in," said Dr. Sasha Troiano, CROW veterinary intern. "We were unable to palpate the pellets over the head, which is why they were not removed. The risk of digging around looking for them was higher than just leaving them in. If they had been more superficial and easily palpable, they also would have been removed."

Dr. Troiano stated the pellets in the patient's head will not affect its mobility. "The remaining pellets should

not affect the bird's ability to do well moving forward. There is always a small chance the pellets will migrate and could potentially cause damage, depending on where they end up migrating. But again, the chance is fairly low. Most likely, they will stay where they are and become walled off by the body and will not cause further damage."

The vulture received pain and anti-inflammatory medication and continues to receive supportive care.

"Currently, the patient is receiving basic supportive care – pain medication, antibiotics, hydration and food. If recent bloodwork looks good, the pain meds and antibiotics will be discontinued, and the patient will be moved outside for further rehabilitation," said Dr. Troiano. "The fact that the patient is a juvenile probably helps in this case. The patient has a mild left head tilt, and also has damage to the inside of the left eye. Vision is decreased in the left eye. The fact that the patient is a juvenile will likely make it easier to adapt to these changes. Given the life history strategies of this species, the patient does not need perfect vision, therefore the damage to the left eye is not a cause for euthanasia."

Once Tropical Storm Eta passes and pending bloodwork results are positive, the young black vulture will get exercise and should be closer to release.

"The patient is doing extremely well, and should make it to release barring any unforeseen complications," Dr. Troiano continued. "If the patient flies well and continues to eat, release will be coordinated. It is important that this bird be released exactly where it was found in order to reunite with its family, which is important for its survival in the wild."

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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How Fauna Has Transitioned Over Time On Sanibel

Sanibel is home to a large variety of faunal species that have changed over time.

"If you compare species that are extant (still surviving), extirpated (locally extinct), or recent additions to the island over the last century, you will notice that there have been several notable changes," said Sanibel-Captiva Conservation Foundation (SCCF) Wildlife and Habitat Management Director Chris Lechowicz. "These revisions can be the result of natural events such as hurricanes resulting in wash over events, extended wild fires, or prey/foraging loss for various reasons."

However, manmade changes to the habitat such as the suppression of fire, changes in hydrology, introduction of exotic species and overharvesting also play a large factor.

Since Sanibel is an island, losses of wildlife species are not easily replaced. Historically, faunal migration to the island was slow, even though the coastal areas were not as developed and species were more common.

"Now, coastal areas are mostly developed where fewer species are present, resulting in less migration from the mainland," Lechowicz said.

Established species such as the white-tailed deer (*Odocoileus virginianus*), the striped skunk (*Mephitis mephitis*), and



Sanibel rice rat photos courtesy SCCF

the American mink (*Neovison vison*) were all extirpated from Sanibel in the 20th century, mostly due to hunting. It is highly unlikely that they will ever re-colonize naturally.

The infestation of exotic species onto Sanibel, such as the green iguana (*Iguana iguana*), black rat (*Rattus rattus*) and Mayan cichlid (*Cichlasoma urophthalmus*) were all likely caused from people, whether intentionally or not.

Animals such as the coyote (*Canis latrans*) and one black bear (*Ursus americanus floridanus*) likely found passage from "island-hopping" during a low tide, or by the causeway.

"These changes in species richness are caused by a combination of natural and human-induced actions," Lechowicz said.



White-tailed deer

Habitat changes, such as the majority of the island succeeding to tropical hammock instead of open canopy grasslands due to fire suppression, has had some positive effects on species such as migrating songbirds and bobcats (*Lynx rufus*) due to additional cover and food sources.

Species such as the eastern coachwhip snake (*Masticophis flagellum*), gopher tortoise (*Gopherus polyphemus*) and the Sanibel rice rat (*Oryzomys palustris sanibeli*) were negatively

affected due to their preference for open grasslands.

The storing of water in the Sanibel River from the weir system over the winter benefits aquatic and semiaquatic species such as alligators (*Alligator mississippiensis*), aquatic turtles and game fish species.

Management decisions that directly or indirectly affect the natural habitats on the island must be carefully considered for native species that SCCF seeks to sustain. Visit www.sccf.org*



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BIG ARTS MONDAY NIGHT FILMS ARE BACK!



Monday Night Films to be shown in Christensen Hall.
Tickets \$10. Start at 7:00 pm



NOVEMBER 16

Mr. Jones, 2019 N/R/ 119 minutes
 Welsh journalist Gareth Jones risks his life to expose the truth about the devastating famine in the Soviet Union in the early 1930s.



DECEMBER 7

The Song Of Names, 2019 PG-13/
 113 minutes

A child befriends a Polish violin prodigy whose parents leave him in his family's care. The two boys become like brothers until the musician disappears. Forty years later, he gets his first clue as to what happened to his childhood best friend.



NOVEMBER 23

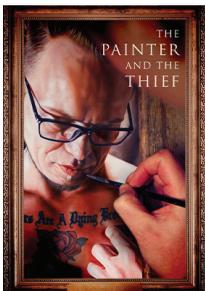
Everybody Knows, 2019 R/ 132 minutes
 Laura and her two children travel from Argentina to Spain to attend her sister's wedding. The joyful reunion soon turns tragic when her older daughter gets kidnapped — revealing a dark web of hidden secrets.



DECEMBER 14

The Whistlers, 2019 N/R/ 97 minutes

Cristi, a Romanian police officer who is a whistle blower for the mafia, is going to La Gomera Island to learn an ancestral whistling language. He is under police surveillance in Romania but, by using this coded language, will continue to communicate with the mobsters to get Zsolt out of prison. Zsolt is the only one who knows where 30 million Euros are hidden.



NOVEMBER 30

The Painter and the Thief, 2020 N/R/
 102 minutes

Czech artist Barbora Kysilkova develops an unlikely friendship with the man who stole two of her paintings.

In the interest of safety, only 50% of the 410 seat Christensen Hall will be seated and mask are required. In addition BIG ARTS has installed a state of the art filtration system and looks to all its visitors to honor physical distancing.

Tickets online BIGARTS.ORG or call 239.395.0900

Shell Of The Week

Orange-Rib Drillia



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

Bellaspira pentagonalis (Dall, 1889) is a small member of the family Drilliidae that reaches only

about 4 mm (0.16 inch). The shell is spindle-shaped, with a smooth, semi-glossy surface and about six to seven rounded axial ribs. The aperture spans about one third of the shell length. Color is pure-white, with large yellowish-brown spots. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

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

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



The Orange-rib Drillia, *Bellaspira pentagonalis*, from Sanibel

photo by José H. Leal

American Legion Post 123

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



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

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

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

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

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

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FOOD

Jean Le Boeuf, News-Press



Nature Store2 will carry old favorites and new surprises photo provided

Nature Store Grand Opening, Ribbon Cutting

Friday, November 20 marks the grand opening of “Ding” Darling’s Nature Store2, located at 2250 Periwinkle Way in Sanibel Square. The Sanibel & Captiva Islands Chamber of Commerce will hold a ribbon cutting at 11 a.m. and the store will offer specials all weekend long. The “Ding” Darling Wildlife Society-Friends of the Refuge will operate Nature Store2, along with its original storefront and online store, to support wildlife and conservation at the JN “Ding” Darling National Wildlife Refuge.

While the flagship Refuge Nature Store in the “Ding” Darling Visitor & Education Center remains unable to open because it resides within a federal building that the government has mandated for closure, Nature Store2 will provide a storefront for selling books, clothing, jewelry, art and other gifts to support the refuge. The space also will serve as a fulfillment center for the www.

County Hires Firm For Water Quality Project

The Lee Board of County Commissioners has approved a contract with a local engineering firm to monitor construction of a project adjacent to Yellow Fever Creek Preserve, which is a Conservation 20/20 site, to improve water quality and the ecosystem.

The project is located within the City of Cape Coral near Averill Boulevard and Del Prado Boulevard North. It is designed to improve water quality by diverting excess flow from Gator Slough Canal into a reservoir. There, it will be treated before being released into Yellow Fever Creek, a tributary to the Caloosahatchee. This joint project with the City of Cape Coral will help reduce the flow of freshwater toward Matlacha Pass and restore historic base flows to the Yellow Fever Creek watershed. The transfer of water will also enhance the rehydration of wetlands south of Del Prado Boulevard, restoring

ShopDingDarling.com online store.

For the grand opening, the new location and online store will offer a 20 percent discount on all apparel for ladies, men and children, including T-shirts, sweatshirts, fleeces and hats, valid November 20 through 22. Use the promotional code GRANDOPEN20 online to receive the discount.

Nature Store2 alone will also offer special prices on other select items, plus a free gift with any \$25 or more purchase. Shoppers that weekend who sign up to receive DDWS’ weekly “Ding” on the Wing email bulletin will be entered for a chance to win prizes, which will be on display that weekend.

The new shop will also debut an exclusive Nature Store2 line of eco-friendly tote bags, backpacks and gift bags made from durable and sustainable materials. Individually packaged “Ding” Darling snacks will be available for shoppers while supplies last.

Wearing masks and maintaining other CDC protocols, store staff and volunteers will assist shoppers with suggestions and purchases. Shoppers are required to wear a mask at all times while inside the store.

“The weekend is a good time to get a jump on holiday shopping, enjoy Sanibel’s latest unique shopping experience, and shop to support a good cause and driving economic factor on Sanibel Island,” said Ann-Marie Wildlife, nature store manager.

To extend DDWS’ refuge support mission, 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 store and ShopDingDarling.com, it will be more art-oriented.

“In this time of pandemic, outdoor spaces are our cure and safety net,” said Wildman. “By supporting the refuge’s nature store operations, shoppers are making a difference to an environment that is healthy in more ways than one.”**

the habitat.

The Caloosahatchee estuary has a Total Maximum Daily Load (TMDL) state designation for Total Nitrogen and an adopted State of Florida Basin Management Action Plan to lower this pollutant. Commissioners spend millions of dollars annually on projects to reduce pollutants in the estuary.

The project will provide Total Maximum Daily Load (TMDL) credit for Total Nitrogen and is partially funded by two grants from the Florida Department of Environmental Protection (FDEP), totaling \$992,000.

The \$155,000 contract is with Fort Myers-based Barraco and Associates and is for construction engineering inspection services on the Yellow Fever Creek/Gator Slough Project.

Construction is expected to begin in January 2021 and take an estimated six months to complete. Construction is budgeted at \$1.5 million.

For more information on Lee County Natural Resources’ efforts to protect and improve water quality, visit www.leegov.com/naturalresources/waterquality.**



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South Florida Water Management District members were given a tour of the estuary to see the impacts of freshwater discharges photo courtesy SCCF

Water Managers
Tour Estuary
To See Impacts

On October 22, Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab Director Dr. Eric Milbrandt and Environmental Policy Director James Evans took members of the South Florida Water Management District (SFWMD) out on the Caloosahatchee estuary to see firsthand the impacts of high volumes of freshwater discharges from Lake Okeechobee.

The members of the district included SFWMD Governing Board Chairman Chauncey Goss, Director of Ecosystem Restoration and Capital Projects Jennifer Reynolds, and Communications Director Sean Cooley.

WINK News Environmental Reporter Stephanie Byrne was also aboard the RV *Norma Campbell* for the estuary tour.

SCCF scientists explained the impacts that the freshwater releases are having on the ecology of the estuary and how these high-level flows can lower salinity levels and impact the health of seagrasses and oysters.

The group discussed the current limitations of the water management system and the need for additional storage, treatment and conveyance south into the Everglades and Florida Bay to reduce damaging flows to the estuaries. The freshwater plume from the Caloosahatchee currently stretches six miles offshore.

In addition to discussing the current ecological conditions, the group also talked about the value of SCCF's oyster and seagrass restoration efforts under way and explored opportunities for future restoration projects to enhance habitat and improve water quality.

The U.S. Army Corps of Engineers is continuing to release water to the Caloosahatchee and St. Lucie rivers as Lake Okeechobee is still slowly rising. An average flow of 4,000 cubic feet per second is being released to the Caloosahatchee, and an average of 1,800 cubic feet per second will be sent to the St. Lucie.

The releases are being conducted

to lower lake levels, which the Army Corps tries to maintain between 12 and 15 feet for flood protection, water supply to farms and urban areas, as well as water for natural systems like the Caloosahatchee and Everglades.

Lake levels were at 16.37 feet above sea level on October 27, which is higher than the Army Corps wants to see at this time of year. Water is still coming into the lake at a faster rate than it is being discharged, and it will likely be a couple of weeks before the lake finally tapers off and begins to fall.

The Army Corps held off on releases the majority of the wet season, sparing the estuaries from potential additional harm from lake discharges.

Prior to the lake releases that began on October 14, the Caloosahatchee was already experiencing harmful flows from the watershed. Additional lake flows will only cause more damage to the ecology of the estuary, lowering salinity levels, shading sea grass beds and adding nutrients that can feed harmful algal blooms.

Weather patterns still have south Florida in the rainy season, and the tropics are still active.

The shift between the two seasons doesn't come on a particular date but rather is based on the dominant weather pattern at the time. A La Niña pattern is forecast to strengthen this winter and spring, which could result in dryer than average conditions in south Florida.

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

From page 1

Anniversary Gala

Laurie Harkey, Bill and Diane Valerian, Willow the Whippet; Protector Sponsors: Barefoot Charley's Painting Co. LLC, *Island Sun*, Tiffani Kaliko and John Silvia, William and Barbara Millar, Mitchell's SandCastles, Greg and Linda Scherer, Ron E. and Josephine Smith; Defender Sponsors: Mike and Terry Baldwin, The Community House, The Gresham Family, Paul Harmon, Kiwanis Club of Sanibel & Captiva Islands, Sanibel Carts, Sanibel Moorings. Music provided by: Band Source Productions, Inc. and Z Street Speakeasy Band.*

Sanibel Sea School Winter Programming

submitted by Nicole Finnicum

Sanibel Sea School has a full lineup of winter programming for children and families to learn more about the ocean.

From December 28 through December 31, Sanibel Sea School will offer a four-day, full-day winter camp themed New Year, New Ocean. This year's theme will allow campers to get back in touch with the ocean through discovery and exploration, and will focus on conservation.

One of the activities planned for the week is a camp-wide bioblitz where campers will catalogue all the plant and animal species they can find on the beach. Then, they will learn about the importance of what they found and discuss how conservation efforts can be used to protect these species. Winter camp will also offer plenty of traditional camp activities such as surfing, ocean-inspired art projects and the annual Give Your Worries to the Sea ceremony.



Sanibel Sea School will offer surfing as part of winter camp

photo provided

Winter camp is designed for campers ages 6 to 13 and counselors in training ages 13 to 17.

Registration will open on Saturday, November 14 at 10 a.m. at www.sanibelseaschool.org

www.sanibelseaschool.org/sanibel-camps.

If families are looking for half-day programs for children ages 6 to 13, Sanibel Sea School will also offer winter-themed day classes such as

Cold-Water Sharks, Chilly Seas and Jingle Shells. Registration is open now for classes and can be found at www.sanibelseaschool.org.

Sanibel Sea School will also offer private sessions as a way to learn more about the ocean with friends and family that may be in town for the holiday season. Family private sessions are two hours and can be customized to your interests and existing level of knowledge. These sessions are scheduled by appointment and reservations in advance are recommended.

Email info@sanibelseaschool.org or call 472-8585 to begin the process of setting up a family private session.

With COVID-19 still prevalent in Florida, Sanibel Sea School staff will take the necessary steps to maximize safety of participants, staff and the community. Programs will be limited to a smaller number of participants and staff will conduct health screenings daily, wear masks and ensure proper sanitizing of all field gear and classroom spaces.

Part of the SCCF (Sanibel-Captiva Conservation Foundation) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time.*

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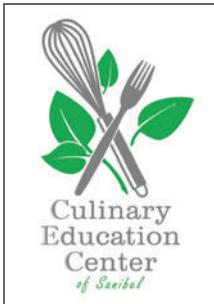
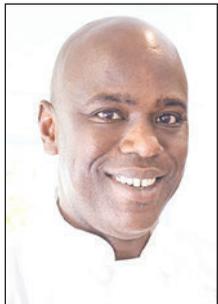
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The Community House

Turmeric



by Resident Chef Jarred Harris

Turmeric is the root of the curcuma longa plant, which is a member of the ginger family. In fact, ginger root and turmeric root are often mistaken for each other. Turmeric root is smaller than ginger root and has bright orange flesh, whereas ginger root is much larger and has slightly yellow flesh. Both are used in soups, curries and health drinks, and both can be found dried or raw.

Turmeric originated in India about 3000 BC and the root is still cultivated there in large quantities. India is the world's largest producer of turmeric powder and the country also consumes the largest amount of turmeric in the world.

Turmeric also known as Indian Saffron, has many different uses. It is used as a fabric dye and it is also used as a culinary coloring agent. Have you

ever wondered why American mustard is yellow, or why some Indian and Thai curries are yellow? Turmeric powder was used as a coloring agent.

This amazing root has also been used for medicinal purposes for many years. Turmeric is an anti-carcinogenic and a powerful antioxidant. It is used to treat stomach disorders, improve liver function, and detoxify the body. It has even been used as an anti-venom for king cobra bites. Turmeric has anti-inflammatory properties and is a good source of dietary fiber, magnesium, iron, potassium, and vitamins B6 and C.

If you would like to try turmeric root, here is a simple recipe:

Carrot, Ginger and Lentil Soup

- Ingredients**
- 1/2 stick butter
 - 3 large carrots (fine diced)
 - 1 stalk celery (fine diced)
 - 1 large onion (fine diced)
 - 1 tbsp. curry powder
 - 1tbsp. turmeric
 - 1 1/2 inch piece of ginger (minced)
 - 1 clove of garlic (minced)
 - 1 cup red lentils
 - 4 cups vegetable or chicken stock
 - 1 cup yogurt
 - Salt and pepper
- Method**

In a large, heavy bottom pot, melt the butter over medium heat.

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

Add the curry powder, turmeric, ginger and garlic, then cook for 2

minutes.

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

Reduce heat to a simmer. Cook on a low heat, gently simmering for 20 minutes.

Remove from the heat and season with salt and pepper.

In small batches, puree the soup at high speed in a blender, an emersion blender or food processor.

Serve hot and garnish with the yogurt.

*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.**

Driver's license with a Sanibel address;

A valid government issued photo identification card with a Sanibel address;

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Tax bill with the homestead exemption for the Sanibel property;

Tax bill with the property ownership on Sanibel;

Notarized declaration of domicile listing a Sanibel residence.

Beach parking permits may be purchased via cash, Mastercard, American Express, Visa or check.

Visit <https://files.constantcontact.com/97af97e6001/193a0759-8ec1-4615-96e0-aa99ba73dec4.pdf> to access the City of Sanibel beach parking permit application for residents and property owners. To save time, it is recommended to bring your completed application.

On November 3, Sanibel City Council unanimously voted in favor of continuing and expanding the suspension of sale of beach parking permits to non-residents. The city is currently under a state of local emergency due to the pandemic. At this time, sales of beach parking permits are limited to residents only. Non-residents can park at the City of Sanibel public beach parking lots at the standard hourly rate. City council has directed legislation regarding future sales of non-resident stickers be brought back to subsequent city council meetings.*

Beach Parking Permits On Sale

City of Sanibel beach parking permits for Sanibel residents and property owners are available for purchase at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road. The recreation center is open Monday through Friday from 8 a.m. to 5 p.m.

The vehicle registration or lease agreement for each vehicle for which a permit is being purchased must be presented at the time of purchase.

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Carol Rosenberg with a number of her life drawings

photo provided

New Exhibition By Sanibel Artist

A new exhibition of life drawings – Faces, Figures, Fingers, Feet – by Sanibel artist Carol Rosenberg is on view as November guest artist at Hirdie Girdie Gallery on Library Way. These large drawings on newsprint of local models were made at various open studio sessions over the past few years.

"I often work in series because this gives me an opportunity to concentrate on a subject and enables me to practice and increase my skills. It is valuable

to draw the figure from life because it requires visual concentration, patience and commitment. Many artists often work alone, and another benefit of the open studio setting is that artists are able to enjoy the fellowship and encouragement of other artists of similar interests who are also facing challenges. It is an honor to show my work along with other award-winning artists, many of whom I have drawn and painted with and also have been in their company in juried shows."

Hirdie Girdie Gallery, located at 2490 Library Way, is open daily. For more information, call 395-0027 or visit www.hirdiegirdiegallery.com.✪

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars.

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

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

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

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

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

Basket Class: Colorful Basket with Gisela Damandl – Thursday and Friday, December 3 and 4, 9 a.m. to 4 p.m. Members \$121; nonmembers \$151.

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

New Techniques in Pastel Painting and Preservation with Donna Filomio – Tuesday, December 8, 9 a.m. to 4 p.m.



Members \$145; nonmembers \$181.

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

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

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

The health and safety of instructors, students, staff and patrons is a priority at BIG ARTS. Staff is following CDC recommendations and asks for your cooperation in best practices safety standards. All students and instructors must wear a mask and social distance. Class seating will be carefully spaced. Signage and procedures are posted in the facility. All rooms are sanitized between classes and class sizes will be limited.

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

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- 4 slices Havarti cheese
- 1-2 tablespoons all-purpose seasoning (your favorite)
- 1-2 tablespoons unsalted butter
- 4-6 sprigs fresh thyme
- Sea salt and fresh ground pepper, to taste

Preheat oven to 400 degrees. Season chicken breasts with all-purpose seasoning on both sides and set aside.

Preheat a large sauté pan over medium-high heat and cook bacon until crisp. Remove from heat and set aside. Using same pan and rendered bacon grease, sear chicken for 2-3 minutes on each side. Remove from pan and place into casserole dish or sheet pan. Place a slice of cheese over each, place in oven and continue to cook for about 10



Chicken, Mushroom and Bacon Melt

minutes or until internal thermometer reads 165 degrees. While chicken is in the oven, sauté the mushrooms in the same pan with any leftover pan drippings

and butter. Sprinkle with 1 teaspoon thyme leaves, salt and pepper. Add in the crumbled bacon and mix to combine. Assemble dish by garnishing each

photo courtesy Fresh From Florida

piece of chicken with a spoonful of the mushroom and bacon mixture over top.*

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Environmental Groups Gain Win Over Discharges

Calusa Waterkeeper is among the environmental groups involved with a recent win in federal court regarding the management of Lake Okeechobee and its impacts on the Caloosahatchee and St. Lucie estuaries.

Center for Biological Diversity, Calusa Waterkeeper and Waterkeeper Alliance issued a notice of intent in December 2018 and officially filed suit against the U.S. Army Corps of Engineers in June 2019. A recent court order concluded an important case in holding the federal government more accountable for its actions affecting endangered species and federally designated critical habitat.

Federal Judge Middlebrooks agreed with the plaintiffs that the U.S. Army Corps of Engineers was not in compliance with the Endangered Species Act regarding the impact of Lake Okeechobee discharges and harmful algal blooms, and how endangered species and their habitat would be affected. The judge ruled that a biological assessment would be undertaken to look at how harmful algae and their toxins like BMAA would affect species such as manatees, sea turtles and other federally listed plants and animals impacted by lake discharges.

The court expressed serious concern about the impacts of releases of contaminated water on manatees, explaining, "There is perhaps no

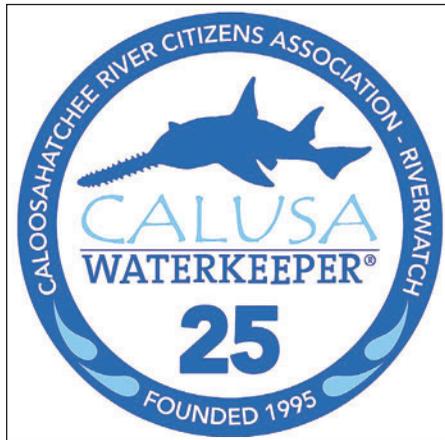


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animal that embodies the need for the (Endangered Species Act) more than the manatee." The Army Corps chose not to address these species in their biological opinions at the time, therefore failing to follow federal law.

The Center for Biological Diversity has taken the lead representing the plaintiffs in this lawsuit, while John Cassani and several other members of the Calusa Waterkeeper organization provided important standing and recommendations in the case.

"This is an important step in setting precedent, with a goal of avoiding environmental disasters such as those we experienced in our estuaries in 2016 and 2018," said Cassani. With new leadership in the past couple of years, the corps has proposed several deviations and demonstrated greater "operational flexibility," which are positive

developments the Calusa Waterkeeper board has welcomed. "The Army Corps seems to finally be coming around and starting to acknowledge the biological and health impacts of their Lake Okeechobee release decisions," added Cassani.

KC Schulberg, Calusa Waterkeeper's executive director, said this is a community win. "Thanks to grassroots support of Calusa Waterkeeper, Waterkeeper Alliance and Center for Biological Diversity, the citizens are making progress in improving our governments' habitual mismanagement of south Florida waterways. It is the support of principled environmental groups such as ours that make these important wins possible."

While another claim in the suit is pending, this initial Endangered Species Act ruling is an important victory for the people and wildlife of south Florida.

Calusa Waterkeeper is a Fort Myers-based 501(c)3 and a member of the international Waterkeeper Alliance. For more information, visit www.calusawaterkeeper.org.

Shell Found



Junonia

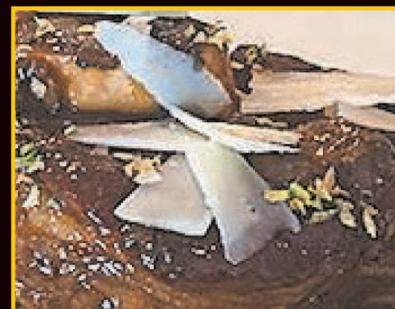
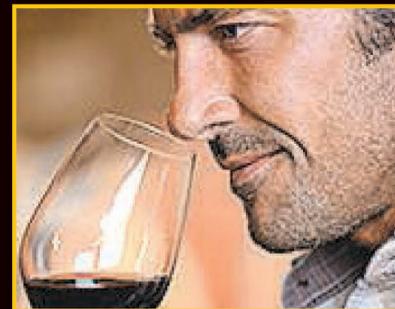
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The Huffman family found a junonia on November 7 at Blind Pass Beach.

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BIG ARTS Monday Night Film Series

Mr. Jones

by Di Saggau



The BIG ARTS Monday Night Movie for November 16 is *Mr. Jones*, a historically informed film that bears witness to Stalin's evil. *Mr. Jones*, played by the brilliant British actor, James Norton, is a journalist who travels to 1933 Ukraine, then in the grip of famine that killed millions of Ukrainians between the years of 1932 and 1933. The film is based on true events. Jones, who was killed the day before his 30th birthday, paid the highest possible price. His mysterious murder was suspected to be the work of the Soviets.

Peter Sarsgaard gives a great performance as sleazy *New York Times* expat Walter Duranty and Vanessa Kirby is terrific as a guarded journalist caught in the trenches. The film exposes various crooked machinations in Moscow, including shady powers who try to prevent Jones from venturing to other parts of the country. We experience the chaos he experiences as he gets his bearings and meets other foreign journalists. *Mr. Jones* honors the idealistic legacy of Gareth Jones. The film runs two hours, 21 minutes. Tickets are \$10 and can be purchased online or in 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



image provided

social distancing.

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

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

Book Selected For SCCF Green Readers Club

The second Sanibel-Captiva Conservation Foundation (SCCF) Green Readers Book Club selection is *The Lizard King* by Bryan Christy. SCCF members may remember the turtle smuggling ring that was discovered locally in 2019, and its effects on local wild populations of turtles. SCCF's Wildlife Habitat Management department works tirelessly to care for local wildlife and prevent this type of illicit activity.

The Lizard King is a look into this other world, as "a fascinating account of a father and son family business suspected of smuggling reptiles, and the federal agent who tried to take them down."

Janet Maslin of *The New York Times* wrote, "*The Lizard King* is a wild, woolly, finny, feathery and scaly account of animal smuggling on a grand scale, in a weird world so expansive that a few hundred stray snakes and turtles amount to peanuts."

Members can participate by reading the book, joining the Facebook group for ongoing online discussion, or by taking part in a virtual Zoom meeting to discuss the book at the end of the reading period. This month's Zoom discussion will occur during the week of November 15, with the exact date to be

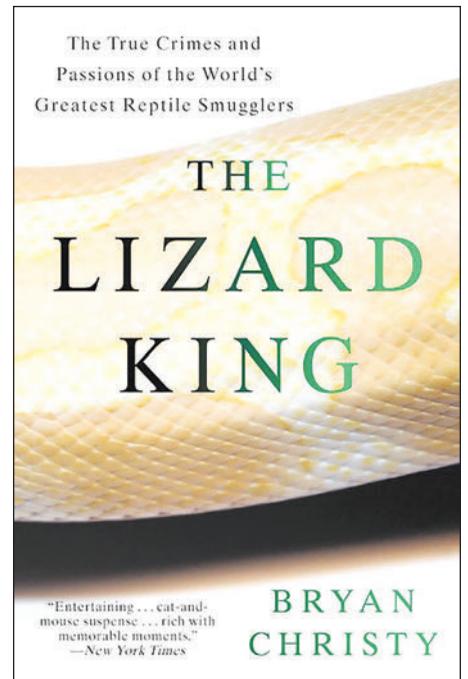


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determined.

The Lizard King is available on the Hoopla app through the Sanibel Public Library, or locally at MacIntosh Books, where a 20 percent discount is offered for Green Readers members, and delivery is available.

To join the Facebook group, visit www.facebook.com/groups/244390036897997 or go to SCCF's Facebook page and click on "Groups."✪✪

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Library Cooking Kits Make Meal Plans Easier

Sanibel Public Library is open for normal hours and continues to offer its popular contactless curbside service. You can place items on hold online, or make requests by calling the library at 472-2483. You will be notified when your items are ready for pickup. Patrons will have three days (excluding Saturday and Sunday) to pick up items. Hours for curbside pickup are Monday through Friday from noon to 3 p.m.

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

Local kindergarten through second graders are participating in Bingo for Books. Game sheets were distributed to classrooms at The Sanibel School and are available for pickup at the library. Complete the activities, then turn in sheets to win a book to keep.

Brainfuse HelpNow 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. Brainfuse also offers live assistance for

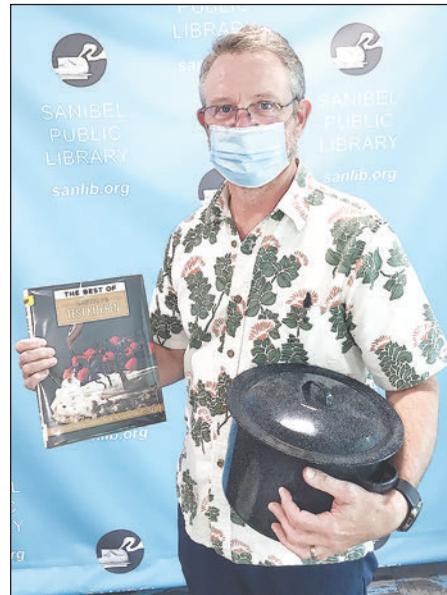


Donna Wilmot was the winner of Guess the Masked Author contest photos provided

the Free Application for Federal Student Aid (FAFSA) for both students and parents completing the application.

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

The library has an abundance of materials to help you plan your next culinary adventure. Try a cookbook like *The Best of America's Test Kitchen 2020*, or the classic (and updated) *Joy of Cooking*. Download *Magnolia Table*



Ian Wainwright with a soup pot cooking kit

by Joanna Gaines via the Hoopla digital app or borrow her popular cookbook in print with your library card.

There are also magazines with holiday tips including *Martha Stewart Living* and *Bon Appétit*. The library also offers music streaming services – Freegal and Hoopla – with millions of songs, including holiday music playlists, from pop to country and classical.

Sanibel Public Library loans out cooking kits, which check out like library books. The kits are circulated in bags with a coordinating cookbook and instructions. Some of the kits are especially handy this time of year, like

the soup pot, cookie kit, pie, cake or tart kits, or crêpe kit.

The Sea Turtle Conservancy has loaned its traveling display to educate residents and visitors about sea turtle lighting. The display will be in the library's nonfiction area until the end of November. Each side of the display explains one of the three golden rules to turtle-friendly lighting and has examples of sea-turtle-friendly light fixtures. You can also pick up sea turtle information provided by Sanibel-Captiva Conservation Foundation (SCCF).

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

Donna Wilmot is the winner of Guess the Masked Author contest, selected at random from all entries last month.

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 www.sanlib.org.✪

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JANUARY

JANUARY 10
 ADASKIN STRING TRIO with SALLY PINKAS
 Sunday, January 10, 3:30 pm
Sponsored by Deborah LaGorce

JANUARY 13
 POPOVICH COMEDY PET THEATER
 Wednesday, January 13, 4:00 pm and 8:00 pm
Sponsored by Jim & Dulce Doss

JANUARY 14
 GRYPHON TRIO with JAMES CAMPBELL
 Thursday, January 14, 7:30 pm

JANUARY 22
 MIKE SUPER
 Friday, January 22, 7:30 pm

JANUARY 24
 TIMOTHY CHOOI with RICHARD FU
 Sunday, January 24, 3:30 pm
Sponsored by Deborah LaGorce

JANUARY 30
 RANKY TANKY
 Saturday, January 30, 4:00 pm and 8:00 pm
Sponsored by Penny Wilkinson & Dick Boehning

FEBRUARY

FEBRUARY 6
 MICHAEL CLEVELAND and FLAMEKEEPER
 Saturday, February 6, 4:00 pm and 8:00 pm
Sponsored by Tom & Barb Dunham

FEBRUARY 13
 HOT CLUB of COWTOWN
 Saturday, February 13, 8:00 pm
Sponsored by Gustav & Vibeke Christensen

FEBRUARY 18
 JUPITER and JASPER STRING QUARTETS
 Thursday, February 18, 7:30 pm
Sponsored by Bank of the Islands

FEBRUARY 20
 HEART BY HEART
 Saturday, February 20, 8:00 pm
Sponsored by Law Office of Janet M. Strickland, P.A.

FEBRUARY 21
 RODOLFO LEONE
 Sunday, February 21, 3:30 pm
Sponsored by Deborah LaGorce

FEBRUARY 26
 THE MUSIC of SAM COOKE, THE KING of SOUL
 Friday, February 26, 4:00 pm and 8:00 pm
Sponsored by Bailey's General Store

MARCH

MARCH 5
 'TIL DEATH DO US PART: LATE NITE CATECHISM 3
 Friday, March 5, 4:00 pm & 8:00 pm
Sponsored by George and Susan Heisler

MARCH 12
 PIAF: NO REGRETS - CHRISTINE ANDREAS
 Friday, March 12, 8:00 pm
Sponsored by Hans & Leslie Fleischner

MARCH 26
 VERONICA SWIFT
 Friday, March 26, 4:00 pm and 8:00 pm
Sponsored by Tom & Linda Uhler

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Tickets are limited for evening performances.

To comply with physical distancing health recommendations, only 50%, approximately 200 seats, in Christensen Performance Hall are available for sale. First-come first-served on seating choice.



Book Review

Near Dark



by Di Saggau

Talk about a fast-paced thriller, *Near Dark* by Brad Thor shows that the author has mastered that art. Scot Harvath, the main character, is no newcomer to Thor's novels. This time

he's a broken man having lost his wife, his mentor and a close friend. Things take a turn for Harvath when, while drinking cheap whiskey because it helps him endure the pain he's had over the last several years, two thugs pick a fight with the former Navy SEAL. Harvath takes the two thugs outside to teach them a lesson only to find out it's a setup. A professional assassin is ready to kill him. With the help of some former teammates, he survives and discovers there's a contract out on him on the dark web. It's the world's largest bounty, and his only hope to survive is to outwit, outrun and outlast his enemies as he searches for the truth.

He needs help, and not knowing whom he can trust, Harvath finds an ally in Norwegian intelligence operative Sølvi Kolstad. She's as smart and deadly as he is, and just as determined. She also has the skills and a broken, troubled past that matches Harvath's. Characters in the book are extremely interesting and well-described, so we can picture them in our

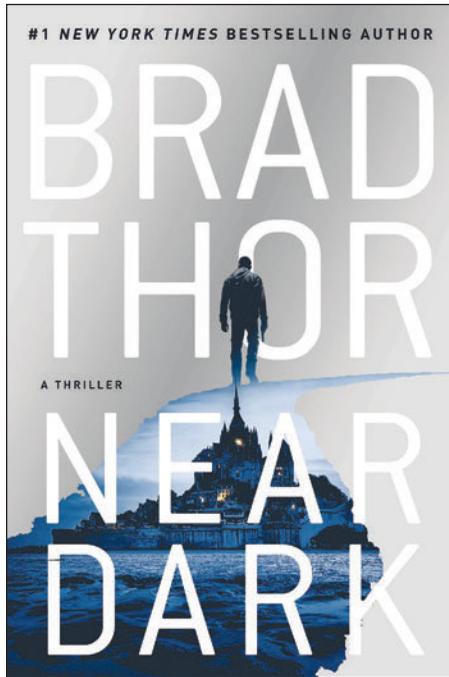


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heads. I liked Nicholas, who suffers from primordial dwarfism and had two massive Caucasian Ovcharkas named Argos and Draco, as pets. Both Nicholas and Sølvi steal the scenes they are in as they work brilliantly with Harvath.

One reviewer goes so far to say that *Near Dark* might be the single greatest thriller he's ever read. Others definitely agree it's Harvath's best ever. You are bound to enjoy what takes place as America's top spy goes on his most dangerous mission ever.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, The 2020 election has generated strong opinions, emotions and disagreements among many Americans, and it is occurring in the

context of widespread, ongoing stress and anxiety from the pandemic, economic challenges and racial injustice and unrest. We have much to do to heal and move forward as a nation. As parents and caregivers, we have a critical responsibility to help children and youth feel safe and secure, and to help them learn how to engage with others of differing viewpoints in a peaceful, tolerant and respectful manner.

Below are some recommendations from the National Association of School Psychologists for how adults can support children as we move forward.

Adults can help children manage their reactions to events in the news and in their communities by understanding their feelings, modeling healthy coping strategies, articulating their viewpoints in a productive way and closely monitoring their own emotional states and that of those in their care.

Reassure children that they are and will be okay. Many children have been aware of the intensity of this election, and some

may feel at risk.

Help children manage strong emotions. For many children, the intense discussions, media images and messages that they have been exposed to through the election period can trigger a range of strong emotions. Some children may experience anger or stress. Others may feel a sense of excitement and hope. Children's emotions can spill over into the classroom, whether in person or virtually. Help children understand the range of emotions that they are feeling and learn to express them in appropriate and respectful ways. For children experiencing stress, encourage them to talk about their feelings, maintain a sense of normalcy in their schedules and activities, and provide coping strategies.

Help children see other perspectives and value respectful dialogue. Sharing our different points of view and working to find common ground, shared goals and mutual understanding is the best way to draw strength from our diversity. The very nature of civil disagreement is to acknowledge respectfully the views and experiences of other people and learn from differing perspectives.

Discuss the importance of respecting our democratic process. Despite the divisive nature of the election, Americans voted in large numbers across the country in a largely peaceful manner. Our system of government is based on the peaceful and orderly retention or transfer of power according to the outcome of the election. Highlight how important it is that all citizens engage in the democratic process, not just during a presidential election, but all of the time and at all levels of

continued on page 35

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Candidates Sought For Public Affairs Award

submitted by Sue Denham

The Zonta Club of Sanibel-Captiva is looking for outstanding young women in the Lee County School District as candidates for the Young Women in Public Affairs (YWPA) award.

The year 2020 is one we are all unlikely to forget. At the beginning of the year, women of Zonta International were preparing to celebrate their 100th anniversary and the passage of laws that enabled women to vote. Despite the coronavirus, the Sanibel-Captiva club will draw attention to its mission of supporting the efforts of women around the globe and locally through its annual award.

Women have been struggling to maintain their families, their education and jobs. Young women have found ways to be leaders in their communities, but because schools have been closed and normal channels of participation have been difficult, little of their work has become known. That is why this is an especially good year to identify young women who are participating in efforts to increase women's political participation and gender parity here and abroad, despite the barriers.

The YWPA award recognizes young women, ages 16 to 19, as of April 1, 2021, who demonstrate superior leadership skills and a commitment to public service and civic causes. Public affairs refers to all aspects of community life where decisions must be made about issues that relate to and affect those communities in which people work and live. This award also encourages young women to continue their participation in public and political life as they journey into higher education and work life.

The award offers a \$1,500 scholarship to the successful candidate. The winner's application will also be passed forward to compete at Zonta's regional and district levels for possible additional honors and awards.

The winner is likely to be a successful Lee County high school student who demonstrates the following qualities:

- Active commitment to volunteerism;
- Experience in local government, student government or workplace leadership;
- Volunteer leadership achievements.

The formal application can be printed from www.zonta.org (scroll down to Useful Links and click on YWPA Award). Mail the completed application no later than February 22, 2021, to: Zonta Club of Sanibel-Captiva, P.O. Box 1244, Sanibel, FL 33957.

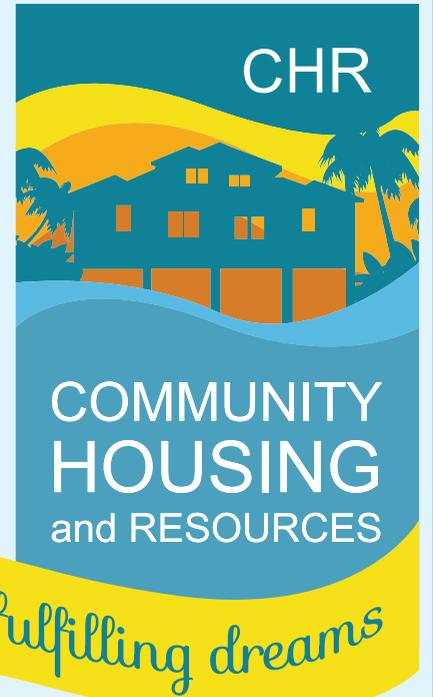
The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. For more information or to make a donation, visit www.zontasancap.com.✱

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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.

A home is a place with everything you need. A home is where your love is. I am so grateful for everything."

—Buffy Santoro, CHR resident

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Mary Bondurant and Alison Charney-Hussey of CROW photos provided



José H. Leal and Kim Nealon



Shawn and Laura Shaffer



Jay and Lenore Friedland

Mollusk Monster Mash A Success

The Bailey-Matthews National Shell Museum held its Mollusk Monster Mash fundraiser on October 27 at Traders. Community “Shellebrities” – Joey Almeida, Mary Bondurant, Craig Holston and Robin Roberts – competed for contributions online and in person at the event. José H. Leal, interim director and museum curator, led a presentation on Haunting Mollusks, with plenty of trivia.

The museum board of trustees extends its thanks to everyone who contributed and to the team at Traders for hosting the event again this year.

The Bailey-Matthews National Shell Museum offers tours of its Beyond Shells: The Living Gallery Aquarium and the Great Hall twice a day, at 11 a.m. and 2 p.m., included with the price of admission. For a private tour, call the museum at 395-2233 or visit www.shellmuseum.org. Virtual options are in the works for the near future. ✨



From left, Cathy Lanier, Robin Roberts and Neel Lesesne



From left, Jan Arbuckle, Mary Bondurant and Jim Arbuckle



From left, Mike Lawler, Mary Bondurant and Pam Lawler



From left, Randy and Cathy Lanier, Connie and Dennis Berardinis, Neel Lesesne, and Ed and Linda Holden



End this year on a positive note, buy now!



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For single-family home. On west end with southern exposure. Convenient to bayou, beach, school, recreation center, wildlife refuge. 4566 Buck Key Rd in Sanibel Bayous - \$149,000



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Island Woods Lot

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Offered completely turnkey with beachy décor & rental bookings. 2nd floor 2 bedroom with separate den in small complex at 2311 West Gulf Dr, White Sands #23 - \$1,199,000



Condo With Bay View

Remodeled 2nd floor 2 bedroom with glassed balcony. Private (no upper neighbor), plus entry deck. Mariner Pointe #522, 760 Sextant Dr - \$484,900 furnished & with bookings



3-Bedroom End-Unit

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Birders' Delight!

3-bedroom near-beach home with easy-access raised pool. On cul-de-sac overlooking lagoon to sunsets. Spacious great room. 1015 Fish Crow Rd in Gulf Shores - \$649,000



Socially Distanced

Bridge over Clam Bayou to Bowman's Beach. Updated ground-level split-plan 2-bedroom condo with private patio & easy on-site rentals. 5117 Sea Bell Rd, Blind Pass #E101 - \$499,000



Mariner Pointe 3 Bedroom

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



This Water View

Just steps to waterside pool, fishing pier, boat dockage, & BBQs. Ground-level 2 bedroom with weekly rentals. Mariner Pointe #541 - 760 Sextant Dr - \$515,000 mostly furnished



Privacy Plus

Amid tropical gardens on sandy east-end street. Custom beach home in modern "olde" Florida-style design with sunny screened pool & wrap-around deck. 1120 Olga Ave - \$950,000



Easy On-Site Rentals

This view & bright end-unit location from updated 2nd floor 2 bedroom at Sandalfoot. Long-term tenants return year-after-year. 671 East Gulf Dr, #2D2 - \$659,000 furnished



Compass Point #232

Roomy 2nd floor 2 bedroom with screened balcony that views tropical vegetation & has gulf peek. Bright white open kitchen & separate utility room. 1299 Middle Gulf Dr - \$599,000



Top-Floor End-Unit

Tarpon Beach #207 has upscale remodeled open kitchen with stainless appliances, updated baths, high ceilings, side windows, & great view. 2475 West Gulf Dr - \$899,000



Sanibel Spoonbills Run Crew at the finish photos provided



Gretchen Strong-Betten and Diane Cortese

FISH 10K Virtual Race A Success

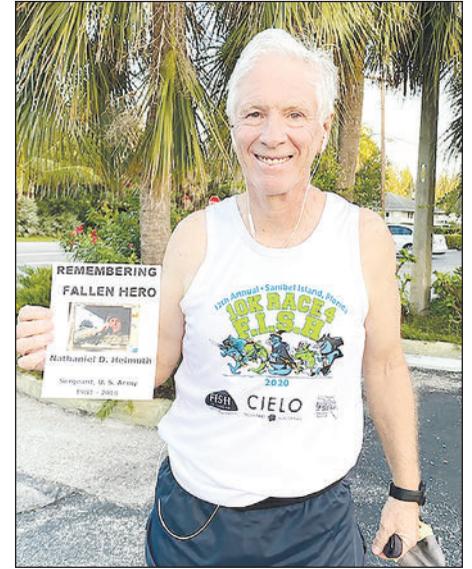
Runners near and far participated in the FISH of SanCap 10K Race 4 FISH virtually this year due to the COVID-19 pandemic. FISH reported participants from 14 states

and as far as the United Kingdom running the race and logging times through October 31. Part of the virtual race allowed participants from other areas to run the race, determine their own route and track their time via the RaceJoy app, all from the location of their choosing.

Many runners participated in groups,



Staff and students from the Children's Education Center of the Islands went on a hike in support of FISH of SanCap



Roger Timm with a sign supporting Memories of Honor

using the app to track each person's time. The local Sanibel Spoonbills Run Crew, with members Roger Timm and Tim Barrett, supported Memories of Honor by donating race medals to families of fallen military. "While we will not have FISH 10K medals this year, those of us that run this race in remembrance of a fallen hero will use last year's medal," said Timm. The goal of Memories of Honor is to remember the sacrifice military and their families make for freedom. Memories of Honor is a program started by Amy Cotta, who began running in combat boots after her then 18-year-old son left for Marine Corps boot camp. "It gives us a higher purpose to run and train, plus the medal is proof to a family that their fallen military hero has not been forgotten," said Timm.

Long-time 10K participant Tom Kelly completed his virtual running of the 10K in mid-October, making the 2020 race his 144th, just two short years after he ran the 2018 10K for his 100th. "I've been doing the FISH 10K for several years because this wonderful organization helps so many people in need, including meals, financial assistance, holiday baskets and the food backpack program for children, and counseling. There are always people who need assistance, some desperately, and with the pandemic raging through

our country, the need has become critical. Organizations like FISH are more vital than ever," said Kelly.

The race's premier sponsor was Cielo and partners included the Fort Myers Track Club and The Community House. "We couldn't be happier with this year's race," said Diane Cortese, race committee chair. She ran her 10K course with first-time racer Gretchen Strong-Betten. "From our generous sponsors and partners, to those that creatively hosted 10K days in support of the race, and, of course, the runners, we couldn't do this without them."

New this year were the 10K Days promotions by local businesses in support of the race. Participating businesses included Bailey's General Store, Island Therapy Center, RS Walsh Landscaping, Great White Grill, Joey's Custard, Tips and Toez, MacIntosh Books, Rosie's Café, Island Paws, Over Easy Café, and Suncatchers' Dream. Sanibel Congregational United Church of Christ hosted a YouTube concert entitled Wild Coffee Duo's Presentation, and preschoolers from the Children's Education Center of the Islands ran their own version of the race, both raising funds for FISH.

For more information on FISH of SanCap programs and services, visit www.fishofsanacap.org

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Golf Tournament Fundraiser Set For December

The Dunes Golf & Tennis Club will host Kelsey's Kickin' Cancer Golf Tournament on Saturday, December 5. Registration begins at 8 a.m. with a shotgun start at 9 a.m.

The fundraiser is a four-person scramble that is limited to the first 68 players to sign up. Cost, which includes donation and tax, is \$75 per member or \$85 per nonmember.

John Schoendorf is a 25- to 30-year associate of The Dunes Golf & Tennis Club, The Inns of Sanibel and other island properties on Sanibel and Captiva. He became a part of The Dunes family over the years, completing all the necessary technological work that would leave most people scratching their heads.

In August of this year, his daughter, Kelsey Schoendorf, who works at Gator Bites in Fort Myers, was diagnosed with metastatic breast cancer. She is known for being a loving, trustworthy, caring mother, sister and friend. Her father said,

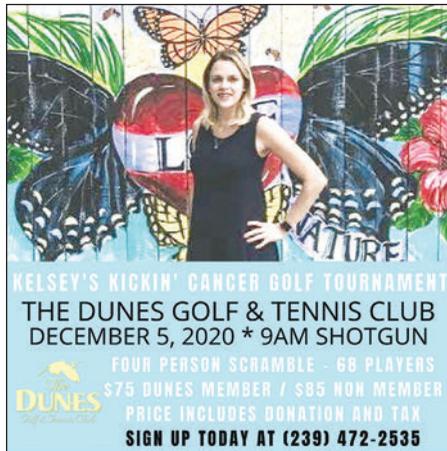


image provided

"She's an incredibly strong young lady, and we rarely hear her complain or get mad at anyone. She always says, 'I'm fine, no I'm not angry or sad.'"

On behalf of the Schoendorf family, the golf fundraiser hopes to be a resounding success.

The Dunes Golf & Tennis Club is located at 949 Sand Castle Road on Sanibel. To sign up, call the pro shop at 472-2535.*

Top 10 Books On The Island

1. *The Searcher* by Tana French
 2. *Humans* by Brandon Stanton
 3. *Tinder Fella* by Jennifer Schiff
 4. *A Time for Mercy* by John Grisham
 5. *Deacon King Kong* by James McBride
 6. *One by One* by Ruth Ware
 7. *Lady Clementine* by Marie Benedict
 8. *Nothing to See Here* by Kevin Wilson
 9. *The Falling Woman* by Richard Farrell
 10. *The Wife Between Us* by Greer Hendricks
- Courtesy MacIntosh Books and Paper.*

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Mary Lou Bailey



Becky Mulka

The top producers for October at VIP Realty Group were: Becky Mulka, top sales; and Mary Lou Bailey, top listings and top producer.*

From page 30

School Smart

government. Acknowledge that the process is bolstered by the volunteer efforts of thousands of citizens across the country. Discourage students from seeing the election in terms of winners and losers, if possible, and focus instead on the need to work toward common goals such as reinforcing everyone's safety and well-being, ensuring equitable and just systems, creating a strong economy and finding a path to move forward as one country.

Encourage children to channel their views and feelings into positive action. We are all part of the American community and can make positive contributions. Like adults, children are empowered by the ability to do the right thing and help others. Working with classmates or

members of the community who come from different backgrounds not only enables children to feel that they are making a positive contribution, it also reinforces that we all have good things in common.

The recommendations are adapted from the National Association of School Psychologists (2020): NASP Guidance for Ensuring Student Wellbeing in the Context of the 2020 Election.

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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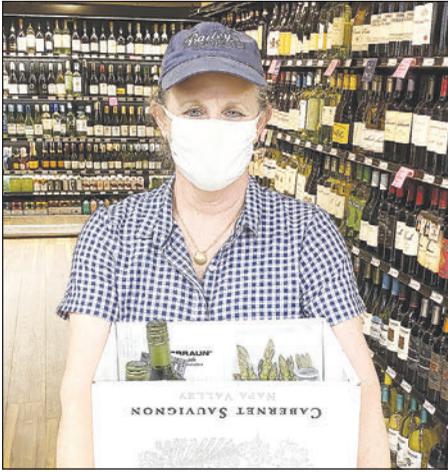


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CHR Give Back Wednesday At Bailey's General Store



Mead Johnson

photos provided



Baillie Johnson



From left, Melissa Rice, Laura DeBruce and Bonnie McCurry



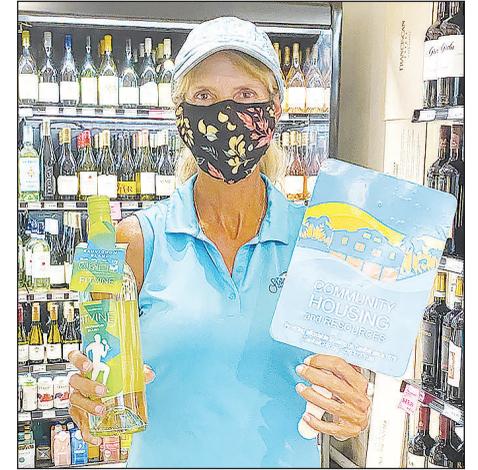
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Progressive Club Meeting

On Thursday, November 19, the Progressive Club of the Islands will hear public policy communications head Bob Schaeffer discuss the topic Election 2020: What happened? Why? What's next? The virtual meeting will take place at 4 p.m. on Zoom and Facebook.



Bob Schaeffer

for both candidates and ballot questions specializing in strategy, field organization and earned media.

From 2004 to 2010, Schaeffer organized and coordinated the Florida 501(c)3 Civic Engagement "Table," whose members were responsible for registering more than 1.2 million new voters, while running non-partisan, get-out-the-vote drives that significantly increased turnout in historically disenfranchised communities. Currently, he is president of FairDistrictsNow, the Florida statewide redistricting reform organization, and treasurer of the Progress Florida Education Institute.

Leading more than 300 workshops on political campaign management, media relations, public speaking, strategic planning and advocacy skills, Schaeffer wrote the popular political campaign handbook *Winning Local and State Elections*. Prior to becoming a full-time consultant, in 1984 he was editorial writer at the NBC-TV affiliate in Boston, and host of a talk show on a regional National Public Radio station. He previously served as research director for the Massachusetts Legislature Human Services Committee.

To attend the meeting email pcisancap@gmail.com to receive the Zoom link, or watch live at www.facebook.com/pcisancap. Annual dues for the Progressive Club are now payable to PCI for \$30 per individual or \$60 per couple. Mail your check to PCI, P.O. Box 898, Sanibel, FL 33957. For more information, call 994-3175.*

Drawing on election results, exit polls, voter surveys and other data, Schaeffer, a national political consultant and 20-year Sanibel resident, will analyze the outcome of this year's unprecedented political cycle, and explain the key factors responsible for the campaigns' outcomes. He will also talk about the next steps for progressive activists in Southwest Florida and nationally to build power and influence public policies. There will be ample time for questions and comments.

Schaeffer works with national nonprofit organizations, grassroots activist groups, political campaigns, foundations and socially responsible businesses seeking to deliver their messages to mass audiences more effectively and efficiently. Since 1970, he has held senior positions with many statewide and local campaigns

Superior Interiors

Accessorizing Your Home

by Trinette Nelson



Every room in your home has its staple piece that helps define the space. From the dining room table to the bed, these functional furniture items are the centerpiece of each room.

But it's the accessories that really give a home character. If you're looking for some inspiration to accessorize your own home, here are some tips to help you in incorporating tasteful accents into your living spaces.

When people first begin to accessorize their home, they often choose a theme to inspire the decor. While this can be a good starting point, you don't always need to ensure every accessory is the same color or style. Rather, you should focus on collecting cohesive elements that complement each other by incorporating different colors, contrast and patterns into the space that tell your own unique story.

You may already know that adding mirrors to your space is an easy and affordable way to trick the eye into thinking a room is larger than it really is. Strategically placed mirrors should be accompanied by good lighting to create the maximum space-increasing effect. Specifically, you should hang the accessory across from a light source (like a window or lamp). Don't be afraid to experiment with mirrors of different shapes, sizes and with various frames to bring some more personality to the room.

When it comes to accessories in your home, you want to have interesting decorative items that show your personality without cluttering up the space. A good rule of thumb is to arrange the decor items in odd numbers (like three or five). This means if you want to add throw pillows,

picture frames, or candles to your room, place them in these numbers as it's more visually appealing. Keep in mind their size, shape and scale for how you are going to arrange them. Having your accessories lined up straight can be boring, so give your space some life by layering objects.

A common mistake in design is including decor that is too big or small for the space. For instance, a rug that is too small for the room can look awkward and not serve its functional purpose. Curtains that are too long or too short can also be a distraction, while a couch that is too large leaves little space for other items. Before purchasing or arranging your pieces, measure the space you're trying to fill to choose items that are the correct size.

A finishing touch to any of your main living rooms should be a live plant. Some greenery or florals breathe life into your space and are pleasing to look at. Whether it's an arrangement of succulents on your windowsill or a spider plant on top of your bookshelf, house plants are relatively easy to take care of and add some dimension and natural color to your space.

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

ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate



Valerie Tudor



Brooke Brownyard

The top producers for October at Kingfisher Real Estate were: Valerie Tudor, top listing agent; and Brooke Brownyard, top selling agent.*

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Will Power

Dead Fish Go With The Flow



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

After the Holocaust, social scientists were haunted by the question of why so many people were prepared, whether by active participation or silent consent, to go along with a regime that they knew was committing a terrible crime against humanity. Solomon Asch, a social psychologist seeking an answer to this question, created an experiment by assembling a group of people, asking them to perform a series of cognitive tasks.

They were shown two cards – one with one line on it, the other with three lines of different lengths – and asked which of the lines on the second card was the same length as the line on the first card. Unbeknownst to one participant, all the others had been briefed by Asch to give the right answer for the first few cards, then the wrong one for most of the rest.

On a significant number of occasions, the subject gave an answer he could see was wrong because everyone else had done so. Such is the power of the pressure to conform: it can lead us to say what we know is untrue. It can also convince us that our instincts are wrong.

That is why it is so important that each one of us has the courage and conscience to take risks, to experiment with new ideas, to think “outside the box.” Dead fish go with the flow. Live fish swim against the current.

I’m writing this column on November 5, even though it won’t be published until November 13. On this date we remain uncertain who won the presidential election. Neither candidate has been assured 270 electoral votes, and even still, lawsuits have been filed questioning ballot validity in a few key swing states.

Hopefully by the time that you read this, the issues have been resolved. Perhaps not.

Now more than ever, we isolate ourselves. The world is changing faster than we can bear, with the knowledge that it will continue changing faster still. In an age when narrowcasting, not broadcasting, dominates, and when we surround ourselves only with ideas that we feel comfortable with, our relationships with others suffer.

When our Facebook news feed confirms our beliefs and builds upon them, our views become more extreme. We’re trapped in the proverbial echo chamber. Social media allows us to connect electronically with others, yet is also tends to make us more anxious, uncertain and fearful. We’ve become isolated, (even more so with

COVID-19) with this false sense that we’re interacting with others. Somehow electronic interaction isn’t the same. It’s destructive.

Our era has become the “me” era. Products and services are individualized. We take selfies. We’ve lost our sense of community.

Instead of going with the flow, how about each one of us pledges to renew face-to-face encounters, and to try with people who are not like us. Let’s realize that we can disagree strongly with others yet remain friends.

In those encounters, we’ll discover that the people not like us are people too, just like us. We have much in common, despite our differences.

Somehow we’ve fallen into magical thinking that electing a particular leader will solve all of our problems. When this kind of thinking dominates, we fall for extremism, whether on the far right or far left. Half of us don’t have the leader we want; the remainder are disappointed that our leader hasn’t lived up to our high expectations.

It’s time that we open ourselves to people with opposing views. Recognizing that life experiences mold who we are, let’s grant others the same leeway we grant ourselves. This mindset allows us to empathize with someone who’s traveled a different road and who’s arrived at different conclusions as to the world around them.

We can broaden this thinking to our community – our collective experience. The Preamble to the United States Constitution begins, “We the people,” describing our shared and continuing responsibility to form a more perfect union, establish justice and ensure domestic tranquility. That won’t happen in echo chambers vilifying those who think differently than we do.

When we extend our hand in friendship to others not like us, we begin to heal the fractures that have divided society.

Let’s not be dead fish, flowing with the current. Instead, let’s agree from this point forward to take risks, swim upstream and extend ourselves, especially to those who think differently than we do.

©2020 Craig R. Hersch. Learn more at www.sbslaw.com.✪

Proper Treatment For Addiction

Narconon suggests that an addict attend a program longer than the traditional rehabilitation stay. An addict’s body takes more than 28 days to physically heal from the damage of drugs and alcohol. The shorter rehabilitation stays are not very effective. An addict

should take the time to physically get better, then handle the things they need to deal with emotionally. This will give them the best chance at remaining clean and sober for good.

For more information on choosing treatment, visit www.narconon-suncoast.org/blog/long-term-treatment-vs-traditional-28-day-program.html. Call 1-877-841-5509 for a no cost screening or referral.✪

How’s The Market? Ask Ann

Keep in mind that when I write this article, I do it a week before it appears in the paper. So... what happens to the Real Estate Market if Biden wins? For TV news, I like to watch the various “Business” channels. A recent “expert” on the Real Estate Market thought the Federal Reserve influence on interest rates had a greater effect on Real Estate than who is elected President. Other “experts” thought that if the Republicans controlled the Senate, this would keep the government from going too far to the left. Wall Street “experts” thought the combination would be good for the stock market. In conclusion, I agree with these opinions and think and hope owning real estate on Sanibel will continue to be a good investment no matter which candidate is elected President. I would like to thank our top agent, Bob Hodosky, for two recent sales transactions: 1296 Par View Drive and a condo sale in Moody River Estates. I would also like to acknowledge Susan McCallion of McCallion & McCallion Real Estate and Augustina Holtz from John R. Wood Island Real Estate for their professionalism and hard work in cooperative transactions on Buttonwood Lane and 595 West Rocks Drive. A pleasure to work with you.



Ann Gee
Broker/Owner



Closed Sales going back one week:

- | | |
|--|---|
| 486 Ponce De Leon - \$210,000 | 1170 Buttonwood Ln. - \$868,000 |
| 1762 Serenity Lane - \$430,000 | 979 Whelk Dr. - \$875,000 |
| 1501 Middle Gulf Dr. D204 Sundial Condo - \$430,000 | 1777 Serenity Ln. - \$895,000 |
| 9036 Mockingbird Dr. - \$530,000 | 1724 Bunting Ln. - \$912,500 |
| 1299 Middle Gulf Dr. 222 Compass Pointe - \$595,000 | 1081 Captains Walk St. - \$932,050 |
| 1223 Par View Dr. - \$680,000 | 595 West Rocks Dr. - \$1,000,000 |
| 1296 Par View Dr. - \$710,000 | 1352 Eagle Run Dr. - \$1,095,000 |
| 702 Durion Ct. - \$799,000 | 5757 Baltusrol Ct. - \$1,520,000 |

15 Homes, 2 Condos and 1 Vacant Lot

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Several of the new residents of The Enclave on the front porch of the community building, from left, John and Barb Findley, Jim and Nancy Walts, Frank and Karen McGlynn, Marcia and Richard Fenn, Beth and Bob Bauer, and Lyn Reeves photos provided

Residents Settle In To New Shell Point Neighborhood

The first phase of construction on The Enclave, Shell Point Retirement Community's newest neighborhood, is complete with several residents having already moved into the community.

Located on 19.59 acres along On Par Boulevard, The Enclave features nine single-family homes and 26 villas as well as a 1,600-square-foot community center. Construction is complete on 22 of the single-family homes and villas; construction continues on the remaining homes. The single-family homes range from 2,316 to 2,744 square feet, plus lanai, with either a three-bedroom, two-bathroom floorplan or a three-bedroom, three-bathroom, plus den. The villas range from 1,632 to 2,001 square feet, plus lanai, with either a two-bedroom, two-bathroom floorplan or a two-bedroom, two-bathroom, plus den.

Designed by RDG Planning & Design, the private, gated neighborhood is surrounded by the natural beauty of a nearby golf course and offers scenic lake views. Shell Point engaged RDG to design the residential layout and community center, where residents have easy access to high-end amenities that encourage a healthy, active lifestyle.

The architectural design for the

community center incorporates views of the nearby lake as well as a swimming pool, outdoor shower, deck seating under a large shade structure and accessible restrooms. The interiors of the community center were created by Meghan Kolund, design director at Wegman Design Group in Naples.

"The interior of the community building features a great room concept with a refined contemporary design that features a wood-trimmed coffered ceiling, modern linear chandeliers, dark wood furnishings, a large screen TV, and a streamlined kitchen with dark grey wood cabinetry, Cambria quartz countertops and stainless steel appliances. Set amid these upscale interior finishes, the large gathering room provides space for residents to come together to socialize," Kolund said.

The architectural designs of the homes and villas were created by Annette Nilles, president of Nilles Design Group. The homes feature old-Florida design elements that are enhanced by the native landscaping design created by Stantec Landscape Architecture.

Adam Hinds, vice president of operations for Shell Point Retirement Community, said the remaining homes in The Enclave are in various stages of construction, which is progressing on schedule.

"We are excited that new residents have begun moving into the neighborhood, and we look forward to



The pool area at The Enclave's community center features a separate whirlpool and a large swimming pool with designated lap lanes and recreational seating areas

welcoming more in the near future," Hinds said. "As construction continues, two to four homes will be completed each month through January 2021."

The general contractor for The Enclave

is Wright Construction Group. Civil engineering services for land development of the community elevations, drainage and roadways were provided by Johnson Engineering.✪

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An aerial view of The Enclave at Shell Point

Frankly Speaking



by Howard Prager

NCAA upsets, baseball awards, and COVID-19 cancellations. Pac-12 started playing football last weekend and, before they began, two games were cancelled due to

one interception, making him the first quarterback in SEC history to throw for four-plus scores in five consecutive games. Although not an upset, Indiana beat Michigan for the first time since 1987. The Hoosiers remain unbeaten, and Michigan is dropping fast.

So what do you think should be done about playing during COVID-19? What records stand or count? When you look at the bubble, it worked for soccer, the NBA and MLB playoffs (except for immediately after the World Series when Justin Turner from the Dodgers went back out on the field for the celebration after testing positive for COVID-19 and being told to self-quarantine. He took his mask off for pictures. Since then, five Dodgers have also tested positive. Coincidence? I don't think so. Let's hope come next season and spring training COVID-19 is a thing of the past.

For the first time in the 64-year history of the Gold Glove Award, a club from each league won a team Gold Glove – the Indians in the American League and the Cubs in the National League. Winners were determined based on the SABR Defensive Index, which includes data from Statcast, Sports Info Solutions and STATS, LLC, as well as traditional and advanced metrics. Cleveland led all AL clubs with 27 defensive runs saved (DRS) in 2020, three more than the second-place Rays. The Tribe was led defensively by catcher Roberto Pérez and second baseman Cesar Hernandez, who both won individual Gold Gloves, as well as shortstop Francisco Lindor, first baseman

Carlos Santana and center fielder Oscar Mercado. First-time Gold Glove winner Javier Báez led a tremendous Cubs infield with seven DRS, third among MLB shortstops. His double-play partner, rookie Nico Hoerner, was excellent at second base, with five DRS of his own. At first base, Anthony Rizzo won his third Gold Glove Award, finishing with three DRS. And on the mound, right-hander Kyle Hendricks was tied for second among Major League pitchers with three DRS as well.

I talked with baseball analyst Jeff Wilder about this. "Pitching and defense will make you competitive in baseball regardless of hitting. If you don't give teams extra outs, you will be in the game. What helps the Cubs is that Javier Baez won the Platinum Glove. I tell my kids that if you can win every inning by being the toughest team to score on, you will be in the game. If you don't execute effectively on defense, that will quickly take you out of the game. Case in point was Game 4 of the World Series and one play, the final at bat where Kenley Jansen threw the wrong pitch and Brett Phillips singled. Dodgers center fielder Chris Taylor mishandled the ball, first baseman Max Muncy's relay to home plate wasn't great, catcher Will Smith catch the ball, and Jansen didn't bother to back up home plate. Randy Arozarena scored the winning run despite falling down as he rounded third base. One hit and four potential errors. The defense lost it for the Dodgers." Sounds like a team gold glove may indeed be a good idea.

The Good News Network provides a

baseball related story for this week. Nine-year-old Reese Osterberg and her family lost their home in California's Fresno County Creek fire as did many families. Reese is a huge baseball fan, and she lost her entire baseball card collection. She'd been collecting since she was 6, and she had gathered over 100 cards in three years. When the Fresno County fire crew heard about Reese's collection, they decided to see what they could do to help. Through a posting on Facebook they asked if anyone could help a little girl by donating some of their baseball cards. Luckily, San Jose's Kevin Ashford saw the post. He told NBC Bay Area, "I got to thinking about what I had in the garage... I thought instead of selling them on eBay, I'm going to donate them all and put a smile on a little girl's face." So that's exactly what Kevin did. Given that he started collecting in the 1990s, he had quite a few to donate, 25,000 to be exact. When Cal Fire firefighters presented the cards to Reese, they put her on a Zoom call with Ashford so they could meet. They also helped arrange for Buster Posey, her favorite player, to jump on the call to speak with his young fan. "This is the best day I've ever had," Reese told *The Fresno Bee*. "More than awesome, probably." Indeed. Stay safe my readers.

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

SPORTS QUIZ

1. What Cleveland Browns player scored the first two-point conversion in NFL history in Week 1 of the 1994 season?
2. Corliss Williamson, aka "Big Nasty," was named Most Outstanding Player of the 1994 NCAA Basketball Tournament as a member of what team?
3. What American track and field athlete set world records in the 100-meter and 200-meter sprint in 1988 and is still considered the fastest woman of all time?
4. Who led the NHL in goals scored in the 1996-97 season with 52 as a member of the Phoenix Coyotes?
5. In 1908, Jack Norworth and Albert Von Tilzer wrote what popular sports-themed song?
6. Before serving as NBA commissioner from 1975-84, Larry O'Brien was appointed to what government position by President Lyndon B. Johnson in 1965?
7. What is the name of the oversized bass drum that has been featured at University of Missouri Tigers home games since 1981?

ANSWERS

1. Tom Tupa. 2. The University of Arkansas Razorbacks. 3. Florence Griffith-Joyner. 4. Keith Tkachuk. 5. "Take Me Out to the Ball Game." 6. U.S. postmaster general. 7. Big MO.

Lee Health In Urgent Need Of Plasma Donations

Lee Health is in urgent need of convalescent plasma donations to help refill supply levels. Convalescent plasma refers to blood plasma collected from people who have recovered from COVID-19. That plasma is then used to treat others with advanced illness as part of the clinical trial. The blood donor must have had a positive test for SARS-CoV-2 (the virus that causes COVID-19), be symptom free for at least 14 days and be otherwise eligible to donate blood. The

procedure is the same as any routine blood donation.

Donors are screened by clinical personnel with questions and tests to make sure they are appropriate to donate blood that will be processed to make COVID-19 convalescent plasma.

To volunteer, call 343-2332 or email covid.plasma@leehealth.org

Documented routine blood donation consent is required; forms provided by Lee Health.

If potential donors are appropriate, an appointment for blood donation is scheduled at a Lee Health donation site.

All donations collected by Lee Health stay in the community and are used exclusively for Lee Health patients. Learn more at www.leehealth.org.

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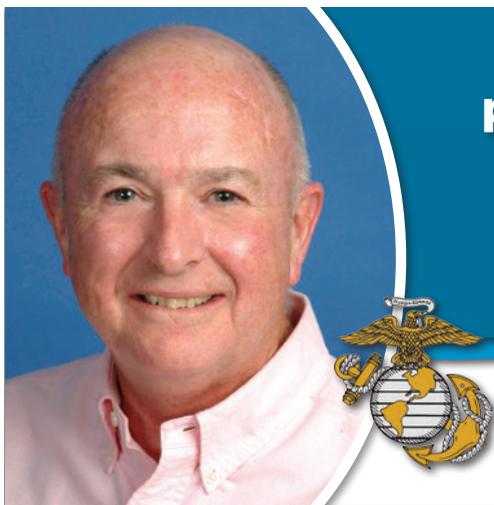
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The Sanibel Captiva Trust Company The Growth Tide Rolls On But For How Long?



by Briana L. McDougall, CFA
Senior Portfolio
Manager

Historical returns in the market have validated that value stocks outperform growth stocks over long periods of time. Yet, there have

been many periods over which leadership has rotated, persisted for a while, and challenged the patience of investors with exposure to value stocks. In the past 14 years, for example, growth stocks have outperformed value stocks by 6.3 percent annually. This is the longest and perhaps largest divergence between the two equity styles seen in at least 40 years.

As the period of divergence from normal patterns lengthens, investors and researchers look for rationales, for catalysts that would drive stocks back to their historical trends, or for clues that the shift may be permanent. During the late 1990s, many were asking whether technological innovations could explain the divergence. Sound familiar?

As you may recall, growth stocks outperformed value from 1994 to 2000, averaging 10.5 percent in excess compounded annual returns. Not only was performance well outside of the norm then, so too were valuations. A study in the *Financial Analysts Journal* in the summer of 2000, just after tech stocks peaked, attempted to evaluate the various rationales. The study revealed that, rather than positive surprises in growth or innovation driving higher stock price multiples, it seemed that the most plausible explanation was behavioral. Actual growth in sales and consensus forecasts were within normal historical ranges, yet price-to-sales ratios doubled in just two years leading up to the rotation. Other measures of relative valuation likewise confirmed prices seemed disconnected from fundamentals.

Currently, growth stocks are trading at 4.6x sales (more than twice their historical average and persistently above the 15-year average for the last five years). At the same time, the five-year average sales growth rate of these stocks has declined from 9.3 percent to 7.4 percent. Consensus estimates are that sales growth will remain near 7.4 percent. So, if the outlook for growth doesn't justify the high multiples, what could?

The most cited explanation has to do with sector exposure of the indices. The growth index is dominated by large weightings to technology and healthcare, both sectors that seem poised to benefit from secular trends that have been accelerated by the pandemic. Conversely, the largest sector weight in the value index is financials, which have faced headwinds since 2008 from declining interest rates and increased regulation.

While sector weightings seem a reasonable explanation, we can't help but wonder whether investor sentiment has gotten carried away again, a situation that in the past has led to significant reversals. Positive information and a hopeful outlook can certainly drive up prices, leading to positive momentum and creating a feedback loop. This time may be just another example.

All of this has meaningful impact on portfolio strategies and short-term performance. While it may be tempting to shift exposures to capture the momentum, there is no way of knowing when the tide will roll out. Rather than make directional bets, we adhere to our disciplined approach to equity exposure. We firmly believe there is a place in the portfolio for both growth and value styles, that client circumstances matter in this equation, and that trying to time the exposure tends to produce inferior results. Finally, valuations tend to be good predictors of forward returns, with high valuations suggesting lower expected future returns for growth stocks. Therefore, those able to exercise patience with value-oriented investments should eventually stand to benefit.

*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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ISLAND SUN BUSINESS NEWSMAKERS

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Nancy Finch

The top producers for October at John Naumann & Associates were: Evan duPont, top listing agent; Harrell, Tolp & Albright Team, top listing and top sales team; and Nancy Finch, top sales agent.*

Health First

Tips For Managing Extreme Stress



by Julie Rosenberg, MD

The current challenges in the United States – coronavirus, racial unrest, economic hardship and the presidential election, to name a few – have led to a significant increase in stress and stress-related illnesses. Stress is a state of mental or emotional strain resulting from difficult or demanding circumstances. Stress can serve an important purpose; it helps us to avoid physical threats. When we encounter an extreme stressor and perceive imminent danger, our bodies get ready for physical action – we undergo the “fight-or-flight” response. Our brain sends a signal to our nervous system which leads to the release of stress hormones – adrenaline, noradrenaline and cortisol – leading to a cascade of events that prepare us for action.

While the fight-or-flight response can be very helpful to us when coping with short-term stress, when stress becomes chronic, this response is difficult to disengage and can become problematic. Over time, extreme and chronic stress can lead to a broad range of health problems including high blood pressure, heart disease, diabetes, obesity, depression, anxiety and insomnia.

People typically like predictability and to feel a sense of control in their lives. The uncertainties of 2020 have led many to experience extreme stress, angst and lack of control. How can we best manage these stressful situations so that they do not lead to health problems?

Here are five useful stress management tips:

- Realize that stress is normal and an

inevitable part of life – You are not alone with feelings of stress. While people may perceive and experience stress differently, everyone has stress. It’s important for each of us to know what stresses us out and to learn how to handle stressful situations.

Reassess your priorities – Each of us must prioritize what’s most important to us at this time. Who are the people, places and things that you consider to be most important in your life? Can you determine ways to spend more time focused on priorities? This effort will help you remain positive and resilient during these challenging times.

Set limits on media – We often make things more stressful for ourselves by scrolling through social media or watching television. The constant exposure to “bad news” can be harmful to your wellbeing. Put a limit on how much time you will spend on social media and how much of the news you’ll watch each day. Keep informed but not to the point of overwhelm.

Avoid dwelling on things you can’t control – There are many things in life that you have no control over – the past, the future, the weather, traffic, etc. In times of uncertainty, people often imagine the worst-case scenario. Instead of ruminating on bad outcomes, can you shift your energy to that which you can control? In any situation, you can control your effort, your attitude and your behavior.

Take care of your body, mind and spirit – Thirty minutes of daily physical activity will help you manage stress. Eat a healthy diet and get seven to nine hours of sleep per night to support bodily renewal.

Engage in meditation and mindfulness practices – even very short practices are beneficial. Try this for 30 seconds: Sit or stand up straight in a comfortable position. Breathe in, breathe out. Pause. One more time, this time a little slower and deeper: Breathe in, breathe out. Do you feel less stressed?

Nurture your spirit by focusing on things that help you develop a deeper sense of meaning, understanding or connection with the universe. This could include prayer, walking in nature, listening

to music or reading a good book.

In conclusion, we all experience stress. Identify your current sources of stress. Ask yourself, “Am I reacting in proportion to this stress?” Recognize what you can change or control. It may be your attitude, your perspective or your behavior. Accept what you cannot change and take responsibility for what you can. Acceptance has many benefits, including a

more positive attitude and less worry and stress.

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.

Post-Election Wrap Up With Women Voters

The League of Women Voters of Sanibel will host a free virtual conversation with Tommy Doyle, Lee County supervisor of elections on Wednesday, November 18 at noon.



Tommy Doyle

Supervisors of elections from across the U.S. have their work cut out for them during a general election and Doyle will share his viewpoints on the process.

Doyle is a lifelong resident of Lee County with a deep-rooted passion for the county’s history and traditions. It was his fundamental belief in a

representative form of government that led him to run for office. He was elected supervisor of elections in 2016.

Doyle successfully grew and ran his family business for over 30 years. He now applies the same formula of customer service, money management and the desire to embrace innovations to running the elections office. After graduating from Bishop Verot High School, he enlisted in the U.S. Air Force and spent four years in Tampa where he worked for Joint Command at MacDill Airforce Base and trained as an airborne radio operator. He earned his bachelor of arts degree in accounting at the University of West Florida.

Doyle is active in the community as a member of the Fort Myers Rotary Club and serves annually on the allocations board of the United Way.

Doyle will wrap up the ins and outs of this election cycle. There will be plenty of time for questions.

RSVP to Robyn Cook at lwvsanibel@gmail.com. You will receive a confirmation email and information about joining the Zoom event.*

Sanibel FlyFishers First Scholarship Recipients

James Javaruski of Naples and Benjamin Marics of Lehigh Acres are the 2020-21 recipients of the Sanibel FlyFishers Scholarships at the Florida Gulf Coast University (FGCU) Water School. Both are studying for their graduate degree in environmental science.

These scholarships were created through fundraising efforts of Sanibel FlyFishers (www.sanibelff.org) at special events in 2019 and 2020, which so far have raised more than \$180,000 for a special endowment at the FGCU Water School.



James Javaruski



Benjamin Marics

Sanibel FlyFishers members are grateful to the local businesses, fishing guides, attendees and donors that made this possible. They wish Javaruski and Marics the best of luck in the future as they work on solutions to pressing water quality issues in Southwest Florida.*

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J. Brendan Ryan, CLU, ChFC, MSFS

There is a negative change afoot in the internal operation of some universal life (UL) policies. For those affected by it, learning about it early and making

any appropriate changes in a timely fashion can minimize the effect of the change.

First, it is appropriate to review how UL works.

The owner pays premiums into the policy. Some policies have a charge at this level. But most or all of the payment reaches the cash value, which is an accumulating fund inside the policy that supports the strength of the policy. The more cash value, the more secure the policy and the less the danger of it going away, "lapsing," for lack of cash.

Tax-deferred, flexible interest is credited to the cash value, which makes the policy even more secure. In the early days of UL – 35 years ago – 12 and 13 percent interest was credited. Regardless of the "current" rates, the policy promises not to credit anything less than the guaranteed minimum rate. For policies issued in those early days, and even up to fairly recent times, that guaranteed minimum rate was three to five percent. The guaranteed minimum rate on newly-issued policies is now one or two percent.

The other major moving part in UL is the cost of insurance (COI). This is the internal monthly charge extracted from the cash value that pays the insurance company to cover its overhead and mortality costs (death claims of those insured who pass away).

UL policies state the maximum COI charges that are allowed, but insurers have always charged far less than the maximum allowable COI charges.

The guaranteed minimum interest rate partly gives rise to the problem that exists for insurers today. In this protracted period of extremely low interest rates that we are muddling through, insurers still have to credit interest for those policies still in force today – at least those guaranteed rates of three to five percent on the cash value of tens of thousands of policies. And that is causing a strain for insurers.

Now for the first time, as far as I know, in the history of UL, some insurers have announced that they are raising the COIs on some of their existing policies (this does not include guaranteed UL, which guarantees that COIs will not change). I have seen recent articles announcing this. But I just was notified that it is about to happen to some of my clients who bought UL decades ago.

The letter that my affected clients and I received from this major, well-rated insurer announced that a small fraction of my clients who bought UL between 1986 and 1999 are going to see an increase in their COI charges. I was told which policies and which clients are going to see this change but not how much the change is going to be. And I have not learned why a policy issued in May of 1986 is affected but not any other policies purchased by my clients that year. Only the actuaries know that and, for proprietary reasons, do not share what they know.

If you get such an announcement from your insurer, what should you do?

You can wait and see if the cash value of your policy, as stated on your annual policy report, is gradually going down. If not, it may be that your cash value is strong enough and the increase in your COI charge is small enough that there will be no immediate effect. But it would behoove you to keep your eye on it from year to year, which you should be doing anyway. If the cash value

does not keep increasing from year to year, it may be appropriate to inquire immediately or at least soon what long-term effect this change will have. To do that, contact your insurer or your agent and ask for an in-force ledger, which will project future performance with the new COIs in place. They can advise you if it will be prudent to increase your

premium somewhat to counteract the effect of the COI increase.

You can choose to decrease the amount of insurance in your policy so that you can keep the same premium. The home office will guide you in this.

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

BIG ARTS Elects New Board Members

BIG ARTS has added two new members to its board of directors: David B. Lowden and Rene Savarise.

Lowden's family has lived on Sanibel since 1982. A graduate of the University of Colorado, he returned in 1985 to make Sanibel his home. His career in banking leadership on the island spans more than 25 years, starting with a small local bank called First Federal. Today, Lowden is vice president of private client relations at Bank of the Islands. He and his wife, Kelly, have three children, all attending Florida universities. Lowden is a former board member of the Sanibel-Captiva Conservation Foundation (SCCF) and currently serves on the Heights Charter School board.

Savarise is a graduate of the University of Pittsburgh and received her law degree in 1985 from the Duquesne University of Law. She has been practicing healthcare



Rene Savarise



David Lowden

regulatory law in Louisville, Kentucky since 1989 and is currently senior partner with the international law firm, Dentons. She and her husband, Jeff, vacationed on Sanibel for 30 years. In 2017, they purchased a home, and became residents in 2018. They are members of the BIG ARTS Platinum Club, Captiva Island Yacht Club and The Community House.

"We are truly fortunate to have David and Rene on board at BIG ARTS and are honored that they agreed to serve. This is an important time in BIG ARTS evolution, and we are grateful to have their guidance and support," said Janet Strickland, chair of the nominating and governance committee.✱

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dearRPharmacist

Nine Natural And Effective Ways To Relax



by Suzy Cohen, RPh

Dear Readers: Lately, people in the U.S. have been dealing with anxiety from the recent vote and election stress. This, compounded with fear from

COVID and rising cases in some states is adding to the mental stress for all Americans.

Are you feeling more stress than usual? One of the trending searches on google is finding effective home remedies for anxiety and stress, so I thought this week would be a good time to write about some options. Anything that helps reduce daytime stress can help with nighttime issues like insomnia.

Some supplements will work faster than others too, so keep that in mind. It's best to have a discussion with your practitioner about natural supplements just to make sure they're right for you. Before I get to the natural remedies, here are some non-supplement ways to calm down:

Play with your pup – If you have a dog, this is a good time to tend to your pet because studies show it helps to reduce stress and ease loneliness. It encourages playfulness too.

Take deeper breaths – We forget during the day and tend to hold our breath, especially while doing chores and listening to news, working and so forth. Deep breaths can have instantly positive effects on the body.

Play music – Turn on some music. It doesn't even have to be soft music, it

could be any music, even the kind that makes you want to get up and dance.

Go out into nature – Put down the phone, and go outside. It's impossible to stay worked up about problems if you're among the flowers, or if you're photographing a squirrel or bunny in the yard. Plant some tulip, iris or daffodil bulbs, and you'll have something to look forward to in the spring when they bloom.

I have a much longer version of this article that I will email to you if you sign up for my newsletter on my website. In no particular order, here are the five most effective natural approaches for stress.

1. **Vitamin C** – This helps everyone produce feel-good hormones.

2. **Chamomile** – This ancient herb is easy to enjoy because you can buy tea bags and drink a cup of it for fairly immediate effects.

3. **Magnesium** – This mineral comes in many forms and unfortunately people often buy the laxative form which doesn't improve mood. But the right type of magnesium relaxes the entire central nervous system, works immediately and helps with sleep and tranquility.

4. **Compounds that raise GABA** – Taurine is a very affordable, easy-to-find amino acid and, in normal doses, it can activate GABA receptors and encourage the release of GABA, much like a benzodiazepine would. But taurine doesn't lead to addiction. Some others in this category include valerian root, ashwagandha and passionflower.

5. **Vitamin B6** – Take this in the daytime, because it can provide energy initially. It helps you make dopamine which is energizing. But B6 is also needed to break down glutamate (stimulating) and turn it into GABA, which helps you sleep.

*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.**

Beautifulife:

Honor



by Kay Casperson

I have always felt a strong sense of admiration for those who have served our country in any realm. What a tremendous sacrifice to leave loved ones, overcome loneliness and stay

brave to defend our freedoms. I can't even imagine what it would be like to go so far away from everything and everyone you are familiar with to fight for not only yourself but for others.

Veterans Day has allowed all of us to honor those who did just that. It gives all generations the ability to recognize and appreciate every human who served in wartime or peacetime.

I have composed a list of some veterans facts as reminders to all of us: Veterans Day occurs on November 11 every year in the United States. This was in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

In 1954, then-President Dwight D. Eisenhower officially changed the holiday from Armistice Day to Veterans Day.

The Uniform Holidays Bill was passed by Congress in 1968, which moved the Veterans Day celebration to the fourth Monday in October.

The law went into effect in 1971, but in 1975 then-President Gerald Ford moved Veterans Day to November 11 due to the important historical significance of the date.

Great Britain, France, Australia and Canada also commemorate World War I and World War II veterans on or near November 11.

Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November).

In Europe, Great Britain and the Commonwealth countries, it is common to observe two minutes of silence at 11 a.m. every November 11.

Every Veterans Day and Memorial Day, Arlington National Cemetery holds an annual memorial service. The

cemetery is home to the graves of over 400,000 people, most of whom served in the military.

During peacetime, our military forces provide humanitarian aid and disaster relief at home and abroad.

You can look around and see veterans everywhere, as they are grandparents, parents, siblings, children, friends, neighbors and co-workers. All of them should be recognized, appreciated and honored for all they have done.

This reminds me of one of my favorite scriptures in the bible, which is John 15:13 – "Greater love has no one than this; then to lay down one's life for his friends."

My affirmation for you this week is: "I will honor all veterans each and every day for the sacrifices they have made for our country."

*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.**

High Rating For Skilled Nursing

Lee Memorial Hospital Skilled Nursing Unit, Gulf Coast Medical Center Skilled Nursing Unit and HealthPark Care Center earned recognition as a 2020-21 Best Nursing Home as evaluated by *U.S. News & World Report*. All three of Lee Health's skilled nursing sites earned High Performance ratings for excellence in short-term rehabilitation care. Additionally, HealthPark Care Center earned a High Performance rating in long-term care.

The Best Nursing Homes ratings reflect *U.S. News'* exclusive analysis of publicly available data using a methodology defined by *U.S. News* that evaluates factors that it has determined most greatly impact patient and resident care, safety and outcomes. In 2020, *U.S. News* evaluated data on more than 15,000 skilled nursing facilities. Only 21 percent of nursing homes were rated as High Performing.*

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Doctor and Dietician

Do Sore Knees Keep You From Being Active?



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

Knee pain is a common issue for many people, especially as we age. The great news is that most pain conditions can be treated non-surgically by addressing the root cause: joint instability. Think about it. If your knee joint is moving too much, you are going to tear or grind something. If you experience popping, crunching, or grinding, your knee is probably too loose. Whether you have recently injured your ACL or meniscus or have been struggling with knee arthritis or other knee pain for years, knee instability plays a significant role.

Common symptoms of knee instability are cracking with movement, pain, popping, swelling, loss of knee motion, loss of muscle strength, muscle spasms and/or referral pain to the lower leg. Knee pain can start from a traumatic event such as a fall or football tackle. Or it can become more problematic over time with increasingly stiff and swollen knees. Unfortunately for many, the knee pain goes undiagnosed and can lead to potentially unnecessary knee surgery. Weakness or tears of the ligaments and tendon attachments surrounding the knee joint lead to the looseness and instability, thus the kneecap tracks abnormally, causing pain and the cartilage under the kneecap to wear down.

Common diagnoses as a result of knee instability are Baker's cyst,

bone spurs, patellar tendonitis, meniscus tears, osteoarthritis, iliotibial band syndrome, runner's knee, ligament tears, osteochondral defects, chondromalacia patella, ACL, or MCL tears.

Left untreated, chronic joint instability and destructive joint motion occur with continued use of the joint, leading to extensive degenerative changes and resultant osteoarthritis. This can be prevented with appropriate intervention through use of regenerative injection treatments such as prolotherapy, PRP and stem cell treatments derived from your own stem cells. These types of treatments, which we perform at Caring Medical in Fort Myers, can be used for all of the above conditions. The earlier the intervention is performed, the sooner one's knees can be saved from lost time out and about and lifestyle adjustments due to pain in the knees.

Prolotherapy stops knee pain because it corrects the reason for the knee pain plain and simple: joint instability. If the underlying destructive motion is not addressed, the problem is not just benign, it's progressive and will worsen over time. Just like a loose hinge on a door worsens over time! These healing injections induce a localized temporary inflammatory healing response stimulating the body to repair itself. This is the opposite of "pain management" such as cortisone injections and NSAIDs, which turn off the body's healing cascade, shutting down the body's ability to heal. Patients remain active and actually work with physical therapy/physiotherapy to continue movement during the treatment course as tissues repair.

If you are limiting your activity due to knee pain, don't wait any longer. You can stay out of the hospital and get back to living the life you are meant to live!

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

Got A Problem?
Dr. Connie Is In

by Constance
Clancy

Q: I have a co-worker who is a total control freak. I was away from him during COVID-19, but now we are working together again.

Any suggestions on how to cope

with this person?

A: People who are controllers tend to feel out of control. Deep down they are afraid of falling apart so they micromanage to bind their anxiety. Often, they have had chaotic childhoods, thus making it hard to trust or relinquish control to others. Also, some people who control have a strong desire to be right and superior to fill the void of their own inadequacies, insecurities and lack of inner power.

Knowing how controllers operate will help free you of their manipulation and controlling behavior. Below are some suggestions:

Speak your truth, but don't tell them what to do – Assert yourself, stay confident and do not play the victim. Don't sweat the small stuff and focus on more important issues that you care

about. Be consistent.

Be direct, yet use the caring approach – You have every right for your opinion to be heard. Use "I" messages then you won't put the other person on the defensive.

Set healthy boundaries – Let the individual know how far you will go with him and how far he can go with you. Repetition is key.

Consistency is key – Be patient, as the controller resists giving up control. In time, with your consistency, while the controller will not let go easily, you can feel more emotionally free.

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.

Overeaters
Anonymous

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

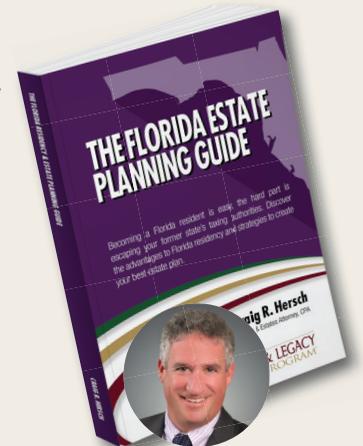
For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.

FREE ESTATE PLANNING GUIDE

Is Your Plan:

- maintaining CONTROL over your assets while you're alive
- offering PROTECTION for you and your loved ones in times of incapacity or uncertainty
- providing the PEACE OF MIND knowing everything goes where you want when you pass
- Most importantly, is your plan up-to-date and Florida-compliant?



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

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

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

PETS OF THE WEEK photos provided



Rose ID# A831299

Lee County Domestic Animal Services

Rose And Delores

Hello, my name is Rose. I am not only patiently waiting for Santa, I am also waiting for my family to come and adopt me during the Fall in Love promotion. I am a 4-year-old female Florida curr mix who is quite shy when you first meet me, but when you sit with me, I will quickly warm up and stay beside you as you earn my trust. This beautiful gal deserves nothing less than a loving home this holiday season. My adoption fee is \$25.

Hi, I'm Delores. While November is National Adopt a Senior Pet Month, I am one of the Sassy Seniors that has many advantages over the younger



Delores ID# A831678

crowd. I am an 8-year-old female domestic shorthair who is already litter box trained. I have already blossomed into my true personality so what you see is what you get – a sweet, low-maintenance, independent gal. And you will no doubt find a loyal companion in this fabulous feline. My adoption fee is \$10.

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

A Common, But Treatable, Condition

With the majority of animal shelters listed as 501(c)3 non-profit organizations, shelters depend on communities for support from financial to volunteers to adoptions.

But animal shelters also reflect what is out in the community concerning transmittable diseases in animals. Such is the case the last few months with ringworm spiking in the feline population in Southwest Florida.

Gulf Coast Humane Society has taken in record number of cats and kittens in 2020, and the latest trend in that population is the cases of ringworm on the rise. Ringworm is a common condition in the shelter world, and is very treatable, but with a cost.

"Usually if there is a rise of ringworm cases in the shelter, it means there is more of it in the community," said GCHS Executive Director Jennifer Galloway. "We have seen more and more cats come into the shelter already with ringworm, unfortunately."

Ringworm is not a parasite, but a fungal infection. Some symptoms of ringworm include skin lesions which appear on the head, ears and forelimbs. Ringworm causes flaky bald patches that sometimes look red in the center. In mild cases, there may be localized areas of redness or simply dandruff, while more severe infections can spread over a cat's entire body.

Ringworm is highly contagious, so when one cat has it, transmission is easy to other cats. And yes, ringworm is transmittal from cats to dogs, as well as to humans.

But the condition is not considered dangerous and is easily treatable.

"When a case of ringworm is diagnosed, that cat goes in quarantine and is treated," Galloway said. "The bad thing about quarantining is that cat



These kittens are in quarantine with ringworm, which is affecting their eyes and face area photos provided cannot be adopted out and space becomes limited on taking more shelter cats in."

Quarantining is only a part of the treatments, which also includes oral medications and topical therapy.

It takes approximately two to three weeks to treat and end the quarantine.

The best prevention of ringworm is being clean. For instance, staff at GCHS keeps the cat areas very clean and every morning disinfects the entire living cat quarters.

"Good sanitary practices is vital in maintaining a healthy shelter, and that includes preventing ringworm," Galloway added. "But the shelter is a reflection of the community, so with our cases rising of ringworm, (it) does mean it is out in the community."

If you suspect your cat or dog has ringworm, make an appointment with your veterinarian and they will prescribe the appropriate treatment.*

PUZZLES

Answers on page 55

Super Crossword

ARE NOT!

- ACROSS**
- 1 Rigs out
 - 7 Beer holder
 - 10 IRS worker
 - 13 Not passive
 - 19 India's largest city
 - 20 Made embarrassed
 - 22 Jumped ship
 - 23 Affixing, as gift wrap
 - 24 Marionette doing some undercover police work?
 - 26 Billy of "The Phantom"
 - 28 London botanic gardens site
 - 29 Fine distinction
 - 30 YouTube upload on how to cook clams and rice?
 - 36 Use a beam on in surgery
 - 37 "La Cage — Folles"
 - 38 Of Peruvian peaks
 - 39 Pickle option
 - 41 Buddha statue, e.g.
 - 45 Elated
 - 47 Lodgings for wayfarers
 - 48 Schnozz or Motor ender
 - 49 MGM Grand, e.g.
 - 51 "Scarface" inspirer
 - 54 Discoloration on the biceps or triceps?
 - 56 Meshwork
 - 57 Razor cut
 - 59 Closet rackful
 - 60 Journal
 - 61 Fashion designer Anna
 - 62 Ionizable gas
 - 63 Vast period
 - 64 It may zoom
 - 65 Simply being declared?
 - 70 Gradually stop nursing
 - 72 Back rub response
 - 73 Paper unit
 - 74 TV camera movement
 - 75 CIO partner
 - 76 "Make — what you will"
 - 78 Hobbyists' buys
 - 79 When to call it a night
 - 83 Deluge's waters
 - 86 Successfully mimics
 - 87 Struck lightly
 - 88 Chapel vow
 - 89 Go by boat
 - 91 Convent residents
 - 92 Eyelid affliction
 - 93 Make slanted
 - 94 Italian public square
 - 97 Scrabble
 - 100 10-pointer
 - 98 Staff symbol
 - 101 One of the Little Rascals goes on a rant?
 - 104 Many a charger for an e-device
 - 108 Feed on
 - 109 Peaceful
 - 110 Beef cut that brings misfortune?
 - 114 Marked with bands
 - 118 Hand out cards to
 - 119 Object of fear
 - 120 Is beaming
 - 121 Former British prime minister
 - 122 Detroit-to-Miami dir.
 - 123 "Send help!"
 - 124 Like the letter R in this puzzle's entire solution
 - 44 Yearns (for)
 - 46 Nissan, once
 - 49 Middle grade
 - 50 Biblical beast
 - 52 12-time
 - 53 Tending to the situation
 - 54 Relatively small oinker, for short
 - 55 Dryer debris
 - 57 "Steve Jobs" star Rogen
 - 58 Whole bunch
 - 62 Really tidy type
 - 63 Roe, e.g.
 - 64 Pre-Easter
 - 65 Shoddy car
 - 66 Earth personified as a goddess
 - 67 Rebel Turner
 - 68 Mimics
 - 69 Wee bits
 - 70 Floats in the air
 - 71 D sharp sound-alike
 - 76 Lyric verse
 - 77 "Skip ahead" abbr. on a music player
 - 78 Result of education
 - 79 Novelist Honoré de —
 - 80 Tokyo-based truck maker
 - 81 French artist Edouard
 - 82 Letters with curves
 - 84 Audition not closed to anyone
 - 85 Brain product
 - 86 Cabaret singer Édith
 - 89 Jacuzzis and whirlpools
 - 90 Feel poorly
 - 93 — confidence
 - 95 Gabor who lived to be 99
 - 96 Confidence
 - 99 "Little Men" actor Jack
 - 100 Loin cut
 - 102 FDR's Scottie
 - 103 Some hotels and old cars
 - 104 Fed. food safety org.
 - 105 Dele undoer
 - 106 Really tired
 - 107 Flows back
 - 111 Its cap. is Vienna
 - 112 Dove noise
 - 113 Boxing stats
 - 115 Malted quaff
 - 116 Diver's goal
 - 117 NYC hrs.

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110									111				112	113		114		115	116	117
118									119							120				
121									122				123							

King Crossword

- ACROSS**
- 1 Coagulate
 - 5 Chooses
 - 9 Evil
 - 12 Staffer
 - 13 Father of Japheth
 - 14 Time of your life?
 - 15 Battle zone, often
 - 17 Member of a pride
 - 18 Unsophisticated
 - 19 Creates
 - 21 Yon bloke
 - 22 Use
 - 24 Cage components
 - 27 Cattle call
 - 28 Glasgow gal
 - 31 Retirement plan acronym
 - 32 Museum fill
 - 33 Agt.
 - 34 Quarter-bushel
 - 36 Where — at
 - 37 Crucial time
 - 38 Fate
 - 40 Circle ratio
 - 41 Alamo combatant
 - 43 More considerate
 - 47 — -Locka, Fla.
 - 48 Half a golf course
 - 51 Prohibit
 - 52 Green land
 - 53 Sportscaster Andrews
 - 54 On in years
 - 55 Judicial garment
 - 56 Start over
 - 7 Author Amy
 - 8 Sometime
 - 9 BBQ site, often
 - 10 Chills and fever
 - 11 Society newcomers
 - 16 Definite article
 - 20 Completely
 - 22 Heart line?
 - 23 Cookware
 - 24 Rend
 - 25 Anger
 - 26 Contrarily
 - 27 Cripple
 - 29 Vast expanse
 - 30 Bond, for one
 - 35 Chiang — shek
 - 37 Main meal
 - 39 Allude (to)
 - 40 Orchestra's location
 - 41 Newsom of baseball lore
 - 42 October birth-stone
 - 43 Dangling site
 - 44 Tragic
 - 45 Oklahoma city
 - 46 Former attorney general
 - 49 Carnival city
 - 50 Sphere
- DOWN**
- 1 Eatery
 - 2 Old Italian money
 - 3 Smell
 - 4 Cents to dimes, or dimes to dollars
 - 5 Sans siblings
 - 6 Luau bowlful

1	2	3	4	5	6	7	8	9	10	11		
12				13					14			
15				16					17			
18							19	20				
			21			22	23					
24	25	26			27				28	29	30	
31					32				33			
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41	42						43			44	45	46
47					48	49	50					
51					52					53		
54					55							

MAGIC MAZE ● LANDFORMS

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

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

- | | | | |
|-------------|------------|---------|-----------|
| Archipelago | Bluff | Isthmus | Slough |
| Atoll | Crevasse | Knoll | Waterfall |
| Basin | Escarpment | Lagoon | Wetland |
| Bayou | Hollow | Mesa | |

PUZZLES

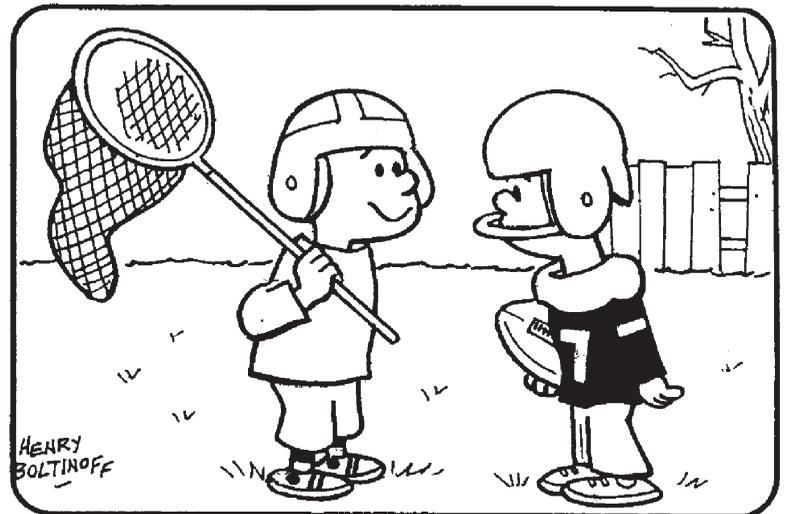
		7			1		6	
4			3					1
	6			8		5		
	8		5	6			3	
		3			4			2
9			1			8		
		2			5	7		
7			4				5	
	1			2				9

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

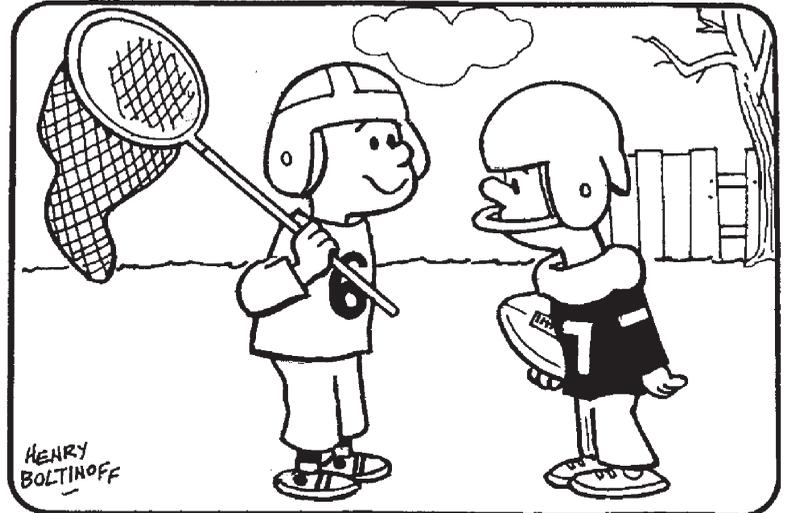
Answer on page 55

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cloud is added. 2. Grass is missing. 3. Boy on left is taller. 4. Tree is in front of fence. 5. Nose is larger. 6. Number added to shirt.



"So, the only distinguishing mark your husband has is _____ hands?"

Answer on page 54

SCRAMBLERS

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

Charm
DEUCES _____

Soothe
PALECAT _____

Large
GYMHIT _____

Fable
GLEEND _____

TODAY'S WORD

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Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:02 pm	5:11 am	11:08 pm	4:59 pm
Sat	1:05 pm	6:00 am	11:36 pm	5:27 pm
Sun	2:07 pm	6:48 am	None	5:51 pm
Mon	12:07 am	7:38 am	3:13 pm	6:12 pm
Tue	12:41 am	8:29 am	4:28 pm	6:27 pm
Wed	1:20 am	9:23 am	None	None
Thu	2:03 am	10:21 am	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	11:07 am	5:13 am	10:13 pm	5:01 pm
Sat	12:10 pm	6:02 am	10:41 pm	5:29 pm
Sun	1:12 pm	6:50 am	11:12 pm	5:53 pm
Mon	2:18 pm	7:40 am	11:46 pm	6:14 pm
Tue	3:33 pm	8:31 am	None	6:29 pm
Wed	12:25 am	9:25 am	None	None
Thu	1:08 am	10:23 am	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:54 am	5:23 am	11:13 pm	5:30 pm
Sat	12:43 pm	6:14 am	11:43 pm	6:12 pm
Sun	1:32 pm	7:02 am	None	6:53 pm
Mon	12:13 am	7:51 am	2:24 pm	7:34 pm
Tue	12:45 am	8:39 am	3:17 pm	8:17 pm
Wed	1:21 am	9:25 am	4:07 pm	9:00 pm
Thu	2:06 am	10:11 am	4:58 pm	9:44 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:54 am	8:27 am	2:12 pm	8:15 pm
Sat	1:18 am	9:16 am	3:15 pm	8:43 pm
Sun	1:46 am	10:04 am	4:17 pm	9:07 pm
Mon	2:17 am	10:54 am	5:23 pm	9:28 pm
Tue	2:51 am	11:45 am	6:38 pm	9:43 pm
Wed	3:30 am	12:39 pm	None	None
Thu	4:13 am	1:37 pm	None	None

My Stars ★★★★★

FOR WEEK OF NOVEMBER 9, 2020

Aries (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.

Taurus (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

Gemini (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions

and ask for their advice.

Cancer (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.

Leo (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.

Virgo (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

Libra (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

Scorpio (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

Sagittarius (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.

Capricorn (December 22 to January 19) Be careful not to tackle a problem

without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.

Aquarius (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

Pisces (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones, by week's end.

Born This Week: You're a good

continued on page 54

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From page 52

My Stars

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MOMENTS IN TIME

- On Nov. 18, 1883, American and Canadian railroads begin using four continental time zones to end the confusion of dealing with thousands of local times. Most Americans and Canadians quickly embraced their new time zones, however, it was not until 1918 that Congress officially adopted the railroad time zones.
- On Nov. 21, 1934, teenager Ella Fitzgerald wins Amateur Night at Harlem's Apollo Theater. Putting her name in the hat on a bet, she'd originally planned a dance number. History was made when she changed her mind and sang *The Object of My Affection*.
- On Nov. 16, 1959, the smash musical *The Sound of Music* opens on Broadway to the consternation of the real Maria von Trapp and her stepchildren. Nearly all of the particulars she related in her 1949 book, *The Story of the Trapp Family Singers*, were ignored by the creators of the musical.

• On Nov. 17, 1973, in the midst of the Watergate scandal that eventually ended his presidency, President Richard Nixon tells a group of newspaper editors that he is "not a crook."

NOW HERE'S A TIP

- Yard sales sponsored by churches and other charities can be a great source of bargains, especially at this time of year. Since they are a fundraiser, usually with donated items, they are motivated to sell, even if it's at a lower price. Oftentimes you can get items that still have tags, which make great gifts.
 - "If your toothpaste is almost done, just snip off the top and dip your brush in the container. There's usually more in the tube." – TD in Kentucky
 - If someone has written on your dry erase board with a permanent marker, try writing over it with a dry erase marker. Sometimes this works to remove the permanent marker.
 - Wrap a bit of tape sticky side out around a straightened-out paper clip. You can GENTLY put it in the headphone jack to get out lint that is otherwise inaccessible. Also, keep a lint-free cloth that comes with glasses handy to clean the screen of your smartphone.

• "If you are inundated by paper, here are some things you can do to at least stem the tide: First, if you can't bear to shred something because you think it might be important, scan it first. If you're the kind of person who prints out and saves things like online bill payment receipts, print to PDF and save it electronically." – WL in Illinois

• "It's really annoying when I put a shirt on or take one off and I get foundation on the collar. When that happens, I use shaving cream to remove it. After removing the garment, I squirt a dollop of shaving cream on the stain and rub it in. Sometimes I try to use a paper towel to remove some of it before I put it in the washer. Always check it before you put it in the dryer!" – LM in Washington

STRANGE BUT TRUE

• In March 1980, multiple female students at Southern California universities complained that someone had surreptitiously painted their toenails while they studied in the library. The perp, dubbed "Leonardo da Toenail," was caught but released, since police hadn't discovered him in the act. Apprehended again a year later, he was ordered to a hearing at the city attorney's office but didn't show up and was never seen again.

- There are 12 times more trees on earth than there are stars in the Milky Way.
- Academically gifted actress Sharon Stone skipped both kindergarten and first grade, entering second grade at age 5.
- In the early '90s, Pepsi owned 17 submarines, a cruiser, a frigate and a destroyer, due to a deal with the Soviet Union in which they exchanged soda for military equipment.
- The oldest known pet cat existed 9,500 years ago.
- Ever find yourself nodding off in a boring meeting? You might want to invest in a box of "Sleep Safe Tape," a half-inch roll of transparent tape with pictures of eyes along its length that, as one source put it, allows users to "get the shuteye they need while appearing to be wide awake." Of course, the game is up if you start to snore...
- Abraham Lincoln was a skilled wrestler and was honored with an award from the National Wrestling Hall of Fame in 1992.
- At least six ravens are kept at the Tower of London at all times, due to an old superstition that says: "If the ravens leave the Tower, the Kingdom will fall." The birds even have part of a wing clipped so if they do decide to fly around, they won't get very far.

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